

VOL:03, ISSUE:07  
MARCH, 2020

TO RISE ABOVE THE TIDE

# Informal

EDUCATIONAL MAGAZINE

## OPEN A BOOK, OPEN YOUR MIND

Cover Story | Page: 14

*Diversity is the  
Individuality of Every Person*

**Nadia Jaffery**

*is the CEO of CMT (Career, Motivation and Training)*

Page: 18

**Committing to Unlock  
the Communication  
Skills of the Students**

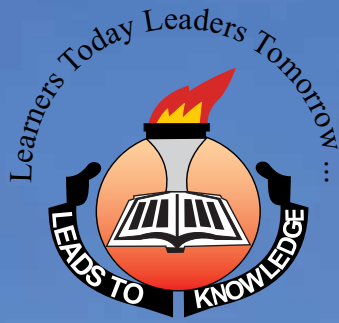
Page: 12

**Punjab Govt. to Establish  
100 Insaf Schools in Lahore  
by the end of 2020**

Page: 11

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# Editorial NOTE

Educated people are aware of the socio-economic scenario of the country and can help in the progress of the country. Whether it is a simple thing like using water sparingly or taking a bus to work instead of using the bike or car in order to save fuel, the educated mass knows how to contribute towards the country's well-being.

The economic progression of a country is not measured by the literacy rate of the country or number of people who are educated. One cannot say that a country is developed and progressive only by taking account of its literacy rate. There are many other factors like peace, security and stable economy which are also responsible for economic development and progress of a country.

A complete education system provides large number of qualified people with advanced knowledge's and skills in a wide range of subjects. Through attending various educational facilities, including but not limited high school, college and university, people can get themselves prepared for and contributed to the development of the country, which clearly requires the effort from all profession. For instance, if you want to be an architect, you go to university to learn basic knowledge in construction and designing, if you want to be doctor or nurse, you go to a medicine school to get familiar with all kinds of medicines and acquire some first-hand experience.

In addition to talents cultivation, education in itself has tremendous influence on spirit civilization, which accounts for a large part in a country's development. As a place where knowledge handed down and wisdom passed around, school represent the homeland of scholars like Socrates and Confucius, who had huge impact on the promotion of spirit civilization, and the birthplace of innovative ideas like democracy. The improvement of education involves constructions of many schools and universities which have positive effect on local economy.

**Farooq Ahmad Malik**  
(Editor-In-Chief)

MARCH, 2020



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OPEN YOUR MIND**

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# Letter to the editor



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Your team is doing a marvelous job, by giving useful information in one publication. The thing I liked the most about this magazine is, your selection of topics. I personally like your Cover Stories, which I read when I'm looking for some useful matter to serve as the basis for my university discussions.

**Kamran Younas (Punjab University)**

I really enjoy reading your magazine and the section which I liked the most was the article section, which gives the glimpse of some of the latest and informative issues of Pakistan's education system. It's always good to see, you guys are also promoting a good image of Pakistan along with other academic writings.

**Maira Shahid (Allied School Lahore)**

The story I liked the most was the cover story of this month, which showed a true side of the education system of Pakistan. We all know that education system of Pakistan should motivate teachers. The government should also take-up this issue and come-up with some quick ways to it, as the future of our students is at stake.

**Osama Ali (University of Lahore)**

Your magazine has a good sonata of interesting and informative content along with a wide range of topics. I would like to make a request to write something interlinking the extracurricular activities with the education system of Pakistan. As, we often hear that sports and other activities are also important along with getting good grades.

**Farwah Ch (University of Engineering and Technology)**

It is a magnificent experience to read your magazine; it is perfect for students predominantly. Cover story and Wise Advice are my most favorite in the magazine of every month. By reading these, I get to know about some outside the box information which helps me through my information seeking procession.

**Sohail Ahsan (Lahore Grammar School)**

I would like to say that your magazine is very informative and at the same time it is very interesting. I like all of your content of all the sections and your selection of content is always unique. I especially like the news sections, which includes the segments of National and Internal News. This always helps me in staying up-to-date with the current happenings in the field of education.

**Hamza Murtaza (University of Management and Technology)**

Through the means of your magazine, I would like to raise my voice touching the issue of lack of creativity and technology in education sector. This a very common issue which our students are facing day to day, as some of the time they have to go with the means of cramming, which doesn't support much learning. Therefore, it needs to be transformed into a better one.

**Usman Wajahat (Punjab College Lahore)**

It's been a stunning experience to read your last month's magazine. You were able to highlight some of the most important concerns which are important to be processed in the field of education. I think if you guys keep on doing a job like this, then soon our society will change the way it looks and deals the field of education.

**Shabbir Hassan (Punjab College Lahore)**

Write us at [informal.pk@gmail.com](mailto:informal.pk@gmail.com)

We received too many letters from our valued readers every month through mail and e-mail, however, due to shortage of space we are publishing only few selected letters.

# SpaceX Announces Partnership to Send Four Tourists into Space

SpaceX has announced a new partnership to send four tourists deeper into orbit than any private citizen before them, in a mission that could take place by 2022 and easily cost more than \$100 million.

The company signed the deal with Space Adventures, which is based in Washington and served as an intermediary to send eight space tourists to the International Space Station (ISS) via Russian Soyuz rockets.

The first of these was Dennis Tito, who paid \$20 million for an eight hour stay on the ISS back in 2001. The last to go was Cirque

du Soleil founder Guy Laliberte, in 2009. The new tourists would be carried on SpaceX's Crew Dragon capsule, which was developed to transport NASA astronauts and is due to make its first crewed flight in the coming months.

"Our goal is to try to get to about two to three times the height of the space station," said Tom Shelley (Space Adventure's President). The ISS orbits at 400 kilometers (250 miles) above Earth's surface, but the exact altitude of the Space Adventures mission would be determined by SpaceX, added Shelley. At its earliest, it could take place by late 2021, though "probably

more likely is sometime in 2022," he said.

The capsule was designed to take astronauts from the surface to the ISS. Just nine square meters in volume, there are no private areas to sleep wash or use the bathroom. Mission duration will depend on what the customers want, he added. When asked about the cost, Shelley replied: "It's not cheap."

SpaceX's offering is far more ambitious and powered by the same reusable Falcon 9 rocket that puts satellites into space and sends astronauts to the ISS. At the same time, Boeing is also developing a crew capsule called Starliner, also with the intention of transporting US astronauts to the ISS.



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## TELL ME WHY

*Stars Twinkle and Planets Don't?*

**E**veryone must be familiar with that famous rhyme from Jane Taylor's poem "The Star". It was a big part of childhood for many people. Well, it's not just a song for children; it's actually referring to a particular scientific phenomenon that has fascinated observers on Earth for thousands of years. As we grew up, we were taught that stars may not be like diamonds, but they do twinkle (blink).

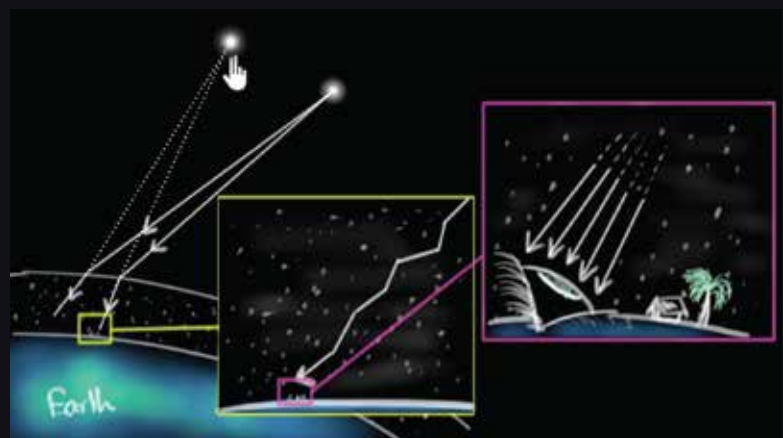
Stars twinkle because they're so far away from Earth that, even through large telescopes, they appear only as pinpoints. And it's easy for Earth's atmosphere to disturb the pinpoint light of a star. As a star's light pierces our

atmosphere, each single stream of starlight is refracted – caused to change direction, slightly – by the various temperature and density layers in Earth's atmosphere. You might think of it as the light traveling a zig-zag path to our eyes, instead of the straight path the light would travel if Earth didn't have an atmosphere.

Astronomers have provided a scientific name for the twinkling of stars: astronomical scintillation. That also explains the reason why astronomers don't write songs for young children; it would have been a lot harder to remember songs about twinkling stars with words like scintillation.

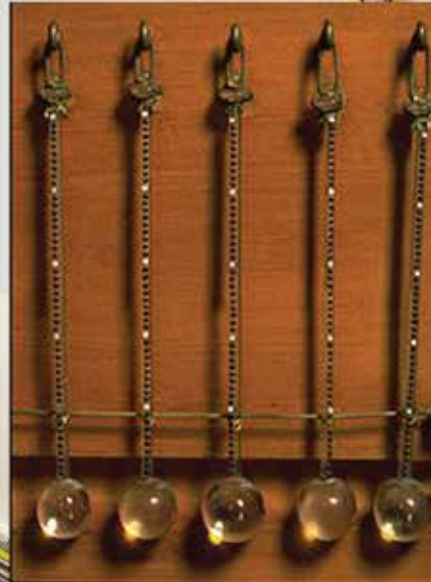
The other stars that we see in the sky are located very far away from Earth. The Sun is definitely the closest star to Earth, sitting approximately 93 million miles (0.0000158 light years) away. The next closest star, however, is located about 4.22 light years away from Earth, so that gives you some impression of how far away those other stars truly are from Earth.

Planets do not twinkle because they're closer to Earth and so appear not as pinpoints, but as tiny disks in our sky. You can see planets as disks if you looked through a telescope, while stars remain pinpoints. The light from these little disks is also refracted by Earth's atmosphere, as it travels toward our eyes.



# Invention Story of Thermometer

Galileo Galilei is often claimed to be the inventor of the thermometer. However the instrument he invented could not strictly be called a thermometer: to be a thermometer an instrument must measure temperature differences; Galileo's instrument did not do this, but merely indicated temperature differences. His instrument should rightly be called a thermoscope. The Italian, Santorio Santorio (1561-1636) is generally credited with having applied a scale to an air thermoscope at least as early as 1612 and thus is thought to be the inventor of the thermometer as a temperature measuring device. Its accuracy was poor as the effects of varying air pressure on the thermometer were not understood at that time. The sealed liquid-in-glass thermometer was first produced in 1654 by the Grand Duke of Tuscany, Ferdinand II (1610-1670). His thermometer had an alcohol filling. Gabriel Fahrenheit (1686-1736) was the first person to make a thermometer using mercury. The more predictable expansion of mercury combined with improved glass working techniques led to a much more accurate thermometer.



# Invention Story of Blood Pressure Monitor

Galien, a Roman physician, was the first to write about the human heart, saying it is the source of the body's heat. The first measurement of what was then called "the force of blood" is described in the book "Haemastatics" in 1733, by Stephan Hales. He used a water manometer to measure the blood pressure in the arteries of various animals. The stethoscope, an essential tool for taking blood pressure, is invented by French doctor René Laennec in 1817. Doctors don't need to put their ears to patients' bodies anymore! The auscultatory method he developed uses the stethoscope to tell the difference between the systole and diastole pressures. In his doctoral thesis "Recherches sur la force du cœur aortique" published in 1828, French physician Jean Poiseuille is the first to show how to measure blood pressure with a mercury manometer. To quantify blood pressure Jean uses the "Centimeters of Mercury" unit (cmHg), which is still being used by doctors nowadays.







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# Researchers found the Key Flaw in Solar Panel Efficiency after 40 years

**S**olar panels are fantastic pieces of technology, but we need to work out how to make them even more efficient. Recently, scientists solved a 40-year-old mystery around one of the key obstacles to increased efficiency.

A new research outlined a material defect in silicon used to produce solar cells that has previously gone undetected. It could be responsible for the two percent efficiency drop that solar cells can see in the first hours of use: Light Induced Degradation (LID). Multiplied by the increasing number of panels installed at solar farms around the world, that drop equals a significant cost in gigawatts that non-renewable energy sources

have to make up for.

In fact, the estimated loss in efficiency worldwide from LID is estimated to equate to more energy than can be generated by the UK's 15 nuclear power plants. The new discovery could help scientists make up some of that shortfall.

To find what 270 research papers across four decades had previously been unable to determine, the latest study used an electrical and optical technique called deep-level transient spectroscopy (DLTS) to find weaknesses in the silicon.

Here's what the DLTS analysis found: As the electronic charge in the solar cells gets transformed from sunlight, the flow of electrons gets trapped; in

turn, that reduces the level of electrical power that can be produced.

The researchers also found that higher quality silicon had charge carriers (electrons which carry the photon energy) with a longer 'lifetime', which backs up the idea that these traps are linked to the efficiency degradation. What's more, heating the material in the dark, a process often used to remove traps from silicon, seems to reverse the degradation.

The work to push solar panel efficiency rates higher continues, with breakthroughs continuing to happen in the lab, and nature offering up plenty of efficiency tips as well. Now that the Light Induced Degradation mystery has been solved, solar farms across the globe should benefit.



# Punjab Govt. to Establish 100 Insaf Schools in Lahore by the end of 2020



Sardar Usman Ahmad Khan Buzdar  
Chief Minister of Punjab



**T**he Pakistan Tehreek-e-Insaf (PTI) led Punjab government has announced to open 100 Insaf schools in Lahore this year. According to an official notification, the Punjab School Education Department will establish 100 new schools in Lahore before the commencement of the next academic year.

The education department has already disbursed Rs. 200 million to for acquiring buildings on lease for setting up these schools, the notification stated. Moreover, the education department has constituted a 5 member committee comprising

of high ranking officials from the education and excise departments. The committee has been tasked to conduct an inspection of the buildings before acquiring them on lease.

Last year, Chief Minister Punjab Usman Buzdar had launched the 'Insaf Afternoon Schools Program' to impart education to out of school children. The narrative of providing each child with quality education always remained central to PTI's manifesto in the run-up to the elections, with the latest development being in line with it. The notice further stated that the Excise Department would fully be inspecting the buildings before taking them on rent for

educational purposes.

Previously, back in 2019, Usman Buzdar, the CM of Punjab had introduced the Insaf afternoon schools program for providing education to the out-of-school children, while reviving the Urdu medium of instructions, with English as subject, up to the primary level education in the province. The government revived Urdu as a medium of teaching and English was decided to be taught as a subject. The education level was limited to the primary level for these institutions. Last year in November, the provincial government had released a list of 577 Insaf Afternoon Schools from 22 districts of Punjab.

# Committing to Unlock the Communication Skills of the Students

COMMUNICATION MAKES LEARNING EASIER, HELPS STUDENTS ACHIEVE GOALS, INCREASES OPPORTUNITIES FOR EXPANDED LEARNING, STRENGTHENS THE CONNECTION BETWEEN STUDENT AND TEACHER, AND CREATES AN OVERALL POSITIVE EXPERIENCE.



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Communication is paramount in education. Whether it is teacher to student, student to student, teacher to teacher, teacher to parent, teacher to admin or admin to parent, or vice versa, communication is needed to make sure our students are successful.

Communication is something that doesn't always happen. Sometimes it is the lack of time, a lack of resources, and a lack of knowing how to get the point across or a language barrier. When communication is effective, both the student and the teacher benefit. Communication makes learning easier, helps students achieve goals, increases opportunities for expanded learning, strengthens the connection between student and teacher, and creates an overall positive experience.

Communication is paramount in education. Whether it is teacher to student, student to student, teacher to teacher, teacher to parent, teacher to admin or admin to parent, or vice versa, communication is needed to make sure our students are successful. Communication is something that doesn't always happen. Technology can help improve communication in

education: Effective communication must take into account the context and purpose for which teachers and students are communicating. Given the emphasis on 21st century competencies, more demands are being made on the students to explain, justify and reason through problem-solving strategies.

Teachers who reward student communication and class participation will notice an improvement in overall class performance. A teacher can gauge the effectiveness of a lecture by student feedback. By asking questions, a teacher can determine if students were able to retain the imparted information. If there is a lack of responses from the class, it is likely that the students were unable to understand the lecture. This can lead to poor performance on exams.

The interaction among students as they co-construct knowledge becomes important too. We want them to recognize the role of language in meaning making, and see communication as a collaborative activity. It shouldn't be just one-sided, as in teacher disseminating information, but two-way with teacher and/or students responding to each other to deepen content learning. Effective

communication means that the receiver fully understands, comprehends and interprets what the speaker and/or writer has conveyed.

Schools can now develop their own communication system which allows them to send immediate notifications to parents and tailor content quickly in a cost-effective manner. This means that parents have more information at their fingertips than they have ever had before and this is helping to develop relationships that previously didn't exist.

A degree of communication is required in every profession, and communication skills are necessary at even the most preliminary stages of career growth. For example, an applicant must be able to communicate her skills and abilities during an interview in order to acquire a job. Essentially, communication strategies create a much stronger bond between parents, students and teachers to form a strong community that works together to produce the best in education. A lot, of course, depends on how schools use devices such as apps to deliver this but many head teachers are now discovering the real benefits for everyone.





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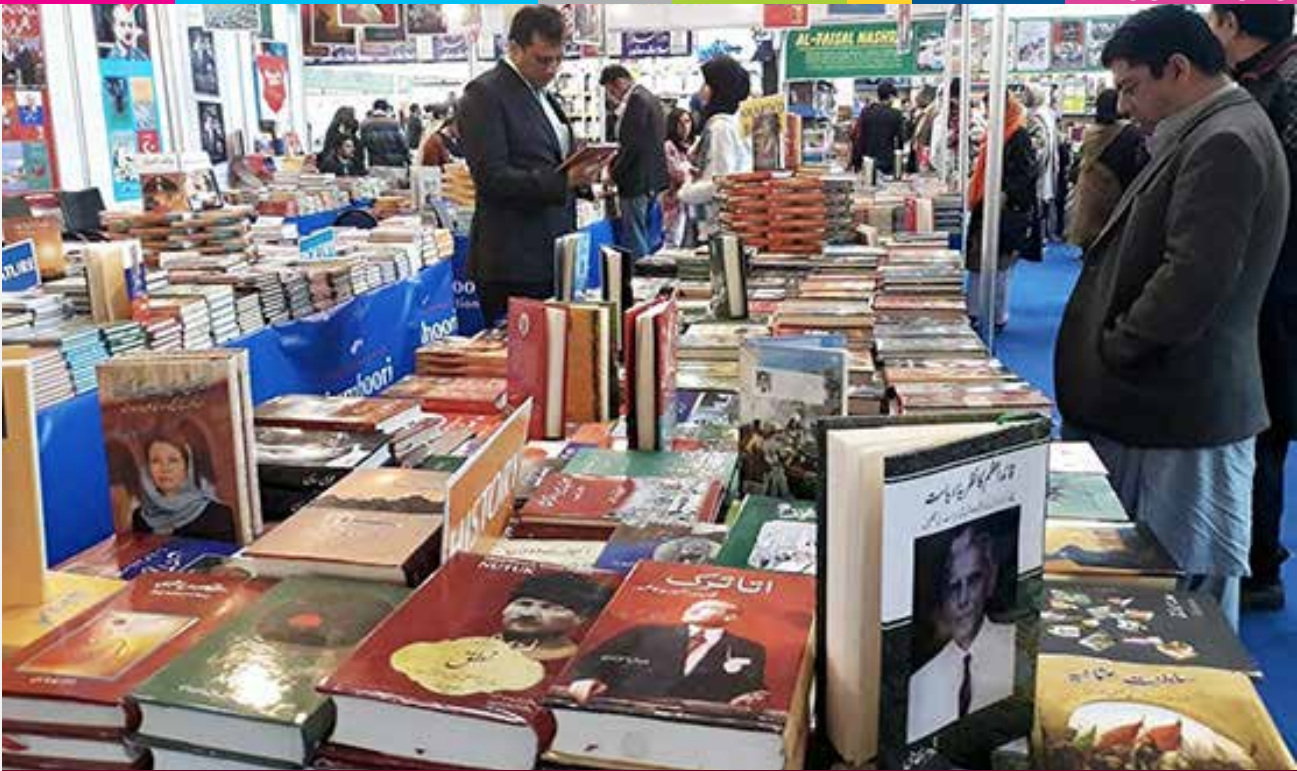
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# OPEN A BOOK, OPEN YOUR MIND

**BOOKS ARE AN EXPENSIVE ITEM; ALMOST A LUXURY FOR PAKISTANIS. ACCORDING TO EDUCATIONISTS, THE PRICE OF BOOKS IS ON THE RISE AND SELLING BOOKS HAS BECOME A MIGHTY CHALLENGE.**





## STUDENTS ARE NOW SHIFTING TO EBOOKS BECAUSE PRINTED BOOKS ARE JUST TOO EXPENSIVE FOR THEM.

Students in Pakistan, especially the students at school and college level, spend thousands of rupees semester on textbooks every year. More than 75 percent of college students say they have not bought a book because of its high price and nearly half say that even the textbooks are also expensive, which means that after buying a textbook that is compulsory for their academia, students don't have any money left to spend it on books other than syllabus textbooks. Not only are students choosing not to purchase the materials they are assigned by their professor, but they are knowingly accepting the risk of a lower grade to avoid paying for the textbook.

Students in Pakistan read less with each passing year and reads increasingly into the past instead of the present and future. Also, it reads more in Urdu today than in the past, with English becoming less and less

accessible as a vehicle of new knowledge. The presiding factor in the decline of reading is the expensive cost of books, which is a worldwide phenomenon signaling, perhaps, the end of the book in human history.

The soaring cost of college textbooks is affecting students throughout the nation, to the point where some forgo purchasing books, despite the fact their grades could be in jeopardy. Every now and then universities and various societies organize book fairs, but most students complain that high prices put books out of their reach.

The book has been a vehicle of knowledge, which seems to have begun with the invention of the word 'book' in the divine revelations of all religions: it meant the passage of humanity from the oral-pagan tradition to religious wisdom and civilization. The invention of paper put the book in global circulation, thus universalizing knowledge and making humanity

interconnected. It also meant the breaking of the isolation of cultures and civilizations and the penetration of societies frozen in ideologies by alien views of life. When the book declined, civilization, too, declined. What began in Europe with Solon's Athens disappeared in the Dark Ages when, shockingly, Europe forgot how to read and write.

Book reading is integral to culture and economic prosperity, both in retreat in Pakistan and, tragically, in the Islamic world. Reading will be promoted only when the average citizen takes to the habit. With the economy in decline and unemployment on the increase, books simply cannot be afforded. Paper, which gave rise to human civilization, is expensive because global ecology does not permit its manufacture as cheaply as in the past.

In a country where just 62% of people bought at least one book last year, this must be a little known fact. When compared to 87% and 82% in Turkey and



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Russia respectively, the numbers gathered for Pakistan were unsurprisingly low. The last Annual Status of Education Report of 2016 revealed that only 52% of children in Grade 5 could read a story of Grade 2 level in a local language. Tests for English reading skills for students of Grade 5 showed worse results. Only 46% could read sentences in English designed for Grade 2.

Books are an expensive item; almost a luxury for Pakistanis. According to educationists, the price of books is on the rise and selling books has become a mighty challenge. Hence, book-reading, as a hobby, sees less credibility as compared to watching movies or playing games on the cell phones which are more accessible because they can be downloaded for almost free.

Students are now shifting to EBooks because printed books are just too expensive for them. Some people might feel that since it's a new technology and digital tool, the cost obviously would be higher than that of printed books. But, it's quite the opposite. EBooks cost much less than printed books. Because there's not much of pre-production involved like that in printed books.

Moreover, including interactive features in an eBook makes the reading experience a more engaging one. EBooks can be embedded with audio and

videos. External links can be included to offer additional information. The user can even bookmark a certain page or find a word in a quick and effortless way. It also allows users to make annotations. There are multiple such interactive features which can be included in order to enhance the overall reading experience.

There are and will be people who support printed books as well as electronic books (eBooks). With the rising number of tech-savvy people, every service provider is digitizing their services so as to cater to this large community of digital users. Publishing is also one such industry which has entered the digital era to make reading more convenient for people. Schools and corporate organizations are increasingly moving towards eBooks for training purposes because eBooks are better equipped to provide an engaging learning and reading experience to users.





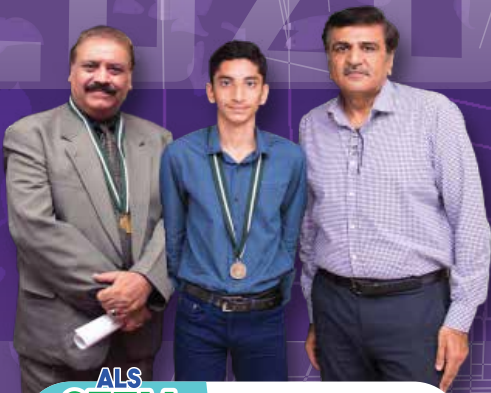
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# "DIVERSITY IS THE INDIVIDUALITY OF EVERY PERSON"

Q. Tell us about yourself and give us an account of your journey?

Ans. I got my basic education from Lahore and completed my higher studies from Government College. I was blessed with good teachers and I was fond of a lot of things which include debating, and teaching. I developed my leadership skills at during my early education, when I won my first debating competition; I came to discover my talent in debating. As far as my family background is concerned, my family was linked with educational field, especially my grandmother who served a lot in this field.

Q. What is CMT and how it is making a difference in the field of education?

Ans. CMT stands for Career Motivation and Training. It is making a difference in the field of education as we are coaching and training teachers, our team was small in the beginning but it has grown a lot. Allhamdulillah!

Q. Tell us about yourself as a motivational speaker?

Ans. As a motivational speaker I have given my services in different institutions. Like all great personalities in history have some past which make them what they are it is not the time but the way in which you spend your time. It's the process which make you what you are not the number of years. Before coming on social media no one was aware of me, it was a very long journey that how I got popular on social media in becoming 'Nadia Jaffrey'.

Q. According to you, what are the current tribulations we are facing in our societal setup?

Ans. In our society there is a great deal of insecurity that by empowering someone we will be overshadowed by their success. Other than this, I have seen that there is clash between the creativity and norms. Every individual has certain skills and you need to be



In Conversation with

## NADIA JAFFERY

is the CEO of CMT (Career, Motivation and Training)

convinced with other individuals' professional skills if you are hiring them. In other fields women are playing a subordinate role except education. We need collaboration in education system to improve the standard of the system.

**Q. How well the students are equipped with the moral values?**

**Ans.** Education and moral teaching are not two different things, they are the same. We need to learn ethics with education. We need to inoculate the ethical values with education in all subjects in all manners for character building of the students. As far as the sustainable development goal is concern, it also focuses on education. SDG-4 goal indicate diversity which means accepting the reality instead of showing sympathy. Private sector is offering education everywhere, where they can find place. If system doesn't support it then it will be a slow process to provide education to the citizens. Ultimately, education leads to the moral values.

**Q. What is your stance on the aspect of student centers?**

**Ans.** As far student centres are concern it is not totally focused on education. We need to educate mothers and families about

pre-birth conditions that how they can work for the betterment of their children, how they can improve their health—because in Pakistan, malnutrition and vitamin deficiency in women and children is a great problem. We need to tackle this problem by overcoming the addiction to fast food, as it poses a great health threat. Junk food and fast food are causing great health problems. Moreover, the administration of schools should inspect the canteens and cafeterias for food items that may cause any health problems for the students.

**Q. What message you would convey to the readers of our magazine?**

**Ans.** We can transform our society by producing informed citizens who have skills of enquiry, communication, participation, and responsible action. Therefore, students should always see their interest and then pick a relevant field that would not be boring for them at all. Students should focus, be unique in their work and indulge themselves in hard-work to shine the name of our beloved country. We can advance our society by producing informed citizens who have skills of enquiry, communication and participation along with the moral values.



**In our society there is a great deal of insecurity that by empowering someone we will be overshadowed by their success.**





# 12 Pakistani Universities included in Times Top 500 Yearly List



**T**imes Higher Education (THE) has included 12 Pakistani universities in its Top 500 Emerging Economies University Rankings for 2020.

Only one institution from Pakistan has made it to the Top 100, as Times has placed

Quaid-e-Azam University at 85th place. It includes institutions from countries that the London Stock Exchange categorizes as advanced emerging, secondary emerging, or frontier.

Rankings are compiled based on the following metrics: Citations, Industry income, International outlook, Research, Teaching, No.

of students, No. of Students per staff, No. of international students, and Female to Male ratio. While, Government College University Lahore and the University of Sargodha have made their way in the list of top 500-1000 Emerging Economies University Rankings.

**Below is the complete list of the Pakistani universities ranked in the top 500**

University	Rank
Quaid-e-Azam University	85
COMSATS University Islamabad	159
International Islamic University	201-250
University of Agriculture Faisalabad	251-300
Lahore University of Management Sciences (LUMS)	251-300
National University of Sciences and Technology (NUST)	251-300
University of Punjab	301-350
University of Engineering & Technology (UET) Lahore	351-400
University of Peshawar	351-400
Bahauddin Zakariya University	401-500
PMAS Arid Agriculture University Rawalpindi	401-500
University of Veterinary and Animal Sciences, Lahore	401-500



## UnionBank & SMU Inks Student Talent Program

Union Bank of the Philippines and the Singapore Management University have inked an agreement to further develop the potential of SMU's brightest and most entrepreneurial students by learning from UnionBankers. Under the partnership, up to 10 pre-screened SMU students with mixed expertise will be exposed to various projects of UnionBank for 12 weeks to co-create the development of emerging technologies. The students are participants of Singapore Management University's Global Innovation Immersion program – a talent development program seeking to imbue and enhance the entrepreneurial and global mindset of its most outstanding students.



## UK Announces Points-Based Visa System for Students



The UK government has launched its long-awaited points-based immigration system which it claims will "open up the UK to the brightest and the best from around the world". EU students will also be subject to the points-based system for study visas, as the single global system promises to "treat EU and non-EU citizens equally". Due to come into effect from January 2021, the proposed changes require those seeking to work in the UK earn at least £25,600 a year, as well as having specific skills and qualifications, including the ability to speak English. Student visa routes will also be points-based, the government said.

## Hungarian Govt. to Spend €180m on Language Courses Abroad

An estimated €180 million in funding will be provided by the Hungarian government to support some 90,000 of the country's students when they travel to the UK, Ireland, Malta, Germany, Austria, France and China this summer to take part in two-week language courses. Each student will be awarded €2,000, meaning the government will provide around €180m in funding. However, the total funding could exceed that figure significantly as exact numbers are still unknown and as many as 140,000 students are eligible for the scheme. Launched in 2019, the 2020 program will see students travel abroad as part of the program.



## Astronaut Christina Koch Returns to Earth after 328 Days in Space



NASA's Christina Koch returned to Earth safely Thursday having shattered the spaceflight record for women astronauts after almost a year aboard the International Space Station (ISS). Koch touched down at 0912 GMT on the Kazakh steppe after 328 days in space along with Luca Parmitano of the European Space Agency (ESA) and Alexander Skvortsov of the Russian space agency (Roscosmos). Roscosmos head Dmitry Rogozin said the crew had returned safely. "All is well on board, the crew is feeling well," Rogozin wrote on Twitter. "It's really fun to be in a place where you can just bounce around between the ceiling and the floor whenever you want," she said.

## Google Removes 600 Apps from Play Store for Violating Company Policy

Google announced that it had removed as many as 600 applications from its well known Google Play Store and banned them from ad monetization as they violated the company's disruptive ad policy and disallowed interstitial policy. In a statement, Google's senior product manager for Ad Traffic Quality, Per Bjorke, said: "Mobile ad fraud is an industry-wide challenge that can appear in many different forms with a variety of methods, and it has the potential to harm users, advertisers and publishers." Explaining what disruptive ads were, Bjorke added: "Ads that are displayed to users in unexpected ways, including impairing or interfering with the usability of device functions."





### World Spay Day Observed at University of Veterinary and Animal Sciences

The University of Veterinary and Animal Sciences Lahore observed World Spay Day to create awareness about controlling the increasing population of stray dogs through spaying (neutering) and also through chemical (zeutrating). UVAS's Pro Vice-Chancellor Prof. Dr. Masood Rabbani led the walk while Prof. Dr. Sarwar Khan, Prof. Dr. Kamran Ashraf and a large number of students and faculty members also participated. The walk started from VC office and culminated at Pet Center after took the round of City Campus. The objective of the day was to sensitize people about the proper ways of controlling the population of stray dogs and cats, not killing them to control their population.



### VC Government College University Stresses on the Principles in Education System

Four-day workshop on 'The Art of Living' organized by the Department of Sociology in collaboration with Office of Research, Innovation and Commercialization (ORIC), Fatima Jinnah Women University (FJWU) and Sustainable Social Development Organization (SSDO) was concluded with warm appreciation. The resource persons of the workshop were Ms. Shahnaz Minallah, Dr. Adeela Rehman and Ms. Saira Batool. Dr. Sarwet Rasul, Faculty Advisor for Arts and Social Sciences was the chief guest at the opening ceremony. Sessions of the workshop were full of energy, enthusiasm and dedication and they made the participants learn Yoga, meditation, sufi chants, breathing exercises, nostril exercises and the techniques for purifying mind and soul.



### Allama Iqbal Open University Introduces Academic Programs for Overseas Pakistanis



Allama Iqbal Open University has introduced some academic programs for overseas Pakistanis, including those living in Saudi Arabia, Kuwait, Qatar, UAE, Sultanate of Oman, Bahrain and USA. The programs include Allisan-ul-Arabi (Basic Arabic Course), Arabic Bol Chall, Secondary school Certificate (Matric), Higher Secondary School Certificate FA, I.com). The interested Pakistanis have been asked to enroll themselves in the on-going admission (spring, 2020). Admission forms and prospectus for these programs could be downloaded from the University's website. According to the Director Admissions, the overseas students' educational facilities were being extended with the cooperation of Pakistani missions and schools abroad. The aspiring students can download admission forms from the University's website.

### Institute of Public Health, Virtual University Sign Mutual Facilitation Agreement



The Institute of Public Health (IPH) and Virtual University Pakistan (VU) will collaborate and facilitate each other's students as well as teachers in strengthening/ improving their academic qualifications, research and education, capacity building and training of the staff. Both the institutions will extend help to promote preventive health and in this connection, a memorandum of understanding (MoU) was inked between the two institutions. Chairman Board of Management IPH and former Governor Punjab Lt-Gen (ret) Khalid Maqbool and Rector VU Naseem Tariq signed the MoU. Dean IPH Prof Dr Zarfishan Tahir and Dean VU Prof Dr Masroor Elahi Bashir also signed the documents.

### Bahuddin Zakariya University Signs MoU with Baltistan University

Bahuddin Zakariya University (BZU) signed a Memorandum of Understanding (MoU) with Baltistan University for students and faculty exchange program. Vice chancellors of both the varsities inked the MoU in a ceremony attended by deans, Dr. Tariq Ansari, Dr. Masood Akhtar, Dr. Hakumat Ali, Dr. Imran Sharif and others. Under the MoU, students and faculty exchange program would be devised for sharing researchers among the teachers and the students besides initiating joint ventures in days to come, said a press release. This collaboration in between Bahuddin Zakariya University and Baltistan University will play a pivotal role in the academic development of both the universities through their contribution and joint ventures.



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## Millennium Education Hosts Pakistan's Largest Teacher's Development Conference

Millennium Institute of Professional Development (MIPD) launched Pakistan's largest Annual Teacher Development Conference TDC 2020 on the very real-life concrete theme "35 Minutes" in continuation to The Millennium Education Teacher Development legacy at Pakistan China Friendship Center, Islamabad last day says a press release. Mohsin-e-Pakistan Dr. Abdul Qadeer Khan graced this auspicious occasion as a worthy Chief Guest, who presented awards and certificates to teachers who had completed their Cambridge Professional Development qualifications, foundation courses and Microsoft Innovative Educator Expert certificates. Overall 600 teachers were awarded for their excellence in service for the Millennium Education.



## HEC Committees Visits UET to Review Postgraduate Program

The Quality Assurance Agency (QAA) of Higher Education Commission (HEC) and the committee of experts from various universities reviewed the postgraduate programs during their 2-day visit to the University of Engineering and Technology, Peshawar. The committee was headed by Engr. Prof. Dr. Muhammad Tufail Jukhto (NED University Karachi), Engr. Prof. Dr. Abdul Qayume (PEAS Islamabad), Engr. Dr. Syed Athar Masood (IIU Islamabad) and Pir Qasim Shah, Deputy Director QAA, HEC Islamabad. The visit was aimed to review the postgraduate programs of UET Peshawar to examine its compliance with the HEC's minimum criteria, guidelines and enhance their quality to make them internationally compatible.



## Careem Partners With Iqra University to Empower Students



Careem, the leading ride-hailing platform in the greater Middle East and Pakistan region, has partnered with Iqra University (IU) launching its campus ambassador program and helping students generate part-time income through the platform. IU students who own a vehicle will be given the opportunity to register as Careem captains. Registered captains will then be able to earn a part-time income by providing services to and from the university campus by making use of the app's destination filter. The destination filter is a handy feature in the Captain app which allows a captain to pick rides going to/from a particular location.

## Concept Schools to Give Free Education to Children of Police Martyrs



In an encouraging development, Mardan police department has signed an agreement with Concept Schools Systems, with the latter agreeing to impart free education to children of martyrs. Under the agreement, Concept Schools System will bear all the academic expenses of the children of martyrs of Mardan police. Moreover, children of serving police officers will be able to study at Concept School's Mardan campus by paying half of the expenses. District Police Officer (DPO) Mardan, Sajjad Khan, and Concept School Mardan's principal, Amad Akbar, signed the contract at an event attended by students, teachers and other police officials.

## Govt. issues New Rules to Schools, Increases Passing Marks & Attendance Criteria

A new policy has been introduced by the Federal Directorate of Education (FDE) under which the students will have to achieve at least 40% marks and have a 75% class attendance to be promoted into the next class. As per sources, a notification by the FDE has been issued regarding a new promotion policy for the students of its 424 schools and colleges under the Islamabad Capital Territory (ICT). The notification underlines another directive under the new policy through which students from class 1 to 9th won't be promoted into the next class if they fail more than two subjects.



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By: Iqra Rasheed

# Should Earth Science Be a Part of STEM?

STEM programs have gained momentum over the last couple of years. Earth Science has long been neglected when discussing the importance of STEM. Some even debate that Earth Science is not a part of STEM study. Even if we talk about straight sciences, Earth Science receives a curt treatment as opposed to other branches of science such as physical sciences or life sciences. Michael Walker, a teacher at a high school in Houston, put forth a reason for this. He is of the view that Earth Science seems to be less glamorous as compared to other sciences. Moreover, it needs the least specific equipment and is not as posh as physical sciences. Many deem the modern applications of Earth Science as unclear and difficult to comprehend. Another reason might be the lack of clarity in modern applications of earth science.

There are people like Walker who call for more space for Earth Science in STEM education. They assert that the new generation must start to make decisions about the use of resources we have on this planet. They believe that there is an urgent and crucial need for our future generations to make wise decisions about making shrewd use of our resources since they are depleting fast. At the end of the day, it is the younger generation who have to decide how they are going to use these resources. For this purpose, they need to know what these resources are, how to use them wisely and what could be the consequences of using them carelessly.

When we talk about pedagogy, Earth Science has an edge over other sciences as it is

fundamentally tangible. It can be talked about in practical terms as opposed to other sciences. We can talk about air, water, oceans, rocks or volcanoes, the basic of our shared experiences. Science teachers may use Earth Science to influence their students' practical thinking. Discussing something that is tangible and can provide the students with hands-on learning experience is sure to trigger their interest in studying science. It is obvious that Earth Science involves a wide variety of topics that have relevance to daily human experiences. Moreover, many of the topics included in Earth Science curriculum are momentous to a person's everyday life. This means its addition to STEM curriculum would help to prepare knowledgeable and well-versed students.

It is common observation that previously students had to learn a large number of minerals or chemical formulas, which was least exciting or intriguing to them. With more focus on earth science, the learners would come across something concrete and perceptible and that will surely enhance their interest level. Furthermore, Earth Science is more than summarising the facts. While teaching earth science, teachers can incorporate different processes into the syllabus. It will help the students in making sense of complex actions as well as the interaction that takes place among various stages within a process.

Teaching them about the core scientific processes will aide them in understanding how change in climate brings about ocean acidification and the way it affects the coastal regions. They will get know-how about lead poisoning

the neurological development and how it is processed by human body. Rudimentary synthesis within stars as an indicator of the beginning of this universe will also be a part of their knowledge base. Once the students get to know about these processes, they will be in a better position in understanding the natural world.

Along with practical hands-on learning and ability to gain information about natural processes, the proponents of Earth Science propose to teach the younger lot about the cycles. Teaching of process and cycles will make the learning act come alive. The formation of the rocks, the changes and shifts happening in them over time along the entrance of water in the ecosystem will enable our younger lot to make sense of what systems and processes take place in the natural world.

Learning about plate tectonics, for example can be daunting for the learners since it is a big concept. They will have to ponder over the fact of the whole surface of the earth moving and transforming. Yet, turning the entire cycle into a system becomes more manageable and less nerve wrecking for them. Another advantage is that we can approach systems at multiple scales, in accordance of our learners' convenience and comprehension. Supporters of Earth Science assert that the ways discussed above are sure to play an integral role in motivating the children to explore their surroundings and think beyond the textbooks. They can further help them in finding a relation between the elementary STEM learning with the palpable outcomes and applied involvement.



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# Native Schools organized Teachers and Principals Convention 2020 at Pearl Continental

Native Schools is serving in education from more than 39 years. NSS emphasizes on the training of teachers to develop an excellent educational environment and to develop conceptual and human skills among the students. In accordance to that, NSS management has decided to conduct a convention and gather all the franchises at one platform at the same time. Teachers and principals convention 2020 was held at Pearl Continental on 4th March, 2020. There were more than 100 individuals in the session.

In order to achieve a high standard, the institute not only assures good quality of education for students, but also organizes teachers training workshops. These workshops are conducted by highly experienced trainers. There were different speakers in the convention like Mr. Riza-ur-Rehman (Managing Director), Mr. Atir-ur-Rehman (CEO), Mr. Imran Wadood (Regional Director at Sindh), Mr. Salman Maqsood (Director at KIPS), & Ms. Sana Shahzadi (Regional Academic Coordinator of NSS). The convention was organized to clear our vision and introduce you to our system. The main focus of the convention was to share our experiences with you and provide you all the guidelines for our new system.



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# Glorious 3-days Olympiad 2020 concludes with an Astonishing Event

Closing ceremony of Kingston Olympiad 2020 was conducted on 28th February, 2020. The Guest of Honor for the occasion was Mr. Imran Masood, Vice Chancellor University of South of Asia-Lahore, he is also a member of Punjab Higher Education Commission and Former Minister of Education Punjab. A wonderful prize distribution ceremony was also organized in order to acknowledge the excellence of the winning teams. Along with the prize distribution among the winning teams, the delegates had a fun-filled evening that was marked by a thrilling performance of Velvet Band and Aerobics performance by Kingston knights.





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# Graduation Ceremony of Roots Ivy International University held at Pak China Friendship Centre

A spectacular and elegant Graduation Ceremony of Roots Ivy International University was held at the Pak China Friendship Centre, Islamabad. The event was attended with an outstanding audience including officials, diplomats, parents, students and faculty. The grandeur and splendor of the ceremony was appreciated by all attendees. The ceremony started with the recitation of Holy Quran, followed by National Anthem. The daylong event consisted of distribution of Gold Medals and Degrees among the students. The students received their awards from the dignitaries. This year's graduation ceremony marked yet another amazing year of countless laurels and worldwide recognition of the caliber and talent of IVY students who achieved distinctions and global university placements.



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According to a recent study conducted by German

researchers, smartphone addiction does to your brain what drug addiction or substance abuse does.

In this digital era, it's almost impossible to fathom a day without smartphones, whether you need it to function as an alarm clock, a calendar, a messaging service or to get your daily news, smartphones have replaced many things in our daily lives.

However, a new study has come up with alarming results that say smartphone addiction should be taken seriously. Published in the journal Addictive Behaviour, it says smartphone addiction does to your brain what narcotics and other drugs do.

German professors based out of Heidelberg University used brain MRI scans of 48 people, out of which, 22 people were addicted to the phones, while the rest weren't. A comparison found that those suffering from a smartphone addiction underwent a change in the size and density of their brain similar to those who were suffering from substance abuse or drug addiction.

One of the areas of the brain that got affected was the grey matter. It is responsible for speech control, cognition, emotions, sight, and self-control.



One of the areas of the brain that got affected was the grey matter. It is responsible for speech control, cognition, emotions, sight, and self-control.

## Smartphone Addiction as Dangerous as Drug Addiction



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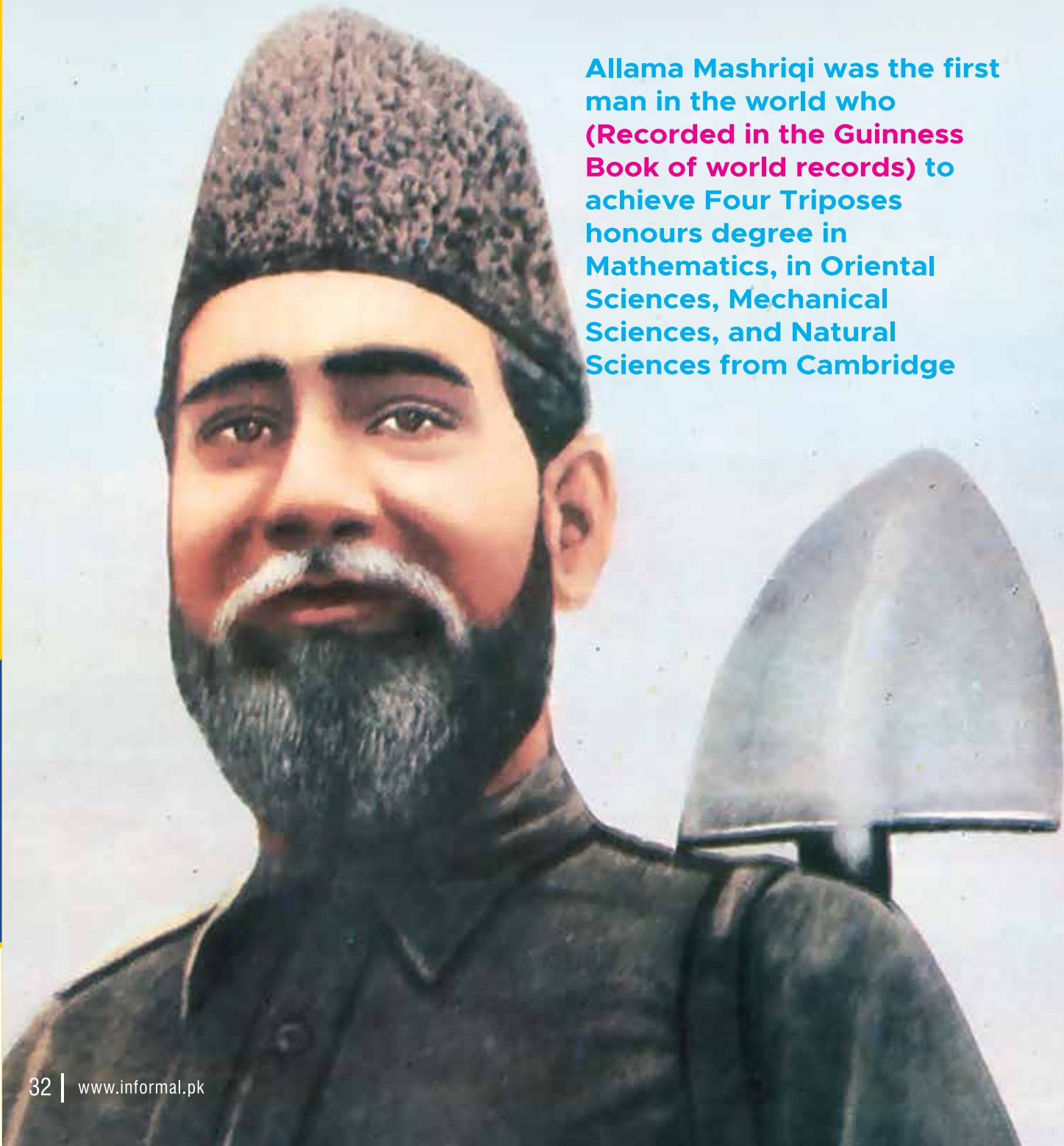
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By: Nina Raniya Khan

# A TRIBUTE TO INAYATULLAH KHAN MASHRIQI

Allama Mashriqi was the first man in the world who (Recorded in the Guinness Book of world records) to achieve Four Triposes honours degree in Mathematics, in Oriental Sciences, Mechanical Sciences, and Natural Sciences from Cambridge





**I**nayatullah Khan Mashriqi born on 25th August 1888 in Amritsar, (deceased 27 August 1963) was initially a pre patrician British Indian national and the founder of the Khaksar movement.

Allama Mashriqi was born into a highly educated, wealthy and influential family in Amritsar, India where his family and forefathers held important government positions within the Sikh and Mugal Empires. His remaining family now spread and settled in every corners of the world.

The Khaksar movement was established circa 1931 and was a social movement based from Lahore, Pakistan. In the 1930s, India was undergoing turbulent times as a nation and during these unsettling times many socio-political movements were gaining independence and taking birth such as, Khidmatgar and the Dandi March led by Mahatma Gandhi which received much attention. However, the Khaksar movement is not talked about much.



As the granddaughter of Allama Mashriqi and the daughter of the Late Innyatullah Khan Asghar – 25.08.1933 -12th April 2018 my intention is to highlight and revive the highly significant part the contributions the Khaksar movement played in Pakistan's History, and the enormous sacrifices they members of this movement and many associated with this party contributed.

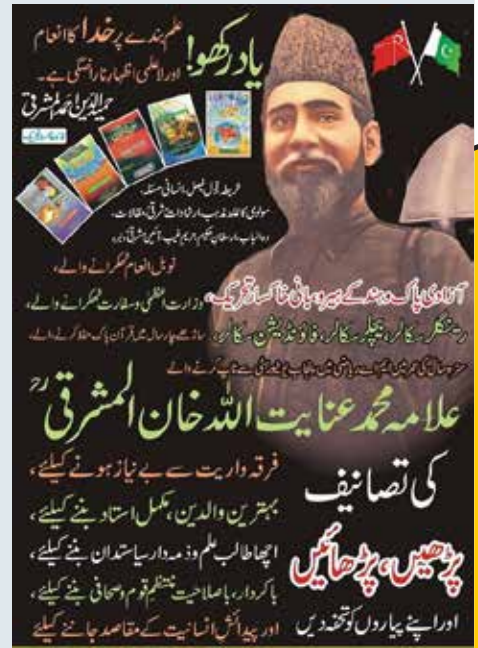
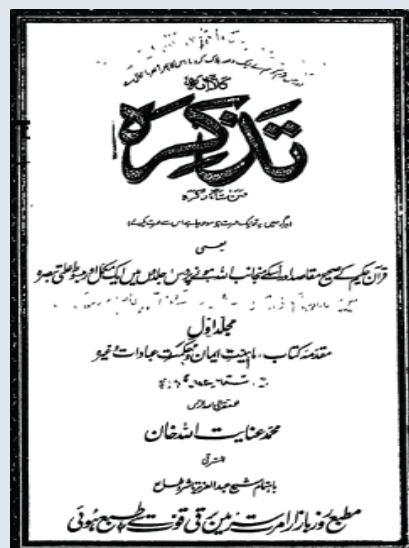
Allama Mashriqi was renowned for his contributions in Mathematics by being first man in the world (recorded in the Guinness Book of world records) to achieve Four Triposes (honours

degree in Mathematics, in Oriental Sciences, Mechanical Sciences, and Natural Sciences from Cambridge University and enjoying worldwide acknowledgement.

Allama Mashriqi was also renowned as a Writer, Islamic Scholar, Scientist, Reformer, Politician, and Founder of the Khaksar Movement as well as posting articles in the Westminster Reviews and London Times on the Indian politics. Allama Mashriqi held many prestigious posts and achievements in his lifetime including being appointed as the Undersecretary to the Government of India in the education Department (as a successor to the Sir George Anderson the then Undersecretary). Further he was appointed as the principal of Islamic College at a very young age of 27 in Peshawar upon his return from UK. He was also offered the Ambassadorship of Afghanistan at age 31 but declined. He was offered the Knighthood by the Queen but due to his beliefs he chose not to.

It was during these times that Allama Mashriqi came once again under world attention as being the Author of a gigantic religious philosophical work The Tazkirah, which earned him the nomination of the Nobel Prize.

I was in Oslo, Norway only a few weeks ago and visited the Nobel Prize building and feeling very emotional and proud of my grandfather's contributions on the world stage and achievements towards humanity. The book was titled the Tazkirah, The book's



vision and essence was to look at the holy Quran from purely a scientific view. However, Allama Mashriqi was adamant not to translate the Tazkirah into a European language so as not to lose its authenticity through translation and declined and thus losing out on the Nobel Prize as Urdu was not a recognised language.

The Tazkirah was followed by many other books, however, the Isharat was also a book of perhaps equal historical and religious importance as Muslims throughout the world were asked to practice and follow AMAL. It is believed that the books very foundation was the inspiration for the Khaksar Tehrik. It was around this time that Allama Mashriqi resigned from his post in the education field and concentrate on the movement and social issues from his home ground Ichra, Lahore. The movement in its infancy went from a mere 300 to over millions recruits over a decade. This was followed by his very own newspaper publication called Al-Islah.

The movement circulated around the belief that humanitarian service encompassed obedience, courage, strength, discipline, bravery, commitment etc. I was told by my beloved father that the doctrine of the movement was 'to emphasis the concept of Allah, the unity of the country and service to mankind and unity of brotherhood.

# Allied Schools organized Math Mastery Competition 2020 (National Level)

Allied Schools (A Project of the Largest Educational Network in Pakistan) held a Math Mastery Competition 2020 at sub-cluster, cluster, regional and national level respectively with the aim to motivate and encourage the students to learn mathematical concepts and to stimulate their learning towards the application of mathematical rules.

2484 participants of 531 campuses competed at 70 different sub-cluster level competitions across Pakistan. From there, 1407 winners of 396 campuses proceeded for competition at 32 clusters and 459 students qualified for the Regional Level competitions held at 8 different regions across Pakistan, and finally the best 44 Math Masters made their way to the written test of National Level of Math Mastery Competition 2020.

Renowned personalities from education field, teachers and parents attended the event. Kimberley Langen, CEO & Founder of Spirit of Math was the Chief Guest of the event whereas Mian Zorain Masood, Country Head- Spirit of Math, Mian Haroon Masood, Lead Strategist- Spirit of Math (Former Mayor of Gujrat), Prof. Ashar Johnson Khokhar, HoD Education Department-FCCU and Khadija Burhan, Assistant Prof. – FCCU graced the occasion as Guests of Honour.

At the end of the event, a group photograph of the participating students of Math Mastery 2020-National Level was taken with the Chief Guest, Guests of Honour, Project Director-Allied Schools and senior officials of Allied Schools Head Office.



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