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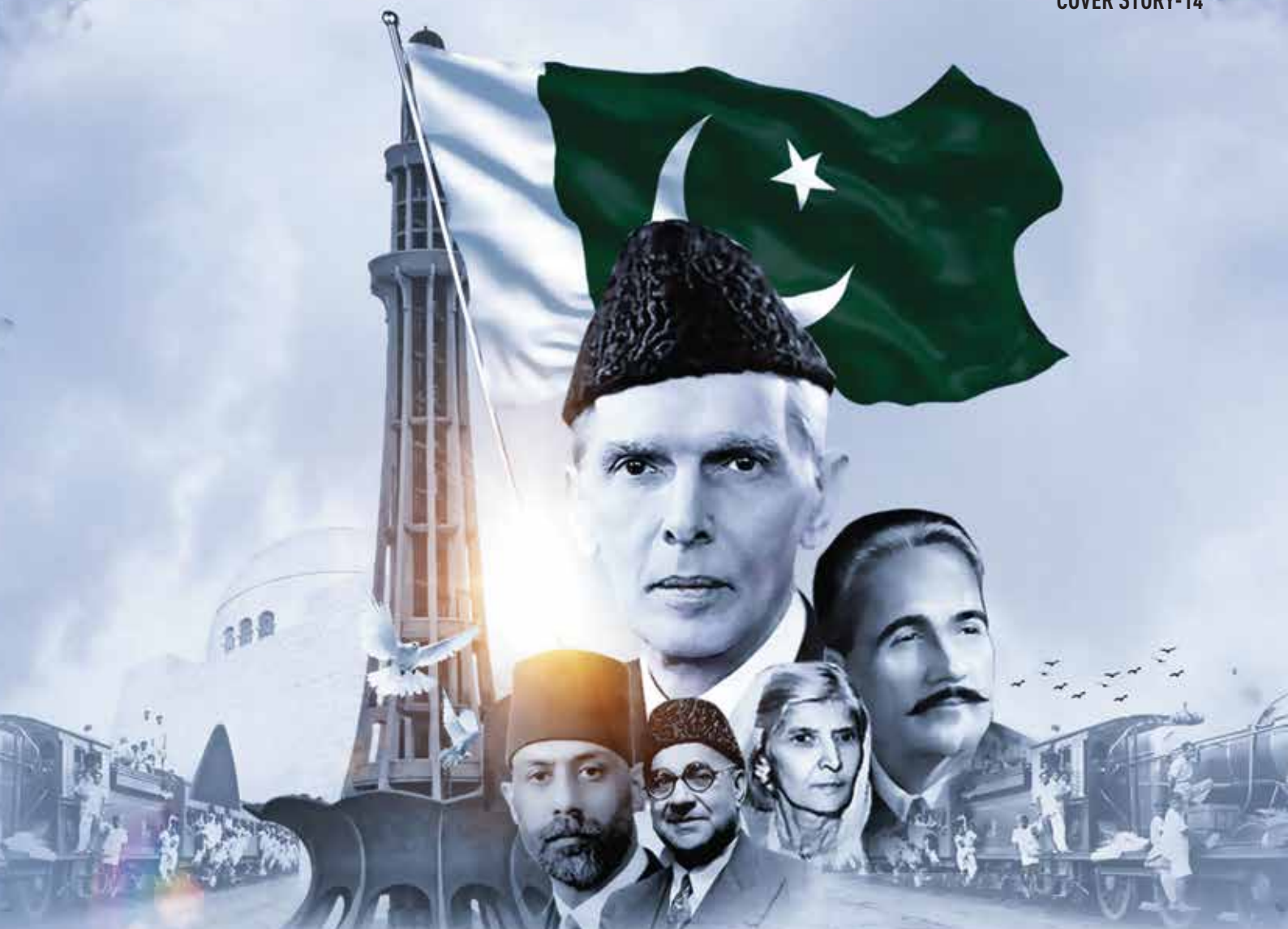
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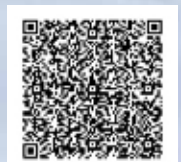
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Editorial NOTE

Education in every sense is one of the fundamental factors of development. No country can achieve sustainable economic development without substantial investment in human capital. Education enriches people's understanding of themselves and world. It improves the quality of their lives and leads to broad social benefits to individuals and society. Education raises people's productivity and creativity and promotes entrepreneurship and technological advances. In addition it plays a very crucial role in securing economic and social progress and improving income distribution.

The education plays a great role in developing country in every field. It plays like a model role in the development of one country if the people of a country are educated then they can easily helps them in development. Education is a basic necessity for any country's development and helps us in teaching that how we can improve the culture of peace.

In the earlier stages the peoples are talented, so that they invent many ideas and think much more but due to lake of education they can't prove them much more. At that time they have no laboratories in which they can prove their ideas. But now the world which is developing are used their ideas and thinking. It is due to education that they are developed so that they can prove the thinking of past scientists.

Education is the driving force for the national development and economic growth are very strongly depends on the education and these both are playing great role in developing a country. The nations are build by education economic growth can be increased, if the peoples of a country are educated they can easily grow up the national economy because then they can better knows the economic principles and rules and can think about them easily if they are educated.

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JULY15-AUG15, 2021



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pictures to publish in Informal Magazine at
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Letter to the editor

Your magazine did highlighted a very common issue which our schools are facing day today, which is the "lack of security", as majority of the schools still have inadequate security measures taken by the administration for the safety of a school. The safety of a school is not just important for the students, but it is also important for teachers and parents as well.

Munazzam Khalid

It's been a brilliant 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 issue of our education system.

Hamza Asif

Your magazine is doing a tremendous 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 the "Wise Advice" section, which I read when I'm looking for some serious matter to penetrate into my soul.

Maheen Saleem

I really enjoy reading your magazine and the section which I liked the most was the 'Tell Me Why' section, in which you write about various interesting and informative topics. It's always good to read your magazine; you guys are also promoting a good image of Pakistan along with other academic writings.

Saad Junaid

The story I liked the most was the cover story of this month, which showed a true side of the education system of Pakistan and the ailing condition of schools due to lack of security measures taken by the administration of schools. Schools should also take-up this issue and come-up with some quick solution to it, as the future of our students and teachers is at stake.

Arslan Ali

Your magazine has a good composition of interesting and informative content along with a wide range of topics. I would like to make a request to write something about the process of this our brain carries out the process if memorization. Generally, we don't notice this process, so I think it will be better to write something related to this topic.

Farwah Ch

It is a magnificent experience to read your magazine; it is perfect for students particularly. 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.

Ahmad Waseem

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 matter is always unique. I especially like the news sections, which includes the segments of National and Internal News. The information which I get from your magazine really helps me to learn and increase my level of knowledge.

Wajahat Shahzad

Write us at informal.pk@gmail.com

We recived 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.

Brain stimulation: Technologies to help read thoughts and treat

The ability to detect electrical activity in the brain and control that activity will soon bring a breakthrough in medicine and significantly change our society. The very near future can give us technologies that will read minds, be able to heal and change people.

Models of electrical activity of the brain can say a lot about a person's mental state - normal or not. New methods of stimulating specific areas of the brain can treat neurological and mental illnesses and control human behavior. However, as a result of this technological breakthrough, we will face complex ethical issues.

Brain stimulation: reading thoughts will become a reality

The ability to manipulate the electrical activity of the human brain promises to do for the brain what biochemistry has done for the body. When you go to the doctor, a chemical blood test is used to detect potential diseases. When he shows that his cholesterol level is high, it is a sign of a threat of stroke. Similarly, in experimental research, which will soon become a common medical practice - just a few minutes of monitoring the electrical activity of your brain with EEG (electroencephalogram) and other methods can say a lot about you. They can detect not only neurological diseases, but also mental conditions such as ADHD (attention deficit hyperactivity disorder) and schizophrenia.

Moreover, five minutes of observing the electrical activity flowing through your brain can reveal the relationships within it.

By studying the brain, you can

measure your IQ, identify your cognitive strengths and weaknesses, and determine your ability to absorb specific types of information.

The study of electrical activity in a preschooler's brain can be used to predict, for example, how well a child will be able to read when he or she goes to school.

A neuropsychologist will be able to determine whether learning a foreign language will be difficult for a person due to the presence of weak beta waves in a certain part of the cerebral cortex. Can you imagine how this ability to know the human brain will change education and choice of profession?

Control over the human mind

Controlling the electrical activity of the brain can open up the possibility of treating brain disorders, similar to what has been achieved by electrical stimulation in the treatment of cardiac disorders. By passing electrical or magnetic impulses through the scalp and implanting electrodes in the brain, researchers and doctors can treat a wide range of neurological and psychiatric disorders, from Parkinson's

disease to chronic depression.

But the prospect of "mind control" frightens many, and stimulating the brain to change behavior and treat mental illness has a sad history.

A Spanish neuroscientist used brain stimulation on monkeys, humans, and even bulls to understand how to control their behavior by pressing buttons on his radio-controlled device that fed electrodes implanted in the brain. Delgado tried to control his movements, change his thoughts, evoke memories, anger and passion. Delgado's goal was to get rid of deviant behavior by stimulating the brain and create a "psychocivilized" society.

The prospect of controlling the human brain with electrical stimulation is a worrying fact for many, but modern treatments for mental and neurological disorders are insufficient. Neurological and psychoactive drugs affect many different nerve circuits in addition to the target, causing a wide range of side effects. Not only the brain but also every cell in the body that interacts with drugs can be affected.



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WHY IS MATHEMATICS DIFFICULT?

Why is it so difficult for children to learn math in school? Why activities that seem completely simple and logical to us - because mathematics is the most logical and systematic science - cause so many problems to children? How can you help them keep up with the overloaded, massive material to master in elementary school? Here are some thoughts on this.

Problems in teaching math at school

THE MATERIAL IS DIVIDED INTO SECTIONS - Example: students learn briefly what fractions are - after checking them they forget them and return to the material only in the next grade - "because it is not needed now". Other times, children learn geometry and calculate the surface area until checked - after that, this knowledge is not needed for at least another year. Unfortunately, mathematics, unlike most subjects, has to be treated globally, you cannot pass, clothe, forget some material, because later we will not need it - it's not biology, where ferns in the department with mammals are no longer of our concern.

TASKS ARE DISSERTED FROM REALITY - abstraction does not appeal to children, but what they can use in practice. Tasks should be arranged in such a way that the mathematics is tangible and the students feel the need to master the material - because it will be useful in their lives. For example, instead of rolling out empty geometry tasks, let's do one big task on renovating a room.

WE TEACH SCHEMES - but we do not give the possibility to choose what suits a given student the most, or to come up with our own method of counting, and there are as many methods as there are thinking

heads.

WEAK STUDENTS CANNOT CALL UP - which is in part the result of overloading the material to be mastered. Children who cope worse usually cannot count on "translating until successful", the teacher lays the material on time and this should be enough. After all, everyone learns at their own pace and we will not avoid this problem if we teach children the same material at the same speed.

thus, **BETTER PUPILS GET BORED AND CANNOT EXPAND**. Perhaps this is an even

greater problem than the previous one, because such children lose the opportunity to develop - it is not known how much we lose potential "geniuses" - and here again it would be enough to equip those capable and curious with the proverbial rod - to indicate where and how to develop.

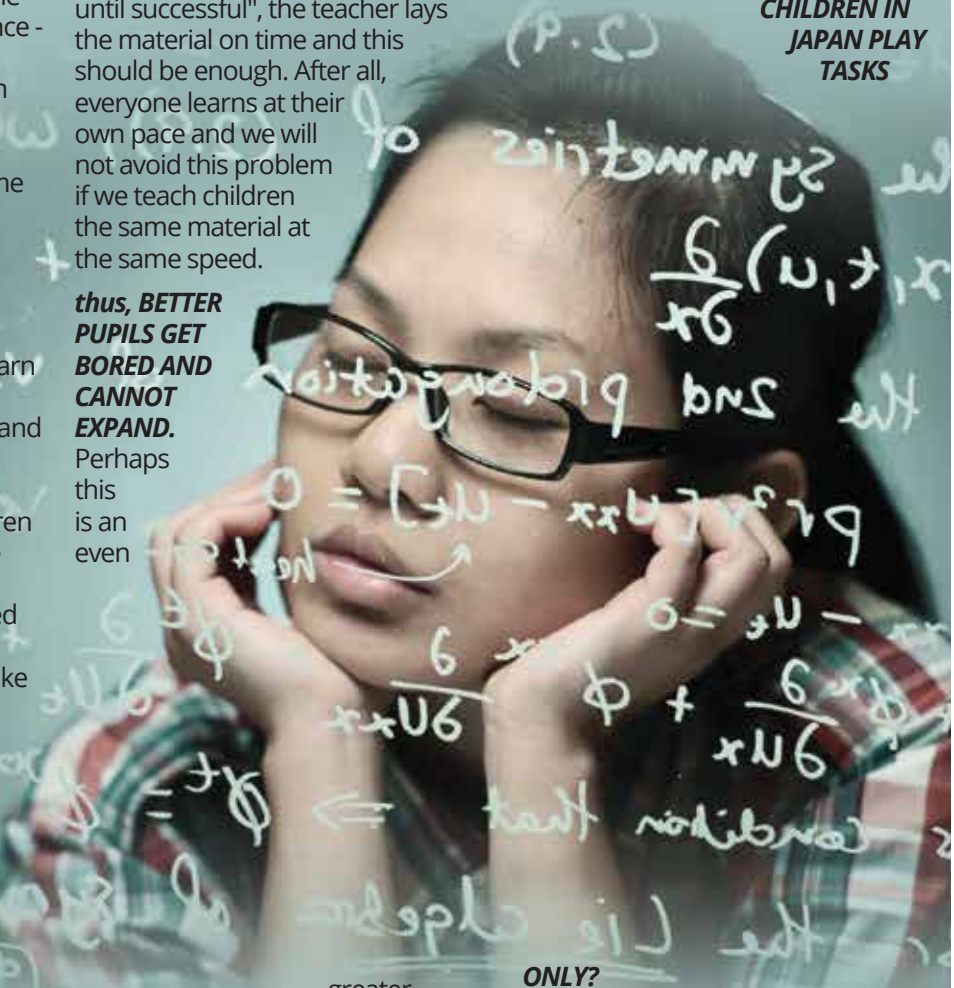
THE JOY OF COUNTING IS RECEIVED - students focus so much on their grades that they have no way of enjoying their skills.

THERE IS NO PLACE FOR MISTAKES - and after all, learning means making

mistakes, a bad answer of a child who is just figuring out the problem is immediately followed by a bad assessment, which discourages further learning.

DID

YOU KNOW THAT CHILDREN IN JAPAN PLAY TASKS



ONLY?

According to research, these students fare much better when solving unconventional tasks than those who learn from classic sets of tasks and polish the patterns.

What can we do as parents?

A parent can be a child's best teacher. First of all, let's talk and find out what exactly causes him a problem and what discourages him. Let's take the initiative and find and provide learning aids ourselves - let's show everything with examples. It's easier to understand fractions by dividing pizza or chocolate.

How to build your teen's reputation online

Searching for personal information on the Internet has become common practice for both businesses and the educational environment. Educational counselors know that educational institutions are looking for information about the activities and interests of students, and this becomes a valuable tool in making admission decisions.

Equally important is your family reputation, which requires a clear understanding by all family members of the rules for publishing your own information and being present in the content of others.

When hiring for a new job or considering a higher position, or when preparing a large contract, the company's security service will easily track your children's posts on social networks, identify popular geolocations of your vacation or place of residence, circle of friends and add it to your resume. .

Unpleasant? Yes, but these are modern realities that should be taken into account when building your own reputation.

That's why it's important to help your teen build their online reputation properly. To do this, you should discuss this topic together and agree on rules of conduct online, as well as create a plan to

build a teenager's reputation.

Here are some key points you should make to your teen during your reputation talk:

1. Everything that is published on the Internet can be seen by millions. You should not publish what you do not want to share with the world. The Internet is not a place for secrets. In the future, not everything can be removed from the Internet, so you should not publish too much yourself and allow others.
2. It is necessary to determine which topics are acceptable and unacceptable for online publications.
3. You need to check the published photos on the Internet. Ask yourself, what impression do they form on you from a potential employer or university representative?
4. It is necessary to check the privacy settings of content on social networks.
5. It is important to determine whether your email address looks decent and acceptable. SuperBoy@abcd.com - definitely not.
6. You need to check the lists of interests, preferences, topics that you have chosen for yourself on social networks. Update and supplement them as necessary, including subscriptions to the pages of educational institutions that are

considered for admission.

7. It is necessary to create and fill in your own resume (in LinkedIn it is allowed from 16 years), add to it important information about training, social activities, achievements and awards, certificates.
8. You should create an online portfolio or personal landing, which will contain a short biography, information about awards, achievements, links to your own electronic presentations on various topics, links to your own publications / media publications, links to useful videos, in who have a teenager, as well as create your own video card. You should continue to add achievements to your own online portfolio or website from time to time.
9. It is desirable to configure the search tools on the Internet by keywords (name, surname) to obtain information about yourself, family, to see what exactly should be strengthened or improved in terms of reputation.
10. It is necessary to make it a rule to keep your profiles on social networks regularly, adding information at least a couple of times a month. It is desirable to demonstrate yourself in many ways - learning, finding new opportunities for development, sports or creative achievements, hobbies.





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Gravitational gamma-ray lensing indicated a medium-mass black hole



The researchers recorded the gravitational lensing of the GRB 950830 gamma-ray flash, which they write in the journal *Nature Astronomy*. The gravitational lens indicated the mass of the object, which astronomers interpreted as a black hole of average mass.

What is known about intermediate mass black holes?

Black holes in the range of one hundred to one million solar masses have long been hypothetical, but evidence of their existence is growing. Scientists have long suspected that such objects may be located, in particular, in the nuclei of globular clusters. The most massive stars in such groups move to the center and merge, forming a massive megastar, the mass of which can be about a thousand solar masses. Such stars have a short lifespan and can form the basis for a black hole of intermediate mass, which subsequently grows due to the accumulation of material and mergers. However, direct evidence of the existence of black holes of intermediate mass has not yet been found. Their mergers are difficult to detect by modern generations of gravity wave detectors due to the large

mass of the final fusion product, and the size of such black holes is too small to be observed using the same methods, which are used to detect supermassive black holes in galactic centers. Gravitational lensing is one of the few ways to estimate the number of intermediate mass black holes. It occurs when the path of light from distant sources is distorted near massive objects.

What did astronomers record?

The researchers analyzed a sample of 2,700 gamma-ray bursts to find those that had undergone gravitational lensing. Gamma-ray bursts are extremely bright emissions of the most energetic electromagnetic radiation, called gamma rays. Their energy can be from 100 to 300 kiloelectronvolts. It is believed that they are generated by the rapid fall of material on a black hole of stellar mass, formed or supernovae, or by merging compact objects. The material is launched by relativistic jets directed in opposite directions along the axis of rotation (jets). Part of this flux is converted into electromagnetic radiation, which is amplified to gamma rays. It is estimated that at least some of the gamma-ray burst population should be lensed. The researchers found candidates for

such flashes, the most statistically significant of which was the short gamma-ray burst GRB 950830. The team analyzed which object could create its gravitational lensing.

What were the results?

Researchers have found that the mass of this object is about 55 thousand times the mass of the Sun. They ruled out the possibility that it could be a globular cluster or a halo of dark matter and interpreted it as a black hole of intermediate mass. In addition, based on these data, astronomers were able to calculate how common such black holes are. According to their calculations, their current concentration is 2,300 per cubic mega parsec. That is, for 15 million billion cubic light years there is one black hole of intermediate mass. If there is a large population of medium-sized black holes, they could be the basis for the growth of super massive black holes in the early universe.

In 2020, astronomers first recorded a black hole of intermediate mass using gravitational waves. Recently, researchers searched for such a black hole inside a globular cluster, but it turned out that it was instead filled with black holes of stellar mass.



MARKER

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Concept of FRIENDSHIP

We explain what friendship is and the types of friendship that exist. Also, the importance of this type of relationship and phrases about friendship.

What is Friendship?

Friendship is called a type of affective relationship between two people, in which a certain degree of camaraderie, trust and cordiality intervenes, very similar to love, but devoid of romantic connotations.

In principle, friendship manifests itself as a mutual feeling, established by an equality of visions of life or of projects in common.

There are no formal parameters to study friendships and it is considered that each one is unique and proposes an unrepeatable path: some take a few minutes to establish themselves and others instead take years to set, as well as some are closer and closer, while others are more distant.

Some may even go through erotic moments, turn into love, or come off as a result of failed love. Some, finally, can be finished.

This type of bond normally occurs between human beings, but it is also used to refer to

commensal relationships or bonding between human beings and other higher animals, as occurs with dogs: it is not for nothing that they are commonly called "man's best friend".

Types of Friendship

There are three types of friendship: useful, accidental and good. The first two are accidental and the third intentional.

Helpful Friendship. The one that takes place between two people who undertake a common goal and help each other along the way, or in which they obtain some kind of benefit from being friends. According to the philosopher, these friendships tend to run out when the objectives are reached or the benefits run out.

Accidental Friendship. Those that are based on the pleasure of sharing and passing, typical of young people and depends largely on tastes, so that time is sentenced to disappear, because with growth, tastes are among the first things to change.

Friendship of the good. The most durable of the three and the one that really embodies the concept of friendship, is based on a vision of the good in life and virtue, that is, of certain moral precepts and a certain way of understanding existence. It does not aspire to receive anything in exchange for

it, other than the same bond (reciprocity) and they can be the longest lasting friendships, with periods of years or even a lifetime.

Other forms of friendship, addressed not so much from the philosophical as from other perspectives, allow us to talk about:

Close Friend. It is often spoken of close friends or best friends, to separate those "special" friends or of a very deep degree, in comparison with the others: it is a special distinction.

Virtual Friend. This is what friendships made through the Internet are called, whether through forums, social networks, email, etc.

Fake Friends. Also called toxic friends, they are those who pretend to be friends with someone or who are only friends for self-interested purposes.

Importance of friendship

Friendship is considered a value, since we are gregarious beings, that is, we tend to form groups and live in society, depending on each other. In this sense, we need allies: people who pursue goals similar to ours or with similar tastes, who accompany us in life and who "team up" with us.



How to foster an optimistic attitude in children?

Optimism is closely related to persistence. Therefore, if you support an optimistic attitude in your child, you will be raising a person who will have a chance to succeed.

Raising children is not just about giving them food, safety and affection. You also need to support their optimistic outlook and teach them the values and skills they will need to develop in life. Optimism is undoubtedly one of the most important and most neglected issues in raising children.

Parents often consider this value to be secondary and unimportant. In other words, many associate optimism with clichéd phrases like "Believe in yourself" or "Fight for your dreams to come true". However, the psychological implications of this concept extend far beyond that and can help children live happy and successful lives.

Optimism and persistence

Perseverance is the most important human ability to deal with adversities, overcome them and emerge from such experiences stronger. This is due to the fact that every person will experience difficulties sooner or later.

Failing an exam, being betrayed

by a friend, having to face a breakup or the loss of a loved one ... These everyday situations can be quite uncomfortable for people who do not have the emotional tools necessary to deal with them.

Therefore, try to help your child develop persistence.

However, such a skill has other values that you need to support. You can take a positive attitude as your starting point because it is closely related to other skills.

What is an optimistic attitude?

Optimism is the tendency to find positive and favorable aspects in any situation. As a result, the optimist is able to face difficulties with courage and persistence, knowing what is good in his life and working on what is not.

Optimistic people have many benefits in their daily life. They tend to be hopeful and have better self-esteem and a stronger immune system.

In addition, they take more effective action and are more proactive when facing difficulties, taking action to provide themselves with an emotional support network.

On the other hand, pessimistic people tend to have lower self-esteem, lose hope and give up more easily. When they face

problems, they become depressed. Therefore, they fail to act and may become resentful of themselves. Also, they tend to experience feelings of anger more often.

So you see, optimism is much more than a naive trend or a motivational quote. It is an excellent psychological resource that allows people to rely on their own abilities to achieve success and overcome difficulties.

This is why, while we sometimes feel tempted to put more emphasis on intellectual education, emotional education should not be neglected.

How to foster an optimistic attitude to raise gifted children

Optimism is the key to being able to walk through life with confidence and autonomy. Therefore, if you want to foster an optimistic outlook in children, there are some basic guidelines you need to keep in mind:

- Set an example. Be a role model for an active and persistent attitude. Let your child see your positive and hopeful attitude as you face difficulties.
- Communicate the importance of gratitude. Being thankful for all the good things around you will help you always remember that you are lucky and hope for the best.



Mindfulness in Everyday Teaching Ten Simple Ideas

Be a relaxed and confident teacher

C Short mindfulness exercises are ideal for making everyday school life more conscious. Instead of rushing through the hours remotely controlled, you experience and control things with confidence. We have put together ten quick impulses for you - as uncomplicated mindfulness training for every day.

Train mindfulness: It's very easy!

In this article, we have already revealed how much you can benefit from a more mindful (working) life you too: We haven't added any more mindfulness puns.)

For everyone who is already in the picture or who just want to get started right away, here is the right addition: ten little mindfulness impulses that are guaranteed to be easy to implement in your everyday teaching life. It doesn't matter whether you choose just one exercise or try several - the main thing is that you start. You will feel the good signs immediately.

Just try to consciously taste your lunch break (or your muesli or salad). Instead of devouring

what you have brought with you between the door and hinge, take the few minutes to actually eat mindfully. Which spices or other ingredients can you taste? Which flavors do you particularly notice? How is the consistency? Chew slowly and notice, for example, the soft bread dough in contrast to the crispy, salty crust.

Notice the many different colors and shapes in the classroom. Whether you look at objects or at the clothes of your students: Take a very specific look at the abundance of colors and shapes.

"Paint" the next picture on the board with a lot of care. Plan a little extra time and build the board picture very consciously. You can write slowly and carefully watch every line, arc, and squiggle, notice the feel of the chalk in your hand, or concentrate on the movement of your arm.

Take a nose: Concentrate on the smells around you. From the scent of the green apple you brought with you to the perfume of your colleague, take a particularly close look.

Instead of talking to a student while you are filling out the class register and rummaging in your

pocket, you are consciously aware of the conversation. Make targeted eye contact and devote all your attention to the person you are talking to - mindfulness instead of distracted multitasking.

Pay close attention to your thoughts. For example, what is going through your head on the way home? Are you already thinking about what else you need to buy or do? Think of these thoughts as cars on a freeway. Let them go by - and then concentrate fully on the here and now. Focus on how the steering wheel feels in your hands or concentrate entirely on the jerking of the train.

Stop for a moment and reflect: How do you perceive the teaching situation at the moment? Is it loud and restless or focused and productive? What feedback would you give or praise your students for? Come out of the "class sprint" and take a conscious look at the classroom situation.

Make yourself a cup of fragrant tea for evening corrections or preparation. Take it in your hand, consciously feel the warmth, look at the steam and

Inverted classroom technology the art of practical use

ABOUT THE ESSENCE AND PRACTICAL USE OF THE TECHNOLOGY "INVERTED CLASS".



The "inverted classroom" is a model of learning in which the traditional presentation of new material and the organization of homework are presented in reverse. It has radically changed the approach to teaching and acquiring knowledge! The main idea is to turn the lessons over: the analysis of the theory is at home, and the "homework" is in the classroom. Learning at home is done with the help of gadgets (mobile devices, computer) in the format of audio / video, presentations, webinars or interactive tests. While in the classroom, students update and consolidate the acquired knowledge: perform practical tasks and ask the teacher questions that will better understand the topic. As you can see, the introduction of the "inverted class" format requires a

high level of self-discipline of students. Only then will this system succeed!

At the stage of organizing the "inverted" lesson you should find answers to the following questions:

- For what purpose did you decide to use this form of education?
- What problems may arise during the implementation of "inverted learning"? How can you solve them quickly?
- What are the stages of an effective "inverted" lesson? What activities will help students consolidate the material developed at home?
- Will students be able to expand their knowledge (through practical experiments, discussions) or use them to create their own project?
- How can students work together in class?

These simple life hacks will help to organize "inverted learning" competently:

1. Prepare for your students a selection of media materials that will help you better master the theory. Small self-test tasks will show children what information to read again. Creating interactive texts, videos or images is great for this.
2. Make a list of interesting topics to work on in the first month of the "inverted class" in advance. This is necessary in order to form students' motivation to learn according to the new rules.
3. Involve students in planning and preparing for the inverted class format. Find out what they think about the innovations that are expected.
4. Invite the children to email



keynote notes after watching the video lectures. This will make sure that the students have really worked out the theory.

5. Use gamification in the classroom. Webquests, quizzes and smart online games - all this will make your lesson unusual and unforgettable. In addition, thanks to this, children will remember the educational material better and for a long time.

6. Do your students not have internet access at home? This is not a problem. They can download all the files needed to study the theory to the phone / electronic media in the computer room.

There is no specific step-by-step instruction for "inverted learning". And yet, it gives teachers space to generate their own interesting ideas. With practice, your box will accumulate strategies and methods that can be adapted to any class. However, keep in mind that this technology is not designed to use the same methods and techniques for years. It is important to update them systematically!

We have selected for you practical techniques for using the technology of "inverted class". Get inspired by them and implement your own interesting ideas!

Crowdsourcing

The students' task is to work out the theory and record examples of its implementation on the phone. These can be experiments in chemistry, physics or biology, film adaptation of a poem, creation of short stories in the format of stop motion or timelapse. Since children love to shoot videos for YouTube or TikTok, they will definitely like this format of consolidation of what they have learned!

Virtual tours

Invite students to view thematic exhibitions in virtual museums before studying the theory. In this way, children will be more enthusiastic about reading the text in the textbook or watching video lectures. We advise you to use selection of free web services:

Problematic issues

How to actualize the importance of elaboration of theoretical material? You may want to ask children to think about solving problems (one or two) after learning the theory. And in class, all the ideas can be voiced during a short discussion.

Questions should be topical or just interesting. For example: What will happen to the Earth and other planets if the Sun disappears? Why shrew weighs 2 g and eats 4 g of food a day, and a tiger weighing about 200 kg enough 10 kg of meat per day? What can a home barometer be made of? Why does a match cast a shadow and a light on it not? Why does the root of a plant grow downwards and the stem grow upwards? Create! Such questions will help to involve each student in the development of theory.

Critic generators

This exercise is similar to the previous one, but somewhat transformed: adapted to organize group work. The teacher asks students a problematic question related to the topic of the lesson. The class is divided into two teams: generators and critics. The task of the first group is to come up with as many solutions as possible (sometimes there may even be optionsfantastic!). The task of critics is to choose the most successful of the proposed ideas. Each team must

justify their opinions.

TED-Ed

TED (Technology, Entertainment, Design) is a video lecture: from science to the global problems of mankind. As a rule, the speeches last about 20 minutes: this is enough for the listeners to concentrate on the essence of the report without being distracted. What are the benefits of TED conferences?

Find a lecture on the site that will help students better understand the theoretical part of the study material.

Children will learn the art of public speaking.

Young marketers

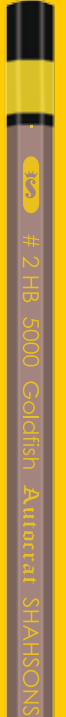
As you work in the classroom, invite the children to form teams and create advertisements for the theory they have developed. What will it be like? Decide for students. For example, a short video in the form of stop motion or storytelling. Or a poster with information about how a person will need knowledge on a particular topic in real life. The benefit of this exercise is not only that children will delve into the study of the topic, but also in the development of creative abilities!

Prediction tree

After students have worked on the theoretical material at home, invite them to form groups and draw "Prediction Tree" diagrams. Essence: trunk - topic, branches - hypotheses (the number of branches is unlimited), leaves - substantiation of assumptions, arguments in favor of a particular opinion. This exercise can be adapted to any discipline!

Generalization of knowledge

Invite students to brainstorm. To do this, they should take turns saying one or two short sentences about the concept or key points from the material studied. Thoughts should not be repeated! It's best if students don't just duplicate theoretical information, but also speak their own insights on the topic. After everyone has expressed their opinion or theses on the theory, the class should applaud the successfully studied topic.



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Heat and sunstroke: how to protect yourself?

Summer is a wonderful time. But in summer there is a great risk of overheating and getting heat stroke, because the sun is very active and dangerous at this time. So today - about the signs and symptoms of heat injuries, how to protect yourself from them and what to do if you or your loved ones get heat or sunstroke.

Heat stroke - a condition that occurs suddenly and is caused by disorders of thermoregulation of the body with prolonged exposure to high temperatures.

The main symptoms of heat stroke are:

- High body temperature;
- Thirst;
- Nausea;
- Headache;
- No sweating, the skin becomes hot and dry to the touch;
- Redness;
- Rapid breathing and heartbeat;
- Disorientation;

- Possible convulsions, hallucinations, loss of consciousness.

Sunstroke is a type of heat stroke, it can occur due to local overheating of the head under direct sunlight. The symptoms of sunstroke are similar to the symptoms of heat stroke, but slightly less pronounced.

First aid for heat and sunstroke:

- Call an ambulance.
- Move the victim into the shadows.
- Ensure the free flow of oxygen to the body: unbutton the collar or shirt completely, girls - a bra that compresses the chest.
- Cool the person: you can apply a bottle of cold water to the neck, armpits, wrap a damp cold towel.
- If a person faints - it is necessary to bring him to consciousness, using ammonia, and in severe cases - by artificial respiration.
- Give to drink valerian and water.

But it is always better not to allow such unpleasant consequences.

Here are some simple rules you need to follow to protect yourself from heat stroke:

- Rest in the shade.
- Do not go outside in the hottest time - from 11:00 to 16:00.
- Be sure to wear a hat.
- Do not wear synthetic, tight-fitting clothes, prefer light loose clothing made of natural fabrics
- Drink plenty of water. An adult loses 0.5-1 liters of fluid per day with sweat. And in the heat losses can reach 1-1.5 l / h. Therefore, always carry your water bottle.
- Do not leave children or pets unattended in the car. It doesn't matter if it's in the shade or just a couple of minutes.

Remember our tips and let the summer be sunny for your health.



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10 educations for you who are interested in technology

Tips on technology training, Are you a technology nerd or maybe a beginner in technology? We have listed 10 different educations for you who are interested in technology. Both longer and shorter education and technology linked to other subjects. Hope you find inspiration for studying technology!

10 courses for you who are interested in technology

1. Mechanical Engineering, Specialization in product development

Mechanical engineering is an exciting subject full of possibilities. What would the world have been like if trains, cars and planes had not existed? Not to mention all the inventions such as cell phones or medical equipment that exist and save lives. You who choose to study mechanical engineering will be able to influence the new products of the future!

2. The program for real estate technicians - The Real Estate Academy

As a property, energy and operations technician, you are a specialist with responsibility for the care, operation and maintenance of properties' various technical systems, especially heating, cooling and ventilation systems. The training includes three LIA periods of 5 weeks each. During your LIA periods, you will have the opportunity to put your theoretical knowledge into practice.

3. Construction technology with a focus on administrative issues - Institute of Technology

The course gives participants a

broad knowledge of construction technology with a focus on management issues. We address basic connections for a good indoor environment with a focus on the interaction between building and installations, such as noise, moisture safety, thermal comfort, light, etc.

4. Science & Technology - Public education

Science and technology are exciting, fun and invite to playful exploration with the children. The goals regarding science and technology have been clarified with the revision of the curriculum for preschool and during this lecture we will together work on the areas within science and technology that are dealt with in preschool. Implementing and evaluating teaching that stimulates and challenges children's development and learning.

5. Production Technology

You will learn to understand and use a number of production technical methods and economic connections that are useful in evaluating different production technical solutions and work with production development.

6. Composite Technician

The automotive and aerospace industries demand people with expertise in composites, as well as companies that manufacture sporting goods in the sustainable lightweight material. Fill the knowledge gap in exciting industries and train yourself as a composite technician!

7. Operations technician biogas and water treatment

Do you want a technical profession? Are you interested

in environmental issues and want to contribute to sustainable societal development? Then this is the training for you. More and more biogas plants are being built in Sweden, which increases the need for competent operating technicians in the area.

8. Interactive media and web technologies

Our digital future requires interesting products and services that take advantage of the possibilities of new technology. Here you will learn to understand and create them!

9. Mechanical Engineering

After completing the master's program in mechanical engineering, you are well prepared to work with various issues in the field of mechanical engineering. The program focuses on product development and structural dynamics, which are two research areas within Linnaeus University.

10. Supplementary program in Mechanical Engineering towards a Master of Engineering degree, specialization Materials Engineering

As a civil engineer in mechanical engineering with a focus on materials technology, you gain knowledge that gives you responsibility for the material aspects of the design process seen as a whole, in collaboration with other competencies in this field of mechanical engineering. Advanced material analyzes and broad knowledge enable strategic choices of the right material for a specific application based on both properties and environmental impact as well as design possibilities and price.

Home office versus the spine take care of your health and...psyche

Working in the home office system is associated with many dangers - including health hazards. So how should we take care of ourselves to avoid diseases, both physical and mental? Both areas are connected to each other because, for example, a diseased spine can contribute to depression. Surprising? Yes, but true.

Not all are equally good at remote or hybrid workflow. In most studies devoted to this issue, there is a common problem with maintaining balance and the lack of a clear boundary between the private and professional areas of life.

Work time, rest time

Therefore, we should start taking care of our own health, both mental and physical, by deliberately establishing the boundaries between private and professional life. Systematic disconnection from the professional turn and device digital detox will allow us to stop and focus on what we are going through. It will be an opportunity not only to take a walk in the

forest, but also to notice the natural circumstances we are in and to take our mind off the report that should be prepared for Monday. Thanks to this, we will not only rest physically and mentally, but also provide ourselves a dose of healthy sleep, thanks to which we will regenerate our strength for further activities.

The body sends signals

If we do not take care of our health early, the body will start to experience physical symptoms that indicate disorders characteristic of excessive remote work - thumb pain, tingling in the hands, wrist stiffness, swelling, and pain in the spine in its various parts. These are obvious messages sent by the body, indicating the need to take a break of at least ten minutes from using the phone or laptop.

A healthy spine is a healthy psyche

More than half a billion people feel unwell due to back pain, which reduces their quality of life. They also experience excessive anxiety and show signs of depression. And with this issue we are faced with a dilemma - what

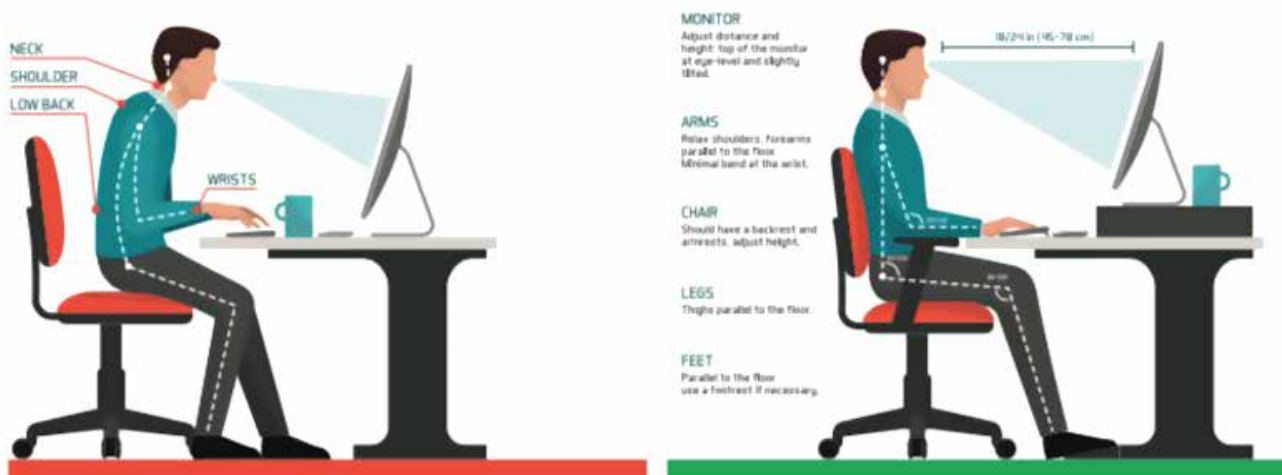
came first, back pain or depression or anxiety? There is also a danger of falling into a vicious circle where the symptoms reinforce each other.

How to overcome pain and its causes "points out that suppressing feelings or desires causes asymmetrical muscle tension in the body.

Back pain and changes in the brain

However, while it is still logical to assume that emotional problems affect muscle condition and thus posture, how do you explain the reverse mechanism by which back pain can cause brain changes? Chinese researchers found that the occurrence of chronic pain is associated with a reduction in the volume of the so-called gray matter. This zone is responsible, among other things, for processing pain, which in turn has a direct impact on the process of pain sensation.

Pain in different parts of the spine is accompanied by different changes in the brain. The greatest modifications of the gray matter accompany ailments in the lower back.



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NGS Preschool students enjoying summer party.



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KIPS School Canal Side Campus arranged puppet show for the students.



Native Schools Gujranwala Students are back to school.



Pak-Turk Maarif International Schools welcomed the students back to school.



First Steps School students in a happy mood at their Graduation event.



Students from The City School Shalimar A Levels participated in the tree plantation.



Students of Aspire College MianChannu Campus are planting trees on the occasion of tree planting.



Punjab group of colleges Okara Campus lucky winners of The PGC online feedback survey '21.



UMT Judo team participated in HEC All Pakistan Intersarsity Judo Female Championship 2020-21 won a bronze medal in the Open Weight category.



Ministry of National Health Services signed agreement of collaboration for diploma family medicine program with WHO.



Signing agreement between Modernage Public School & College, Abbottabad & Fizaia Housing Scheme for Capital Campus Tarnol, Islamabad.



The 45th scheduled meeting of the Board of Governors of Bahria University was held at Bahria University Head Office Islamabad.



International workshop on Oriental Sweets at COTHM Pakistan in collaboration with International Chocolate & Pastry Academy - ICPA.



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Speaker Punjab Assembly, Ch. Pervez Ellahi handed official gazette to Chairman The Superior Group Prof. Dr. Ch. Abdul Rehman recognizing as "SUPERIOR UNIVERSITY".



President of Serving Schools Alliance Mian Raza and Chairman Qazi Muhammad Naeem Anjum were present in the meeting with Governor Punjab Chaudhry Muhammad Sarwar at Governor House.



Provincial Minister Raja Rashid Hafeez attending the Single Curriculum Training Program organized by the Literacy Department.



Shahid Mahmood President Rotary International organized meet up with where he expressed his vision about working for Education and Social work.



Dr. Murad Raas Minister for School Education Department, is in Monsoon Tree Plantation Campaign-2021 at QAED Punjab.



Mr. Syed Tariq Shah, Chairman, All Private School Management Association Sindh and Mr. Usman Akram, Director Business Development, MCC signed a MoU on collaboration and focus on the achievement of international educational goals.



ACCA (the Association of Chartered Certified Accountants) has awarded K-Electric with the highest Platinum status in its trainee development stream of ACCA's globally celebrated Approved Employer programme.

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