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Informal

TO RISE ABOVE THE TIDE

EDUCATIONAL MAGAZINE

ELDERLY PEOPLE LOST IN MODERN TIMES

COVER STORY-14

**STEM
LEARNING
THE PATH
TO GENIUS**

PAGE-08

**HOW TO PREPARE
OUR CHILDREN FOR
THE FUTURE NEXT**

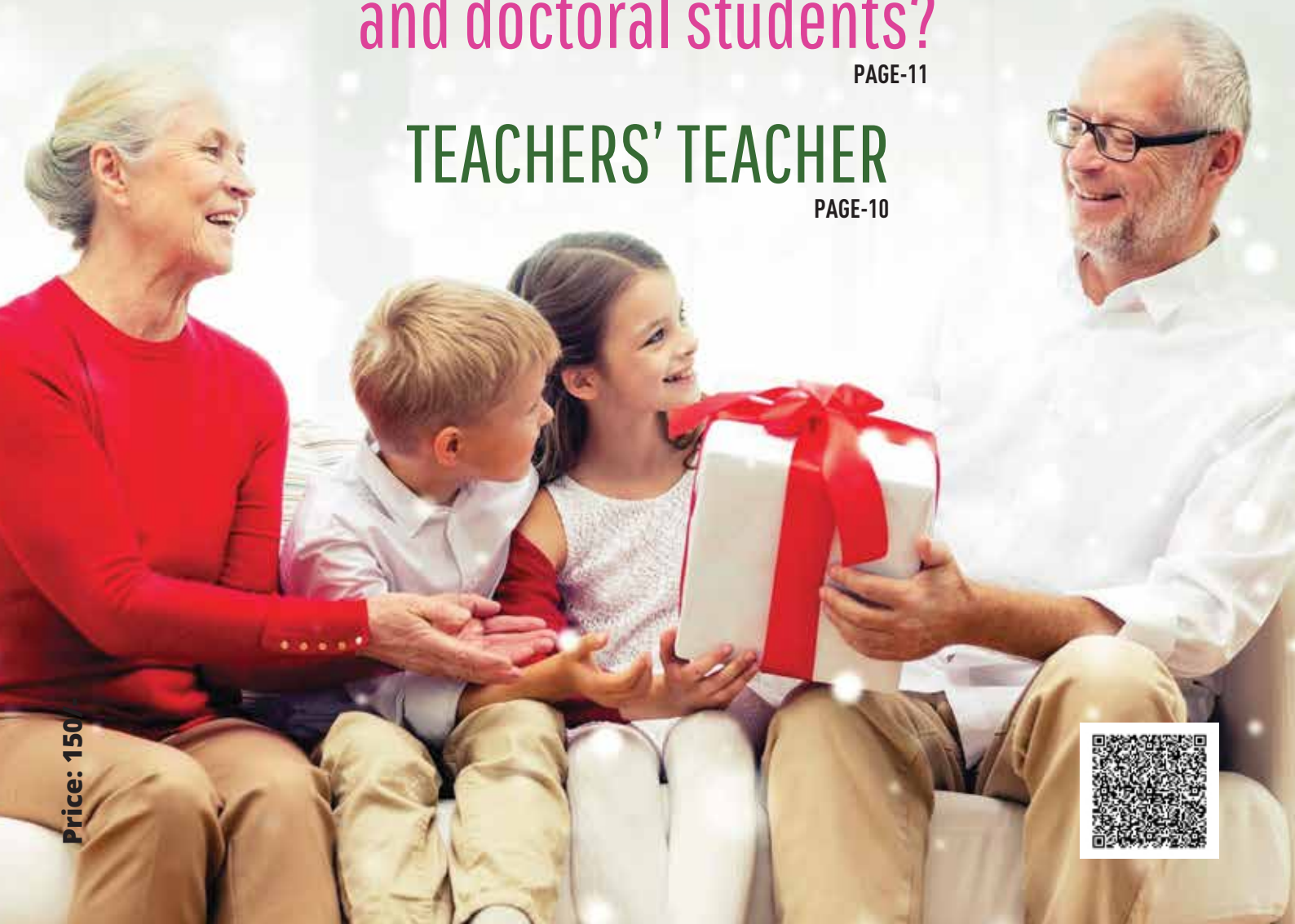
PAGE-13

**Who are graduate students
and doctoral students?**

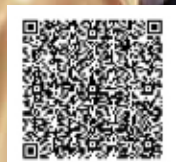
PAGE-11

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PAGE-10



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CONTENTS

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Editorial Note	04
Letter to Editor	05
SCIENCE FUSE	
Profession - web-master	06
TELL ME WHY	
How to read your grades in math	07
INVENTIONS	
STEM-learning: the path to genius	08
RESEARCH	
Teachers' Teacher	10
ARTICLE	
Who are graduate students and doctoral students?	11
WISE ADVICE	
The main mistakes of distance learning	12
ARTICLE	
How to prepare our children for the future next	13
COVER STORY	
Elderly people lost in modern times	14
HEALTH	
The brain as flexible dough: how to develop a child's neuroplasticity	16
IDEAS	
How to disable android advertising on your phone?	18
ARTICLE	
The Rise and Fall of Nations and the process of Accountability	22
EVENTS	
Azadi Cycling Race an opportunity	20
Huawei Pakistan Launches its Microfilms and awarded Pakistani winning Team	21
Behind the Scenes with the First Smartphone Series to Bring You Cinematic Bokeh	
OPPO Reno6 Series	22



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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 help 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 lack 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 using 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 built 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 know the economic principles and rules and can think about them easily if they are educated.

Farooq Ahmad Malik
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SEP15-OCT15, 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.

Profession Web-Master

The user does not even think about how much it takes to "click" the mouse to open the page. He should not think - the main thing is that it was comfortable and, preferably, beautiful. And the creator of the site - a web-master - has a headache about technical issues.

In fact, web-master is a very vague concept. After all, in order to create a properly functioning site, it takes the efforts of at least three specialists: a web-programmer (combines writing programs with site administration), a web-designer and a content editor. And so that their offspring does not "die" and "spin" on the World Wide Web, you also need a marketing and advertising manager.

But such a narrow specialization can only be in large design studios. Basically, the work of a web-master is similar to the work of a repairman who does all kinds of work: from plumbing to floor repair. The webmaster must combine what is not compatible: to be both a mathematician and an artist, to be able to communicate with the client, to formulate a technical

task, to program and own complex graphics packages. Being talented in everything is a gift of units.

Let me be taught!

This specialty is young. And they come to it or programmers to learn the basics of design, or designers who have mastered web-programming. Education that combines these two aspects does not yet exist. But sooner or later, the creators of the sites will still face the need to "disperse by profession" - within one education it is very difficult to fully teach both design and uncut programming.

Today, a webmaster must be able to:

- Identify in conversation with the customer the architecture and logic of the future site, take into account the wishes of the design and formulate a technical task;
- Program in C / C ++, Perl and Java / JavaScript (rarely - PHP and ASP);
- Work with databases (SQL, Postgres, etc.);
- Develop a firm style (or maintain an existing one);
- Work with graphics packages

(Photoshop, Corel Draw, Flash, etc.);

- Place and optimize graphics;
- Page machines in html;
- Debug the site to work in any browser, ensuring code compatibility;
- Install and configure the appropriate web server and mail server, ensure their protection and stable operation. This requires knowledge of NT + IIS and Unix (FreeBSD, Linux ...) + Apache;
- Conduct advertising campaigns on the Internet, be able to work with major banner networks, communicate with advertising agencies and advertisers, negotiate with the administrators of other sites on the mutual exchange of banners and links.

How much does it cost?

The designer is traditionally an expensive employee, because his work involves the author's brand and copyright. Especially if the designer "from scratch" creates a firm style. Then all further advertising and printing products will be tied to the style of the site created by the designer.



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HOW TO READ YOUR GRADES IN MATH

Test

If you read out your grades in mathematics, it can mean a new chance in life. Maybe you are aiming to get into a higher education and a new career. Then a new qualification or a higher grade can be the means that takes you to the goal.

5 tips for succeeding in reading out the math grades

It can be an exciting and challenging process to read out your math grades. So it may be a good idea to stop and think through your strategy for success before you start your studies

1. Follow the common thread

Mathematics is a science that is based on a concept being connected to another concept and so on. For example, if you are going to solve equations, you need to be able to count numbers, understand similarities, basic algebra and fractions. So every time you read a new area, it can be good to stop and think about what concepts this new area is based on. In this way, you give yourself a safer foundation. The more confident you are with the basics, the better you will also be at problem solving of more difficult tasks.

2. Make mistakes, redo and do (more) right

When studying math, it can be easy to worry about making mistakes. You should not be. Therefore, it is important to stop feeling stupid if it goes wrong. Instead, think of these as actions that you must take on a regular

basis to help you understand the task at hand.

3. Dare to take help

Getting help from others is a really great way to succeed in your studies. If you do not have someone close to you who can help you, there is plenty of good math help in digital form. An example of such a service is Matematikvideo.se which has videos, in-depth texts and lots of exercises with complete explanations.

4. Follow other people's solutions

Learning mathematics is often about understanding a concept or some theory first. Then that understanding must be translated into practical problem solving. I.e. to use the theory to solve problems. A good way to get started with solving tasks is to follow other people's solutions. Then you can follow in the footsteps of someone else who has already found a way to solve a similarly difficult task.

5. Set goals and have a plan for when you get stuck

As with all challenging projects, you will surely get stuck on the road. It can feel hard and frustrating to get stuck, especially if it happens often. So in addition to often asking for help, it can be good to have a plan for when you get stuck. Ask yourself questions:

- What have I missed?
- Who / Where can I get help?
- What concept is this area based on?

In this process, it is also important that you give yourself enough time. It can be extremely stressful to start studying the night before the test. Instead, try to start well in advance. This is because your brain processes and solves problems when you sleep or rest. Then you give yourself a greater chance of success.

Important about eligibility, examination and merit points

Reading out the grade in mathematics can mean a number of different things. This may mean a higher grade in a course you have already passed. It can also mean that you study a completely new course to gain a broader qualification. Briefly, there are the following ways to read out the grades in mathematics

- A new qualification: If you have not read Mathematics 3b or 3c required to enter a certain education, you need to read out your qualification. This means that you add an authorization to your existing authorization.
- Merit points: You can also read a new course to increase your merit points. Mathematics is one of the subjects that gives credit points and thus gives you a greater opportunity to enter an education.
- Examination of grades: If you want to raise your average grade, you can do an examination. This means that you sign up to write an exam in a mathematics course you have already read. If you manage it better than your previous grade, your average grade will be raised.

STEM LEARNING THE PATH TO GENIUS

Let's talk about the benefits and creation of a favorable environment for STEM-learning

Have you ever thought about the fact that world-famous technology magnates were once also schoolchildren? But extremely gifted! At age 12, Mark Zuckerberg created the first messaging program. And Elon Musk at the age of 10 began developing a video game, the code of which was later bought by a well-known company. What influenced their unique abilities and pushed them to amazing victories? Passion for STEM training! What are its advantages? How to create a favorable learning environment for potential prodigies? Let's talk about it!

The shortage of professionals in certain areas - mathematics, technology, science and technology is really catastrophic. The modern labor market needs professionals who are able to collaborate, create, think critically and communicate. Will STEM help prepare future professionals with the necessary skills? So! After all, the philosophy of teaching is really different from traditional education!

9 benefits of STEM training

1. Develops creativity. If the human mind can comprehend something, it can achieve it. Advanced developers of artificial intelligence

are convinced of this. But will they be successful without creativity? No! Ingenuity and creativity are harmoniously combined in STEM and lead students to new ideas and innovations.

2. Increases stress resistance. Can failure be a victory? So! STEM emphasizes the value of failure and encourages students to accept mistakes as part of learning. It develops self-confidence and stress resistance. What children will need in the future!

3. Encourages experimentation. Without risky trials, there would be no innovation. But they were embodied by people who ignored the criticism and distrust of others. How to teach children not to be afraid of defeat on the way to the goal? Allow them to experiment and take a little risk while learning!

4. Motivates learning. Are students with an average level of academic achievement able to study STEM? Of course! Teamwork encourages them to actively cooperate to find solutions to problems, significantly increases self-esteem.

5. Develops skills for life. What impresses STEM? Practice! Children see how new knowledge and skills can be used in real life, and this is very important. And don't wait, it can be done right now!

6. Encourages the use of

technology. STEM tells us about modern and advanced technologies. Thus, children are not at all frightened by the variability of the world. In the future, this will increase their competitiveness in the labor market and allow them to keep up with the times.

7. Teaches problem solving. STEM education teaches students not only to explore problems, but also to interpret them differently. The ability to see several scenarios will allow you to quickly adapt, apply knowledge and respond to any situation.

8. Provides equal opportunities. Interesting fact: children with special educational needs really like STEM, they achieve great success. Such training perfectly reveals the potential!

9. Promotes gender equality. Why do men traditionally work in the world of innovative technologies? Yes, there are women too, but they are few. The fact is that women usually doubt their abilities, because in our world it is still believed that boys are more capable of exact sciences. This stereotype is transmitted both at school and at university. STEM training allows you to break it and gives girls a great opportunity to develop their abilities to later work in traditionally male fields.



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TEACHERS' TEACHER

If you visit a prestigious institution of Karachi (PAF KIET) you will find a rather oldish professor standing in a class, teaching in a loud voice full of enthusiasm, vigour and earnestness. His loud voice reflects his strength of mind, character and perseverance. Though frail in body, he has a mind of steel and a razor sharp memory. I am talking about professor Dr. Group Captain (retired) Mohammad Amin who is 95 years old and has been actively teaching for the last 70 years. His students rose to highest ranks and have retired but he is still standing tall on his feet high in spirit, full of vigor and the determination to continue teaching till his last breath and beyond (if required).

Dr. Amin comes from a humble background. His father died when he was 4 years old and he actually worked in the field in a small village, Channu Mome in district Sialkot. After the death of his father he thought that it was the end of his education and going to Sialkot which was the nearest town was beyond his means. However, "Man proposes, but God disposes" Thomas A Kempis. Nobody at that time could foresee that this little orphan boy would go to the highest educational institutions of the world and shine with singular scintillation among the academics of his era. His maternal grandfather took charge of him and got him admitted to High School Sialkot. Every morning he would walk to his school which was 9 kilometers away, yet he was never late. His teachers were impressed by his extraordinary intelligence, sharp mind and ability to solve mathematical problems in a jiffy (of course there were no calculators in those days). He topped in his mathematics examination and got admission in Murray College, Sialkot. After doing his Msc in Mathematics he started his first job in Khalsa College, Gujranwala (later named Islamia College) on a meagre salary of Rs. 200 per month. Soon he was appointed a lecturer of Mathematics at the

University of Engineering and Technology, Lahore.

This was the time when Atomic Energy Commission of Pakistan was being established under the chairmanship of Dr Usmani. Dr Amin was sent on deputation to Atomic Energy Commission where he got an opportunity of meeting with Professor. Dr. Abdul Salam who had recently returned from England and was instrumental in establishing Atomic Energy Commission. Professor. Abdul Salam helped Dr Amin to get admission in Imperial College London and he proceeded to England in 1958 for his PHD degree. During his stay in London he also worked on a research project dealing with Nuclear Reactor design. He returned to Pakistan with a PHD degree in applied mathematics in 1962.. When in 1964 PAF planned to establish College of Aeronautical Engineering (CAE) in Korangi Creek under the supervision of US Air Force. The serving education officers were not found sufficiently qualified and professors from different universities and colleges were selected and granted Special Purposes Short Service Commission in higher ranks. Dr.M.Amin was selected directly as a Wing Commander and was appointed Head of Humanities and Science Department at CAE in 1966. I have had the privilege of working under him as a teacher of English and find his hidden qualities as a teacher of Mathematics par excellence, an administrator of rare acumen, an educationist, intellectual, a genius and an avid reader. Besides his own subject, he was well conversant with the philosophies of Greek and Muslim philosophers and loved to talk about Ibne Khuldoon, Aristotle, Plato, Hegel, Kant and Allama Iqbal with equal relish and delight.

It was a treat to watch him teach in the class. His method of teaching was interactive and by giving everyday examples and solutions even through odd gestures and mannerisms he

would ensure that those difficult mathematical concepts were made clear to each and every student. His students admitted that even while doing PHD, the mathematical concepts taught by Dr Amin, helped them solve most difficult and vague scientific problems. He never taught by the book and always made his own questions for the quizzes and examinations rather than taking questions from the book, because he wanted to make sure that the concepts were clear and the students had not only mugged up the questions given in the book.



On shifting of College of Aeronautical Engineering to Risalpur, Dr Amin opted for retirement in 1987 and was readily taken on the faculty of Pakistan Nay Engineering College PNS Jauhar. Dr Amin also taught at Usman Institute of Technology and finally joined PAF KIET in 2002. Since then he has been teaching at PAF KIET and in spite of his age and physical frailties comes to PAF KIET by the students' bus and engages him in active teaching day in and day out without any break. He is never tired or in a bad mood or sluggish but remains an epitome of indefatigable dedication, devotion and above all thirst for knowledge. "Teachers may do most of the inspiring but even they need some inspiration every now and then. And there we have Dr. Mohammad Amin." "Teacher's Teacher", who inspires them and serves as a role model for all times to come.



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Who are graduate students and doctoral students?

Already in the 3-4th year, more and more often our teachers begin to use such mysterious words as "doctoral studies" and "postgraduate studies". They say something - they say, and they are in no hurry to explain what it is and how these concepts differ. And students are embarrassed to ask themselves. Our teachers are arrogant people; they can make fun of them.

Let's try to help our student to be, as they say, "aware of the case."

Scientific staff is trained in graduate school. You can study here on a paid and free basis, by correspondence and full-time. But you will be able to enter graduate school only when you have a crust on your hands, about graduating from higher education - a bachelor, specialist or master. If full-time education is suitable for you, it lasts about three years. You will be paid a scholarship every month. In correspondence, you will have to unlearn for 4 years, but in this case you will also be able to work (and studying full-time, you will have to take time off from work). At the time of writing scientific papers, part-time graduate students have the right to take leave, while your salary will be saved.

Many employers are very positive about such a line in the resume as "graduate school", and make a

choice in favor of the graduate student. And if by the end of your studies at the university you are writing a diploma, then studying in graduate school, you write a dissertation. The dissertation is written under the guidance of a supervisor appointed by you. Before defending your dissertation, you will need to pass candidate exams - in history, philosophy, foreign language and specialty. If you successfully defend your dissertation at the end of your studies, you will be awarded a degree. This is the purpose of postgraduate study - to obtain a scientific degree.

By the way, it is not necessary to go to the aspirator in the same specialty in which you received your diploma. It is quite possible to choose another specialty, only the information you have to learn 2-3 times more in the learning process.

Thus, studying in graduate school, you get the following benefits:

- If necessary, you will be provided with a hostel,
- You will be able to participate in scientific seminars and conferences,
- You now have the right to teach in other educational institutions,
- Postgraduate studies increase the chances of getting a good high-paying job.
- Now let's talk about doctoral studies.

Doctoral studies give a person the opportunity to obtain a doctorate. To get a doctoral degree, you must first complete graduate school, that is, have a Ph.D. Doctoral students study for three years. And this term is counted in the length of scientific-pedagogical and scientific work.

The legislation did not bypass the rights of doctoral students. In accordance with the law "On higher and postgraduate professional education" the doctoral student is guaranteed:

- Scholarship for the period of study,
- Holidays for two months each year,
- The place of previous work for the doctoral student is retained,
- The doctoral student has the right to use all equipment, offices and laboratories free of charge,
- In addition to the above, the doctoral student receives a grant to purchase the necessary scientific literature.

Most likely, you still doubt whether it is worth spending 3-4 years, acquiring the status of a graduate student, and then a doctoral student. But the future is unpredictable: perhaps these magic words in your resume will help the employer make a choice in favor of your candidacy.

Good luck on your life and career!



The main mistakes of distance learning

The end of this school year was really hot. The transition from live communication with students to online - who would have thought that this would happen to us! And as soon as we endured it, So, no time to relax! It's time to do a little work on the mistakes and understand what not to do next. So what distance learning mistakes have we encountered?

Spent little time with students

Of course, teachers have always been guided by curricula, given tasks, mastered Zoom and Skype, conducted lessons online ... But agree, that's not it! Also, how much time did it take to set up the process? And how quickly did you start to feel free in front of the camera? And did they start at all? After all, the camera is not at all a performance in the classroom. You need to get used to it and you also need to prepare for the performance. It's like a class: Zoom also looks at you with dozens of pairs of eyes, but online you can't always understand exactly how your listeners react.

According to which students' communication with teachers took place through:

- Social networks and messengers - 49%;
- Daily online lessons and tasks on different platforms - 40%;
- Posting tasks on the school website - 30%;
- Lessons and tasks using one platform - 26%;
- Sending assignments as photos of a handwritten sheet - 24%;
- Sending tasks by email - 13%.

But emails and school websites

are not enough. Children want to hear and see their teacher, and they don't care if the teacher looks perfect, how good the renovation is in his apartment, or even what he says! The main thing is the connection that the children missed so much. And if we can, we should be close to the children, even online.

Expected something else

Quarantine by quarantine, and training by training! The teachers understood this perfectly and set to work. Of course, they expected the same from the students. The children had to attend all online lessons, complete all tasks, and then process additional information ... But the reality turned out to be somewhat different.

Many of the students simply did not have the physical ability to attend all the lessons. Some lacked equipment, some had poor Internet operation (not surprisingly, especially in small towns or rural areas), and some had to look after their younger siblings. In fact, the reasons are many. And they are all real.

At the same time, the majority of children (81.5%) learned from smartphones. Agree, not the most convenient option. So don't be angry or disappointed. Most students really wanted to be in all of your lessons, but not all could. And even more so do not think that the children in quarantine did nothing! Eventually, we will return to schools in September, so you will have time to make up for lost time.

They thought that the children would do nothing

Indeed, there is such a problem. Some of the students did not strain too much to quarantine,

and some could not get into the rhythm of distance learning (perhaps this format is simply not suitable for the child). Sometimes teachers had to communicate with the parents of some students on a daily basis, otherwise the children did not start school at all (18.8% of respondents answered so). But in the end it turned out that in most cases, students were willing to learn: attended classes, did homework and sent them for review, and maybe even worked on additional creative projects!

However, the children really did not have time for everything. This is not surprising, because, according to surveys, students received many tasks in each subject. Therefore, those who coped with the majority, well done!



How to prepare our CHILDREN for the FUTURE next.

Please imagine today's child, boy or girl, who is eight, nine or ten years old. Imagine her life in twenty years. The calendar will be 2035. This child will be about thirty years old; she will build her own career in a particular field. But in which? What do we know today about how to prepare a child for the future?

Ideally, we should learn as much as possible about what the world will be like in the future, and try to bring our principles and rules, as well as efforts to educate children, in line with the potential model of this near future. In fact, most of our efforts are at best today. We have too little idea of our future.

What do we know about the future quite accurately?

Based on what is emerging and changing now, we can say that:

- Our lives and work will be carried away by the next waves of changes.
- There will be more work to involve international relations, and citizenship will become more global.
- There will be more multidisciplinary, multidisciplinary work that will require new types of cooperation.
- Much more work will be done using digital devices and

intelligent systems.

- More elements of visual communication will be used in work and life.
- The world will tackle sustainable development and stability in ways that reach the maximum number of workers.
- As society confronts new and new challenges, the number of civic responsibilities will increase, and they themselves will become more and more complex.

Five skills children need for the future

Preparing for uncertainty requires a transition from the specific, the specific to the more general, from the work skills we can identify today to the skills that will prepare the child for an uncertain range of future development options and constant change. What are these skills?

1. Love of learning - love of learning as such, without defining for yourself the specific skills and knowledge that we will need. After all, the desire to learn always brings a person greater success. It comes from children's experience, when learning, although difficult, is still interesting, exciting, useful and fun, and also includes what the child really wants to learn on their own.
2. Skills to acquire knowledge - the ability to learn can also be

learned, and it should be at the center of the school curriculum. It includes cyclical efforts to develop and develop skills to acquire new knowledge and gives children the opportunity to analyze and learn about how they can learn even better.

3. Self-knowledge - self-knowledge - is a leading skill. Its important component is modesty, and another, no less important, is self-confidence and one's own strength. A child who works on self-knowledge will grow up to be a person who can and wants to talk to different people in order to listen carefully to them, learn something new for themselves and continue to learn further.

4. Compassion - children can be naturally self-centered and therefore often selfish. There is a way out. We can teach them to understand in what situations and in what condition are other people, to understand the point of view of other people. A child who develops a sense of understanding of other people will be a strong employee and companion.

5. Communication, communication - includes oral, written and increasingly visual communication, which will be the basis of most types of work. Sociability can be developed through sensitivity, compassion, which, in turn, improve and strengthen the skill of cooperation.



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ELDERLY PEOPLE LOST IN MODERN TIMES



Our world is getting old. Life expectancy has increased - and so has quality of life. In previous epochs people were preparing to die all their lives, now - they are starting to live. This is why the attention of psychologists and specialists in other branches of health is drawn to the elderly.

Their bodies may have retired, but the elderly still hold many worries and dreams within them. Whether they have grandchildren or not, elderly people approaching or over the age of 70 must maintain the physical and mental abilities needed to maintain a high level of activity. Time may have left many wrinkles on their faces, but their muscles are still strong and their minds still think clearly.

Elderly people and loneliness

This may be one of the greatest problems facing modern society. A feeling of staying in touch with everyone while distancing yourself. It comes down to superficial conversations about planning and weather.

This is where the first reason older people suffer quietly - the digital divide. What they see around them is a world that is difficult for them to understand. When they look at it, it feels like a really steep hill. Phones, computers and tablets make it difficult for them to find their own place in the world.

One way or another, digitizing the world makes older people feel excluded. This in turn causes these people to feel very distant from their children or grandchildren because they

cannot find a way to get close to them. They notice how the screens give answers that once fell from the mouths of wise older people.

This invisible border is exceptionally wide and deep. The older part of our society is used to telling stories, expressing their thoughts. They are used to ringing a landline, hanging up the receiver, and feeling buttons that are physically pressing against the pressure of their fingers.

It's a world they've spent most of their lives in and learned to understand, but now this whole world seems completely out of date.

Why do they feel so lonely?

The real problem is not the current situation, which is of



course an obstacle, but more what it prevents. Namely, it prevents the development of common interests and fun together in the quiet moments of life. Now there is a way of communicating that no one is fully prepared for yet.

And we're not just talking about words. We're talking about hugs and kisses that you don't give people through emoticons. We are talking about the real type of communication where you have to use your body.

The feeling of failure

Getting older also means feeling more pain. Pain for lost situations that will never come back. Regret for the loss of a childhood in which the world was full of endless miracles and mischief.

Their first girlfriend or boyfriend, their first true love, friends they stayed with until sunrise, hangover days or journals where they wrote down pages full of dreams with one common denominator: excitement. Or their first job, their first salary, the first decision they made without looking back ...

Their last job, their last day of work, their last child, their last drink, their last dance, or their last trip. Getting older also means having more memories. After all, it also means giving up classes due to physical limitations.

Older people lose things for natural reasons, but when they take these losses as part of themselves, it can turn into a real problem. Especially when they feel the weight is leaning towards the side of things they can't do, instead of the side of what they

can do. One example of such an unfortunate situation is nursing homes.

The world of nursing homes

Elderly people who cannot care for themselves often live in nursing homes. For some, it's a scary word: nursing homes. Unfortunately, it is true that many people enter such houses and never leave them.

It is also true that many people who lose their physical independence still have enough mental clarity to understand that their condition will not improve.

This, above all else, can be the greatest source of pain faced by the elderly in today's world. It is not easy to talk about it. It is not easy to put into words.

That's because it's a sad reality and it's really hard to discuss. In many cases, this is taboo as much as the idea of sex with teenagers. On the subject of such a taboo, we all hide our heads in the sand like ostriches. We are not taking action, we are not taking action. But if we did - and we did it right - we could achieve something beautiful and incredibly important.

3 big problems for older people

Loneliness, lack of understanding, and lack of pain relief are perhaps the three biggest problems facing older people. And they are all related to each other. But these are also issues where we can be of greatest assistance to the elderly around us.

These three things cause much of the sadness we see on the faces of older people. Unfortunately, many older people are lonely and

feel that they have all abandoned them before they die. They feel as if the generations they have cared for and watched as they grow up have drifted completely away from them.

They would like to talk about it, but at the same time it makes them feel too much of a burden. Like a fifth wheel on a wagon, completely out of place. They crave attention but don't want to be another source of stress for their kids. So most of the time they don't say anything.

They feel that their problems, worries and dreams are no longer important. Like their family members, they worry about getting sick, but nothing else. As if their body was fundamental now, not their soul.

Making it easier for older people to stay in nursing homes

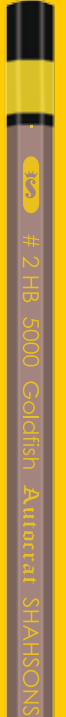
In the world we have created, nursing homes are essential. They play an important role because they make it possible for the elderly to get attention. But let's not close the door from the outside. We must constantly view them as viable, no matter how their physical abilities have declined.

It's not just about visiting them. It's about asking them questions and letting them talk, talk about their fears and fears without criticizing or dismissing them.

It's about being their followers - even their readers and writers if they want to. We need to make them feel important to us. We must let them know that we do not see them as a burden, but rather that their company makes us happy.

In doing so, we will not only help our elderly relatives feel part of society (which also means a sense of belonging to a family).

We will also show future generations that the human part of life, no matter how much technology we develop, should never be forgotten. Especially not for the people who need it most, for the people we love.



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The brain as flexible dough: how to develop a child's neuroplasticity

The brain is an extraordinary organ. It was he who helped homo sapiens evolve from ape-like relatives and learn to talk, and now it is thanks to him that scientists are trying to create artificial intelligence!

When we learn, we do not just gain new knowledge. During learning, new neural connections are formed in the brain, and when we repeat what we have learned, these connections are strengthened. That is, a change in the usual way of life and learning literally changes our brain. This is neuroplasticity! And if we want to learn more effectively, we must develop it.

Children have slightly more neural pathways (compared to adults), and therefore have more potential to learn something new. And teachers should take advantage of this, no wonder children are called "sponges" that "absorb" information every second!

What is the secret of the brain?

What makes our brain so special? Not the size? No. After all, in this case, the smartest in the world would be blue whales, sperm whales and elephants! And by no means people. Researchers note that cognitive abilities are not affected by the size of the brain, but by the ratio of its volume to the number of available neurons. They form new neural connections.

Neuroplasticity is the brain's ability to form new neural pathways, that is, connections between brain cells that help improve memory, develop cognitive abilities, and learn effectively.

Knowledge of neuroplasticity is an unsurpassed tool for teachers that can be used in the educational process. And what exactly are the methods to implement in school? To do this, neuroscientists recommend using several techniques.

The concept of "growth thinking"

Growth thinking is based on the idea that success does not depend on innate qualities, but on acquired knowledge and skills. This concept was invented by Professor Carol Dweck.

Students with growth thinking are convinced that in order to become smarter, more experienced and more successful, you need to make regular efforts and work productively. And this is exactly what implies neuroplasticity!

How can the concept of growth thinking be used to develop children's neuroplasticity?

1. Praise students for their achievements, not innate qualities ("You worked so well on homework!" Instead of "You have a talent for math!");
2. Notice when the child tries and puts in more effort than usual ("You respond much better in class!").

Positive focus

By emphasizing students' accomplishments, you remove their focus from negative thoughts. After all, they also form the corresponding neural connections. So the next time a child finds himself in a similar situation, he will broadcast the same negative.

Work with children's negative attitudes, replacing them with positive ones:

- I can't do it - I'll do it because I've worked so hard;
- I'm not smart enough - I'm smart, because I make an effort every day;
- Nothing can be changed - there are no hopeless situations;
- I will not achieve anything - I will achieve everything I want if I work and believe in the best.

Concentration - mindfulness

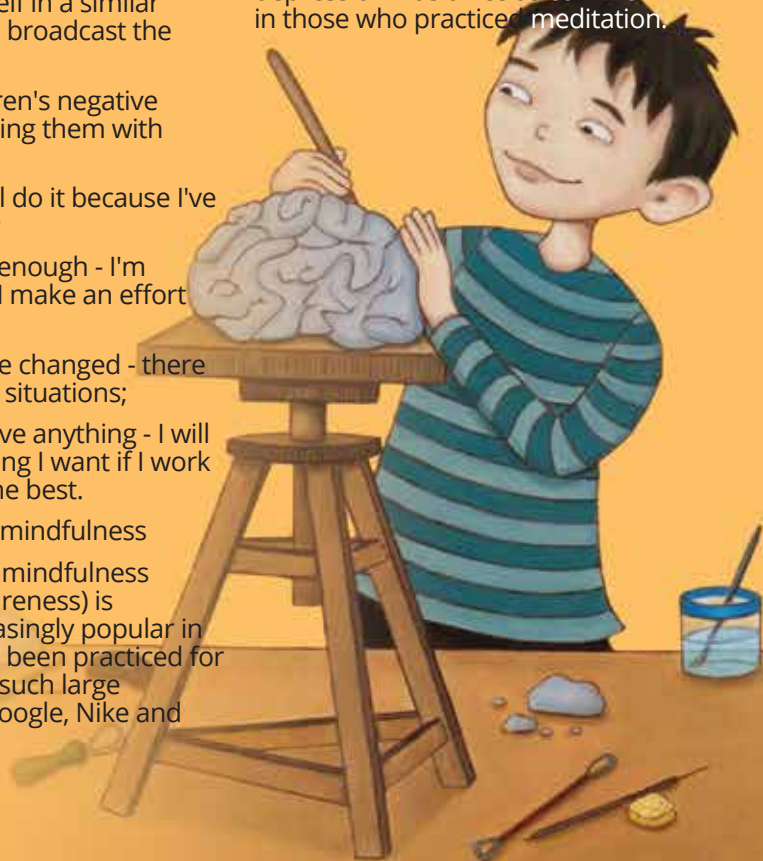
The direction of mindfulness meditation (awareness) is becoming increasingly popular in the world. It has been practiced for several years in such large companies as Google, Nike and

Apple. This practice of concentration is taught even in the British Parliament! And this is not to mention the individual lessons in meditation, which are practiced by teachers from around the world.

Meditation involves the child's concentration on one thing, such as his own breathing. But you can focus even on the usual raisins! For example, children are given two raisins and offered to look at them carefully, feel them, bring them to the ear - and only then eat very slowly, feeling all the nuances of taste.

Meditation teaches quality rest: turn off devices, focus on one thing, be here and now, feel the moment. The absence of distractions already helps to relax. And it also develops neuroplasticity.

And the benefits of meditation do not end there! It relieves complex emotional states, anxiety, depression and more. Researchers at Oxford University have proven this by studying the condition of people who have been diagnosed with depression more than three times. The experiment found that depression was twice as common in those who practiced meditation.





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How to Disable Android Advertising on your PHONE?

Here are ways to disable advertising on your phone. Android phones and Android apps are often crowded with ads.

Advertising everywhere: from banners, pop-ups, full screen advertising, videos, in-app purchases, rewards and much more. Apps even contain a type of advertising that begins to appear a few days after active use, making it difficult to determine its source.

Here are some ways to disable notifications on your phone and provide step-by-step instructions, including setting up your browser, saving mode, and installing ad blockers.

How to disable phone advertising:

Option 1: Block ads in Chrome

If you use Chrome as your default browser on your Android phones and devices, you can turn off notifications, medium-term notifications, audio notifications, pop-ups and much more in your settings.

Follow these steps:

- Open Chrome.
- Click More (in the upper right corner) and then Settings.
- Go to Location Settings.
- Make sure ads and pop-ups (Ads; pop-ups and referrals) are blocked.

Option 2: Use light mode in Chrome

Google Chrome provides a lightweight mode for Android phones. It is designed to reduce data usage and load web pages faster.

To use it, follow these steps:

- Open Chrome and go to Settings.

- Scroll down, find Lite Mode, and switch to it.

Option 3: Disable website ads

Website notifications are often displayed on the locked screen of Android devices. In fact, many sites make money by pushing ads.

But there is a way to avoid this:

- In the browser (Chrome in our case) enter the menu, click Settings.
- Scroll down to Location Settings and click on it.
- Click Ads and move the switch to turn off advertising.

Option 4: Block notifications on Android with proxies

The Play Store app store has a wide range of ad blockers that can block ads in games, apps, and even websites.

They allow users to block notifications on the phone without root permission; however, this may not be 100% effective.

So all you have to do is select a proxy, such as AdBlock or Free AdBlocker, install and configure it.

Most Android ad blockers only handle DNS traffic, so they will not be able to block 100% of unwanted ads.

1. Disable notifications in your Google Account settings. Since many new Android devices sync with the Chrome desktop browser

and Google Account, it makes sense to turn off ad personalization first.

This method does not prevent you from viewing unwanted content, but at least you can opt out of personalized Google ads that track your browsing activity.

To do this:

Go to Chrome Desktop Browser Settings, then click Manage Your Google Account.

- Tap on "Details and personalization", scroll down to "Personalize notifications", then select "Go to notification settings".

- Move the radio button to disable personalized advertising, then select Disable.

2. Disable ad personalization in Android device settings. Following the previous steps, you can turn off targeted advertising on your phone.

This will work even if your device does not match your Google Account on your desktop.

While some content will still be displayed, it will not be linked to your search history.

To turn off notifications directly on your device, follow these steps:

- Go to Settings on your smartphone, then scroll down to Google.
- Touch "Ads" and then "Disable ad personalization."





By: Ch. Salahuddin

The Rise and fall of Nations and the Process of Accountability

My respected friends! The Lord is unhappy! Lord should be reconciled with repentance!

Someone asked a friend of Allah, how should Allah be pleased? He said, in the solitude of nights by shedding tears. And consider yourself at fault at all times, that I am the wrong doer. This is such a state that reconciles Allah.

اللهم انى ظلمت نفسى ظلما كثيرا لا اله الا انت سبحانك انى كنت من الظالمين

[انى] means "I". Friends of Allah state that reciting this blessed verse solves all the problems. Quran states [انى] meaning "I". This blessed verse is a sacred word! O Allah, I am the wrongdoer. And you are the pure deity. O Allah I am the oppressor. I oppressed myself. I have been tough on myself. I have committed many sins. I have been doing many wrong things. O Allah I am the wrongdoer. Now when he acknowledged this, Allah decided to be kind with him. So much so that the creation had done wrong to him. Or a torment had been unleashed upon him from the skies, that was removed. Till the time every person shall not say that I am the oppressor, all the mischief that is in the world is due to me. And it will finish and peace will revert. Then certainly peace shall revert! Serenity will come in the world due to me, so certainly it will come! Due to my sinful life storm can come in the world! Due to my lies storm can come in the society! My fraud and guile and mistakes of the solitude can bring turbulence in the world! Rather all the mischief that has spread is because of me. This will come again. Till the time everyone will not accept that, the lord shall not see us with kindness rather with a wrathful eye. Every person shall have to do this! I am giving this lesson to all of you today! This is

a wonderful lesson.

Redemption is in Abandoning Blaming Psychology:

Our days and nights are passing with a blaming psychology. India has done this! America has done that!! England has done this! Army has done that!! So and so politician did this!!! So and so person did that!!! The person who lives with blaming psychology can never be corrected.

Double Loss: I often say this to my friends that when I say something for your correction, then if you have a blaming psychology then you shall keep on thinking that someone has complained about us. Then your life shall never be corrected! You will never be able to achieve the proximity of Allah your whole life! You will go and find that person who complained about you? Then you will be upset! Despite the fact that that time shall be spent in correction, that time shall be spent in blaming. This is twice the loss right? Today as a nation it has become our temperament that sometimes we blame the president, sometimes the prime minister, sometimes the young and sometimes the elder. Sometimes we blame the non-Muslims, sometimes we blame the Muslims! Sometimes we blame someone else. We are listening to this from the beginning. When we sit among four people, we speak like that! When we opened the newspaper, we read this! When we opened the magazine, we read this. When we watched the media, we saw this! Because the media is going to show us what we want to watch and see. If the newspaper does not have what we want to see, we shall stop buying the newspaper. I say a unique thing. But if you think about it from the depth of the heart as a Muslim, then you will say that I am saying the right thing.

Rise and Fall of Nations: This is a reality too. You should pick up the stories of rise and fall of nations that in history when the deed of accountability has begun from the self, Allah Almighty has given glory to those nations. And where the deed of accountability has not begun from the self, meaning that they have not held their selves stand in the court of accountability, rather they became judges and culprits all by themselves, whose fault was that? The nations that adopted self-accountability, in the eyes of Allah Almighty, their dignity, their value, their price and their glory. And the nations that abandoned self-accountability, Allah Almighty imposed oppressive rulers over them. People of Allah! Pray that O Allah, do not hold us for our sins and do not impose such rulers upon us that do not even have a tiny piece of mercy in their hearts. Who do not have the emotion of welfare in their hearts? Those who are void of affection and respect. It has been observed that in our Society there are people who like to serve. The ones that do not have true emotion to serve according to their selves, they serve to show off. It is apparent. An elephant has different ears for eating and different for showing. The one who has this emotion, Allah is watching him. Thus, he does not need any watchman.

Azadi Cycling Race an opportunity to participate in the world of Cycling Championship

Khyber Pakhtunkwa clinched all three positions in All Pakistan Azadi Cycle Race held in Abbottabad on Saturday. The mega event was organized under the supervision of KPK Cycling Association in collaboration with Galyat Developmental Authority (GDA). As per the schedule, race started at 9:00 am from the BISE office Abbottabad and ended at Mochidhara, a locality of scenic Nathiagali.

According to results, seventeen-year old Yusuf, who belongs to Peshawar, got first position by covering a distance of 35 kilometers in one hour and 34 minutes. Meanwhile, Sajid of KPK stood second by taking an hour, 37

minutes and 6 seconds to reach the end point. Similarly, Umar Farooq of the same province got third position. He took an hour, 37 minutes and 59 seconds to complete the distance.

A total of 33 cyclists from across Pakistan took part in the race that was organized to mark the 7th Independence day.

The closing ceremony was held at Hotel Elites of Nathiagali which was attended by a large number of school children and sportsmen including the Provincial Minister for Labour and Culture Shaukat Ali Yousafzai, President Pakistan Cycling Federation Syed Azhar Ali Shah, Director Galyat Development Authority RazaHabib and former

Director General Sports KPK Tariq Mehmood. The Director GDA RazaHabib, in his address, thanked Cycling Federation and local originations for making the event a success. He pledged to continue his efforts for boosting the regional tourism.

While addressing the ceremony, President Pakistan Cycling Federation Syed Azhar Ali Shah appealed to the Government to increase the annual budget for Cycling. He said the winner of Azadi Cycling Race would be given an opportunity to participate in the world Cycling Championship.

The event ended with distribution of shields, certificates and cash prizes among players and officials.





Huawei Pakistan Launches its Microfilms and awarded Pakistani winning Team of Middle East ICT Competition

Huawei Pakistan held a Microfilm Premiere recently at Serena Hotel. The Microfilms followed the stories of three Pakistani's who ventured out of their country, to make a better life for themselves, their loved ones, and their family. Although these might just be films, this is the truth for millions of Pakistanis worldwide who have only a few ways to stay connected to their loved ones, and Huawei Pakistan has vowed to stand behind these people.

The Premiere was attended by the Federal Minister of Information and Broadcasting of Pakistan, Mr. FawadChaudhary, Federal Secretary for IT and Telecommunications, Dr.Sohail Rajput, Ambassador of People's Republic of China to Islamic Republic of Pakistan, Mr. NongRong, Deputy CEO Huawei Pakistan, Mr. Ahmed Bilal Masud and Mr. Wuhan, along with other distinguished guests.

Federal Minister of Information and Broadcasting of Pakistan, Mr. FawadChaudhary stated at the event, "I would like to thank Huawei for making these emotionally evoking films that show the truth

for many Pakistanis. With their help, we've accomplished a lot in the past in the realms of ICT and we are counting on Huawei's continued support in different collaborations in the future. The way things are going, and with Huawei's unwavering support, we are sure that Pakistan will fulfill its goal of becoming 'Digital Pakistan' quite soon.

Federal Secretary for IT and Telecommunications, DrSohail Rajput resonated the same sentiment, saying, "On the front of Digital Transformation, Huawei is helping the Government of Pakistan in helping 1000 government officers in the field of digital technologies. We hope that in the future we can enhance this scope and engage in more partnerships in further training our youth as well."

Ambassador of People's Republic of China to Islamic Republic of Pakistan, MrNongRongalso added, "By perfecting Huawei's technical support, product supply and other services, strengthening technical exchange and local talent training, as well as seriously implementing social responsibilities, they can, together with their Pakistani partners, make incessant

contribution of wisdom and force to the implementation of "Digital Pakistan Initiative", to the economic and social development of Pakistan, and to the building of a closer China-Pakistan community."

Deputy CEO Huawei Pakistan Mr ABM also remarked, "We will continue to work together, we all need to treat the improvement of digital skills as a priority and tackle the challenges facing governments, enterprises, and even technology firms themselves to be able to bring the benefits of digitization to more people, homes, and organizations than ever before."

Additionally, the winning Pakistani team that grabbed the first prize in the 2020-2021 Huawei Middle East ICT Competition was awarded a prize of 20,000 USD.

The films were highly emotional and depicted Huawei's quiet but strong support in showing that #Tech Brings Us Closer. Furthermore, by providing HCIA and HCIP certifications to bridge the gap between industry and academia, the company is giving Pakistan's youth the ICT skills it needs to ensure the vision of Digital Pakistan.

Behind the Scenes with the First Smartphone Series to Bring You Cinematic Bokeh—OPPO Reno6 Series

Thanks to computational photography, advanced photography techniques such as HDR, which significantly improves the brightness, contrast and color of images in which there is a large dynamic light range, can be achieved using small, lightweight and inexpensive equipment. When taking a picture of people at night or in a dark environment, smartphones powered by computational photography techniques are capable of capturing clear and bright images. Through computational photography, smartphones can even produce super-resolution photos far beyond the base resolution of the camera sensor.

Computational Photography is Tackling the Industry's Major Challenges

Computational photography lives at the intersection of computer graphics, computer vision, and optical sensor design. It allows product engineers to break the limitations of smartphone camera hardware by maximizing the capabilities of the device's algorithms and computing power.

Computational Photography for Video

Computational photography has been used to improve photo quality on digital devices for a while now, most notably with the portrait mode feature that allows smartphones to capture

portrait-style images that mimic those shot with high-end SLR cameras. OPPO is leading the way in computational photography thanks to its years of investment in AI and other related technologies. Breakthroughs in computational photography have now been brought to life in the new Bokeh Flare Portrait Video on the latest Reno6 series.

Cinematic Bokeh Flare Portrait Video by Reno6 Series

Previously, to achieve this cinematic bokeh effect, you would have needed professional equipment, a professional team, and you would have needed to plan lots of things out beforehand, but with Bokeh Flare Portrait Video on the Reno6 series, you can capture stunning bokeh videos like these with just one click of a button.

Pixel-Level Optimization Brings Cinematic Bokeh Flare Lights and Real-time image previews with complex processing

Following segmentation, pixel-level rendering and optimizations are made to the subject and background images in parallel. On the subject image, dedicated color and brightness processing is performed at the pixel-level to ensure minimal interference with the background processing, preserving the original color of the image while performing brightness optimizations. Thanks to OPPO's advancements in computational photography, all of the processes involved in Bokeh Flare Portrait Video on the Reno6 series -

including subject detection, image separation, brightness enhancements, color preservation, background blurring, bokeh processing, targeted pixel-level enhancements and more - can all be performed in just 10ms.

Vivid, High Quality Video Powered by AI Highlight Video

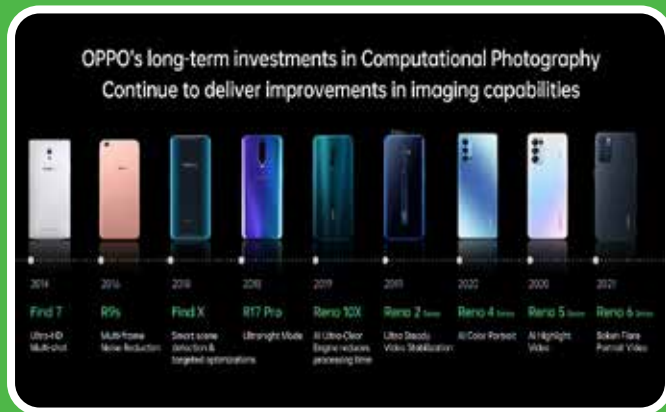
Thanks to computational photography, OPPO's video enhancement feature, AI Highlight Video, has also been given an update on the Reno6 series. When shooting at night, the new AI Highlight Video on Reno6 Pro can effectively improve the clarity of the video by up to 40.2% versus Reno5 Pro, while color and brightness have all improved, resulting in a drastic uplift to overall image quality.

Industry-leading Approach to Imaging R&D

OPPO's application of computational photography as a means of enhancing imaging performance on its smartphone products goes back a long way.

The Next Frontier: Video Shooting Capabilities Are the New Standard for Smartphone Imaging Systems

Together with industry partners, OPPO continues to explore new possibilities and cutting-edge solutions in computational photography through in-depth research. OPPO believes that its value to consumers is in OPPO being able to handle the complicated technology so users can enjoy a simple experience.



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