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TO RISE ABOVE THE TIDE

Informal

EDUCATIONAL MAGAZINE

A TRIBUTE TO DR A.Q. KHAN

NATIONAL HERO, PATRIOTIC SON'
PAKISTAN REMEMBERS DR ABDUL QADEER KHAN

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A TRIBUTE TO DR A.Q. KHAN



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.

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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.

5 effective tips for chemistry and biology teachers

Everyone who is interested and interested in how our world is arranged definitely loved and loves biology and chemistry. Is it possible to imagine a society without these sciences at all, and a school without these subjects? Of course, if you try, everything is real, but in fact our world without chemistry and biology would be not only sad but also dangerous! Therefore, teaching these subjects at school is extremely important. And how to make it interesting and exciting for all students,

The effectiveness of training depends on many factors, including self-regulation, self-organization. And this is important for both students and teachers. And the skills of self-organization will help to organize educational information without unnecessary problems. And here it is very important to remember the levels of self-correction: words, sounds, letters, writing and text. These are all symbols that surround us.

How to teach children self-organization? Everything is simple! Use mnemonic phrases, discrete descriptions, teach students classifications (extremely important for chemistry and biology!), Create mental maps and laptops, choose textbooks with elements of self-organization, use workbooks, compile timelines for

each topic...

Neuroplasticity is a general term for a set of different changes in the brain and its adaptation. Our brains only become plastic as we develop, so learning is the most effective way! Any new experience can connect new neurons and change our knowledge of something. And to be successful, we need to train our brains purposefully.

If we talk about our students, we must remember that the child's brain is constantly growing, evolving and changing. Interesting fact: At the age of two, neurons in a child's brain have about twice as many connections as in the average adult brain. Unfortunately, with age, they begin to crumble. That is why our main task is to increase the number of neural connections! Why is the development of neuroplasticity important? After all, she:

- Improves memory capabilities;
- Allows to improve cognitive abilities;
- Makes learning more effective.

How to develop neuroplasticity? Some suggestions using mnemonic techniques, reading more, applying neurogymnastics and mental arithmetic, developing fine motor skills and more.

The modern world offers many opportunities, so it is worth

using them! We are talking about such platforms as Telegram, Instagram and YouTube. They can be real helpers for an active teacher! Yes, Teacher shared her experience of creating and using materials from her own YouTube channel. It turns out that everything is not so difficult! And even very interesting. I'm sure you already want to know more and get links to useful resources. So be sure to check out the presentation!

As we know, it is not so easy to really interest students in learning. But it is quite real! Therefore, we must use as many interesting methods and techniques as possible that will involve students in the educational process. One such effective method is modeling. This is a great solution for biology and chemistry lessons, because the field for creativity is endless.

For example, children will be happy to create dioramas, copies of human lungs, brain models, and so on. The lecturer advises to prefer non-standard models. Why? Because they amaze students, and therefore - the desire to create this model yourself

Want to get a lot of practical advice, try environmental modeling and find out what online resources will be useful for a chemistry teacher? Watch the performance!



Why is free time important?

Is your routine characterized by going from home to work and vice versa? You may want to reconsider, since free time is more important than you imagine

Unfortunately, people have been romanticized to alarming levels when people get out of work late, sleep poorly, eat poorly, and let alone the time spent in front of a computer or in traffic. And while you have this distorted idea that it means that you do a good job, the truth is that it is the opposite; the human being is not designed to be violent in that way, and hence it is dangerous to equate all this with something "good" or "normal". The truth is that although we have adapted to work and certain schedules, it is of the utmost importance to be able to give ourselves some free time, where we simply do nothing. And it is interesting that while harmful activities (physically and mentally) have become popular, leisure or idle time has been equated as a bad thing. And no! Do not get wrong; It is just as important to be able to disconnect and nurture yourself spiritually, as it is to be responsible and take charge of your jobs.

THE WORLD IS A PLACE FULL OF POSSIBILITIES

Now, you must take into account that not everything in your life is deliveries and deadlines. The

world is full of art, events, museums, workshops, everything! And each of those things helps you become a fuller and more satisfied person, in addition to improving your self-esteem and reducing the possibility of you falling into the famous work burnout. In a way, it is important that we equate a wiser and fuller attitude with success, than leaving your office at 11, arriving home to sleep at 12, and waking up at 4 am ... to return to work.

LEISURE MUST ALSO BE EDUCATED

Now, it's not about getting home early from work and sleeping. Well-directed leisure is also something that must be well-mannered. Yes, that movie you wanted so much to do is much better than a nap that will last until the next morning. That book that is waiting impatiently to be read by you, is better than looking at the ceiling of your bedroom for hours (which is not a bad thing either, but better to divide times. What if you turn the books while you lie down?).

DON'T LET ANXIETY RULE YOU

Unfortunately, the pressure for "good work" with the aforementioned bad habits, being validated by the majority of society, gives rise to anxiety to fulfill those negative expectations; apologize for leaving on your work hour, or lying when you say you

have another commitment, when you really just want to get home to read one more chapter of your favorite book. But with us the change begins, and letting anxiety rule you is a losing battle against these ideas that, in fact, reduce your self-esteem and emotional health. And especially if you have a job where the maximum of your creativity is required, let's say that knowing only your work chair and your bed, will not make your best ideas come to life. So change your chip: the activities you do outside of work are just as important. Don't apologize and don't let anyone tell you otherwise.

AND YOUR HOLIDAYS ARE JUST AS IMPORTANT

Has it happened to you that you just noticed one day that you haven't asked for a vacation for two years? Nope, this is not a sign of what a good worker you are or of responsibility. This means that you have not balanced your rest and reconnecting with your foundations, as well as your slopes and your deadlines. And it is not about planning an impossible trip (the first excuse that many make at this point); it's about you can do your thing, with patience and dedication. See old friends, your family, paint, read a book, watch your favorite series and movies. All in your free time, it's about nurturing your spirit and not letting yourself be hit by work stress or anguish.



TIMELINE FROM 1G TO 5G AND THE BENEFITS OF USING NEW TECHNOLOGY

Imagine if you had to switch from using a typewriter to printing on a laptop in one day. You would definitely feel the speed and ease of work. With 5G, we are on the verge of a similar transition in the global communications system. Quality and high-speed communication may soon be available to many.

Chronology of wireless generations: from 1G to 5G

The global "appetite" for wireless speed was insatiable. In just 40 years, we have gone through five generations of wireless.

- **1982-1990s: Analog 1G**

1G only supports voice calls

Data throughput: 1.9 Kbps

- **1990s: Digital 2G**

2G supports text, picture and multimedia messaging (SMS, MMS)

Data throughput: 14.4 Kbps - 384 Kbps

- **2000s: the era of 3G smartphones**

The first 3G networks go online, support high-quality audio and video, and provide international roaming

- **2019 - our days: on the way to 5G?**

First, South Korea launches a new generation of communications across the country, and then 50 Chinese cities. The US, UK and Germany also launched on a limited basis

Data bandwidth: 1 Gbps -> 10 Gbps

The global 5G market is projected to reach \$ 668 billion with a combined annual growth of 122% (from 2020 to 2026). Moreover, almost half of this

growth will be in the Asia-Pacific region.

- **4G vs. 5G: what's the difference?**

Fifth generation technology is on the verge of takeoff. What distinguishes this technology from its predecessor? Let's start with the fact that improving the speed of 5G is something to pay attention to. It is 20 times faster than 4G. It takes about 6 minutes to download an average 4G movie. With 5G it will take less than 20 seconds.

Another fact is the delay. That is, the time required to send data from point A to point B. With 5G, the delay drops 25 times compared to 4G. This results in almost instantaneous data transfer.

- **Where else but smartphones**

5G is one of the most anticipated technologies of our time, and there are good reasons for that. In the coming years, the partnership between 5G and IoT could lead to a boom in smart technology, and this effect could affect economic growth.

Areas in which the introduction of new technology is required:

- **Transport**

5G allows cars to make their own decisions in a split second, making them safer. These cars can also connect to buildings, streetlights,

other cars, etc. in smart cities, responding quickly to any problems and improving traffic flow.

- **Production**

The fifth generation can help the high-tech industry by using AR / VR to increase productivity and accuracy. Analytics and advanced robotics in intelligent factories can simplify production processes, which will increase efficiency and reduce costs.

- **Healthcare**

Although robotic operations are not new, 5G may allow these procedures to be performed remotely. Wearable and other smart medical devices provide patients with real-time information and accurate diagnoses. These two aspects will bring additional revenue to GDP in health care.

- **A new wireless era**

The new technology is only at the beginning of its introduction around the world. However, supporting this latest generation of wireless communications will require a whole new series of infrastructure, including enabled devices, density and network access, and more.



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Differences between gamification and game learning

Gamification and game learning have recently become fashionable trends in education. Each of these methods can be used in the educational process and achieve high results. However, these concepts are often confused.

What is the difference between gamification and game learning? Let's try to find out.

What is gamification?

Gamification is the application of game principles to non-game learning objects. Usually gamification in the learning process is used to motivate certain behaviors of students.

Gamification does not imply that the entire learning process will be based on game methods. Students are not required to play with toys or use electronic gadgets in class. Gamification does not always involve competition between students, a system of rewards and incentives (although it is possible).

What can you use gamification in the learning process

Gamification can be used:

- To motivate students to certain actions or behaviors;
- To increase the visibility and importance of seemingly insignificant actions;
- To add a competitive spirit to the learning

process;

- To help students see their learning progress.

Examples of gamification can be different student performance charts. In elementary school, many schools use various special marks and badges for academic achievement.

As mentioned earlier, gamification is the introduction of game principles into the learning process. Another way of gamification can be the principle of incentives. Such incentives are often used in kindergarten and elementary school. For example, class awards can be set for the best student of the month or quarter.

In fact, the learning process itself, which uses grades, is gamified from the beginning. Assessment involves competition: each student tries to keep up with their classmates. The teacher's task is to add more play to those learning processes in which it is not used.

What is game learning?

Simply put, game learning is learning through games.

Play learning does not mean that children will play computer games, although the learning programs used in play learning often have a similar design. In the process of such learning, children do not risk becoming addicted to computer games.

With the help of games you can learn many school subjects and topics from the school

curriculum. This method can also be used to present additional material from different subjects or to develop different skills.

What can you use game training for?

Game training can be used:

- To consolidate the training material and submit it in a new form;
- To develop children's critical and strategic thinking;
- To involve poorly motivated children in the learning process;
- To interest all students in the class - both those who are given easy learning and those who have difficulty.

In game training it is expedient to use a modeling method. For example, you can use different simulation games in history lessons. With their help, children learn to build states in different historical epochs, analyze, formulate strategies, find solutions to complex problems. With the help of simulators, children begin to understand complex concepts (such as resource management, political strategy, diplomacy, etc.). Unlike traditional lessons, during the game students learn the rules and then look for their application in constantly changing circumstances.

The games used in teaching develop students' competitive spirit, balance, perseverance, ability to find solutions through trial and error, strategic thinking and many other important skills.

What is the difference between gamification and game learning?

So what is the difference between these two methods? Gamification is primarily associated with incentives that motivate children to learn better. In turn, game learning is associated with games that have a developmental effect - give children some knowledge or develop skills.



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Do you need to know about the psychological aspect that can improve your performance during sports?

Do you want to achieve maximum sports performance, then it is very important for you to take into account the psychological factors that improve your abilities.

The mental factors that help, contribute or prevent athletes from having the right frame of mind for good performance are called Psychological factors.

Certainly psychology is concerned with the many aspects of the mind and how they affect the body. It is one of the biggest determinants of winning and losing at the sporting elite level. And it is that an athlete must be able to deal well with pressure, whether external or internal, so that he can focus on the competition.

Confidence and stress management are very important in athletic performance which plays a prominent role, and the lack of either can be detrimental to performance. Goal setting is a key psychological factor because it allows people to focus their resources and drive toward a single purpose.

Also, although many people may think that it does not have as much impact, studies have shown that psychological factors play a very important role in athletic performance and the ability to achieve goals. Therefore, below we review what the psychological factors that improve sports performance are.

Psychological factors that improve sports performance

1.-Concentration

Concentration is the first psychological factors that improve athletic performance. You should know that concentration

is one of the keys to achieving sporting excellence, since it allows you to stay focused on what you are doing. This positively affects performance and bottom line, as well as minimizing errors.

2.-Stress and anxiety management

There are no athletes who have never experienced pregame nervousness. In fact, most of them view stress and anxiety as a wake-up call and a sign of readiness.

Certainly, to be a successful athlete you must learn to deal with anxiety and stress, since it is the only way to achieve a state of concentration and that performance is not affected.

3.-Motivation

Motivation is related to the drive you have or need to feel to show your sports talent. It is the determining factor that allows you to continue in those difficult moments and overcome obstacles.

4.-Visualization and performance

Athletes who can visualize themselves succeeding will be more likely to achieve their goals. People must fight the inner voice that tells them they cannot complete their goals. To stop this negative voice, the athletes are able to visualize success and practice self-talk.

5.-Trust

Confidence is the most important mental factor in sports, as it is about the mental strength with which you believe in your ability to achieve goals.

In fact, confidence is so important because you can have all the ability in the world to perform well, but if you don't think you have the ability, then you will not achieve the goal.

6.-Objectives

Goal setting can be a successful tactic to improve sports psychology. These objectives, however, must be realistic, as the goals must be designed with achievable short-term achievements.

Keep in mind that if you set yourself to achieve exaggerated goals that you cannot achieve, it can lead to a loss of confidence and motivation. Therefore, the time goals established by athletes must always be achievable and short-term.

Finally, keep in mind that the factors that improve sports performance can make the difference that will allow you to achieve the proposed objectives. So if you want to show your maximum potential in any type of sporting activity that you perform, you should know that psychology is decisive. This shows

that greater self-control can be the differential factor between success and failure.



How to get as much as possible from your study abroad

Studying abroad can be challenging, fun, scary and amazing. Make sure to do most of your study abroad. Here are our top tips.

It will never be as you have imagined

One thing is for sure when studying abroad. It will never be as you have imagined. Reality will not look like you imagined before you left. It does not have to be worse, but it will definitely be different. There is a weekday even when you study abroad and in the beginning you may feel a little lonely. It is when school starts that you will get to know people and most people who study abroad only have more fun the longer they are there.

Do not panic the first few days

I myself have studied abroad many times and the first evening it is easy to wonder what you have embarked on. I have witnessed students panicking and going home shortly after arriving at their place of study, without giving it an honest chance and often without even setting foot in school. Make sure it's not you! Prepare that it will not look like you intended and that it may take some time to get to know people. Do not go too far before school starts if you go yourself. It is when school starts that you get a social context and can start your new life as a foreign student.

Be active to avoid homesickness

Do not sit too much in your room and chat with your family and friends in Sweden, then it is easy to feel homesick. Go out and explore your place of study and your country of study. Be active and follow activities that the school and your friends arrange.

You will still come back to Sweden sooner or later, but you can only experience your studies abroad here and now!

Make the most of your studies

Studying is a central part of your studies abroad. Take advantage of it and try to learn as much as possible. If you do not complete your education abroad, you may have problems with CSN when you return home as well. So take your studies seriously, you still have time to have fun and you will feel so much better.

Set goals and follow them up on the spot

Why do you want to study abroad? What do you want to achieve and experience? Take some time and think about it before you go and choose a school. It makes a big difference if your goal is to take a year abroad at the best possible school, to improve your CV, or if you most want to go away to have fun and see the world. There are no right or wrong, but even if you mostly go away for the experience, you should think about what you want to experience.

Remember your goals once you are in place and make a plan for how to achieve them. Without a

plan, it is easy for time to pass and it may be time to go home again before you realize that you have not done all that you wanted to do.

Network and make friends for life

Most are contact seekers when studying abroad. Make a little effort to get to know new people, it will pay off. It's a perfect time to meet new friends and gain new perspectives. You can find friends for life, a life partner or a business partner.

If you become friends with a professor, then maybe he can be your reference when you apply for future jobs and educations. By the way, do not forget to update your CV with your studies abroad and any jobs you have done during your studies.

Have fun!

Studying abroad is a fantastic opportunity to see the world and grow as a person. You will probably think back on this time with joy later in life so make the most of your study time and have fun!



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10 messages that is better not to be served to your child with food



Should my child eat as much as it deems appropriate, satisfying its needs, or is it me who should be satisfied that the child does not leave anything on the plate?

Forcing your child to eat is emotional abuse. And although it differs from physical violence, it is often torture and trauma in the eyes of a child for many years. The first rule is that the child can choose how much and what to eat from the plate proposed by the parent. Unfortunately, parents (as well as grandparents, aunts ...) often resort to various phrases which, in their opinion, encourage the child to eat. How often they achieve the opposite effect (even if the child does eat it!).

1. "If you don't eat it ..." threats often work (the child is then driven by fear!), But for a short time. Of course, the child will eat dinner, if otherwise the toy is taken from him, the pleasure of going out to friends, etc. However, the older the child gets, the more often he will rebel against such methods. ("But you're naughty because you don't want to eat", "Such a pretty girl, and she doesn't eat" etc.).

2. "If you eat everything well then ..." like the punishment reward system is often a "for the moment" solution. In addition, it educates the child to believe that when eating a meal, he can

always expect a reward. ("I ate everything! Buy me a new toy now!") And be left with a deep sense of injustice.

3. "Eat at least a meat" or whatever is on the plate is considered valuable by the parent. Is it bad that the child eats only what he wants for dinner? Of course not! Appetite depends on many factors and just as we do not feel like eating certain products every day, the child has the right to decide what to eat and what he prefers not to try today.

4. "How can you not like it?" here a similar example to the above. The baby is a separate entity that has its own taste. Parents may not like the fact that they don't want to eat spinach or fish, but they may not like it, right? It is worth noting that our taste preferences change with age. And even if not, will something happen?

5. "Mom will be sorry if you don't eat lunch" is a way to make your baby feel guilty and a source of stress ("I'm not hungry, but if I don't eat, Mom will be sorry. I don't want her to be sad for me.).

6. "You must eat everything to keep you full" Somewhere, once upon a time, someone said that the sign of a full baby is an empty plate after a meal. Nonsense! It would seem that such statements are long overdue (several dozen years). However, you can still see

children being forced to finish their meals. One of the reasons for this behavior is the reluctance to waste food. Then we can even afford an extra and nothing is wasted!

7. "Two more teaspoons" these two teaspoons and sometimes even one ... do they really make a difference? We often "stuff" food into children, turning that one teaspoon into ten extra teaspoons. This is an introduction to the lack of self-regulation skills (the child will not be able to judge whether he is full or not) or obesity already in childhood.

8. "For mummy, for daddy ..." and we often end up with pets. This is another example of arousing such feelings in a child that it is difficult for him to refuse an additional portion - "because mum / dad will be sorry".

9. "Mmm, how delicious it is!" and in the head of an adult there is often a clear "yuck". Lying to a child after a while will surely be exposed by them. Why lie to a child and give him something that we would not eat ourselves with relish?

10. "You won't leave the table until you eat" doesn't that just sound... terrible? Keeping a child at the table is also violence. How is eating food to be thoughtfully associated by a child, when it is accompanied by forcing even to sit? As in many areas of life, you must trust your children when it

SAFETY OF CHILDREN ON THE INTERNET: RECOMMENDATIONS FOR TEACHERS AND PARENTS



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Due to the growing number of cases of unsafe behavior of children, in particular due to the influence of social networks on the Internet, there are some developed recommendations for additional preventive measures by educational institutions among children and informing parents about the competencies of safe behavior in the digital environment.

The digital environment, in particular the Internet, is today not only an important source of information, but also a means of communication that eliminates barriers to communication. Due to the global impact of COVID-19, children are spending more and more time online.

We note that the child's right to safety and protection is basic

and extends to his life both online and offline. At the same time, not every child has a sufficient level of knowledge about the existing risks in the digital environment and skills of safe behavior in the digital space. Children have the right to receive knowledge and supporting the digital environment. Providing such support is a shared responsibility of parents, educators, and the community at large. Involving parents in the educational process, establishing effective partnerships will contribute not only to the effective achievement of learning outcomes, but also to the formation of a safe educational and family environment for the child.

Communication in cyberspace has its own characteristics. Thus, information and communication

technologies are an important tool in the lives of children during education, socialization, self-realization. At the same time, their uncontrolled and irresponsible use contains risks to the health, development and well-being of children, in particular:

- Contact risks (sexual exploitation and abuse, sexual harassment (grooming, abuse), online recruitment of children to commit crimes, participation in extremist political or religious movements or for the purpose of human trafficking);
- Content risks (degrading and stereotypical portrayal and over-sexualization of women and children; portrayal and promotion of violence and self-harm, including suicide; derogatory, discriminatory or racist expressions or incitement to such behavior; advertising,



adult content);

- Risks of conduct (intimidation, harassment and other forms of harassment, distribution without the consent of sexual images, blackmail, hate speech, hacking, gambling, illegal downloading or other infringements of intellectual property rights, commercial exploitation);
- Health risks (overuse leads to sleep deprivation and physical harm).

All of the above risks are not exhaustive, are constantly updated and can negatively affect the physical, emotional and psychological well-being of the child.

Thus, Internet challenges and "death groups" have become one of the entertainments among teenagers on social networks, which, in particular, in the absence of competencies for safe behavior in the digital space, can lead to irreparable damage to the health and life of the child.

Challenge is a genre of Internet videos in which a blogger performs tasks on a video camera and places it online, and then offers to repeat the task to his acquaintance or an unlimited number of users. The word challenge itself is usually translated as "challenge" in the context of the phrase "challenge."

The most dangerous in recent years have been challenges:

"Fire challenge";

"Falling in a jump" (Tripping jump challenge);

"Break-skull-challenge" (Skull-breaker challenge);

"Poisoning with washing capsules" (Tide pods challenge);

"Momo suicide challenge";

"Suffocation / fainting / loss of consciousness" (Choking / fainting / pass-out challenge);

"Controlled shortness of breath";

"Socket explosion" (Outlet Challenge);

"Jump out of the car" (Drake "In My Feelings");

"I'm out of consciousness" (Pass out prank, Shocking games), etc.

The viral nature of the spread of these challenges allows them to

spread rapidly and continue to exist despite the mortal danger. Maintenance and content control services on popular social networks do not always detect and block content that calls for dangerous actions in a timely manner. However, any user, noticing content that may endanger the lives and safety of others, can contact the site administration with a complaint and save someone's life.

In view of the above, it is necessary to form the competencies of children, parents and educators on safe behavior in the digital space and the potential danger of irresponsible attitude to the use of the Internet, public culture intolerance of violations of rights, freedoms, child safety in general and in the digital environment. Thinking during the perception of information and teach the rules of information hygiene to prevent the impact of such risks and children in dangerous situations.

Adolescents (12-17 years old) need the most attention to prevention, as it is a stage of active formation of self-esteem, interests, moral ideas, social attitudes and the need to communicate with peers. The teenager seeks new experiences and vivid emotions, learns what he is capable of and demonstrates his uniqueness to everyone, and social networks become a platform for him to gain recognition and self-affirmation. However, the unformed psyche, emotional instability due to the large flow of information,

Possible social failures and the desire to escape from real problems, forced isolation during quarantine reduce the criticism of adolescents to their chosen behaviors. Due to their age, teenagers try to separate from their parents, step aside and find themselves. If this is not possible, teenagers begin to lose interest in life, not giving themselves the opportunity to find other solutions. Such adolescents are the most vulnerable group to dangerous challenges and "death groups."

When organizing preventive measures, the reverse effect of information should be taken into

account in order to prevent - the dissemination of information increases in proportion to measures aimed at its removal or prevention of dissemination. Therefore, when filling and organizing preventive measures, it is not necessary to focus in detail on the essence of the risks of the digital environment, in particular the essence of dangerous challenges, to slow down this pattern, but to focus on the possible consequences for health and life, on responsible behavior in digital behavior. space, critical thinking and perception of information, rules of information hygiene, as well as informing about

Opportunities to get help from practical psychologists in critical situations, including anonymously.

Safe behavior in the digital environment includes a set of knowledge, skills and values regarding:

- 1) Human rights (including rights in the digital environment);
- 2) Electronic participation (participation in decision-making);
- 3) Maintaining health when working with digital devices;

Positive communication between the family and the educational institution helps to prevent children from getting into dangerous situations, including in the digital environment, and timely detection of such situations and response. Such communication has a positive effect on all participants in the educational process. In particular, the involvement of parents in the educational process promotes their awareness of the necessary help and support for their child, the value of their participation in the educational process, as well as affects the degree and quality of parental participation in their children's education at home.

Such involvement has a positive effect on academic performance, the level of motivation of children to study, behavior, attitude to homework and the educational institution as a whole. The educational institution, telephone communication, e-mail, the website of the educational institution, messengers, etc.



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Sedentary work: consequences and disease prevention

Recall the anatomy. The person has a spine with physiological curves. They play an important role in cushioning during movements - walking, running and jumping. This structure helped primitive man to survive: to get food and escape from danger. Today, technological progress has made our lives much easier. So there is no need to move during the day almost non-stop.

It is worth remembering that anatomically the spine is not adapted to prolonged sitting! We often spend 10-12 hours a day at the table. This means that people spend almost half of their lives with an unnatural position for the spine. Let's talk with you about the consequences of a sedentary lifestyle and disease prevention.

Health effects

When we sit for a long time, the intervertebral discs are compressed (compressed), and the center of gravity is shifted forward. When reading something on a PC, most people unconsciously pull their head to the monitor or keyboard, which is below eye level. Consequences:

1. Impaired blood circulation, which leads to the accumulation of fat on the walls of blood vessels. As a result, blood pressure rises and heart problems occur.
2. Glucose is absorbed only in small doses. Despite this, the pancreas continues to produce the insulin needed to transport glucose to the cells. This discrepancy can lead to the development of diabetes.
3. An increase in insulin in the body can lead to the formation of cancer cells.
4. Deterioration of mood, decreased efficiency.
5. Deformation of the cervical vertebrae. This causes pain in the neck and makes it difficult to keep it upright.
6. Development of anxiety, depression, insomnia.
7. The mobility and mobility of the

ligaments are reduced, which makes them weaker and increases the risk of injury.

8. Seating promotes blood flow to the legs, which develops deep vein thrombosis. The flow of blood to the extremities increases by 50% in just one hour of sitting.

Worth to know! Pulling the neck only 30 degrees forward, we use 4 times more muscles and strain them three times harder. Should we be surprised by the consequences in the form of spinal diseases? The answer is obvious.

Prevention of diseases from a sedentary lifestyle

Fortunately, there are effective tips to help prevent disease. Prevention is always easier and cheaper than treating the effects of sedentary work. What will help?

Everyone walk more

The daily norm is 8,000-10,000 steps. Forget about the elevator, and if your work is near the house, give up public transport or car. This way you will not only take care of your health, but also get rid of stress.

Sit properly at your computer or laptop

- Do not throw a foot on a foot. After all, this way you pinch the veins in your legs, which leads to poor blood circulation.
- Place your feet on the floor or on a special stand.
- The monitor should be placed directly in front of your face, at arm's length.
- Make sure the keyboard and mouse are at elbow level so that your shoulders are in the correct position.
- Keep your wrists straight: do not lower them.
- Do not strain your fingers while typing. Excessive stress will lead to rapid fatigue.
- Don't forget to do eye and neck exercises.
- Increase the screen brightness. This will help to consider the

smaller details without bringing the monitor too close.

Diabetes prevention

Did you know that just one day spent sitting can dramatically reduce insulin activity and increase the risk of developing type 2 diabetes? Therefore, drink as much fluid as possible. When we are dehydrated, the level of the hormone vasopressin in the body increases, which in turn raises blood sugar. Regular intake of enough fluids will help reduce the level of this hormone and the risk of developing diabetes.

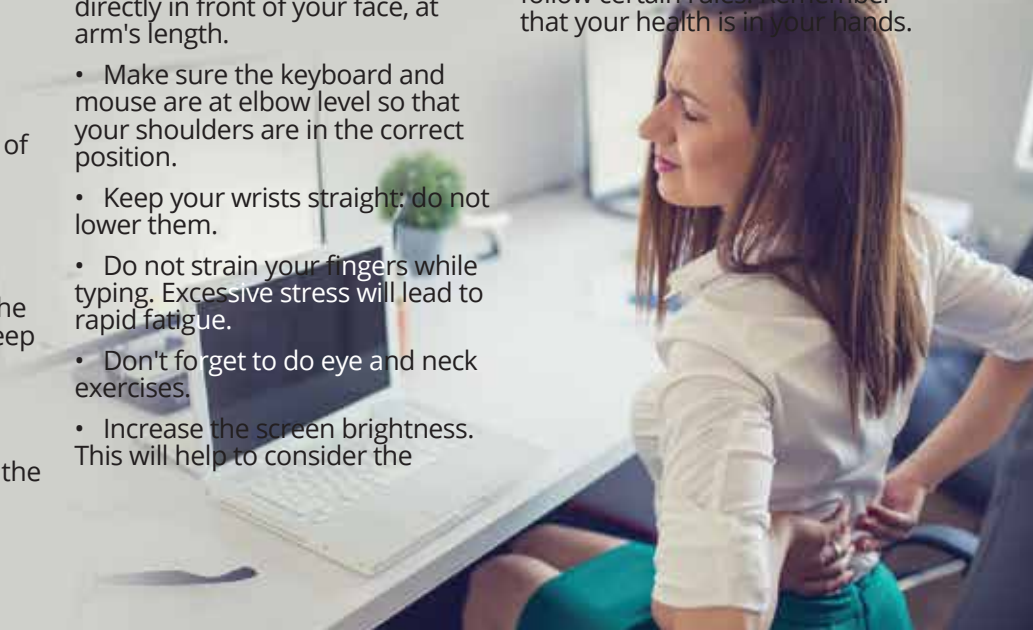
Taking care of your feet

Leg pain is a side effect of prolonged sitting. The more the legs are held in a bent position without the ability to stretch and move, the more they begin to hurt. What can be done? Adjust the chair or armchair so that the knees are above the level of the thighs - this will slightly reduce the load.

Increase concentration

When we sit, blood circulation slows down and our brain receives less oxygen. As a result, the ability to concentrate decreases, memory, creativity, and the ability to perceive and analyze new information deteriorate. What will help? Schedule your work day so that once an hour you get up from the table and walk at least the minimum distance (100 meters or more).

So, sitting while sitting may not be so dangerous. And this if you follow certain rules! Remember that your health is in your hands.





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How to start a career in IT?

The field of IT is quite diverse and to find yourself in it - difficult, but real. This article is all about the first steps of a beginner on the way to a new profession and a variety of IT areas.

There is no one-size-fits-all recipe for beginners, but there is a list of tips, knowledge and skills that will make it easier to get started in IT.

Take the first step towards exploring the field

Monitor the IT industry, specialties and roles in the company. You need to join the IT community, learn more about the indoor kitchen, talk to IT professionals and hear about their experiences.

Here you need to choose a few areas that would be interesting for you and learn the list of necessary skills.

Importantly! In IT there are not only technical specialties, you can choose areas that do not require knowledge of the code.

Technical specialties: BackEnd developers in various programming languages (Java, Python, C #, PHP, C ++, etc.), FrontEnd developers, typesetters, Devops, Software testers, FullStack developers, Architects and others.

Non-technical specialties: HR and Recruiters, Web Marketers, Analysts, Sales Managers, etc.

Learn more about yourself

Start with a SWOT analysis. Assess your strengths and weaknesses, relate them to the areas you have chosen and narrow the list, make a development plan and move accordingly.

Evaluate your lifestyle

It is important to understand that additional training will require strength, energy and time. If you are a student, have a job, a family, you should review your daily routine and set aside 2-3 hours for study and self-development.

Choose a learning method

In order to get into IT, you need to have a base: theoretical, practical in another field, language, motivation, intellectual. You can study IT at university, on courses, or on your own. But the fastest and most effective way to master the profession is through courses.

It is worth choosing courses that cover a range of knowledge and practical skills. How to choose quality courses?

There is a certain list of characteristics on which it is necessary to choose additional education:

- Experience in the field of IT education (from 5 years);
- Number of employed graduates;
- Reviews about courses or school;
- Teachers - practical specialists;
- Course duration (good courses do not last 1 month or even 2);
- Course program;
- Additional trainings for the development of personal qualities and motivation.

Develop, learn and find motivation

IT is a constant development and even once in the company, you should not stop. Courses, trainings, webinars, forums - all

this increases the value of a specialist in the market. And even before you start working in IT - you can improve your skills, because knowledge is never superfluous.

Often people want to get into IT just for the sake of a high level of compensation and the opportunity to move to a contract job in another country. You should not focus only on these factors. High salary and other bonuses in the absence of motivation to develop in this area will not save you from burnout.

Get experience

If you do not have relevant work experience - do not worry, because any experience is important: internship, part-time work, participation in volunteer programs, is good for student experience.

Learn English

English is not just a language of international communication, but a means of communication in IT. The vast majority of IT companies in Ukraine work outsourced. This means that the language of communication with the customer and record keeping will be in English. In addition, all programs and services for work are written in English.

The desired level to start is Intermediate, but the better your knowledge of a foreign language, the better your chances of taking the desired position.

Write a resume and go for interviews

After you have completed your studies, you need to write a professional resume, fill out social networks: LinkedIn and Facebook,





By: Ch. Salahuddin

Blessings of “Thank you” How it Makes People Feel Happier and Loved !!!

People who clean your seats, place water at your table and the ones who get your papers photocopied at your office. People who operate lifts for you. Apparently, all of these jobs are a part of their duty and they do get paid for it too but this doesn't mean that they don't deserve to be thanked for what they do.

Being acknowledged for one's effort is a part of human nature, even if that is performed when the person is going to get benefits for it or is doing it out of his feelings. Likewise, everyone wants that their work is praised. However, the degrees to which a person wishes this is differs from person to person. The word 'thank you' is one of the way to acknowledge and praise one's efforts. Usually people do not say thank you very often even though it should be thought upon that what does a person loses if he says thank you to someone for their efforts? The act that only holds benefits and benefits, why do not we make it a part of our personality? We have no idea how we fail to give a good impression on others and also make deprived of real happiness and peace just by not using this word.

Say Thank you more and more often: You should try your best that you use the word 'thank you' very often every day. People who perform our common tasks. All of those people deserve to be thanked for. For example if you want to enter any office or any place and a person opens your door for you, then you should thank him for it. Likewise, if someone offers you to eat along them, thank them too. If someone offers to drive, then they too are worthy of thank you. If you are invited on any banquet, then do not forget to say thank you while signing them off to the one who arranged the banquet. Likewise, if someone calls you

every week to ask for your wellbeing or if someone gifts you something, even if the gift is very ordinary, still say thank you to them in order to appreciate their love. It is usually seen that people who clean your seats, place water at your table and the ones who get your papers photocopied at your office. People who operate lifts for you. Apparently, all of these jobs are a part of their duty and they do get paid for it too but this doesn't mean that they don't deserve to be thanked for what they do. Do not forget them thank them. This act of yours will not only make you a well-mannered and happy personality in their sight but their productivity will also increase. The word 'thank you' will also give them encouragement and your being will definitely be benefited. Not only thank you but word like 'I am sorry', and 'Please' will not only place a goof effect on your personality but will also have a beneficial effect on the personality of other people. Being sorry on your wrong act or acknowledging that you did something wrong will act as a seal on the fact that you have an amazing and superior personality. It is free of the age factor. If you do not apologize due to the fact that the person you have wronged is either younger than you or is low in position to you, then this is just another mistake that you will be making. This will make you unpleasing in front of other people too. Apologizing of your mistakes in one of the way through which you can correct and remake for it. Do not feel any hesitation when using words like 'please' and kindly' while asking someone for a task.

Effects of Thank you On Children:

According to experts, children should be thanked for whatever they do just like we thank the elders. This act has incredibly pleasurable effects on children. Children also wish for their work to be praised and

acknowledged just like elders have it. If any children brings you your shoes from the nearby room, even then that child is worthy of being thanked for and you should thank the child open heartedly. Your encouragement will eventually help to make him an obedient child. It is very satisfying for a child that his efforts are encouraged.

How to say Thank You?

Whenever you thank someone, you should have a bright smile on your face and would be more better if your eyes should also be accompanying your smile. Even the other person also says thanking statements to you in return, then you should try that your side can end this pleasing conversation. Even though if it is just a very bright smile. The word thank you will hold more value if it is said in the mother language.

Gift as a source of thanking: If you are invited on some banquet, then you should take a gift for that person as a reply for his love. This will make you more personality more liked. Jewelry, flowers, watches, or any other type of gifts make both the inviter and the guest important in the sight of each other. If you are the inviter, then you should thank the guests for coming while they are leaving and likewise if you are the guest then you should thank the inviter for inviting you over. Even if that person is close to you, a friend or a stranger and receives a well said thanking from you or gets a phone call from you if any thing happens. These are the acts that say something that cannot be defined by words even if we try our best.

Write To Say Thanks: Even though it is very less customary to say thank you while putting it all down on a piece of paper. Besides this a thankyou note is considered to be of great importance in business trading terms. It is considered to play a very important part in relation to the guests and the inviter's



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"Matric Tech" MoU signing ceremony held in between the Federal Board of Intermediate & Secondary Education and the Serving Schools and Colleges Association.



Chairman PHEC Prof. Dr. Fazal Ahmad Khalid appreciated the teamwork of officers and officials involved in the successful execution of the 5-day Leadership and Management Program for Vice Chancellors of Public and Private sector Universities of Punjab and awarded them with Certificates of Appreciation.



The United States Government, together with the Government of Pakistan and provincial partners, has helped increase the reading skills of students in Grades 1 and 2 through the Pakistan Reading Project.



President UMT, Mr. Ibrahim Hasan Murad presenting souvenir to outgoing rector Dr. Muhammad Aslam.



Executive Director HEC Dr. Shaista Sohail as chief guest attended 127 PhD Scholars Win HEC's Research Fellowship Abroad under IRSIP faculty member of the Department of Defense and Strategic Studies, Quaid-e-Azam University, Islamabad along with fellowship recipients and their parents.



006The Higher Education Commission, Pakistan and the China Association of Higher Education (CAHE) jointly launched "China-Pakistan Higher Education Research Institute" during the "4th Exchange Mechanism Conference of CPEC Consortium of Universities" The institute brand was simultaneously unveiled at impressive ceremonies held in hybrid mode at NUST and Peking University, Beijing.

UCP and HEC co-hosted the HEC General Sports Trophy 2020-2021 Sports Scholarships and Prize Money Ceremony

The honourable chief guest of the ceremony was Mr. Shafqat Mahmood, Federal Minister for Education and Professional Training in Pakistan; the Guest of Honour for the event was Ms. Shaista Sohail, Executive Director HEC and Vice Chancellors of various participating and winning Universities. The auspicious guests were welcomed by Mian Amer Mehmood, Chairman Punjab Group, Prof. Sohail Afzal Executive Director Punjab Group and Dr. Nassar Ikram, Pro-rector UCP. The overall Inter-University Championship Trophies for both men & women along with cash prizes were distributed among all winners. The University of Central Punjab emerged as the university with the most winnings and keeping its winning streak alive by becoming the HEC General Sports Champions for the tenth time.



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High Achievers Ceremony at Modernage Girls Campus to honor the academically brilliant students

The ceremony brought together a community of proud parents, teachers and peers, who applauded and cheered for the High Achievers in Board Exams. The Mukhtar Masood Auditorium was bustling with life, as the young champs marched on the stage and accepted laurels.

Chief Guest of the event, FarhanaTaj, lauded the efforts of the teachers on conducting an immaculately organized ceremony, while also appreciating the contributions of the school in providing an excellent study environment to the students. Co- Principal Sumeera Wahid addressed the audience and shared her insightful thoughts on Women Education and Empowerment. The event was concluded by the final remarks of Principal Abdul Wahid Mir, as he instilled courage in the students, through his words.



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