

VOL:04, ISSUE:2  
NOV15-DEC15, 2021

# Informal

TO RISE ABOVE THE TIDE

EDUCATIONAL MAGAZINE

“

But the perception of life as an organic unity is a slow achievement, and depends for its growth on a people's entry into the main current of world-events.

---

**Allama Mohammad Iqbal**

Born : 09 Nov 1877 | Died : 21 Apr 1938

**Students paying  
tribute to  
Allama Mohammad Iqbal  
(Shaaer-e-Mashriq)**

Page | 22

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NOV15-DEC15, 2021

# Editorial NOTE

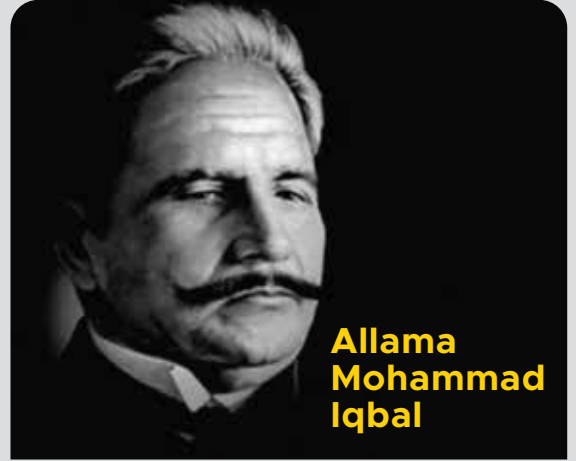
Education in every sense is one of the fundamental factors of development. No country can achieve sustainable economic development without substantial investment in human capital. Education enriches people's understanding of themselves and world. It improves the quality of their lives and leads to broad 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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Circular Road, Rawalpindi. 0333-811 5798

**Printed at:** Hasnain Ilyas Printers  
House#1 Basement Aslam Arcade,  
16 Macload Road Lahore. (PCPB / 174-1)

**Publisher:** Waseem Ahmed **Rs. 150/-**

Please send us your article, stories, events,  
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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](mailto: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.



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# How to prepare our children for the future next

**P**lease 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?

It is likely that seeing works that we know well today will match or even attribute their existence to 2035. Those who see cooperate with them, if you do not know. Parents, teachers and politicians who decide how to create children for their lives in the distant future. But let's be honest: we often work on making similar decisions around.

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.

Nine 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



# 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.

If you are determined to enter graduate school, then you need to prepare an abstract, application for admission and scientific publication. It is recommended that you participate in scientific

conferences in advance and have a recommendation for admission. Postgraduate education takes the form of lectures and seminars.

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 doctoral student must attend the scientific seminars of the department where the work is performed. In addition, he is required to report each year on how he is preparing to defend his doctoral dissertation.

If for some reason the doctoral student was expelled before defending his doctoral dissertation, then if there are vacancies he has the opportunity to recover.

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



# CAN YOU WRITE TEXT ON FITBIT ALTA HR?

**B**est answer: Although Fitbit Alta HR is able to receive notifications on your smartphone for calls, texts and even calendar notifications; you are unfortunately unable to send messages

## Content:

- How can I receive notifications in my Alta HR staff about calls, texts and calendars?
- So I can receive text notifications but not send them from my Alta frame?
- Fitbit Alta HR
- Advanced activity tracker
- Fitbit Charge 3
- Basic smart watch
- Fitbit Versa
- Advanced smart watch
- Fitbit Ionic

Alta HR is just an activity tracker with an OLED wheelbarrow display and constant heart rate monitoring, not a smart watch, so you can't write and send texts through it like you would with an Apple Watch. The Alta HR display is also limited to 40 characters, so longer notifications will be truncated.

## How can I receive notifications in my Alta HR staff about calls, texts and calendars?

When you have combined Alta HR with your iPhone, it is possible to receive notifications on the OLED display of your Alta HR on the OLED display for calls, texts and calendars. There are several steps you need to take to ensure that you receive these notifications.

1. Go to your iPhone Settings, then find Bluetooth, and make sure you're connected to HR Alta.

2. Go to Settings and click Do Not Disturb or use the Control Center. If the Do Not Disturb feature is enabled, it does not allow your phone to send notifications to any connected device, including Fitbit Alta HR.

3. Make sure Notifications is turned on for each application you want to be notified about. For your phone, calendar and messages, make sure they are set to allow Notifications and Show in History on. Messages will also want to show on the lock screen and show as banners on. Enabling app notifications for the Fitbit app itself is also required.

To set up notifications in the Fitbit application, first go to the information panel of your account, then find the device (Alta HR), and then select Notifications. Just switch which categories you want to receive notifications for. You should then receive notifications on the Alta HR display about texts, calls and calendar events, depending on what you have chosen.

## So I can receive text notifications but not send them from my Alta frame?

That's right. HR Alta can only receive notifications when you receive new messages, and it is limited to displaying 40 characters at a time. Although the Fitbit Alta HR is a fairly advanced activity tracker with constant heart rate monitoring, it's not a smart watch, so you can receive rather than send.

## What are my options if I want to send texts from my Fitbit device?

Fitbit makes several media that allow you to send quick responses in response to texts. These

devices include Charge 3, Ionic and Versa.

Charge 3 is an advanced fitness tracker that has backlighting, a touch screen, constant heart rate monitoring and everything else you like about Fitbit.

Versa is a lightweight smart watch that allows you to track your steps, heart rate, calories, sleep, has GPS via your phone, the ability to play music and more.

Ionic is an advanced smart watch from Fitbit. It has everything that Versa has, except that it has a built-in GPS and more.

## Our choice Fitbit Alta HR

Stylish and smooth activity tracker

Fitbit Alta HR is a good option for those who want to keep track of all their activity and fitness, but also want to look stylish. Alta HR records your steps, calories, sleep, heart rate and more. It can also receive notifications about calls, texts and calendar events.

## Advanced activity tracker Fitbit Charge 3 Keep track of it all

Charge 3 is one of the improved offers from Fitbit. It tracks calories, steps, sleep, heart rate 24/7 and more. It also allows you to reply to text messages with quick replies.

## Basic smart watch Fitbit Versa The main smart watch Fitbit

Fitbit Versa is great for those who want more than an activity tracker but don't want to get something like an Apple Watch because of the price. Versa tracks your steps, calories, sleep and heart rate 24/7. You also have GPS over the



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# Four areas where artificial intelligence improves sales and customer satisfaction

**T**o take full advantage of the potential of online sales, it is not enough to set up a website and conduct shipping online. In this increasingly competitive market, the use of artificial intelligence plays a huge role, improving customer service and increasing sales.

The use of artificial intelligence in online business operations is no longer just a useful option - it has become a condition for survival. Since the outbreak of the pandemic, almost 1/4 of companies have increased their expenses on AI development in business, and in the next six months, similar activities will be started or will be continued by as many as 3/4 of the companies. Global investment by companies in artificial intelligence is expected to double over the next three years. Therefore, in this material, we briefly present four areas in which artificial intelligence measurably helps to develop the company's activity on the Internet.

## 1. Offer the client the help of a digital "assistant"

A good client is a client who feels properly "cared for". In a traditional store, a service person is responsible for this, who approaches the customer and asks if he can help him with something. On the Internet, a similar role can be played by artificial intelligence solutions - in several different ways.

Firstly, it is about facilitating, e.g. when the customer places an order (auto-fill, prompts) or when he is looking for contact information. The better the user

experience will be - and the more likely they will return to our store.

Secondly, it is worth considering introducing artificial intelligence as an assistant in human service operations. Thanks to this, for example, during a phone conversation between a live assistant and a client,

Thirdly, it is worth offering every customer the help of a digital assistant, who will advise him on shopping and answer basic questions through text (and more and more often also voice) communication. Nobody has any doubts that chatbots are the future of customer communication.

## 2. Accelerate your troubleshooting

The company's Internet customers expect not only friendly and transparent service - they also want it to be instant. If the question whether the problem they ask the service staff is related to a service issue, as many as 90% of them expect it. What does the "instant" reaction of the website mean in practice? On average, about 50% of respondents expect that the time of such an immediate response of the website to their inquiry will be less than 10 minutes, and in the case of sales or assistance, even more than 60% of respondents think so.

And more and more often, they effectively respond to even more complex customer inquiries.

## 3. Use personalized customer information

Personalized recommendations - it is on this foundation that websites such as Amazon, Netflix and Spotify have built their power. Artificial intelligence solutions allow this data to be collected and

used in real time - to further improve the customer experience.

This is primarily about the famous "customers like you also bought ..." - on the subpages of individual products, it is worth adding a dynamic frame in which artificial intelligence, based on the collected information about users, will display personalized suggestions for products that other customers with similar tastes they put it in the basket. The more information we collect about a customer, the more effective and accurate the purchase recommendations are. And it is not only about the products themselves, but also about the price range that a given customer may be interested in.

## 4. Collect feedback from customers

Artificial intelligence can also be useful for analyzing the mood of customers regarding the service and purchase process of a given product. The easiest way to get this type of data is to send an order fulfillment survey, or even to present a few emotional states on the "mouths" displayed after the purchase is completed, along with a request to choose one of them.

Comments on social media profiles, as well as on websites such as price comparison websites or industry portals, can also be an excellent source of information - and this task can also be automated using big data analysis programs. However, it should be remembered that a big challenge for AI remains to recognize sarcasm or irony, and thus distinguish this type of assessment from a clearly positive opinion.



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# Complex post-traumatic stress disorder in children and adults

Childhood abuse or long-term relationship abuse can lead to complex PTSD.

Complex post-traumatic stress disorder (CPTSD) is also known as undefined extreme stress disorder (DESNOS). It almost always starts in childhood. It appears when an individual suffers from various psychological traumas for a long time. These are situations of high and constant suffering, such as those caused by continued sexual abuse and neglect on the part of parents.

Most of us have heard of PTSD before. However, in some cases it may be necessary to add a "compound" label up front when more factors are involved. In fact, while the former defines a specific adverse experience, such as an assault or car accident, the latter has more specific characteristics.

Complex PTSD involves negative experiences that are repeated and passed back on a daily basis. The victim is vulnerable because when he finally leaves a harmful experience behind, a terrible wound of trauma opens up. This state was first described in the 1980s. However, today it receives much more attention from experts. Let's take a look at this.

Post-traumatic stress disorder (CPTSD) or DESNOS

CPTSD is also known as DESNOS (Extreme Stress Disorder, Not Elsewhere Specified). It should be noted that today this psychological reality is not yet covered in the Manual of the Diagnostics and Statistics of Mental

Disorders (DSM-5).

It is assumed that there are varying degrees of posttraumatic stress and that one of them is particularly extreme. It is a complex post-traumatic stress disorder that has already been included in the WHO's International Classification of Diseases (ICD-11).

a study that highlighted that CPTSD or DESNOS is very different from any other type of post-traumatic stress disorder. Indeed, after analyzing hundreds of cases from the child and adolescent psychiatry unit at Langone Medical Center (New York), clear evidence of this peculiarity could be seen. Scientists have found that there are many children who, in addition to being neglected, have suffered from abuse for years. In them, the psychological influence is different from the one experiencing a specific traumatic episode in their life.

## What are the symptoms?

It should be noted that complex PTSD manifests itself differently in children than in adults. Therefore, a distinction needs to be made.

## C-PTSD symptoms in children and adolescents

Experiencing a traumatic situation over time early on disrupts the child's normal development. Usually they assume there is something wrong with them.

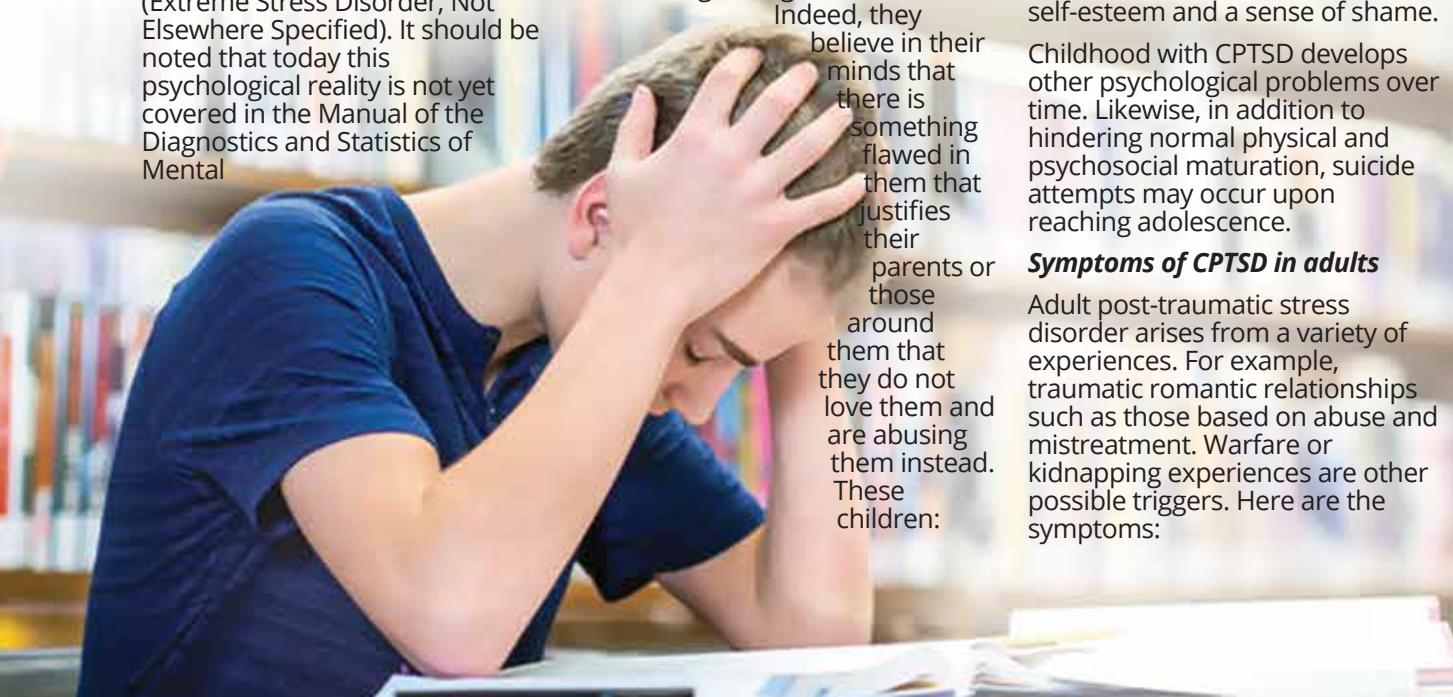
Indeed, they believe in their minds that there is something flawed in them that justifies their parents or those around them that they do not love them and are abusing them instead. These children:

- They have slower physical and mental development. In addition, they tend to become more somatized and have health problems.
- They develop insecure attachments that make it difficult for them to form social and emotional relationships in the future.
- They have no emotional regulation. Consequently, they are unable to understand and control their emotions.
- They don't know how to express their needs.
- They may suffer from selective amnesia.
- They show a lack of impulse control that often leads to attacks of aggression.
- They are manifested by problems with insomnia, night terrors, and eating problems.
- They often experience self-harm.
- They have cognitive impairment. Among the most common are lack of attention, as well as problems with executive functions (planning, analysis, reflection, memory ...).
- They show immaturity in language and communication skills.
- They can have serious changes in self-esteem and personal image. For example, low self-esteem and a sense of shame.

Childhood with CPTSD develops other psychological problems over time. Likewise, in addition to hindering normal physical and psychosocial maturation, suicide attempts may occur upon reaching adolescence.

## Symptoms of CPTSD in adults

Adult post-traumatic stress disorder arises from a variety of experiences. For example, traumatic romantic relationships such as those based on abuse and mistreatment. Warfare or kidnapping experiences are other possible triggers. Here are the symptoms:



# How to learn to drive a car

**T**his is indeed the case. If you have a car, you have to learn to drive it. Otherwise, the vehicle will remain in the garage or parking lot forever.

## Who will teach you to drive a car?

Most families have their own car; many people try to buy a car as soon as independent life begins. When there is a real prospect to get behind the wheel, the question arises: who will teach to drive a car? Many people think that this is a very simple matter, and teach management can dad, husband, brother, friend.

Some really manage to get the right knowledge from a loved one, then improve this skill independently. But most, entrusting training to those who do not do it professionally, quickly become disappointed, not getting the expected result and wasting nerves. This is not surprising: not everyone who has been driving for a long time can pass on their knowledge to another person. It's worth thinking about: we are sure that English should be taught by a professional teacher, we go to yoga to practice with an instructor, we work out with a trainer in the gym ... Why training management - a matter of stress and risk - we are ready to trust those who can't teach?

## Driving lessons: the right approach

It is optimal to take management lessons from a professional instructor. If you already have a little driving experience, perhaps the instructor will allow you to start training immediately in the city, especially if the training car with an automatic transmission. But if you have never driven a car do not even know how to do it, classes will begin on a closed training ground.

## How do they learn to drive "from scratch"?

- It sounds trite, but first the

student is explained where what is in the car. If it is a car with a manual transmission, it takes some time to get acquainted with the action of the clutch pedal and the location of the gears.

- If the classes are held the student learns to move from the place by car for some time. Only when this skill is mastered, the instructor goes with the student to the city, starting to move on the streets without heavy traffic.

- A professional instructor conducts classes in a car with duplicate pedals. If the student "thinks", the instructor will press the brake pedal in time. It also has a duplicate clutch pedal, with which the instructor can "help" the student in a difficult situation or control the release of the student pedal. Duplicate pedals are also available in cars on the "automatic" - the presence of "second pedals" is a prerequisite for learning, especially if you have to start learning to drive from scratch.

- A professional driving instructor knows how to explain and is ready for the fact that the student immediately understands the new material and learns a new skill. At least, this applies to good instructors.

- On the closed platform usually spend a minimum of employment. Predominantly driving lessons take place in the city, after all in city conditions the future driver should go by car independently.

- All instructors have a different approach to learning, but modern conditions dictate the need to almost immediately teach not only to "go forward", but park, move in traffic jams and "get" into your lane without road markings.

## What should a good driving instructor look like?

These recommendations apply not only to those who already have a driver's license, but have no driving experience, are looking for an

instructor for private lessons, but also to those who are just beginning to study with an instructor at a driving school.

1. A good driving instructor should be punctual and accurate.
2. A professional instructor is also an experienced psychologist. He will not "press" if he feels that you are scared or something is wrong. And at any time will not deny you your request to make a maneuver or pass a difficult place on the route again.
3. For a professional instructor, such "sins" as shouting at students, telling students that "their place in the kitchen" and managing them, as well as other offensive and derogatory statements are unacceptable.
4. A distinctive feature of a good instructor - patience and understanding that to master the skill of driving you need time.

## How to choose a driving instructor?

Driving instructors provide private services, teaching driving to those who already have a driver's license, but are unsure of driving, and also want to get extra classes in parking or driving in bad weather, to restore driving skills. Information about instructors can be found on various sites, on bulletin boards. Important selection criteria: time and place of classes should be convenient for you; to do optimally not less than 60 minutes during employment, it is better - 90 minutes. As a rule, all instructors can find time for "double" classes - for two or three hours. Even if paying for "wholesale" classes is beneficial to you, first pay for one lesson to meet the instructor and understand how comfortable you will be with him. If something does not suit you and the problem cannot be solved, it is better to consult another instructor to deal with comfort and eventually get the desired result.



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## State-of-the-art Technology

We are engaged in collaborative work with our Employees to deliver high quality products for our Valuable Customers. We do believe in constant endeavors for the acquisition of knowledge and excellence in developing human skills, product innovations and state-of-the-art technologies in order to meet current & future requirements.



**Chaudhary Zulfiqar**  
Chairman S.M Foods

## Chairman's Message

S.M Foods Limited is Pakistan standard certified company that has been fulfilling customer's needs for more than two decade. We are engaged in multiple segments i.e. Confectionery, Bakery, cakes, snacks & Pasta. S.M has introduced brands and products that have built strong market share in local as well as international markets, by offering its customers good value for money. Our unrivalled portfolio of brands has been meeting consumer needs for more than two decades.

**The heart of the Company is in the Happiness of our Consumers.**



**Gibs proudly claims quality at affordable price**

## Our Goal

At S.M Foods Limited, our goal is simple: to bake the best products ever made. By using quality ingredients in every freshly baked treat, and offering excellent customer service, we guarantee products that are not only delicious but also nutritious.

## Quality Ingredients

All of our Biscuits and products begin with carefully tested recipes, highly controlled production and the finest ingredients. Each of our premium treats is tested and baked fresh daily in facility.

## Quality and Convenience

From our signature biscuits to our deliciously rich in taste products, S.M Foods Limited takes the element of taste and quality to a next level. The end results are the finest fresh-baked products right in

your neighborhood - perfect for every occasion and celebration.

## Our Vision

To be a market leader in Bakery, Confectionery & Pasta brands in Pakistan and all over the world with focus on quality and positive contribution to the national economic growth and development.

## Our Mission

To serve the generations nationally and around the globe by focusing on values and maximize customer's satisfaction. Our mission is to continuously endeavor to deliver

consistent quality of product to our consumers and we proudly claim, "Safe products with best hygienic quality at affordable price".

**S.M Foods Limited is dedicated to graciously serving our community exceptionally delicious biscuits made with love, care and superior ingredients.**

**Our cookies are the perfect afternoon snack, and are one of the favorite things to munch on by the youth of Pakistan.**

**For a Good Life, Have a Good Bite.**

## CSR

- SM Foods is committed to provide excellent service while acting in environment friendly way.
- SM Foods has always generously donated during floods & calamities.
- SM Foods is committed to develop strong communities by providing financial support to educational institutes and health sector for well-being of masses.
- SM Foods is committed to actively participate in social welfare projects.



# INDICATIONS FOR WORKING WITH A LEFT HANDED CHILD



**T**he correct position of a left-handed child when drawing or writing.

- The child, sitting at the school table, has a neighbor on the right side (the left hand must be able to move freely).
- A piece of paper or a notebook is slightly to the left of the child's body axis (when drawing or writing, the left hand approaches from the left to the body axis).
- A sheet of paper or notebook is stacked diagonally. The upper left corner of the paper points upwards (as opposed to being folded by a right-handed person). A child may use a notebook with diagonal lines.
- The child can freely adjust the angle of the notebook. The light should fall from the right side or from above (diffused).

### **The way you hold a pencil or pen while writing.**

- The child should hold a pencil or pen in three fingers: between the thumb and middle finger, pressing the pencil from above with the index finger.
- The other end of the pencil or pen should point towards your left shoulder (i.e., outwards.)

- When writing, your fingers should be below the ruling of the notebook.

### **Exercises to help you learn the correct grip and the way to hold a pencil or pen:**

- Sticking plasticine balls, crushing paper balls.
- Tearing out small papers, blotting paper, plucking threads.
- Crushing, scattering salt, groats, sand on the tray with small finger movements.
- Draw in a horizontal plane: on a piece of paper stretched on the wall or on a blackboard, when the child is standing and his hand hangs freely downwards.
- Drawing in a vertical plane: on the paper stretched on the wall or on the blackboard, when the child stands with his hand raised to the level of the lower part of his face. If the child, despite the exercises, has difficulties with the correct holding of the pencil and pen, it is advisable to use the cap for writing utensils for grip correction.

### **Exercises to improve the control of the pressure of the child's hand while writing: (Graph motor exercises, speech exercises)**

- Painting with finger paint on

large sheets of paper, e.g. with a shaving brush.

- Tracing outlines of drawings standing on paper lying on a table or hanging on a wall.
- Performing graphic exercises using various tools: chalk, wax chalk, drawing charcoal.
- Plot large, fluid, free-flowing movements in the form of waves, circles, eights, lines, then figures, letters, etc.
- In the air, with chalk on a blackboard, a brush or charcoal on large sheets, a finger or a stick on trays with loose material (e.g. sand), crayons on sheets.
- Thickening the contours (circumferential tracing) with a brush, crayon, stick.
- Painting large surfaces (cardboard, sheets of gray paper, newspapers) and outline pictures with paint, chalk or charcoal.
- The movements can be vertical or horizontal, but always in the direction from left to right and top to bottom.

### **Relaxation exercises during breaks during exercise Graphic:**

- Clenching and opening your fists alternately, becoming aware of the state of muscle tension and



relaxation.

- Games that mimic movements, e.g. splashing water, shaking off water from your hands, shaking water off the sleeve, shaking off water, shaking a thread from the sleeve.

### **Exercises aimed at shaping motor habits related to the direction of writing (movement automation):**

- Drawing lines with respect to the direction: vertical lines - from top to bottom, horizontal lines from left to right.
- Draw circles counterclockwise (similar to writing the letter C).
- Maintain the direction from left to right when drawing lines, writing words.
- Marking a colored margin on the left side in the notebook or in the upper left corner of the page - drawing the sun that shows the way (we start with the sun, i.e. from the left side).
- The use of drawing games and activities that require this direction, Graphic Dictation

### **Practicing smooth, rhythmic, continuous and pulsating writing movements:**

- Outline and outside templates.
- Drawing patterns (with a marker, crayon) in a wider ruling first, then corresponding to the notebook ruling. The next steps are: (1) tracing the pattern, (2) completing the pattern, (3) mapping the patterns, (4) drawing the patterns from memory after examining them, (5) drawing various patterns on your own.
- Connecting the designated points with a continuous line - it can be connecting numbers from the smallest to the largest (after connecting, the contour of the planned object, e.g. a house, car).

### **Movement precision exercises: Exercises to improve the movements of the hands, wrist, hand muscles and fine finger muscles of both hands.**

- Drawing in the air, on sand trays, and with various graphic techniques of vertical, horizontal, oblique, broken lines, curves and geometric figures (circle, ellipse, square, triangle).
- Drawing figures, tracing geometric shapes, writing words without taking your hand off the paper
- Paint over or hatch various

contours (with horizontal, vertical or diagonal lines always from left to right).

- Filling the contours with a continuous line in the shape of a spiral or glomeruli.
- Copying drawings by tracing paper - tracing the pattern with a pencil, and then painting with crayons within the contour.
- Thickening the outline (small pictures, lines) with a pencil, crayons, felt-tip pens.
- Drawing a dash between two more statutory lines in relation to each other (e.g. wandering in a maze).

### **It is important to start the exercises with large sweeping movements in the air and above the page, then we move to drawing on large surfaces of paper, and then on tablets and sheets. Line drawing is only the last step in the pre-writing exercises.**

Exercising the eye-hand cooperation in the following order:

- Tracing lines, filling dotted lines, circumference of drawings.
- Calculation of drawings by tracing paper or foil, outlining them with templates.
- Painting over contour drawings.
- Hatching the drawing fields with vertical, horizontal, diagonal and wavy lines.
- Filling the drawing with other materials, such as tear-off tissue paper, plasticine or cotton wool.
- Making a frame from patterns.

### **Manual exercises - help to improve small hand movements: wrist, hand and fingers.**

- Threading beads, threading cords or ribbons through holes in

objects.

- Picking up small items (e.g. peas, mustard seeds) initially with two fingers, then with tweezers.

- Painting with a finger dipped in paint, and then with a brush or crayon, various circular and spiral forms (circles, balloons, apples, balls, snails, glomeruli, etc.), initially on large-format paper, gradually on a smaller scale. It should be noted that the circular movements of the hand should be counterclockwise, i.e. in the direction of writing many letters (e.g. e, d). Children with weaker manual dexterity can draw a string with a pencil and recommend painting along the traces.

- Tearing and cutting out shapes from tissue paper, colored paper and other materials, as well as tearing and cutting the paper along drawn straight, diagonal, broken and wavy lines.

- Piano simulation: playing the sounds of raindrops with different beats (pouring light rain).













- Kneading balls of paper, tissue paper, cotton wool and sticking pictures out of them (e.g. a snowman made of cotton balls).

- Sewing - piercing the paper with a needle and thread in the places marked by the points.

- Creating various compositions using stamps (we can buy them or make them ourselves, e.g. from potato halves, on which we cut out various shapes).

There are many books available in bookstores to help you develop manual skills, including coloring books, patterns, etc.

Developed for children of all ages, but children with poor hand dexterity should start exercises with the easier ones, intended for a lower age.

Left Brain Functions		Right Brain Functions	
 Written language	 Number skills	 Insight	 3-D forms
 Reasoning	 Spoken language	 Art awareness	 Imagination
 Scientific skills	 Right-hand control	 Left-hand control	 Music awareness

# What you need to know about anxiety and itching

**A**lthough people tend to perceive anxiety as a mental health problem, it can also have a physical effect on the body. Some people with anxiety may experience itchy skin, along with other symptoms.

- Can anxiety cause itching?
- In people with skin diseases
- In people without skin diseases
- Other symptoms of anxiety
- Can itching cause concern?
- Diagnosis
- Treatment
- Other problems and itching
- When to see a doctor
- Resume

Although people tend to perceive anxiety as a mental health problem, it can also have a physical effect on the body. Some people with anxiety may experience itchy skin, along with other symptoms.

Anxiety and itching in some cases can also lead to a vicious circle. Some symptoms of anxiety disorders can cause an itchy feeling, and this itchy feeling can be a source of irritation and even anxiety.

This cycle of anxiety and itching can be difficult to break. Anxiety can also cause outbreaks of major skin conditions in some people, causing severe itching.

Treating the root cause of anxiety and itching can help relieve symptoms and can disrupt the cycle. Anyone with symptoms of an anxiety disorder that affects their quality of life should talk to a doctor or mental health professional.

Can anxiety cause itching?

Itching can be a sign of several

different issues, even in a person dealing with anxiety. Itching can be caused by an allergic reaction on the skin or on skin contact with harsh chemicals or other irritants.

In people with skin diseases

A person with a major skin condition may also experience increased itching associated with this condition. In these cases, the symptoms of stress can aggravate the symptoms or provoke an outbreak of the skin.

Research in Neurology and Bio behavioral Reviews notes that people living with chronic itchy skin conditions often report that psychological stress is an aggravating factor for their symptoms.

People with conditions such as psoriasis, herpes zoster, or eczema may find that their symptoms worsen when they are stressed, nervous, or anxious.

In people without skin diseases

The effects of stress and anxiety on itching do not only affect people who are already suffering. Chronic itching can also occur due to stress in a person without the underlying disease. This symptom is most likely to occur in people who are experiencing very high stressful situations, have psychological states, or are experiencing important life events.

A small study, asked college students about stress levels and skin symptoms. The results showed that even without major illnesses, students with higher self-reported levels had more skin symptoms, including itching. Anxiety disorders can also cause itching. In these cases, the itching is not related to the underlying skin disease or irritant,

but appears as a symptom of anxiety.

Stress causes a number of changes in the body, such as hormonal fluctuations and changes in the nervous system, which can lead to discomfort along one or more nerves. These sensations can cause a burning or itching sensation anywhere on the skin.

Other symptoms of anxiety

Although the symptoms of anxiety can vary from person to person, it is not uncommon for a person with an anxiety disorder to experience itching, burning, or skin irritation. The symptom is as real to a person as physical itching, and it will be difficult to distinguish them.

However, it is rare for anxiety to cause only itching, and the person is likely to experience other symptoms of anxiety, including:

- Nervousness or anxiety
- Rapid heartbeat
- Feeling that the mind is racing
- Difficulty focusing
- Feeling of danger or panic
- Muscle twitching
- Sweating, possibly leading to rashes
- Insomnia

Avoid certain activities that cause stress or anxiety

Symptoms of stress or anxiety, including itching, can sometimes appear and disappear, and some appear only in moments of very severe stress. In other cases, symptoms may persist throughout the day, improving or worsening at different times.

Itching can also lead to skin damage, such as discoloration, breakage or bleeding of the skin,



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# 9 ideas for organizing student leisure

In isolation, when children do not have the opportunity to attend favorite clubs and meet friends, it is important to organize their leisure. If parents and teachers do not take such responsibility - gadgets will gladly cope with it. They know exactly how to distract the student from urgent matters. But is such "help" useful for us? We bring to your attention 11 ideas for productive recreation of schoolchildren, which can be easily implemented at home and subordinated to educational tasks.

## **Day 1 - create a mini-garden on the windowsill**

Plant care is a vitamin anti-stress. Sweet peppers, carrots, cucumbers, tomatoes, radishes and a bunch of fresh greens - such gardening will decorate the house and help the child to develop responsibility. And observing the behavior of flora and growth stages is an interesting task in biology. And now your students are busy with useful and interesting work!

## **Day 2 - take care of the birds and make a birdhouse**

In quarantine it is time to bring more good into the world. Assembling a birdhouse will be an interesting and useful activity. You will need wood, plywood, cardboard, an ordinary bottle - you can use everything at hand. When building a bird house, consider the following conditions: safety for its inhabitants, practicality so that birds can lay eggs and hatch offspring, mandatory access to fresh air, convenient size so that birds can fit there. Offer children the simplest birdhouse pattern.

## **Day 3 - make a card for Mother's Day**

The most difficult thing at this point will be to keep the secret until May 10, so that mom does not see the process and the result of work. Creative tasks can be performed in lessons of labor and fine arts.

## **Day 4 - create candles with your own hands**

Creating a natural candle from beeswax is easier than it seems. A layer of beeswax and a wick will be suitable for the start. When burned, in addition to a pleasant aroma, wax candles emit volatiles, and they kill bacteria, fungi and viruses. The candle is unlikely to protect against the COVID-19 virus, but the air in the house will be noticeably cleaner. It will be interesting for children to get a comment on combustion processes from a chemistry and physics teacher.

## **Day 5 - learn dance**

During isolation, it is very important to take care of health, and lively movement greatly improves the emotional and immune status of the whole family. Of course, walking is not so simple, but during quarantine children can learn to dance and parents become even slimmer. Show students a video of Just Dance and invite them to try to start dancing with their family (however, you can do it yourself). And for younger students will be interesting engines and zumba for children.

## **Day 6 - Prepare delicacies yourself**

You can become a chef at any age! This creative process will help the child acquire new skills: better understand time, realize its importance and even practice mathematics. When cooking, you can count the number of eggs,

vegetables, spoons of sugar or oil. Even demanding children taste home-cooked food with great pleasure. With the help of imagination, this everyday work can be adapted to the lessons of labor, chemistry and mathematics. Example, Mathematicians can encrypt data on the required number of ingredients in equations or problems, and chemistry teachers can ask students to first paint the chemical composition of components, and only then move on to the case. Lots of options!

## **Day 7 - Participate in family budget planning**

Financial literacy skills are extremely useful in today's world, and they are definitely needed by a child in later life. Invite students to try to analyze the family budget on their own and plan for future expenses.

It will also be useful to download several financial planning programs for a smartphone, understand the functions and optimize the calculation of costs for food, household, utilities, personal children's expenses.

## **Day 8 - create a photo album**

Viewing photos is a great opportunity to recreate a family tree, to spend time in peace. Pasting photos, arranging them chronologically or by events, framing will help you get closer and get to know your family better. Creative tasks are perfectly adapted to classes in fine arts.

## **Day 9 - Play board games**

Unlike gadgets, board games connect to work not only visual and auditory channels of information perception, but also tactile. During such leisure the child develops fine motor skills,





By: Akasha Amjad

## *A recipe for getting into the best universities, living a balanced, healthy and wholesome life: Holistic Education*

**H**ow many of you have witnessed high-achieving students doing really badly in adult life later? I am sure you can find many examples around you. What do you think happened there? Why does the class topper Sana next door now suffer from depression and can't stick to a single job to provide for her self? Or why does it that Ahmed who was an obedient son and a high achiever in studies suddenly choose to be a very rebellious adult? The problem does not lie with Sana or Ahmed, but with the system of education that lacks balance and focuses on just producing better marks in exams.

Academic results, while important, does not constitute our entire life. To live a successful and balanced life as

prescribed by our religion and Prophet pbuh (mayanarawi), we need to focus on all aspects of our lives. LAPS Schools pvt ltd, have taken the initiative to launch this new approach to Education in Pakistan in the form of Holistic Education Programme. Under this programme. We will focus not only on the education of students, but also on their Mind, Body and Spirit. We will be treating each student as a human being first. There will be special additional classes focusing on mental and physical health of students; for instance, teaching meditation, yoga, basic healthy eating habits etc. Moreover, there will be focus on teaching them skills that will be helpful in later life like stress management, communication and writing skills. There will also be emphasis on spirituality and

religion as it is a core aspect of human life which if left unaddressed, can cause problems later in life.

In addition to all above, there will be new effective learning techniques taught to the students so that they can study effectively which means they can learn more in less time and can retain it for longer. This will definitely increase their chances of success in academics. As the world is evolving so are the teaching methods, and Holistic Education Programme is an attempt to bridge this gap of teaching and learning in Pakistan. Universities today, do not just look for academic grades, but also other skills and personalities of students, and this is our humble attempt at LAPS to bring the best to our students and provide them with holistic and wholesome lives.

## A CONVERSATION WITH

# Kelvin Zeng

CEO, TECNO Mobile Pakistan

It is this very spirit and attitude of consumers all over the world that drives us every day. It motivates us to spare no effort in bringing more innovative smart device with the trendiest technologies that's elegantly and stylishly designed to global emerging market consumers.

(short for TECNO AI Vision Optimization Solution Lab), focusing on innovative and cutting-edge technological breakthroughs for mobile imaging technology, along with 2 in-house R&D centers, and over 1,600 R&D staff members globally. This technology has been the core feature for all CAMON phones.

CAMON 18 will bring the best of the CAMON series so far, such as TAIVOS Technology, Super Night Mode, and Selfie Mode with an all-new Ultra-Steady Gimbal Camera, a 60X Hybrid Zoom, and even more, enhanced AI features for achieving professional videography. The top advantages that differentiate TECNO from the competitors are catering to the demands of the local consumer by customizing professional cameras and bringing stylish designs for a better user experience.

#### 4. What is TECNO strategy for the future? How do you plan to grow up together with Pakistani users?

As we aim to one of the best and most admired tech brand in Pakistan, we are committed to unlocking the best contemporary technologies for progressive individuals in the country. The leading emerging markets leap into a dynamic and vibrant new world of mobile connectivity to bring a better experience for the users. Based on our deep understanding on Pakistan consumers, we will put great focus on camera and design leadership as one of our crucial product development strategies. On camera leadership, we will launch top industry-leading camera tech such as TAIVOS technology, telescopic lens, and Sensor-Shift, bringing the coolest and cutting-edge mobile camera experience. On design leadership, we will incorporate new premium designs with international design language but local Pakistan aesthetics to provide our customers stylishly designed mobile products.

We hope that the customers and fans who have been supporting TECNO in Pakistan will grow with us to reach new heights in the future. We will spare no efforts to inspire more consumers with unlocking the best of contemporary smartphone technologies with elegance and innovation.

TECNO is a globally eminent smartphone brand with a sales record worth billions. Starting in 2016, TECNO has come a long way in a short while. TECNO recently introduced its new brand slogan of #StopAtNothing. It is to pay tribute to those who continue to push forward against all odds, the people who admirably stayed resilient in the face of adversity.

In this regard, we talk to Kelvin Zeng – CEO of TECNO Mobile Pakistan. Zeng has a rich understanding and insight into the consumer needs of emerging markets. With more than nine years of experience in the mobile industry of Africa and Latin America, Zeng has guided TECNO to become the No.1 brand in many countries.

#### 1. How do you portray your brand's Value and Spirit "Stop at nothing"?

With our global philosophy and our slogan #StopAtNothing, we truly mean to not stop anywhere soon. This new slogan represents TECNO's recognition of human progress and people's pursuit of purpose, potential, and excellence. With this, our goal is to become the most admired tech brand in Pakistan as well as globally and continue making breakthroughs in product and experience innovations for our valuable customers.

The pursuit of excellence is in our DNA, it's never stopping and always pushing the limits. Our motivation for excellence does not stem from one person or one event, it's from our users.

#### 2. How would you define TECNO's philosophy for its smartphones? The shift from mid to high-end phones?

Based on our brand slogan 'Stop at Nothing', TECNO aspires to bring premium quality, chic designs, and outstanding user experience for its customers. This is what we are striving for, going far beyond to provide a good communication device to our consumers. We are on the way to pursuing the ultimate in perfection which fully adapts to our consumer's needs.

Keeping this value and spirit in mind, TECNO has brought forward its PHANTOM series. The PHANTOM X features an elegant design of a 3D Borderless Screen, embedded with a unique arc design at the right angle of 36.5° to accommodate a comfortable grip to the hand. The combination of the 50MP Ultra-Night camera, 48MP Ultra-Clear Selfie camera, 256G+8G large memory, multi-functions for business such as AI assistant live to transcribe PHANTOM X to empower and support every experience of your life and work.

#### 3. CAMON 18 series is all set to launch, what should customers expect from the new device?

As you know, the CAMON series is all about the camera. This series was designed to bring high performance and professional photography with an elegant design. TECNO is soon launching the CAMON 18 which will be a breakthrough for the professional mobile photography experience. TECNO introduced TAIVOS Lab

## TMUC Islamabad hosted an esteemed panel for an exclusive Talks session

TMUC Islamabad hosted an esteemed panel for an exclusive TMUC Talks session in collaboration with collaboration with CXO Global Forum for its students. The panel included eminent figures from the industry, Mr Shakeel, President ICCI, Mr Noman Iftikhar CEO MCG, and many more shared their journey and experience as a successful entrepreneur.

A high powered panel of industry experts shared their learning's and how they established their business with future leaders. The Founder & Ceo of The Millennium Universal College TMUC Islamabad Faisal Mushtaq thanked the distinguish guests and presented the shields of appreciation.



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# Students Paying Tribute to Allama Mohammad Iqbal (Shaaer-e-Mashriq)



The Spirit School Soan Garden Campus celebrated Iqbal day.



Students are celebrating Iqbal day at Froebel's F-11 Campus.



Mukabbir Schools Sahiwal Campus celebrated "Iqbal Day" to pay tribute to the Poet of East.



Dar-e-Arqam Schools Girls Campus Chichawatni paid tribute to the great thinker.



Iqbal Day Celebration at Preschool KIPS Canal Side Campus.



Iqbal Day celebration at Junior School Army Public School & College Attock Cantt.



The Savvy School Shafi Campus Nursery class girls performing on Kalam-e-Iqbal.



Iqbal Day Celebrations at Roots Millennium Schools Wembley Campus.

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