

VOL:05, ISSUE:2  
DEC15-21, JAN15, 2022

# Informal

TO RISE ABOVE THE TIDE

EDUCATIONAL MAGAZINE



“

There are two powers in the world; one is the sword and the other is the pen. There are great competition and rivalry between the two. There is a third power stronger than both, that of the women.

”

**Muhammad Ali Jinnah**

Born: Dec. 25, 1876 | Died: Sep. 11, 1948

**How to find Scholarships**

Cover Story Page | 14

Price: 150/-





# FASTA

QUICK AND TASTY

**CHATT PAT  
FATTA FAT!**



# iNSTANT PASTA

READY in  
minutes



منٹوں میں تیار

# CONTENTS

# December 15

Editorial Note	04
Letter to Editor	05
<b>SCIENCE FUSE</b>	
How school gardens can help children try more vegetables.	06
<b>TELL ME WHY</b>	
Why Life Insurance is important?	07
<b>TECHNOLOGY</b>	
Digitization and its influence on the brain	08
<b>RESEARCH</b>	
Language disorders in childhood and adolescence, When the problem is in the writing	10
<b>ARTICLE</b>	
Conclusions on the phenomenon of child overprotection	11
<b>WISE ADVICE</b>	
How to get good grades in math	12
<b>COVER STORY</b>	
How to find scholarships	14
<b>HEALTH</b>	
What is 'Brain Fog' and why can it have serious consequences for our health?	16
<b>IDEAS</b>	
Learn the 5 key issues that will make you happy at work!	18
<b>EVENTS</b>	
Kamyab Jawan Sports Gala held in Islamabad	19
Tradition of LAPS to acknowledge the achievements of its bright students in a marvelous way.	20
ALS - DNK School System Brings Evening Club for students	21
Rosans Islamic School brings "Paws and Claws" a great event for students.	22



SHAHSONS



PENCIL

Goldfish®

www.shahsons.com





SHAHSONS



GRIP

PICASSO®

www.shahsons.com

# Editorial NOTE

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

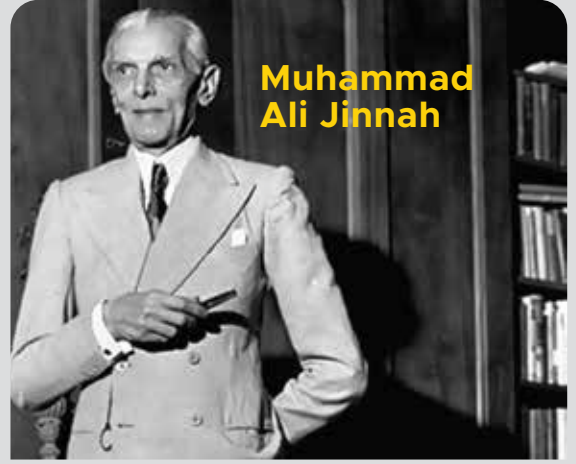
The education plays a great role in developing country in every field. It plays like a model role in the development of one country if the people of a country are educated then they can easily help them in development. Education is a basic necessity for any country's development and helps us in teaching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

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

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

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

DEC15-21, Jan15 2022



**Muhammad  
Ali Jinnah**

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

**Rana Umar Farooq**  
(Deputy Editor)

**Talal Ishafaq**  
(Manager Marketing) + 92 331 921 1111

**Farhan Waqar**  
(Marketing Executive) + 92 308 445 5333

**M. Naeem Mughal**  
(Sr. Graphic Designer)

**Saima Yousafi**  
(Administration Manager)

**Muhammad Kamran**  
Media Sales Representative (South)  
Email: syed.kamran@informal.pk  
Cell: +92 346 120 9991

**Legal Advisor:** M . Arif Parvez Butt  
(Advocate High Court Lahore)

**Office:** Munawar Chambers Office No-6,  
Mozang Road, Lahore. Ph: 042-37350442

**Head Office:** House No # 182 Block No 14-B1  
Town Ship - Lahore. Ph: + 92 331 921 1111  
Email: informal.pk@gmail.com | www.informal.pk

**Rawalpindi Office:** CreativeZone, Office#2, O/59,  
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,  
pictures to publish in Informal Magazine at  
[informal.pk@gmail.com](mailto:informal.pk@gmail.com)

# 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.





# How school gardens can help children try more vegetables

**S**chool gardening programs can increase the impact of vegetables and consumption by children.

Getting kids to eat vegetables is known to be difficult.

- Key takeaway
- What the study shows
- How enlarged vegetables can improve overall health
- Role play of parents
- Get your kids to try more vegetables
- Read books together
- Create a visual poster or goals
- Start your own garden
- What does this mean for you

## **Key takeaway**

School gardening programs can increase the impact of vegetables and consumption by children.

Exposure can mean reading, gardening or trying new vegetables at home.

Getting kids to eat vegetables is known to be difficult. But new research shows that gardening, nutrition and cooking programs in schools can have a positive effect on children's consumption of vegetables.

The study follows from previous studies that have implemented a program of gardening, nutrition and cooking in out-of-school care. In the post-care study, children received intensive lessons for 12 weeks, which resulted in a decrease in BMI and waist circumference, as well as an increase in vegetable

consumption by participants.

The researchers sought to find out if they would get similar results if the program was implemented in the school curriculum and taught throughout the lesson throughout the school year, thus targeting more children.

They also sought to implement this in schools with a large proportion of low-income Hispanic families, as these children have statistically the lowest fruit and vegetable consumption among American children.

## **What the study shows**

The study, published in the International Journal of Behavioral Nutrition and Physical Activity, conducted a randomized trial in 16 schools over three years, with eight intervention schools receiving a gardening program for one school year each. The other eight schools did not receive the program, so the researchers were able to compare results between schools.

Children in grades 3-5 received 18 60-minute lessons from a specialized teacher throughout the school year. During this year, classes covered the following topics:

- Healthy cooking and cooking fruits and vegetables
- The choice of nutritious food in different environments
- Consumption of locally produced food and low-sugar beverages made with fruits and vegetables
- Health benefits of fresh fruits and vegetables

• How to eat great when there is a lack of fresh fruits and vegetables

• Food justice and community service

As part of the program, a school garden was built in the intervention schools. It was used in specialized classes to teach children first-hand to grow their own fresh produce. In intervention schools, parent information evenings were scheduled to inform and involve parents, but participation in these activities was low. "Transport problems have prevented many families from leaving,

The program found that vegetable consumption among children increased significantly during the year. There was no change in BMI, blood pressure or waist circumference, or consumption of high-sugar fruits or beverages.

## **How enlarged vegetables can improve overall health**

Although childhood obesity has not changed in the short term with this intervention, The benefits of increasing fruit and vegetable consumption are still significant. Eating fresh fruits and vegetables can improve health due to the high concentration of fiber, vitamins and minerals contained in these products. "There are several benefits to eating more fruits and vegetables every day from lowering the risk of chronic diseases such as cardiovascular disease, high cholesterol, diabetes and some cancers."

Not only is it good for your health, but the variety of fruits and vegetables that children are



SHAHSONS



ORIA

PICASSO

www.shahsons.com



# Why Life Insurance is important?

Although we may not want to think about death, it is a reality for everyone. And sometimes it's too early, which, in addition to emotional pain, causes financial difficulties. Life insurance can help with financial consequences

- How life insurance works
- Why life insurance is important
- To protect dependents
- Pay the funeral expenses
- To repay debts
- To protect your business
- Why buy life insurance if you are young and healthy
- How much do you need to insure your life for survivor
- When you don't need life insurance
- Key takeaway

Although we may not want to think about death, it is a reality for everyone. And sometimes it's too early, which, in addition to emotional pain, causes financial difficulties. Life insurance can help with the financial consequences of death, but people often do not understand how it works and how much it costs.

## How life insurance works

Life insurance provides a large benefit to beneficiaries when the insured person dies. The payout can be hundreds of thousands of dollars (or more), and that money is often exempt from federal income taxes. To get coverage, you

apply, which usually involves answering a health question and may include a brief medical examination. Then, if approved, you pay premiums to the insurance company in exchange for coverage.

Some forms of life insurance, such as life insurance with a guaranteed issue, do not require a medical examination or health issues.

Why life insurance is important

Life insurance provides much-needed funding when a tragedy occurs, and underinsurance can be extremely risky. Some of the most common reasons for life insurance include the following.

### To protect dependents

If your spouse, children or other loved ones depend on you, chances are you need life insurance. If you hire a family, your death would leave dependents without a vital source of income. The result can be a domino effect of financial difficulties that last for years. This is because lost income makes it difficult to save for purposes such as education, which can mean that children enter the workforce with a large student debt. It is much more difficult to save for retirement if the wife or partner has to support the family on their own.

### Pay the funeral expenses

When someone dies, there may be several costs associated with their death. In addition to any medical bills, you may incur final expenses, such as paying for a funeral,

memorial, cremation, and so on. This can be a significant and unexpected expense for those who are coping with the loss of a loved one. Life insurance can help cover these costs and ensure that survivors erect a memorial that is meaningful to them.

### To repay debts

Life insurance proceeds can pay off debts that could otherwise put your loved ones in a difficult position. Debt relief provides significant relief if household incomes decrease or expenditures increase due to care needs. Even if you do not have family members dependent on you, the person who signed the loan will be responsible for your debts. Life insurance can prevent their good deeds from becoming a burden.

Debt repayment after death is difficult. Depending on state law and the method of borrowing, the survivor may be responsible for your debt. Contact a licensed attorney in your state to find out what to expect after death and how best to prepare for it.

### To protect your business

The death of a key employee or business owner can cause financial problems for your business, which is why many organizations use life insurance to manage risk. If the person who dies is responsible for business development,

sales could fall sharply after their death. Or, if you need to quickly hire help to perform a critical role, you may need cash to pay





# DIGITIZATION AND ITS INFLUENCE ON THE BRAIN

**H**ave you ever wondered how the digital environment we live in and digitization affect our brain? Will he lose his skills or will he develop as before?

Our brain is considered the most powerful brain in the world. It has nearly 100 billion neurons connected to each other and communicating at a speed greater than the speed of light. However, since digitization entered our lives, the question has arisen as to whether it might lose some of its amazing possibilities.

Assuming the brain is malleable and easily adaptable to changes, one would expect that some adjustments and changes would naturally occur to optimize resources. This means that if we stop dealing with certain processes as a result of digitization, perhaps the brain will compensate for it by improving other skills.

That is why there is now a lot of scientific research that indicates changes that occur in our brain. Especially in the youngest.

## **Digitization**

In a relatively short time, society has undergone tremendous technological change. Generations are only about 30 years apart, but we've gone from not having a TV at home to being able to see and talk to a person in real time, anywhere in the world.

Logically, it changes the way we behave, our habits, the way we perform tasks, communicate, and access information. Thus, it alters the functioning of the brain and even its anatomy.

## **Digitization and cognitive skills**

According to, a neuroscientist using technology changes the brain as you watch some neural networks get stronger and some older ones weaken.

This process is natural in the human brain but refers to the fact that these changes occur in certain structures or specific circuits. For example, in mindful circuits.

We spend a lot of time with cell phones, tablets and computers - actually simultaneously - which leads us to do several tasks simultaneously. Multitasking is a cognitive ability that we possess and that allows us to keep our attention in various activities. However, it is estimated that it can cover up to two tasks.

So, when the brain focuses on two tasks, the prefrontal cortex divides its resources to be able to properly perform both tasks. However, those who perform more than two tasks at the same time have trouble filtering and storing information.

They pay attention to aspects that are not related to the task and find it difficult to move from one task to another.

We also have a lower capacity to store data as we can re-search for information when we need it. However, it is also suspected that it improves our decision-making capacity as our senses are more acute and the digital environment encourages speed.

For this reason, it also improves the speed of information processing, which makes us more efficient in this sense.

## **Digitization and the developing**

## **brain**

Children's brains are particularly interesting in terms of the digitization effect as they grow up in a technological environment. In fact, children born around 2000 are considered digital natives.

This means that since they are born into the world they are surrounded by technology and therefore they spontaneously and naturally develop a different way of thinking and understanding the world.

These children develop different and digitized skills as they grow up, not only because of their surroundings, but also because their adults encourage them to do so. As is the case when they are given a phone or tablet to keep them entertained.

This, while it may seem harmless at first, can have serious repercussions on a child's development.

On the one hand, a sedentary lifestyle is more common, which in turn has consequences for the brain by destroying nerve fibers and worsening cognitive abilities. It has also been observed to significantly affect language. Will our brain become useless?

As we said before, the brain is adaptable. Part of this adaptation involves the abandonment of neural circuits that are no longer needed or used. Thus, if over the years and due to digitization some networks are no longer needed, they will degrade. This is what is known as the "paradox of progress."

However, this is not a negative thing, because we will have opportunities and resources to



SHINE

PICASSO®



# MOTIVATIONAL WORKSHOP

LET'S JOIN US NOW  
Get rid of your Worries  
Make yourself Relaxed

## SO, WHAT WILL YOU LEARN TODAY?

- Professional Development
- Personality Grooming
- Staying Happy & Relaxed
- Nutritional Tips for Healthy & Beautiful living
- Child Grooming & handling tantrums

Course Fee  
Rs.1500  
per participant

4 hours  
Crash Course

- ☞ Get your self registered now
- ☞ Certificates will be awarded

## Trainers



*Mrs. Bushra Amjad*  
*Academic Director*



*Mrs. Asma Asif*  
*System Coordinator*



[WWW.FACEBOOK.COM/LAPSTRAINING](http://WWW.FACEBOOK.COM/LAPSTRAINING)

☎ 0322-2228947

[lapsasmaasif@yahoo.com](mailto:lapsasmaasif@yahoo.com)



# Language disorders in childhood and adolescence.

## When the problem is in the writing

**T**he early detection of these types of disorders is of crucial importance in the developmental development of the child, since optimal literacy learning is related to their ability to decode and analyze symbols (letters) and sets of symbols (words) and its correct transformation into a code understandable both for him and for those who make up his environment.

For this reason, we consider it necessary to carry out a review of the main written language disorders that can occur during the first stages of our life:

- **Dyslexia.**
- **Dysorthography.**
- **Dysgraphia**

In our article today we are going to specifically deal with the most widely known written language disorder, such as Dyslexia, to address in our next post the main characteristics that define both Dysorthography and Dysgraphia.

Dyslexia; It lies in the child's inability to learn and develop his writing normally, being able to establish a difference, in turn, between Evolutionary Dyslexia, related to the child's level of maturation and which usually has a normally transitory character, and Symptomatic Dyslexia o Secondary, associated in this case with the existence of neurological problems.

In this sense, it will be necessary to analyze the level of difficulty of the minor towards any of the

following aspects:

The ability to recognize and memorize the letters or groups of letters that make up their alphabet.

The absence of order or rhythm in the placement of the letters with respect to the criteria established for the formation of each word.

The perception of an incorrect structuring of the sentences according to the established grammar rules.

From this evaluation, the most appropriate speech therapy treatment can be established for the reduction or elimination of dyslexia in the minor, which in the case of Symptomatic Dyslexia must be accompanied by a greater multidisciplinary approach, to act on the neurological problems that affect to your literacy skills.

Dysorthography; it is a specific writing disorder, since it is based on the substitution or omission of letters in the construction of a written message, due to the presence of difficulties in establishing an optimal association between the written code itself and the established spelling norms in the child's language and writing the words.

Therefore, the presence of Dysorthography can be identified by the difficulty of association between sounds and their writing, or by the existence of problems in the integration and assimilation of the established orthographic regulations, or in the conjunction of both elements.

In this sense, it is not possible to speak of the presence of Dysorthography due to the appearance of occasional spelling mistakes, but only when the sequencing of errors is systematic and repeated.

Its treatment does not entail the establishment of specific measures of action, beyond the warning of the error and the didactic exposition of those orthographic rules on which the boy or the girl presents greater difficulties of assimilation.

Dysgraphia; Its appearance lies in a functional disorder, associated with the difficulty of coordination of the muscles of the hand and arm, which affects the quality of the child's writing, whether it affects the entire written content, called Lexical Dysgraphia, as if it manifests itself in a specific way in the form of the letters, where we will speak of Motive or Calligraphic Dysgraphia.

This written language disorder can begin to be considered as such from 7 or 8 years of age, since previously the diagnosis could be distorted by those characteristics of the child's immaturity.

Contrary to what can be presumed, the treatment of Dysgraphia should not consist of a greater exercise of writing by the child, but should be oriented towards overcoming those difficulties that affect the quality of their writing, through of activities aimed at increasing their global and manual coordination, until they achieve a totally normal writing style.



# Conclusions on the phenomenon of child overprotection

**B**eginning our analysis with a series of reflections on this topic, to later go on to analyze its risks for the evolutionary development of the minor and, based on the consideration of these, offer a series of actions to be carried out to help prevent their presence in the family and school environment.

Therefore, once we have carried out this comprehensive evaluation of the phenomenon of child overprotection, we are in a position to present a set of conclusions through which to close the circle and complete the study of this parent-child behavior and its effects on the behavior of the child. Child and the development of his capacities and abilities in the future:

- One of the main elements that justify the existence of higher levels of child overprotection is due to the demographic changes experienced within the family, given that the lower number of children per family unit, the problems of reconciliation and the need for a Greater planning when having a baby is leading to the consideration of our children as a personal project on which we pour all our efforts, in many cases in an excessive way.

- Parents should be made aware that the fact of overprotecting their children is not a temporary behavior associated with early childhood, since, to the extent that we slow down their individual evolutionary development and slow down their personal autonomy, we will be laying the foundations for may this phenomenon be accentuated by both parties in the future.

- Several studies of notable reputation have shown that the development of overprotection in a child during his childhood stage has a direct impact on the presence of fears, emotional conflicts and anxiety pictures throughout adolescence, which can easily be prolonged to his adult stage, since they have less resistance to the frustrations associated with our day to day life.

- To get an idea of to what extent this parent-child behavior can influence the well-being of the child, a large number of pediatricians have detected a direct relationship between overprotection and the increase in allergies and autoimmune diseases in children, given the propensity of their parents to the development of excessive medication, thus influencing the generation of defenses.

- In the same way, a high degree of relationship between overprotection and the presence of bullying has been confirmed, since the child's lack of self-esteem and self-confidence make them more vulnerable to this type of practices by other minors. age.





# How to get good grades in math

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

## 5 tips for succeeding in reading out the math grades

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

### 1. Follow the common thread

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

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

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

basis to help you understand the task at hand.

### 3. Dare to take help

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

### 4. Follow other people's solutions

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

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

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

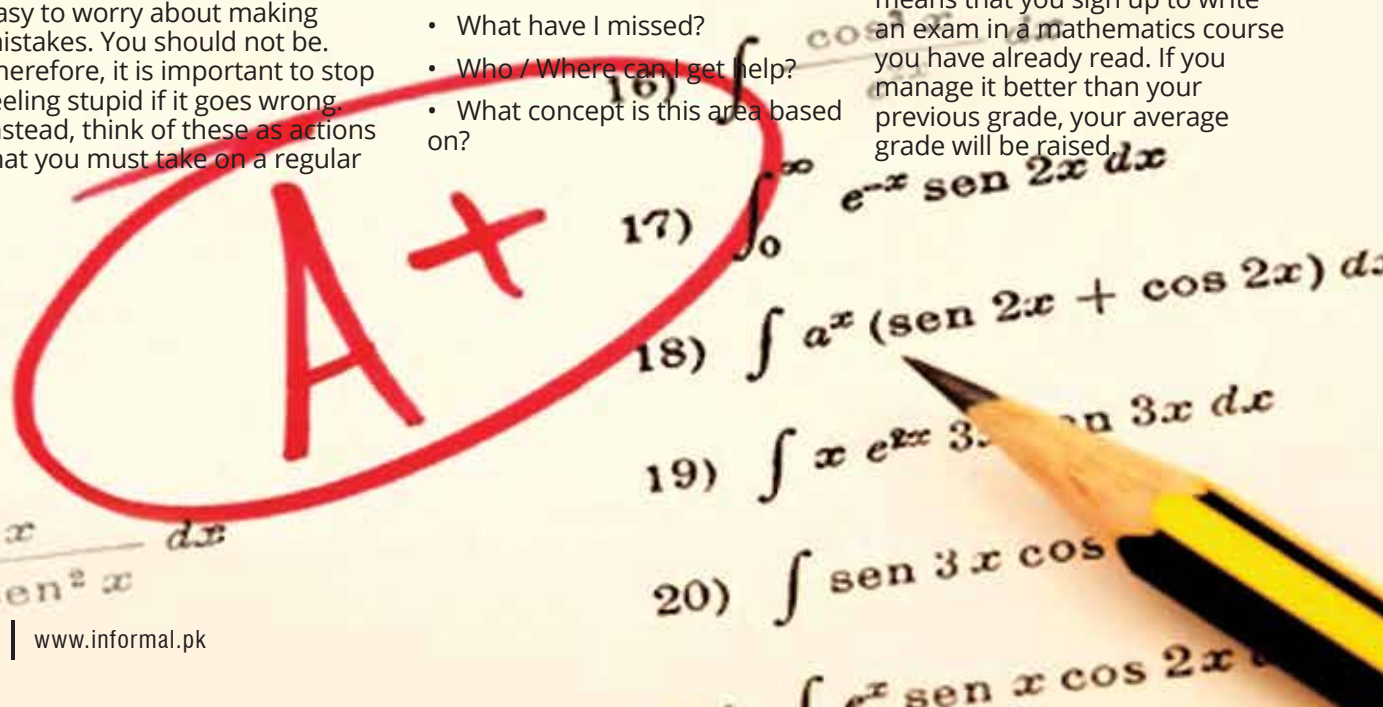
- What have I missed?
- Who / Where can I get help?
- What concept is this area based on?

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

Important about eligibility, examination and merit points

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

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





# SCHOOL CRAFTS

FOR SCHOOLS AND PARKS

NATIVE GROUP

[www.schoolcrafts.com.pk](http://www.schoolcrafts.com.pk)



- ★ **Montessori Furniture / Montessori Material**
- ★ **School Furniture - Educational Toys**
- ★ **Indoor Soft Play / Outdoor Play Equipment**



## FACTORY / DISPLAY CENTRE LAHORE

Plot No. 283 Opposite Kot Lakpath Railway Station, Peco Road, Near Naeem Electronics, Lahore, Pakistan. Cell # 0300-9488890

## DISPLAY CENTRE RAWALPINDI

Plot # 851 A-1, Near Signal Army Unit, Main Peshawar Road, Opp Chure Depo, Rawalpindi Cantt, Pakistan. 0309-9488890



**S**cholarships can open doors - for those who know what it takes to get it! We help you find out how you as a student can go about finding, applying for and receiving scholarships!

Every year companies and organizations award scholarships, and you can receive scholarships for every conceivable purpose. Among the most common are studies, sports, crafts, cultural projects, care, rehabilitation and social purposes. Here you get information about different types of scholarships, how to find them and put together a winning application.

### **Quick menu for the content of the article**

- What different scholarships are there to apply for?
- How do you find different scholarships?
- Tips on various websites that collect scholarships
- To think about before applying for scholarships
- What does a scholarship application contain?

What different scholarships are there to apply for?

Below you can read about the different types of scholarships that are available to apply for.

### **Training Scholarships**

There are a number of scholarships that have been instituted to help students in various ways. You can get money for studies from primary school level up to and including university level. This can be long educations or short courses, both in Sweden and abroad. Grants are given for course literature, course and semester fees, rent, travel, internships, degree projects and research projects.

### **Sports Scholarships**

You who are active in a sport can apply for special sports scholarships. The scholarships are usually in the form of grants for training camps, participation in competitions, purchase of materials and equipment and more.

### **Cultural Scholarships**

There are several funds that distribute scholarships to people who are active in art, dance, music, theater, film and writing. The money can be used for the purchase of materials, equipment, studio rent, travel, cultural projects, exhibitions, training and more.

### **Crafts Scholarships**

You who are active in a craft can apply for special craft scholarships. You can receive grants for, among other things, materials, equipment, workshop rent, travel, exhibitions and training.

### **Scholarships for Function Variation and illness**

If you have an illness or some form of functional variation, you can apply for money from one of the funds established to help the sick and functionally varied. Then you can receive grants for care, rehabilitation, recreation, travel and more.

### **Scholarships for Social Purposes**

There are also scholarships for single parents, orphaned children, widows /

widowers and others who for various reasons may have difficulty financially. You can get grants for rent,

clothes, furniture, household appliances, travel and much more.

### **How do you find different scholarships?**

Only a small part of all scholarships available can be applied for by anyone. You usually have to meet one or more different conditions to be able to get a scholarship.

The most common requirement placed on you who apply - in addition to obvious requirements such as that you must do sports to apply for sports scholarships, art to apply for art scholarships and so on - is usually that you must be born or live in a certain county, landscape, pin or place.

Scholarships are also common for people who study in a certain place, who go to a certain school or study a certain education. There are also requirements for age, gender, social background and maximum income.

### **Investigate if there are Scholarships that your School is Giving out**

Check with teachers and study counselors at your university if there are any special scholarships that are linked to your school or education. At universities and colleges, the student union also usually has information about scholarships. Get in touch with them and ask!

### **Assist a Scholarship Consultant**

If you find it difficult to find scholarships on your own, you can get help from a so-called scholarship consultant for a certain fee. Then you provide information about your place of birth, place of residence, age, gender, education and so on to the consultant who then produces a list of scholarships that you can apply for.

### **To think about before applying for scholarships**

Start well in advance, preferably more than a

# HOW TO FIND SCHOLARSHIPS



SHAHSONS



GRIP

PICASSO®

www.shahsons.com





year before. A good start is to call, email or write to the scholarship administrator and find out all the details about the scholarship. Ask if there is a special application form you have to fill in or if the application letter you write yourself is enough.

Check out which appendices and other documents the scholarship manager wants to receive. Check if there is a deadline for submitting the application. Take the time to put together a good application letter.

#### **The following points can be good to start from:**

- Who are you? Tell us briefly about yourself. Try to highlight things that are meritorious.
- Why are you applying for the scholarship? Write what you intend to do with the money.
- Why should you receive the scholarship? The competition is fierce. Try to make the reader think that you are worthy of the scholarship.

Avoid writing too long - one A4 page is enough. Make the letter as easy to read as possible by writing clearly and simply, dividing the text into paragraphs and having an airy layout. Clear spelling errors. Have someone you know read the letter and comment before sending it. Do not forget to leave your phone number, address and email address where you can be reached.

#### **What does a scholarship application contain?**

Here you can find examples of what a scholarship application can contain.

#### **Curriculum Vitae**

Curriculum vitae must contain information about education, possible work experience, positions of trust, knowledge and other qualifications that may be of interest. Write short and simple with clear headings.

#### **RATINGS AND CERTIFICATES**

Submit with all grades and certificates that you think increase your chances of getting the scholarship. It can be high school diplomas, course certificates, diplomas, certificates from employers, certificates that show that you are or have been active in an association and more. Never send original documents! Make copies that you can send away.

#### **Letter of Recommendation and References**

Ask a teacher, coach, employer or other credible person to write a letter of recommendation that you can send with the application. Also leave your name and telephone number for one or a couple of references, ie people that the scholarship fund can call if they want to know a little more about you. Prepare your reference people in advance - it is important that they are prepared to talk about you and your benefits.

#### **Cost Plan**

Many scholarship managers want you to specify their expenses in a cost plan. What is to be included of course depends on what you are applying for scholarships for. It can be about expenses for literature, travel, course fees, accommodation, equipment and materials. If you are looking for a

lot of money, it is especially good that you specify your expenses.

#### **Other Appendices**

What other appendices may be attached to your application varies depending on the type of scholarship you are applying for. If you are looking for money for a specific education or to buy any special equipment, you should send information about this. If you are applying for money for a special project, you probably want a project plan, and if you are applying for scholarships for artistic activities, you may need to send work samples.

If you are applying for scholarships that require you to be born or live in a certain place, you must send an identity card. Call the tax office and say that you are applying for a scholarship and you will receive a special identity card with all the necessary information. If the income is important for the scholarship, send a copy of your tax return, or your parents' tax return if you are a minor. You prove disability and / or illness with a medical certificate.

#### **Save a Copy**

Before you send off your scholarship application, it is a good idea to make a copy that you save. You can use the application letter as a template in the future, and the other documents are just to make new copies of when you apply for other scholarships - or if you want to apply for the same scholarship several times.

**Applying for a scholarship can sometimes feel daunting - but rest assured, your hard work will pay off. Good luck!**

# What is 'Brain Fog' and why can it have serious consequences for our health?

**A** If you feel like your mind is extremely tired, you probably have various 'Brain Fog' symptoms. Read on to find out. Have you heard the term 'Brain Fog'? If you've been feeling like your mental health isn't quite right lately and you're suffering from mental fatigue, this term may help you describe all those symptoms that you thought were nameless.

In addition, you will know all the consequences that this discomfort could cause on your health and how to prevent them.

We all know that the last few months have been quite difficult, so it is possible that during this time you have identified complications in various areas of your daily life, such as concentration, good sleep and even your memory! This is because our mental health also changes over time and stress can affect you more than you think.

What is 'Brain Fog' and how does it affect your mental health?

Although the term 'Brain Fog' is not a registered medical condition, it is used to describe a state of mind where you feel that your brain is not working at 100% of its capabilities.

This condition includes many symptoms related to our mental health and, literally, can be translated as 'fog in the mind'.

Consequences and symptoms of mental fatigue

The most common symptoms of 'Brain Fog' are the following:

- Mental confusion.
- Memory problems.
- Lack of

concentration.

- Quick and frequent distractions.

## **What are the most common causes of 'Brain Fog'?**

This condition can negatively impact your life and mental health and yes, you can even spend months feeling this way and noticing that your mind is always 'tired'.

### **1. Lack of sleep**

One of the most common causes that we feel 'Brain Fog' is because our body is extremely tired and our brain's capabilities cannot fully function. Not sleeping properly can be one of the reasons, but overwork or physical activity can also affect our mind.

### **2. Stress**

Chronic stress is also a very important factor in knowing how to identify the 'Brain Fog'. Being very stressed can have physical consequences such as high blood pressure, weakening the immune system and even

gastrointestinal problems. But one of the most common causes of stress is that it can lead us to develop other mental problems such as depression and anxiety. These diseases can lead us to feel 'Brain Fog'.

### **3. Hormonal changes**

Believe it or not, many physical changes can also cause changes in the functions of our mind. It is quite common for certain people who are going through hormonal changes to experience 'Brain Fog', that is why this condition is more common in adolescents and pregnant women.

### **4. Medicines**

Many times we take medications that have strong side effects on our body, these effects can be linked to 'Brain Fog' and cause the symptoms of this condition.

Another thing that affects our mental health? Feeding! Try to give your brain the nutrients it needs to function properly.



SHAHSONS



ORIA

PICASSO®

www.shahsons.com





# amuseWORLD

**PLAY. SMILE. EXPLORE**

INDULGE YOUNG MINDS IN A CREATIVE PLAY AREA

We deal in constructing adventurous indoor and outdoor playgrounds/ play areas which are essential to help improve key development skills among children. Play areas can include jungle gyms, balls pits, trampolines and much more.

📍 65 Aurangzeb Block, Garden Town, Lahore

✉ info@amuseworld.com.pk

☎ +92 336 4777939

+92 321 4563604





# 5 TIPS TO INCREASE HAPPINESS AT WORK!

**N**o matter how much you enjoy your job, it's not uncommon to feel overwhelmed or exhausted from time to time. The obligations, responsibilities and restrictions placed on you can be stressful. Nevertheless, you can always achieve happiness at work. This is true even if you really don't like the type of work you are doing.

A constructive approach along with a high level of motivation will allow you to start feeling happy at work. Your job may not be perfect, but there are ways to take a positive perspective. This perspective will allow you to focus on all the positive things it offers you.

When you can be happy at work, you improve your quality of life. Work is one of the places where you spend most of your time. In addition, many of your plans depend on it. Even your well-being depends on it. Here are five keys to happiness at work.

## **1. Concentrate on the present, only this will make you happy at work**

Many problems, especially those related to stress and anxiety, exist more in the mind than they really are. They result from negative expectations about what may happen in the future. For example, you can imagine problems that have not yet happened.

All of this causes great mental exhaustion. It is impossible to be happy at work under such circumstances. In fact, the

opposite is true. Work becomes a disturbing place because you are always afraid of the worst. The antidote is to focus on the present. We only need to worry about the tasks that need to be completed today.

## **2. Cooperate with others to achieve happiness at work**

There are many times in life when the best way to help is to help others. The simple fact of being sensitive to other people's needs and problems is something that enriches you as a human being. At the same time, it helps break the bubble of self-centeredness that only brings you anxiety.

If you set yourself the goal of doing positive things for others, you will certainly be able to achieve happiness at work. Moreover, you will be able to feel happy in other environments. You may gradually discover that the behavior of others towards you has become friendlier and more understandable. This will greatly improve your working conditions and fill your days with special energy.

## **3. Learn to take breaks**

One of the most common problems faced by employees is the imbalance between their work and rest. The breaks are really important. A tired person will not be productive and will make mistakes more often and may miss important details. In addition, a tired person is less creative and focused.

When you are tired, it takes you an hour to do what you can

usually do in thirty minutes. Besides, you get easily into a bad mood. Consequently, you have to constantly mix work and breaks. You should do this throughout the working day with active breaks.

## **4. Appreciate and be thankful**

Being happy at work is easier if you take a moment to think each day before starting work. By appreciating your work and pausing to think about its benefits, you can change your perspective. You should think about how much benefit it is for you.

You certainly have many reasons to be grateful for each workday. The mere fact that you are fit to work is a source of gratitude. The opportunity to earn money is another reason to be grateful.

## **5. Create your "haven"**

It's easier to get motivated when you make your workplace pleasant for you. If possible, personalize the objects around you as much as you can. Give your environment a personal touch. It will definitely make you feel better!

It is also appropriate to create your own resting places. These are special places where you can spend your free time. Such environments should make you feel calm and happy.

Happiness at work is a blessing. With that said, such happiness rarely comes by itself. Usually you need to create the conditions for it to flourish. If you are able to achieve this, it will definitely improve your overall well-being.



MARKER

PICASSO®





SHAHSONS

# Kamyab Jawan Sports Gala held in Islamabad.

The Higher Education Commission (HEC) organized one of the biggest sports extravaganza at university level in Islamabad this December, There were competitions in 15 sports disciplines in the Kamyab Jawan Sports Gala 2021 in which thousands of students, boys and girls participated . HEC organized contests of athletics, hockey, football, squash, boxing, judo, tennis, handball and volleyball. The events held at Pakistan Sports Board (PSB) Jinnah stadium and gymnasiums. This is the first time that HEC has organized competitions for all university students in Pakistan.



Red  
JUMBO WAX CRAYON

JUMBO CRAYON

Goldfish®

www.shahsons.com



# Tradition of LAPS to acknowledge the achievements of its bright students in a marvelous way.

Recent year 2021, was another year of success for LAPS as its students of Matric class grasped great achievements LAPS management arranged a wonderful evening at Aiwan-e-Iqbal for its achievers to share the moments of success and pride. Here is a glimpse of those memorable moments when both the students and the teachers got rewards for their efforts. Mr. Amjad Hussain Baig, CEO of LAPS, honored the event with his presence. The program was started in the name of Allah Almighty, succeeding with The Naat Rasool-e-Maqbool (ﷺ). The shining stars of LAPS shared their views and presented their gratitude to their teachers and school for making them achieve this goal.

Prizes were distributed to the students by the worthy CEO of LAPS. Thunders of claps were there to appreciate our gems. No doubt behind this great academic success of students were the efforts of our Academic Director Mrs. Bushra Amjad and her team of system coordinators. Mrs. Amber Tahir and Ms. Iram are system coordinators for senior section. Mrs. AsmaAsif is a system coordinator who puts life in such kind of events by her Event Management skills. All of them worked as a team to make this event a great success.



SHAHSONS



GRIP

PICASSO®

www.shahsons.com



# ALS - DNK School System Brings Evening Club for students.

Als - JT has established an evening club open house. In this club the students participated and got advantage from numerous activates in which their imaginations and creativity developed via Robotics - Matheletics -ArtBizz - Language - Matrix and physical fitness. Students were happy to participate in such healthy activates which opened there mind and the knowledge they gained was great. Parents also appreciated this initiative which they think is a great step by the school management and they were willing to send their children to evening club in future. So be a part of this club and let the children now better worldaround them.



Red  
JUMBO WAX CRAYON

JUMBO CRAYON

Goldfish®

www.shahsons.com



# Rosans Islamic School brings "Paws and Claws" a great event for students.

Rosans Islamic School Gulberg celebrated a Pet Parade named "Paws and Claws" where students from both Junior and Senior Wings showed up in coloured clothes with their favourite fluffy and furry pals. Light was shed upon the importance of being kind to animals in the beginning of the event. All the faculty members and organizers made sure to make the campus exude a vibe of the tamed and wild life by decorating it with a number of props and placards. The entire day was an astounding experience that made everyone witness various members of the animal kingdom. From

Goldfish, Turtles, Bunnies, Rabbits, Hamsters, Hens, Parakeets, Pigeons, Persian and Siamese Cats to German Shepherd Dogs and a charming Lion's Little One; the entire parade was awe inspiring. The campus echoed with whistles, screeches, clucks, mews, barks and growls that made the event more vivid and unforgettable. At the end of the day all the pet owners walked with their pets by their sides and received their medals from Directors Mrs Fatima Hasan and Dr Ahmad Hasan. The presence of these pals made it hard for everyone to stay at their assigned places. Most of them were exhilarated by the presence of the Junior King of the Jungle, which automatically became the highlight of the day as well.



# STUDY AROUND THE GLOBE



The Most Reliable Students Consultancy Firm Since 2002.  
Experienced & Seasoned Team of Professionals.  
Free Comprehensive Eligibility Assessment

<b>CANADA</b>	<b>USA</b>	<b>U.A.E</b>
<b>CYPRUS</b>	<b>GERMANY</b>	<b>UK</b>
<b>MALAYSIA</b>	<b>CHINA</b>	<b>SPAIN</b>
<b>IRELAND</b>	<b>SWITZERLAND</b>	<b>ITALY</b>
<b>AUSTRALIA</b>	<b>NETHERLANDS</b>	<b>SWEDEN</b>

**Diploma / Under & Post Graduate / Ph.D**

## Eligibility:

- Minimum Qualification Matric / O Level
- Apply with & Without IELTS\*
- Work allowed during studies
- Post Study Work
- Route to permanent residency

\* For selected countries

**British Council**  
Approved IELTS  
Test Registration Centre

**IELTS**  
@ **HIGHBROW**

**AEO Pakistan**  
Approved IELTS  
Test Registration Centre

**UAN: 0304-1111-553, TEL: 042-36600066**  
**57-Commercial Area, Cavalary Ground, Lahore Cantt**

**e** info@highbrow.com.pk **w** www.highbrow.com.pk **f** highbrowinternational



# NATIVE SCHOOLS

NATIONWIDE

# FRANCHISE CALL

& CONVERT YOUR EXISTING SCHOOL

SINCE 1981



## NATIVE SCHOOLS



## JOIN TODAY!

TO BECOME OUR BUSINESS PARTNER  
OWN A SECURE & SUCCESSFUL BUSINESS VENTURE

**OUR SERVICES  
& SUPPORT**

**NETWORK OF 40+ BRANCHES ALL OVER PAKISTAN  
AND GROWING**

- Conceptual Method of Studies & complete Planning
- Activities based learning
- Media Coverage & Marketing Assistance
- Chinese Language Program
- Centralized Examination System
- Grooming Activities
- Career Counseling and Character Building
- Special Focus on Sports & Extra Co-Curricular
- Regular Quality Assurance Surveys
- Online School Management System
- Regular Training and Supervision

 [native.edu.pk](http://native.edu.pk)