

## The Essence of True Feelings

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Exclusive talk with  
**Syeda Asmat Zahra**

Biggest issue that most of the students have encountered is exam phobia.

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**BRAIN STIMULATION**  
technologies to help read  
thoughts and treat

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# Editorial NOTE

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

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

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

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

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

## The Essence of True Feelings



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# Letter to the editor



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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 received 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.

# SOMATIZATION AS A PROBLEM IN SOCIETY

**D**id you know that in psychology there are theories about the separation between mind and body?

We explain it to you very easily...

## What is somatization?

Somatization disorder consists of physical ailments that, although they do not have a physiological cause, result from emotional anxiety. That is, a person with somatization presents physical pain in response to their anxiety.

This disorder was historically known as Briquet Syndrome and affects 2% of the population, a percentage that does not seem very high but represents 2 out of 100 people.

It is usually suffered by a greater proportion of the female population than the male population and is usually present especially in adolescence, young people with anxiety and who describe pain very dramatically but have no justification.

This is not something conscious for the individual so he does not pretend that ailment, he really has it and is worried about it.

## Why do some people somatize and others not?

The question of the million, why some people somatize and

others do not. And it is that, there are many factors that influence this disorder: lived situations or concerns, inability to face reality or the ability to express their emotions, etc.

## Symptoms Somatization

There are many symptoms that a person with somatization can suffer, we present some of them:

Constant pain in the head, back, abdomen, chest and even pains can occur during menstruation or urination.

- **Gastrointestinal problems.** Frequent diarrhea, vomiting, bloated stomach or difficulty swallowing different foods.
- **Neurological symptoms.** Some of the neurological symptoms could be deafness, blindness, loss of sensitivity, hoarseness, and so on.

## Symptoms Somatization

In this way, those people who suffer from somatization, have a perception of physical stimuli lower than normal have greater sensitivity to any ailment. This is commonly known as "somatosensory amplification."

## Tips to improve the relationship between mind and body

- **Realize.** The first step is to realize that something is happening. Many checkups at the doctor and no **clear diagnosis**. Think about whether something

is changing in your life.

- Don't let the problem get you down. If something happens in your environment and you think it is affected, talk about it, do not pretend that nothing happened. It is important to address the problem so that it is diluted.

- **Ask for psychological help.** This is perhaps one of the most recommended tips we can give you. A therapy with a professional will make you feel better and help you manage the emotional conflicts you present.

- **Positive attitude.** There are situations or moments in life that make you stagnate and constantly turn to the same concern. Thus, fear, resentment, anxiety can be the cause of psychosomatic illnesses. Don't let negative emotions control you, think positive.

- **Take care of your routine and open up to others.** Take up your hobbies and go out to clear yourself to avoid always thinking about the same thing. Maybe you could help other people.

## Conclusions

It is not easy to control your emotions, especially in situations of stress or anxiety. Therefore, if after reading this post, you think you could suffer from somatization, do not hesitate to go to a specialist.



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# Why it is convenient to order products at home



There is often not enough time for basic things. And the culprit is the rapid pace of life in the metropolis and the desire to have time to do everything as soon as possible. But there is something that no one can do without, without which the efficiency will be zero. This is, of course, food. Not surprisingly, home ordering services have become mega-popular in recent years.

## **The main advantages**

Many people are happy to delete a grocery store from their schedule, because they just do not want to crowd in the supermarket. Among the advantages of such a service savings:

**Time.** You do not have to spend many hours looking for quality products. It is very rare to buy everything you need in one supermarket. And with the delivery service it is much easier;

**Forces.** If you buy products for a week or even a few days, you will get a heavy package. Therefore, such a service is especially popular among girls who do not want to carry heavy things;

**Money.** Few people manage to deny themselves chocolate or other delicacies when going to the store. Demand for such goods is facilitated by their thoughtful

placement in the hall of the supermarket. Impulsive purchases increase the check by 50-100 or even more each time. This does not happen when ordering online.

And product delivery services are not limited to the range of a single store. Remote areas with not very well developed infrastructure are being actively built up. There may be one or a couple of supermarkets in such places. When ordering online, you can choose any product that is presented on the website of the thematic service.

## **Dealing with objections**

Such services are not yet quite common, so people often have objections. The first and most common: "it's expensive." No, it's actually even cheaper to buy in an online supermarket. Regular stores offer discounts on certain items, and their number is limited. There are more such promotional offers in the online supermarket. The same applies to the range of goods. Plus, the markup does not need to lay the wages of a huge number of sellers, the cost of lighting, advertising, etc.

The second most popular objection: "substandard goods". It is simply unprofitable to sell them by creating a website and launching a delivery service. Moreover, online supermarkets

do not have situations with a huge influx of visitors, and when packing each order, the consultant can safely check the expiration dates of products and make sure of their quality.

Another objection: "I do not want to wait." Spending time to get together, walk or drive to the nearest store, choose, wait in line - all this is unlikely to be faster. In addition, while the courier carries the order, you can do other things and spend much more time.

## **How to buy products online**

Here everything is very simple, the algorithm is no different from purchasing in a regular online store. It is necessary to find the necessary goods, having sent them to "basket", to be defined with quantity. Specify the delivery address and select the form of payment. Optimally - non-cash payment. Now all you have to do is wait for the courier and pick up your purchase.

Sometimes online supermarkets offer on-site payment. This is relevant for those who want to personally check the composition of packages and quality of goods.

Online grocery stores also often hold themed promotions, such as on the holidays. They have a loyalty program, and regular customers receive particularly lucrative offers.

# Computed Tomography process, applications and threats

**C**omputed tomography is a very useful test in the diagnosis of many diseases, because it allows for precise imaging of internal organs. Do you want to know its process, uses and threats? Read on!

Imaging tests, such as arteriography and x-rays, are helpful in assessing the internal structures of the body. Another widely used form of examination is computed tomography, which analyzes the body from different angles using X-rays to create sections.

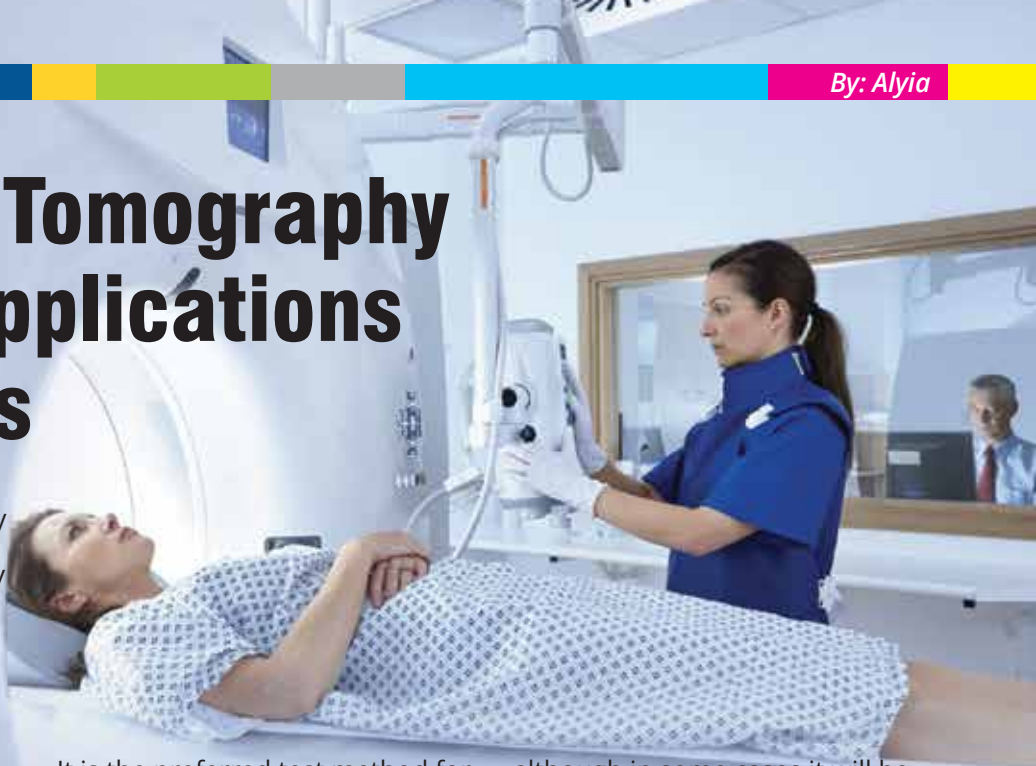
Computed tomography is a non-invasive scanning method that generates a two- or three-dimensional image of the internal structure of an object. This procedure is widely used in medicine to assess internal injuries. However, it turns out that other fields, such as industry and geology, are also making use of it.

In many studies, tomography is now one of the most frequently recommended research methods. This procedure has moved forward since its introduction in 1971, moving from displaying only images of the brain to being able to scan any anatomical region.

## **Computed tomography - what is assessed during the examination?**

The imaging test is widely used in various fields of medicine, such as oncology, cardiology and traumatology. It can be used in the diagnosis and observation of patients with various clinical pictures. In addition, it is useful in planning radiotherapy.

Computed tomography shows the condition of both soft organs and bone tissue. In this sense, the liver, kidneys or brain and the surrounding bones can be assessed, thus enabling the accurate detection of many lesions.



It is the preferred test method for assessing different types of cancer as it confirms the presence and location of a tumor. It is also possible to study its features, allowing you to observe its size and its extension towards nearby tissue.

On the other hand, tomography is also used to study spinal injuries and assess bone density. It is also worth mentioning that it is very useful in examining the head, allowing the detection of cerebral hemorrhages.

Some people may need to use a contrast agent to better assess a specific area. In this case, it is recommended that you do not drink or eat in the hours leading up to the test. In addition, you must notify the doctor in case of allergies.

Pregnant women and people with heart, kidney or thyroid problems should inform a specialist. All these situations increase the likelihood of adverse effects during the test. Moreover, in the case of pregnant women, it is even a contraindication.

## **What does computed tomography look like?**

The specialist will ask you to undress and put on a medical gown. If it is missing, wear loose-fitting clothing and make sure that there are no metal fasteners. If contrast is needed, it should be administered orally, intravenously or via enema.

Computed tomography is a large machine with a bed and a central tunnel. Your doctor will advise you to lie on your back in bed,

although in some cases it will be necessary to lie on your side or on your stomach. The bed may have straps and pillows to maintain the correct position of the patient's body.

At the beginning of the CT scan, the bed will move quickly to identify the area to be scanned. It will then slowly go through the scanner to make prints. In some cases, it is necessary to make multiple passes through the machine.

It is important to avoid movement when examining as it can generate printing errors called artifacts. Occasionally, you will be prompted to hold your breath for a few seconds.

After the exam is complete, you will have to wait a while for the doctor to confirm that the photos are of good quality. The results are ready in no time and the evaluation usually takes around 30 minutes.

## **Possible dangers and complications**

Among the short-term risks associated with performing computed tomography, anxiety attacks stand out. This complication is very common in people with claustrophobia and in young children who are usually given a mild sedative beforehand.

On the other hand, this test also exposes patients to a type of radiation called ionizing radiation. Some studies link high doses of this type of energy to the development of cellular mutations. However, CT scans use very low levels of this radiation.





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# Biggest issue that most of the students have encountered is exam phobia.



**Q1. Can you please enlighten us about your tremendous educational journey for the readers of informal magazine?**

I am Syeda Asmat Zahra. I earned my master's degree in School Administration from Beaconhouse National University with distinction (Gold Medal). I also completed master's degree in Public Administration specialized in Human Resource Management from The University of the Punjab.

My fields of specialization are Montessori Training, Early Childhood Education, Leadership and Management. I have undertaken vast and varied roles in the uplift of educational standards in Pakistan. I was formerly the Dean of Academics at 'The Spirit School' (A Project of Superior Group of Colleges) and Director Schools at 'The Savvy School' (A Project of Aspire Group of Colleges). I also enjoy a unique reputation as a social worker and master trainer at the 'Lions Trainers Club'. I also served as the coordinator IT for Beaconhouse School System for more than 10 years.

I have been the CEO of Global Montessori Coaching Institute since 2014. I have been enlightening the education sector of Pakistan for more than 25 years with unparalleled scholastic talent, intellectual brilliance, and exceptional managerial skills. I possess an outstanding knowledge, vast experience and functional competency in Childhood Education, Montessori as well as School Management at every level.

**Q2. What is "Education" all about? Is it a need or a luxury?**

The word "education" has a deeper meaning and a broader connotation. It's not merely to be running after grades, but to embrace real learning. It's not merely to be honest, but to love honesty. It's not merely to be true, but to hunger and thirst after truth. It's not merely to pass out various academic levels, but to reflect upon the changes and implement the behavioral developments to our personalities.

Education is not a luxury although some sectors of our society are trying to turn it into one. It is a need which we should fulfill, it is an investment in your future. To have a secure future and decent life, you need to be educated enough to know the difference between right and wrong, what's good and what's not.

**Q3. What is the significance of Early Childhood Care and Education in the modern world?**

A child is an uncut diamond, which can put into any design by a teacher. The design is highly affected by the techniques and skills that a teacher possesses. Therefore, the teacher should handle the child with utmost care to enable him/her for greater meaning and purpose of life. Among the stages of human life, early childhood stage is a crucial from the point of view of rapid hormonal



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developments that shape up the mind. At this stage a child needs utmost love and care from parents as well as the people surrounding him.

ECCE aims at the holistic development of a child's social, emotional, cognitive, and physical needs to build a solid and broad foundation for lifelong learning and wellbeing. These formative early years necessarily require a mixture of care and education for children, with close support by parents, families, other caregivers, and broader communities. It constitutes both a significant and meaningful stage itself and impacts the realization of other human rights throughout a person's lifetime. It is a mandatory requirement of the modern world as ECCE has the possibility to nurture caring, capable and responsible future citizens.

#### **Q4. Please tell us about your Global Montessori Coaching Institute.**

I established it in 2014 with a vision to provide quality professional development diploma and certificate programs in Montessori Teacher Training, School Management, Spoken English and Early Childhood Education among others to all genders alike.

Our mission is to work for a greater and prosperous Pakistan by enabling individuals to work for the betterment of the community as educationists. Almighty has blessed our students with great success within a short time. The employment rate of our students is near to 100%

#### **Q5. Can you please tell us about Single National Curriculum (SNC) system according to your point of view?**

The lack of compatibility in the education system has created large gaps between teaching and learning. That's why social inequality has been observed in the Pakistani society. The Pakistani school system is divided into three main systems: The public or government schools, the Private schools, and the Madrassas (the religious schools). The education being disseminated in these three systems has huge disparity which creates the great divide between the children being educated from these schools. The main reason to implement the SNC was to close this insurmountable chasm between the three types of systems.

It's a step of the current regime to provide a single system of education for all factions of the society, to eradicate inequality and class difference is the step which requires all the provincial governments to implement a common system for education in terms of curriculum, medium of instruction and a common platform for assessment so that all children around the country have a fair and objective opportunities to be able to receive high quality education.

It's doubtlessly a good initiative taken by the current government but whether it will actually be implemented as single and

national is yet to be seen as Sindh has already rejected it. Provided its implementation is successful then in my humble opinion this standard education policy can be a major breakthrough in the education system of Pakistan.

#### **Q6. Pandemic has changed the education system. Can you give us any suggestions by which educational institutes can uplift the education system?**

First and foremost, rather than preparing the child for school, we should focus on preparing the school for the child. It is the need of the hour for the schools to have contingent policies and multiple action plans in case of closure. Also, school needs to switch their attention towards educating and training their teachers in all the online teaching portals so that they can teach effectively.

The disruption created by this pandemic presents an opportunity to imagine a different future for our kids, their families, and their communities. In Pakistan, we can create a future where we give every student a fair chance to succeed in life, with equal participation in the school system and access to resources.

How? Redesign the school curriculum. We must ask school administrations to support teachers by giving them more time to develop new lessons, design online learning methods and add distant learning portals to their curriculums.

#### **Q7. Being an educationist can you please highlight the problems which students mostly face?**

The biggest issue that most of the students have encountered is exam phobia. They start having anxiety and panic attacks due to which they are unable to recall even the content which they have learnt by heart. This is one thing they need to overcome. Time management is another problem that they face in which parents need to play a major role and set a suitable time table for them. Sometimes family expectation can also become a challenge for the students if parents are too demanding or pushy. We need to educate the parents also in this regard.

#### **Q8. Any message for the readers of "Informal" magazine?**

It takes a big heart to shape little minds. I would like to reiterate here to all the aspiring educationists and readers in general that imagine with all your mind, believe with all your heart and you will be able to achieve with all your might. Facilitate and encourage the weak ones, support struggle and cultivate dreams. Always remember, team work makes dream work.



# AS A TEACHER, quickly regain strength over the weekend or vacation

Six simple points that you can change without exaggeration can change your life. The teachers are incredibly lucky, because they only work until noon, and then have free time. At least that's what those who have never worked at a school and had no teachers in their families are sure of.

In fact, the teacher's working day is unregulated and is not limited to lessons: writing syllabus, training, filling out numerical documentation, educational work - the list goes on and on. And still need somewhere to take time and energy for family and household chores.

How to have time to regain strength in a short weekend? If you are also asking yourself this question, then some effective tips will come in handy.

## **No cleaning and minimal housework**

Usually, for most of us, the morning of the weekend begins with cooking for the week, washing, ironing and cleaning the house. In household chores and is a valuable day off. And in the evening feeling even more tired than during the work week!

For example, plan to iron things on Monday, clean in the closet on Tuesday, cook for a week on Wednesday, vacuum on Thursday, and wash and dust on Friday. Having done all these things on weekdays, you can free up time on vacation at the weekend.

Limit time to perform routine tasks

Of course, it is difficult to redo all the household chores during the evenings in the middle of the

week, so sometimes there are still some important tasks for the weekend. In order not to prolong their performance for the whole day, try to spend precious time as efficiently as possible. Psychologists even advise setting a timer or alarm clock for self-monitoring.

Be sure to plan your vacation

Usually weekends and holidays are known in advance. How do you want to spend them: reading a book, going to a coffee shop, taking a walk in the fresh air or going to another city? In order not to regret the wasted time, be sure to plan in advance exactly how you will spend your vacation. First, it will really allow you to choose the best option, and secondly, you will feel positive emotions even from the anticipation of pleasant events or trips.

## **Give up gadgets!**

Or at least minimize their use. The habit of constantly being in touch and "on topic" of what is happening around, according to psychologists, provokes stress and a number of anxiety syndromes associated with phone addiction.

Pointless internet surfing causes a depressed emotional state and interferes with complete relaxation. So during the weekend it is useful to make a habit without having to touch the smartphone for several hours. Do a similar experiment for yourself,

and you will be able to feel much more energetic than usual.

## **Follow the routine of the day**

Many of those who are used to starting their morning very early on weekdays, on the contrary, try to get some sleep on weekends and get up almost at noon. However, according to doctors, it is not only not good for the body, but also harmful.

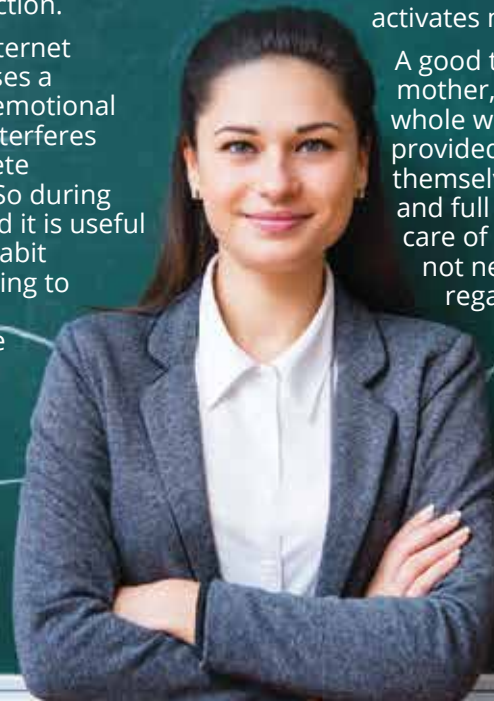
So, to get some sleep, on the eve of the weekend it is better to go to bed earlier and get up at about the same time as on weekdays. This way you will feel that not only have you slept, but you also have enough free time that you can use to your maximum advantage.

## **Spend an hour actively**

On the weekends, be sure to take time out for walks, socializing with friends, and at least a little exercise. All this promotes the production of endorphins - substances that reduce stress and improve mood. And exercise (gymnastics, swimming, jogging, etc.) improves blood circulation in the body and helps to saturate the brain with oxygen. It

increases efficiency and activates mental activity.

A good teacher, like a mother, can make the whole world happy. True, provided that they themselves feel inspired and full of energy. Take care of yourself and do not neglect rest time to regain your strength.



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# BRAIN STIMULATION technologies to help read thoughts and treat



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

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

### ***Brain stimulation: reading thoughts will become a reality***

The ability to manipulate the electrical activity of the human brain promises to do for the brain what biochemistry has done for the body. When you go to the doctor, a chemical blood test is used to detect potential diseases. When he shows that his cholesterol level is high, it is a sign

of a threat of stroke. Similarly, in experimental research, which will soon become a common medical practice - just a few minutes of monitoring the electrical activity of your brain with EEG (electroencephalogram) and other methods can say a lot about you. They can detect not only neurological diseases, but also mental conditions such as ADHD (attention deficit hyperactivity disorder) and schizophrenia.

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

By studying the brain, you can measure your IQ, identify your cognitive strengths and weaknesses, and determine your ability to absorb specific types of information.

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

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

Neuroscientist use functional magnetic resonance imaging to decipher what a person thinks. Using machine learning to analyze complex patterns of activity in the human brain when they think about a number or object, read a sentence, experience a certain emotion, or learn a new type of information, researchers can read the brain and know about a particular person's thoughts and emotions.

### ***Control over the human mind***

Controlling the electrical activity of the brain can open up the possibility of treating brain disorders, similar to what has been achieved by electrical stimulation in the treatment of

cardiac disorders. By passing electrical or magnetic impulses through the scalp and implanting electrodes in the brain, researchers and doctors can treat a wide range of neurological and psychiatric disorders, from Parkinson's disease to chronic depression.

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

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

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

#### **Disadvantages of existing methods**

At present, drugs that are available for the treatment of

mental illness and neurological conditions are not always effective and are often prescribed by trial and error.

Psychosurgery is also known to have a tragic history of abuse. Moreover, while any surgeon faces the threat of losing a patient on the operating table, neurosurgeons face the unique risk of saving a patient's life but losing a person

Surgical removal of brain tissue can leave patients with physical, cognitive, or mental disorders. There is a risk of damage to healthy tissue.

Instead of pumping the whole brain with drugs, it makes a lot more sense to stimulate a neural circuit that is not working properly - stimulating the brain in action. After the success of deep brain stimulation in the treatment of Parkinson's disorder, doctors now use the same method to treat a wide range of neurological and psychiatric diseases.

But they often do so without the necessary scientific understanding of the disorder at the neural circuit level. This is especially true of mental illness, which is poorly represented in animals used in research. Doctors do not fully understand how electrical stimulation works to help patients. The necessary knowledge of where to place the electrodes or what force and electrical stimulation scheme to use is not always available. Doctors actually do experiments on their patients, but they continue to do so because it helps.

#### **What technologies are next?**

Can alter nerve activity without implanting electrodes in the brain to treat neurological and mental illnesses and improve mood and mood. New methods of precise brain stimulation are being developed. Electrical stimulation is known to be inaccurate.

In experimental animals, very precise brain stimulation can be achieved with the help of optogenetics. This method uses genetic engineering to insert light-sensitive ion channels into specific neurons to very accurately control their firing using a laser that enters the brain via a fiber optic cable.

Applied to humans, optogenetic stimulation could treat many neurological and psychiatric disorders by closely monitoring specific nerve circuits. However, the use of such an approach in humans is not considered ethical.

#### **New opportunities**

And in the historical context of ethical failures and concerns that curtailed brain stimulation research a decade ago, we may find it unethical to deny help to people suffering from severe mental or neurological disorders.

Outcome in optogenetic or electrical stimulation of their brain. New opportunities to directly control and manage the electrical activity of the brain raise ethical questions about modern technologies that did not exist before. But the gin had already flown out of the bottle. And we need to get to know him better.



# PANCREATITIS

## Causes and Symptoms

**P**ancreatitis is an inflammation of the pancreas that often progresses due to excessive consumption of alcohol and fatty, fried foods. The disease is most often diagnosed in adults. It develops due to impaired outflow of pancreatic secretions.

The pancreas is an organ of mixed secretion that performs endocrine and exocrine functions. The latter is responsible for the synthesis of pancreatic juice. It contains enzymes that help the body digest food.

Pancreatic juice must enter the duodenum, where it is involved in digestion. However, during the inflammatory process, it remains in the pancreas, where it destroys its tissue. This is how self-digestion (autolysis) occurs, which affects the formation of pancreatitis.

There are many classifications of chronic pancreatitis, so only the common causes and symptoms of pancreatitis will be listed below.

### Reasons

- Alcohol abuse and smoking. Alcohol can cause worsening of the outflow of pancreatic juice;
- Life trauma;
- Overeating and the predominance of fatty, fried and spicy foods in the diet.

The development of the disease

can also be affected by other health problems: tumors that prevent the outflow of pancreatic juice into the duodenum (duodenum), biliary obstruction, gastritis, hepatitis, gallstones, cholecystitis and more.

### Symptoms of pancreatitis

Paroxysmal acute pain is mostly of considerable intensity. The pain appears in the upper abdomen and may return to the back;

- Increase in saliva, belching, heartburn, nausea, vomiting, which does not bring relief;
- Decreased or no appetite;
- Eating cause's pain attacks, so patients often consciously limit themselves in food;
- Bloating, rumbling in the abdomen and diarrhea (3-4 times a day);
- With certain types of pancreatitis there may be fever, hypotension, tachycardia and general weakness.

### Complication

Pancreatitis can cause mechanical jaundice. This is a violation of bile drainage through the biliary tract. It can provoke cholangitis - a purulent inflammation of the biliary tract.

It can also cause ascites. This is an accumulation of fluid in the abdomen. With the growth of ascites, pierce the abdomen in order to release excess fluid.

Diabetic coma can be one of the early complications of the disease. A person who has had pancreatitis for several years may also develop diabetes. Gastrointestinal and biliary fistulas may also occur. These are pathological channels that connect pathological foci or internal organs. They are treated surgically.

Acute hepatic and renal failure may be complications.

### Advice

- Your diet should always be moderate;
- Follow a balance of fats and proteins in the diet;
- Do not abuse alcohol and quit smoking;
- Only take medication as prescribed by your doctor.

The risk group includes people who drink alcohol, smoke, have gallstones, hepatitis, gastritis, hormonal disorders and cystic fibrosis (usually the cause of pancreatitis in children). Such people should monitor the course of the disease and be regularly examined by a doctor.

The symptoms of pancreatitis are very similar to most diseases of the gastrointestinal tract, so you should immediately consult a gastroenterologist, because timely diagnosis and proper treatment can protect you from the consequences.



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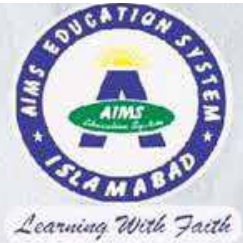
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# HOW TO BUILD YOUR TEEN'S REPUTATION ONLINE



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

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

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

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

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

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

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

is allowed from 16 years), add to it important information about training, social activities, achievements and awards, certificates.

8. You should create an online portfolio or personal landing, which will contain a short biography, information about awards, achievements, links to your own electronic presentations on various topics, links to your own publications / media publications, links to useful videos, in who have a teenager, as well as create your own video card. You should continue to add achievements to your own online portfolio or website from time to time.

9. It is desirable to configure the search tools on the Internet by keywords (name, surname) to obtain information about yourself, family, to see what exactly should be strengthened or improved in terms of reputation.

10. It is necessary to make it a rule to keep your profiles on social networks regularly, adding information at least a couple of times a month. It is desirable to demonstrate yourself in many ways - learning, finding new opportunities for development, sports or creative achievements, hobbies.

These quick tips will help you build a positive online reputation for work and personal tasks. The Internet should be used carefully, then it can be a really useful tool.



By: Ch. Salahuddin

# REGAIN LOST ENERGIES few tips.

**T**he teenagers should inculcate this thing that the young age is the best doctor itself. By following natural rules, healthy food, exercise, positive thoughts, pure ideas, and by adapting clean way of living they can regain their lost energies.

This is not the treatment for the teenagers to take colourful medicines who lost their energies. And it is also not the treatment that the destroying activities in which they are involved must be continued. And it is not the treatment that they do not get advice from any loyal person or doctor. The teenagers should inculcate this thing that the young age is the best doctor itself. By following natural rules, healthy food, exercise, positive thoughts, pure ideas, and by adapting clean way of living they can regain their lost energies. The teenagers should follow the quote of the wise men that every young man should try hard for good health and successful life and protect his energies.

**REASONS:** The excessive use of hot food, spices, excessive meat, tea, coffee, and cold drinks have dangerous effects on body. Intestinal laziness, constipation, and by drinking less water have negative effects on the heat of sexual centres in the internal body. The study of pornographic literature, to see the pornographic websites,

videos and pictures on social media, and use of drugs or smoking. These are the

reasons that they adopt un natural ways and involve in masturbation. Abstraction from religion and lack of morality and character is an important reason.

**ADOPT GOOD HABITS:** Sleep early and wake up early in the morning. When you awake, while lying on the bed breathe deeply. Stop breathing for some time and exhale the breath slowly. Repeat this process almost six times. While breathing now takes up both feet a little from the bed and breathe in this condition. Count up to 6 and put them back. Do these exercise 2 to 6 times. By doing these two exercises sleep and laziness will disappear. Go to bathroom and take bath with cold or warm water. Wear clean clothes and drink one or two glass of water gradually. Offer prayer in Mosque, and pray for clean and consistent life.

**DO THE MEDITATION:** Do the meditation in clean and restful place or in your room, means check your mental and physical condition. Such persons are devoid of consistency, and their minds are not calm and comfortable. Uncomfortable thoughts tease them. Such people should promise themselves after meditation that which is gone has become the part of past now and every morning will bring better conditions, good health and happiness with it.

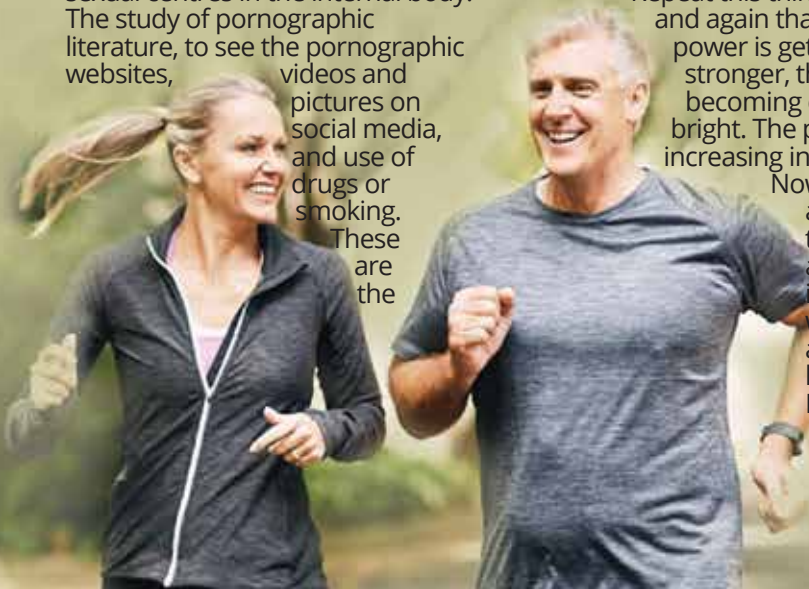
Repeat this thing again and again that your will power is getting stronger, the mind is becoming clean and bright. The power is increasing in body.

Now you are a teenager and an individual with pure and good habits. Faith and

cleanliness is getting place in life. You have abandoned bad environment, bad friends and bad thoughts. During this breathe deeply and repeat these points twenty one times at least. If meditation is not done in the morning, do it before going to sleep. It is also the best time, after this lying on the bed recites prayers or verses and sleep.

### **EAT GOOD FOOD:**

For getting rid of these diseases and habits it is must to eat digestible, fresh and good food. Good food means not heavy and spicy foods rather food that consists proteins, vitamins and minerals. When you have a chance squeeze a lemon in fresh water and drink it. The best time to drink is before exercise and breakfast. If you have constipation problem then add some salt in it. It is better not to eat eggs and meat in breakfast for some time. The breakfast of porridge, milk, yogurt, saag and simple roti will be appropriate. It is good to eat seasonal fruit in breakfast. Soak chickpeas at night, boil them and chew them well, it is beneficial. Vegetal proteins are given through chickpeas and energy increases. Add onion, garlic, cucumber, lemon, green coriander according to taste in them and it is a best digestible dish. The food should be chewed well so that the mouth glaze mix in it. During eating meal one should drink water. A person should drink ten to twelve glass of water in a day, when you feel to urinate, don't avoid or stop it. Eat seasonal vegetables, salad and pulses. The big intestine will be cleaned and light by eating less spicy food and drinking water. In leisure time must read good books. By reading good books of pious people the minds will become clean and strong. Play in fun time and should spend time with people having good character and knowledge.





**D**o you like looking at the stars? True, they are fascinating? And regardless of age, everyone is interested in watching their flicker from time to time. And when we see a shooting star, most of us make a wish! However, we do not often think that maybe someone somewhere is watching the light from our star - the Sun, and in general - as everything is arranged.

Here are the 10 most interesting facts about space that you probably didn't know about:

- The earth is really huge, and once was vast. It took Fernando Magellan (1480-1521) 3 years to make the first round-the-world trip in history. Thanks to the invention of the steam engine, the distance was reduced: in 1889, 22-year-old journalist Nellie Bly circled the globe in 72 days - she repeated the path traveled by Vileas Fogg, wanting to prove that Jules Verne's famous novel is not fiction. Eventually, jet technology changed the world altogether. It will take less than two days for a liner flying at 900 km / h to orbit the Earth. Well, the Vostok-1 spacecraft with the world's first astronaut on board circled the planet in just 108 minutes.
- But to finally understand the true size of the Earth, it is necessary to compare it with other space objects. To fly around Jupiter (inside this giant would fit 1 320 planets the size of Earth), the same liner will need 21 days, and to fly around the Sun - more than six months.
- Our galaxy has 400 billion stars. A lot, right? But let's understand in more detail. If you suddenly set a goal to count all the stars of the Milky Way, you will need 12 thousand years! And this is just one of millions of galaxies! And now we know about 1 million 600 thousand galaxies, one of which is our Milky Way.
- Space can be safely compared to a time machine. This is due to the fact that we do not see the objects themselves, but the light from them: reflected or radiated. Always. The light from the Sun reaches us in 8 minutes, so we always see the Sun as it was 8 minutes ago. And the most distant space object we can see from Earth is a galaxy with the mysterious name z8\_GND\_5296. We see it as it was 13.5 billion years ago, that is, at a time when the solar system did not even exist (the age of the solar system is "only-by-only" 4.5 billion years).
- The nearest star to us, if we do not take into account the Sun - Proxima Centauri. The distance to it is 4.24 light years. You can fly to Proxima on a liner in just 5 million years. If humanity, having just appeared 2 million years ago, had immediately gone to Proxima using a plane, at this point it would not have overcome half of this path!
- The diameter of the Milky Way galaxy, on the periphery of which is our solar system, is about 100 thousand light years. The size of the largest known galaxy today - IC 1101 - is 20 times larger - 2 million light years. As for the entire universe, its size is estimated at 156 billion

light years. The distance is impressive!

- Our planet is always in motion. At a speed of 1 thousand 674 km / h, it rotates around its axis and at a speed of 107 thousand 280 km / h (29.8 km / s) - around the Sun. And it is worth considering the movement of the solar system, which moves in an orbit around the center of the galaxy at a speed of 830 thousand km / h (230 km / s), and the galaxy itself flies in space at a speed of 2 million km / h (552 km / s) . If the planes could develop the same speed, the journey from Kiev to Simferopol would take less than 2 seconds. And it would be very convenient!

- Almost all of us have seen and know lead well, it is chosen as a sinker for fishermen. But much heavier sinkers would come from the matter that makes up neutron stars. If you fill a teaspoon with this substance, its weight would be 110 million tons - as much as the 20 pyramids of Cheops weigh! If this substance hit the surface of our planet, it would, under the action of gravity, break through and reach the Earth's core!

- The surface area of the Sun the size of a matchbox shines as brightly as 3 million candles. But this is not so much compared to the huge amount of energy that accompanies the explosion of a supernova. In the first 10 seconds after the explosion, the supernova emits more energy than the Sun in 10 billion years. The brightness of such stars easily obscures the light of the galaxies in which they erupted.

# Amazing universe 10 extraordinary facts about space

## Until the Day of Cosmonautics

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## MANAAL NAEEM

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# Art appreciation helps open up the Mindset of the People

The term art encompasses a large variety of works, from paintings to sculptures, architecture to design, and in modern times, digital art. Everyone can appreciate and marvel at art, and being subjective in nature, different art forms appeal to different people. Art appreciation, however, refers to the exploration and analysis of the art forms that we are exposed to. It can be highly subjective, depending on an individual's personal tastes and preferences, or can be done on the basis of several grounds such as elements of design and mastery displayed in the piece. Art appreciation also involves a deeper look into the setting and

historical implication and background of the piece, a study of its origins.

Art is dynamic, with new trends and styles emerging at a fast pace. However, the final attempt of the artist is that it speaks to the viewer on a personal level and can be interpreted in a variety of ways. Art opens up the stream of subconscious and intends to personally touch every person that comes across it.

Art appreciation is extremely relevant for multiple reasons. It is a good way to understand the history behind the work, and the period from which the piece originated. Artists often reflect the problems that they face, and the issues of the society in their work. By analyzing and putting

ourselves in the mind of the artist, we can better study how differently society functioned then, compared to now. We can empathize and relate to the problems they faced on a personal level.

Art is meant to stimulate thought and conversation between its viewers. By reflecting on a piece of art, we delve into our own experiences and nostalgia, thus a piece of art means something different to every person that comes across it. Art appreciation helps open up the mindset of the people, by listening to different perspectives and views as well as interpretations of the art; it encourages thoughtful conversation and the understanding that there is more than one approach to everything.



# مستحبات خالص مزاج



# Educational Trip of LAPSIANS to Nazariya-e-Pakistan

LAPS always play a vital role in enhancement of students' knowledge about society along with course studies. For this purpose LAPS has organized educational trips of students to Nazariya-e-Pakistan Trust where they learnt about the history of Pakistan and how our ancestors offered sacrifices to bring our beloved country into being. They also visited the historical museum and gained knowledge about our golden history.



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# A brilliant presentation of work sensibilities through designs

DA' ART INSTITUTE OF ART & DESIGN organized an event for the Diploma Students of FASHION AND TEXTILE DESIGN where they displayed the final thesis work. The event took place in Lahore at Alhamra Arts Council and the event was attended by different people they loved the student work and appreciated it too much. The chief guest of the event Amna Wahaj Co-founder Limelight attended the event she visited different student stalls and found the work so impressive on this occasion she said "Found it difficult to leave the building once I saw this amazing designs. Amazing, interesting and joyful. Thank you"



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# The Essence of True Feelings

The Ocean Art Galleries Gulberg Lahore "Unraveled" a creative art works of 3 young emerging artists Nimra Saleem - Komal Sheikh- Sana Karim in their own styles. The event was full of life with different art works hanged on the art gallery walls showing there uniqueness through the colors and work has done by the artists, the guests really loved and appreciated the artistic work. The chief guests of the event Mr, Zulfiqar Ali Zulfi -Executive Director Alhamra arts council Lahore, and PROF. DR. Bushra Mirza Vice Chancellor LCWU along with PROF. DR. Rifaat Saif Dar (CHAIRPERSON, FINE ARTSDEPARTMENT, LCWU). On this occasion they were seen how passionate they are about the paintings and they were inspired by the work of these 3 artists, few words from the guest for the artists were " the artists admire art practices as a form of personal description and emotional analysis. Nimra Saleem's prints allow the viewer to form a picture of what you see in nature butwith complex technical details in the art ofprintmaking. Small digital prints are assembled as a gravitational work by Komal Sheikh. Eachwork is constructed on her affiliation with Lahore college for women university whichnow a days celebrating centennial activities.her idealistic currency notes are meant tocommemorate 100 years of academic excellence of ICWU. The complex but beautiful script based compositions by SanaKareem are providing usa visual treat. her painted prepositionalphrases depict and represent thehypocritical world around her.



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