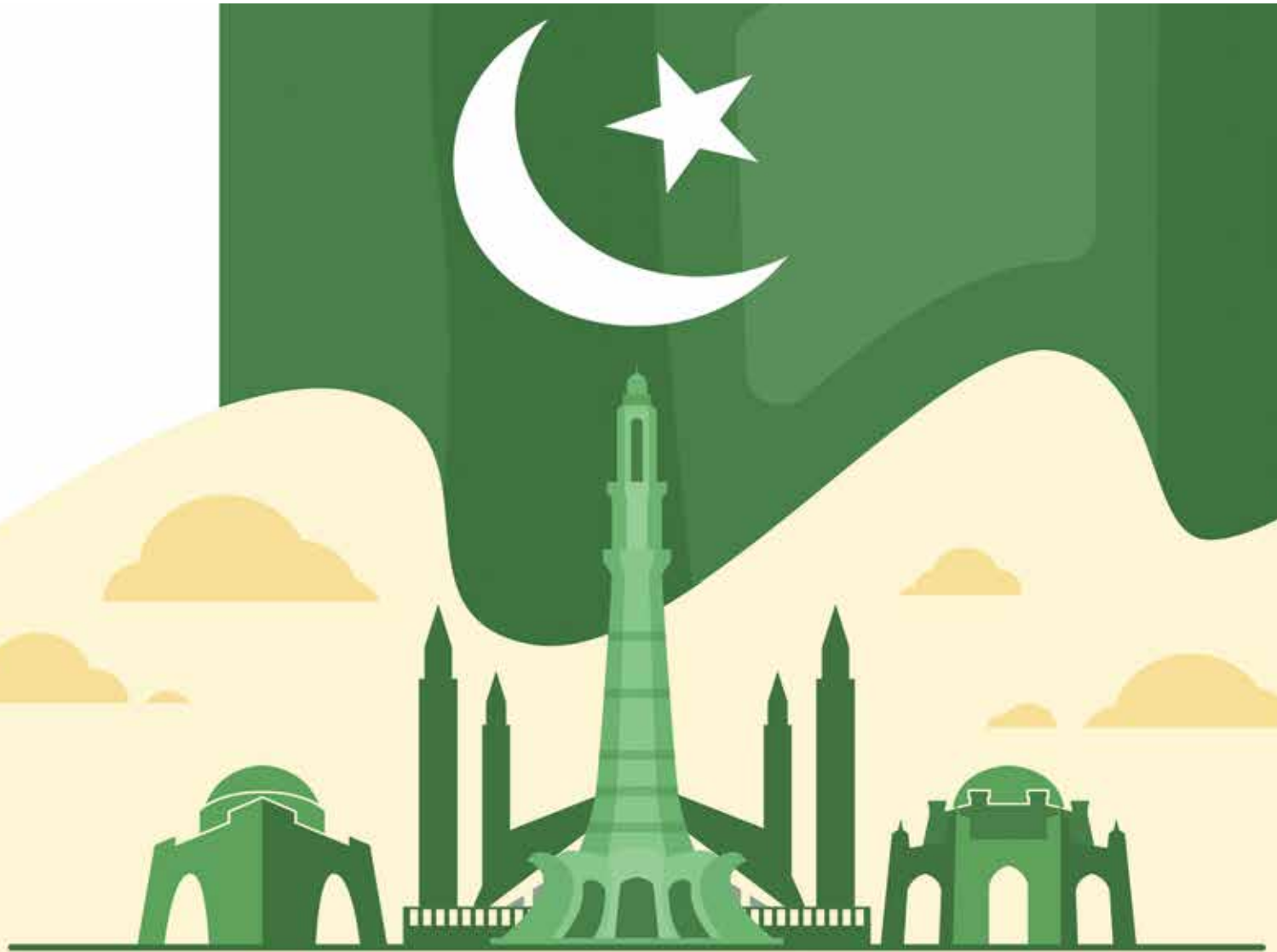


VOL:05, ISSUE:5
MAR15, APRIL15 2022

TO RISE ABOVE THE TIDE

Informal

EDUCATIONAL MAGAZINE



**PAKISTAN
RESOLUTION DAY
23rd MARCH**

Thought Towards The Nation:

“A Soldier Fights Not Because He Hates
The One In Front Of Him.. But Because
He Loves The People Behind Him..”



CandyLand

PAKISTAN'S ONLY CERTIFIED HALAL MARSHAMALLOWS



 CandyLandPK

CONTENTS

Mar 15 15 IdA+JbW + Aq 15

Editorial Note	04
Letter to Editor	05
SCIENCE FUSE	
The hot mantle of the early Earth contributed to a larger volume of oceans	06
TELL ME WHY	
Why is it worth learning basic competences in childhood?	07
TECHNOLOGY	
Cyber Attacks: The main problem of the Internet of Things	08
INTERVIEW	
Young people need to be equipped with the skills to effectively contribute to and shape the world	10
WISE ADVICE	
Developing a school development strategy: advice from the principal	12
COVER STORY	
Professions of the Future	14
HEALTH	
5 Vitamins and Minerals to get FABULOUS skin (forever)	16
IDEAS	
Tips to make your photoshoots much more creative from home	18
ARTICLE	
Physical education everywhere: 4 ways of integration with other disciplines	19
RESEARCH	
Options to entertain children without internet	20
EVENTS	
3rd National Education Summit Successfully organized by Pakistan Academic Consortium (PAC).	21
Lahore Grammar School Gulberg students celebrated 23rd March	22
Graduation Ceremony & Annual day of Pak-Turkish Maarif School Rawalpindi Campus	23



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.

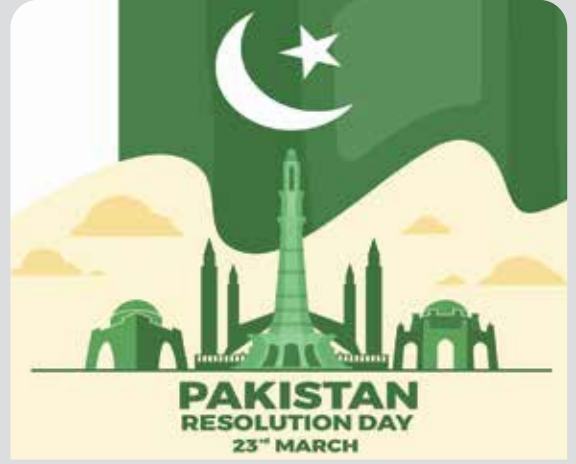
The education plays a great role in developing country in every field. It plays like a model role in the development of one country if the people of a country are educated then they can easily help them in development. Education is a basic necessity for any country's development and helps us in teaching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

MAR15-APRIL15 2022



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

Letter to the editor

Your magazine did highlighted a very common issue which our schools are facing day today, which is the "lack of security", as majority of the schools still have inadequate security measures taken by the administration for the safety of a school. The safety of a school is not just important for the students, but it is also important for teachers and parents as well.

Munazzam Khalid

It's been a brilliant experience to read your last month's magazine. You were able to highlight some of the most important concerns which are important to be processed in the field of education. I think if you guys keep on doing a job like this, then soon our society will change the way it looks and deals the issue of our education system.

Hamza Asif

Your magazine is doing a tremendous job, by giving useful information in one publication. The thing I liked the most about this magazine is, your selection of topics. I personally like the "Wise Advice" section, which I read when I'm looking for some serious matter to penetrate into my soul.

Maheen Saleem

I really enjoy reading your magazine and the section which I liked the most was the 'Tell Me Why' section, in which you write about various interesting and informative topics. It's always good to read your magazine; you guys are also promoting a good image of Pakistan along with other academic writings.

Saad Junaid

The story I liked the most was the cover story of this month, which showed a true side of the education system of Pakistan and the ailing condition of schools due to lack of security measures taken by the administration of schools. Schools should also take-up this issue and come-up with some quick solution to it, as the future of our students and teachers is at stake.

Arslan Ali

Your magazine has a good composition of interesting and informative content along with a wide range of topics. I would like to make a request to write something about the process of this our brain carries out the process if memorization. Generally, we don't notice this process, so I think it will be better to write something related to this topic.

Farwah Ch

It is a magnificent experience to read your magazine; it is perfect for students particularly. Cover story and Wise Advice are my most favorite in the magazine of every month. By reading these, I get to know about some outside the box information which helps me through my information seeking procession.

Ahmad Waseem

I would like to say that your magazine is very informative and at the same time it is very interesting. I like all of your content of all the sections and your selection of matter is always unique. I especially like the news sections, which includes the segments of National and Internal News. The information which I get from your magazine really helps me to learn and increase my level of knowledge.

Wajahat Shahzad

Write us at informal.pk@gmail.com

We 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.

The hot mantle of the early Earth contributed to a larger volume of oceans

The researchers calculated the storage capacity of water in the Earth's solid mantle depending on its temperature. Because the early mantle was hotter,

scientists conclude that the Earth's oceans of the early Archean eon (4-3.2 billion years ago) were larger than they are now.

How have the volumes of the Earth's oceans changed?

Water was delivered to Earth by meteorites and comets, even when it was in the process of increasing its material or shortly thereafter. Then there was an energetic volcanic degassing, and water was released from the early mantle of the Earth, which may have led to the formation of primitive oceans. Sometime after the beginning of plate tectonics, the mantle became saturated with water again and began to change the relative water content on the surface. There is evidence that the level of elevation of the continents above the sea was approximately constant throughout the Phanerozoic (from 541 million years ago to the present). However, the proportions of water and land on Earth could have been completely different earlier, especially in the early Archaea (4-3.2 billion years ago). Rare

isotopic records of the early Archean eon can be used to indirectly limit the size of the early oceans. So scientists were able to learn that these oceans were larger than modern ones.

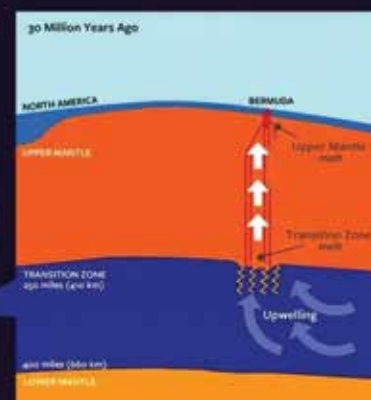
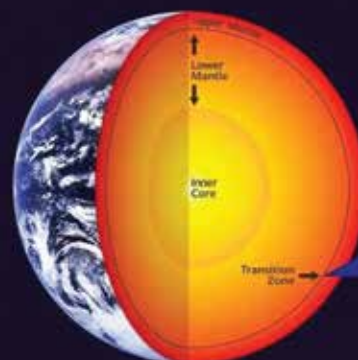
What did the scientists analyze?

Previous studies have shown that surface water could be constantly transported to deep areas of the mantle, where there is potentially a reservoir of water in the form of hydrogen and oxygen included in the minerals. Exactly how much water can be stored there is unknown. To find out, the researchers conducted experiments with the main rock-forming materials: olivine, wadsleyite and ringwoodite, and quantified the effects of pressure and temperature on them. The team also calculated the possible storage capacity of water in bridgmanite at different temperatures depending on the depth. Thus, scientists have been able to establish a model of water storage capacity for the Earth's solid mantle as a function of temperature.

What did the results show?

The water storage

capacity of the Earth's solid mantle was significantly affected by cooling due to the fact that the temperature determines which minerals are part of it. The current mantle water storage capacity, according to the team's estimates, is 1.86-4.41 oceans mass. This value is consistent with geochemical estimates of current water content. For the solid mantle of the early Earth, whose temperature was higher, the capacity was lower and was only 0.52-1.69 ocean mass. Thus, the surface of the early Earth was more covered with water than now. Moreover, geological records from the early Archean eon point to a global surface ocean with little or no land. Significantly water-covered early surface of the Earth would have a lower albedo than now, which could affect surface temperatures during this period of reduced solar flux, when the first life may have appeared on the planet.



SHAHSONS



PICASSO[®] ORIA
www.shahsons.com



Why is it worth learning basic competences in childhood?

Do you know what are the core competencies every child should learn as a child so that they can discover how to cope with any situation as they reach adulthood?

There is one main reason why basic childhood competencies are extremely important. They facilitate the development of children at every stage they are at, helping them to face the future and adult life.

By mastering their core competencies, children acquire the necessary tools they will need to face the various challenges that life will pose as they grow.

Basic competences: learn 8 basic competences

Currently, the school curriculum defines 8 core competences. To a greater or lesser extent, all young people in school must pursue them throughout the entire stage of their education. These are:

- Math skills.
- Competences in the field of linguistic communication.
- Personal initiative and autonomy.
- Competence in the field of interaction and knowledge of the physical world.
- Social competence.
- Information processing and digital technologies.
- Artistic and cultural skills.
- Competences in the field of education.

When children acquire these core competences to a greater or lesser degree according to their natural abilities and

talents, they will be able to respond to basic aspects of today's society in the future.

Therefore, the idea is for children to learn how to do their daily activities independently. Once they acquire these core competencies, they become more integrated into society. At the same time, they will master the principles of learning that relate to the different situations and contexts that arise on a daily basis.

Basic competences

Now let's take a look at what these competencies consist of. All educational centers must deal with these issues to ensure that their students acquire them and become familiar with them.

Competences in the field of linguistic communication

First, acquiring linguistic competences helps children learn to use the language correctly on a written and verbal level. In addition, they discover how to interpret utterances, how to understand them and how to differentiate them depending on the communicative context in which they occur.

In addition, they learn to make critical judgments, make decisions, and generate ideas.

It is also helpful for children to learn foreign languages so that they can communicate in an increasingly globalized world. In this way, they learn to establish appropriate social

relationships and cope better in different contexts.

Math skills.

In this case, children learn to use numbers, both in everyday life and with basic

operations. They learn the mathematical reasoning necessary to interpret information, solve problems, and expand their knowledge.

At the same time, children gain knowledge that will be useful in their everyday family and professional life.

Competence in the field of interaction and knowledge of the physical world.

This skill leads children to learn about the mechanisms of autonomous development in the world. He teaches them different areas, from consumption to health, thanks to which they know how to analyze, interpret and draw accurate conclusions in various real-world contexts.

Information processing and digital technologies.

In a globalized and connected world like ours, this skill is essential for children to learn how to acquire and process information. In this way, they can transform it into knowledge and access it through a variety of media.

More core competencies Social competence.

This skill includes the ability to get to know yourself and learn to appreciate yourself as you deserve. Consequently, children learn to

communicate their own ideas, practice active listening, and accept and analyze different points of view.

Moreover, it shows them how to civically value



Cyber Attacks: The main problem of the Internet of Things

“How longer we can complain about cyber attacks if we install the door ourselves and leave it open?” This is a question posed by researchers in connection with the latest data on the growth of the Internet of Things in smart buildings. The report says that even though everyone is well aware of the risks involved and will complain bitterly when a hacker attack is detected, people are still actively buying IoT technology for use in buildings, without properly addressing cyber security issues.

Internet hacking is often reported, but people still demand smart buildings and smart homes. Survey polls show that executives consider cyber attacks to be the biggest problem for the Internet of Things, but the same polls show that the vast majority of companies will invest heavily in the Internet of Things anyway. It is not news that cyber attacks can cause significant financial and reputational damage, but people are still buying and integrating vulnerable technologies. The obvious conclusion from these truths is that cyber security is not so important, at least for purchasing decisions.

Before the Internet of Things revolution, the security systems of most buildings were autonomous and therefore protected from hackers. The situation began to change with the advent of remote control using permanently connected intelligent sensors.

Lack of a sophisticated approach

Smart buildings and the Internet of Things are no longer considered new technological ecosystems, at least in the context of understanding the risks of cyber security. To this day, we know we can't just install ready-made antivirus software and expect it to keep buildings safe, but according to researchers, many building managers still ignore the need for sophisticated cyber security approaches.

Today it is known that any connected device (IP video surveillance cameras, smart home sensors, etc.) can provide hackers with an entry point into more sensitive building systems. In 2018, hackers used vulnerabilities in the aquarium's IoT thermometer to gain access to confidential information about high rollers in the Las Vegas casino database. Numerous attacks have been launched through connected printers, thermostats and even physical security devices such as CCTV cameras, security sensors and digital locks. However, in some buildings, poorly protected devices continue to be installed, on which, obviously, users do not pay attention.

Each IoT device is a possible entry point for hackers. Everything related to the network, from lighting to video surveillance and elevators, must be subject to the same strict security protocols as databases that contain confidential information.

Cyber security certification programs can help the construction industry further

identify vulnerable devices and objects at greater risk. While basic cyber security should be common sense in today's world, we can make a positive difference by clearly presenting risk in a rating system that makes owners, managers, and residents understand when they are at greater risk than most buildings.

This type of open communication about cyber security risks also justifies the slow or limited introduction of intelligent technologies in buildings for cyber security reasons. Stakeholders must agree that reliable and cyber security may require the slow and gradual implementation of IoT.

Smart buildings are a haven for hackers

From unsecured devices to unsecured infrastructure and lack of accountability, the smart home industry has created a haven for hackers who can steal information, maliciously control security systems, and damage businesses, often with relative ease. How long can we blame our cyber security problems for the rapid spread of technology before we realize that we are driving this digital transformation? How long can we complain about cyber attacks if we install the door ourselves and leave it open? It is now known that smart buildings pose a risk to cyber security, but the more smart homes we create without solving security problems, the more we show that cyber security is not so important - and perhaps it should be.

ORIGINAL
COSMETIC PRODUCTS

GLAMOUR BY R

AMAZING BEAUTY ENHANCERS
100% QUALITY GUARANTEE



ON PURCHASE OF
RS.5000
GET A FREE GIFT

For further details and order:
Visit the Page
[makeupyourday._](https://www.instagram.com/makeupyourday_)

You can get your favourite
products at your doorstep
Free Home Delivery
Contact:03217191000





Young people need to be equipped with the skills to effectively contribute to and shape the world

Brief Introduction:

Kashif Khan, and I am the Managing Director of Platform Intl (Pvt.) Ltd. I have been a Career Counselor Public Speaker / Youth Activist on 'Academia - Industry Linkages' & 'International Education Network Expert', with contacts base in several local and international institutions. I have done MBA-Majors in Marketing, Preston Institute of Management (Science & Technology), Karachi, Pakistan

Q2. What education means to you, in your point off you?

Education is fundamental to development and growth. The human mind makes possible all development achievements, from health advances and agricultural innovations to efficient public administration, information technology and private sector growth.

For countries to reap these benefits fully, they need to unleash the potential of the human mind. And there is no better tool for doing so than education.

The ever-changing scenario of the education along with the technological advancements have enabled today's students to achieve and grasp an un-parallel level of information, which few years ago wasn't available.

Q.3 What are the Education Standards in our Country?

The education standards in our country are stereotyped, yet there is a long way to go to accomplish and compete on international standards.

Our mainstream education standards are derived out on models of the west, yet when we say adaptive learning expertise, then we have not attained impressive pace in maintaining those, such as:

Here, categorically, I would like to express the following:

- Guided Learning: Deliberate acts of teaching where teachers identify learning goals, strategies, and outcomes.
- Action Learning: Students play an active role in designing learning outcomes, strong element of self-regulation and self-planning. Teachers, explicitly teach these self-regulation skills.
- Experiential Learning: This is not controlled by teachers and there are no predetermined learning outcomes. What is learned is determined by context, student's interests, and the others with whom they work alongside and make discoveries with.

Q4. Do we have better opportunities to give to our

Children?

Pakistan is blessed with one of the best minds in the world. To unleash and explore the talent amongst our children, we need to strive out and create avenues for all those opportunities to our Children, which currently being practiced by world recognized industry experts across the globe.

In my viewpoint, the following five important opportunities plays a vital role in children mental development:

1. Let them meet their tribe:

Comfortable as your home, street, town, and life may be, the world is so much larger than our immediate lives and



interactions. Research has shown again and again that relationships, rather than wealth or social standing, are instrumental in increasing our happiness. For young people, the search to find their “people” always runs close to the surface.

Social groups are everything as a young person grows up and the support (or lack of support) gained from them affects their understanding of themselves and their place in the world. It’s wonderful that your child has important people at home, made up of parent/s, extended family, and friends, but there’s a difference between our “tribe” and the people who surround us in our daily lives.

People who make up your son or daughter’s tribe will have shared interests, common goals, and enhance their self-esteem.

Through travel and overseas study, young people are naturally encouraged to spend time with peers who share their values and interests. This period in a young person’s life can be intense and challenging and their “tribe” will often remain close for the rest of their lives.

2. Help them feel at home anywhere, with anyone:

If there’s one thing exchange students, expats, and long-term travelers report, it’s the surprising realization that despite our cultural and linguistic differences, human beings are all the same.

Right now, your adolescent or young adult might not appreciate this. On the surface, from after, or through the glare of the news or the blue light of a smartphone, it can seem that there are very few similarities between themselves and a young person from China, Singapore, Australia, the United States, France, Argentina, or South Africa.

But if you let your child experience life, study, and make friends in any one of those places (or any other!), just sit back and watch delighted as their world widens and empathy for others multiplies.

3. Help them improve their language skills:

There is no better way to learn a new language and become more confident as a communicator than spending time abroad. The life and language lessons learned are invaluable, and in today’s world and today’s job market, being bilingual – and bicultural – truly is better.

This means young people who don’t have a working level in at least one other language – and the cultural understanding to go with it – risk being left out of the loop should they desire to work and live internationally. The benefits of language learning are endless.

From increasing brainpower, to reducing the risk of dementia, and the chance to have an international future.

4. Make the planet feel smaller and bring opportunities closer:

Following this first jump into international living, further opportunities become far easier to imagine. Believe us: The feelings of nervousness your son or daughter experiences initially will soon disappear as they dive into their time abroad – and later, it will be them expressing interest in undertaking new endeavors. This confidence comes from the breakdown of the idea that we are different at our

core (see point 2) and the motivating energy of increased self-esteem after tackling a challenge.

5. Give them the leadership skills they need:

Now, more than ever before in your child’s lifetime, people are politically and socially divided. In many corners of the world, emotions and anxieties are running high. Your son or daughter is part of the upcoming generation of thinkers, politicians, parents, leaders and change agents whose contributions will direct the course of the rest of this century.

Young people need to be equipped with the skills to effectively contribute to and shape the world they inherit; time abroad is a wonderful way to help them develop these abilities.

Travel, cultural immersion and language learning encourages independence, creativity and creative thinking, open-mindedness, problem-solving, social interaction and language skills – all of which contribute to making leaders, thinkers and citizens able to think critically and contribute positively.

Q5. Can you please tell us about your educational plans?

I am immensely excited to share through your prime magazine forum, that after the fall of pandemic, where the world has started to recover, we have planned to induce the following plans during 2022 & 2023 respectively:

- Execution of multiple ‘Study cum Training Educational Tours’, for different parts of the world.
- Adding in new educational training programs under Youth Voyage & Youth Development Drive Programs, domestically and internationally.
- Initiating and launching of our ‘Training Academy’, comprising of onsite and online educational learning and development training programs, leading to mentoring on internships, on job trainings and placements in different organizations locally and internationally.
- Launching of Pakistan’s first international paid / unpaid internship’s program for meriting students from colleges and universities.
- Creating multiple academia – industry linkages for various other institutions and students across Pakistan.

Q.6 Do you have any better suggestions to give our readers?

Firstly, I would like to express my gratitude and appreciations to the management of Informal Magazine, to have given me an opportunity to share my practical experiences from their magazine.

I am extremely humbled and thankful for this break.

Informal Magazine has been doing a great job in promoting education in the spheres of Pakistan. The content is relevance based and very lucrative to study.

Their approach has been very productive and in line with their agenda of promoting excellence in education.

My humble suggestions for the promising reader’s, collaborative sponsors, respectable institutions, and all well-wishers, are to push more through your own networks in promoting any good initiative taken by this magazine to bring in positive contributions in the society.

A quality school is the result of the head's work on the development of the institution. The way a principal adjusts management processes directly affects the quality of education in the school he or she heads. The State Service for Educational Quality has prepared a plan for school principals on how to properly develop a school development strategy.

To motivate teachers, work on their professional development and improvement of work, improve the educational environment, cooperate with the founder on the development of material and technical base, form a transparent system of assessment of students' learning outcomes, arrange a child-friendly school life - an inexhaustible list of tasks and responsibilities.

An important part of the work of the principal as a manager is the formation of a strategic vision of school development. Strategic management is a continuous process, a mandatory part of which is the development of an educational institution development strategy. The development strategy makes it possible to determine the directions of movement of the educational institution to achieve the main goal - to ensure the quality of education.

Strategic management of the school is implemented through two areas - the development of an internal system of quality assurance in education and strategic planning. The first allows studying and evaluating the educational process as a system, and the second - to determine areas of activity in the medium and long term. These areas are reflected in the Regulations on the internal quality assurance

system of education and the Strategy for the development of educational institutions.

Development of school development strategy

The development strategy of the institution is an important conceptual document of the educational institution. Therefore, the school principal involves stakeholders in the strategy development process.

The working group, in turn, develops a draft strategy, and then the document is submitted for consideration and discussion by the pedagogical council. It is important to remember that some of the goals of the strategy will require the support of the founder of the institution. It is the development strategy of the institution that should be developed in close cooperation with the founder.

The structure of the institution's development strategy

The development strategy of the educational institution should include the following blocks:

Values of the institution. Values, in fact, are a filter of behavioral patterns of all participants in the educational process. They determine what human and social values are important to the school.

For example, among the values of the school - the safety and comfort of the child. In this case, in the process of implementing the strategy, special attention should be paid to creating a safe and comfortable environment, building trusting relationships between students, teachers and school administration.

The mission of the school. The mission answers the question why the institution exists, what is the purpose of its activities and

for whom educational activities are carried out. It details the status of the school and provides direction and guidelines for determining the goals of the institution. For example, the school's mission may be to ensure equal access to education for all children.

Vision of the school. The vision determines where the educational institution is moving, where it wants to be. The formulation of the vision will make it possible to answer the questions of what goals the school seeks to achieve in the medium term, at what level it wants to be, what it aspires to. For example, creating an inclusive educational environment in which every child, regardless of gender, special needs, social status or other characteristics, will be able to learn comfortably.

Strategic goals of the educational institution.

Strategic goals determine what the school should look like in a few years, set directions for development and record what the school seeks to achieve. They identify areas in which the efforts of the school administration and teaching staff should be focused. Strategic goals must be correlated with the vision, as their implementation brings the institution closer to achieving it. For maximum effectiveness, goals should be formed on the basis of SMART criteria and, accordingly, be specific, measurable, achievable, relevant and defined / limited in time.

Operational goals. Operational goals determine how the institution will achieve its strategic goals and what steps need to be taken to do so. For operational purposes, the institution's strategy shifts from general to specific. For example, operational goals in school strategies may be:

Developing a school development strategy: advice from the principal



SHAHSONS



MARKER

PICASSO®

www.shahsons.com



SCHOOL CRAFTS

FOR SCHOOLS AND PARKS

NATIVE GROUP

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

Do you know what makes "knowledge validators" or who is a "startup mentor"? No, these are not whimsical devices or characters from science fiction movies. These are the professions of the future. Humanity is developing dynamically, and many specialties that were so popular in post-Soviet times simply disappear, and in their place come new ones that meet the expectations of the modern world.

The professions of the future have similar features: most of them are aimed at preserving the environment, developing new technologies that would simplify human life and conquering space. We have divided the professions of the future into blocks, depending on the priority area of activity: Developers, IT / Internet, Ecology, Medicine, Sociology, Space.

Developers-designers

Modern phones, smart watches and independent houses - it is difficult to surprise a person today. Mankind is moving towards global automation and

robotics. It is difficult to judge how this will affect our lives in the future, so let's just get acquainted with the advanced professions of the future in the field of design and development.

Smart Home Infrastructure Designer

And let's start acquaintance with the world of the future from the specialist Smart Home (smart house). The very concept of "smart home" includes the idea of complete systematization and autonomy of all home gadgets. The coffee maker prepares coffee for your awakening, the robot vacuum cleaner cleans the apartment on its own, and the windows open for ventilation in good weather - all these are small things that take human life to a significantly new level.

The specialist who will design, install and configure the Smart Home system will be worth its weight in gold in the future - in 6-8 years, when the idea of living autonomy will take root in most of the world's population. This profession requires an analytical mind, knowledge in the field of IT and modern technology.

Designer of airships and infrastructure for aeronautics

The aviation industry is developing in parallel with the space industry and soon airships in the sky will not be associated with steampunk, but will enter our lives as an integral part. Airships will compete with aircraft, although they are inferior to them in speed, they are much more environmentally friendly and, last but not least - do not require fuel. Well, their load capacity is many times higher than that of conventional Boeings. A specialist who will design airfields, hangars, service stations and airship navigation programs will be needed in the future.

IT and the Internet

In this section, we will not list the professions of programmers, application developers and databases that are popular today, but we will focus on those specialties that have just appeared and are in the development stage.

IT is a preacher

Everyone has heard of religious preachers, or cosmetologists. But

PROFESSIONS OF THE FUTURE



SHAHSONS



GRIP

PICASSO®

www.shahsons.com





did you know that from 2020 the profession of IT preacher is gaining popularity. The purpose of his work is to explain to people new programs and services, to instill the value of using modern technologies. Previously, the older generation did not know how to turn on a computer, and this was considered the norm, but today, to survive and be competitive, you need to be knowledgeable.

Game tester

Modern games are no longer considered something childish and frivolous. Global companies spend billions of dollars to launch a new game with a unique plot and fantastic graphics. The characters have their own charisma and character, and the person is completely transported into a fictional world. Games have become part of the culture, on a par with movies and TV series. Therefore, such a profession as a game tester will only gain popularity.

Digital Death Manager

Half of the life of a modern person is spent on social networks. So it is not surprising that after death it is necessary to restore order not only in physical matters, but also in virtual ones. Digital Death Manager deletes accounts, blogs and channels of deceased authors. The profession is fresh, but over time it will take root in the open, because social life is difficult to imagine without

the Internet, and someone needs to "clean" this space.

Ecology

2020 showed all the importance of ecology and the negative impact of man on his condition. It was necessary to isolate people for a month - and immediately cleaned the rivers and seas, returned rare animals, and the air became crystal clear. To support this result, we need to reconsider our attitude to life on the planet. The topic of environmental protection will be at the peak of popularity in the coming years.

Specialist in overcoming environmental disasters

This specialist will work on solving large-scale environmental problems: "plastic" ocean, pollution of water bodies with industrial waste, radiation dumps, melting glaciers and the greenhouse effect. The task is not easy, so the specialist must have an analytical mind, understand biology and chemistry, navigate in modern technology. One of the subspecies of this profession can be attributed to the Port Geologist - a specialist who monitors the environmental performance of ports, the impact of ships on aquatic flora and fauna.

Ecoanalyst of the extractive industry

It is a specialty whose main activity is aimed at preventing environmental disasters related

to human mining activities. Thanks to the work of this specialist, humanity will not harm the environment by their actions and the balance in mining will be maintained.

GMO agronomist

It has previously been thought that modified gene code products are dangerous to human health and can affect genetics. But modern scientists have refuted this myth, and today you can find experts who specifically cross the DNA of carrots with eggplant, and there is nothing wrong with that. These specialists will develop the rural industry and implement biotechnological achievements in it.

Designer of new organic materials

The trend towards environmental friendliness has found its place in the beauty industry. Many global brands refuse to use animal skins and furs, preferring artificial materials.

As a result of this trend, materials that have a natural origin, but do not harm nature, have come to the fore. Yes, today you can find clothes made of bamboo, nettle, algae, hemp, eucalyptus and more. The designer of new organic materials will develop the field of ecological use of raw materials, as well as create new, unique fabrics.

Medicine

The coronavirus epidemic showed how medicine and humanity in general were not ready to fight the enemy. During the pandemic, medicine has changed greatly, and this impact will affect the professions of the future. Example, has become a very popular online therapist who can be consulted without leaving home, and many people will not return to their usual trips to the clinic.

Neuropharmacologist

This specialist creates drugs that directly affect the brain, increasing productivity in healthy people. The specialist must have a medical education, in-depth knowledge of pharmacology and

5 Vitamins and Minerals to get FABULOUS skin (forever)

These are the most powerful vitamins and minerals that will give your skin a healthy and youthful look at all stages of your life. Include them in your diet from TODAY!

A good skincare routine is essential for your skin to look radiant at any stage of your life, because thanks to it you can keep your face free of imperfections, toned pores, fight acne and of course, prevent premature aging.

However, no matter how much you invest your budget in the best face creams and treatments, there is another essential point in skin care: Yes, we are talking about your diet! Giving your body the nutrients it needs will help you stay healthy and strong, but more specifically, you should know that there are ingredients that contain the exact vitamins and minerals to achieve a glowing skin that we all dream of.

So, take note so that on your next visit to the supermarket (or online purchase) make sure you add them all to your cart and from now on, include them in your diet on a regular basis to enjoy all their benefits on the skin. .

Vitamin A

You may have heard of 'retinol', a word that has become popular in recent years, thanks to the fact that it is a great ally for the skin. Well, it's vitamin A in the form of a cosmetic active. Retinol is able to stimulate the natural production of collagen and hyaluronic acid, and can also prevent wrinkles.

You can find this vitamin in green, orange or yellow foods, such as carrots, broccoli and mangoes.

Zinc

Among the most notable properties of this mineral are that it helps relieve redness and skin irritation, associated with moderate to severe acne. According to Cynthia Cobb, a nurse who specializes in health, beauty and cosmetics, she is also able to reduce the appearance of scars from this problem.

Include it in your diet by increasing the consumption of nuts, oats, beans and oysters.

Vitamin C

Vitamin C is a powerful antioxidant that protects the skin from free radicals and is good for removing blemishes from the face. On the other hand, some studies indicate that regular consumption may reduce the chance of skin cancer.

As you know, citrus fruits are a good source of this vitamin, but it is also present in other foods such as parsley, red pepper, Brussels sprouts and watercress.

Potassium

The main function of potassium is to balance sodium levels so that the body can function properly, while balancing fluids, is a pH regulator and contributes to the formation of new cells. For all this, it is

good to consume foods rich in potassium to keep the skin hydrated, young and healthy looking.

Some ingredients with potassium in addition to bananas are: spinach, natural yogurt, sweet potato and pistachios.

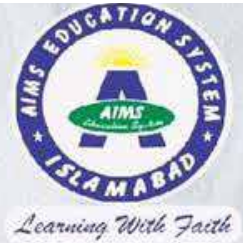
Vitamin E

Another of the vitamins with the most presence in cosmetics is E, as the industry is well aware that it is a great antioxidant that fights free radicals that cause premature aging; It is also good for reducing solar damage, such as expression lines.

Give your body a boost of vitamin E from delicious avocados, sunflower oil, milk and chia.



ADMISSIONS OPEN 2022



Montessori to O-Level/Matric
& Intermediate

AIMS Education System

An
English Medium
Islamic School

YOUR CHILD'S
JOURNEY
TO A GREATER
FUTURE
BEGINS HERE



aims.net.pk



(051) 27 22 123



0320-8442233

OUR CAMPUSES

Main Campus
Street 4, H-8/1
Islamabad.

F-8 Campus
Street 49, F-8/4
Islamabad.

G-10 Campus
Street 29, G-10/2
Islamabad.

Gulzar-e-Quaid
Airport Road
Rawalpindi.

PWD O/9 Campus
Street 12/2, Block-B
National Police Foundation
O/9 Islamabad.

Tips to make your photoshoots much more creative from home

Make your home a photo studio and take the most creative photoshoots, without leaving home!

You have to accept it: normality is something else. The house has become our office, gym, restaurant, and classroom. Why not also make it the perfect place to take photos? We give you the best tips to make your home photoshoots super creative with things that you will surely find stored in some corner of your home. Take out your camera, let your imagination run wild and pose with these tips and your best creative poses when taking photos!

1. Drainer + light

There is a kitchen utensil that you can never miss: the drainer. What you don't know is that it not only

serves to drain the pasta, you can also use it in your photoshoots! The idea is that the light passes through this element so that the holes can create an effect on your face and body. You will have super unique photos!

2. Homemade colored lights

Do you want photos full of colors? Too easy! You can buy cellophane in the colors you want or you can choose to use some translucent fabric that you have at home. The idea is that you put it on a spotlight and that's it! Forget about the classic white or yellow light in your house and give your photos a twist.

3. A mirror is always a good idea

Play with the mirrors in your house! Whether they are small, large, square, round or oval, you can use them to make a truly magical photo shoot. Take advantage of the natural

backgrounds you have: your garden, the sky or even the ceiling of your bedroom. Everything is valid!

4. The projector is not only for watching movies...

The projector is a GREAT tool for creating spectacular backgrounds for your photos. Look for fun pictures, full of color and texture and project them on the wall. Set the timer on your camera and play with the angles.

5. Do your own home study

First of all: find the longest fabric you have at home. The next step is to hang it or stick it on a surface. Decorate the space around you, collect all the lamps you have, put on the outfit that makes you feel sexier and you will be more than ready for a dream photo shoot. Play with the decorations and poses to make each photo unique and special.



Physical education everywhere: 4 ways of integration with other disciplines

It is rumored that physical education as a discipline is not very serious and not mandatory at all. Often teachers take students away from physical education classes for something "more important", neglect physical education moments and completely forget about their importance...

Let's dispel stereotypes together, because physical education is one of the most important subjects! Exercise improves the mental activity of students, and also has a positive effect on mood and health.

Therefore, it is necessary not only to increase the level of knowledge of educators about the benefits of physical activity, but also to integrate physical education with other subjects! Use our tips for integrated lessons to take your lessons to the next level!

Conducting lessons in the gym

The easiest way to integrate physical education with other subjects is to conduct any lesson in the gym. So children will have enough space to exercise. And how many new impressions! In addition, changing the location of the lesson has a positive effect on children's motivation and increases their attention.

Exercises to memorize new material can also be arranged in the gym or on the outdoor sports ground.

Here are some mnemonics related to the new location of the lesson:

1. Studies show that walking backwards and forwards helps you to better reproduce the information you need to remember. Mark the start line and ask students to stand next to it. Now ask questions based on the material learned, and the children should answer and take a step back at the same time. Then ask them to go backwards (just be careful!) And repeat the most difficult rules. And you will be surprised!

2. Regular exercise has been shown to improve memory. And what about one-time physical activity before independent work? Experts say that simple exercise also speeds up the process of memorization. So arrange a workout just before the test and analyze the results!

3. Apply the method of Cicero! Yes, the new integrated lesson room will help students memorize the topic faster.

- First, select the most important from what you have learned. For example, you need to remember the term: "Electricity - the flow of electrons."
- Next, students should place the objects around them in the gym in a certain order: starting at the entrance and clockwise (such as a gymnastic horse, a soccer ball, a skipping rope, etc.).
- Next, ask the children to relate the existing objects to the information they need to remember. For example, "electricity" is a gymnastic horse, "stream" is a soccer ball, and "electrons" is a skipping rope.

- Then you need to walk through the gym, examining the selected subjects, and repeat the term being studied. It's very simple and at the same time extremely effective!

Thematic names of teams, exercises or subjects

Physical education lessons often include a variety of competitions, so do not forget about them when preparing an integrated lesson! For example, when choosing the name of their team, students should be guided not just by their preferences, but use terms and concepts from the subject that is integrated. For example, teams can be named as continents or take the names of prominent physicists.

Similarly, exercise, regulations, and competitive games can be called a historical event, a battle, or a chemical reaction. And the usual volleyball net can become an obstacle on the way to victory in war. It all depends on your imagination!

All things have their history, and subjects in physical education classes are no exception! Yes, the skipping rope comes from China, and this information is a great opportunity to explore the history of this country. The country that invented the ball is still under discussion. Lots of options: China, Ancient Egypt or Greece, Ancient Rome, Britain and even the Inca Empire! Here's another idea for an integrated lesson: a reasoned discussion about the origin of a regular ball.





What was experienced during childhood plays an important role in learning. Do not let the excessive use

of the internet consume moments that, apart from memories, add experiences.

Coloring, doing puzzles, dressing up, guessing or going to the park are some options to entertain children without internet. These alternatives are educational and are enjoyed as much or more than online applications or games. Remember that technology will always be there, but childhood is fleeting.

It is fine to rely on tablets, computers, telephones and smart televisions as methods of distraction, but nothing like creativity to provide children with experiences, help in training and cognitive development.

Activities to entertain children without internet

Considering the internet as a form of hobby is not unreasonable; the problem occurs when the child becomes dependent on a device to distract himself, which also represents a risk of insecurity on the web due to improper handling.

So that the network does not absorb infants, we present 20 ideas that you can put into practice.

1. Separate objects

It is a pleasant dynamic for children from 1 to 2 years old. Instead of turning on the tablet

and playing a video or cartoon, teach him to classify objects. It can be by color, size or type. Plastic cushions, stuffed animals or blocks work.

2. Paper target shooting

You need an empty toilet paper tube. Together with your child, decorate it. What follows is to launch balls of paper aiming at the recesses of the roll. Whoever accumulates the most will be the winner. The best thing is that you stimulate healthy competition.

3. Straws and balls race

Looking for a super simple and fun game? You found it! The materials are paper and straws. The amount depends on the number of participants.

Take the paper and form several balls. With other toys, shoes or duct tape, mark a starting line and at a certain distance the finish line.

Blowing the straw they have to roll the ball of paper to the goal. Whoever arrives first wins. If you want to add more excitement, design a race track and let the balls run through it.

4. Discover the treasure

Design a treasure map that you will hide in a room in your house. The goal is for the child to find it by following the clues. Reversing roles is also exciting: exploring parents and little ones preparing the map.

5. Who knows more?

Make up a trivia game with familiar facts. In this way they will get to know each other

more. Write the questions with their respective answers on cards.

Shuffle and then each one takes a turn to ask until they know who accumulates the most hits. They can still choose a topic of interest to everyone.

6. Shows at home

In every family there are one or more members with an artistic vein. Bring it out by organizing small performances: dance, drama, sock puppets, skits, and magic.

Along with creativity, the loss of stage fright is addressed, which sometimes affects children.

7. Cook together

Make up recipes with the ingredients you find in the pantry or start a preparation that you like. Making cookies or baking and decorating a cake are the most fun and delicious tasks with your children.

8. Stop the pencil!

This alternative to entertain children is also known as stop or enough. It consists of taking a sheet or table and separating several categories into columns: name, surname, city, animal, fruit, thing, color and any other they want.

Take turns saying a letter and you have to fill in the fields with words whose initial corresponds to the one indicated. Whoever finishes first shouts "stop the pencil." Then everyone checks their writing.

one with the most points is the champion.



Options to entertain children without internet



SHAHSONS

3RD NATIONAL EDUCATION SUMMIT SUCCESSFULLY ORGANIZED BY PAKISTAN ACADEMIC CONSORTIUM (PAC).

Pakistan Academic Consortium for the successful 3rd National Education Summit 2022 held on 12th March at MBB Auditorium, Salim Habib University Karachi organized by Pakistan Academic Consortium in collaboration with Ministry of Federal Education and Professional Training Pakistan. The Summit brings together leadership of various educational institutions, government, civil society representatives, including educationalists across Pakistan to engage in discussion around advancement of teaching pedagogies and education in Pakistan. The participants were awarded with Education ICON Award from Minister of State & Chairman Board of Investment - Mr. Azfar Hassan at 3rd National Education Summit.



Red
JUMBO WAX CRAYON

JUMBO CRAYON

Goldfish®

www.shahsons.com

Lahore Grammar School Gulberg students celebrated 23rd March.

Pakistan Day..... 23 rd March was the day of hope and determination for the millions of Muslims of Subcontinent. Students of LGS Gulberg paid tribute to father of Nation Mohammad Ali Jinnah. On this day the dynamic leadership of Quaid e Azam Mohammad Ali Jinnah has achieved a tremendous victory. On this occasion students were in traditional clothes, Students also prepared speeches which were appreciated by the school management and parents.



SHAHSONS



GRIP

PICASSO®

www.shahsons.com



SHAHSONS

Graduation Ceremony & Annual day of Pak-Turkish Maarif School Rawalpindi Campus was celebrated with great enthusiasm

Annual day of Pak-Turkish Maarif School Rawalpindi Campus was celebrated on Saturday, March 12, 2022 in the auditorium of Pak-Turkish Maarif School with great enthusiasm and in an orderly manner. On this occasion the school auditorium was decorated with flowers and colorful balloons. Minister of plenipotentiary Yemen, Abdullah Hassan Hussain Obaid was the chief guest. Sadia Hameed, Principal, Pak-Turkish Maarif School, Rawalpindi Campus and Sumeyye Kevser, Campus Director welcomed the parents and guests in the program and gave a brief overview of the school's objectives and achievements.



Red
JUMBO WAX CRAYON

JUMBO CRAYON

Goldfish®

www.shahsons.com

STUDY AROUND THE GLOBE



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

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

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



Global Montessori Coaching Institute

 ONLINE



9th April, 2022
8:00 PM to 10:00 PM

One Day Workshop on Nutritional Requirements of Growing Children



Learning Investment:
PKR 1000/- only



Syeda Asmat Zahra
Educationist & Trainer



Dr Asma Asif
Nutritionist & Child Psychologist



Areas to be covered:

- ★ What my preschooler should eat.
- ★ How to increase height of your child?
- ★ How to deal with fussy eater?
- ★ How to prevent my child from getting sick?
- ★ How many eggs a child should eat in a week.
- ★ Nutrient contents of different foods and what a balanced diet is.



 0333 4346176

E-Participation Award on Completion of the Program