

Fun Facts about the Brain: 6 Surprising Facts

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Reading without Understanding: A Disturbing Trend

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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.

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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

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.

Balloon pros and cons

What we don't know about Chewing Gum

From ancient Greeks to modern soldiers

The first chewing gum was gum tree bark resin, which was already freshened up by the ancient Greeks. Many cultures reached for chewing gum obtained from plants. On an industrial scale, production attempts were made "a little later", in the mid-19th century. At that time, these were still imperfect spruce gums, with needles scratching the palate at times. The method of producing rubber was patented in 1869 in Ohio. From World War II, for example, it was added to the provisions of American soldiers as a means of increasing vigilance and reducing tension. To this day, chewing gum is a permanent component of MRE, i.e. military provisions.

Chewing gum can raise your blood pressure - don't bring gum to Singapore!

Since 2004, it is forbidden to bring, sell or chew gum in Singapore. The exception is prescription gum. The decision was made when rubbers were notoriously stuck to cars and walls, which littered the urban space.

The largest bubble made of chewing gum

The Guinness record for balloon blowing was broken by American Chad Fell in 2004 - the balloon had a diameter of 50.8 cm. The winner of the competition organized by the Dubble Bubble brand, documented by the ABC television network, blew a balloon with a diameter of 58.5 cm.

Walls of chewed gum

In many cities around the world, places visited by tourists are being created, the main attraction of which are decorations made of spit out chewing gums. In the Californian city of San Luis Obispo, you can see Bubblegum Alley, a narrow street whose walls are covered with layers of spit and dried chewing gums. A similar place is the Market Theater Gum Wall Past Alley in Seattle or the wall next to Juliet's balcony in Verona, Italy.

Consequences of chewing gum

Contemporary chewing gums are different - square and oblong, in leaves, in dragees, with different purposes and with different flavors. The most popular ones are to refresh your breath. It was for this purpose that they were used and thanks to these properties they gained popularity. However, are they completely harmless to our health?

Disorders of the temporomandibular joint

What too much is not healthy. Exaggeration is always bad, and so is chewing - too frequent and long chewing of gum causes pain in the jaw, head, neck, and sometimes even the ear. Be careful not to overstrain the joints and muscles of the jaw, as this leads to many diseases, such as muscle hypertrophy, which causes grinding of the teeth during sleep, which in turn destroys the enamel on the teeth and fillings.

Problems with the abdomen and intestines

We also swallow air while chewing gum. Especially in the case of irritable bowel syndrome,

moderation should be exercised. Also pay attention to sweeteners (sorbitol and mannitol), which stimulate the intestines and, in excess, may cause irritation.

Chewing gum can cause tooth decay or counteract tooth decay

On the other hand, gums with sugar are responsible for tooth decay. Where it is replaced, there is sorbitol, xylitol, lactitol, maltitol or the controversial aspartan. Each substance has a different effect, so read the chewing gum ingredients carefully. Sorbitol, for example, protects our enamel against the action of destructive acids and lowering the pH of the tooth enamel below 5.5, and xylitol has a bacteriostatic effect. In addition, chewing fluoride gum strengthens the enamel of our teeth. But beware - even with fluoride you must not overdo it! The mere increase in the amount of saliva affects the cleaning of the oral cavity, teeth and interdental spaces from food residues and neutralizes acids, reducing the risk of enamel demineralization.

Healing gums

The oral mucosa allows for quick absorption of medicinal substances, hence many medications and dietary supplements are available in the form of chewing gum. An example is vitamin C, which is easily absorbed by the body under the influence of saliva.

Increasing creativity and stimulating the brain

By chewing, we increase the level of oxygenation in the brain - this is where the secret of the influence of gum on thought processes lies.



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Reading without Understanding: A Disturbing Trend

Do you remember the last time you read a book without getting distracted, without getting tired, or when nobody and nothing bothered you? It all has a name and a reason.

Books are a great source of knowledge and pleasure. However, in the 21st century, reading without understanding is becoming more and more common.

Perhaps our goals for the new year include some of the most popular and promoted. But although several weeks have passed since the beginning of the new year, it's still a good time to ask yourself what really defines us. What do we want to delve into or what we want to discover.

And all this can undoubtedly be found in books. And reading seems to be an ideal goal, not only for the New Year. There is no better way to see not only the outside world in a new light, but also our inner world. But reading without understanding it can prevent us from doing so.

Because do we really always understand what we read? Do we really absorb whatever the book can bring us? Books are a great source of knowledge, but also pleasure, because what attracts us most often is pure entertainment.

However, we often overlook some of their most enriching benefits, such as the endless and precious resource of instruction and wisdom. In the 21st century, however, reading without understanding is becoming more and more common.

Speed reading, speed reading without understanding anything

As every year, Santa Claus visited us on the night of December 24 with a sack full of gifts. And among them you can clearly see a trend that has been repeated in recent years: iPads, tablets, smartphones, video games ... A whole range of gifts in the form of electronic toys that push the classic book into the background.

The habit of reading electronic devices is considered perfectly normal today, but is it really helping us? In fact, it is disturbing in terms of the amount of time young people spend reading. And even more disturbing is the quality of understanding of the text they are reading.

Ziming Liu, Ph.D. from San José State University, California, has done some interesting research on this topic. He analyzed a practice known in the Anglo-Saxon world as skimming, which can be translated as "scanning" or "viewing".

One of his studies, conducted in 2005, is called Reading Behavior in the Digital Environment: Changes in Reading Behavior over the Past Ten Years. Reading behavior in the digital environment: changes in reading habits in the last ten years.

We concluded that reading behavior based on a digital screen has changed a lot in our time. They are characterized by spending more time exploring and scanning. Readers detect keywords, read single words, and don't read linearly.

Consequently, the entire reading process is more selective, while less time is spent on deep reading with full concentration.

In addition, they also observed a significant decline in the ability to

pay attention to the text.

Diagonal reading, the most common trend among young people

The so-called diagonal reading is a deliberately applied method. It involves reading the first line of a paragraph and then, without concentrating on any particular word, running diagonally from the left side to the right corner.

So something like this resembles "leafing" a paper book. The mind only stops at the words that stand out the most.

And this is the most common trend among young people. A quick and distilled way of reading, but which allows you to assimilate some concepts that they saw on the cover of the book. For what purpose? To assimilate them as their own, as if they really understood the full context from which they were extracted.

In addition, it should run through the basic, specific phases conducive to the assimilation of actual knowledge. And if we ignore any of them, the result will be incomplete and in many cases even wrong.

But then, since we know that we sometimes read without understanding and may be wrong in our conclusions, why do we do this? Where does such reading come from without understanding?

The "age of anxiety" prevents us from sitting calmly and reading a book

The culture of immediacy into which we have plunged in recent years is a concept closely related to technology. We want everything fast and now. The problem is that this style cannot be applied to

What are RAW images and the best apps to edit them

There are already many mobile phones in circulation that offer the possibility of taking photographs in RAW format, although the truth is that this functionality is far from being a generalized option right now. Despite this, RAW files have been with us for a long time and are almost always related to professional photography, and it has an explanation.

It is common for traditional cameras, those that do not come sewn to a mobile phone, offer the possibility of shooting both in RAW and JPG formats. This is because both formats are very similar, apart from one of them being the "parent", the RAW, and the other the "child", the JPG. Because RAW is the matrix, the raw information. Let's see it in more detail.

RAW format and raw information

We have described on more than one occasion how digital photographic sensors in cameras work, but it never hurts to review some concepts. Sensors are semiconductors, chips made up of millions of individual cells that we can call 'pixels', although pixels are what they generate more than they are.

This information, separated into three, is what ends up embedded in the mobile phone. All the information of what the sensor has captured reaches the camera app, which is the one that decides what to do with it to, finally, produce a file that we can manipulate: our photograph. But there are two processes to produce this photograph. The information can be processed and compressed to make it more manageable and standard or it can be offered practically raw, with hardly being manipulated.

When the image is processed (filters and other mathematical enhancement and stylization algorithms are applied) what is produced is a JPG file. When the image is offered practically raw, with all the sensor information at our disposal to do and undo

whatever we want, what is produced is a RAW file. Some cameras offer us this possibility and other cameras do not. It all depends solely on the options of the camera app on our phone, it's that simple.

We say it depends on the phone app because the RAW file always exists. The capture process is always the same and at the end of the chain a file with our photograph is produced. It depends on the camera app to let us export the raw information or not. And of course, this raw information is heavier than the processed information, so RAW files take up more space than JPGs. A lot more.

Best apps to edit RAW files

Although our camera app does not have the option to export photographs in RAW format, we can always have photographs in this format as a product of our camera or extract them from the Internet to practice our processing or 'development' technique, such as The treatment of RAW is known that ends up producing another more standardized photo format.

Be that as it may, we show you the best apps on the mobile market to deal with these RAW files. Apps that you can frequently find in both operating systems, both in Android and for the iPhone and iPad, and that you can have installed to continue practicing digital photographic development wherever you are. And we start with a well-known one, Snapseed.

Snapseed

Since it is not a very widespread format in the mobile world, it is not well known that Snapseed is capable of dealing with photographs in RAW format. With this app we can open the files in this format and adjust different parameters before producing a JPG file. And Snapseed is found for both the iPhone and Android.

Adobe Lightroom

One of the best known and most powerful programs for processing RAW files in the PC world is also present on the mobile in the form

of an official app. But in addition to letting us process RAW on the mobile, Lightroom has a built-in camera for us to shoot raw. That is, although our native camera app does not support RAW capture, Lightroom will open this door for us.

Adobe Photoshop Express

Adobe again appears here to leave us the classic Photoshop but in its version for mobile phones. And although on the PC we need at some point a specific extension to handle RAW files, on the mobile its support is completely native. Again, an app that we can find both for iPhone and iPad and for Android.

VSCO

VSCO originally started as an app capable of editing JPG files only, but its support for raw data from RAW photos came years ago. In addition, we have the advantage that VSCO is also a social network in itself, with a showcase in which to place our creations and form a community around them. Another app for both operating systems.





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A brand in Education sector from more than 30 years

Q1- Can you provide some information about your history and experience.

It is a long story of struggle, persistence and devotion. I believe that when you get committed with your mission and then work hard for it, you will surely achieve your goals. It seems difficult in the beginning but one should never give up and always remain optimistic. I remember, when I was studying in the university, I used to give free tuition to the kids of my home servants. Besides that I was also teaching in an academy just for my inner satisfaction.

After completing my graduation in commerce, I preferred to join the field of education. I had a mission that I would establish an educational system where excellent academic facilities will be offered to all irrespective of their socio-economic backgrounds.

In 1989, I established a school under the name of Al-Hadeed Foundation. I worked day and night and finally in year 2000, I got successful to establish a formal institute under the name of LAPS (London Academic Plan School).

In order to extend our mission, we have launched countrywide LAPS Franchise (Pre-School to High School) in 2016 and now we have more than 50 successfully running campuses all across Pakistan.

Q2- Please describe your leadership style.

I believe in the concept of Shared leadership. For me, a true leader is the one who shares his responsibilities with his team members, believes in the opinions, viewpoints, feedback, insights, and wisdom of other stake holders (Principals, Administrators, Teachers, Parents, and Students etc.) as well. I always involve my team and take their feedback into consideration while making important decisions related to the school's organization, operation, and academics.

Q3- What do you think, is most important benefit of educating the society?

"Education is the most powerful weapon which you can use to change the world" | Nelson Mandela

Education leads to creation of a better society. In this era of globalization, if any society wants to excel and become independent, it has to ensure education of its citizens. Education motivates self-assurance and self-dependency in the people. Education brings positive social change in the society. Therefore, educating society should be our top priority.

In talk with
Amjad Hussain Baig
CEO LAPS
(London Academic plan school)



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Q4- What do you feel about the role of an Educationist in shaping the society?

In my point of view, Educationists play a significant role in shaping the Society. They are not only working to educate the students rather they are shaping their future as well. They are contributing in building up the character of the next generation, thus shaping the nation's growth & development. Therefore, they have a huge responsibility on their shoulders which should be fulfilled with full commitment and devotion.

Q5- What is FMF? Can you give us little brief on it ?

I always wanted to contribute to the lives of underprivileged and deprived people of Pakistani society. For this purpose, I laid the foundation of FazalMamdot Foundation (FMF) in 2013. FMF is a Non-Profit & non-Governmental organization working with the mission to bring improvement in the living conditions of the people of Mamdot. Mamdot is a village in the district of Talagang, Punjab. Under the umbrella of FMF, we have initially started welfare projects in Mamdot.

Currently, FMF is running a free dispensary in Mamdot village and planning to transform it into full medical complex to provide advanced health facilities in the area.

Furthermore, FMF is providing free water supply to 800 homes of Mamdot village on a daily basis through solar tubewell and tank. We are working to increase water supply to more number of homes by increasing solar and tank capacity.

Q6- Do you have any plans to expand this Cause of FMF on National level?

Yes I have plans to extend the scope of FMF to other far flung areas of Pakistan too where people are suffering due to lack of basic facilities like health, clean water, education etc. For this purpose, a few projects are in pipeline which will be announced very soon In ShaAlla.

Q7- What can be done to make Education in access

of everyone?

Education is the basic right of every individual but unfortunately it is not as accessible to everyone as it could be in Pakistan. There are a lot of reasons behind that which should be addressed on priority if we really want our nation to grow and develop in this era of globalization.

All children and youth, no matter their age, gender, ethnicity, family income, citizenship, disability status or where they live, should be provided with basic educational facilities free of cost. Specially, we need to focus on our rural areas.

For this purpose, our Policy makers should increase funding to education sector, build more schools, bring necessary improvements in the existing schools' infrastructures, train the teachers & administrators and concentrate on building public-private partnerships programs. Apart from traditional ways of learning, Flexible e-learning option should also be utilized as we saw that all schools shifted from physical classrooms to digital classrooms.

With these efforts and initiatives, we can make education accessible to everyone.

Q8- In the end any message to the world from our platform.

Always work hard and never give up. You may encounter difficult times during your journey but never surrender. Sometimes, you have to take difficult and challenging decisions, but always believe in yourself and strive for the best.

More, I would like to request everyone to please play your role for the welfare of the society. In whichever capacity you are working, always keep in mind that underprivileged people of our society need us. It is our moral, religious and social responsibility to help others who are needy and do something worthwhile to bring a positive change in other's lives.

I would conclude with a famous saying that "A man's true wealth is the good he does in this world". So do good and I assure you that Allah will make your journey easy and successful.



These questions will help you gain a better understanding of where you are and how you can get where you want to be, no matter what your goals are.

If you want to achieve better results at school, at work or in your personal life, you need to focus more on "before" and less on "during". Ask yourself these questions: would you jump into the pool before you were sure it was deep enough or before checking its temperature?

Probably not, right? Then you should adopt a similar mindset for your projects and goals.

When you face a challenge, difficult task, or new project, you need to ask yourself these questions first. These questions will help you find out where you are, where you want to be and how you can get there. Thinking ahead before you start will help you get a clear picture of the situation.

By reading today's article, you will learn seven questions that you can use to gain a better orientation. Ask yourself these before you start and it will be much easier for you to get on your way to success.

Ask yourself these questions: why am I doing this?

First of all, you need to know the reason behind what you are about to do. Whether it's a goal, a new habit, or a project, knowing why you're doing something answers the first question you need to ask yourself.

This is extremely important because knowing the reason behind your actions can motivate

you. If you don't know why you are doing what you are doing, consider getting an extra dose of energy and determination.

What results do I want to achieve?

If you are not sure what results you want to achieve, you will not be able to plan the way to get them. Make it clear what you want to achieve so that you create a plan that will get you there.

Overall, clearly defined and tangible goals are much easier to achieve than random ones.

When do I want to achieve my goal?

You need to know clearly when you want to achieve your goal. It is worth writing down milestones and dividing large projects into stages. This will help you stay focused.

If your goal depends on many factors, you probably won't reach your goal in the time you wanted to be. Even so, you can still measure your progress and pay attention to how long it takes.

What obstacles may appear on your way?

You will surely come across various obstacles on your way to your goal. However, if you focus on their occurrence, it will be much easier for you to deal with them when they do occur.

We are not always able to prepare for complications as many of them are completely unexpected. However, you can try to anticipate some things that will make you go backwards in order to start preparing for them.

What resources do I have?

You need to be aware of the resources you need and whether

they are available. Some of the resources you need to think about are skills, time, money, and people.

Be honest with yourself about what is available to you and don't ignore the direct or indirect involvement of others. This also applies to personal projects.

Ask yourself these questions: how important is this project?

The attention and effort you put into the project depends on how important the project is to you. Ask yourself how important a role this project plays in your life and think about how it might affect other tasks.

You also need to think about the value of your project and consider whether it is really worth your time and money.

What can you do to be more effective?

This question will help you develop strategies that will help you improve yourself so that you can be more productive. Using useful and effective tools to improve the quality of your work will produce better results.

Time management is extremely useful and helpful. You will need to delegate tasks and prioritize the most important ones, plan effectively, avoid multitasking, etc. Think about all the elements of your strategy to make it work.

Ask yourself these questions for better results



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Do you think everything has been said about the brain? Read this article and you might discover amazing facts about the brain that no one has told you about before!

For a long time, the brain was thought to be responsible for our entire body, including memories and emotions. Philosophers believed that there was a soul hidden in the brain. However, through numerous studies, some very interesting facts were discovered. In this article, we'll cover some interesting facts about the brain that you probably don't know yet.

The brain is the main organ of the human nervous system because it controls most activities and is able to process countless information.

While listing basic trivia about the brain, it's also worth mentioning that it's also home to all of our emotions and cognitive abilities, including long-term and

short-term thoughts, memories, and decision-making abilities.

Fun facts about the brain

From the first mention in an ancient Egyptian medical document known as the Edwin Smith papyrus, discovered in the 19th century, to the present day our knowledge, including numerous curiosities about the brain, has significantly expanded. Nevertheless, there are still many secrets and curiosities waiting to be discovered.

Brain size varies greatly with age, gender, and body weight. Some studies, however, suggest that a male brain weighs around 1,336 grams, while a female brain weighs 1,198 grams.

In terms of dimensions, the human brain is not the largest. The sperm whale, the largest carnivore living today, has the largest brain known to scientists of any mammal. Considering that this mammal weighs around 35 to 45 tons, comparing a human brain to that of that animal

seems disproportionate.

However, it is the human brain that contains the most neurons, i.e. cells that store and transmit information using electrical and chemical signals.

Functioning

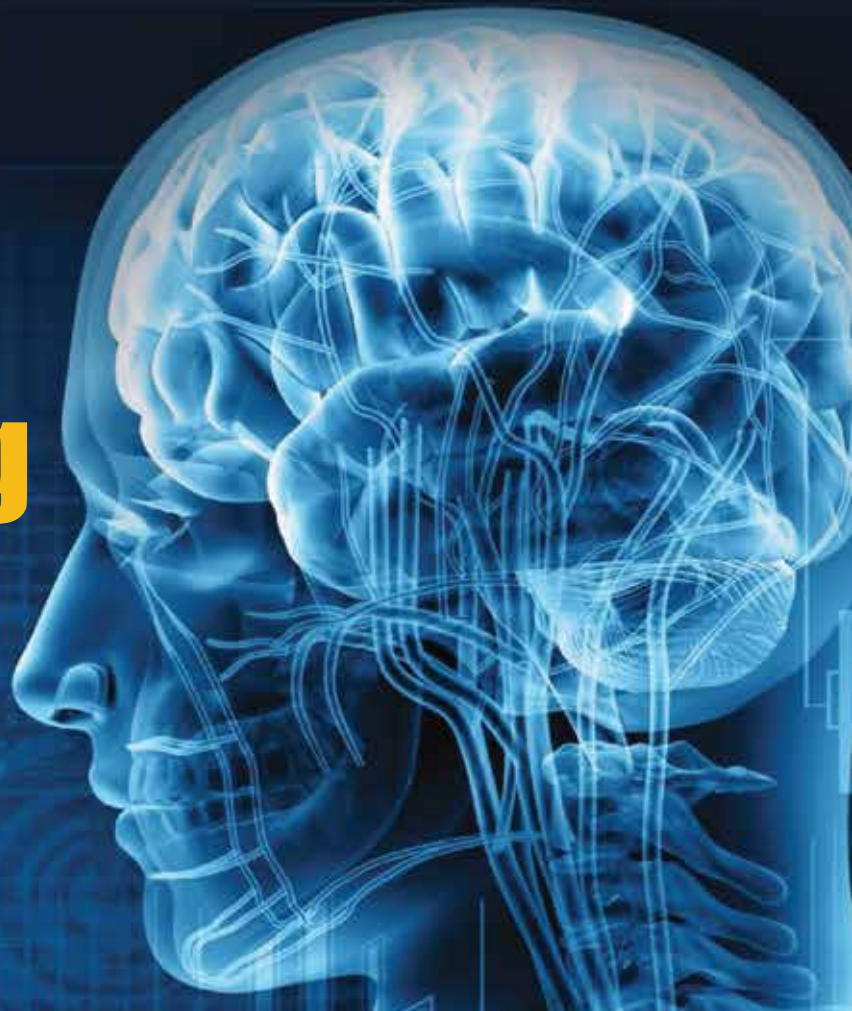
The human brain has three parts:

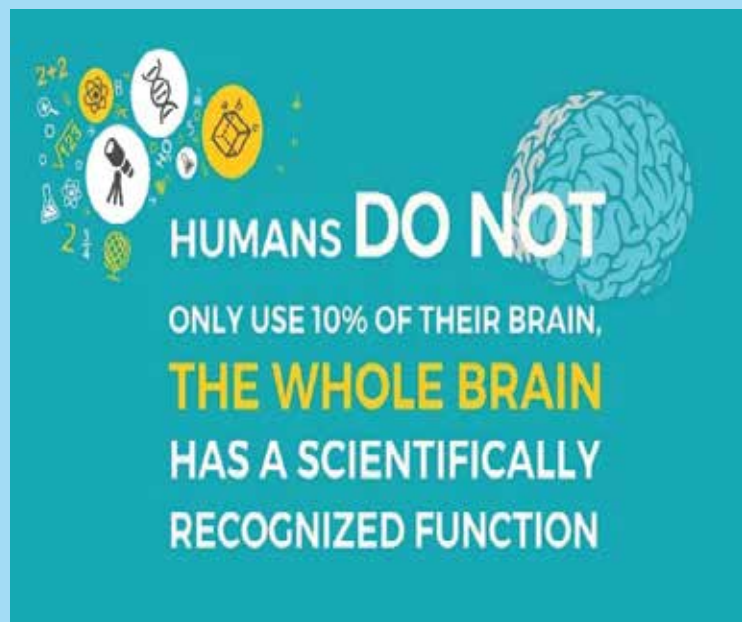
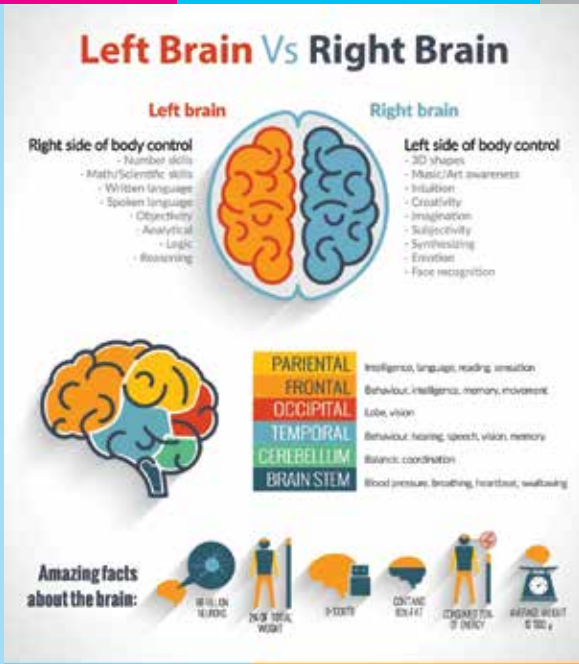
- Brain stem - connects the rest of the brain to the spinal cord.
- Cerebellum - Located at the back of the brain, it plays a role in regulating movement, coordination, and balance.
- Cerebrum - fills most of the skull, hence is the largest part of the brain. Hidden beneath the cerebral cortex, it covers other smaller structures that are responsible for the processes of conscious thinking, decision making, memory, learning, communication, and perception of stimuli.

Energy consumption

Although the human brain is not a large organ, it requires a lot of energy. The fact is that it uses

Fun Facts about the Brain: 6 Surprising Facts





25% of all energy needed by the body to function, even though it only accounts for about 2% of a person's weight.

But why does the human brain require so much energy to function properly? Some scientists believe that most of this energy is used to sustain thought and body processes. Some of this energy is likely invested in keeping your brain cells healthy.

However, according to other scientists, the brain uses a lot of energy when it is resting, apparently "inactive" connections are actually active even at rest. These areas are characterized by a high metabolic rate, which increases the brain's "energy budget", even if it does not seem to be doing anything.

However, hypothesis is that the brain does not use a lot of energy for no reason but quite the opposite. According to this scientist, it represents the fact that individual areas store all experiences and information. This is the map that we refer to when making decisions.

How much brain do we really use every day?

Up to a point, it was believed that humans only use 10% of the brain's capacity. The same myth suggested that if we were to use the remaining 90%, we could "unlock" amazing abilities.

In fact, we use most of the brain almost all the time. Brain scans have shown that people use almost their entire brain all the time, even while they are asleep. Nevertheless, patterns of activity may differ depending on what we are doing or the phase of sleep we are in.

The neurologist also says that even when we're busy with a task, the rest of the brain is busy with other things. In this way, we sometimes find a solution to a problem when we stop thinking about it or after a night of sleep.

In other words, the brain never stops working on a problem, even if you are not consciously focusing on it.

Dominant hemisphere

You often hear about the dominant hemisphere of the brain and its effect on personality. In general, people with a dominant left hemisphere are better at math and analytical tasks, while those with a dominant right hemisphere are more creative.

But that's not entirely true. While the fact is that the two hemispheres have slightly different functions, there is no "dominant" side of the brain that defines personality.

Instead, research has shown that humans use both hemispheres almost equally. However, it is true that the left side is more focused

on language, while the right side is responsible for non-verbal communication.

Changes that come with age

With age, the brain loses neurons. The frontal cortex and the hippocampus, two key areas of the brain for cognitive processes including memory and regeneration, begin to decline between the ages of 60 and 70.

But new research suggests that the adult brain can also generate new cells, which would increase the brain's plasticity.

The process by which new neurons are formed in the adult brain is called neurogenesis. Researchers suggest that the average human brain in the hippocampus alone produces 700 new neurons a day.

Still new facts about the brain to discover

While many scientific breakthroughs have been made, there are still many unanswered questions. For example, we still don't understand how the brain processes complex information.

So people still don't quite understand what consciousness is, or which part of the personality depends on the brain. Nor do we know why we actually sleep and dream, or how we store and access memories. To sum up, new discoveries teach us, but also open the door to new questions.

Home office versus the spine take care of your health and...psyche

Working in the home office system is associated with many dangers - including health hazards. So how should we take care of ourselves to avoid diseases, both physical and mental? Both areas are connected to each other because, for example, a diseased spine can contribute to depression. Surprising? Yes, but true.

Not all are equally good at remote or hybrid workflow. In most studies devoted to this issue, there is a common problem with maintaining balance and the lack of a clear boundary between the private and professional areas of life. Working remotely has also resulted in a two or threefold increase in the amount of time spent in front of computer and telephone screens, while limiting traffic, even related to commuting to the office.

Work time, rest time

Therefore, we should start taking care of our own health, both mental and physical, by deliberately establishing the boundaries between private and professional life.

Systematic disconnection from the professional turn and device digital detox will allow us to stop and focus on what we are going through. It will be an opportunity not only to

take a walk in the forest, but also to notice the natural circumstances we are in and to take our mind off the report that should be prepared for Monday. Thanks to this, we will not only rest physically and mentally, but also provide ourselves a dose of healthy sleep, thanks to which we will regenerate our strength for further activities.

There is a high probability that all these activities will lead us to the most important - listening to the needs of our own body. Which will significantly help us protect ourselves against many diseases, including monophobia (fear of lack of access to a telephone) or phonoholism (addiction to the telephone). Medicine takes both addictions as seriously as, for example, alcoholism.

The body sends signals

If we do not take care of our health early, the body will start to experience physical symptoms that indicate disorders characteristic of excessive remote work - thumb pain, tingling in the hands, wrist stiffness, swelling, and pain in the spine in its various parts. These are obvious messages sent by the body, indicating the need to take a break of at least ten minutes from using the phone or laptop.

Because our body acts as a system of connected vessels - what manifests itself in the psyche also affects the physical area - and vice versa. That is why back pain means not only problems with moving and keeping the body in the right position. They are also psychological threats. Physiotherapists and psychotherapists emphasize that

emotional problems and chronic stress can cause back pain. Therefore, with back pain, you can not only go to rehabilitation, but also ... psychotherapy. People with chronic back pain are three times more likely to develop depression.

A healthy spine is a healthy psyche

More than half a billion people feel unwell due to back pain, which reduces their quality of life. They also experience excessive anxiety and show signs of depression. And with this issue we are faced with a dilemma - what came first, back pain or depression or anxiety? There is also a danger of falling into a vicious circle where the symptoms reinforce each other.

How to overcome pain and its causes " points out that suppressing feelings or desires causes asymmetrical muscle tension in the body. Unfortunately, this problem mainly affects the muscles that maintain the correct body posture, thus increasing the risk of damage to the locomotor organs or deformation of the body itself.

Back pain and changes in the brain

However, while it is still logical to assume that emotional problems affect muscle condition and thus posture, how do you explain the reverse mechanism by which back pain can cause brain changes? Chinese researchers found that the occurrence of chronic pain is associated with a reduction in the volume of the so-called gray matter. This zone is responsible, among other things, for processing pain, which in turn has a direct impact on the process of pain sensation.

Pain in different parts of the spine is accompanied by different changes in the brain. The greatest modifications of the gray matter accompany ailments in the lower back.



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We spend the day making decisions. Simple and complex, important or trivial. They all share an element of uncertainty on which in many cases depends whether they are right or wrong.

We do not make many decisions because they attack us and overwhelm us with doubts. This in turn leads to some kind of paralysis that prevents us from choosing one or the other alternative. If you want to be stronger, learn the tactic of neutralizing the tendency to doubt too much.

It is good to consider options, especially when you need to solve a problem that has serious consequences. There is a point, however, when we cross the border and are no longer able to soberly judge things, and plunge into ruminations that draw us into a vicious circle. To be more decisive, this circle should be broken.

Some people tend to be in constant doubt. This habit of thinking again and again before proceeding to action leads to the fact that life finally decides for us. Usually the consequences of this are not pleasant.

How do you get out of this dead end that seems to have no way back? What to do to be more decisive?

1. To be more decisive, avoid result-based thinking

The first strategy to be more decisive is to change our view of things. When we evaluate different choice options, our mind most often focuses more on the possible outcomes of actions than

on the choice process itself.

It seems to us that we should make assumptions about what might and might not happen if we chose one alternative or another.

But in this way, we get the problem wrong at the outset. First, because suppositions are by definition incorrect. In other words, no matter how much we want to anticipate our own reality, it is not possible.

The consequences of actions are subject to many more factors than our own will.

Therefore, to be more decisive, first of all we have to realize that there is no choice / situation over which we would have total control. Even if we tried very hard! Each choice is an assumption, not a certainty.

Therefore, it will be most important to focus on the evidence you have now and accept that uncertainty is the norm.

2. Limit your options - this is another key to be more decisive

Another good strategy to be more decisive is to limit your choices. Certain parameters should be clearly defined within which we are to make a decision. If we do not clearly define the limits, we can be consumed by a constant brainstorming, ideas and emotions that can paralyze us, not mobilize us.

Limiting options primarily means setting a deadline. If we leave the end of the process open, sometimes it just ends up being postponed forever. Consequently, reality will decide for us.

For example, we procrastinate in deciding whether to buy a blue or a green shirt. We hesitate until someone buys green and we only have blue to choose from. Therefore, a deadline should be set.

Second, it should be borne in mind that the decision-making process is mainly a process of rejecting worse options. So it's not about adding more options, but about rejecting them. When one of the alternatives is bad, do not hesitate any longer, just eliminate it.

3. Get away from the situation - get a distance

One of the most paralyzing factors in these situations is the high emotional stress that is often tied to the decision-making process. Very often, without even noticing it, we let fear or excitement take over us.

Therefore, if there are many emotional components involved, this may not be the best time to make a decision.

It is obvious that decisions involve not only cognitive but emotional aspects as well. It's not about waiting for all your feelings to go away. You just have to wait the moment when the emotional intensity is very high.

This factor blurs the clarity of the situation and leads to a distorted view of

How to be more determined

3 steps to more determination



TEACHING MATHS: What Do Students Need to Know?

For math teaching to be effective and trouble-free, you need to make sure your math lesson has four parts: problem translation, problem integration, solution planning, and problem execution.

What does a person learning math have to do to solve a math problem? This is certainly one of the most common questions in the field of mathematics. Mathematics is a subject that usually causes difficulties for many students. How should effective mathematics teaching look like?

You need to be mindful of the key qualities students need to develop in order to learn and understand math. You also cannot forget about the learning process. Only then will you be able to teach math the right way.

To understand how math works, students must first learn four different aspects:

- Linguistic and factual knowledge to create mental representations of a given problem.
- Create your own schematic knowledge to comprehend all available information.
- Strategies necessary to identify what the problem is asking.
- Practical knowledge that allows you to solve the problem.

Moreover, keep in mind that these four aspects are also used in the following four steps:

- Translate the problem.
- Problem integration.
- Planning a solution.
- Executing the problem.

1. Translate the problem

To solve a math problem, students first and foremost need

to translate it into an internal representation. This will give them an overall picture of the available data and goals.

However, in order for a text to be translated properly, students must have a special language and factual knowledge. For example, they should know that a square has four equal sides.

Research suggests that students often focus on the superficial aspects of the text of a problem. This technique can prove useful when superficial words are moving towards the solution. When this is not the case, however, this approach creates even more difficulties.

The situation becomes even worse if the students do not even understand what their problem is asking for. It makes no sense for them to try to solve something that they cannot even comprehend.

This is why teaching mathematics must begin with teaching translation of problems and explaining the language of verbal problems. Many studies have shown that special training to create appropriate representations of mental problems can improve math skills.

2. Problem integration

Once the student has translated the problem into a mental representation, they must take the next step that "binds" all the data together. To do this, they must recognize the purpose of the problem. Besides, students need to know what resources they have to solve it.

In other words, this stage requires

students to have an overall perspective of the entire math problem

Any mistakes made in integrating the data will leave students feeling confused and that there are issues they do not fully understand. At worst, the approach to the problem will go completely wrong.

Therefore, it is imperative to emphasize this aspect when teaching math as it is the key to fully understanding the problem.

As in the previous step, students tend to focus on the superficial aspects and ignore those that are important. When the time comes to define the nature of the problem, they don't see the end in itself, but look to the least important data.

However, this can be remedied by giving detailed instructions and teaching students that the same problem can be presented in different ways.

3. Planning and supervising the solution

Once students are able to fully grasp the problem, the next step is to create an action plan to find a solution. This is the moment to break down the pro





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Learning disabilities can be a serious blow to a teenager's self-esteem. At this stage, socializing and looking cool in the eyes of others are essential. So if he or she has a learning disability, he can quickly get frustrated and start to think that it is not worth the effort because it will not improve his situation anyway.

This is of course not true. As a parent, you should remember that effectively helping a teenager with a learning disability can improve his developmental abilities. In any case, he will be able to achieve goals that are tailored to him.

Talk about what is happening to him

First and foremost, teenagers want to be "normal". Why does he use the same style of clothing, use the same slang, go to the same cinemas and listen to the same music as his peers? Your child most likely does not want to be classified as "stupid", "one who does not understand", "one with learning disabilities".

I just want to fit in and be accepted in society.

When discussing the diagnosis with your teen, you may find that their first answer will really bring you relief. Now you know why the skill or topic is troubling him. For this reason, the first step to helping a teenager with a learning disability is explaining exactly what is happening and why.

It is also worth telling him that there are many more adolescents

who are in his situation and who work hard every day to advance their learning. It's a good idea to contact these types of people and families to help find out what you should and shouldn't do to improve the situation.

Learning Difficulties - How to Help Your Teenager?

However, it can still be difficult to accept that you are different, especially when it comes to teenagers. Here are some ways you can help your child cope with his diagnosis. Remember that it is very important to talk to them tactfully and always try to understand their emotions.

Individual therapy for people with learning disabilities

Some families give their teens individual therapy for a short time after diagnosis. Partly to provide emotional support for this problem. A good therapist will help your teen focus on their strengths and weaknesses in a way.

It will help him accept what he will face for many years.

The psychologist at your child's school may want to meet the student for several sessions or refer them to an external resource that is accessible. If necessary, you can speak to this specialist directly to see what kind of help they can offer you to best deal with the situation.

Learning difficulties - support groups

Some schools organize support groups for children with learning disabilities, and this type of support can be very beneficial for teenagers. If your child's school

does not provide this type of ongoing support, ask for a referral to a place that does.

You, as a parent, may also feel overwhelmed by this news. When you find a support group for your teen, ask if there are any parenting resources.

You may also find a dedicated committee to work on additional services for students with learning disabilities in your local school or other settings. Each group you find will direct you to parents who can provide useful information.

Check the resource directory

Check the resource directory for national organizations specializing in learning disabilities. Through them, you can get information on this topic.

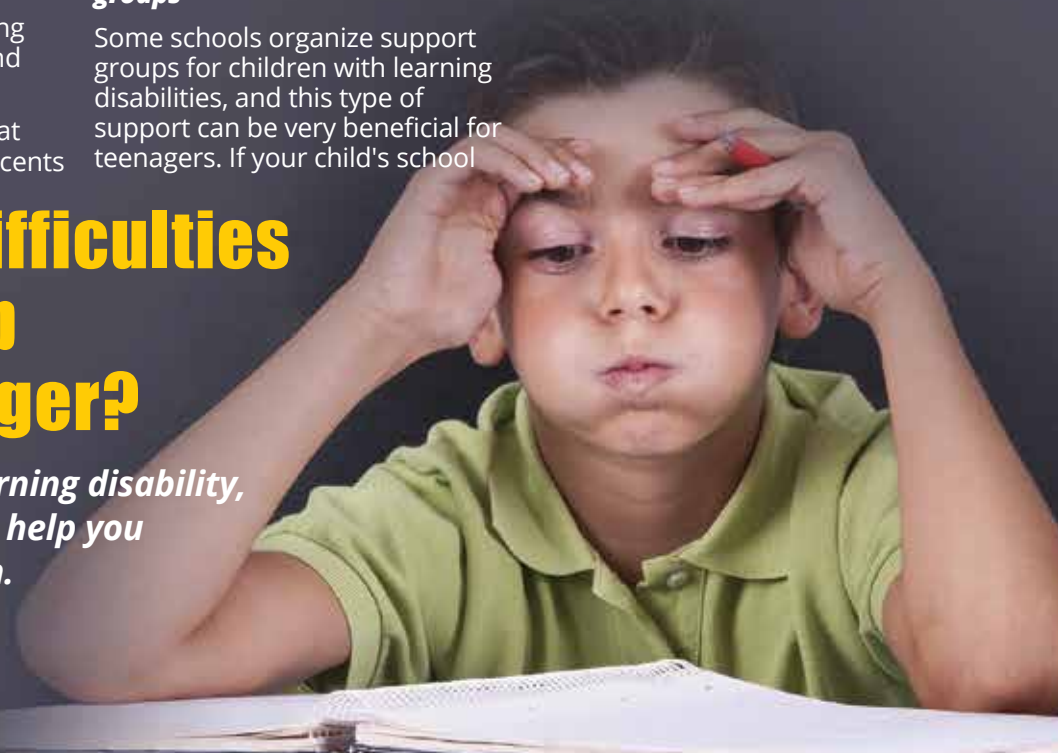
You may also be referred to local resources in your area. There are parenting seminars on a variety of topics. Once you know what topic you are interested in, you only need to organize the information.

With these tips, it will be much easier to help your teen with a learning disability. This way you can avoid self-esteem problems caused by these difficulties.

With this in mind, your teen will be able to be motivated enough to thrive in school. And not to feel worse than anyone else in his class. Each person is special and unique with its own peculiarities!

Learning Difficulties How to Help Your Teenager?

If your teen has a learning disability, here are some tips to help you improve the situation.








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Is learning a foreign language useful or not?

Many people have different views of languages, two of the most popular ones include French and Spanish which you have to take in year 7 and year 8 in English schools, some people think languages are pointless and not needed as other think they are an important skill to learn and develop, such as me.

Learning another language also provides many other benefits including greater academic achievement, greater cognitive development, more positive attitudes towards other languages and culture and a vast world of job opportunities. Simply put, language learning is necessary for student to effectively function in the modern global marketplace. One of the most rewarding aspects of the human experience is our ability to connect with others. Being able to communicate with someone in his or her language is an incredible gift. Bilinguals have the unique opportunity to communicate with a wider range of people in their personal and professional lives. Knowing the language makes you a local no matter where you are, opening up your world literally and figuratively. You will be shaped by communities. You will be humbled by the kindness of strangers. You will build lifelong friendships. And for those reasons alone, you will see the reward of learning languages for many years to come. Travelling as a speaker of the local language can revolutionize a trip abroad. While monolingual travellers are capable of visiting the same place, traveller's who know more than one language are more easily able to navigate outside the tourist bubble and to connect and interact with the place and its people in a way that is often inaccessible to those without the language. Studies show that decisions made in your second

language are more reason-driven than those made in your native language. Any language learner can attest to making his or her share of mistakes while discovering a new language -often in front of an audience. It's a necessary part of the learning process! Learning a language means putting yourself out there and moving out of your comfort zone. The upside is the amazing sense of accomplishment you'll feel when conversing with someone in their native language.

Learning a foreign language is challenging. Many languages have different systems of grammar, and some languages use a completely different alphabet and different sounds. And learning thousands of new vocabulary words isn't easy either. Knowing a foreign language isn't useful to some people. For example, if you can't afford to travel or aren't interested in visiting other countries, you might never get to speak the language with natives. In addition, although speaking a foreign language makes travelling more fun, it's easy to get around in many countries while speaking English. Learning another language can be expensive, especially if you take college courses or pay for private tutoring. It's possible to learn a foreign language from books or computer programs, which often cost

less. But practicing speaking with others usually makes learning more fun and effective. There is a lot of time and energy being utilized in learning a foreign language. What if you have invested all your money but your language learning did not help? That will be a total waste of time. It is not that in a day or two you can master a whole foreign language but actually it is a painstaking journey. When you are going through the process there are many times that you are making mistakes and what if that makes you look bad and naive in front of people. For any kind of task, you need consistency and that can be attained by the interest you have in that thing. This interest becomes your motivation which gives the unnecessary energy along the way. When you want to learn a foreign language just remember that it is a long process so anyone with a narrow interest and motivation cannot cope throughout. So if you are losing interest along the way then certainly not able to learn better since attention and concentration are vital for building a memory.

To sum everything that has been stated, I think that if you like to travel and you wish to connect with people, then definitely try and learn a new language.





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Three years ago I visited Fairy Meadows, not knowing the dangerous, risky and wild paths where Nature is seen still intact. One of my friends is very fond of exploring new and far off places, and she asked me to accompany her. The daily humdrum of life was a booster to join her. Fairy Meadows has been named by German climbers as "Märchenwiese" which means fairy tale meadows. It is locally known as Joot, a grassland near one of the base camp sites of the Nanga Parbat, located in Diamer District, Gilgit-Baltistan, Pakistan. At an altitude of about 3,300 metres (10,800 ft) above sea level, it serves as the launching point for trekkers summiting on the Rakhiot face of the Nanga Parbat which, at 8126 m, is the 9th highest mountain in the world and second in Pakistan after K2.

In 1995, the Government of Pakistan declared Fairy Meadows a National Park. Fairy Meadows is approachable by a fifteen kilometer-long jeepable trek starting from Raikot Bridge on Karakoram Highway to the village Tattu (Tato). The dangerous and narrow gravel mountain road from the bridge to the village is only open to locals, who provide transportation to visitors. In 2013, the World Health Organization declared it the second-deadliest road on the planet. From Tato onward, it takes about two to three hours hiking by a five kilometer trek to Fairy Meadows. The grassland is located in the Rakhiot valley, at one end of the Rakhiot glacier which originates from the Nanga Parbat and feeds a stream that finally falls in the River Indus. Since 1992, locals have operated camping sites in the area. The Fairy Meadows Cottages are at a distance of eight minutes hike from main village and other tourist resorts with its breathtaking natural view of great Nanga Parbat. The area in front of Fairy Meadows Cottages (in the picture above) is known as Pari Mahal (Fairy Palace), named by the

famous Japanese photographer, Fujita Heroki. The six-month tourist season at Fairy Meadows starts in April and continues until the end of September. Tourists lodge at the camping site spread over 800 hectares (2,000 acres), known as "Raikot Serai". The site of Fairy Meadows, though partially developed, generates about Rs 17 million revenue from tourism, mainly by providing food, transportation and accommodation services to the tourists. The road to Fairy Meadows was built by Brigadier M. Aslam Khan, first Commander Gilgit Scouts, which today employs the locals. The local community stopped the extraction of timber to conserve the forest and promote tourism in the area. The main attraction of this place other than the meadows itself is the view of Nanga Parbat Mountain. Tourists usually hike to the base camp of the mountain from Fairy Meadows.

The grassland is surrounded by thick alpine forest. The high altitude area and north-facing slopes mostly consist of coniferous forest having Pinus wallichiana, Picea smithiana and Abies pindrow trees, while in the high altitude areas with little sunlight are birch and willow dwarf shrubs. The southern slopes are concentrated with juniper and scrubs, namely Juniperus excelsa and J. turkestanica. In the low altitudes, the major plant found is Artemisia, with yellow ash, stone oaks and Pinus gerardiana spread among it. Research has suggested similarities between Pinus wallichiana found in the meadows with a sister species, Pinus peuce, found in the Balkans, based on leaf size.

Among mammals, a few brown bears are found in the region, with their numbers declining. Some musk deer, regarded as an endangered species, are also present. We asked the locals about Markhor but it is occasionally seen in some forests of Hunza valley, they reported. When we started our journey from Raikot to Tatu on

jeeps, it was equally fascinating and frightening with high mountains on one side and deep valleys on the other. The next fright was a single log bridge on reaching Tatu village which we had to cross either for trekking or taking horses for ride. It was about 6.00 pm, therefore everyone of us preferred horse ride which would take two hours to reach the Fairy Meadows. At every turn we would close our eyes imagining that we were about to fall down into the dark fathoms of deep valleys, however, the horses were quite trained to take narrow turns and cross deep and stony paths due to waterfalls. The guides told us that the horses were exclusively trained for more than two years to walk on this path. When we reached the Fairy Meadows at night, we could see only one light from a distance. At first we felt horrified but soon we were in harmony with Nature with - 4 temperature in the 1st week of July. Nature was intact in her raw form with the sounds of waterfalls, of wild animals and of wind piercing the huge trees. The dark shadows of trees and mountains posed an unsaid power which seemed to diminish human activities. Next morning, the Sun was bright, sky was so blue as we had never seen before, the lake in the polo ground was so clear and transparent that everything around would be reflected as in a mirror. The streams branched out into many channels, the lush green meadow was plain at some points and extremely uneven and challenging at other places. Still we were motivated to explore the base of Nanga Parbat which we did in two hours and took another two hours to come back to the Fairy Meadows. During our stay we had no mobile signals, no wi-fi connection, no political discussion in the groups and no worldly connection. It was as if we had taken "a cup of Hemlock" and dissociated ourselves from the mechanical routine of life to take solace in the lap of Nature. On our return, we felt like being purified, revitalized and refueled to take up new challenges and have new visions.

A VISIT TO FAIRY MEADOWS

Activity based learning at Spirit school Wapda Town Campus...

This is an era of activity based learning. Spirit school Wapda Town Campus also gives prime focus on learning through fun. Principal of this campus Mrs Rabia Ali takes personal interest in foster learning of students by such innovative activities. Students of this campus took part in various activities. Activities like fruit day and Colour day were celebrated with full zest and zeal. Students of junior classes learn through Montessori equipment's under the guidance of specialty trained faculty. Students of all grades enjoy activity based learning in this branch.



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An Eye and Dental Medical Camp was organized at The Trust School

The Trust School has played its role in serving community. An Eye and Dental Medical Camp was organized at Wapda Town, D2 campus with the doctors of The University of Lahore. Students and teachers of campus benefited from this camp. Attendees were encouraged to take oral health care and protect eyes as it is an asset.



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The ceremony of UG and PG students of SEECS from NUST was best in their endeavors ahead.

The convocation ceremony of UG and PG students of the NUST School of Electrical Engineering & Computer Science (SEECS) was held on May 19, 2022. For SEECS the respective degrees were awarded to 298 students. Congratulations to the newly graduated students and their families.



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