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TO RISE ABOVE THE TIDE

Informal

EDUCATIONAL MAGAZINE

Key elements of Emotional Intelligence

Page 08

7 REASONS WHY FRIENDSHIPS MATTER

Cover Story | Page 14





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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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pictures to publish in Informal Magazine at
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Letter to the editor

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

Munazzam Khalid

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

Hamza Asif

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

Maheen Saleem

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

Saad Junaid

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

Arslan Ali

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

Farwah Ch

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

Ahmad Waseem

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

Wajahat Shahzad

Write us at informal.pk@gmail.com

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.

Those who take off their shoes when entering the house are right. Science supports them

From time to time you go to visit someone you know and when you walk through the door, unexpectedly and treacherously, he explains that they don't wear shoes at home. So you take off your shoes trying not to put on a compromising face, you leave your shoes in that tiny shoe rack they always have at the entrance and you get ready to spend the rest of the evening in slippers. And it doesn't matter that you were deathly cute that night:

These people are rare, or at least it is the name that popular culture has reserved for this part for some time. Ordinary people look at the custom with strange eyes. Will the victim not be cold, will the guest not wear a particularly horrendous pair of socks or with the odd hole? The stream of adjectives we have forged for these hosts is long. But there is an absent and more precise one: correct.

Because if. They are right. And they have science on their side.

Although, today, not wearing shoes at home still seems a somewhat Japanese custom, the few studies that have been done suggest that it is gradually becoming more popular. It may seem strange to us, but if we stop to think about it, there are no shortage of reasons. There are several studies that tell us about what really happens in two places that we normally do not pay attention to, shoes and our own home.

For a couple of years, we have empirical evidence that shoes are a great source of information to know what a person is like: thanks

to them we can estimate the age, sex, income level or even the level of anxiety of the owner footwear. What we didn't know until recently is that shoes carry much more than good information. A study by a professor of microbiology at the University of Arizona, showed that after two weeks of use, more than 420,000 bacteria can be found on the outside of sneakers. 420,000. To get an idea, the average toilet has less than a thousand.

According to Gerba's work, of the bacteria identified in the sneakers, 27% were *E. coli*. (*Escherichia coli*), a type of bacteria that lives in the intestines of humans and animals. The author suggests that the "abundance of this bacterium may be due to frequent contact with fecal material both on bathroom floors and on the street." Most *E. coli* do not cause problems. But some types can cause illness and cause quite severe diarrhea.

Also by insects

It is dedicated to urinary tract infections, pneumonia, sepsis, and other open wound or soft tissue infections. While *S. marcescens* is addicted to conjunctivitis, keratitis and other urinary infections (in some cases, also meningitis and endocarditis, but it is much rarer). These two bacteria are what, to understand each other, we call opportunistic infections; that is to say, they tend to attack when the immune system is weakened and are usually involved in diseases that occur within hospitals (the famous nosocomials that we are talking about here).

However, unless we suck on our shoes regularly, the probability that some of these bacteria will infect someone is very low. This, which is bad news for fetishists, is

what explains that in the houses where shoes are used there are no constant diseases. But there are more things to keep in mind.

Another recent study tells us that, although we may not believe it, every day we live with more than twelve different species of insects in our own homes. According to the researchers, between 32 and 211 morphospecies live in each house, of which between 24 and 118 are arthropods. A real outrage.

According to the census results, which are still very partial and can change depending on the climate, flies and mosquitoes are the most common insects in our homes (representing 23%). Behind them we have spiders (19%) and beetles (16%). Although in many areas these roommates are harmless, in others creating climates favorable to mosquitoes or spiders can be a serious health problem.

Until recently we believed that after years of insecticides and chemicals, the biodiversity of our homes was at a low level, but it seems that it is not. Furthermore, it is very curious that most of the 93 species found are not what we would normally call "pests". From what it seems, insects go unnoticed by feeding on our waste (such as dead skin) or on the dirt that we introduce into the house. It is precisely when the balance is broken (due to lack of hygiene, due to climatic changes or whatever) when some population triggers its growth and the alarm arises

Being a shoe is hard. They are the kind of people who get into all the puddles, those people who are always looked at from above and who society does not stop



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Why leisure and free time is so necessary in your life

Surely from time to time your mobile takes on a life of its own and frees itself from its status as a servant through extra functions automatically that would cause the most sophisticated artificial intelligence to envy.

That's how it is. Even machines need to break from routine day-to-day activities at some point. Do not miss this post in which we tell you everything you need to know about the importance of leisure and free time.

What is the difference between leisure and free time?

A concept of leisure may seem solid and indivisible. However, you do not always have free time to enjoy your hobbies, nor do you have to dedicate all that rest time to leisure that your obligations allow.

As you can see, leisure activities vary depending on the person, the culture, the time, and even the time available. What is certain is that throughout the history of humanity and a person's life, leisure and free time activities have always been present in society.

Before continuing, we would like to know if you know the difference between games, sports and physical activity. If so, tell us your vision in the comments. You do not know her? Let's clear it up.

A game is a 'recreational exercise subject to rules' that may or may not involve physical activity.

A sport can be defined as a 'regulatory physical activity that is competitive most of the time'.

Physical activity, meanwhile, involves any task that involves physical effort to perform.

We continue with the million dollar question ...

Can you say how much leisure time is recommended?

"All the time in the world," some people would reply. If you think like this, put the brakes on it because the longer you enjoy leisure, your happiness may not be increased.

And you will ask yourself: why?

Think of your favorite time of the day. The one in which you stop doing everything you have planned in your agenda and dedicate it entirely to yourself. It can be a shower, a meal, or just a moment of meditation alone.

Now, ask yourself what exactly makes that moment you are thinking about special. Probably, what differentiates it from the rest is that it is totally excluded from the routine and, since you get a benefit, you find it pleasant.

Well, according to a study carried out in the United States, a worker finds a higher satisfaction rate when he has around 2 hours of

leisure time. In this regard, you will have to reflect on the life you lead and analyze whether or not this stocking fits your profile.

Given the importance of the characteristic concept of leisure, it may be that you consider facilitating the lives of those who need it through strategies and practical applications that allow achieving a higher level of satisfaction.

If this is your case, we have prepared something for you.

Discover new free time monitor games

Did you know that being a leisure and free time monitor is one of the most demanded professions today? Here, motivation plays a main role, since it is one of the factors that intervenes in the levels of satisfaction, as well as in the feeling of productivity that occurs in cohesion with said life satisfaction.

In case you already have knowledge in this discipline, we want to surprise you with a compilation of free time monitor games with which you can innovate in this great work.

Cooperation Games

Thinking Games

Engines Games

Sensory Games

Varied Games



Key elements of Emotional Intelligence

The development of emotional intelligence during childhood and pre-adolescence is essential to guarantee an optimal evolutionary development of the child, since it will enable the minor to acquire the necessary skills to manage their emotions towards oneself and towards others.

But before delving into the different tools that will allow us to work on emotional development during this stage of our lives, it is essential to specify, with clear clarity, what are the key aspects or basic pillars of emotional intelligence, in order to be able to understand what aspect, or aspects, of the child's behavior we will be working on at all times.

Thus, we must start from the fact that intelligence is the ability of human beings, as a species, to solve their vital problems and guarantee their survival. When we are born we have a series of innate capacities, but which are in an 'embryonic phase', using a play on words, since they require subsequent learning and training to reach their full potential.

Based on this premise, the emotional aspect of intelligence in a general sense is made up of four basic parameters, which we will define below:

Ability to understand and understand one's own emotions

and feelings; This aspect constitutes the cornerstone on which the acquisition of emotional competences in the child gravitates, since we can only work on our emotions if we have the ability to perceive, categorize and accept them.

Self-esteem; It is closely related to the previous capacity, it is already determined by the mental scheme that we have of ourselves or self-concept.

This perception or vision of our own existence is decisive in the formation of behavior, by establishing the structure from which to understand how each individual perceives the environment that surrounds him and, ultimately, how he interacts and behaves in his relationship with this.

Self-esteem constitutes the greatest conditioning factor of human beings towards their own evolutionary development and capacity for intellectual and emotional growth, because it will be the one that establishes the limits of the objectives that 'we believe we are capable of achieving', conditioning not only the present, but also the vital and social future of the child.

Ability to manage and control emotional impulses and situations; We must be aware that basic emotions are part of our own biological nature, which implies that we cannot avoid their

appearance, but we can learn to manage and handle them in one sense or another.

At this point, education plays a fundamental importance as a transmitter of the values that define the cultural context in which the minor is immersed during their childhood, since cultural conditioning has an enormous influence on what is acceptable in society and what is not. .

Thus, by way of example, biological emotional components such as desire or anger can be channeled, if these aspects are properly worked on, towards culturally accepted behaviors such as flirting or irony.

Ability to understand and understand the feelings of others; Various authors consider that the true contribution of emotional intelligence lies in the individual's ability to correctly identify the feelings of others, through what is known as empathy or 'perception of the other'.

From an early age, at the end of the first year, babies are able to react to the facial expressions of the person with whom they interact, which implies that they are able to understand their emotional positioning, although for there to really be full empathy it is necessary to work so that, in addition to identifying an emotion, the children make it their own, putting themselves in the place of the other person.

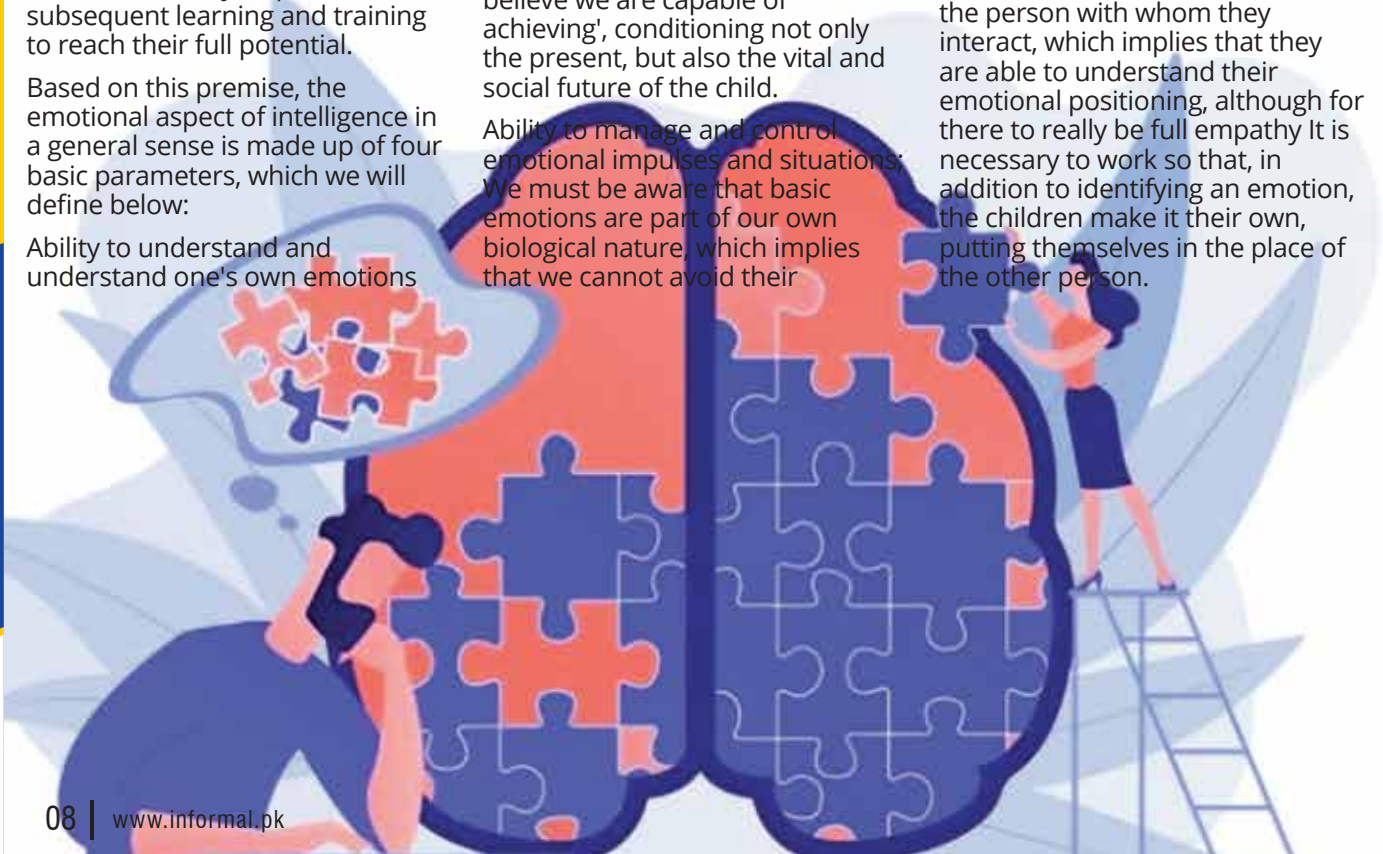


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IN CONVERSATION WITH ASAD MANZOOOR WATTOO

**Asad Manzoor Wattoo is the
Managing Director of "LEADS Group"**

Q. Introduce yourself to our readers and tell us for how long you have been associated with this institution?

Ans. I am Asad Manzoor Wattoo, Managing Director of "LEADS Group" - which includes Lahore LEADS University, LEADS Group of Colleges and LEADS School System. I have done my O/A levels from The International School of Choueifat then completed my Higher Education from Sussex University, UK.

Q. What is the main objective of your institution?

Ans. Our main objective is to build the nation according to the international standards of curriculum and practical Islamic moderate personality development in caring and conducive learning environment.

Q. What is LEADS contribution to the Nation?

Ans. The LEADS School System is working day and night to eliminate the illiteracy and to provide quality education without discrimination of gender/ social status or area.

Q. How do you see the infrastructure of LEADS Group of Colleges?

Ans. The entire infrastructure of LEADS School System is based on our vision which is to produce leaders for the nation through a holistic development of individuals by providing sound knowledge, higher analytical ability and commitment to generous service and respect for the Nation.

Q. How LEADS is different than other institutions?

Ans. LEADS School System is different from other schools due to its international standardized curriculum, health care plan, individual study plan, student concealing, modern teaching methodology and quranic education through E-Learning.





Q. What sort of activities your institution brings in for Students apart from regular studies?

Ans. LEADS School System has an extensive range of co-curricular activities and programs to give every student the opportunity to find areas of interest and challenges. These activities include music, competitive sports, debating, serving community, dramatics, arts, a student representative council. It also offers clubs & societies to promote "Leadership Skills" and polish inborn characteristics.

Q. How do you recruit and maintain quality teachers and staff members?

Ans. We recruit highly qualified and experienced faculty. Professional development to upgrade the content knowledge and pedagogical skills of teachers we provide workshops, refreshment courses, seminars and conferences and also emphasize on research work.

Q. How do you communicate with the parents of your students?

Ans. By conducting curricular and co-curricular activities, PTMs and through web portal we remain in touch with parents on every step of learning process.

Q. What is the best part you like about your students?

Ans. The best part I like about our students is the fact that our students are confident and focused on the vision of their destiny.

Q. What would be your message for our young readers?

Ans. My message to youth is to groom and educate themselves, so that they become a true Muslim and responsible citizens in future.

Projects of LEADS Groups



LAHORE
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LEADS
GROUP OF COLLEGES



LEADS
SCHOOL SYSTEM

This sentence illustrates how on many occasions society holds a series of "great truths" that contradict each other. This phenomenon is called "antinomies", which are pairs of truths that, while appearing to be true, contradict each other.

Analyzing these educational contradictions helps us to greatly understand the principles governing the education system and its inconsistencies. It allows us to see the conflict between what we believe to be, what we would like and what it really is.

The three great contradictions in education are:

(a) Development education and education for culture,

(b) Intrapsychic learning and situational learning; and

(c) Local knowledge and social knowledge.

We will describe each of these antinomies in detail below.

Education for development and education for culture

The first of the contradictions in education revolves around its goals. If we ask about its goals, we will find many answers that indicate that it is about the personal development of the individual. That is, achieving the maximum potential of the individual, and at the same time achieving the global development of society.

On the other hand, another goal of the education system is to immerse or incorporate the individual into vernacular culture. School is not only based on teaching, it also teaches how to be

and behave.

Well, while in principle it may appear that personal development and the transmission of culture are not conflicting goals, they actually contain irreconcilable aspects. The problem is that when it comes to reproducing culture, you don't just pass it on to itself.

Along with culture, various goals are also communicated, such as political or economic goals.

For example, capitalist and industrialized society is based on a very powerful labor force and a middle-class population. Consequently, it is normal for the education system to focus on training non-specialized and semi-specialized workers.

By conveying this type of culture, society remains stable. By contrast, education based on personal development would make culture unstable because it could lead to social change.

This contradiction exists because the population largely wants to grow and increase its intellectual potential. On the other hand, an established culture is still a kind of comfort zone because it gives us security and a sense of control.

Both culture and personal development bring us pleasure and satisfaction, but the antinomy consists in trying to achieve both. Consequently, pursuing both goals renders the educational system ineffective and full of errors. This leads us to ask ourselves what the real purpose of education really is.

**Educational Contradictions:
Child-Led Learning and
Situational Learning**

Another of the great

contradictions in education concerns how children learn and how they are assessed. There is a strong tendency in the education system to classify children according to their performance (grades, classroom queries, comparisons...).

This projects the idea that it is the child who benefits from the school's resources through his skills. However, unlike this approach, we also consider learning to be a situational process. Therefore, we believe that it will be easier for a child to use school resources if it is made easier by the environment.

In this case, the contradiction is more complex. It is a mistake to say that both the child and the environment are responsible for learning. Of course, both factors will affect his education, but throwing responsibility radically on one or the other will completely change educational policy.

If we rely on children's learning, it is logical to provide them with resources according to their requirements. These requirements will depend on their skills, but also on their motivation. In a way, they will be the directors of their own science.

On the other hand, when we deal with situational learning, the perspective will change and it is the educational context that will guide the learning process.

Meanwhile, our educational system takes action from both points of view, which results, as in the previous antinomy, in ineffectiveness and inconsistencies. Taking up one position or another can be largely dangerous, in part because of the

Educational Contradictions Learn the Three Great Antinomies

In this article, we will discuss the
3 Antinomies or 3 Contradictions of Education.



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The friendships you surround yourself with on a day-to-day basis are that family that you don't choose, but that encourage you to achieve your goals and cope with problems.

There is no question that friendships make life so much better. They help you to smile, to lift your spirits when you feel sad and, without a doubt, they will always make a night in the city or an afternoon at the beach much more interesting.

Friendships are good for things that you probably ignore. In fact, they greatly improve your psychological and physical endurance and make you have a much sharper mind and prepared for success. But ... What more benefits do they offer?

7 reasons why friendships matter

You may not give them the importance they deserve because you think it is a trivial fact to have or not have friends.

However, taking into account the considerations of several

researchers from the University of Granada, the truth is that loneliness is becoming, little by little, one of the evils of the 21st century that must be tackled. Therefore, we invite you to discover that:

1. Friends make you healthier

With this we do not mean that you do not need to exercise, eat healthy and adopt healthy habits for yourself; but, in addition to this, you must add to this list the fact of socializing.

Surrounding yourself with good friends is an important way to stay healthy.

Perhaps this may not be something you should be surprised by; after all, humans have been connected to working as a team to survive and thrive. It is something that they have been doing for millions of years, but it does not hurt to remind you.

2. Friendships help you not to be alone

Loneliness can be a silent killer that leads to bad habits, such as smoking, overeating, or not exercising.

When you are attached to a group or are responsible for others, you are more likely to take care of yourself and avoid unnecessary risks. So, no matter what your age, try to surround yourself with good friends and family.

3. When you get sick, social ties help you cope with the disease

In the same way that friendships influence when it comes to preventing diseases, they also stimulate the chances of facing positively a disease that is threatening your life

In fact, as a study carried out, women diagnosed with breast cancer in its initial phase consider social support essential. And the same could happen when it comes to other life-threatening illnesses like heart attacks, kidney disease, and more.

4. Socialization improves the quality of sleep

The closer you have to other people, the better the hours of rest.

According to a study, people who feel socially isolated or excluded often have trouble sleeping; being

7 REASONS WHY FRIENDSHIPS MATTER



more restless in bed and sleeping in shallow sleep intervals.

In fact, the higher the loneliness scale, people typically experience up to an 8% increase in agitation during sleep hours. This happens because the primitive instinct makes you rest better when you feel safe and well with the relationship you have with others.

5. Friendships increase intellectual capacity

Spending time with your friends, even for 10 minutes, improves brain function and problem solving skills. Also, when you stop spending time with your friends, the more damage you do to the brain. It can even accelerate the cognitive decline that comes with aging.

Thus, according to a recent work developed by the famous doctor, Elvira Lara, older people who do not have social support tend to have a greater probability of developing dementia than those who are socially active, due to the feeling that isolation produces.

6. Friends improve emotional resistance

Sharing the good and bad things that happen to you with friends helps you increase psychological well-being; allowing you to better navigate the ups and downs of life. This reduces stress and also improves feelings of optimism. Having communication with friends gives you a sense of belonging to the group and increases levels of security and self-esteem.

Also, when you stop spending time with your friends, the more damage you do to the brain. It can even accelerate the cognitive decline that comes with aging.

Thus, according to a recent work developed by the famous doctor, Elvira Lara, older people who do not have social support tend to have a greater probability of developing dementia than those who are socially active, due to the feeling that isolation produces.

7. A strong social circle helps you achieve goals

This can help you both to lose a few pounds and to get the job promotion you crave. And it is that

surrounding yourself with friends who support you and have similar objectives to yours can make the path to the goals that you propose easier.

But it's not just for the fact that they cheer you on. Human beings often imitate those around them and are influenced by habits and preferences of a social group. For this reason, it is important that you surround yourself with people who have the same determination as you to achieve certain goals. Thus, you can support each other on the path to success.

Value the friendships that really matter to you

It is not easy to find true friends. Therefore, value what you have because mental health acts both on the outside and on the inside and you have to give it the importance it deserves. Just like those dear people you have by your side.

And you? How do you act with friends? Do you give them the importance they deserve?



Today, more than 1.9 billion people in the world are obese. Many cannot even imagine that there are other people

who want to gain weight! This can also be a real challenge for many who are under the normal healthy weight, especially if they want to do it in a healthy way.

THE BEST 7 TIPS TO GAIN WEIGHT

TIP # 1: BE PATIENT!

This may be the most important piece of advice: it doesn't matter if you want to gain or lose weight, you have to be patient. Changes don't happen overnight. It is very important that you track this calorie surplus every day. Only then will you be able to gain weight in a healthy way.

TIP # 2: QUALITY BEFORE QUANTITY

Yes, you can eat as much as you want ... But all of good quality! A healthy diet is still very important if you want to gain weight fast. Burgers, fried foods, or sodas are full of calories, but they also contain lots of saturated fat, salt, and sugar. You better focus on foods that are high in nutrients and calories. These are some foods to gain weight:

- Avocados
- Vegetables
- Integral products
- Dried fruit
- Potatoes
- Rice
- Meat
- Fish
- Nuts and seeds

Obviously, you should also eat enough fruit and vegetables to meet your micronutrient requirements. As long as you want to gain weight, high calorie foods take priority.

TIP # 3: MAKE REGULAR MEALS

You don't have to meet your daily calorie requirement in just three

meals. Five or six regular meals (spread out throughout the day) will hit your stomach better and keep you full. You should also avoid skipping meals and you should always have a snack with you, in case you get hungry between meals.

HEALTHY SNACKS TO TAKE BETWEEN HOURS:

- Dried fruit
- Nuts and nut butter
- Vegetable sticks and avocado hummus
- Homemade cereal bars with dried fruit or dark chocolate
- Guacamole
- Chocolate protein shake

TIP # 4: INCREASE PORTIONS REGULARLY

If you start out trying to ingest huge amounts overnight, it's not going to work. Try increasing your portion sizes a little each week to give your body time to get used to it.

After a few weeks, you will be able to eat larger amounts. Adding high-calorie foods will significantly increase your calorie intake and make it easier for you to gain weight.

TIP # 5: LIGHT PRODUCTS? NO THANKS!

Stay away from products that call themselves "low-fat" or "light." When you make the purchase, make sure you buy the normal version. Also, foods that are naturally high in fat, such as avocados, nuts, seeds, or vegetable oils, should be a regular part of your menu. They fill you up and provide you with numerous nutrients and calories.

TIP # 6: COUNT CALORIES

Calculate everything you eat and drink for a couple of weeks. A food journal can help you learn more about your eating habits. You may be able to put in a little more calories here and there. Or that you discover that you forgot to eat breakfast yesterday!

TIP # 7: TRUST STRENGTH TRAINING

Exercise is very important when it comes to gaining weight. Intense training with your own weight with the help of the adidas Training app strengthens the muscles and fuels the fat-burning process. Endurance sports like running or cycling are also important for health, but they burn a lot of calories without stimulating muscle growth.

If you want to gain weight in a healthy way, we recommend that you focus on strength training (3-4 times a week) with more weight and fewer repetitions. This is the most effective way to gain muscle mass and you can do it both at the gym and at home. If you want to start at full speed, the gym is your best option, since the variety of exercises is much greater and a trainer can help you and correct you.

If you do choose to train in the gym, the fundamental exercises are the most important. Those that most enhance muscle growth are:

- Bench press
- Dead weight
- Dominated
- Squats

Before incorporating these exercises into your training plan, ask a fitness trainer or physical therapist for advice to show you how to do the exercises correctly to avoid injury.

7 TIPS TO REALIZE WEIGHT IN A VERY HEALTHY MANNER





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Teachers play a vital role in developing reading among students as they help children learn to treat reading as entertainment. In today's article, we'll provide some ideas to help encourage children to read in class. Teachers often face numerous difficulties. One of them is to get students to read and, above all, to show them that it is possible to read for fun. That is why it is worth having numerous activities in stock that will be able to encourage children to read in class and know how to carry them out.

It is obvious that students have to read text from textbooks. But what about the rest of the day? Will they be tempted to read outside the classroom?

In order to become an avid reader for life, one must develop a love of reading precisely at this point in which we begin to develop our reading skills. If your child doesn't like reading when they're young, they probably won't like reading when they are older.

The family environment plays an extremely important role in every aspect of a child's life. In addition, it is also important in developing a habit of reading and a love of books. Most often, in order to encourage a child to read, his parents have to spend their time reading books themselves.

If a child has parents who read at home, they are more likely to find reading interesting. Something you do because you feel like it and enjoy it.

Are teachers able to take any action to encourage children to read in class? In today's article, we have collected some ideas that will help motivate children and foster a love of books in them.

What can I do to encourage children to read in class?

Reading aloud by the teacher

Children should know that all teachers read books, not only those who teach foreign languages or literature. To encourage them to read in class, the teacher might try to bring some of their favorite books into the classroom. Before starting the lesson, the teacher may read aloud a book that is very fond of it for five minutes. This will awaken students' interest in this book and other readings.

Reading walls

The environment plays a key role. The idea is to create an environment in the classroom that will ensure that the topic of reading is always present. It is worth encouraging children to read in the classroom by creating reading walls. It's a creative, fun, and easy-to-follow method. Students and teachers must leave pictures, quotes, or other visual content on these walls each time they start reading a new book. All students will want to participate in creating these walls, reading and sharing different content.

Reading Challenges

Reading Challenges are a great way to encourage your children to read. Such challenges will have symbolic prizes awarded at the end of the school year. These can be medals,

diplomas, and even some books.

Extreme reading

It's a good challenge for kids. He encourages them to take pictures of themselves reading in various places throughout the school year, from reading on boats to reading on the trains. You can also take pictures of yourself while reading books in cafes or on the grass in the park.

The children bring their photos to class and the teacher places them in the hallway for everyone to see. Since children will always carry books with them, they will eventually start to really read them.

100 words to encourage children to read in class

Each student will have to write a 100-word statement on a topic that interests them. If they do not know what to write about, the teacher can create a list of suggestions from which students can choose something.

Then all students must submit their short essays. They will be presented to their classmates who will have to read them (it will not be difficult as the statements will be short) and write their own opinions on what they have read.

The teacher should emphasize that reading what a colleague has written is a good way of showing them support, which is always very valuable. Students will gradually get used to reading. Since such written statements are short, students will not find them difficult. The fact that they are written by their colleagues will make them curious.

How to encourage children to read in class? Here are some tips





By: Kazi Muhammad Tauseef
(Educationist- Manarat Al-Riyadh
International School, Saudi Arabia)

EDUCATION AND WE (PRE AND POST COVID-19 PERIOD)

Once upon a time Aristotle said, "Educating the mind without educating the heart is no education at all". There is another quote by Aristotle "Hope is a waking dream". What is the correlation between these two quotes in our life and to be more specific in EDUCATION?

Before I share my thoughts, let's raise a question for us. Why do we send our kids to school? What is so special in those rooms, fully decorated with artwork, filled with all sorts of resources, monitored by cameras, and supervised by talented, committed, and qualified teachers, headed by ambitious administrators, and daring investors. A simple reply is to learn, someone will say for character building, to be more disciplined and mature and to become a responsible, respectable & successful citizens.

I can easily recall the morning of March 2020, when the MOE called off all schools, school administrations were asked to go home till further notice. All schools wanted to connect with its stakeholder's, indeed concerted efforts were made to launch an online teaching program by almost all schools around the globe. The use of advanced technologies became part and parcel of teaching life. Teachers and administrators who were less computer savvy were made redundant.

A blessing in disguised for some employers!

Now the question arises, what have we gained and lost during Covid-19 as far as education is concerned? And what is the way forward?

WHAT HAVE WE LOST?

We have lost connection with our students and parent body during Covid-19 despite of the fact we were virtually contacted, Aristotle spirit must be upset for that! Practically speaking we formed a connection with our stakeholders through technology at the cost of emotional connection, we brought naivety into play at the cost of nurturing the talent, we have forgone academic growth and embraced academic documentation. We have closed our eyes on academic moralities and welcomed customer care. We have compromised on classroom discipline and accepted customers' heed. The virtual connection has eased up curriculum completion, which was satisfying for internal and external contributors. Nevertheless, we have completed those academic years and promoted our students to next grades.

WHAT HAVE WE GAINED?

This is also of equal importance and significance, we have adopted to rapidly changing technology, worked tirelessly to get ourselves acquainted with new computer programs and applications such as MS Teams, Blackboard, Zoom etc. Computer savvy teachers were instrumental in putting things together and helped the schools get going. The sale of computers, laptops and accessories were skyrocketing during Covid-19. This also helped the businesses to mint money at a fast pace. Although this brought additional financial burden on parent body. Parents losing jobs or businesses were under immense pressure in ensuring electronic devices for their kids. However, the arrangements from

schools and parents were just enough to get the wheel rolling.

WHAT IS THE WAY FORWARD?

Way forward as far as schooling and teaching is concerned is indeed challenging and arduous, students have formed new habits during Covid-19 such being lazy, lethargic, careless, in-disciplined and grade greedy. Teaching community, student body, parent body, examination bodies (CAIE, SAT, BISE, CBSE) and above all school ownership must realize that this repair work is inevitable. However, this will take some good time. All associates must be patients and work with complete vigor and zeal to bring back the learning habits among students.

This journey would not be easy as it requires adjustments by all contributors. Gradually and surely things will fall in place, the academic train will be back on track, it will again be moving at the same speed as it used to be, provided we direct all our resources in the right direction at the right time.

So, in my opinion, sticking to our basic educational norms and principles, ensuring timely resources for our students, and striving harder than ever before to build a morally sound nation is the need of the time. One day this academically applaudable students' body would be called impactful contributor! In shaaAllah.

Let the journey begin from a Compromised Environment to a Collaborative Academic Environment for a better and Brighter tomorrow.

Indeed "Hope is a waking dream". Aristotle.





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Do not think that easily bored people are not very creative. However, research actually shows that intelligent people don't get bored.

Intelligent people do not get bored. However, with children, certain parental behaviors can be overwhelming and exhausting. For example, there is a general tendency to fill children's time with extracurricular activities such as foreign languages, sports or culture in order to ensure a better future for them. This is a mistake.

The stimulation provided to your baby should not be too little. It also needs interpersonal and emotional relationships. However, enrolling your toddler in too many activities can cause unhealthy overstimulation.

Therefore, the efforts of many parents to fill their child's time to the maximum often turn against us. Sometimes it is worth hearing that a child is bored, as then they can use their artistic abilities and creativity. Maybe confront the void and think: what will I do now?

What are the causes of boredom?

Certain tasks make us feel unfulfilled. What's more, when we often do them, we feel empty, we want to change and engage in something else.

If it happens occasionally, it is a signal to warn us against a decline in motivation. This could be due to burnout or a decline in

interest. However, this feeling does not paralyze us, but drives us to look for other, more valuable activities.

Smart people do not get bored

The relationship between intelligence and boredom has been described in a study published by the Journal of Health Psychology. According to him, people with a higher IQ do not get bored so easily. The reason lies in the fact that they spend a lot of time immersed in their own thoughts. This keeps them entertained, motivated and stimulated. On the other hand, people who are not very gifted need more activities to fill their time and stimulate their mind. These include, for example, going out with friends or playing sports. This does not mean, however, that intelligent people are less willing to exercise or socialize.

Gifted children and boredom

In the case of exceptionally gifted children, the above relationship is reversed. Children who learn easily get bored quickly, unless they are in an environment suited to their abilities.

The cognitive development of such children is faster than that of their peers. Therefore, they get bored in class and need extra stimulation. So they can often get distracted at school. They don't focus on their lessons, they don't do their homework, and their motivation fades faster. They tend to criticize teachers and often have poor grades.

As you can see, boredom and intelligence are closely related. It

is also worth bearing in mind that not all children behave the same or experience boredom the same way. Of course, there are gifted little ones who don't get distracted, as are average kids who get bored quickly. People are so different!

Health, boredom and intelligence

Boredom in gifted children can affect their physical and mental health. It can even lead to serious disturbances in social functioning, behavior and cognition. I am talking about problems with adaptation and integration with a group of peers and frustration, which with age can turn into anxiety disorders.

Such disorders are exacerbated when professionals confuse intelligence-related boredom with other disorders or pathologies such as ADHD, which also result in lack of classroom concentration, learning problems, and personality changes.

Moreover, it can lead to obsessive-compulsive or somatic disorders as it has a strong negative impact on physical and mental health.

However, getting bored from time to time is a positive phenomenon. When we feel satiated with the fast rhythm of life, moments of doing nothing are useful. We can then take time to ourselves and free our mind from the burden. These are the moments to look at your inner landscape, which perhaps also has something to tell us.

Is it true that smart people don't get bored?



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PROBLEMS WITH YOUR PARTNER?

Don't you feel the same chemistry from the beginning? The passage of the years and the routine can cause a relationship to deteriorate and the feelings towards the other person are questioned. But does that mean you don't love your partner? The answer is no.

Couples therapy: A solution to the wear and tear of a relationship?

Is separation the solution to your problems? Or maybe it is better to reinforce your love on the 'Island of Temptations'? It could be, of course, but ... another more feasible alternative is to do couples therapy. That is, it may be time to ask someone outside and professional for an opinion on the matter.

Yes indeed! This is a matter of two, if one of the people is not convinced, it will not work.

Benefits of couples therapy

Couples therapy has many benefits in a relationship, these always lead to the same goal: to improve the mental health and quality of life of the family we have chosen.

Also, the benefits that can be achieved are:

Trust and Empathy. Putting yourself in the other person's shoes can help you understand how your partner feels. It seems silly, right? Well, most relationships fail to solve their conflicts due to selfishness and lack of understanding. Understanding this point will improve trust in your relationship.

Conflict resolution. After all, couples therapy can help find a solution to the problem. Can it be good? Yes, but it can also be bad. The outcome will have to do with the desire, motives and problems that the parties may have.

Personal growth. There are many types of relationships, although there is no "meter" of how good or toxic it is. Therefore, empathy and acceptance make us improve as people. And it is that, without realizing it, you could improve your mental health and self-esteem.

Disposition of objectives. A couples therapy involves setting a series of objectives to achieve goals. In this way you can see the advance or retreat as a couple.

Therapies for couples exercises

The fact of carrying out a couples therapy implies the presence of a professional or someone specialized in the field who can treat the subject. Despite this, there are exercises that can help strengthen a relationship without going to a psychologist.

Emotional caresses. Living as a couple could have better health with the support of the other person. That is, there are not only physical caresses, emotional support and the feeling of gratitude is a very important factor that allows us to achieve personal growth and greater security in the other part of the couple.

Hugs. There is not only a social distance, distance is also perceived internally. Hugs and affection communicate affection and strengthen the bond with your partner. Therefore, it is necessary to promote the encounter and the approach.

Common leisure plans. We cannot live off the plans of the past. Many years have passed and what? Trying to create new memories in common can revive the flame of the couple. It does not matter whether this leisure is outside or at home, the important thing is that both of you like it and allow you to spend time together.

Agreements based on the common good. There will always be differences in a couple, therefore, you have to find a solution that represents a mutual benefit for both of you. Reaching an agreement can be fun with brainstorming as a team.

Conclusions.

Bad streaks, confusion and routine are some of the most common problems in a couple. Separating is an option, but there are many alternatives that can make a relationship stronger or backward. Hence the importance of knowing the importance of therapies for couples and the benefits that can be achieved.

Chughtai Public Library in summer camp is delivering modern science and technology.

A science workshop was organized to create interest in science at the summer camp of the Chughtai Public Library. In which Dr. Sadat Ali, the head of the molecular genetics department of the Chughtai Lab, informed the children about modern science and technology and informed them about scientific experiments as well as the details of objects.



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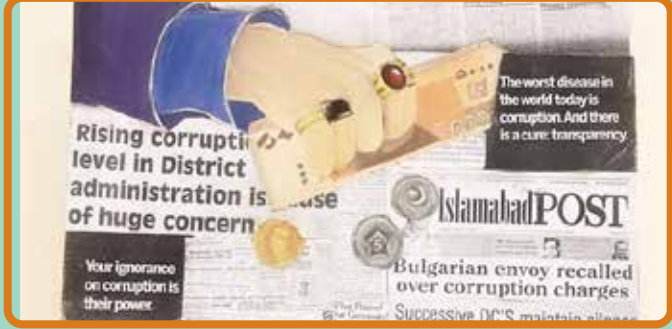
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Poster and Painting Exhibition on Anti-Corruption at Lahore College for Women University

Poster and Painting Exhibition on Anti-corruption was held at Lahore college for women university. It was held on 29th June around 10am. This event was hosted by Visual Arts Students. Dr. Rifaat Saif Dar – Chairperson Visual Arts Department, LCWU welcomed the distinguished guest among them were Prof. Dr. Bushra - vice chancellor, LCWU along with Dr. M. Afzal - Dean, F. A. S. S. LCWU and Dr. Zia Ullah Khan- Director, NAB Lahore. It was a great event and it took place at NHQ Gallery, Visual Arts Department –LCWU, such events are the most positive steps which any Educational Institute can take to create awareness and polish ethics in a society. Educational institutions should own this responsibility towards the society. LCWU proudly fulfilled this responsibility. Such institutions are the pillars for building a corruption free Nation.





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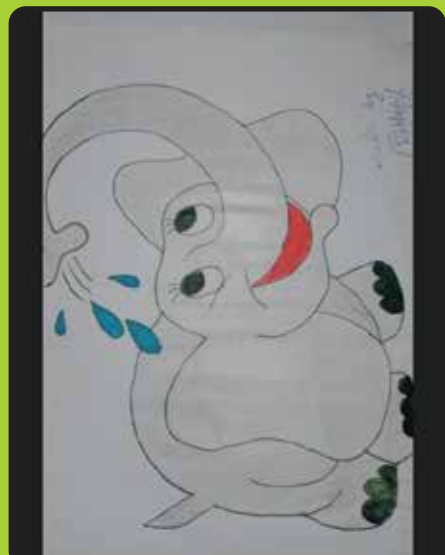
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