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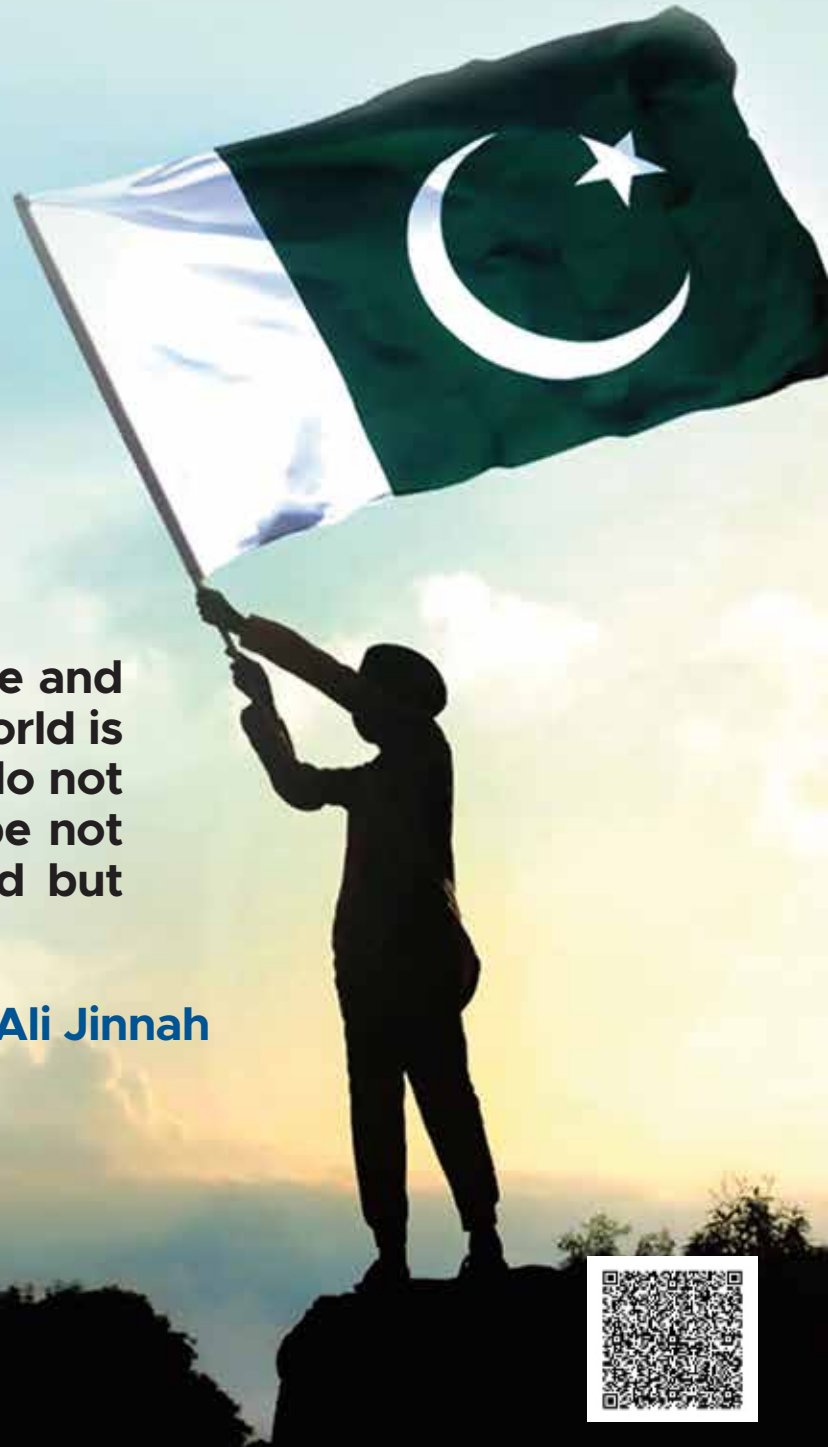
TO RISE ABOVE THE TIDE

# Informal

EDUCATIONAL MAGAZINE

PAKISTAN HAPPY INDEPENDENCE DAY

75<sup>TH</sup>  
YEARS



“ Education is a matter of Life and Death to our Nation. The world is moving so fast that if you do not educate yourself you will be not only completely left behind but will be finished up. ”

**Quaid-e-Azam Muhammad Ali Jinnah**





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# Editorial NOTE

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

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

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

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

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

AUGUST 2022



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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](mailto:informal.pk@gmail.com)**

We received too many letters from our valued readers every month through mail and e-mail, however, due to shortage of space we are publishing only few selected letters.

# What does the science say about weight loss diets?

Although they promise to lose weight in a short time, miracle diets often lead to a deficit of essential nutrients that can put health at risk in the medium term. What do the experts recommend?

- 1500 calorie diet: is it healthy?
- What are dangerous diets for health?
- What is the hormonal diet?

Weight loss diets have become fashionable due to the growing problem of obesity worldwide. However, not all are healthy, and some are not even a good option to achieve the goal. Therefore, we are going to show you the position of science about the most famous ones.

First of all, it must be made clear that losing weight is the result of a combination of good habits maintained over time. Shortcuts and shortcuts often don't guarantee success in these types of situations. Instead, patience is a great ally.

## **Low-calorie diets to lose weight**

It is clear that to lose weight it is necessary to generate a caloric deficit. In this way, the body's energy reserves are used by oxidizing lipids for energy production. In this regard, there is evidence that proposing a reduction in ingested calories generates good results.

However, to achieve this objective, several different protocols can be implemented. One of the ones that works best is intermittent fasting. This consists of restricting the consumption of caloric foods in a range greater than 16 hours.

Likewise, it is possible to achieve the energy deficit through other practices, such as limiting fat consumption. However, this mechanism is currently quite controversial, since it increases the risk of developing fat-soluble vitamin deficiencies.

## **"Miracle diets" to lose weight**

It is possible to find a type of diet that takes the idea of energy

deficit to the extreme. These are very restrictive in terms of food groups, which makes them very unsustainable over time. These are known as "miracle diets", which also tend to stand out for regularly introducing an edible with "special" properties in the diet.

The truth is that these approaches usually generate a yo-yo effect. That is, when the pattern is abandoned, the lost weight is regained along with a few extra kilos. This is produced by the loss of muscle mass during the process, which negatively conditions the basal metabolic output.

In addition, it must be taken into account that high protein restriction is very detrimental to the maintenance and functionality of lean mass. Similarly, limiting omega-3 intake can affect muscle health, according to a study published in *Nutrients*.

## **The best way to lose weight is to combine diet with exercise**

To achieve weight loss success, a moderately hypocaloric diet must be combined with regular physical activity. This is the most effective way to achieve the goal. With this, daily energy expenditure is increased and intake is kept under control.

On the other hand, being moderate in terms of diet reduces the risk of experiencing deficiencies of essential nutrients that can put health at risk. It is important to stimulate the oxidation of lipids, but it is also important to ensure that the body's requirements are met.

Finally, it should be noted that strength work must be prioritized over cardiovascular work. With this, the growth of the body's lean mass is stimulated, which will subsequently affect the basal metabolic rate. It should not be forgotten that muscle is a metabolically very active tissue, so it demands more energy for its maintenance, even at rest.

To achieve this goal, it is possible

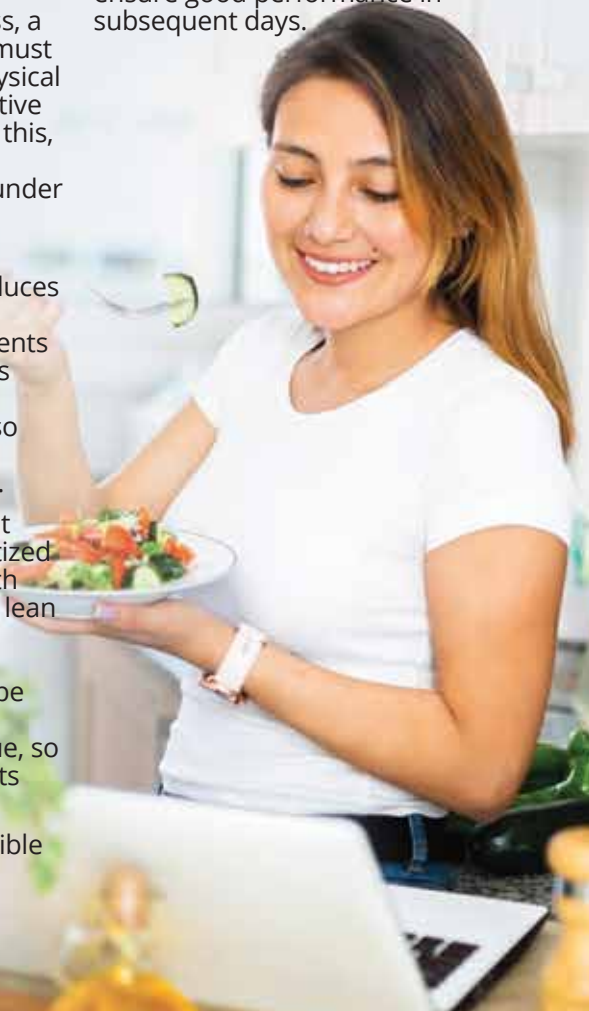
to use certain dietary supplements, although it is important to consult with a professional before starting to consume such products.

## **Not all weight loss diets are supported by science**

As you have seen, you have to be careful when proposing a diet to lose weight. Although it is necessary to optimize the diet to achieve the goal, some of the plans are excessively strict and little recommended. Its implementation could generate deficits.

For this reason, we recommend that you do not go the short way that miracle diets promise. The best option is to make a change in habits, increasing the practice of physical activity and prioritizing the consumption of fresh food over ultra-processed products.

Finally, don't forget to guarantee a good rest either. During this period there is the recovery of muscle tissue, necessary to ensure good performance in subsequent days.



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# When I'm angry I can't control myself - What happen to me?

**W**hy do you lose your temper when you are nervous? What causes this behavior? Find the causes and ways to increase your self-control here!

Do you have trouble controlling your anger and you often think to yourself, "When I get angry, I lose control"? Do you tend to say the first thing that comes to your mind and then you regret it? Are you losing control? Why is this happening? What's behind the anger you have so much trouble with?

In today's article, we will analyze the possible causes of this loss of control. We'll tell you how this relates to poor control and low frustration tolerance. However, these are not the only reasons. There is also a layer of sadness underneath all of this that we don't know how to face, as well as other possible feelings and emotions.

Before we get into these reasons, we are giving you some tips to help you manage your anger in a healthy way, because self-control is a skill you can train!

## **When I get angry, I lose control: what's wrong with me?**

When some people get angry, they completely lose control. They feel their anger overwhelms them. But why is this the case? What's wrong with them? What is behind this unbridled anger?

To understand this, we must first turn to the concept of "self-control". Later we will also see other factors that cause you to lose self-control, circumstances that make you more likely to become impulsive.

## **The importance of self-control**

Self-control is defined as the ability to control one's emotions, behaviors, thoughts and desires. It also includes the ability to control and manage your own body.

In a way, self-control is part of

our emotional intelligence, which is why it is so important to work on it with children from an early age. Through self-control, you can learn to deal with anger and other underlying emotions.

As you can see, self-control is the ability to manage and control not only how you behave, but also how you think and how you react to emotions. Often times, emotions can overwhelm you, but that doesn't mean you should allow yourself to lose control of the situation.

Self-control, like many other skills, is something you can train and improve with time, perseverance, and effort.

## **How to work on self-control?**

Self-control will help you deal with moments of tantrum or anger when you start shouting or displaying behaviors that you don't really want to experience. But how can you put it into practice? Here are some key ideas to help you:

- First, define exactly what you want to control. Do you mean anger? Rage? Is it frustration?
- Investigate the causes of anger and rage. Is it really anger or are you masking other emotions (such as sadness)?
- Look for the point of "no return". This is where you know you will lose your composure, lose control, and "explode". Identify it and look for another way to stop it in time.
- Practice breathing. Once you have identified the point of no return, do some breathing exercises. Close your eyes, place your hand on your stomach, feel the flow into and out of your body.

Look for alternatives to anger to avoid being controlled by it. These can be the breathing exercises we've already mentioned, or other activities you can take. Maybe listening to music, relaxing, painting, drawing, writing down your feelings or going for a walk will help you?

## **Why am I acting this way?**

We've outlined some ideas on how to work on self-control and manage your anger in a healthy way. However, at the same time as we use these techniques, it is important to understand what is happening to you. Why do you act this way when you get nervous?

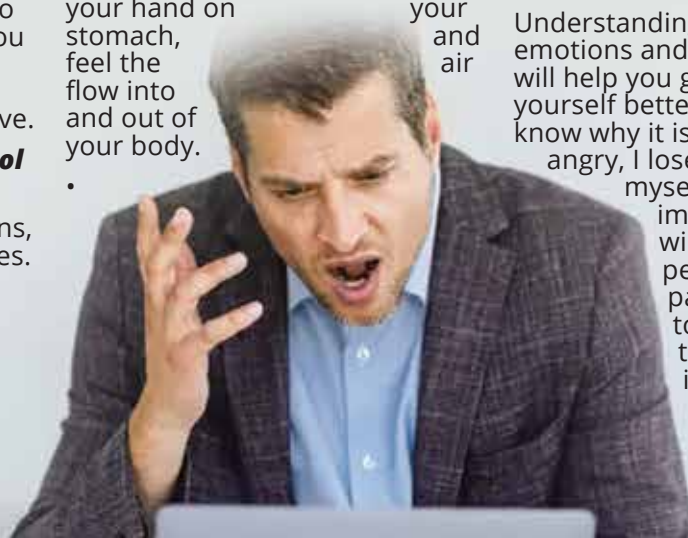
Poor self-control causes you to act this way, lose your grip on the situation, and get consumed with anger. On the other hand, there may also be a low tolerance to frustration behind these behaviors. Being impulsive and temperamental can also contribute to this type of situation

## **The wound behind anger**

Sometimes there can be a wound behind anger and rage. A situation may open it, or a person may inadvertently hit a wounded nerve. Anger, rage, and anger are emotions that often obscure others, such as sadness or disappointment.

Without knowing how to face or deal with this sadness (you may not be able to accept it), we turn to something more internal: anger. We do this to distract from these uncomfortable feelings.

Understanding your own emotions and why they occur will help you get to know yourself better. You will then know why it is that "when I get angry, I lose control of myself." Despite your imperfections, you will be a better person with each passing day. Learn to live with it, use these techniques to improve yourself,



# External drives on Mac: possible formats and what to do if it appears "read-only"

**E**xternal drives connected to the Mac work differently than they do to a PC. That is, the purpose is still to store files, but to get there they need to be configured in a certain way. This for a Mac user who has been on the platform for several years is obvious, but it can be a problem for a user who has just landed on macOS and suddenly their hard drive is not compatible with the Mac.

Actually, it is, although we must configure it so that it works correctly on Mac. And it all depends on the format of the external disk, since each operating system works with different formats. And macOS doesn't accept all the formats supported by a Windows PC.

## **What format is better to apply to the external hard drive**

There are different formats for the hard drives that we connect to the Mac computer, as well as for the pendrives and other storage units. The main ones and what else you are going to find are the following:

**NTFS:** It is the format used by Windows computers. When we connect an external hard drive in this format to the Mac, a "Read Only" notice will appear, this means that the Mac cannot modify the files on the external drive since it is in NTFS format. Despite this, you can read the files and copy them to the Mac for example. On a Windows computer it works perfectly to read and write data to it.

**FAT32:** It is the format that you will see on all USB sticks, as it is a format compatible with Windows, macOS, Linux ... and also players, televisions and any other device that accepts USB connection. The downside is that its use is limited to files of no more than 4 GB, so if you want to copy a file larger than 4 GB in it, you will not be able to do so.

**Mac OS Plus:** This is the format used by Apple for its Mac computers, it is the equivalent of

NTFS. We can also find it under the name HFS + and there are different variants that encrypt files or not: Mac OS Plus (with registry), Mac OS Plus (with registry, encryption), Mac OS Plus (upper / lower, with registry) or Mac OS Plus (upper / lower, journaled, encrypted).

**APFS:** It is the format implemented by Apple in its latest versions of the operating system, and it is the recommended format for any computer with macOS. This format can also be found in different variants depending on whether or not it encrypts the content: APFS (encrypted), APFS (upper / lower) or APFS (upper / lower, encrypted).

## **I get the message "Read only", what should I do?**

So, if you have a hard drive that you have previously used on Windows computers and now the "Read only" message appears, you have several options:

Leave it as is: In this case, you will be able to view and copy files from it but not modify them, ideal if you use it more on PC computers than on Mac.

**Convert to APFS or Mac OS Plus:** If you format the hard drive and it becomes an APFS or Mac OS Plus format drive, you will be able to view and add files to it. Instead, you will no longer be able

to add files from a Windows PC, or even view them. This option is ideal if you know that you are going to use it with Mac computers and not with Windows computers.

## **How to format an external drive on Mac**

Now that we know the different possible formats and the consequences of using an NTFS disk in macOS, we can choose in which format we are going to use it. Formatting an external disk means losing all the data saved on it, since everything is erased to give it a new format. Therefore, make a copy of the files that interest you before formatting it.

## **Once you have a copy of the data that interests you, follow these steps:**

- Open the Disk Utility app on your Mac.
- Select from the side bar the external disk (this includes the pen drives too) that you are interested in formatting.
- In the drop-down menu of Format choose the option that interests you.
- Give the external disk a name.
- Click Delete and press OK.



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# In Conversation with Lalah Rukh

Lalah Rukh is the Founder and Director of Science Fuse. She has been working within Science Communication for the last seven years, earlier at a social enterprise titled Forskerfabrikken in Norway and later at the Science Museum in London. She is also an Acumen Fellow from Pakistan for 2018.

**Q. What is “Science Fuse”, tell us something about it.**

**Ans.** Science Fuse is a social enterprise working to change how science is perceived and communicated to children from diverse socioeconomic backgrounds both inside and outside classrooms in Pakistan. We create informal STEM learning environments for children from diverse socioeconomic backgrounds to nurture their interest and understanding of STEM (science, technology, engineering and mathematics) education and careers.

We make learning and teaching science a fun, hands-on and engaging experience for 7 - 14 year olds. Our curriculum focuses on not just imparting scientific knowledge but also on developing crucial skills and attitudes in children such as science enquiry, critical thinking, communication and collaboration skills, a growth mindset as well as nurturing children’s sense of curiosity and wonder.

More importantly our organization is trying to better understand how we can enhance people’s especially children’s Science Capital. Science capital is a concept which gives us a valuable insight into why and how some people participate in and engage with STEM related experiences – and why some do not. We believe it’s important to understand this because by growing science capital in individuals and society, we can help more people to see science as an important part of their lives and culture, which will help broaden opportunities and access for STEM-related jobs in the future.

**Q. How were you as a student?**

**Ans.** I was a student who always asked many questions. I participated very actively in the classroom. I was always keen to participate in extracurricular activities. I remember I started writing for a student magazine when I was in A-levels and that continued

when I went to University in Norway. I was actively engaged with science journalism through a renowned student publication while I was studying at Oslo University.

**Q. What are your views about present-day schools and colleges?**

**Ans.** Schools in Pakistan can do an even better job of creating more opportunities for young minds to interact informally with STEM. One great way of doing that would be to collaborate and partner with organizations already working with informal science education. Through long-term and sustainable partnerships we can work together towards understanding how to develop and sustain our children's interest towards STEM subjects and careers and also nurture their sense of wonder, curiosity as well as help them develop a growth mindset, science enquiry and critical thinking skills.

**Q. Why should students spend their time in science, inventions, and experiments?**

**Ans.** We are all curious about something. Hands-on science is simply investigating the questions that matter to us by physically doing something to learn. Children ask so many good questions and many of us learn best by touching and experimenting with real stuff, rather than just reading, watching, or listening. As educators, we want children to think about the world to solve problems, and hands-on science is the best tool for teaching problem solving, offering real context, and making the neural connections that enhance creativity and critical thinking in way that improves long term success for children.

We often think of science in terms of a chemical reaction, a laboratory or an equation we had to memorize. While these things fit the definition, at Science Fuse the way we think about hands-on science is "A perspective to approach the world". We are all scientists because we are all interested in learning.

It's important that we change the perception that science is merely a collection of facts. Facts are a part of science. But science is much more. It includes:

- Observing what's happening;
- Predicting what might happen;
- Testing predictions under controlled conditions to see if they are correct; and
- Trying to make sense of our observations.

Science fiction writer Isaac Asimov described science as "a way of thinking," a way to look at the world. Science also involves trial and error—trying, failing, and trying again. Science does not provide all the answers. It requires us to be skeptical so that our scientific "conclusions" can be modified or changed altogether as we make new discoveries.

**Q. Tell us something about your team?**

**Ans.** We have a great bunch of people who form the Science Fuse family. We have a team of 20 amazingly talented science communicators working in Lahore

and 5 in Karachi. Most of them are young scientists or students involved in research work. Our science communicators come from diverse backgrounds, some of them are cancer researchers, biotechnologists, genetic engineers, physicists or even teachers in schools. They're all deeply passionate about spreading the love of science, about transforming learning environments for children in Pakistan and about giving back to the community.

**Q. Give a message to young readers of Informal.**

**Ans.** I hope all this was informative for the reader of "Informal" and if you'd like to reach out to us then do look up Science Fuse on Facebook and Instagram. If you're equally passionate about Science education then we'd love to hear from you! **Thank you!**



The SDQ test allows for the early detection of mental difficulties in minors. It gives us a very simple but informative profile of the child.

It is estimated that 15% of the child population suffers from certain mental disorders. However, it is difficult to detect and make accurate diagnoses because in many cases the line separating clinical symptoms rubs or is confused with symptoms that do not indicate a disorder.

The SDQ test we will talk about today is a great tool for identifying possible mental health problems in children and adolescents.

Childhood is a key stage in which early detection can prevent the disorder from progressing and other mental problems from arising.

But in addition, it's a great time to improve the quality and abilities of your baby. Therefore, this comprehensive questionnaire shows us both its weaknesses and strengths.

#### SDQ test for early detection

The Strengths and Difficulty Questionnaire (SDQ) is a screening test. This means it is designed to perform an initial screening and detect possible risks. Later, you will need to confirm and complete the assessment in depth with other instruments. However, it is a very valuable starting point.

It is a simple 25-item test divided into five scales. Four of them assess difficulties, and the last one measures pro-social behavior. It can be used in minors aged 4 to 16 years. It has versions that must be completed by parents, teachers or the children themselves if they already have the necessary cognitive maturity.

Each sentence has three answer

options: not true, a little true, absolutely true. Based on the responses, a score is obtained for each area assessed, as well as an overall severity index. The scales that make up the test are as follows:

#### Emotional symptoms

- He often complains of headaches, abdominal pain or nausea.
- He has a lot of concerns. He often seems anxious or worried.
- He often feels sad, discouraged, or tearful.
- He is nervous or needs help in new situations. Easily loses confidence.
- He has many fears and is easily afraid of him.

#### Behavior problems

- He often has tantrums or temperaments.
- Generally he obeys, usually does what adults ask him to do.
- He often beats or teases other children.
- He often lies or cheats.
- Steals things at home, at school or elsewhere.

#### Hyperactivity

- He is restless, hyperactive, he cannot stay still for a long time.
- He's always moving and unruly.
- They are easily distracted and has trouble concentrating.
- He ponders before doing something.
- He finishes what has started, he is able to focus.

#### Problems with peers

- She is rather lonely and usually plays alone.
- He has at least one good friend.

- Usually other kids like him.
- Other children tease or call upon him.
- He is better with adults than with other children.

#### Pro-social scale of the SDQ test

- He takes into account the feelings of other people.
- It often shares with other children.
- Offer help when someone is injured, upset or sick.
- He treats younger children well.
- He often offers to help parents, teachers or other children.

#### Correction and interpretation of the SDQ test

Only the first four scales are taken into account for correction (excluding the scale of pro-social behavior). On their basis, the degree of difficulty is obtained, which will determine whether further tests are necessary due to the detected anomalies.

The result was obtained as follows: for each statement, the answer "false" adds zero points, "somewhat true" one point, and "absolutely true" two points. Except for items in bold where "untrue" adds two points and "absolutely true" zero, leaving the second option the same.

If a score of 16 or more is achieved, it is considered that there are emotional or behavioral difficulties and an in-depth evaluation is required. For this reason, this questionnaire is especially useful in common situations such as GP or school.

In this way, symptoms that would otherwise not be identified can be detected early. This will allow for proper evaluation, diagnosis and intervention that will minimize the impact of the disorder, slow its course and prevent future

# SDQ Test: Strengths and Difficulties Questionnaire



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**O**ur world is getting old. Life expectancy has increased - and so has quality of life. In previous epochs people were

preparing to die all their lives, now - they are starting to live. This is why the attention of psychologists and specialists in other branches of health is drawn to the elderly.

Their bodies may have retired, but the elderly still hold many worries and dreams within them. Whether they have grandchildren or not, elderly people approaching or over the age of 70 must maintain the physical and mental abilities needed to maintain a high level of activity. Time may have left many wrinkles on their faces, but their muscles are still strong and their minds still think clearly.

### **Elderly people and loneliness**

This may be one of the greatest problems facing modern society. A feeling of staying in touch with everyone while distancing yourself. It comes down to superficial conversations about planning and weather.

This is where the first reason older people suffer quietly - the digital divide. What they see around them is a world that is difficult for them to understand. When they look at it, it feels like a really steep hill. Phones, computers and tablets make it difficult for them to find their own place in the world.

One way or another, digitizing the world makes older people feel excluded. This in turn causes these people to feel very distant from their children or grandchildren because they cannot find a way to get close to them. They notice how the screens give answers that once fell from the mouths of wise older people.

This invisible border is exceptionally wide and deep. The older part of our society is used to telling stories, expressing their thoughts. They are used to ringing a landline, hanging up the receiver, and feeling buttons that are physically pressing against the pressure of their fingers.

It's a world they've spent most of their lives in and learned to understand, but now this whole

world seems completely out of date.

### **Why do they feel so lonely?**

The real problem is not the current situation, which is of course an obstacle, but more what it prevents. Namely, it prevents the development of common interests and fun together in the quiet moments of life. Now there is a way of communicating that no one is fully prepared for yet.

And we're not just talking about words. We're talking about hugs and kisses that you don't give people through emoticons. We are talking about the real type of communication where you have to use your body.

### **The feeling of failure**

Getting older also means feeling more pain. Pain for lost situations that will never come back. Regret for the loss of a childhood in which the world was full of endless miracles and mischief.

Their first girlfriend or boyfriend, their first true love, friends they stayed with until sunrise, hangover

# Elderly people lost in modern times





days or journals where they wrote down pages full of dreams with one common denominator: excitement. Or their first job, their first salary, the first decision they made without looking back ...

Their last job, their last day of work, their last child, their last drink, their last dance, or their last trip. Getting older also means having more memories. After all, it also means giving up classes due to physical limitations.

Older people lose things for natural reasons, but when they take these losses as part of themselves, it can turn into a real problem. Especially when they feel the weight is leaning towards the side of things they can't do, instead of the side of what they can do. One example of such an unfortunate situation is nursing homes.

### **The world of nursing homes**

Elderly people who cannot care for themselves often live in nursing homes. For some, it's a scary word: nursing homes. Unfortunately, it is true that many people enter such houses and never leave them.

It is also true that many people who lose their physical independence still have enough mental clarity to understand that their condition will not improve.

This, above all else, can be the greatest source of pain faced by the elderly in today's world. It is not easy to talk about it. It is not easy to put into words.

That's because it's a sad reality and it's really hard to discuss. In many cases, this is taboo as much as the idea of sex with teenagers. On the subject of such a taboo, we all hide our heads in the sand like ostriches. We are not taking action, we are not taking action. But if we did - and we did it right - we could achieve something beautiful and incredibly important.

### **3 big problems for older people**

Loneliness, lack of understanding, and lack of pain relief are perhaps the three biggest problems facing older people. And they are all related to each other. But these are also issues where we can be of greatest assistance to the elderly around us.

These three things cause much of the sadness we see on the faces of older people. Unfortunately, many older people are lonely and feel that they have all abandoned them before they die. They feel as if the generations they have cared for and watched as they grow up have drifted completely away from them.

They would like to talk about it, but at the same time it makes them feel too much of a burden. Like a fifth wheel on a wagon, completely out of place. They crave attention but don't want to be another source of stress for their kids. So most of the time they don't say anything.

They feel that their problems, worries and dreams are no longer

important. Like their family members, they worry about getting sick, but nothing else. As if their body was fundamental now, not their soul.

### **Making it easier for older people to stay in nursing homes**

In the world we have created, nursing homes are essential. They play an important role because they make it possible for the elderly to get attention. But let's not close the door from the outside. We must constantly view them as viable, no matter how their physical abilities have declined.

It's not just about visiting them. It's about asking them questions and letting them talk, talk about their fears and fears without criticizing or dismissing them.

It's about being their followers - even their readers and writers if they want to. We need to make them feel important to us. We must let them know that we do not see them as a burden, but rather that their company makes us happy.

In doing so, we will not only help our elderly relatives feel part of society (which also means a sense of belonging to a family).

We will also show future generations that the human part of life, no matter how much technology we develop, should never be forgotten. Especially not for the people who need it most, for the people we love.

In order to prevent muscle damage, we should train with the right intensity. Among the many factors listed below, proper warm-up is important. Muscle strain is one of the most common injuries for any athlete. The specific movements that our muscles make are alternately contracting and relaxing, which allows them to stretch.

That is why every sport we do is associated with alternating contraction and relaxation of muscles.

### **Muscle strain - what are the causes?**

So, if this type of muscle movement is natural and frequent, why is it so frequent? Let us analyze the most obvious cases.

#### **Excessive effort**

One of the reasons why your muscles are strained is simply by taking an exertion that your body is not prepared for. As you train, your muscles become stronger and more flexible. But if a muscle is not properly prepared and we put it overstretched, it can become strained.

Consider also delayed muscle soreness (DOMS). For example, if we are not used to strenuous exercise and suddenly start lifting heavy furniture, it can lead to sore muscles.

It will also appear when, after many years without any physical activity, we suddenly play a football match with our friends.

However, muscle tears also happen when we are in very good shape. The more intense our trainings are, the better prepared we will be for the effort, although it depends on their intensity.

It is also worth remembering about recently injured muscles. Those that we are not working on during training will be weak and more vulnerable to injury. That is why we

must take care of the gradual regeneration of injured muscles.

#### **Long-lasting effort**

Muscle strains can also be caused by playing sports for so long that the endurance of the muscles eventually fails and the muscles become strained.

As with exercising without preparation, it is important to train properly and gradually increase the intensity of the session.

#### **Poor muscle balance**

Within the muscle groups, there are agonistic (making a certain movement) and antagonistic (making the opposite movement) muscles. During sports, both muscle groups keep each other in the right position.

#### **Insufficient warm-up**

As the name suggests, warming up consists of preparing, or otherwise warming up, the muscles before the effort to which we intend to put them. If the warm-up is too short or too little intense, our muscles will not be prepared for training, and the risk of straining them will be greater.

#### **External causes causing muscle strain**

##### **No rest**

It is important to take enough time to rest. When we play sports, we must give ourselves time to regenerate. If we do not sleep as much as necessary or exercise vigorously without taking breaks between exercises, then the likelihood of muscle damage increases as well.

##### **Inappropriate sports equipment**

Inadequate quality equipment can also be the cause of an injury. Inappropriate equipment may mean that the equipment is of poor quality, worn or not properly adjusted to the ergonomics of the body.

In all these cases, the use of such equipment forces the muscles to work unnaturally, which can lead

to, among other things, muscle strain.

#### **Malnutrition**

Insufficient food means that the muscle fibers do not have access to the nutrients they need. This makes them weaker and therefore less resistant to injury.

#### **Muscle strain - other causes**

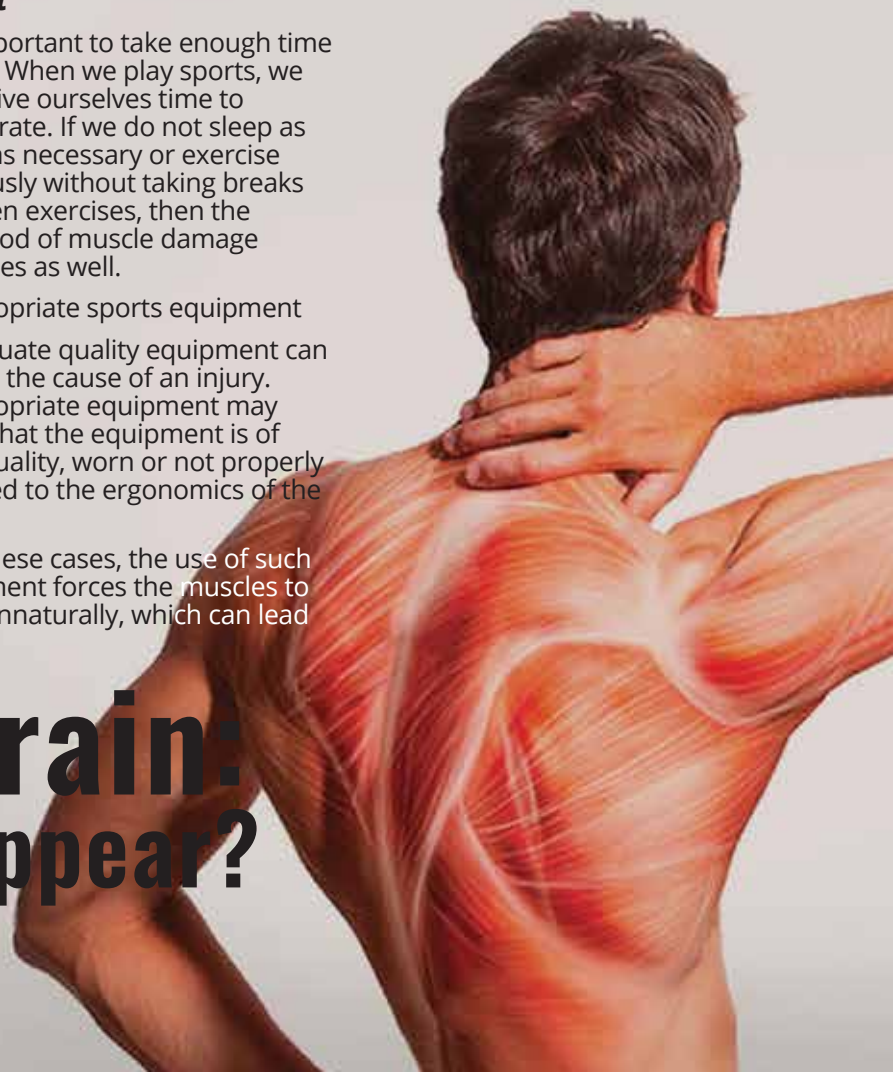
People with poor blood circulation should be especially careful, as well as people with chronic diseases such as diabetes. In such cases, the muscles are not able to use all the nutrients because the amount of blood that reaches them is insufficient.

The weather can also affect the condition of the muscles. Training in a cold and wet environment makes it difficult to warm up and reduces their flexibility. Therefore, be careful when training in these weather conditions.

#### **Muscle strain - prevention**

Bearing in mind all the above information, the most effective way to prevent this type of injury is proper training and avoiding excessive effort. Remember: train carefully, eat well, get enough sleep and use appropriate sports equipment.

# Muscle strain: why does it appear?





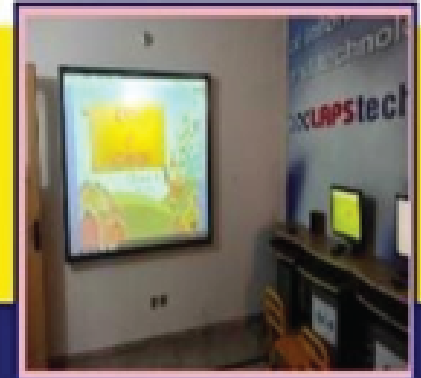


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Investing your money is a good practice that can help you in many ways, especially in the medium and long term; However, despite the benefits, many times we are afraid to invest, because yes, it also implies a risk, but everything lies in knowing how to do it and having the resources to get the most out of your money.

### 1. FIND AN EXPERT

When talking about money, it is not easy to trust any person or institution; however, it is always

better to work with an expert on the subject than to do it alone. Before choosing, look for established companies, in banks there is always someone who can advise you. Avoid those companies of dubious origin or finance 'influencers'.

### 2. MAKE A CALCULATION

Finance experts suggest doing an analysis of your income, expenses and savings to determine the amount you are going to invest, in this way, you do not put your assets at risk and yes, you can increase your income.

### 3. DEFINE YOUR GOALS

For example, if you want to buy a house, a car, or start a business, you must take into account that your income will not increase overnight, and that there is a whole process behind it, which many times will not depend on you, but on the stock market, the exchange rate, etc. Your advisor will be the best guide to tell you

what you should do to reach your goals.

### 4. BE YOU

Believe it or not, when investing it is very important that you create your plan according to your real needs and possibilities; Since for example, sometimes we pressure ourselves to save a certain amount, but it is impossible for you due to certain circumstances, whether your income fell, you plan to have a baby or move, there are a thousand factors that will determine your process. An investment plan is totally personalized, so don't try to replicate your best friend's' or the one that worked for your dad.

### 5. DIVERSIFY

By these we mean that you look for several sources of income, in this way, you will be able to sustain your lifestyle and savings despite the fact that you lose your job, your business sales decrease or a pandemic occurs.

# 5 tips to start investing your savings and get rid of your fear



# 4 basic points about the evolution of teaching in the last century

(THEN)



(NOW)



The changes allow us to respond to realities that, over time, discover new needs or show that moving forward is necessary to face a future that often anticipates unconventional scenarios.

What were the most significant changes in the evolution of teaching? Education constitutes a key piece in the development of any human being. In an increasingly digital society, the evolution of the role played by each of the agents that intervene in the process, as well as the resources or the educational systems themselves, mark notable differences in the learning process.

Although history is full of examples in this regard, over the past decades change has developed at breakneck speed. Sponsored, to a large extent, by the irruption in the classrooms of new technologies or the change in the profile of teachers and students who have become digital natives.

What aspects have been most significant? What are the key points in the evolution of teaching in the last century? We review some of the most outstanding:

## 1. The teacher-student relationship

While it is true that different agents converge in the teaching

and learning process, it is no less accurate to say that teachers and students are the main protagonists. The evolution of the roles of each other, as well as the relationship between the two, has been one of the aspects that has changed the most in recent years.

At the beginning of the century, the teacher was generally a figure who wielded remarkable authority, with strict rules that reached even the family sphere. Today teachers have a much kinder role.

Respect is still fundamental in the classroom, but the master classes are left behind. The role of the teacher has shifted towards a friendlier figure, almost a guide who accompanies the students in this learning process, fostering creativity and participation. Also assuming their role in the teaching team and making use of new technologies to train the professionals of the future.

## 2. New methodologies

The evolution of teaching is not only seen in the change in teacher-student roles, but is the result of the confluence of multiple factors. The rise of new methodologies is a reality that is increasingly being seen in the classroom. Already at the end of the 19th century, the renewal movement called 'the new Education' advocated making the student the protagonist of their own learning process.

Compared to traditional methodologies, with students condemned to listen passively to learn the lesson based on memorization and academism, active methodologies bet on teamwork as well as solving problems based on real situations.

## 3. The pedagogical materials

Another of the key aspects in the new educational settings has to do with the pedagogical materials. This is probably one of the chapters where the changes are more easily identifiable and it is that it is not necessary to be a professional in the sector to realize the new tools used in the classroom.

Nobody is surprised to see a teenager carrying a smartphone something that was unimaginable just a few decades ago. New technologies are here to stay and their integration process in classrooms is essential not only to adapt teaching to the digital reality of the society in which we live, but to educate them in a responsible use of them.

## 4. Duties

This is undoubtedly one of the most controversial issues when talking about the teaching-learning process. However, it constitutes one of the other aspects that forms part of the key points in the evolution of teaching in the last century.



In an age marked by immediacy and over information, activities such as reading can be negatively affected. Today's students are part of a generation marked by immediacy and over information, one of the reasons why they are more easily distracted and lose concentration.

Consequently, activities such as reading are negatively affected. We offer you some tips and these 6 strategies to encourage reading in your students and motivate them. In addition, we bring you some books to introduce them to the wonderful world of reading.

**1- Let them choose books of their interest**

One of the most common mistakes when you want to start children in the field of reading is forcing the little ones to read dense texts that are of little interest to them. You must leave to their choice what they really want to know, worry about starting conversations that allow you to know what really interests them. Thus, you will get to know them better and you will be able to recommend books that do not generate automatic rejection in your students.

**2- Use books that are coherent**

**with children's news**

A very useful tool is to bring them closer to reading using books on current topics, modern or fashionable stories. In the digital book store you can find a wide variety of classic and new children's reading books, with more current themes.

**3- Present them short and practical readings**

To initiate children in reading it is important to do it with a slow and not dense process, for which the reading of short and dynamic texts is recommended. The publishing houses should often invites to read stories that last only 5 minutes, and is ideal for children who begin to take a liking to reading.

**4- Invite him to try different themes**

It is common to observe how children receive reading information on homework or specific subjects and, for this reason, they associate reading with studies and not with satisfaction. Understanding this, it is important to fight against this conception, for which it is recommended to encourage mixed and free thematic readings.

**5- You must adapt to your environment**

Another of the most recurrent mistakes when trying to encourage reading in children is forcing students to use only physical books and denying the use of digital books. Starting from the digital age where we find ourselves and the environment where most young people develop with the use of technology, an effective way to induce reading is by using the famous eBook or digital books, a tool that they can have in any of your digital devices and it can go a long way toward fostering an effective and rewarding reading culture in them.

**6- Help them understand the current situation where they operate**

One of the most common characteristics in children at an early age is the curiosity to understand everything that happens in their immediate environment, with which you can take the opportunity to provide the answers to their questions in practical books that encourage their reading in a natural way. For example, if your student is very curious about science and technology issues, you can recommend a short reading in where he will find all the answers that may arise about this famous theory and its creator.

# 6 strategies to encourage reading in your students





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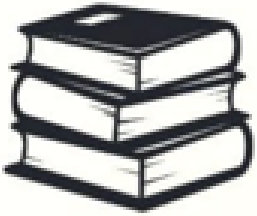


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By: Dr. Asma Asif

# Single Parenting by Moms

Word single parenting is an injury in itself whether it's by a father or by a mother. A parent comes in this category after separation from the partner. The separation can be wordly separation or separation by death of the partner. Whatever the reason is, injury is there. This situation becomes an endless journey if any mom becomes a single parent. In our society men hardly remain single after this situation. If they have small kids then they have the excuse of "upbringing" of the kids. If children are grown up, in that case men say they have to make their old age secure by having a partner. On the contrary women who are called "fragile"; have to become iron ladies. Whether kids are small or grown up, moms have to wear iron joggers to walk alone on the hard path of life. Moms in their extreme love for kids forget the difference between being a lady or a man. Later on, with the passage of time they forget whether they are humans or machines.

No doubt loss of children is beyond words in such situations. Children love to have a complete family. They still are emerging "suns". They get a life

full of colours gradually. Lady who walks on iron path takes a new start of life every new morning. If single mom is a divorcee, then she spends rest of her life in proving that she is divorced" not someone who is not loyal or for that matter not "hurt" from inside. In case of a widow and specially if she is a young widow, she spends her whole life in slow poisoning by "tears". Tears which are hidden throughout the day from whole world including her kids. Those tears erupt at night like flood when she is tired and alone. She has a pile of unanswered worries of previous day and of next day. She has to find all answers by herself. Gradually time passes by she becomes a machine whose emotions and desires are killed by harsh winds of circumstances.

Only a single mom knows about all the challenges which she has to face with the start of every new day. She has to manage the finances, she has to go out to earn money in certain cases, she has to travel alone, she has to face ugly eyes, she has to look acceptable, (at the same time, she has to hide her beauty from tearing eyes of cruel people) and last but not the least she has to look happy

Infront of her kids. A lady who is considered a "fragile species" become super iron lady. A man can not imagine to meet all these challenges at one time. Single mom has to give a peaceful environment to her kids when her soul is badly injured and tired. Only she knows how difficult it is to smile with a broken heart.

Kids grow into adults. People start giving her title of a "Brave lady". Only that brave lady knows the price of that bravery. Millions of unshed tears, countless killed emotions in her heart. She never likes this "title". It reminds her that she has spent her entire life to win this title. She

becomes relaxed and satisfied when that lonely lady looks at her kids who are now "achievers".

They have grown up "wings" to fly. She never counts how less feathers are left on the shoulders of her courage. She just gets happiness from the sparkling eyes of her children. That

"iron lady" sometimes feels that she is only "iron" in-front of the world. She is like melted rock of salt which has become hollow from inside. When her children are ready for their busy journey; she suddenly realizes that life ran so fast.

She is alone and deserted like an empty castle. In such a situation of despair sometimes God send an "Angel" in the shape of any friend or healer. Such friends sprinkle shine in the life of that "Iron Mom". Such angel like friends come because God gives reward for every pain before life ends.

Single parenting by lonely Moms is injury till she is in the period of struggle. A day comes when she is satisfied in-front of her God, her soul and her children. When she sees her kids on their destinations; she feels immense pleasure. No doubt at the same time she suddenly feels that all pains and hurting buried inside her have come out like "ripped crops". She had no time before to count how many wounds she had on her soul during this journey. If she is lucky enough, she finds "true friends" at that time to share all odds and evens. If she finds such friends; she often realizes that people have their own lives full of responsibilities. Still, she borrows few moments from such worldly angels to get healed. She knows she can only borrow "happy moments" now. Life has chosen her to live a life with hardships, patience, endurance and "Borrowed Happiness".



# Meet the youngest journalist of Pakistan

12 years old six grader ZahwahNurray Fatima has been declared Pakistan's youngest journalist Entrepreneur. A student of grade six has among the top five participants in a contest organised by media matters for democracy, where 170 plus applicants submitted their proposals. Her social media pages are on YouTube, FB, insta, Twitter, LinkedIn and Tik Tok while website [www.journalismforkids.pk](http://www.journalismforkids.pk) will b ready in a month. In this unique of project, she will b discussing everything about kids issues and their solutions with the help of other children under the editorial of Sr. journalists,



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