VOL:05, ISSUE:10 TO RISE ABOVE THE TIDE SEPTEMBER 2022 EDUCATIONAL MAGAZINE





WESALUTE THE DEFENDERS OF THE NATION

Defence Day of Pakistan is celebrated with zeal and enthusiasm on the 6th September 2022.

Page | 10





Shahi Swad

100% Organic Best Mouth Freshner.



ORDER NOW

Whatsapp: 0309-0077187
www.alrubab.com / Email: sales@alrubab.com
Available in UAE & Now Available in Pakistan.

CONTENTS

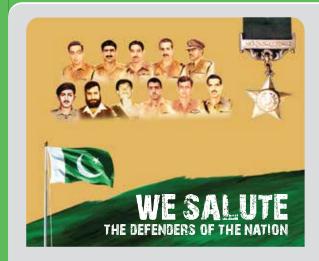
Editorial Note Letter to Editor	04 05
SCIENCE FUSE	
Magical thinking as the main reason	
for distrust of science	06
TELL ME WHY	
Imagination-why is it important and how to support its development?	07
TECHNOLOGY	
What is a QR code? How to create a	
QR code in a few minutes?	80
PICTORIAL	
Defence Day of Pakistan is	
celebrated with zeal	10
WISE ADVICE	
7 Top Guides to Writing the	
Perfect College Essay	12
COVER STORY	
Education and development of the child	
through the love of reading and creativity	14
HEALTH	
Hand hygiene in children:	
is washing still enough?	16
IDEAS	
How to Help Your Home-schooled	
Child Find Friends	18
ARTICLE	
Hope & Fear	19
<u> </u>	_,
RESEARCH	
The best jobs for former teachers	20
SPORTS	
7 Sports Invented in the UK	22
EVENTS	
Anogration ceremony of Corner Stone School Mangla held at MGH Mangla	23
DA' ART Institute of Art & Design Organize	d
"Allama Bil Qalam Calligraphy Exhibition"	24
The Spirit School Wapda Town Campus	25

Colour day celebrations at campuses

of LAPS.

26

SEPTEMBER 2022



Editorial

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 helps 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 lake 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 used 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 build 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 knows the economic principles and rules and can think about them easily if they are educated.

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

(Editor-In-Chief)

Rana Umar Farooq

(Deputy Editor)

Talal Ishafaq

(Manager Marketing) + 92 331 921 1111

Farhan Wagar

(Marketing Executive) + 92 308 445 5333

M. Naeem Mughal

(Sr. Graphic Designer)

Saima Yousafi

(Administration Manager)

Muhammad Kamran

Media Sales Representative (South)

Email: syed.kamran@informal.pk Cell: **+92 346 120 9991**

Legal Advisor: M . Arif Parvez Butt (Advocate High Court Lahore) Office: Munawar Chambers Office No-6, Mozang Road, lahore. Ph: 042-37350442

Head Office: House No # 182 Block No 14-B1 Town Ship - Lahore. Ph: + 92 331 921 1111

Email: informal.pk@gmail.com | www.informal.pk

Rawalpindi Office: CreativeZone, Office#2, O/59,

Circular Road, Rawalpindi. 0333-811 5798

Printed at: Hasnain Ilyas Printers

House#1 Basement Aslam Arcade,
16 Macload Road Lahore. (PCPB / 174-1) **Publisher:** Waseem Ahmed **Rs. 150/-**

Please send us your article, stories, events, pictures to publish in Informal Magazine at informal.pk@gmail.com



Pakistan - A Promising Future

Integrity, morality, and vision who follow; Grant them leadership, a hope for tomorrow. Accountable, humane, and reliable will stay; Revolution will crush corrupt and astray. Scholars, scientists, and experts all around; Reading a book be every child found. Invest in academy, research, and innovation; Nation will rise, promote education. Build industries and provide livelihood; Everyone must have a cottage and food. Facilitate businesses to push up economy; Manpower is decisive in elevating society. Protect nature and preserve resources; Be faithful and patriotic, always serve justice; Pursue your culture, contribute to community; Youth is light, a nation's vitality. Unity, faith and discipline a motto; Pakistan the promise was never a hollow; Those who stand cast a shadow; Be true to legacy, support weak and shallow.

Igra Jamal, NUST, Islamabad.

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

Write us at informal.pk@gmail.com

Magical thinking as the main reason for distrust of science

ow do we know that the world is arranged exactly as we think? Imagine that you are walking in the evening with an acquaintance

evening with an acquaintance and say: "It is wonderful that our planet has such a satellite - the Moon. Thanks to him, according to some hypotheses, there may be life on land. Then your friend says that he is a supporter of the theory that the moon is made of green cheese. This discussion continues: everyone argues in favor of their own hypothesis.

Do you know what you can call the pseudo-facts of the interlocutor? Magical thinking "Development of critical, logical and creative thinking".

What causes magical thinking? The desire to get a quick, not burdened with complicated details, the answer. This is a non-scientific way to put the world in order and reduce your anxiety.

• We are looking for patterns everywhere (visual, sound, etc.)

 We spiritualize everything (attribute extraordinary abilities to people, objects, or phenomena).

Magical thinking is natural to man, but skepticism (critical thinking) is not. This means that society intuitively lives in a world that does not

consist of objective laws of physics, quantum mechanics, biochemistry, biophysics, and so on. We live in a world where all living beings and even objects have some will, mind and purpose. How does this manifest itself?

- 1. The magic of contact. People are accustomed to believing that amulets, charms and red thread have a certain magical effect on life and destiny. Another example is that the community is convinced that the "money tree" brings money.
- 2. Transmissible magic. For example, people believe that a voodoo doll can really hurt someone if you stick needles in it.
- 3. Contagious magic. People avoid contact with "contaminated" objects or people who are considered "contaminated / bad". Society is accustomed to seeking contact with things or people who are considered "good."
- 4. Apophenia. The tendency manifested in people's tendency to see relationships and structure in random or meaningless data. For example, people in the clouds see images of animals, people or certain objects.
 - 5. Animism. Giving objects, natural phenomena, animals or people a soul / spirit to

explain their actions or behavior. For example, the funeral cult and the development of beliefs in the afterlife.

- 6. The magic of chance. Random events are perceived as natural: tossing coins, predicting fortune tellers or something.
- 7. Belief in a just world. It is about believing that our world is rational, just and natural, and that our every action affects the consequences. For example, if something bad happens to a person, it is a "punishment" for certain actions.
- 8. Prejudice. Prejudice, which is that an individual believes in unknown forces that can predict events or even influence them. For example, look in the mirror when you return home; greet or pass something across the threshold; broken plate fortunately.
- 9. Barnum effect. People try to explain meaningless information for real reasons. For example, astrology, divination, palmistry, aura reading.

In fact, there are many things to which humanity does not yet know the exact answer: the work of human consciousness, dark energy, the origin of life on Earth, dark matter and more. If society does not know something, it does not mean that it should be attributed some magical properties. In order to avoid delusion, make causal connections.



Imagination-why is it important and how to support its development?

s parents, we increasingly focus on important aspects of a child's development those related to his emotions, cognitive and social competences. However, when we hear about the development of children's imaginations, it seems to us that this is an area that does not play a significant role in learning and the lives of our children. Meanwhile, numerous observations and studies show that it is one of the most important elements of sustainable development. Read on to find out about five important things we parents can do to support the development of a child's imagination.

Imagination is not only made up stories and inconspicuous fantasies on a specific topic. Imagination makes the child open to himself and others, to creating new things, creative action, diversity and critical thinking, i.e. the ability to perceive various possible solutions and interpret phenomena. In today's world, schematic thinking of giving one right answer and seeing the world from the perspective of dry facts and numbers is meaningless and worthless.

What does science say about

A young child's brain is almost four times lighter than an adult's, but has almost the same number of neurons, or about 100 billion. Interestingly, young human brain cells are twice as active as adult brain cells. This means that children are born with the ability to learn quickly and create new things at an extremely high level.

Research results on the so-called divergent thinking suggest that as many as 98% of preschool children have the natural ability to think creatively at a genius level, but only 2% achieve this result after graduation. For children to develop their intelligence optimally, it is

important to strengthen their innate creative abilities. They significantly influence cognitive, emotional and social development.

Neurobiologists, educators and psychologists encourage to use this knowledge in practice and in everyday contact with children.

How to support the development of children's imagination?

Since children are born with a natural curiosity about the world, the ability to discover and learn, it is enough to support them in this learning and follow what they need at a given stage of development.

Here are important things we can do for kids:

1. Allow for free play

speech

Free play is one that is not imposed by adults. It can be carried out with their protection, but always according to the rules established by the children.

Free play - contrary to the belief that play does not contribute to the development of children teaches them everything they need to develop properly and creatively. It is an important element

development, literacy, numeracy, spatial organization, motor coordination, critical thinking skills, awareness of oneself and others, building relationships with people, courage, independence and responsibility.

During free play, the child's brain activates, among others the hippocampus, mirror neurons, the reward system and semi chemicals such as dopamine and endogenous opioids, which are responsible for good mood, effective learning, permanent memorization of new information, analysis, synthesis and reconstruction. When dopamine is dominant in a child's brain, it learns more easily and effectively.

It is worth remembering that play also has therapeutic value. It supports the emotional, psychological and social development of the child. During free play, children have the opportunity to assume different roles, work through difficult emotions and states - such as fear or anger, a sense of rejection or shame. They learn to understand themselves, experience their own feelings and understand others.

2. Accept making mistakes

One representative study on the brain shows that true learning occurs when a child has the opportunity to make mistakes without fear of judgment and criticism from adults.

A team of psychologists and neurologists from Norway discovered that after a person makes a mistake, the so-called reward system, motivating to perform the same activity later, but correctly. The recording of the brain's work while repeating an incorrectly performed action shows that the brain begins to focus on looking for alternatives, analyzing and finding new solutions precisely in order to finally correctly perform a given

It can be argued that the brain

www.informal.pk 07



What is a QR code? How to create a QR code in a few minutes?

often encountered QR codes and have applications installed on their mobile phones to read them. However, did you know that the process of creating a QR code is quite simple. Here is detailed information about what a QR

code is and instructions on how

any of us have

What is a QR code?

to create it.

A QR code (Quick Response Code) is a black and white square symbol that people can scan with a smartphone to learn more about the product.

QR codes usually look something like this:

Although not every QR code has the shape of a perfect square, they often look like the image above - with different patterns

You can often see them on signs, billboards and even in commercials, where you can quickly scan the code on the screen with your phone.

How to disable advertising on an Android phone?

How do QR codes work?

The code was originally developed in Japan for the automotive industry. Marketers have welcomed barcodes because of their small size, large storage capacity, and ability to pass on additional information to consumers beyond what packaging can convey.

If the consumer sees a QR code somewhere, he can take out his mobile device, download a free QR code scanning program and "scan" the barcode to access additional information.

Instructions on how to create a QR code

Step 1: Select the QR code generator.

There are many QR code generators. The best ones give you many options for using your QR code and compatibility with most mobile apps for reading QR codes.

The best QR code generators

- GOQR.me
- Free QR code generator from Shopify
- Visual
- The-grcode-generator.com
- **OR Stuff**
- qr-code-generator.com
- **QR Code Monkey**

Step 2: Choose the type of content you are advertising.

First, select the type of content you want your QR code to be displayed to the person after the scan. You can choose any types. 1 to 10

Step 3: Enter your details in the form that appears.

After selecting the type of content you promote with this QR code, a field or form will appear where you can enter information that is relevant to your campaign.

For example, if you want your QR code to store contact information, you'll see a set of

fields where you can enter your email address, subject line, and message.

Step 4: downloading a dynamic QR code.

Consider the option of "dynamic" OR code? One of the major disadvantages of creating a QR code is that you cannot edit the data contained in it after printing it. You can print a dynamic QR code, scan it and extract an editable form where you can change the data that your visitors will receive when they scan the QR code themselves.

Step 5: Check the QR code to make sure it is scanned.

Be sure to check that the QR code is read correctly, and be sure to try more than one reader.

A good start is the free Google Goggles tool, which can take a picture.

Step 6: distribute the QR code.

The QR code will not be able to do its job if no one sees it. So be sure to come up with a code distribution plan.

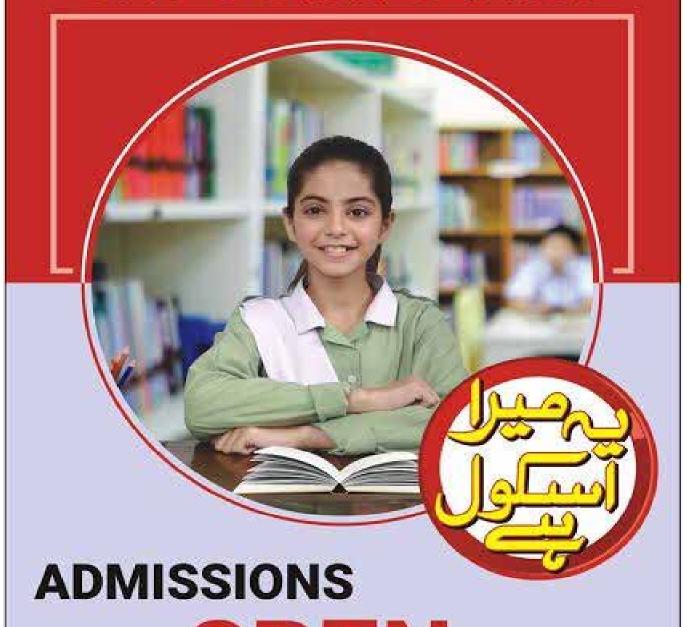
This may include showing it on social media, in print advertising, on clothing, or in places where people will remove phones for scanning. So there are no obstacles if people want to scan the code but don't know how to do it.

Step 7: Track and analyze performance.

As with any marketing campaign, you need to monitor the effectiveness of QR codes to see if they actually work.



The Smart School



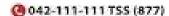
OPEN

State of the Art Facilities Affordable Fee Structure **Smart Web Portal** ICT-Integrated Curriculum Interactive Learning Environment



Group Head Office:

31-Industrial Area,Gurumangat Road, 📵 www.thesmartschools.edu.pk: Gulberg III, Lahore, Pakistan.



() /TheSmartSchooloffical



Defence Day of Pakistan is celebrated with zeal and enthusiasm on the 6th September 2022.





























uring your college career, you will probably have to write an essay or two. Whether you are required to write an essay as part of an exam or participate in an online discussion forum, you need to make sure that your essay meets all the requirements specified by your instructor and that it receives the grade you desire for the assignment.

Here are some top guides to writing the perfect college essay so you can be sure that every essay you write will get you great results without an essay writer online.

- 1. Research
- 2. First write a plan
- 3. Use the reverse contour technique
- 4. Edit your work
- 5. Keep track of how many words you type per minute
- 6. Get feedback from others when editing and revising
- 7. Reduce verbiage (and use action verbs)

Research

The first step to writing a great essay is research. You need to know your subject inside and out. The better you understand the topic, the easier it will be to write

Use online resources, such as library databases, to find scholarly sources that support your argument.

Create an outline of your work with a thesis statement at the top so you know where to go with each paragraph. Read books by or by the author or people who agree with your point of view on the matter.

First write a plan

Before you start writing your

essay, it is important to create an outline. This will help you organize your thoughts and ensure that your essay flows smoothly.

Start with a catchy introduction (one sentence):

You only have a few sentences to make a good first impression, so make them count!

Your essay should be supported with strong evidence and examples. Otherwise, it will look empty and unconvincing.

Use the reverse contour technique

The reverse outlining technique is a great way to organize your thoughts and make sure your essay is on track. First, start by writing a rough draft of your

Once you have your rough draft, read it and create an outline of what you've written. Then take your plan and turn it around, starting with your conclusion.

This will help you see if your essay flows logically and if there are gaps in your argument.

Edit your work

A big part of writing a great essay is editing your work. Make sure you give yourself enough time to edit your essay before submitting

Here are some tips: Read your essay aloud to catch any mistakes you may have missed. Ask someone else to read your essay and give you feedback.

Take a break from your essay and come back to it later with fresh eyes. As you read, ask yourself if there is anything that could be taken out or rearranged for clarity.

If so, take action on these suggestions! Revision! The last thing you want is to hand in an essay with an abundance of errors and typos! Feel like you're not catching all the mistakes?

Keep track of how many words you type per minute

To make sure you're keeping up with your writing, it can be helpful to keep track of how many words you type per minute.

This way, you can judge whether you need to speed up or slow down to reach your target word count.

Also, this method can help you determine which parts of the essay take longer than others so that you can focus your attention accordingly.

Get feedback from others when editing and revising

Once you have a draft of your essay, getting feedback from others is important. This can help you see where you need to make improvements.

Try asking a friend or family member to read your essay and give you, their thoughts. You can also try showing it to a teacher or tutor for feedback.

If you're struggling with how to edit your work, it might be helpful to ask an expert how they would do it.

You may want to post your draft on forums like Reddit or Quora, or even on one of the 5 Best Essay Writing Services.

Reduce verbiage (and use action verbs)

Use strong active verbs whenever possible.

This will not only make your writing more concise, but also make it more exciting and engaging. Also, try to avoid using to be verbs as much as possible.

For example, instead of saying "The report was written by me," say "I wrote the report."





About Shah Brothers

Shah brothers is a name of trust & durability, making Quality Gym equipment, office & school furniture for the last 8 years. We Provide Chairs, Tables, Cupboards, Racks, Teacher Tables, Green Board, White Board, Black Board, Gym, Blocks, Dramatic Play, Easel, Toys, Games, Art, Library, Discovery, Sand, Water, Music, Dance, Aerobics & cooking and many other equipment's for different activities.

We Deal in School & Office
Furniture,Interior & Exterior,
Design & Decoration,
Construction, Renovation,
Event Management, Organizing
Conferences, Procurement and
Printing.



















Head Office: 17-A Tariq Block, Garden Town, Lahore. Email: shah.brothers.lahore@gmail.com

Cell: 0322 222 0161

🚯 shah.brothers.lahore 🛚 🌐 www.shahbrotherspk.com



The hour of communication passed imperceptibly - the writer shared his thoughts on modern literary work, gave answers to your questions and told about what childhood books brought him to another reality. Interesting? We invite you to watch the speech and participate in further discussions!

About the openness, accessibility and "humanization" of literature

Children are happy to get acquainted with the "living" book and modern authors, with whom you can communicate, joke, ask questions. After all, literature is not a matter of the past, bronze monuments or academic achievements. Literature is written in our time, we have a direct relationship to it!

"Humanization" and openness of literary work are extremely important! It should not be treated too sacredly. Do not be afraid to read modern authors. It is important for a child to find in books not just someone's thoughts, but to clearly feel the reality in their pages. So she is unlikely to see her life in the works of early 20th century writers.

About the "demonization" of modern literature

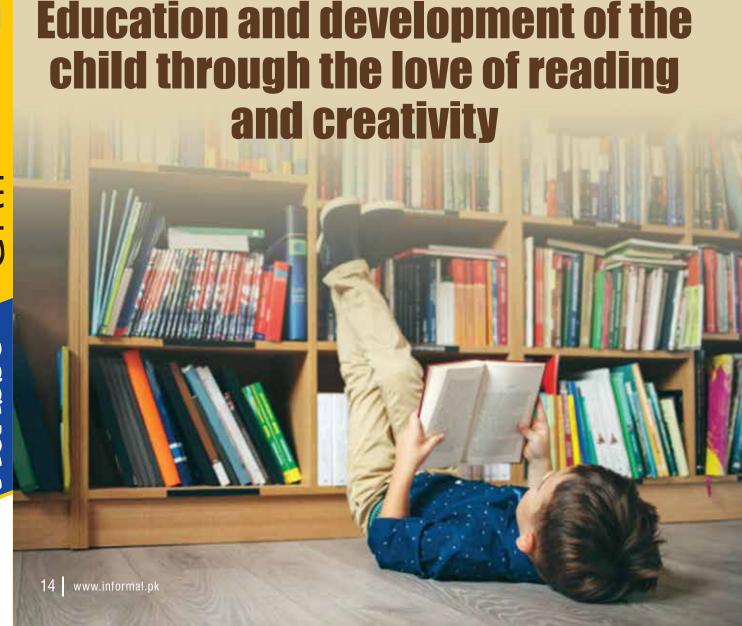
Modern literature has no methodological treatment, and thus it can cause alarm on the part of teachers. After all, being a pioneer in the interpretation of creativity is always responsible and difficult. It is necessary to understand independently on what to emphasize, on what to lean, explaining benefit of the read and deciphering opinion of the author.

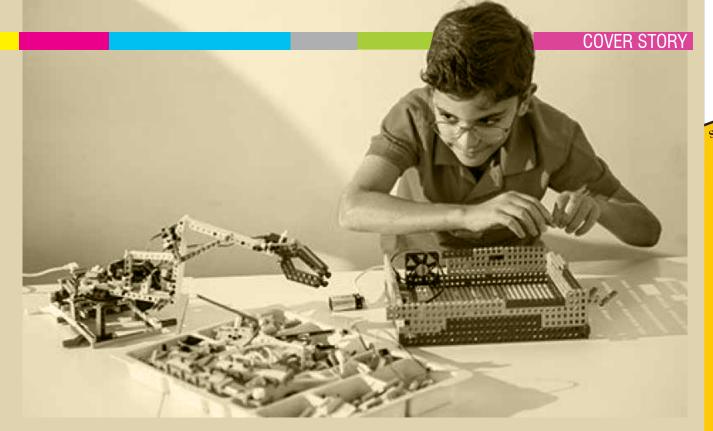
Therefore, "today's" literature is not very different from what was written in the past decades. Of course, if we do not take into account the political features of the eras. Yes, some writers seek to "catch the nerve of time," but some values remain the same.

On the other hand, one should not over-idealize contemporary art, because behind the variety of colorful covers hide completely different authors. That's why the best way to find a good book is to be interested in literature and read!

About the e-book and the second breath of libraries

Times are changing and we have a choice of how to react: to ignore realities or to take into account changes. Undoubtedly, the mechanisms of the book's functioning in society are being transformed. An e-book is





gaining popularity - it is a given that should be accepted and used as much as possible to promote reading.

Love paper books, but predicts that classic bookstores may lose their positions. Of course, they will remain, but mostly as a meeting place for fans of paper publications and atmospheric bookshelves. People are likely to buy literary possessions online.

Today, many libraries have become centers of powerful educational and social life. They are quite relevant and in demand among the population.

About methods of encouragement to read the book

It is important to perceive the book as part of your own life and worldview. The book should not seem like an ordinary textbook to a child. It should be at arm's length so that the child can get a paper friend off the shelf at any time and join the game offered by the writer. Here a lot depends on both parents and teachers. We have to present the book so that the child perceives it as something personal. After all, there is the ability to write, and there is the ability to read. And it is often not received at home or at school, so here really a lot depends on the teacher who should interest students.

Remember those childhood moments when you plunged into another magical world, opening a book? It's an incredible miracle of childhood, when we "break through" lines and pages and mount a new reality. In order for a miracle to happen, sometimes you need light tips and unobtrusive markers that adults can give.

For primary school teachers about the love of literature

We advise to pay attention to contemporary art and to writers who write about the present. Despite the fact that modern literature is not fundamentally different from the works of previous centuries, it is especially important for younger students to feel the relevance of what they read. In the book, the child must find things with which he associates his world. See life, features and concepts of today. Fortunately, modern children's literature is developing rapidly and rapidly. Poems, prose, adventures, books on education we have something to choose from.

About world trends and declining love for books

Statistics from the previous year show that book sales in some countries have grown. Especially electronic. The situation in Pakistan is the opposite - sales have fallen. We need changes in

the culture and promotion of reading. We must do everything to create new methods, to support marketing moves that will attract Pakistan to read.

For young teachers about useful literature, works and resources

Who but young teachers should follow the novelties of book publishing! Today, motivational, psychological and applied literature is regularly updated it's a real luxury! Stay tuned for updates on bookstore sites.

About virtual life in gadgets and the role of the book

We often complain that children are immersed in the world of gadgets - virtual games, life and communication. But let's start with yourself! Adults are not much different from schoolchildren in this regard, because they are sometimes too fond of virtual discussions. This is a sign of the times, we have to work on ourselves and take only the useful from the network.

00

Most of the basic things are laid in the family. However, the figure of the teacher is extremely important: his role in the formation of the reader's personality, the ability to interest and find a non-standard approach to the promotion of literature.

oes your child already know the rhyme about hand washing and how to do it? The concern for clean hands - both our own and our children - has become particularly relevant recently. In conditions of an epidemiological threat, it becomes necessary to follow a more stringent sanitary regime. Below we suggest how to best care for the hygiene of children's hands - not only in the era of the coronavirus pandemic. The most important thing is frequent and

Hygiene, don't overdo it

an early age.

thorough washing of hands - it is

worth teaching children this from

As the results of the research so far show - in adults with hygiene, not only of their hands, it can be different, which results in the lack of appropriate habits in the younger generation, which is most easily learned by observing parents or guardians. However, when a small child appears in the house (especially the first in the family), it happens that concern for his health drives the household members to the other extreme. Knowing about the need to keep a toddler clean and wanting to provide him with the best possible conditions, it is easy to overdo it bathing too often and wiping with wet wipes, constantly scalding the nipple, not allowing the thumb to be put in the mouth, disinfecting everything around, etc. No this is the way, although taking care of the hygiene of hands with which we touch practically everything is certainly not an exaggeration. Let us make hand washing for children a hygienic habit as soon as possible.

Excessive sterility is harmful

Excessive cleanliness is not good for children's health - quite the contrary. By doing this, we deprive our children of contact with

bacteria, other microorganisms and allergens, which negatively affects the immunity of a young organism, which has no chance to learn to fight them. Hygienic over-zealousness (especially when using disinfectants) promotes the development of allergies, which are becoming an increasingly serious problem in children. On the other hand, dirty hands are home to many microbes that can easily enter the body, causing health-threatening diseases some of which are often referred to as "dirty hands diseases" (hepatitis A, food jaundice).

The best soapy water

Washing your hands - for children and adults - is the best way to keep them clean. Even taking into account the current situation, in which the whole world is struggling with COVID-19, it is worth promoting thorough washing of hands with the use of soap and warm water for children. Parents sometimes ask if there are any specific hand washing instructions for children. The same rules apply as for adults, i.e. warm water and thorough washing of the entire surface of the hands and wrists, lasting at least 30 seconds. The truth is that if we kept in mind a few simple rules regarding hand hygiene and instilled them in our children, additional disinfection of them apart from such situations as, for example, injury or abrasion of the skin - would not be actually needed or it would be necessary at most sporadically, mainly outside the home.

Disinfect your hands or not?

The issue of using disinfectants in children has always been controversial - experts do not recommend their daily use, especially at home. The problem is that little ones tend to touch different surfaces and often touch their faces and put their fingers and objects in their mouths.

However, there is no better or safer method than washing your hands frequently - for children of all ages. When outside the house, it is also worth making sure that our children do not touch, for example, door handles, intercom buttons, bollards, etc. To older children, try to calmly explain why they should not do this. In the case of children over 6 years of age, taking into account the SARS-CoV-2 coronavirus pandemic, it is permissible to use agents (e.g. in the form of a gel) for hygienic disinfection by rubbing, as long as they have a simple and safe composition - without fragrances that may be irritating or allergenic to the skin and mucous membranes.

Let's teach healthy habits

The instructions for washing hands for children are the same as for adults - especially at the beginning, it is worth doing this together with your toddler to show him how to do it. Before we set an example for our children, however, we should make sure we wash our hands properly. Learning in the form of fun will certainly work here - an example may be the poem about washing hands mentioned at the beginning.

In conclusion, it is our parental responsibility to keep our children's hands clean and to instill good hygiene habits in them. It is worth taking the time and attention to ensure that washing children's hands is taken for granted as soon as possible. Let us teach them to do this activity not only frequently, but also as accurately as possible. In the case of toddlers, it is better not to use disinfectants. In children over 6 years of age, it is acceptable, as long as we choose a safe and proven product for them, and then we make sure that they use it only when necessary. By overusing disinfectants, we can achieve the opposite of the intended effect.





SCHOOL CRAFTS

FOR SCHOOLS AND PARKS

NATIVE GROUP

www.schoolcrafts.com.pk







- 🙀 Montessori Furniture / Montessori Material
- 🙀 School Furniture Educational Toys
- ★ Indoor Soft Play / Outdoor Play Equipment





















FACTORY / DISPLAY CENTRE LAHORE

DISPLAY CENTRE RAWALPINDI

t can be difficult for home schooled children to make new friendships. It's not because the unsocialized homeschooling stereotypes are true. Instead, it is often because home schooled children do not have the opportunity to be around the

same group of children on a

private schooled peers do.

regular basis as their public and

Although home schoolers are not isolated from other children, some do not have enough consistent contact with the same group of friends to allow time for friendships to grow. As homeschooling parents, we may need to be more intentional about helping our children make new friends.

How can you help your home school find friends?

Maintain current friendships

If you have a child transitioning from public school to homeschool, try to maintain his current friendships (unless they are a contributing factor in your decision to homeschool). It can put a strain on the friendship when the children don't see each other every day. Give your child opportunities to continue to nurture these relationships.

Make sure you have the parents' contact details so you can arrange regular playdates. Invite the friend for an overnight stay or a movie night.

Consider having holiday parties or game nights on weekends or after school so your new home schooler can hang out with their old co-ed school friends and new

www.informal.pk

homeschool friends at the same time.

Get involved in the **Homeschool Community**

It's important to maintain friendships for children moving from public school to homeschool, but it's also important to help them begin to make friends with other home-schooled children. Having homeschooling friends means your child has someone who understands her everyday life and a buddy for homeschooling group outings and playdates!

Go to homeschool group events. Get to know the other parents so it's easier for your children to stay in touch. This contact can be especially important for less outgoing children. They may find it difficult to connect in a large group setting and need some one-on-one time to get to know potential friends.

Try a homeschool co-op. Participate in activities that reflect your child's interests to make it easier for him to get to know children who share his interests. Consider activities like a book club, LEGO club, or art class.

Participate in activities on a regular basis

Although some children have a new "best friend" every time they leave the playground, true friendships take time to foster. Find activities that take place regularly so that your child meets the same group of children regularly. Consider activities such

- Leisure league sports team
- · Classes such as gymnastics,

karate, art or photography

- Community theatre
- Scouting

Don't overlook activities for adults (if it's acceptable for children to participate) or activities involving your child's siblings. For example, a women's Bible study or a weekly mom meeting gives the kids a chance to socialize. While the moms chat, the kids can play, bond and make friends.

It is not uncommon for older or younger siblings to wait with their parents while a child attends a homeschool class or activity. The waiting siblings often form friendships with the other children who are waiting for their brother or sister. If it's appropriate to do so, include some activities that encourage quiet group play, such as playing cards, Legos, or board games.

Use the technology

Live, online games and forums can be a great way for older home schoolers to make friends who share their interests or stay in touch with existing friends.

Teens can chat with friends and meet new people while playing video games online. Many home-schooled kids use apps like Skype or FaceTime to chat face-to-face with friends every day.

There are dangers associated with social media and online technology. It is crucial that parents monitor their children's online activity. Parents should also teach their children basic safety protocols, such as never giving out their address or engaging in private messaging





Hope & Fear

he venomous phase of Covid-19 was on its peak and the man like many others was struggling to find bread and butter for his family. He started his job hunt with a new hope and aspiration by reaching to all those who were well known to him. At that time Hope was bigger than fear, the person was very assertive about his good fortunes, again Hope was dominating. However, the fear was victorious in the first phase of his job hunt, although he kept trying for a breakthrough. So, the life became a pendulum between Hope and

An Italian Proverb says, "Hope is the last thing ever lost".

This, proverb kept the man going, striving harder than yesterday, keeping his morale high and carrying a positivity for a breakthrough. Despite of concerted and committed efforts he failed to find a job and now the fearful situation was dominating as we say in English "unless you puke, faint or die, keep going".

The balance between fear and hope was phenomenal, which kept him going and eventually he got a job. He was thankful to Allah SWT, his family members and all those who prayed and helped him for this breakthrough. Despite of being an experienced campaigner, he was fearful about his new job, fear of losing it, fear of not being up to the mark and not among the best as he used to be. On the contrary, he was hopeful as he used to be among high rank performers in different educational institutions.

One of the basic requirements of securing a good job is to do your basics right. You should always have a positive energy to take up your tasks and complete those in line with the satisfaction of your line manager. The road will always be slippery, people will be

observing you and your performance will be compared with your colleagues. Here again losing your reputation, your confidence, your means is a big fear. A new employee no matter how experienced he is, must go through all this. If he is the flag bearer of Hope and has clarity about his professional objectives, then success is just a matter of time. God willing.

The environmental variables are also imperative, as we say in English, "nothing succeeds like success". Meeting your deadlines, continuously performing your tasks to the best of your abilities and administrative satisfaction are the positive signs of professional progression. No matter how hard the situation is, you must always find a way to be a successful professional. Don't lose hope and keep trying until your haters would salute you! Always believe in yourself and hold the flag of Hope higher than Fear.

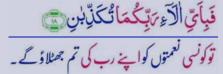
Fear is bigger than Hope, she cried! "OMG what happened my darling, why are you getting upset"? I nodded. "Don't you know Sam, I have a class demonstration today for my new job," "Yeah, I know you have it today, so what's a big deal? You are an experienced campaigner and can handle this task easily", I encouraged her. She smiled at me, picked up her bag and left home.

For a minute I lost track of the proceedings and quickly sent a good luck message to her. Fear and Hope go hand in hand, where fear is more threating and disturbing, Hope brings peace and tranquility to our lives. Some people are very hopeful in their life, they always try to remain positive and hopeful, this may lead to be over-confident, and rude at times. This may lead them to the ditches of mistakes, blunders, and

On the contrary Fear comes in to balance it, Fear stops you to be

relentless & reckless in your life, it works as a detour from sins to piety, it checks you upon making wrong moves. It brings discipline to your life; Fear of humanity takes you away from a dreadful company and Fear of Allah takes you close to HIM SWT. Fear works as salvation from a heinous life and gives powerful and meaningful emotions to your life.

In my opinion we cannot embrace entirely Hope and Fear for an indefinite period, our state of mind swings between Hope and Fear, yes, we need to change our lens more often to be more hopeful and positive, leading as a mentor for our family, relatives, and community overall. Having said that, how can we ignore this Ayat?



And indeed, we cannot ignore this magical Ayat of Sura Rehman, where Allah SWT is asking a question with an absolute authority and conformity.

We pray for all a peaceful and successful life in both the worlds. Ameen.

Yes, HOPE IS BIGGER THAN FEAR!



www.shahsons.com



f you've left teaching behind, or if you're thinking about doing so, you'll probably be happy to hear that you can easily repurpose the skills you've acquired in the classroom to find a related job or even start one entirely. new career. Some of the best jobs for former teachers rely on transferable skills such as communication, management, problem solving and decision making. Here are 14 options to consider.

Private tutor

Many of the skills a teacher relies on in the classroom can be transferred to the world of private tutoring. As a private tutor, you have the opportunity to share your knowledge and help others learn, but you don't have to deal with the politics and bureaucracy of the education system. This allows you to focus on what you do best: teaching. Private tutors get to set their own hours, decide how many students they want to teach, and control the environment in which their students learn. The administrative skills you acquired as a teacher will help you stay organized and run your own business.

Author

All the skills you used to create lesson plans—creativity, adaptability, and critical thinking—can be transferred to the writing profession. You can use your expertise to write online content or a non-fiction book. If

you are particularly creative, you can write fiction stories. Writers with teaching experience are also needed to write curriculum materials, lesson plans, test questions, and textbooks that can be used in the classroom.

Training and development manager

If you want to use your supervision, organizational skills and knowledge of curriculum development, you may want to consider a career as a training and development manager. These professionals assess training needs within an organization, create course content, select training materials, and supervise training and development staff, including program managers, instructional designers, and course instructors. Although some training and development managers have a human resource background, many come from an education background and hold a degree in an education-related

Interpreter or translator

Former teachers who taught a foreign language in the classroom are well suited for careers in interpreting and translation. Interpreters usually translate spoken or signed messages, while translators focus on converting written text. Some of the skills that you can transfer from your teaching career to a career as an interpreter or translator include reading, writing, speaking and listening skills.

Interpreters and translators

should also be culturally sensitive and have good interpersonal skills. Most interpreters and translators work in professional, scientific and technical services. But many also work in educational services, hospitals and government agencies.

Life coach

As a teacher, you probably spent a lot of time assessing, setting goals, and motivating students. All of these activities have given you the skills you need to mentor other people and help them develop emotionally, cognitively, academically and professionally. In short, you have what it takes to work as a life coach. Life coaches, also known as executive coaches or enrichment specialists, help other people set goals and develop action plans to achieve them. Many life coaches also work to motivate clients throughout the process. Although some life coaches are employed by healthcare or treatment facilities, most are self-employed.

Director of Education Programs

Ex-teachers who want to stay out of the classroom but remain in the field of education can use their planning, organizational and administrative skills to work as education program managers. Educational program managers, also known as academic program managers, plan and develop learning programs. They can work for libraries, museums, zoos, parks, and other organizations that offer education to visiting





Stocker to



7 Sports Invented in the UK

ome of the sports invented in England spread around the world and are popular elsewhere today. In this article, we will describe the sports played around the world today and invented in England. Many of them are a "version" of what

happened in the first place, but we can't deny that people in this country are very creative.

What are the sports invented in England?

Sport as a cultural, social and even economic symbol in the UK has always been important, but it played an important role in the early 20th century. These are sports invented in England:

1. Football

Football is not a 100% British invention, but the way we play now was invented in England. In ancient Greece and some American civilizations there were games played with round objects.

Modern football started when the main lines and game rules were written. In the beginning, it was a very violent sport. It is said that the birth of today's football was in 1863, when the Football Federation met for the first time and wrote 14 basic rules. The first official tournament was played in England in 1871.

2. Rugby, traditional among the sports invented in **England**

Born in England in the nineteenth century, this sport emerges from the rules of football, an adaptation of the violent carnival games of the time. For many years rugby has been said to be the second personality of football.

There is a saying that "Football is a game of gentlemen played by bad guys and rugby is a bully game played by gentlemen." The creator of Rugby was an English theology student named William Webb Ellis. In fact, the Rugby World Cup is named after him.

3. Tennis

The first references to tennis are of French origin (known as Jeu de paume or "palm game" and is the forerunner of the basppelota), in fact its invention was attributed to England after England added rackets to the game.

Initially, the game took place only on natural turf pitches; It continues to do so in the traditional Wimbledon tournament. It was also a special game for wealthy people in English-speaking countries. Today, we play almost anywhere in the world and it has been an

Olympic sport since its first edition in 1896.

4. Cricket

In Spanish it is known as "hand cricket" and is a sport of ball and bat (flat bat unlike baseball) in which two teams of eleven players face off. Cricket is played on an oval-shaped turf with an empty rectangular field in the

It is one of the sports invented in England, but is also popular in Commonwealth countries. It is followed by large masses even in the Indian subcontinent. The common belief is that children invented it in the cities of Sussex and Kent during the Middle Ages and was practiced by Prince Edward of Nawenden.

This delicate sport was first played in 1297 in the Netherlands. However, it was developed in the United Kingdom. The Gloucester Cathedral of England has a stained glass window showing the golfer in honor of an English fighter who is a fan of the sport.

In 1744 the first golfers' association was established in Scotland, and a year later in Great Britain, where the first arrangement was prepared. Golf took part in the 1900, 1904 and 2016 Olympics.

6. Field Hockey

Although there are fields and traces that prove that field hockey has already existed in Egypt and Ireland, the country that is identified with its invention is England. At least that is the case in its modern version dated to 1886.

This sport's first club dates back to 1861 in London. At first, it was only for men, but women also began to play in 1880. The International Hockey Association was formed in 1886 and the first international matches took place in 1890. 1908 was part of the Olympic Games.

7. Table tennis, one of the most modern sports with foundations from England

The last of the sports invented in England is a derivative of this country's tennis. Due to the adverse climate of the island, players had to look for an option to be made indoors. So they prepared a table that mimicked the original court and also reduced the size of the ball and racquets.

In 1885 the first plays were played in British universities and in 1890 the table was patented. Table tennis was already popular in Europe and India in the early 20th century. In the 30s it reached Asian countries.







www.shahsons.com

Inauguration ceremony of Corner Stone School Mangla held at MGH Mangla.

This day is always a blend of anxiety and happiness for both child and the parents. CSS LAKE VIEW MANGLA welcomed new students on 5th September 2022. It was a day filled with fun activities. School welcomed its students with a warm heart. Ms. Wajeeha Raoof -Director Cornerstone was also presented there and the School staff CSS Mangla welcomed Mr. Awais Shaikh Ceo, MGH Pakistan on the happening. He appreciated the school management effort to bring a quality education for the students learning there. He visited the classrooms and wished best of luck for the future of students. CSS LAKE VIEW tried their level best to make this day a pleasant memory for the students and their parents.





















Red

DA' ART Institute of Art & Design Organized "Allama Bil Qalam Calligraphy Exhibition"

A fantastic calligraphy Exhibition was organised by DA' ART Institute of Art and design. Syed Bilal Qutab 'a renowned Sufi & Islamic scholar; was the chief guest. He made this event more blessed by his presence. DA' ART Institute is promoting and teaching the Both conventional and modern styles of calligraphy to the students. In the event Naqshi and traditional styles were promoted. On the occasion Mr. Asghar Qureshi Chairman, DA' ART talked to Informal Magazine he said "Our generation badly needs such kind of events and such marvellous institutes" DA' ART is an institution which is serving as a pillar who is holding the values and ethics of our heritage. Parents, Students and all those who know the value of such arts deeply inspire such kind of places and their activities.

















Red

THE SPIRIT SCHOOL WAPDA TOWN CAMPUS

(A project of superior group) celebrated the defence day with full zeal and zest.

Defence Day honours the day when our country's military forces successfully repelled an attack by Indian forces on 6th September 1965. It serves as a memorial to all the martyrs of war and to our armed forces. The purpose of the event was to foster a sense of patriotism, cooperation, and brotherhood in the students. The students gave speeches, sang patriotic songs, and gave a special tribute to our war heroes while praising, honouring, and thanking Pakistan's Armed Forces for their unmatched contributions to the nation's security around-the-clock.





















Colour day celebrations at campuses of LAPS.

LAPS (London Academic plan school) always tries to make learning a fun for its students. A colourful event was celebrated in LAPS. Different colour days were held in different classes. Students came in specific colour costumes. Their campuses were decorated beautifully with those colours. Students took interest with full vigour. Such kind of activities make learning a fun for young students. School should be a place where beginner learners feel entirely relaxed. LAPS provide a comfortable environment for its students. Little angels of LAPS were looking like attractive colours of a rainbow. Parents also like to see their kids happy at school. Colour days in different classes make learning colourful and entertaining.























Bookfairs for Schools



Story Books | Drawing Books |

3D Puzzles

Cartoon Keychains

C+92 308 4039581

Order Now for having bookfair at your place.

STUDY AROUND THE GLOBE





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

CANADA
CYPRUS
MALAYSIA
IRELAND
AUSTRALIA

USA
GERMANY
CHINA
SWITZERLAND
NETHERLANDS

U.A.E UK SPAIN ITALY SWEDEN

Diploma / Under & Post Graduate / Ph.D

Eligibility:

- Minimum Qualification Matric / O Level
- Apply with & Without IELTS*
- Work allowed during studies
- Post Study Work
- * For selected countries
- Route to permanent residency

British Council

Approved IELTS
Test Registration Centre



AEO Pakistan

Approved IELTS
Test Registration Centre

UAN: 0304-1111-553, TEL: 042-36600066 57-Commercial Area, Cavalary Ground, Lahore Cantt