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TO RISE ABOVE THE TIDE

Informal

EDUCATIONAL MAGAZINE

**"The thought of a limit
to perceptual space and
time staggers the mind"**

Allama Muhammad Iqbal



CELEBRATE *Iqbal Day*

NOVEMBER 9, 1877 - APRIL 21, 1938





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Editorial NOTE

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

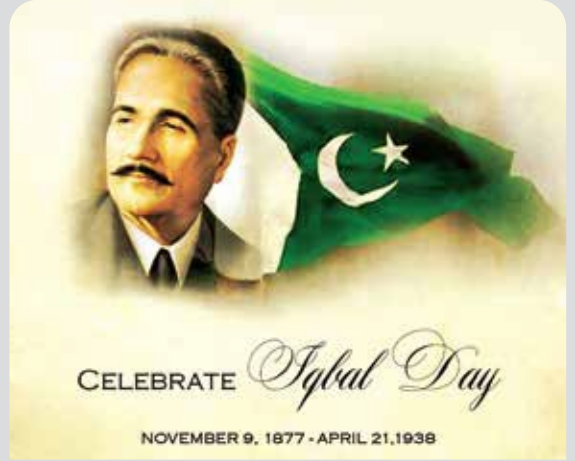
The education plays a great role in developing country in every field. It plays like a model role in the development of one country if the people of a country are educated then they can easily help them in development. Education is a basic necessity for any country's development and helps us in teaching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

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

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

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NOVEMBER 2022



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pictures to publish in Informal Magazine at
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Letter to the editor

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.

Majid Mughal

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.

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Shams un Nisa

Write us at informal.pk@gmail.com

We recived 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.

It is true that we have no evidence that life exists on any of the known exoplanets, but they may have the conditions for it.

Here is a list of some of the most interesting potentially viable planets.

Proxima Centauri b

Proxima Centauri b is the closest terrestrial extrasolar planet known to us (it lies approximately 4.2 light years from Earth). It was discovered in 2013 at the European Southern Observatory and its name derives from the star Proxima Centauri (the letter b stands for the first discovered planet orbiting it). The lower limit of this planet's actual mass is about 1.3 times that of Earth, indicating that the planet is most likely rocky. A year on Proxima is 11 Earth days. Its relatively close proximity to the star (7.5 million kilometers) suggests that the planet's water may be in liquid form, and that Proxima itself is always facing the same side towards the star. Just like the Earth.

TRAPPIST-1 e

TRAPPIST-1 is a dwarf planet located 39 light-years from Earth. A system of as many as seven planets has been discovered around it, which are believed to be rocky, and some of them have more water than our globe. The first planets discovered in 2015 were marked with letters from b to d, planets discovered in 2017

were marked with letters from e to h. In terms of size, density and amount of radiation, TRAPPIST-1 e is the most similar to Earth. All planets were found using the telescope of the same name - TRAPPIST.

COROT-7 b

COROT-7 b is an extrasolar planet more than 490 light years away from us. It was discovered in 2009 in the constellation of the Unicorn using the transit observation method. It orbits the star COROT-7 and is called a super-earth. This means that it belongs to the rocky planets and its mass is greater than that of the Earth. The orbital period of COROT-7 b is the shortest period of any extrasolar planets known to us and is only 20 hours.

TOI 700 d

TOI 700 d is an exoplanet similar in size to Earth. It is about 101 light-years away and orbits the star TOI 700 in the constellation Dorado. Orbiting its star at a distance of 0.163 AU, it receives about 86% of the energy that the Earth receives from the Sun. It is a rocky planet, discovered in 2020 by the TESS satellite. Its orbital period is 267 days. The atmosphere on TOI 700 d may be like on Mars in its geological youth.

Kepler-186f

Kepler-186f is a slightly larger planet 500 light-years away in the constellation Cygnus. It orbits the red dwarf Kepler-186 and is the

farthest planet in the system. Kepler-186f orbits inside this star's habitable zone, allowing for the existence of liquid water. In 2014, when it was discovered by transit observation, it was the most Earth-like planet orbiting in the Kepler-186 habitable zone. Compared to our solar system, it is closer to its sun than our Mercury.

Kepler-442b

Kepler-442b is a super-earth orbiting in the habitable zone of Kepler-442 about 1,206 light-years from Earth in the constellation Lyra. Its orbital period is 112 days, and its mass is at least 2.3 times that of our planet. It is one of the more promising candidates for potential colonization, as its host star is 40% lighter than its Sun - thus it can live for around 30 billion years.

Kepler-62f

Kepler-62f also belongs to the extrasolar planets called super-Earths. The planet is 1,200 light-years away in the constellation Lute. Just like the two previously mentioned planets, it was discovered with the Kepler Space Telescope. It is only 1.4 times the size of the Earth and orbits a slightly darker and smaller star than our Sun. Kepler-62f has an orbital period of 267 days. There is a high probability that, with the right atmosphere, a planet can have an abundance of water.

These are the planets we could live on



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Hobbies - What Benefits Do They Bring Children?

In today's article, we analyze the psychological benefits of hobbies in children. We do this in accordance with a scientific study that shows a very positive effect on a child's development.

The psychological benefits of hobbies - entertainment or recreation with little challenge to the mind - have been substantiated by various studies. Although they are very important for adults, they are still the mainstay of leisure activities for children.

Remember that your child's ability to direct their attention is very limited. Over the years, "our central execution / operating system" has matured and this control grows. On the other hand, we are able to strengthen or work on this control through various strategies.

As we age, we may lose our ability to play. We have somehow got it to our minds that unproductive time is a waste of time. In this way we fall into a kind of obsession with which we must always act for the good of the future self, sacrificing the hobbies and desires of the present self.

Yet science shows that we

wrongly consider only the "serious" to be more important, leaving "play" as secondary and focusing solely on leisure.

Psychological benefits of a hobby for children and adults

Pleasant activities are associated with good health. This hypothesis is supported by research conducted and published by experts from the universities of Texas, Pittsburgh and Kansas. They found data supporting the idea that hobbies can help improve the mental and physical well-being of children and adults.

To reach this conclusion, they determined the indicators of young people who passed the tests to know their blood pressure, body mass index and their mental functioning. At the same time, when they took the measurements, they also conducted a test to determine the level of whether the young had any hobbies.

Thus, they found evidence that those who devoted more time to their hobbies were more likely to feel better, both physically and mentally. Among the benefits they discovered, we can find:

Less risk of developing mental problems

Hobby, regularly practiced, helps to reduce the occurrence of problems and strengthen mental balance. These factors lead to what is considered happiness. That's why a hobby is so important.

You sleep more

and better

Thanks to hobbies, children can sleep better. In fact, according to the cited study, only the little ones who did not have much free time had problems with sleep and adequate rest.

Hobbies reduce stress levels

Stress, which may be caused by the excess of tasks and duties, decreases with the development of hobbies and free time devoted to leisure. In fact, the same tendency has been shown in adults, but in addition, the tendency to become depressed has also decreased.

Better company

The socialization of children is important, especially from the age of 6 or 7, when their peers become fundamental figures in the development as an individual.

In this case, the hobby is a great option, especially when it consists of activities involving the participation of other people. For this reason, little ones develop their social circle and broaden their friendships as they are more emotionally sensitive when entertained.

A greater sense of happiness

Overall, the aforementioned study and many experts conclude that hobbies are excellent tools for generating a feeling of happiness.

Thanks to these leisure activities, children give meaning to their lives, achieving a more satisfying development and a much fuller existence.

Hobbies help you achieve better academic results

Of course, by having free time and playing or having hobbies, children show a greater ability to concentrate, also increasing their productivity at an academic level.

Thanks to hobbies, the child copes better with school requirements. In addition, they are motivated to



Assemble a computer or buy a ready one?

Do you trust professionals or complete the equipment yourself? What is the better choice and what will we pay less for?

Due to the freedom of choice, "compilations" have many supporters. However, is completing all equipment for everyone? Before you make a decision, think about what you want to use the computer for and what your skills are.

Folder or ready?

In fact, you have three choices: buy a finished computer, assemble it yourself, or have it built. In finished computers, the configurations are usually balanced, the operating system is pre-installed, and we can count on a warranty and customer service. Let's not forget, however, that these are mass-produced devices and often have poor components that were not advertised, and that the manufacturer saved on. In addition, some kits are not suitable for future expansion due to non-detachable, sealed covers or the threat of warranty violation after manipulating the system settings.

As for the so-called Folders, sellers often mention that self-built computers break easily, and the parts are not compatible with each other. Of course this may happen and the components will not work to their full potential, but only if you are completely unfamiliar with the selection of equipment and

you do not know what you are doing with it. Then, still driven by the desire to buy a set consisting of many elements, you can decide on the last option, i.e. order and pay a professional for help in constructing a computer that satisfies you.

What to pay attention to when folding?

People still hesitate to make a decision to build a computer. It's not that hard if you have a good understanding of the components and a fixed parts list. This is a slightly cheaper option than choosing a ready-made product that you are satisfied with, although it is more time-consuming. Such an experience can also bring a lot of satisfaction - we learn and learn more about the equipment, for which we often allocate not a small budget, and the end result in terms of not only aesthetics, but above all performance is ultimately satisfactory.

In this case, if you do not want a boring case, you have an influence on the selection from the level of screws, through processing and graphics performance, to housing design and cooling options. You can also shop around for the best price for each of the selected components. It is easy to find information on the Internet with comprehensive lists of parts needed for construction, broken down into different budget segments, or video guides. Information in such places is usually comprehensive and legible. The trick is the proper selection of

components. Remember that the most important thing before buying is to check if all computer parts are compatible with each other. Do not buy them under the influence of emotions, if you have not previously assembled such equipment.

What to consider when choosing a ready computer?

If you have bet on a ready-made desktop computer, do not buy it on auction portals from suspicious users (especially if you are not familiar with the equipment). Better to bet on well-known manufacturers and stores that care about the quality of the products they sell. Unfortunately, in devices from anonymous sellers you can find aftermarket parts, weak components and power supplies, and inappropriate motherboards. Therefore, it is very important that you double-check the specifications. If you are inexperienced, ask a colleague who is proficient in the subject for help. Also think about what you will be using the new set for. If you play games, you will pay more attention to your graphics card than the user who just wants to browse the Internet. For an office computer, you only need an average processor and 8 GB RAM. If you focus on multimedia, invest in a large drive. In fact, the most important things when choosing a ready-made product are:

Processor, Motherboard, Graphics Card, RAM, Hard drive, Power Supply, your budget is decisive here.



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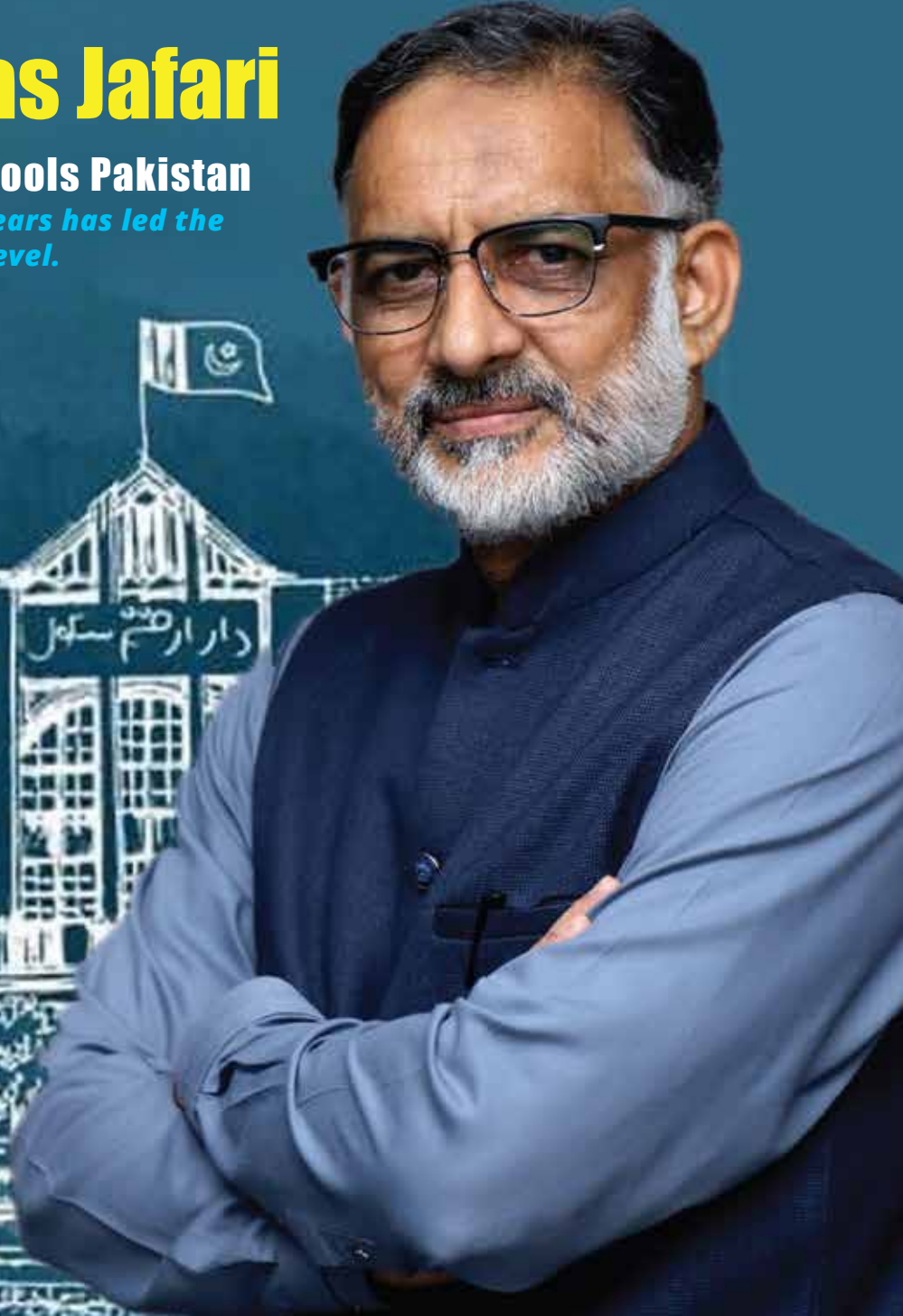
In a country like Pakistan, where Multilanguage, multiclass, multinational population exists, we should have "Single quality education"

In Conversation with

Syed Waqas Jafari

CEO Dar-e-Arqam Schools Pakistan

His supervision over the years has led the education sector to next level.



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Q1. Briefly share with us your journey towards success. From where you took a start and how things proceeded?

Ans. I belong from district Mianwali. I got education till graduation from Mianwali. I have done my Masters in English and Education from Multan. After doing my M. Phil from Sargodha University I settled in Lahore and started serving in education sector. I started my services from 1998. There are other education bodies like GAT and "Ataleek Pakistan" that provide educational services on humanitarian grounds. I got myself attached with them as well.

Q2. How many years have been passed while providing educational services to society through this tremendous educational system named Dar-e-Arkam?

Ans. Dar-e-Arkam is serving the society in education field for last twenty five years. Dar-e-Arkam is found in all important districts. Almost 700 branches are working in all over the Pakistan in all districts and provisions.

Q3. Approximately how many students are being catered in all branches of Dar-e-Arkam all over Pakistan?

Ans. We are catering approximately 0.3 million students every year. Students pass there matriculation from Dar-e-Arkam and move forward in colleges to get their higher education so the number of students increases every year. We have a vast network of franchise in all over Pakistan so we keep operating them from the head office based in Lahore so we keep this data updated accordingly through reports.

Q4. According to your valuable opinion what are the hurdles or problems which our nation is facing in the field of Education?

Ans. I believe that there are four major problems in this regard:

- Educational strategies
- Quality of education
- Expenditure on education
- Medium of instruction confusion
- Lack of political will to boost education.

Q5. What is single National curriculum?

Ans. In a country like Pakistan, where Multilanguage, multiclass, multinational population exists, we should have "Single quality education" and single facility education system rather than single National curriculum. Same quality of education and same facilities should be provided to all students.

Q6. How do you maintain quality of education in your institutions?

Ans. We have different managers. We do not assign more than 20 schools to one manager. They have a list of quality assurance indicators. They visit different schools and check them for all those parameters which are assigned by head office. Where ever we see loop holes, we get them corrected by pointing them out. We have check and balance at central, zonal and school level.

Q7. Do you think your school come under public sector or does it comes under private sector.?

Ans. Basically education is the responsibility of the state. Then Government makes policies regarding education. State and Government should own the responsibility for providing education to the majority of population. But in last 75 years education is not reached there where it should be. Public sector is facilitating in this regard but public sector should also play within boundaries. I think state, Government and regulatory authorities should take private sector in confidence and they should work like hands in hands to uplift the quality of education and quantity of literate population. Private sector should be encouraged in this regard.

Q8. Apart from running your own schools you are supervising some institutions of public sector and providing your services to uplift education standards over there. Kindly tell us something regarding this service as well.

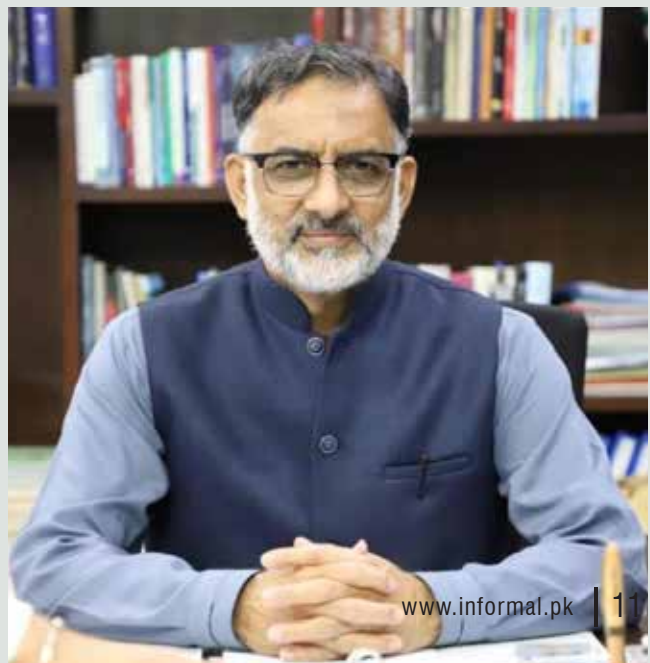
Ans. We have adopted few government schools and appointed good teachers over there. Government gives us a limited budget but as a social service and as a social responsibility we are playing our role in uplifting those schools. I feel it as our ethical and social responsibility

Q9. In your opinion who is a good teacher.

Ans. A good teacher should have passion to teach. Degree; skill and subject grip are secondary but passion comes first. Every child can become, Bill Gates and Ibn-e-Hashim. Only a good teacher discovers the hidden talents in students.

Q10. In your opinion how Education can be uplifted in our country and what suggestion you would like to give to the, "Teachers "of our society?"

Ans. According to my Opinion State., Government, regulatory authorities and private sector should play their part upto their maximum to give importance to Education. Private sector should be facilitated...Private schools are helping to provide quality education to our youth. As far as teachers are concerned, only passionate persons should enter this field. A good degree holder, a skilled person and full of knowledge person cannot be a good teacher, unless and until he is a good human being and a passionate teacher.



Preparing for lessons, organizing blended learning, conducting offline and online classes, almost all this time you spend on the computer! And how not to get tired here? And when we are tired, can we fully dedicate ourselves to work and teach students well? And if both teachers and students are tired?

Working on a computer is simple only at first glance. In fact, it requires a lot of effort and takes a lot of energy. So it is not surprising that humanity is currently affected by the syndrome of "computer fatigue". How to get rid of it yourself and help students? We have some tips!

Get comfortable

The correct location of the computer can change everything! Don't forget about the distance from the eyes to the monitor of 60 cm, and for convenience, position the screen so that you can look at it from top to bottom. And so that you are not disturbed by glare, do not sit in front of the window and place the monitor so that sunlight does not fall on it. Do you work in the evening? Place a lamp or other light source behind the computer so that the beam falls on you and not on the screen.

Adjust Zoom

Undoubtedly, in the spring Zoom became a real magic wand for thousands of teachers, thanks to it. It was possible to conduct many online lessons, even the last two bells. But how difficult it is! However, you can always customize the program for yourself.

1. If one of the children answers a question or makes a report, choose Speaker View instead of Gallery View. This way, you can focus on students who are responsible and not be distracted by others.

2. Mute the microphone. This will allow you not to be distracted by extraneous noise (there are enough of them in your room, you should not add a background from the students' apartments) and focus on teaching.

3. Set a common background for everyone. Both teachers and children liked this Zoom feature. And it is really convenient, especially when you need to urgently hide the mess in the background. But if they change and distract every minute, they become an additional source of stress. So just agree with the children on the general background. It is desirable to choose the simplest.

4. Use the negotiation function. With their help you will be able to divide the meeting into 50 separate sessions. This is an incredibly convenient option for group work.

Take breaks

Yes, of course, you want to have time for everything and even more. But will you be able to do this if you are exhausted from exhaustion? So take a break! And not just for yourself. During the lesson, you can also take a short break (literally a couple of minutes) and invite students to do some exercise with you, which will not only help to warm up, but also help to improve brain activity.

Have you worked at a computer

for so long that exercise doesn't seem to help? Always remember that you are alone, that no one will take better care of you than you do. Take a long break! Turn off your laptop and pay attention to your family, just lie on the couch. But without smart books! Otherwise it is not a vacation.

Take care of your eyes

Everyone seems to know that working on a computer does not have a very good effect on our eyes. Even more - we know about the rules that will help maintain eye health. But do we follow them? Not always. And in vain! Especially since it's not difficult at all. Just periodically perform simple exercises:

- Horizontal eye movements to the right and left;
- Eye movements in a circle clockwise and counterclockwise;
- Vertical movements of the eyes up and down;
- Movement of the eyes diagonally (slash the eyes in the lower left corner, move the eyes up and repeat in the opposite direction);
- Raising the eyes to the nose (raise your finger to your nose and look at it);
- Intensive and rapid compression and opening of the eyelids.

Of course, these exercises will not work wonders, but they will definitely help relieve fatigue and stress!

Visual exercises are a great way to relieve eye strain, rest and even correct some problematic moments. Teachers should perform such exercises themselves and teach students.

Take a break from the computer: 5 tips to help you feel better



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In everyday language, we often use, and maybe even overuse, the word "depression". We say, "I think I'm depressed", "what a depressive weather", "don't be so depressed." Usually, when we say that, we think about our reaction to some difficult event that has made us feel sad, depressed, unwell, regretful or frustrated. The use of the term "depression" in everyday life has nothing to do with the actual definition of the word. But it can lead to disregard for the symptoms of the real one. That is why it is worth knowing its symptoms, causes and knowing where to seek help.

What is depression?

Often a child suffering from depression is treated by the environment (parents, school) as lazy, perpetually dissatisfied or sad. Some even try to motivate depressed children and teenagers unsuccessfully by saying: "get a grip", "shake it off", "don't overdo it, nothing's happening anymore."

Child depression has recently been discussed. Previously, this disease was only diagnosed in adults. In children, it was unnoticed, because no one asked them what they felt or what their mood was. Today I know that children, just like adults, experience frustration, disappointment, and the sadness associated with the loss in their lives. If these difficult feelings caused by various situations do not pass and the children experience sadness or low mood

for a long time (even several months), we can say that they suffer from depression. In the case of ordinary sadness, a pleasant surprise, a gift, spending time together with parents, positive attention from the family usually helps. It is not enough in depression.

Depression is a potentially life-threatening disease. It is a long-term, harmful, and serious condition with excessively depressed mood and mental, behavioral, and physical symptoms.

Symptoms of Depression - Which You Should Be Concerned About

The symptoms of depression depend on the child's development stage. The younger it is, the harder it is for it to say what it feels, to share its emotional state with its parent, what it is going through.

Pre-school and early-school children often complain of various somatic ailments, such as:

- Stomach pain,
- Headaches,
- Leg pain,
- Lack of appetite, lack of appetite,
- Involuntary wetting.

We can also observe in them:

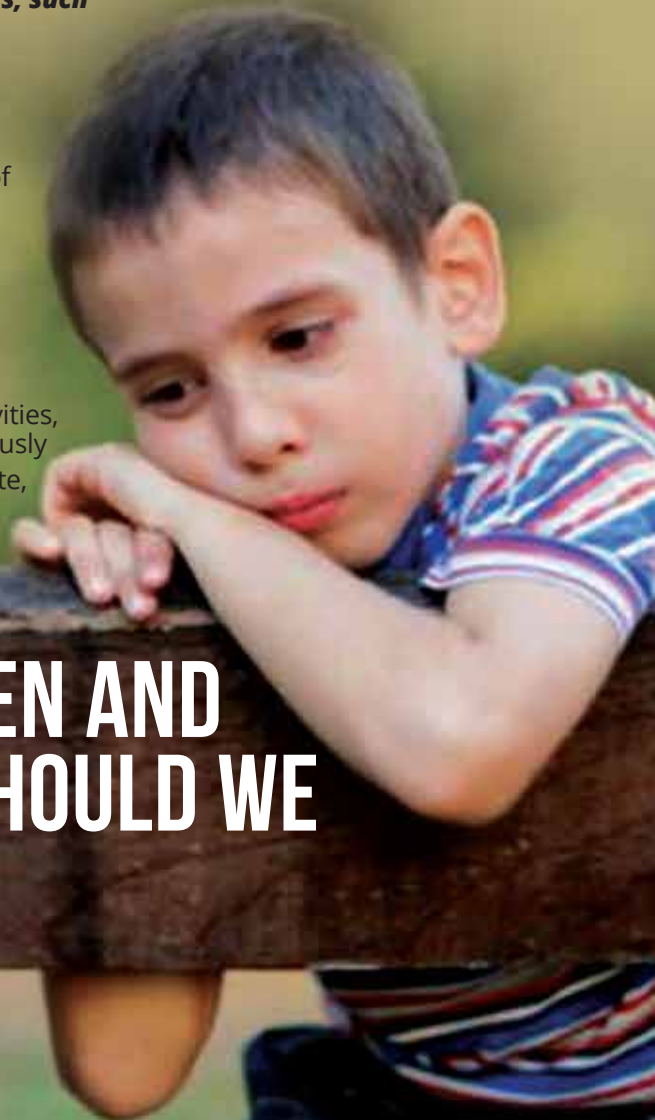
- Apathy,
- Increased irritability,
- Lack of interest in activities, such as having fun previously
- Reluctance to cooperate,

- Separation anxiety,
- Lack of interest in lessons.

The symptoms of adolescent depression are slightly different:

- Sadness, depression, tearfulness, becoming easily angry or despairing, which may show hostility towards others
- Indifference, apathy, loss of the ability to experience joy; the young person stops enjoying the events or things that previously made him happy,
- Cessation of activities that were previously satisfying, e.g. fun, hobbies, meeting friends; young people also refuse to go to school, leave home, leave their room, neglect personal hygiene,
- Withdrawal from social life,
- Overreacting to criticism, irritability or anger, even when the parent pays attention in a very delicate way and on a very trivial matter,

DEPRESSION IN CHILDREN AND ADOLESCENTS: WHAT SHOULD WE BE CONCERNED ABOUT?



- Depressive thinking, which is expressed in the words "everything is pointless", "I'm hopeless", "nobody likes me", "I will not succeed" etc.,
- Unjustified feeling of fear - "I don't know what I'm afraid of",
- Taking impulsive, ill-considered actions to relieve anxiety, tension and sadness, e.g. drinking alcohol, taking drugs,
- Self-destructive actions - self-mutilation, e.g. cutting the body with a sharp tool, burning the body with a lighter or a cigarette, biting, scratching to the point of blood; deliberately inflicting pain on yourself
- Thoughts of resignation - "life is hopeless", "what am I living for", "it would be better if I died",
- Suicidal thoughts - thinking and fantasizing about your own death, planning it, and in extreme cases, committing suicide.

When dealing with a young person with depression, we can also observe many non-specific symptoms such as:

- Disturbance in concentration and difficulty with remembering which cause learning difficulties, deterioration of educational results, missed lessons
- Psychomotor agitation - as a result of the experienced fear and tension, the child performs many senseless movements, e.g. nibbles at clothes, rubs his hands, etc.,
- Excess activity, such as watching TV or playing games,
- Increase or decrease in appetite,
- Sleep problems - difficulty falling asleep, waking up at night, waking up early in the morning, excessive sleepiness.

The causes of depression

Like any disease, depression also has its causes. Doctors and psychologists recognize that there are several factors responsible for depression:

Biochemical processes in the brain

People suffering from depression experience imbalances between various biochemical substances in the brain, such as: serotonin, dopamine, noradrenaline, acetylcholine, histamine or

gamma aminobutyric acid (GABA).

Predispositions, or genes

This means that if grandparents, parents, siblings suffered from depression, especially in the early stages of development, and the disease recurred, the risk of developing the disease in a child is greater than in his peers. However, it should be remembered that this does not mean that such a person will definitely get sick.

Difficult events,

Which the child had experienced and could not cope with, and also did not receive adult help. That is everything that may negatively affect the functioning of the child and contribute to the feeling of chronic stress, e.g. neglect, lack of parental support and care, excessive expectations and requirements that the child is unable to meet. Other difficult events that can contribute to a depressive disorder include:

- Harassment, sexual abuse,
- No sense of security,
- high level of difficult emotions due to the death of a parent, family member, family conflicts, parents' illness, the child's own illness,
- Breaking a bond with a loved one
- Girlfriend, boyfriend, - loss of friends,
- School problems - low educational results despite the effort put into it, violence, social exclusion by peers.

Psychogenic factors

They include individual mental construction, low self-esteem, tendencies to self-criticism, tendencies to automatically interpret facts and events for their own disadvantage.

Where to go for help

Depression is a disease, so it's important to know where to seek help.

The basic methods of treating depression are non-pharmacological activities in the form of psychotherapy as well as medical activities and the introduction of drugs.

Individual, group and family psychotherapy is conducted by a person who is a certified

psychotherapist (not only a psychologist). Usually it is a psychologist or a psychiatrist who has undergone appropriate training for several years and obtained the title of psychotherapist.

If psychological interaction alone is ineffective, pharmacological treatment should be initiated. The use of drugs is a complementary method to psychotherapy. The psychiatrist of children and adolescents decides about the use of drugs. Comprehensive treatment for depression usually takes place at a mental health clinic. When a child is highly prone to self-destructive behavior and there is a risk of suicide, hospitalization in a psychiatric ward for children and adolescents may be necessary. It is worth knowing that in the case of a child under 16, only parents or legal guardians decide about treatment. When a child reaches the age of 16, he or she has to give consent for treatment. If there is a threat to life and health, for example, a teenager wants to commit suicide, he or she may be admitted to the hospital and treated even without the consent of the caregivers or the teenager himself. Then the hospital notifies the family court, which, on behalf of the patient or his guardian, makes a decision as to further proceedings.



Do you know the importance of gut microbiota for your health? How does this diet affect these bacteria?

Intestinal microbiota is a group of bacteria that live in the gut. It has very important functions in life. First, they constitute one of the first barriers to the immune system. They are also responsible for the assimilation of many nutrients and the synthesis of certain vitamins.

Our gut flora consists of 100 billion bacteria of 500 to 1,000 different species. When we are born, our intestines are sterile. Later, bacteria colonize our gut through the food and the environment.

An altered or endangered microbiota (dysbiosis - bacterial breakdown of the large intestine) can lead to deficiencies in iron and calcium absorption or the development of certain diseases. In fact, recent studies have linked bacterial diversity to having protection against certain types of complex diseases. They have also shown that the microbiota can even affect muscle gain.

The Effect of Diet on Intestinal Microbiota

According to some studies, our diet greatly affects the structure and composition of the microbiota. A diet rich in fiber and low in fat increases the population of the genus *Prevotella*, a type of bacteria that has adapted to recover energy and nutrients from foods rich in plant fiber.

Meanwhile, a diet rich in protein and fat increases the population of the *Bacteroides* genus. Regular consumption of fiber increases the population of fermentative

species, increasing the production of short-chain fatty acids and preventing complex diseases.

In addition, dietary fiber has protective antioxidant effects on the gut. However, while excess protein can form harmful metabolites in the body, prolonged starvation can also affect bacterial populations.

How to Improve the Quality of the Intestinal Microbiota

A good method to ensure the diversity of gut microbiota is to include the regular consumption of probiotics and prebiotics in your diet. The first are living microorganisms that remain active in the gut in amounts sufficient to alter the host's microbiota. You can find them in foods like yogurt.

On the other hand, prebiotics stimulate the growth of probiotics and other bacteria found in the body. An example would be dietary fiber or inulin.

A High-Fat Diet and Intestinal Microbiota

A diet rich in fat reduces the number of *Bacteroidetes* and increases the number of *Firmicutes* and *Proteobacteria*. This change in intestinal flora causes an increase in blood sugar and insulin levels on an empty stomach. It is also possible to cause an increase in body weight and fat and liver mass.

On the other hand, it increases the number of pro-inflammatory cytokines in both plasma and fat, liver and muscle tissues. This means that a high-fat diet can increase inflammation and insulin resistance.

However, daily consumption of prebiotics provides protection against changes in intestinal permeability. It also lowers oxidative stress and inflammation

markers.

Is a High-Fat, Low-Carb Diet Dangerous?

It is not unreasonable to think that high-fat diets are harmful to the body, as high amounts of fat and low fiber intake can alter the flora. However, this is not necessarily the case.

A diet rich in multiple and monounsaturated fats with proper dietary fiber intake, and even supplementation with pro and prebiotics keeps your gut microbiota healthy.

Dietary fiber will prevent changes in bacterial species caused by increased fat intake; this will reduce too much inflammation. Therefore, the production of short-chain fatty acids and vitamins will remain intact. All of these serve as a preventive factor for the development of complex diseases.

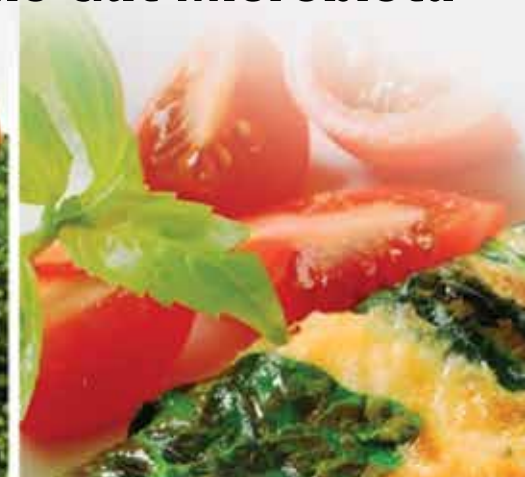
As a result

The gut microbiota has a direct impact on health and disease prevention. It is very important to ensure the diversity of bacteria and to include dietary fiber and probiotics in our diets.

In this way, we also ensure the presence of fermentative strains that produce essential vitamins for the body and contribute to the functioning of the immune system.

Experts discover new functions of the microbiota every day. They can also attribute this to many physiological processes related to health. Indeed, there are already branches of medicine dedicated solely to studying this phenomenon. With all these researches, it is likely that our diet will become closely related to the type of bacteria in our body in the future.

A High-Fat Diet Quickly Changes the Gut Microbiota





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In order for you to be able to confidently cope with the test in a stressful EIT environment, start preparing for the test in advance. And how best to cope with this task, this material will tell you.

Train. Before the official testing, you should perform as many published tests as possible - just for the sake of training, for example, to take external evaluation tests online. You can't learn to perform tests well without training on them yourself, substituting this practice for other types of control and self-control. These trainings not only introduce you to the typical designs of test tasks, but also give you another experience - self-observation and optimal self-regulation during testing.

Hurry up. Train with a stopwatch in hand. Compare the time required to perform external evaluation tests. Limit it. Without such limitations, which force to work at the fastest pace, without simulating a competitive situation, it is impossible to simulate the stress (tension) that causes any testing.

Try it. In training, use the right tactics, follow all the recommendations on how to solve a particular task or test as a whole. For example, you should not re-read obscure instructions twice, but should immediately get acquainted with the answer options. Then the content of the answers will clarify to you what exactly is needed in the instructions for this task. This is a specific example of a tactic to try. It can be mastered and used effectively only by actively training in testing.

Skip it. We must learn to miss

difficult or incomprehensible tasks. Remember: there will always be tasks in the test that you will definitely be able to handle. It's just unwise not to score points just because you didn't get to "your" tasks, but got stuck on those whose training material is unknown to you. Of course, such tactics may not always succeed. If the test is built on the principle of "stairs" and begins with easy questions, you should not miss all the first tasks.

Guess what. If you are not sure about the choice, but can intuitively prefer an answer to others, then intuition is worth trusting! Such trust, as a rule, leads to an increase in points.

Turn it off. Many problems can be solved faster if you do not look for the right answer at once, but consistently exclude those that are clearly not suitable. The exclusion method allows you to focus on just one or two answers (which is easier), rather than five or seven (which is much more difficult).

Reduce the choice. If several answers (1-2) out of four or five options seem completely inappropriate to you, and others are suitable with equal probability, then in this case it would be better not to skip this task, and try to choose the answer from others simply at random. By following these tactics you will get more points. This is probability theory. After all, "negative knowledge" (about which answer is not exactly appropriate) is also knowledge, and it is unwise to refuse to use it.

Think only about the current task. When you see a task (question), forget everything that was in the previous one: as a rule, the tasks in the tests are not related to each

other, so the knowledge you applied in one (already solved by you) usually does not help, but only interfere with concentration and correctly solve another problem. This setting gives an invaluable psychological effect - forget about failure in the last task (if it turned out to be "out of your teeth"). Just think that each new task is a chance to score points.

Read the task to the end. Hurry should not lead to the fact that you will try to understand the conditions of the task on the "first words" and complete the limb in your imagination. This is the right way to make annoying mistakes in the easiest questions.

Do not be sad. There are tasks in any professionally prepared test that you simply will not be able to cope with. Moreover, all 100% of the tasks can be performed only by one! Therefore, there is no point in squandering emotional energy on premature annoyance. Even if you think you made too many mistakes and just failed the test, remember that very often this feeling is wrong: when comparing your results with others, it may turn out that others made even more mistakes. As a result, you get if not the highest test score, then quite decent. This setup will be especially useful for "round excellent students" who are accustomed to achieve the maximum result with conventional control methods. If you want to become a great "test fighter", learn not only to strike, but also to "hold" them (in terms of boxing). It is necessary to categorically abandon the "excellent complex", which is not accustomed to enduring certain local failures.

Recommendations for students to pass the external evaluation

Being mindful being successful



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

Woah Woah Woah, what's going on"? "Same old story Anna, you have always been complaining about shortage of resources". "Calm down, come here and sit with me". "It is not about the shortage of resources which matters, it's the effective utilization of resources which creates the big difference". "The human mind is our fundamental resource" -**John F. Kennedy**

The combination of human and material resources along with a visionary leadership is the perfect equation for organizational success. The problem arises when the leadership becomes managerial-ship, and the communication gap widens between staff and management. The uninterrupted supply of qualitative and quantitative resources become irrelevant for the attainment of our set objectives.

"Anna, are you listening my dear"? "Yeah Mr. Jones all ears with you". "Anna a successful school is one, which has achieved the optimum utilization of its human and material resources". "Come on, this is an old statement". "Wait let me shed light on it; do you know change occurs through an honest and visionary leadership"? "A leader with clear intentions can steer a ship to its shores". Therefore, one thing is clear that Academic Leadership is imperative in achieving academic excellence. "Totally agreed Mr. Jones". She spoke.

"Education is a social phenomenon, and it is not static, it requires continuous change and innovation for the satisfaction of all stakeholders". "The globalization era has changed the teaching profession landscape". "There are three norms, which have emerged significantly; a diverse classroom, teachers

working alongside locally recruited human resource, and teaching to those students who may enter the classroom with unique and challenging needs". "The classroom environment and students' behavior have changed in the past couple of decades". "The induction of technology and innovation has elevated the expectations of parent body regarding academic excellence". "Teachers are meant to adopt these changes and must have the ability to ensure their roles relevant". "Are you with me Anna"? "Yes Mr. Jones all ears with you"!

"Continuous learning and development among teachers is a necessity and required for the successful implementation of the approved curriculum". "The adoption of pedagogy and technology has become an integral part of teachers' life/profession". "On the contrary, a change in curriculum without a change in the attitude of teachers who act as implementers of curriculum would not bring any positive change in educational innovation". "Another important point is the periodical inappropriate interpretation of various curriculum change and innovation would result in the deviation of the desired aims and objectives". "I cannot disagree with you Mr. Jones", she nodded.

"So, Anna, now we are clear that teachers must be having a learning attitude, they all should be positive thinkers, comfortable with ever changing and wobbling mood swings of students with ever dwindling classroom challenges, and above all must be familiar and congenial with technological requirements to deliver a successful lesson". "Spot on Mr. Jones"! She appreciated. "The change oh, the big word, yeah it is, you know The Changing role of School Leadership will play a key role in setting the tone to

bring a positive academic change in coming year".

"Anna, you know that learning is a bilateral affair, both teachers and students must work together to achieve this modest objective". "Both parties must be clear about their roles right from the word go till the last minute of their stay in school". "One way traffic will not work and both parties will suffer". "School demands a super performer in form of a teacher; on the contrary the student body is carefree in their commitment towards learning objectives". "However, continuous feedback and engagement of parent body would be beneficial".

"A steady and strong connection is needed between academic leadership and teaching faculty, similarly, greater respect must prevail between teachers and students to ensure an unbeatable learning environment". "Inclusive classroom is directly linked with empathy, a parenting attitude, a positive feedback, emotional intelligence, safe working and learning environments for all stakeholders. These impactful elements are imperative for an enjoyable place to be called an ideal school".

"Academic leadership and teaching faculty must have a noble goal in their lives, setting a new resolution every year which should be reflective of their last year's experiences". "Anna this is how we build a nation where character is bigger than class grades". "This is how we inculcate honesty, respect, and passion among youngsters who would be leading our country in future". "The notion of 'for granted', 'who cares', and 'leave it' must be deleted now and forever! Let us invest in our next generation for a profitable return in form of academic growth and persona!

Yes, "The human mind is our fundamental resource"

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Some 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 basp pelota), 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 center.

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.

5. Golf

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.

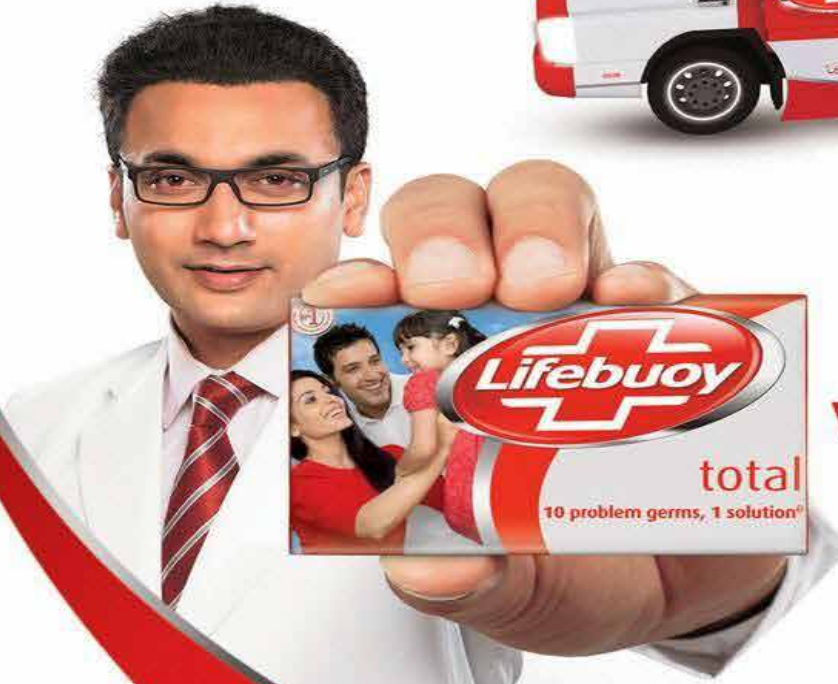
In 1885 the first plays were played in British universities and in 1890 the table was patented. Table tennis was already popular in Europe and India in the early 20th century. In the 30s it reached Asian countries.

7 Sports Invented in the UK





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How to start a career in IT?

The field of IT is quite diverse and to find yourself in it - difficult, but real. This article is all about the first steps of a beginner on the way to a new profession and a variety of IT areas.

There is no one-size-fits-all recipe for beginners, but there is a list of tips, knowledge and skills that will make it easier to get started in IT.

Take the first step towards exploring the field

Monitor the IT industry, specialties and roles in the company. You need to join the IT community, learn more about the indoor kitchen, talk to IT professionals and hear about their experiences.

Here you need to choose a few areas that would be interesting for you and learn the list of necessary skills.

Importantly! In IT there are not only technical specialties, you can choose areas that do not require knowledge of the code.

Technical specialties: BackEnd developers in various programming languages (Java, Python, C #, PHP, C ++, etc.), FrontEnd developers, typesetters, Devops, Software testers, FullStack developers, Architects and others.

Non-technical specialties: HR and Recruiters, Web Marketers, Analysts, Sales Managers, etc.

Learn more about yourself

Start with a SWOT analysis. Assess your strengths and weaknesses, relate them to the areas you have chosen and narrow the list, make a development plan and move accordingly.

Evaluate your lifestyle

It is important to understand that additional training will require strength, energy and time. If you are a student, have a job, a family, you should review your daily routine and set aside 2-3 hours for study and self-development.

Choose a learning method

In order to get into IT, you need to have a base: theoretical, practical in another field, language, motivation, intellectual. You can study IT at university, on courses, or on your own. But the fastest and most effective way to master the profession is through courses.

It is worth choosing courses that cover a range of knowledge and practical skills. How to choose quality courses?

There is a certain list of characteristics on which it is necessary to choose additional education:

- Experience in the field of IT education (from 5 years);
- Number of employed graduates;
- Reviews about courses or school;
- Teachers - practical specialists;
- Course duration (good courses do not last 1 month or even 2);
- Course program;
- Additional trainings for the development of personal qualities and motivation.

Develop, learn and find motivation

IT is a constant development and even once in the company, you should not stop. Courses, trainings, webinars, forums - all this increases the value of a specialist in the market. And even before you start working in IT - you can improve your skills, because knowledge is never superfluous.

Often people want to get into IT just for the sake of a high level of compensation and the opportunity to move to a contract job in another country. You should not focus only on these factors. High salary and other bonuses in the absence of motivation to develop in this area will not save you from burnout.

Get experience

If you do not have relevant work experience - do not worry, because any experience is important: internship, part-time work, participation in volunteer programs, is good for student experience.

Learn English

English is not just a language of international communication, but a means of communication in IT. The vast majority of IT companies in Ukraine work outsourced. This means that the language of communication with the customer and record keeping will be in English. In addition, all programs and services for work are written in English.

The desired level to start is Intermediate, but the better your knowledge of a foreign language, the better your chances of taking the desired position.

Write a resume and go for interviews

After you have completed your studies, you need to write a professional resume, fill out social networks: LinkedIn and Facebook.

THE STEM SCHOOL bank Stop Campus set a reading corner for students for reading.

Many periodical fairs are held generally on the occasion of some religious festivals. But the book fair is of recent origin. Book fair is now frequently held By STEM School bank stop campus Lahore. They said, "There is no friend as loyal as a book". A short cultural function they organized. So many stalls were there to display books they also set a reading corner for students for reading. Reading games also organized by the school because they said "Reading games make learning to read a fun and enjoyable activity," There were a food stalls as well. Many book-lovers crowded there to grow up there knowledge. It was a great opportunity of having varied choice of books. The fair spreads the message that books are our best friends and companions that enlarge our vision and make our life more meaningful.



American Lycetuff DNK School System Students Participated at the Lahore Science Mela.

The Lahore Science Mela is a Cambridge Science Festival inspired science fair with a local twist. It is part of the National Science Movement initiated by Khwarizmi Science Society. The festival is a beautiful amalgamation of arts and science. LSM aims to make science accessible and fun for everyone, from all age groups and socio-economic backgrounds. Students of American Lycetuff DNK School System participated enthusiastically in the event which is a platform for the hidden talents of the country to shine. Students were encouraged and engaged to share their curiosity, inventions and knowledge with not just their peers but also experts in the field.



The 14th National Convention Abbottabad Modern Age Public School and College opened there doors.

In the two-day convention, around 600 children from schools across the country participated in the competitions. Abbottabad Modern Age Public School and College Abbottabad opened there doors for the annual visit and special convention. In the visit, around 600 guest children from 30 schools from across the country participated in various competitions. Students from 6th to 2nd year participated in it. Students from 12 to 18 years old participated in Case Study Quiz Competitions, Graphic Designing, Best Education Practice, Peer Mission on Paper, Radio joke, Debate. Institute of Technology Islamabad, University of Engineering and Technology Lahore, and Riphah international university students were there special session on Content Writing to increase the capabilities of children, to develop digital scholars.



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