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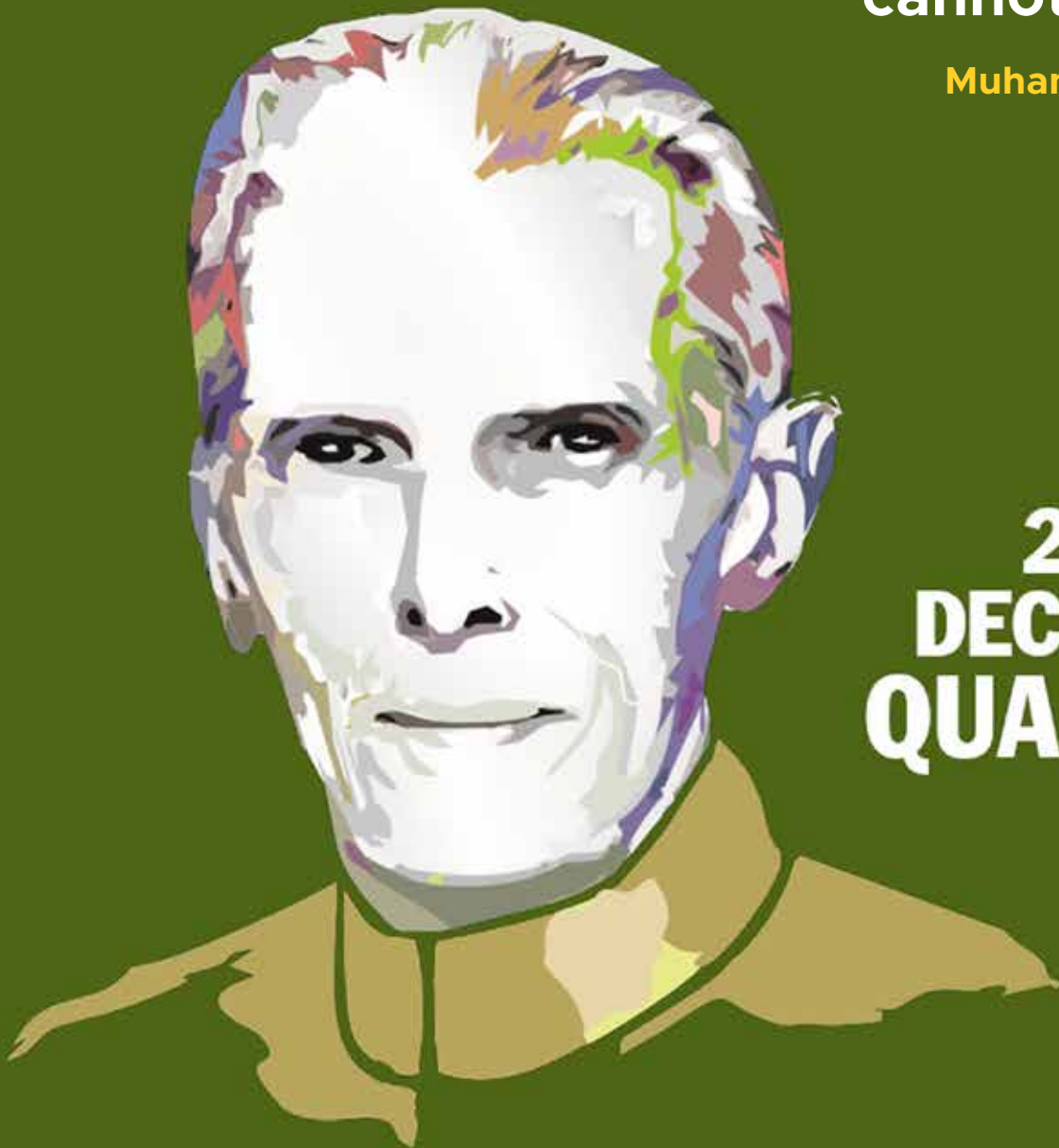
Informal

TO RISE ABOVE THE TIDE

EDUCATIONAL MAGAZINE

**"With faith, discipline
and selfless devotion
to duty, there is nothing
worthwhile that you
cannot achieve."**

Muhammad Ali Jinnah



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CONTENTS

DECEMBER 22

Editorial Note	04
Letter to Editor	05
SCIENCE FUSE	
These are the planets we could live on	06
TELL ME WHY	
Hobbies - What Benefits Do They Bring Children?	07
TECHNOLOGY	
Assemble a computer or buy a ready one?	08
INTERVIEW	
In Conversation with Syed Waqas Jafari CEO Dar-e-Arqam Schools Pakistan	10
WISE ADVICE	
Take a break from the computer: 5 tips to help you feel better	12
COVER STORY	
Depression in children and adolescents what should we be concerned about?	14
HEALTH	
A High-Fat Diet Quickly Changes the Gut Microbiota	16
IDEAS	
Recommendations for students to pass the external evaluation	18
ARTICLE	
Being mindful being successful	19
RESEARCH	
7 Sports Invented in the UK	20
ARTICLE	
How to start a career in IT?	22
EVENTS	
THE STEM SCHOOL bank Stop Campus set a reading corner for students for reading.	23
American Lycetuff DNK School System Students Participated at the Lahore Science Mela.	24
The 14th National Convention Abbottabad Modern Age Public School and College opened there doors.	25



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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.

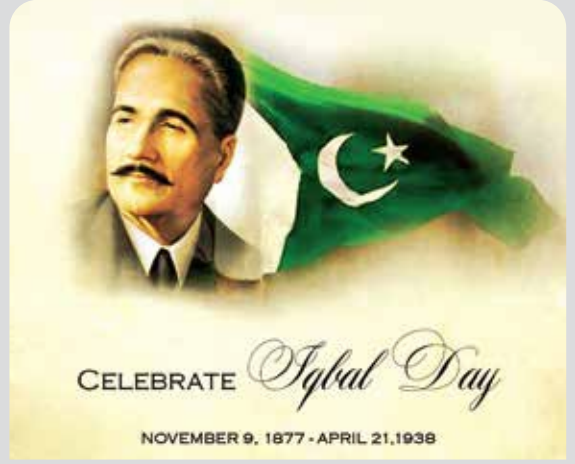
The education plays a great role in developing country in every field. It plays like a model role in the development of one country if the people of a country are educated then they can easily help them in development. Education is a basic necessity for any country's development and helps us in teaching 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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(Editor-In-Chief)

DECEMBER 2022



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Letter to the editor



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

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The most productive times of the day

Schedule and productivity are two things that go hand in hand. Each person can identify when their results are best. At the collective level, however, it is more difficult: the debate is still open.

Time of day is a factor that directly affects productivity. We don't work as efficiently at 8am as we do 12 hours later. A person does not function in the same way with 20 days of work without rest than if he has taken four or five breaks during that period. It turns out that everyone has their own most productive times of the day.

Therefore, it cannot be generalized either. The most productive times of the day for some may not be for others. While there are more or less common patterns for all people, the truth is that education and habits also influence these patterns.

The point is that the issue of scheduling is very important in order to work more intelligently. This means you can get more work done while investing less time and effort. Let's see the information we have in this regard.

Productive times of the day and the daily cycle

The human body works in cyclical processes. The basic unit is the daily cycle, which covers 24 hours. This determines a certain pattern between sleep time and wakefulness. At the same time, it also sets peaks and lows in activity every day at about the same time.

These cycles may differ from person to person, but they follow the same logic. In the "daily cycle" there are 90-minute blocks in which there is a



greater ability to concentrate. It can therefore be said that these are blocks of maximum productivity.

These blocks are called "ultradian cycles," and they coincide with the periods when the brain has the most energy. At the end of each of these, there is a decline in which our productivity level simply falls. They designate the time when the brain needs a certain period of inactivity.

The most productive times of the day

Based on what has been said, we can plan the types of work accordingly. Ideally, each person should synchronize the ultradian cycles with tasks that require more concentration or are more complex.

In the same way, it will simultaneously make valley dips or less productive moments coincide with more routine tasks. At these times, he can also do those that require less intellectual involvement.

How to recognize your own ultradian cycles? There is no other way than to observe yourself and collect data. We all have a more or less clear idea of what hours are most productive for us. However, this is not enough: it needs to be specified.

A good technique to do this is with a template. You can draw a line for each hour you want to evaluate and rate it on a scale of 1 to 5 depending on the concentration you managed to keep during that hour. After a few weeks of composing these notes, you will have a very clear idea of how your ultradian cycles work.

The next step will be to analyze the data obtained. Then organize your activities in such a way as to make the most of both the "peaks" of

concentration and the "dips". This will help you increase your productivity.

Work fewer hours and more flexibly

A study by the Organization for Economic Co-operation and Development (OECD) has revealed devastating figures. The researchers concluded that the longer a person works, the more their productivity drops.

This is bad news for lovers of classic patterns. It reveals a truth that many have surely sensed before. You get better results NOT because you spend more time in certain activities.

However, another phenomenon can also occur: if you work fewer hours, your stress may increase due to wanting to complete the same task in less time.

After much debate on the subject, it was partly found that more than the work schedule itself, work methods are the most influential factor in productivity. A person can be very productive if they are properly motivated to do so.

It is also possible that one hour less work per day is not of the same value as one more day off per week. Currently, most states and conventions are moving towards reducing working hours, with the aim of making this move an incentive to improve productivity. On the other hand, many companies are already operating on goals rather than on time.

In this way, the employee can go home as soon as he has completed his goal program. The debate stays open with a clear idea in the background: working too hard without resting is not a good idea for anyone.



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School uniforms: learn about their most important advantages and disadvantages

There are certain factors that parents should consider before deciding which school to send our children to. For example, the pros and cons of using school uniforms. There are conflicting opinions about uniforms. Which side are you on?

School uniforms are a topic around which parents and education staff have been debating for a long time. Is it good for children to wear certain clothes at school?

If you're not sure what to think about it yet, keep reading. In this article, we'll talk about the advantages and disadvantages of school uniforms.

School uniforms - numerous advantages

Let's start with the positive side of uniform school clothing. School uniforms are synonymous with tradition and belonging, but also status and prestige.

Some of the benefits of wearing a uniform by children are as follows:

1. Equality

It is one of the most used words when it comes to defending the idea of school uniforms. This is because school uniforms allow all students to dress the same way.

There is no argument or intimidation about wearing an "unfashionable" jacket or from last season.

2. A sense of belonging

One of the reasons some schools impose school uniforms is to promote a sense of belonging. This is nothing new, but an idea that has been

around for centuries.

Belonging to a "home" or institution demonstrated through clothing, emblems or colors is synonymous with pride, prestige and being part of something greater than ourselves.

3. Practicality

For parents whose children wear school uniforms, life can be much more practical. This is because they don't have to worry about buying all kinds of clothes for school.

Moreover, in many cases, younger siblings inherit the uniforms of their older siblings. This saves parents a lot of money and time. Another benefit that school uniforms have is that the clothes stay the same all year round so you don't have to buy new clothes every season.

4. Discipline

It's no secret that children tend to get distracted in class and one thing that can be distracting is clothing. If children do not compare their appearance to that of their classmates, they are able to pay more attention to the class.

Discipline is one of the main advantages of school uniforms. Lots of people say that kids in their uniform behave better... Or at least they think twice before choosing to be naughty.

This type of clothing is associated with certain standards. The same applies to people wearing police uniform or sports team uniform.

"School uniforms are synonymous with tradition and belonging, but also with status and prestige."

School uniforms also have

disadvantages

Of course, it is important to consider the disadvantages of uniforms before making any decisions. Opponents of school uniforms mention the following problems:

1. Costs

Buying school uniforms is more expensive than using the same clothes at home and at school. This is especially true when you need to renew your uniforms during the school year. For many families, the cost of purchasing uniforms can be overwhelming.

2. Lack of freedom

Many parents choose not to send their children to schools that require uniforms to be worn because they feel it takes away their children's autonomy. According to these people, the fact that schools "homogenize" the entire student population prevents children from thinking for themselves. In other words, children have no way of deciding how they dress or enjoying being unique.

3. Danger

Finally, we cannot ignore the fact that in some cases school uniforms can even be dangerous. If your child's uniform has a tie, it can be a hazard when playing during a break or at any other time.

School uniforms also show which school your children attend. Any passerby can identify the child's school. The same is true when pictures of children in uniform appear on the Internet. In this day and age, you may not want everyone to have access to this type of private information.





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Learn to find the best internet to watch series

To set up your TV for streaming, you'll need a reliable internet connection, a device to stream, and most importantly, something good to watch. A happy experience starts with your internet connection streaming.

But which one is the best for me?

This is the million dollar question. There are different companies that offer quite good Internet services, whether you decide, it is important to consider several points:

Types of internet connection

Telephone connection

Also known as dial-up, it is the oldest method of connecting to the Internet. Access is via modem and telephone line. This connection method is becoming less popular due to limited browsing speed (data throughput is less than 56 kbps).

ADLS connection

ADSL stands for: Assymetric Digital Subscriber Line. The ADSL connection is also made through the conventional telephone network, but unlike the

telephone connection, the modem converts the information into an electrical signal at a different frequency from that used for voice transmission, so it does not interfere with the use of the telephone. The speed is about 20 Mbps maximum .

Cable TV Internet

The cable Internet connection has become very popular due to the ease of installation, since it uses the same infrastructure as the contracted cable service. The same cable (coaxial cable) carries the signal of the television service and the data of the Internet. A splitter is used to split the signal and connect the TV to the corresponding device.

Fiber Optic Internet

Fiber optic Internet connection is a modern method based on the transmission of light through a cable. Unlike the previous method (cable television), the connection goes from the company headquarters to the client through fiber optics, and the best thing is that no matter how many clients are connected in the area, it does not affect the width of band.

Portable internet

The 'internet at home', 'portable' or 'wireless' service is a new way of using the internet at home. This is possible thanks to the use of the same infrastructure for mobile services.

As of today, fiber optic services are the best to enjoy your favorite series, our recommendation is that you see the plans of the companies that offer this service in your area.

Which Internet is better, which one should I choose?

We recommend a Fiber Optic Internet, the company will depend on whether or not it has coverage in your area, however it is necessary that you take into account how much the service of each company fails before hiring it, You will be able to see the number of problems reported by users and the areas where they are most reported, this can help you to know if one company or the other is convenient for you.

Another important point is that you take into account the number of devices that you will have connected to the network, it is not the same to have a TV connected to watch a movie than to be in a conference at work or have a security camera.



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Aurora International School is the first in our society to work with special needs children



In Conversation with
Fouzia Ali
Vice Principal
at Global Montessori
Coaching Institute



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Question: Can you please tell a little about you self?

Answer: I am Fouzia Ali, and I am working as a Vice Principal at Global Montessori Coaching Institute. Also, I am running two Branches of Aurora International School. Psychology and Education were my primary subjects; I joined a school after graduation. I love kids, so that's the main reason I joined this field, and it's a journey of 25 years for me in this field. I can say that I have 25 years of experience in this field. I worked as a teacher, as a coordinator, and also as a principal, as I am now an owner of a school as well. As far as my experience is concerned, it is primarily early-age kids, like playgroup, nursery, kindergarten, and grade 1. I also run my own academy, which emphasizes slow learners.

Question: What is your preference for an admission which comes to your school?

Answer: I welcome mostly average students in my academy. My Preference was not to have an intelligent student or a student who had an average of 80+, but I worked with intermediate students, and they achieved 80%. I am still working on reading and writing for kids. As far as my training is concerned, it includes ECCE (Early Childhood Care Education), Montessori teachers' training, English phonics, and Urdu phonics. I design an Urdu phonics course by myself.

Question: As a trainer what are the main tasks you focus on?

Answer: I also trained the teachers in GMCI and went to other cities for teacher training. The main focus of my training is "Special Needs." One is those who are disabled, but another category is "other-able." Kids who have other abilities. At GMCI (Global Montessori Coaching Institute), we are giving awareness about these kids to the parents and teachers. What are the basic requirements or needs of these kids?

Special needs kids face problems like autism, dyslexia, Attention deficiency, and speech issues. So in my training, there is a particular part in which I explain these issues. There are many reasons behind these issues in kids like they are not getting proper attention or more screen time can also cause these issues in kids. As a teacher, I experienced that when any special need kid is in your class, they get ignored. So I started working on them because I saw that special needs kids were ignored in many school systems. So I worked with them in my class when I was a teacher. If I can work with them, then why not they work with others faculty members? So at that point, slow learners can work.

In my school, we started an inclusive system where I hired special-needs coordinators. They are clinical psychologists. Before beginning this inclusive system in both branches, I also trained my teachers. Virtual Autism means parents provide a tablet or phone to their kids at a very early age. So that damages the mind of the child. On the other side, parent's believed that the kid is happy and learning. There are some primary symptoms of autism, no eye-contact, aggressive behavior, they don't take command, lining



up things, walk on their toes. There is also a speech delay as well. They respond to Cellphones and tablets. You can control autism, from mild to moderate, as you can't altogether remove it.

Question: As you are lecturing on autism, do you think people are responding to you appropriately?

Answer: I am not a doctor or clinical psychologist, but my personal experiences made me lean toward these things. Aurora International school is the first in our society to work with special needs children as I have introduced an inclusive system. So I created unique study plans for these children. Parents, psychologist, and school management is involved in the study plan for these kids, which was planned separately for each kid. We do assessments and worksheets according to that as well.

Question: As a community, how much part can our government play in giving awareness?

Answer: People are not taking it seriously as they are not ready to accept this; they are unprepared for the disaster. Our next generation is going to face things like this a lot.

There are many things we need to adopt in our system and in our school where we must adapt according to kids, their needs, their particular attention, and their planned curriculum. Early childhood care and education must be necessary for mothers, as they need to understand how to bring up a kid. From 0-3 years, we need to work on our kids and provide them with a better space with special needs to bring them up.

Question: What is the feedback of the parents?

Answer: Alhamdulillah, they are very much satisfied. We are giving one-to-one sessions, as they trust me and believe I can do my best for their kids.

At last, our society and system have to own these kids. Awareness should be spread. I own them, and I want that everyone to hold them. Also, come towards inclusive systems in our schools. Parents have to be vigilant. They don't have to wait. They must act according to the situation.

Essentially, apologizing is one of the social bonds that strengthen relationships. However, over-apologizing is a negative thing. Are you apologizing too much too? Apologizing is the binder that improves social relationships. However, apologizing too much can be viewed negatively. Remember that the act of apology should be significant. This means that it should not be a continuous and obsessive activity as it may indicate a lack of self-confidence.

"Sorry to bother you, but may I ask you a question?" "Sorry, but can you put that pen over there?" "Sorry, but I'm careful ..." We could give you thousands of examples of everyday situations where the word "I'm sorry" just flows from the tip of our tongue.

Although apologizing is polite or mannered, doing it all too often is a negative thing. There is only one exaggeration in our world: showing genuine gratitude. However, thanking you is not the same as being truly thankful.

It is the same with forgiveness. You can say "I'm sorry" twenty or more times a day. However, it is always better to only say this when it is really necessary. Let's take a closer look at it.

Do you think you're apologizing too much?

When you say you are sorry for something, you are doing it so that someone will forgive you. Sooner or later, the people around you will get bored of hearing the word from your mouth. Or worse, they'll think you don't have enough confidence to act autonomously. Therefore, as is the case in other areas of life, extremes should be avoided.

Despite evidence of fraudulent

activities committed by Volkswagen during exhaust emissions tests of diesel cars, it took him almost a year to apologize publicly. When he finally apologized, it was too late anyway and a good deal of customer confidence was gone.

On the other side of the spectrum, there are people who abuse apologies. Sometimes they do it out of polite or good manners, and others simply out of insecurity. In all cases, they are unaware of the consequences of doing so.

Here are some of them.

This will devalue the goal of forgiveness

Forgiving and asking for forgiveness are two highly therapeutic exercises. They solve conflicts, relieve strain and ease tensions. Few actions involve greater responsibility than admitting guilt and asking forgiveness from the other party.

However, if you spend all day asking forgiveness for unimportant things, the act loses its purpose and meaning.

You are devaluing

Are you apologizing too much? If so, please take a moment to consider your next idea. How do you think others see you every time you apologize for something irrelevant? Some situations don't require an apology. There are several circumstances in which you must ask for forgiveness.

You must understand that saying you are sorry does not necessarily mean that you are humble, polite, or respectful. Don't apologize for asking questions, walking around, sitting down, dropping a pencil, asking for help, or breathing. Doing so will increase your self-esteem and confidence.

Asking for forgiveness as a way out of certain situations

Most of us do this: we apologize as if it were a "break out" card to avoid certain situations. There are times when, for some reason, your insecurity or shyness comes to the surface. Think about it.

It is common for people to apologize when addressing a stranger. For example: "Excuse me, may I ask you a question?" or "Excuse me, could you please pass this to me?"

When to apologize and when not to?

If you apologize too much, find out when it is appropriate and when it is not. Working on it will make you feel more competent and confident in any situation and scenario.

When to Ask for Forgiveness

- Apologize if you hurt anyone.
- Do this when you have offended, disappointed, or hurt the other person's feelings.
- Ask for forgiveness when you regret your behavior.
- Be able to ask for forgiveness every time you make a mistake that will affect others.
- Apologize to end disputes and old resentments.
- Learn to ask yourself for forgiveness. We all make mistakes or make wrong choices.

When not to apologize

- Don't apologize when expressing your opinion.
- Avoid apologizing in situations where it does not matter. For example, every time you address someone, you want to ask a question, or you want to take something.
- Don't ask for forgiveness when you need help.

ARE YOU APOLOGIZING TOO MUCH TOO?



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When is deworming a child necessary, is it worth carrying it out prophylactically? How do I know if a parasite infection requires treatment? What does deworming children look like and are there over-the-counter medications for it? Or maybe it's better not to risk possible side effects and try natural methods of deworming children? To dispel any doubts and choose the best solution to this problem for your child.

Detecting the presence of parasites in the body is not always possible, and infection with them can cause very different symptoms. Therefore, the treatment of parasitic diseases in children is often a difficult topic for parents - especially since there is a lot of controversy around deworming a child, there are supporters and opponents. So let's

consider why we should carry out deworming of a child and what determines the success of such treatment.

Where did the parasites come from in the child?

Parasitic infections, i.e. parasite infection, are the result of non-compliance with hygiene rules on a daily basis. The temperament of a young child and the unrestrained desire to learn everything make the child forget about the rules previously instilled by the parents. The baby's little hands touch various, not always clean objects, pour sand in the sandbox, stroke the encountered dogs and cats, and then often "wander" to their mouths. It also happens that the toddler simply eats dirt or sand. In this way, first into the oral cavity, and then into the gastrointestinal tract, various developmental forms of parasites or parasites in their mature form.

Symptoms indicating the need for treatment

However, if the infection develops - initially it is usually asymptomatic. Different symptoms develop over time depending on the type of parasite that has entered the body. Lack of

appetite is most quickly observed by parents and associated with a parasitic infection. Then there may be abdominal pain, headache, nausea or vomiting, sleep disturbances, stool disorders (diarrhea or constipation), itching around the anus, and migratory rashes. The child may become lethargic, have dark circles under the eyes (dark circles under the eyes), and in some infections a night cough appears.

Deworming children: a troublesome diagnosis

How to diagnose a parasitic infection, i.e. know whether to deworm our child or look for another cause of such symptoms? The diagnosis of most parasitic infections is based on microscopic examination of the faeces. However, in order to find a parasite, its cysts or eggs in such a sample - the sample cannot be stored for a long time. After collection, it should be delivered to the laboratory as soon as possible and viewed there under a microscope as quickly. In fact, it is rather unrealistic and the chances of finding a parasite in a stool sample are very small.

The result of such a test - "no parasites found" or "negative result" - is therefore not always correct. Then what? If our child's disease symptoms are typical symptoms of a parasitic infection, it requires treatment - we commonly

DEWORMING THE CHILD



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say that it is then necessary to deworm the child.

What does deworming children look like?

How to do it, i.e. how to carry out deworming - can we decide for ourselves whether it is better to contact our doctor? The current symptoms of a possible parasitic infection, analysis of the environmental history, i.e. potential sources of infection, and the constant presence of a pet in our home - all these data confirm the need to deworm the child.

It is very important to treat the whole family. All household members should take anti-parasitic drugs at the same time.

What does deworming children look like in practice? It is a 1-, 2- or 3-day treatment that is repeated after 2 or 4 weeks. The anthelmintic drug is a syrup (suspension) for little ones, while older ones are given tablets.

During the treatment with antiparasitic drugs, remember to also change pajamas, bed linen and towels. Some forms of parasites, under the right conditions, can survive in bedding and constitute a secondary source of infection.

Medicines for deworming a child without a prescription

Deworming preparations for children and adults are now available in pharmacies without a prescription. You can get them and

carry out such treatment on your own. However, there are antiparasitic drugs that we cannot get without a prescription - an earlier visit to the doctor is necessary, who will decide about it and issue such a prescription. If we have doubts about which preparation to use, let's talk to your doctor - even if it would be an over-the-counter anthelmintic.

Deworming children: side effects

Can deworming pills harm? What side effects might be associated with their use in children? Like any drug, also anti-parasitic preparations can sometimes cause some minor gastric symptoms (related to the gastrointestinal tract). However, this happens very rarely - drugs are usually well tolerated by children and adults, provided that they are used in the right doses and administered in the correct, prescribed manner.

Deworming children with herbs and other home remedies

Concerns about the side effects of pharmacological deworming, although not necessarily justified, often lead to looking for alternative methods to get rid of parasites. Are there any natural ways to deworm babies? Yes, but they are of limited effectiveness - most natural methods of deworming will not remove parasites from the body, but only stop their reproduction for a while. Home remedies used in anti-parasitic treatments include:

- Pumpkin seeds eaten on an empty stomach
- Silage juice in combination with garlic,
- Some herbs used in cooking.

For deworming with herbs, mugwort, wormwood, milk thistle, thyme, turmeric, black cumin or oregano are used. However, we are not always able to convince our child to use other tastes and consume these products in such quantities as to obtain the desired effect. When de-worming children with herbs or other means, it is advisable to limit the diet of sweets (carbohydrates) and increase the amount of fiber.

Preventive deworming of children

Is it possible to make up for a child preventively? Yes, if there are indications for it. The doses of drugs used in preventive deworming of children and adults are lower than the therapeutic doses. Our pets are an important and frequent source of parasite infection. The dog or cat becomes a "household member" and has its place in our kitchen, children's playroom or bedroom. And yet parasitic infections among animals are a big problem. The therapeutic or prophylactic use of antiparasitic preparations for our pets protects us against the development of such infections. Medication should be administered to a pet at the same time as the family's antiparasitic treatment.

Tech-neck involves a range of symptoms, such as neck pain and neck stiffness, resulting from

spending hours looking at the phone and tilting the neck. How can we avoid this? Tech neck involves a range of symptoms, such as neck pain and neck stiffness, resulting from spending hours looking at the phone and tilting the neck. How can we avoid this?

The use of new technologies is becoming more and more common in our time. Virtually all of us use mobile phones, laptops and tablets every day. We use them at work or just for relaxation and fun.

But we don't always do it the right way when it comes to physiological issues and our body posture. As a result, so-called "technological diseases" arise, including "tech neck".

According to a study published, people spend an average of 2 to 4 hours with their necks flexed due to the use of this type of electronic device. This equates to 700 to 1,400 hours a year, which can lead to bands such as tech neck.

But what is this syndrome and what symptoms are associated with it? Why is it appearing? We'll reveal all of this in this article.

Tech neck: what is it and why is it created?

Tech neck is also known as the "text neck syndrome". It is considered a technological disease caused by bending the neck repeatedly while typing text messages on a mobile phone. This bad posture, repeated several times a day, can cause great physical discomfort and pain.

This syndrome also occurs when we spend many hours just looking at our cell phone (we don't even have to write). For example, when we check news, social networks, etc. This means that this ailment arises from bad

attitude and bad habits in our daily life.

Tech neck symptoms

As you can see, the tech neck comes from the repetitive tilting we force the neck to. And this happens every time we do something on our mobile phone (or other similar device).

It is a practice that can lead to real ailments on a physical level. Therefore, the most characteristic symptoms of a tech neck are neck pain and stiffness, poor posture, headaches and backaches.

This syndrome can also cause other pathologies such as tendinopathy and tendinitis. It is a tendon disorder that causes pain that increases with movement, as well as inflammation and deterioration of its function.

Therefore, this disorder can lead to dysfunction of the neuromuscular and skeletal system at the level of the cervical spine.

As a result, if the spine does not function properly, the position of the joints may change, causing various disorders. The most common of these are disc herniation, arthritis of the spine, contractures, and other of the above-mentioned symptoms.

Other related ailments

Besides the tech neck, excessive use of your thumb can stress your joints and trigger two other types of ailments. One is Quervain's tenosynovitis (a type of tendinitis). The second is rhizarthrosis of the thumb, which is a common osteoarthritis, especially in women who deal with sewing.

Warning from physical therapists

Physiotherapists sound the alarm because of the huge number of cases of tech neck syndrome reported by patients. A physiotherapist, explains that more and more people are coming to consultations for this reason.

This also applies to other technological

diseases resulting from prolonged and improper use of smartphones, tablets, laptops and computers.

How can you avoid tech neck?

So how can we avoid tech neck? Experts recommend some tips to avoid the appearance of this and other technological diseases:

- Place the screen of your mobile phone, tablet or laptop slightly lower than your eyes: this will help keep the cervical spine in a neutral position without bending excessively.
- Maintain a straight body posture without forcing any part.
- When sending messages, choose voice messages rather than written messages.
- Write with both hands keeping your wrist in a neutral position.
- Sit in the correct position.
- Reduce the time of use of this type of equipment.
- On computers, the keyboard and mouse should be positioned so that the wrist does not close, that is, supporting the forearms and applying a wrist cushion. According to experts, ideally the keyboard should be at a level lower than the height of the elbows.

- If we work at the computer, take a break from it every thirty minutes.
- Perform active stretching exercises that will allow you to stretch your wrist tendons.
- Also, do active back stretching.

Take care of minor but important habits

Daily routine and habits contribute greatly to our health. As we have seen, an action as "trivial" as checking a cell phone can endanger the health of our body and also our psyche. One of the symptoms of tech neck are also headaches.

TECH NECK

why is it created and how can it be prevented?



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You don't need to live in an English-speaking country to be fluent in English. If you have a smart approach to learning English, you don't even need to leave your hometown. Use these 10 essential tips to improve your English without leaving the city.

1. Surround yourself with English

You don't have to be in an English-speaking country to surround yourself with English. Find ways to make English a part of your daily home life, such as writing a shopping list, reading the newspaper, listening to the radio, writing a diary in English, or listening to English on your mobile phone while traveling to work.

2. Start making friends with English-speaking people

Even if you don't live in an English-speaking country, chances are there are many foreigners living nearby. Find ways to meet English speakers: visit foreign bars and restaurants, join sports and social clubs, or language exchange organizations. You can even volunteer as a tour guide with a local tourism organization to have the opportunity to meet English-speaking people from all over the world.

3. Find training partners

You don't need native speakers to practice your English. Find a study

partner or start an English club and meet regularly to speak English. You will be able to motivate each other and you will learn yourself by helping others with their problems.

4. Use authentic materials

Regular reading of English in textbooks can become boring. Try reading English texts written by native speakers for themselves. It will be a challenge at first, but once you get the hang of it, it will be much more fun. If you cannot find books or magazines in English, use the Internet to read news in English every day.

5. Go online

Go online and connect with people from all over the world. Join chat rooms or forums, take an online English course, or find a pen pal to practice your English while learning about another culture. Social media makes it easier than ever to stay in touch with friends around the world.

6. Set realistic goals for yourself

Give yourself a reason to study: maybe you want to improve your skills, or you want to communicate with your foreign colleagues, or study abroad, or maybe you want to spend your next vacation in an English-speaking country? Set short-term and long-term goals and track your progress.

7. Listen to real English

Train your ear by listening to

spoken English at a normal speed, even if you don't understand everything. Also, practice listening without seeing the written text, and don't be afraid to listen several times to catch any interesting or unusual words. It's easy to find free English podcasts online, and news outlets in most English-speaking countries provide free audio and video news to watch.

8. Find interesting ways to learn new words

If you like to sing, then find the words of your favorite English songs. Or if you're good at remembering what you've seen, write new words on sticky notes and post them around the house. Make interesting simple sentences or draw a small picture next to the new word to help yourself remember it.

9. Learn about the culture

Learn about the people and culture of English-speaking countries. Learning a language is not just about grammar and vocabulary: it's about communicating with people who have different ways of thinking and speaking!

10. Whatever you do, have fun!

Learning a language takes work, but you'll do it better if you enjoy it. Play games, solve crosswords, sing songs, read comics and don't worry about making mistakes - mistakes are the way to better learning!



10 tips for self-studying English at home



By: Dr. Asma

My Teacher My Mentor

Every learned person cannot be a good teacher. Only that person can become a teacher who knows the "Art" of ruling hearts and souls of students. Once you become their favorite personality, then whatever you will teach them; will directly enter their brains and soul.

If you teach language and your student uses "bad language", then instead of teaching language, you should work on improving their manners.

If you teach "Math" and your student is unable to find simple solution of life problems; then it should be a moment to worry for you.

It means you have made maths a bit easier for him but made life tough for your student. Child does not learn from book. Book does not teach. Only a good teacher teaches us all the solutions whether they are life problems or curriculum related problems. A teacher shapes our personality in such a way which either makes us a winner or a looser in the hurdle race of life.

We have the example of our Holy Book "Quran-e-Kareem" in front of us. God sent a complete role model in the shape of our Prophet Hazrat Muhammad (SAW). He made us understand all teachings of Holy Quran.

Whatever you want your students to become, you should be that role model. Your students will automatically be that. If a teacher has no aim in life, then how can he give any purpose to a student's life? Students like those subjects which are taught by pleasant teachers.

You will achieve the height of success as a teacher when you feel that students become sad when period is "over". He is a very unfortunate teacher whose

students become happy and relaxed when his period is "over". A good teacher has fragrance of his personality which attracts students towards him/her.

Only chosen people can enter this profession. It's the profession of Prophets. All Prophets were teachers. If you realize the sacredness of your profession then your profession will become your passion. A person gets tired of work but one never gets tired of "Love". Make your profession your love. Then automatically you will become good teachers. Teachers have such a vital role in nation building. If enemy wants to destroy a nation, that enemy should make efforts to destroy the personality of teachers who are responsible for personality development. Doctor's role is limited to health; beautician's role is limited to apparent beauty but role of a teacher is far more diversified. Impact of a teacher is on all areas of a human's life.

A "good teacher" should be a good human being. A good human being can be a good teacher; but if a teacher is not an ideal human being, then no degree or skill can make him/her a great teacher.

Students can never forget two types of teachers; very good one and the worst one. Now it is choice of teachers whether you want to live in the memory of students as a "Mentor" or a "Monster".

Always keep this thing in mind that only chosen people can enter this profession. Whether you are doctor, nutritionist, designer, engineer; if you are teaching then you are one of Allah's "FAVOURITE ONES".

Students share unlimited questions with their teachers. It's teacher's ethical duty to untie those chains which are bothering a student's mind.

Students forget whatever a particular teacher has taught them

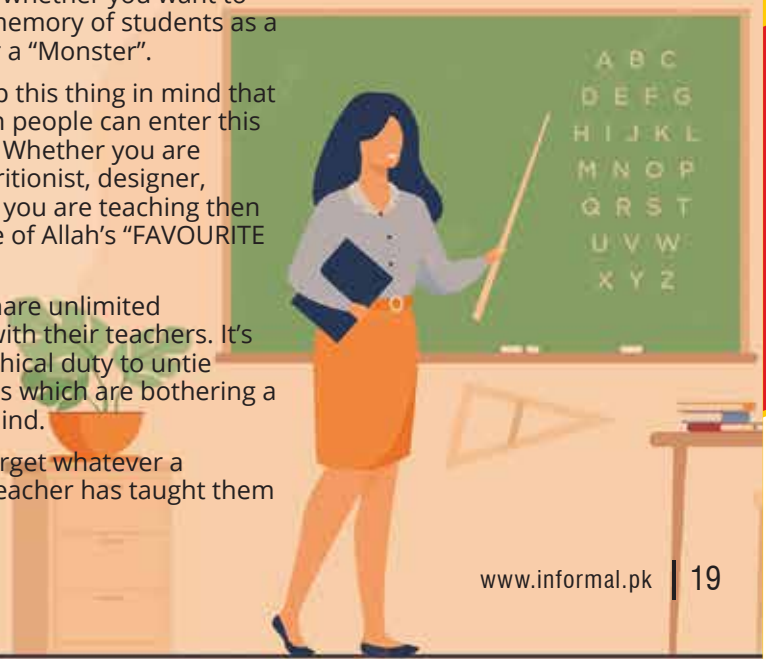
but they can never forget their personalities and attitudes.

A good student knows how to "tolerate". Tolerance is the essence of a good teacher. To become a good teacher you have to be inspired by a good teacher. If you have never inspired by a good teacher, you cannot be a Mentor. Only PHDs and M.Phil's cannot make you a good teacher.

A mentor gives every student a goal, a target and a vision for life. A teacher's role is not limited to lesson delivery. An average teacher delivers lesson but a mentor delivers values, solutions and ethics.

A good teacher should know the backgrounds of his/her students. If on father's day a teacher asks the whole class to make father day card, knowingly that there is an orphan child in the class; then he is just a person without a personality of "Mentor". A teacher with a concerning personality can engage that orphan child in some other activity somewhere in library or art room.

Only an orphan child can feel the pain of making a father's day card. If that child has got a Mentor then, that child will not have to bear that pain. Such small acts of kindness make an ordinary teacher "A Mentor."





7 interesting facts about China



Today we will take the topic of Education and we are going to talk about 7 interesting facts about China

Students in elementary grades 2-5 recently attended another event to celebrate learning Chinese. After completing each thematic unit, the Learning Celebrations offer both Chinese as an Additional Language (CAL) and Chinese as a Native Language (CFL) the opportunity to share what they have learned over the past few weeks.

Since the current topic of the study was "Chinese Traditions and Culture," the students focused on the many aspects and elements of China that make the country so unique. But what are some of these elements? As the oldest contiguous civilization in the world, there are countless cultural gems to explore.

1 pandas only fly with FedEx

Pandas are native to only a small region in southern China and have been shared with other countries to promote diplomacy and goodwill between nations. When a panda is born in captivity abroad, it is flown back to China, always by FedEx, where it is protected and cared for, as these beautiful bears

are unfortunately endangered and only an estimated 1,800 remain in state. wild.

2 Paper money first, WeChat Wallet second

Although China today is an increasingly cashless society, with digital payments on WeChat and Alipay becoming more common, it was actually the Chinese who invented paper money during the Tang Dynasty. Originating from other Chinese inventions (paper and printing), paper money was first created because merchants found the coins too difficult to carry in their pockets.

3 that? Just one time zone?

China and the continental United States are roughly the same size, while this part of the United States has four time zones, China only has one. This means that on any given day in Beijing, the sun may rise at 6:30 a.m., but the first morning doesn't start until 9 a.m. in the westernmost province of Xinjiang.

4 Diversity display

Today, 92% of Chinese citizens are classified as Han ethnic Chinese, although the total population is made up of 56 ethnic groups, each with their own customs, dress, and languages. Some of the minorities are Mongols, Tus, Jugur, Yi, and

Dai, making China one of the most diverse countries in the world.

5 A population of ping pong players

As the most popular recreational sport in the country, there are more than 300 million ping pong players in China, almost the same number as the total population of the United States. Despite its popularity (and Chinese supremacy at the Olympics), table tennis was not invented in China; first came from the UK.

6 playing for Kaiser

Since China's most popular sport was invented in the UK, Britain's most popular sport was invented in China. Football, which was founded more than 2,000 years ago, dates back to the Han dynasty and was included in military training exercises. The sport was later perfected during the Tang and Song dynasties, when professional soccer players held the imperial court.

7 Great train rides

With a length of more than 121,000 km, the Chinese railway network could go two times around the earth. In just one year, more than 2.3 billion passengers are transported. China is also home to the fastest speed.



By: Zeenat Iqbal Hakimjee

THE MAGIC OF CLEANLINESS

Twenty kilometers west of the bounty road a small lane wound its way to a small castle. The castle looked like it was built for a prince and princess to stay in. The sky seemed to hug the earth there. The cheerful sun smiled and beamed on the earth and the flowers opened up and smiled back. The towers which seemed to reach up to the sky had music playing in them. Little children danced to the tune, Ho hum ta ra rum...one leg moved left, one right, hands in the air. The atmosphere was filled with happiness and cleanliness. The bear with his snowy, clean coat of fur cuddled up with the monkey who had a well combed tail. King Lion with his shampooed mane was sleeping and a fly fluttering its wings came and settled on his nose but that did not seem to bother him. The freshly groomed horses sung,

"Neigh ho, here we go, Right and left, high and low,

On and on till we meet miss doe,
We'll stop her and tell her to come to the show

Sniff, sniff what do I smell in the air?

The sweet smelling flowers nodding their heads from here to there".

Mr Green the plant was as bright as a day just as if the rain had cleansed it. Freddy the frog sat on the pond and was puzzled to see another frog staring back at him. He wanted to shake its hand but as he touched the water he found nothing there. It was only his reflection. Big Wing the butterfly had hurt one of its legs. Off it flew to the hospital to get it cleaned and plastered. Daisy the cow sat grazing on the grass. "I'll have a glass of milk shake".

Big Wing told her. "You get some hair for my bald head", said Daisy with a smile. "I'll get you some from Kaku the lion. Urn, mum" he went as he drank the milk it was as white as snow.

The brook was bubbling at its seams. Daffy the duck was busy pointing its beak towards the fish. "I want to play with you", she said. They all went to Popo the owl's school. Naughty calf had to jump thrice over the fence for

going to school with a dirty uniform and Mammy the mouse was not given cheese to eat as punishment for wearing dirty shoes.

One day the sky was all dark. The moon hid behind the clouds. The lion growled and the bear started to fight. The pond water became black as night. The air started to smell. The grass sprouted weeds and the flowers died. Everything was gripped with fear. Some aliens from outer space had come to earth to dirty and destroy it. They sprinkled dust everywhere with their guns and threw litter everywhere. The animals went to uncle and auntie cleanwallah and begged them to help them overcome this problem. They advised them to take three elephant trunks full of soap, two mouthful of happiness; five bucketful of fairy tonic and ten images of lions paws. Make a potion of this and spray it on the enemy and they shall beat a hasty retreat. The animals sat down to this task and did as they were told. Lo and behold! It was not long before they saw the backs of the aliens.



One of the many factors that influence performance in any sport is concentration. In addition, this process has acquired over the years a crucial importance for achieving great sporting successes. We are talking about winning championships, medals and world records; athletes who have managed to reach the pinnacle of any sport have managed to focus their attention exclusively on the task, avoiding any external distractions.

This enormous importance of targeting athletes has not gone unnoticed by sports psychologists, who have tried to know in depth the different psychological and contextual aspects that influence concentration, with a view to trying to improve sports performance.

Concentration and sports performance: cause and effect

Having said that, I think we have to emphasize that concentration is a process that proportionally improves sports performance and therefore maximizes the chances of success in any discipline. The more focused you are on a task, the more you will develop it and, as a result, you will get better results.

Concentration concept

A good definition of concentration may be as follows: the ability of a person to focus their attention in a sustained and constant manner for an extended period of time, in an activity or a task, ignoring external situations or circumstances.

Concentration is therefore primarily a form of selective attention that allows us to process information that interests us, ignoring other external factors or circumstances around us. The exact concept is the center of attention; focus all of our senses on the task we are performing.

Some examples of attention

In an attempt to graphically explain the concept of focus of attention, we can resort to a series of illustrative examples. For example, the footballer who focuses on what he controls; in his ability to get ahead of his opponent with a precise dribble, or to kick the ball correctly so that the shot ends in a goal. We could also think of the tennis player focusing their attention on hitting the ball well, or their anticipation of the rival tennis player hitting the ball and being able to land a good shot.

Also, focused attention is usually attributed to sports jargon; phrases like "I played the whole game very focused", "I lost my concentration and I couldn't get it back", "after the first failure I lost my concentration", the latter very usual in soccer players. In short, recurring phrases in the world of sport that they are a

clear sign that concentration is an aspect that plays a decisive role in sports competition.

Lack of focus

Concentration is essential in sport and its deficit in any individual practicing a sports discipline can cost many mistakes. This is why lack of concentration is considered one of the biggest problems in e-sport.

In an attempt to mitigate the damaging effects of lack of focus in sport, coaches use a series of strategies. Although motivation and activation can be very positive elements for the athlete when it comes to maintaining adequate concentration and therefore good performance, technical professionals in the sports world have detected that the presence of sports psychologists can help avoid errors due to lack of concentration.

Sports psychologists

In sports like football, many sports psychologists work specifically on consolidating behaviors that they facilitate that the player remains with all his senses in the game throughout the party. It may seem like an easy task, however, to get the player to understand that in order to maintain concentration, one has to ignore factors such as referee performance, field conditions, weather conditions and ultimately several factors that cannot be mastered, its purpose and distract it, it is really complicated.

A widely used strategy is visualization or mental rehearsal, a task that mainly consists of mentally reproducing each step to be performed during the activity, to feel the sensations that characterize the competition.

When the athlete reaches maximum concentration, he enters what experts call the flow state, in which the individual is so involved in what he is doing that he keeps his attention undisturbed by any situation or circumstance.

Don't just focus on concentration

Maximum concentration is reproduced naturally and automatically, without the need to focus our attention on the concentration itself, that is, the task that has become automatic must be performed in a way that does not require attention. Focused on each element. Steps or elements that make up the task, but should focus on what is going to happen and let it happen.

To conclude, it should be noted that all kinds of sports have their methodology and their progress. Concentration is undoubtedly one of the most relevant factors for improving a discipline. Therefore, knowing several strategies that allow us to improve this ability will allow any athlete to achieve better records and results.

The importance of sports concentration and attention



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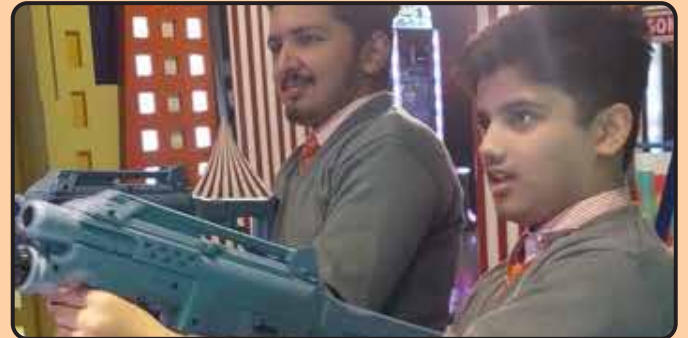
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Chefs Association of Pakistan & College of Tourism and Hotel Management Promote culinary talent of Pakistan.

Students at University of Home Economics participate in Pakistan Culinary League being held under the umbrella of CAP & COTHM group of colleges. Pakistan Culinary League was held with collaboration of COTHM. This league will be held in three phases. In the First phase an Inter University competition was held, students were given one and half hour in preparation of prepared scrumptious food. The food was evaluated by the judges Mian Shahid Executive Director - COTHM, Tipu Imran, Head Culinary Arts - COTHM and Chef Shamoon Barkat, Cafe Aylanto. Three students are selected for the semi-final competition between Top 10 Universities.



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International Islamic Art Festival 2022 was held at Alhamra Arts Council Lahore.

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