

Educational games how to introduce them in the classroom

Cover Story | Page 14

In Conversation with
Zeenat Iqbal Hakimjee
A famous story writer and a story teller.

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JANUARY 2023

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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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.

Farwah Ch

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Shams un Nisa

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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.

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what is

Productivity of Ecosystem



What is ecosystem productivity? This is a parameter that measures the growth of biomass in the ecosystem. This value is very useful, both for people and for explaining biological phenomena.

Ecosystem productivity is a central ecological concept used to understand the diversity of the Earth's habitats. So what are the basics of ecosystem productivity? What are its types? In the following article, we will answer questions about the functioning and foundations of this concept, thanks to which you will easily answer the question of what is the productivity of the ecosystem.

Ecosystem productivity

Animals and plants use the energy they get from food to fulfill their vital functions. This energy is also used for the growth of living things. From a functional point of view, growth is nothing more than an increase in biomass - energy stored as matter in living organisms.

This biomass gain is an effective way of determining ecosystem dynamics and can be measured in a variety of ways.

In ecology, productivity is the increase in biomass per unit area and per unit of time. However, beyond this simple definition, there is a measurable parameter that affects the enormous complexity of the ecological systems present on Earth.

Efficiency, then, measures the change in the number of living things at a given time and place. There are different types of productivity which we will cover in the next sections of

this article.

Primary productivity: the energy gateway

Sometimes we humans forget the importance of plants for life. Due to their diet, plant organisms are considered the energy gateway to ecosystems, i.e. major energy producers.

Plants make their own food based on photosynthesis. Through a series of complex biochemical reactions, plants synthesize sugars from organic and inorganic matter that support the growth of their biomass.

In plants, the increase in biomass per unit time and per unit area is known as primary productivity. This primary productivity is critical to the dynamics of ecosystems as plants are the solar 'gateway' to the food web.

Thus, we can distinguish between gross primary production - a simple increase in biomass - and net primary production - an increase in biomass by subtracting the energy used for respiration. Net worth is generally the most useful.

Primary productivity is central

Primary productivity is the factor that determines the structure of food chains, that is, the food and ethological relationships between living things in ecosystems.

This is because plants are the staple food for herbivores, herbivores for carnivores, and so on, down to super predators. Therefore, the production of biomass in plants will ultimately affect all elements of the food web.

We can give an example of a pasture ecosystem. If pasture productivity changes in a given year - for example due to a lack of rain - hares

(herbivores) will have less food and their population will decrease. This in turn will affect wolves (predators) as there will be fewer herbivores available for hunting.

Ecosystems with very high productivity

There are very productive environments where animal biomass grows enormously from year to year. Among the ecosystems with the highest productivity, we can distinguish the following:

- Wetlands,
- Coral reefs,
- River mouths,
- Coastal areas,
- Rainforests.

All these areas share a very high primary productivity, which in turn binds a huge community of consumers - herbivores and carnivores. Of course, these types of ecosystems, in addition to being very productive, support tremendous biodiversity.

Ecosystems with low productivity

In contrast, in other ecosystems, primary producers (undergoing photosynthesis) are extremely rare, which significantly reduces the productivity of the ecosystem. This is the case with deserts, polar regions, and the central regions of the oceans. Of course, the lack of raw material producers completely limits the presence of consumers.

Secondary performance

Secondary productivity refers to the increase in consumption biomass per area and year. As we mentioned, it is limited by major manufacturers.

There is also a huge limitation for aftermarket in such systems due to



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Why education is important to our society lets show you 9 benefits of it.

1. **Create more job opportunities**
2. **Secure a higher income**
3. **Develop problem solving skills**
4. **Improving the economy**
5. **Provide a prosperous and happy life**
6. **Creating a modern society**
7. **Overcoming borders**
8. **Create equal opportunities**
9. **Introduction to empowerment**

Do you think going to school and doing projects for your university is a waste of time? If you do, you may want to reconsider that statement, as education is a key part of the growth and progress of a society. When people are educated, they can contribute significantly to their families and society in various aspects and fields, thus creating a stable and nurturing community. Why is education important to society? Let's consider a few reasons.

1. Create more job opportunities

Often times, you must compete with hundreds of other candidates for a vacant position. Also, the lower the educational level, the greater the number of people applying for the same low-paying entry-level position. However, with the right educational background and qualifications, you will increase your chances of landing a satisfying job. Learn, educate, graduate, and earn as many qualifications, skills, knowledge, and experience as possible.

2. Secure a higher income

People with a higher education and varied experience are more likely to land high-paying skilled jobs. Study hard, spend your time and effort acquiring knowledge and reaching a high level of competence if you want to lead a comfortable lifestyle. Your credentials are what will motivate a potential employer to choose you over another candidate. Studying hard throughout school and studies shows that you are not afraid of hard work and that you are capable of meeting your goals. Employers see this as a

great advantage, as everyone prefers a responsible and knowledgeable workforce. Once you graduate, you can start looking for jobs that give you the opportunity to practice what you have learned while still getting paid enough for your needs.

3. Develop problem solving skills

When children become adults, they face many difficult problems: paying off their student loans, getting a job, buying a car and house, providing for their family, etc. However, if you have spent years educating yourself, you should be able to make wise decisions about these various dilemmas. Not only can people form their own opinions, but they are also good at finding solid and reliable arguments and evidence to support and confirm their decisions.

4. Improving the economy

People with good academic and educational backgrounds tend to get high-paying jobs. The higher their education and achievements, the better employment options they will have. People who grew up in poverty but were educated have great potential to transform their lives, thus contributing to a decrease in poverty rates in society. Education helps countries grow economically.

5. Provide a prosperous and happy life

Education has always earned the respect of society. To ensure a comfortable lifestyle, people must educate themselves and get a well-paying job to be successful and satisfied. It helps you earn a better reputation and increases your chances of moving up your career easier and faster. In turn, it provides financial resources for a stable life: people can afford to buy their own house or apartment and thus ensure the happiness and success of their children. In addition, owning your own home provides stability and increases self-confidence.

6. Creating a modern society

Education is fundamental to modern

society. It is necessary to learn about culture, history and other important aspects in order to contribute to modern society. Education shapes people to become leaders not only with subject knowledge (college), but also shows them how to lead with true emotions and values. Educated people can easily tell the difference between right and wrong, which is why education helps reduce the crime rate. Bad events are happening all over the world; only competent leaders can help guide us on a good and correct path.

7. Overcoming borders

Digital education helps connect with people and organizations around the world. Borders no longer exist. Being able to communicate and share opinions with people from other countries and cultures broadens horizons and helps us understand and appreciate ourselves.

8. Create equal opportunities

The importance of education in society has always been great, regardless of caste, race, gender or religion. Educated people are treated as equals on the basis of their knowledge and competence. In addition to this, educated people are open-minded and capable of listening to and accepting other people's points of view regardless of how different they are. Education offers the possibility of living independently and thus being free. It is our refuge from financial storms and bad decisions.

9. Introduction to empowerment

Education is the key to turning a weakness into a strength. It offers different tools and ways to understand the problems that lie ahead and help to solve them. More importantly, education provides us with considerable mental agility to make the right decisions and take action when necessary. Many types of research show that educated women can more easily resist gender bias and spousal violence as their decision-making skills have improved.



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).

ADSL 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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INTERVIEW

By: M. Farooq Malik



In Conversation with
Zeenat Iqbal Hakimjee
A famous story writer and a story teller.

Q: When did you discover that you can write?

Answer: My father being a journalist the atmosphere in our household prevailed about writing. Since he was fluent in English it rubbed off on me too. I also used to be very fond of reading books since I was a little girl and I read a lot of Enid Blyton books. Hence, I was able to write essays and complete other exercises given in our English textbooks. Later on in my life after my marriage my father who at that time used to write for leading circulations in Karachi, saw a need for me to succeed in life and since he and my mother had left no stone unturned for me to secure an education. One day he gave me a couple of titles and he said I should write articles on them. One such title was, 'The problems of young parents.' And since I was a young parent at that time I related to the article and managed to write about it. He sent the article to 'The Muslim,' newspaper run by Mr. Agha Pooya and it was published. I met with success and that was the stepping stone to my writing of future articles.

Q: In your opinion why the youth today is away from books and how can we bring them back to reading?

Answer: To develop an interest in youth for reading physical books which has been snatched away by the soft copy available on internet the revival of physical books for reading should be inculcated by visits to book melas and an introduction to books by leading authors. Some parents have a habit of reading bedtime stories to their children which in turn makes them like reading. If there's an interesting series you read one book and don't feel like leaving it.

Q: What are your favourite topics to write on?

Answer: Topics that I have connected with in my day to day life and then add it to fiction or topics that I can get reference material for and then I spin it into a yarn with imagination.

Q: Can you describe your approach to writing?

Answer: I think it has to do with your writing meeting with success. If you achieve success you are inspired to write further.

Q: How do you remain innovative in your writing?

Answer: Always try to be original. Sometimes when you're on a holiday your holiday destination becomes a 'haven topic,' for your article or a real life incident.

Q: Does writing energise or exhaust you?

It energises me.

Answer: It energises me because I'm interested in writing.

Q: Do you think someone could be a writer if they don't feel emotions strongly?

Answer: Well just let's put it this way that someone could be a better writer if they felt emotions strongly.

Q: At the end, is there any message for the youth from our platform?

Answer: From my experience I can tell that in our country there's a lot of respect for seniors from juniors, the parallel of which is not found anywhere else in the world. Do keep it up.





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

Tetra Dominance-Money, Power, Age & Respect

I was wondering the other day what is more influential in this world, Money, or Power, similarly what is more important in our life, is it our Age or Respect? Let's see these potent and persuasive expressions for an elaborative and meaningful absorption.

Money: Lack of money is the source of all evil. (George Bernard Shaw)

Power: Character is power. (Booker T Washington)

Age: It's not how old you are, it's how you are old. (Jules Renard)

Respect: The idea of respect is more than just being polite. (Bruce)

All these quotes are meaningful, impressive, and motivating; however, the negative notion is also a source of motivation for many. Having said that, how can we relate these dominant words to the world education where Money is, Quality of life,

Your kids' education and future, Your home, car, and ideal holidays and what not.

Similarly, Power is,

Ability and capability to accomplish something. Power is command, authority, domination, control, and jurisdiction. Ah so heavy and havoc words which can make, change, influence, hurt, hamper, harness and signify someone's life and career.

When it comes to Respect.

You are ready to agree with someone who may be different from you, You may disagree with him, yet you agree to form a better relationship, for greater trust and wellbeing.

And finally, Age.

Is normally reflected, narrated through a numeric value, however, it is also expressed such as childhood, junior, small kids, aged and elderly. People also say loudly age is just a number.

The purpose of this long introduction is to manifest these eminent words to

the world of education, which is our bread and butter as teachers, administrators, and other types of stakeholders.

All these paramount words are observed and experienced by all of us in our professional life. The education sector is full of all these authoritative words.

The use of POWER in the education sector is used in both ways, to make someone comfortable and to create problems. Power works in both ways. For example, a new teacher is given an easy timetable, less troublesome classes to teach, a complete set of resources for respective classes/grades, an academic scaffolding for a swift start of the academic year is also a reflection of power. On the contrary a new teacher can be tested by allocating him with a set of distributive grades/classes. Non availability of required and relevant resources along with heavy routine of school duties (morning, break and end of day) can easily be nerve breaking for him, again the use of power is impeccable. Frequent planned and surprise visits of his classes will further make his life gloomy. On the contrary a supportive role of academic head will be so advantageous for a new teacher, adding tons of confidence to his teaching during his teething times. Indeed, power is prominent.

AGE works as tenacity, dexterity, glamour, unmatched endurance, and earnestness when you are swinging your bloom time. The same human resource becomes circumspect, captious, and shy while reaching the twilight of your professional career. Not many get what they deserve, the brutal corporate world teaches perfect lessons to us. A fast-running horse becomes more

dependent and less worthy towards the end of his career (exceptional cases are there).

Here comes the mother of all problems and solutions. We call it MONEY, the pacifier, the healer, the trouble creator, the evil side, the

confidence builder, the solicitor, the means to make ends meet, the sin avoider and above all the prestige and prominence of a person.

Ahh so many shades of the same word and all these notions work throughout our life. The power of money can't be negated, its charisma can't be dishonored, and above all its need in every phase of life is so momentous that we do all what we can to ensure its smooth supply. On the contrary, the evil side of excessive greed for money can't be ignored. The lust of having unlimited supply of money leads to so many ethical, professional, and religious compromises for many of us. These compromises are also well justified and clarified by many of us for our personal satisfaction. However, the balance between greed and need is all we need to make our life more enjoyable.

Respect can be earned by power, money and at any age provided you try to know yourself, have clear objectives, ready to invest and take calculative risks and remain steadfast in the quest to find the best for yourself. Empathy, endurance and being considerate also earn a lot of respect for yourself.

Yes, dominance of Power, Money, Respect and Age plays vital role in our lives, to be influential and impactful either in a good way or the bad way!



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EDUCATIONAL GAMES HOW TO INTRODUCE THEM IN THE CLASSROOM

To introduce educational games in the classroom, certain steps must be followed. In today's article, we'll look at how to start

integrating games and activities into children's learning. Educational games are becoming more and more popular in the teaching process, from an early age. Games and activities are a fundamental part of children's development in many cultures around the world. The more serious learning becomes as a child ages, the more playfulness they have to have in order to adapt to a certain level of learning.

We have talked many times about the importance of games in the learning and development of a child. But now we want to talk about how to use such methods to diversify the educational process in the school environment.

There are many different pedagogical methods and opinions about what educational games should be introduced. That is why we have selected a few specific steps that you can take to introduce fun activities that allow children to learn through play.

Learning games in the classroom: evaluate your students

Identify problems and weaknesses

Identifying students' problems or weaknesses is extremely helpful in determining the best strategies for incorporating play into the classroom. For example, if you find your students

getting bored and chatting, or distracted during a PowerPoint presentation, you can add some interactive elements.

You can set up a kind of "open world" of learning where children can choose their own path. To do this, you can add an option at the bottom of each slide that allows students to choose what they want to learn first.

Perform a class analysis

Teachers and professors should analyze each class before working with their students. In this way, they can determine the best way to motivate them and the potential of their students.

The intention should always be to understand and learn about the games your students usually play. You can then base the introduction of their educational counterparts in your classroom based on your students' skills and interests.

Define learning goals by promoting games in the classroom

To introduce learning games, you need to establish well-defined learning goals. In addition, these goals must include behavioral goals or a curriculum that helps students understand concepts and develop specific skills.

Steps to take before upgrading your classroom activities

One example would be the setting of a specific learning goal aimed at acquiring a specific skill by students

within a specified time limit. The behavioral goal would be to focus on encouraging students to focus their attention in the class over a certain period of time.

Students may not necessarily be aware of these goals, but identifying them will help you steer the game.

Create structure and plan action-learning games in the classroom

Create a new grading system

Many students find the grading system the most annoying part of the school experience. For this reason, the introduction of games in the classroom may mean a change in the way the points system is presented. At this point, the emphasis should be on student progress rather than mistakes.

Therefore, when it comes to tests and tasks, you can evaluate your students either traditionally or in the form of experience points (experience grading system eg XP). You can also award experience points for completing extracurricular activities, participating in class activities, or anything else the student can do to make the learning effort.

Example: a student who scored 4+ in the test can get 7,500 experience points. These points will be added to any other points earned during the semester. This way, students will have a clear baseline and know how much they have learned and achieved. Such a system will remind them of the games they

play in their spare time.

The play and fun component can help students and teachers understand grading. Instead of starting with 100% and cutting error points, students will advance from zero to a certain level of XP experience points. In other words, students do not lose points, they only gain experience.

Set stages and levels

Teaching topics and units create clear divisions for teachers and professors. However, students are likely to understand them better if they see them simply passing a stage - or level - like in their favorite game. In order to get one level and move on to the next, students have to overcome certain challenges.

Steps to be followed before introducing games in the classroom

To do this, you need to define specific tasks, such as introductory assignments, that students must complete in order to advance to the next level. If students fail to complete assignments, participate in class, or complete tests, they will not be prepared to take on the challenges of the next stage.

Learning games in the classroom: having the right resources

Create an instruction and organize teams

Creating and distributing an instruction manual is a way to introduce students to a new learning mode. Manuals, both digital and material, are part of

virtually every game. They explain how to play the game and progress, and contain hints and secrets.

The educational game should contain the following information, for example:

1. What are the levels of the game.
2. Types of tasks that students will undertake.
3. New experience point grading system, including how students can earn XP.
4. How to earn rewards and what types of rewards are available.

This will help students get a clear point of reference. Moreover, it tells them what they need to do to be successful in an enjoyable learning environment. Clearly defined rules are helpful in understanding the overall system.

Show your progress clearly and clearly

Show students their progress clearly. Enabling them to see what they have achieved since the start of the term is an important social component in the classroom. It helps to promote a sense of community among classmates as well as healthy competition and mobilization.

To achieve this, you can create and share a bar chart that shows each student's progress and skills. Each time a student earns points for a test or assignment, you can update the bar chart to reflect the new XP points gained.

Offer rewards and praise

To combine fun and learning in a way that attracts and motivates students, you need to think about rewards. Research shows that rewards systems in education encourage students to recognize their achievements and develop further. For example, watching a year-end film together, a trip or a book can be an attractive reward.

Steps when introducing educational games in the classroom

If you think about most modern video games, you'll see that they share a common system. Players receive trophies for completing certain tasks. The more difficult the task to complete, the more valuable the reward is.

Rewards for younger students may include, for example, small insignia, stickers, or badges that students earn for completing small specific tasks.

They may also be praised for being actively involved in the development of the topic. This encourages and motivates students to be more successful and develop further.

Applications for running games in the classroom

Introducing games and activities in the classroom is a good method of involving young learners. They are more likely to participate actively in lessons and to win rewards. They have a very natural interest in the game and automatically learn new rules and rules.



**Best
Educational
Games for
Adults**

Vitamin deficiency can lead to fatigue and chronic fatigue. Find out how this vitamin and other nutrients affect the

immune system. Diet has a significant influence on how your immune system works. The lack of certain nutritional values can directly affect how your body protects you from getting sick.

That's why reading today's article will show you how you can boost your immune system.

However, remember that if you discover that you are developing any symptoms that indicate a nutrient deficiency, you should seek medical attention. It is not advisable to make large changes in your diet without first consulting a dietitian.

Eat more yoghurt

Yoghurts contain bacteria called probiotics that can have extremely positive effects on your health.

These bacteria inhabit the digestive system, improving the absorption of nutrients, thereby strengthening the body's natural defenses.

The health of the micro biome with the proper functioning of the immune system. Therefore, eating large amounts of yoghurt can stimulate the multiplication of appropriate microorganisms.

Moreover, you can include dietary fiber in it. The fiber ferments in the intestines, thereby improving the quality and diversity of its micro flora.

Vitamin D to strengthen the immune system

Another nutrient that has a direct effect on the immune system is vitamin D.

It can be produced by the body when exposed to sunlight. In addition, you can also find it in fatty fish, full-fat dairy products and eggs.

However, despite even the greatest efforts to meet the body's needs for this vitamin, its deficiencies are quite common. Therefore, it is worth using supplements. Insufficient amounts of vitamin D cause fatigue and chronic overload.

The vitamin D plays a key role in modulating the production of antibodies against self-antigens. Besides, it helps fight infections.

Eating less processed foods will strengthen your immune system

Simple sugars, trans fats, and artificial additives can produce inflammation. Such inflammation can lead to various medical conditions in the medium to long term.

Many of them are associated with obesity and overweight. However, others lead to a deterioration in the functioning of the immune system caused by nutrient deficiencies.

This is why you should eat as little processed food as possible. Instead, try to eat more fresh foods, such as fruit, vegetables, fish, and dairy products.

These foods contain a lot of vitamins, minerals and antioxidants that will improve your health and strengthen your immune system.

Exercise regularly

Physical activity is a factor that perfectly strengthens the body's natural defenses.

Even though occasional high-intensity exercise can negatively affect your immune system, studies have shown that

regular exercise can help keep it working.

The beneficial effects of exercise in improving the body's defenses. The publication in it described the relationship between exercise and reducing inflammation, as well as protection against a variety of diseases in the medium and long term.

Of course, it's always a good idea to practice under the supervision of a professional to avoid injuries and tailor your training to your needs.

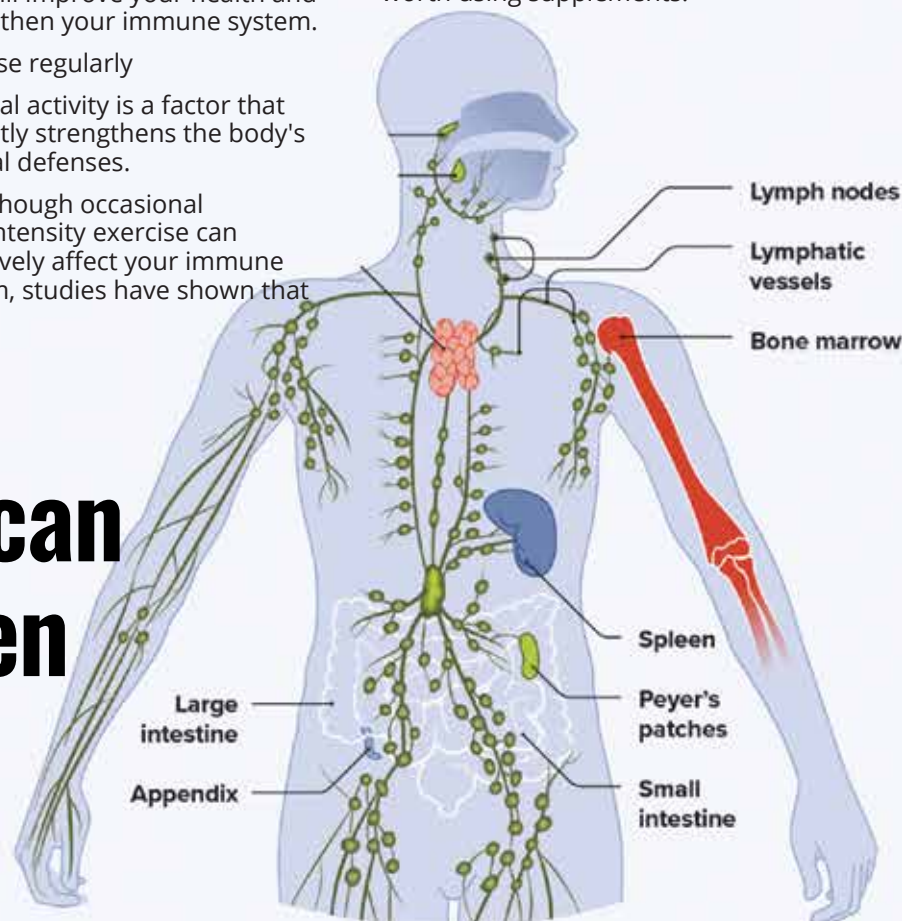
What should you remember about?

Diet plays an extremely important role in many body processes, and the immune system is no exception.

Therefore, providing the right amount of nutrients will improve your body's natural defenses to fight threats and diseases.

In recent years, research has begun to attach great importance to the microbiome. As explained earlier, several clinical studies have recently shown the effect that a healthy microbiome has in improving immunity and protecting against disease development.

Moreover, nutrient deficiencies can lead to health deterioration and increase disease incidence. One example is vitamin D deficiency, which is estimated to affect over a billion people. That is why it is worth using supplements.



The immune system: how can you strengthen it?

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What is more important for a teacher - talent or professionalism? And both. The modern educator must masterfully combine abilities with the ability to methodically "invest" in children all that he can. He not only teaches children, but also learns throughout life. What important skills should an English teacher have? Let's talk about it!

1. Emotional intelligence

The teacher knows firsthand what a strong emotional stress is. After all, he is responsible for the lives and health of children, as well as for how well students learn the material. And even experienced teachers are worried before the lesson (and if it is open?). And, of course, resolving conflict situations in the classroom requires considerable resources. So to succeed, you should learn to understand the emotions of others, as well as take care of your own psychological health.

2. Adaptability

The teacher must be flexible and open to new ideas and knowledge. This is what will contribute to the improvement of pedagogical skills. Study the latest theories of teaching and use them in your practice. Subscribe to domestic and foreign blogs, websites, forums. This will allow you to find innovations that will motivate students to learn English.

3. Communicativeness

90% of a teacher's working time is devoted to communication with other people. Therefore, the ability to communicate with students, their parents, administration and colleagues is extremely important. How to improve communication? You should present your thoughts simply, clearly and clearly. This is especially important in a lesson where you need to put

information on the shelves, build logical chains, find the relationship and explain the material as easily as possible. Agree, in learning English it is very important!

4. Creativity

English is thousands of words and hundreds of grammatical constructions. Students need a lot of effort and time to master this array of information. How to facilitate this task? Be creative, experiment and use unexpected tricks that will surprise children.

Also be prepared for the unknown and interesting. You can expect work with new students, unplanned lessons, 10 minutes that suddenly remain at the end of the lesson, and more! A creative teacher can find a way out of any situation and create an effective learning environment.

5. Ability to work in a team

The teacher should always play in a team with his students, be on the side of students. This will not only have a positive effect on success, but will also help build a healthy atmosphere. Even when students do not understand the material at all - do not be nervous. Remember how you studied, forgave yourself grammatical errors in tests, forgetfulness in dialogues, lack of associative memory and much more. But mark these moments and be sure to work on them with your children in the future.

6. Non-stop training

English is not a monumental construction. It is alive, constantly changing, and therefore, the teacher should constantly learn and improve their own language skills. Read original literature, listen to the news and watch movies in English.

7. Leadership

Students want to see a professional,

passionate about their work, interested in working with them. A teacher is a mentor who not only teaches, but helps students choose the right direction of development sets an example and encourages.

And the English teacher has an excellent memory, developed with the help of mnemonics and interval repetition. It also enhances his credibility.

8. Innovation

It is difficult and not always necessary to keep track of absolutely all technological innovations. But completely ignoring them is unacceptable! From the flow of innovation, it is important to learn to identify those digital tools that will benefit students. Discuss them with the children, take an interest in their opinions. Teachers who create great learning materials with students are very popular!

9. Ability to inspire

Get inspired and get inspired! This is exactly what students need. Of course, you can learn everything yourself. But only a true mentor can teach students to be open to new ideas and truly love the learning process. Help students solve their problems in learning, guide them, give knowledge that will be useful not only in learning English, but also in life.

10. Ability to "disconnect" from work

Give yourself and your students a break. Learn to arrange a full weekend - without calls from work, homework checks and thoughts on plans for the next work week.

The modern teacher is not afraid of change and never stops. He teaches and is constantly learning. Want to learn more about improving your professional skills, get interesting tips and life hacks for inspired work with students?



10 professional skills of a modern English teacher

Let's talk about developing important teacher skills

Choosing the right education-our best tips

The range of courses today is enormous, but how do you find the right one? A narrow or wide? Theoretical or practical? Intensive or 5-year? We guide you right through the study jungle! Choose education

What are your career goals?

All educations have their advantages - it is therefore impossible to give general advice when choosing an education. But a good piece of advice is to start by thinking about your specific career goals and starting from them. Do you know exactly in which field you want to work or do you have absolutely no idea? Maybe you know you want to work with people, but not in what way? In general, you can think that the more unspecified your future goals are, the broader education you should choose. A broad education often provides a good foundation to stand on and many career options.

Where do you want to live?

Think about where you can see yourself living in the next few years. Do you prefer to stay at home? Does a fun student town attract? Or do you want to live somewhere where student life does not have such a strong character? Then take a closer look at what type of education is available in that particular area.

Make sure you have the right authorization when choosing a course

Different types of education require different qualifications. What is common is that all university educations require a basic qualification, which means that you have a high school education or complete grades from. In addition to that, many educations require special eligibility requirements, for example a certain high school specialization.

What do you not want to work with?

Sometimes the easiest way to figure out what to choose for education is to start at the opposite end. Instead, think about what you don't want. In this way, you can weed out things you are not interested in, which hopefully makes the choice of education easier.

Find out what your dream job requires

Do you dream of a particular job? Find out what it takes to get that job. One tip is to look at job advertisements for roles you think seem exciting - what qualifications and education are in demand? Is it a specific program or rather practical knowledge in a certain area? Many vocational courses are often more niche and dominated by practical elements, while

university courses are generally broader and more theoretically oriented.

For example, if you want to work as a programmer, look for courses where you learn some form of programming language such as Java, C# or JavaScript. Through the Academic Work Academy, you have the opportunity to attend intensive training, where you can, for example, learn to program in just 12 weeks. If, on the other hand, you think that jobs in IT in general seem exciting, perhaps you should rather apply for a more general IT education where you can try different areas and hopefully find your niche.

Do you still feel lost in the choice of education?

It may sound like a predictable tip given that we are a staffing and recruitment company, but if you feel very uncertain about which course or program you should apply for, it may actually pay to work for a few years instead. It can help you find out which workplaces you enjoy, whether you prefer practical or theoretical tasks, large or small companies, etc. Hopefully, it will make the choice of education feel more obvious. One tip is to look at jobs in warehouse and logistics, where, for example, store jobs and warehouse work are included - a common first step in a career.

Why should children create diagrams while learning?

Diagrams while studying at school are a great way to clearly present information. Find out how best to do them in this article. There are several different educational techniques that children must learn to use in order to achieve good academic results. In this article, we will present you one of them - find out what the role of diagrams in learning is.

Creating diagrams or sketches is a good way to summarize your learning in order to better remember concepts and facts. It is a good idea to teach children this learning technique from an early age so that they can acquire knowledge effectively and efficiently.

Remember that learning diagrams are just one of the many steps that must be taken in the complex world of education. We can summarize the entire learning process in the form of five elements. These are:

- Reading comprehension.
- Highlight the most important information.
- Abstract (outline).
- Memorizing.
- Self-assessment of acquired knowledge.

Teach your children to create diagrams while they learn

When you want to summarize the information you have learned, you must be able to use a variety of organizing or compiling strategies. This should be done in such a way as to allow the content to be modified so that it is easier to assimilate and remember. This is where diagrams while learning or sketches become very useful.

As you learn, the charts visually and clearly show the main and secondary ideas of a given text. The great advantage they have over other summarizing techniques is that they allow you to capture relevant information quickly.

There are different types of diagrams, depending on the type of material to be learned:

Comparative: They are used to compare characteristics and "catch" information at a glance.

Hierarchical: With this type of diagram, you can organize and classify the concepts contained in the text and integrate some ideas with other texts.

Sequential: Can be used when you need to organize information sequentially based on various factors (time lapse, method changes, feature changes, etc.).

It is important to convey the idea

of diagrams to our children.

However, to learn this technique of science, it is not enough to know only the theory. The process also requires a lot of practice.

For this reason, it is a good idea for parents to accompany their children during the educational sessions. They will be able to help them create the first visual diagrams so that, over time, children will be able to make them on their own.

Characteristics of a good education diagram

To create a good diagram, you need to follow a few steps:

- First, read the text carefully.
- Then select and highlight primary and secondary information.
- Think of a title that summarizes the text.
- Then select the type of diagram you want to make.
- Divide the text into general sections and subsections.
- Finally, put each concept in a different section and describe it briefly and accurately.

Diagrams while learning should also meet the following characteristics:

- You should integrate all the main ideas into one diagram.



MARKER

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OThe benefits of exercise for kids are a fact that cannot be argued over. If only because proper training strengthens their hearts, muscles, balance and coordination.

The benefits of exercise for kids were established many years ago. Each physical education class at school shows the importance of sport in the development of children.

There is not one sport that benefits children the most. It all depends on where you live and what your child or what to do. In addition, parents play a significant role, as their encouragement is often crucial.

Another important source of influence on children's physical activity is their trainer. The trainer should be a properly selected person who is able to achieve clear goals while avoiding injuries.

This is great news for adolescent children. The lungs also get used to exercise in a similar way, and thus the breathing process improves.

Muscle strength

Muscle development is a crucial part of childhood. Children are so active that they constantly use their muscles all day long. As they grow taller and gain weight, their muscles will continue to develop. Over the years, their muscle mass will increase.

This muscle mass must be trained, because weak muscles in adulthood are a risk factor that increases the risk of developing many diseases.

In addition, older people who do not have enough muscle strength are at greater risk of falls and bone fractures. If muscles are strengthened right from childhood, the likelihood of having good muscles and muscle mass in adulthood increases.

Balance and coordination.

Another benefit of exercising for kids is that it improves balance and coordination. Both of these features develop significantly in childhood. Many changes also take place in adolescence.

Physical exercises help to develop proprioception, awareness of body position and movement in space. Good posture also plays a key role in protecting against back problems such as kyphosis and scoliosis.

The most important benefits of exercise for kids

A child who is well balanced and coordinated will fall less often and, of course, will suffer much less injuries. This is one of the factors that contribute to quality of life that is often ignored. For example, numerous injuries or contusions prevent a child from attending school for many days.

Flexibility

Flexibility comes with muscle tension. If your baby is not stretched and lacks flexibility, he will have problems both in the near and distant future. Adults with less flexibility are more prone to developing rheumatoid diseases.

The right level of stretch helps protect your joints. However, it is not worth overdoing training, as some injuries can be quite serious. For example, in rhythmic gymnastics, the main role of the trainer is to make sure that the child does not exercise too much to prevent an injury.

How much should a child exercise according to age?

Some guidelines for the amount of exercise children should do according to their age:

- Children under the age of one should be stimulated with the use of interactive play. They suggest 30 minutes of activity per day facing the substrates to develop their posture.
- Toddlers between the ages of one and two should be given at least three hours of physical activity a day. Of course, nothing that involves using a screen or sitting motionless for long periods is not encouraged.
- For children aged three to five, the number of hours spent exercising should be the same as in the previous group, but of moderate intensity.
- From the age of five onwards, a minimum of one hour of moderate to high intensity exercise per day is required.
- Supplementing physical exercises for children

The benefits of exercise for children can be complemented by a healthy and balanced diet and adequate rest. Adults should make sure that children, no matter where in the world they are, have the opportunity to play, eat well and get enough sleep.



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Sports day activities at The Learning Tree School Karachi.

At The Learning Tree sports are not just played, they are vibrantly celebrated throughout the year. They have regular sports programs to support children's interest in the said field like football, cricket, various kinds of races especially designed for related age groups. Every year At TLT students have an extravagant sports day celebration and each child has to participate in the venture. It's fun filled and thrilling extravaganza where the parents are welcome to take part as they cheer along for all the participants.



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STEM school campus organized STEMinar for their students

STEM school bank stop campus organized STEMinar for their students in this event there students showcase their exceptional abilities in learning, presentation skills and speaking skills there Students work on a project over an extended period of time in this event they show off their work .They also invite miss Asmat zehra CEO of global Montessori coaching institute and director of aspire college's .They give medals, shields , special price price's and certificate to their students parents and teachers for their work and support .



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LAPS Annual prize distribution ceremony 2022

A grand prize distribution ceremony was held under the supervision of Mr & Mrs Amjad Hussain Baig (CEO LAPS) at Aiwan e iqbal with full zeal & zest. In this ceremony shields & prizes were awarded to board class students as well as staff members. Students & teachers showed different performances like poetry, songs & parodies. Parents were also invited in this occasion & were awarded with best parents awards. Shabana Rashid (Principal Shadhbagh girls high school) & Mr. Mubashir (A famous Software Engineer) were the honorable chief guests to distribute awards among student & teachers. It was a tremendous event which boosted the moral of students, their parents and worthy staff members. Such events enhance output of students as well as staff members.



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TLGS Students beautified the sports show with their performances.

The Lahore Garrison School witnessed a fantastic year of spectacular fun and enthusiasm for the students. The CEO Muhammad Ashfaq Javid and, the directors welcomed the patron Chief Mr Syed Furqan. MR CH Shabir Ahmad Gujjar MPA to inaugurate the colourful event. He was warmly welcomed by the directors and by all staff members. The fascinating event was highly appreciated by the parents and guests. The fascinating recitation of the Holy Quran, charming Naat Sharif and alluring Hammd casted a prevailing trance on everyone. The fantastic and spell bound March Past and Flower Drill performance of the students made the audience overwhelmed. Admirable PT Show, skillful Gymnastics, Taekwondo and Fitness Performance captivated the minds and hearts. Their magical efforts will create a passion of spirit and discipline not only in their academic life but also in their practical life. Their passion to compete in the games and studies will provide them sense of strength. Such events groom the students to become positive and productive members of society.



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