

## How to learn online effectively?

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In Conversation with  
**Sadia Atif**

Director, Step Ahead Inclusive Lahore.

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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 helps them in development. Education is a basic necessity for any country's development and helps us in teaching that how we can improve the culture of peace.

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

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

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

FEBRUARY 2023

## How to learn online effectively?



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# Letter to the editor

It is a magnificent experience to read your magazine; it is perfect for students particularly. Cover story and Wise Advice are my most favorite in the magazine of every month. By reading these, I get to know about some outside the box information which helps me through my information seeking procession.

**Majid Mughal**

It's been a brilliant experience to read your last month's magazine. You were able to highlight some of the most important concerns which are important to be processed in the field of education. I think if you guys keep on doing a job like this, then soon our society will change the way it looks and deals the issue of our education system.

**Hamza Asif**

Your magazine is doing a tremendous job, by giving useful information in one publication. The thing I liked the most about this magazine is, your selection of topics. I personally like the "Wise Advice" section, which I read when I'm looking for some serious matter to penetrate into my soul.

**Maheen Saleem**

I really enjoy reading your magazine and the section which I liked the most was the 'Tell Me Why' section, in which you write about various interesting and informative topics. It's always good to read your magazine; you guys are also promoting a good image of Pakistan along with other academic writings.

**Saad Junaid**

The story I liked the most was the cover story of this month, which showed a true side of the

education system of Pakistan and the ailing condition of schools due to lack of security measures taken by the administration of schools. Schools should also take-up this issue and come-up with some quick solution to it, as the future of our students and teachers is at stake.

**Arslan Ali**

Your magazine has a good composition of interesting and informative content along with a wide range of topics. I would like to make a request to write something about the process of this our brain carries out the process if memorization. Generally, we don't notice this process, so I think it will be better to write something related to this topic.

**Farwah Ch**

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**Shams un Nisa**

**Write us at [informal.pk@gmail.com](mailto:informal.pk@gmail.com)**

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



# Studying at night does it make sense?

**H**ectoliters of coffee or strong tea and learning all night long - this scenario is known to every student, listener or student. Learning at night is certainly not for everyone, and some of us can do more harm than good. If you have many hours of intensive study and you don't intend to go to sleep, read some of our tips that will help you get through the entire material without blinking an eye!

## **Is it worth studying at night?**

Is it worth studying at night? Everyone who went to school tried to answer this question at least once. We do not judge anyone and we believe that sometimes there will simply be insufficient time to learn each subject - especially during the session, when there are even several exams during one day. If you have no choice but to study at night, check what you can do to prevent your hard work from being wasted!

## **Effective learning at night - true or false?**

We have already mentioned studying at night in the five most common mistakes when studying for an exam. Sleep is one of the most important elements in the process of assimilating information. After a good night's sleep, our concentration and creativity increase, we are able to recall the previously remembered messages, and we understand them better. It is not for nothing that before the exam, it is recommended to have at least 8 hours of uninterrupted sleep. Effective learning at night is, of course, possible and many students

who have successfully passed the difficult test after cramming all night have found out about it. However, not everyone is so lucky - some students may develop very unpleasant symptoms of sleep deprivation in the form of difficulty concentrating, changes in the perception of senses, deterioration of mood or sensitivity to color, light and sound stimuli. Does studying at night make sense? We won't answer that question, but if you have no other choice, it's definitely worth a try.

## **Learning at night - how to stay awake?**

Study better at night or in the morning? It depends on the individual predispositions of each person. Not everyone has enough motivation to get up at dawn and sit down to read books right away. Studying at night can have its benefits. Some students and learners may focus on studying only at night, because then they have the most peace and quiet. However, remember that such a solution should be sporadic! Especially since sleep and science are closely related. If you're going to be late for the night, use our tips to survive several hours of intensive cramming:

**1. Drinks** - the student lives not only with coffee. If you want to stay sound-minded, you should stay hydrated - drink at least half a glass of water every hour. Of course, you will also need a dose of caffeine a little black or strong tea will certainly suffice. What about energy drinks? Due to the very large amount of sugar, they are not indifferent to your health. What's more, the sugar injection works very shortly - after 60 minutes after drinking the energetic,

we start to feel tired. If you want to energize yourself to study the night before the exam, go for healthy snacks;

**2. Snacks** - a great idea for a little hunger are dried fruit, seeds and nuts - for example, dried apricots, cranberries, dates, exotic fruits (mango, papaya), hazelnuts, Brazil, Italian, hazelnuts, peanuts, almonds, pumpkin seeds or sunflower seeds. They are very caloric, so you do not need to eat a lot of them to feel the surge of energy and satiety. If the study takes many hours, also prepare healthy sandwiches;

**3. Breaks** - taking short breaks is very important in the process of assimilating information. The most recommended system is one five-minute break in every half hour of study. But remember not to reach for the phone during this time - the risk of losing track of time while browsing social media is too great! Ideally, take the break for a few exercises;

**4. Exercise** - If you're going to make sense of studying at night, you need to learn to combat sleepiness. A crisis and a desire to go to bed may take several hours or fifteen minutes to appear. For this reason, it is worth getting up from your desk from time to time and moving around, e.g. doing a few squats, jumping jacks or jogging in place;

**5. Music** - music should not be forgotten by those students who are doomed to study at night. How to stay awake and at the same time stay focused? We advise you not to choose your favorite CD to dance or sing to. It is best to choose calm and pleasant songs without words.



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# Planner - why is it worth having one?

A planner is a great way to organize your life and time. It allows not only to record important events, but also to monitor issues that are important to us, e.g. eating habits or physical activity. Which planner for a student and which one for a photographer? How to run a planner? You will find the answers to these and other questions in our post.

## What is a planner?

The planner is an inconspicuous notebook that allows you to effectively organize your time. It combines the features of a calendar, organizer and notebook. Its layout allows you not only to plan tasks for each day, week or month, but also to make lists or create notes. There are planners on the market dedicated to students, pupils, athletes, businessmen, mothers and brides. They allow you to monitor your goals, finances, vacations, physical activity, meals, dreams, progress, habits, and more. The form of a classic notebook or a notebook allows you to systematize everything important and easy access to what is in it.

Of course, you do not need to stick to the rigid framework imposed on us by the creators of the planners. An option for individualists is to buy an ordinary notebook and plan its interior on your own. Check out our post on how to make a bullet journal planner and go beyond the scheme!

## Calendar or planner - what to choose?

At the beginning, it is worth noting

that the planner and the calendar are two completely different time organization systems. Contrary to the calendar, the planner is not limited by dates - in most of the available models, we enter them ourselves. Thanks to this, one notebook can accompany us for many years. It is an excellent option for people who value minimalism and care for the natural environment. The planner also allows you to monitor those issues that are important in our life - budget, health, habits, meals, as well as taking loose notes. There is usually no place for this in calendars.

If you want to manage all your time and life, and also need a lot of space for private notes, choose a planner. In case you only save times for meetings and other important events, consider purchasing a calendar.

## How to run a planner?

Many people wonder how to run a planner. It all depends on our lifestyle and the number of tasks we have to complete each day. There are several types of planners - daily, weekly, monthly and yearly.

## Daily planner

The daily planner will work for those people who need a lot of space to plan their daily duties, e.g. in the form of to-do lists. A card designed for the whole day can also serve as a space for notes, ideas, quotes or important information.

## Weekly planner

The weekly planner allows you to efficiently plan the entire week. It will be especially appreciated by school

children and teenagers. It is worth choosing a planner in the form of a spread - thanks to this, we can see the entire week on one page. This is a very good solution for people who do not need the entire page to write out in one day. How to keep a weekly planner? The easiest way is to take 10-15 minutes on a Sunday evening and think about the tasks ahead of us in the days to come. Later, you only need to assign them to the next headings.

## Monthly planner

The monthly planner allows you to look at the tasks to be done in the perspective of the entire month. It is a perfect solution for people who have many responsibilities and want to keep them under control - office workers, students or mothers. What's more, the planner for a specific month is enough to be printed and kept on the desk or attached to a cork board. You can find a printable monthly planner on many sites absolutely free. A great and ecological solution can also be the purchase of a monthly planner in the form of a dry-wipe board. Certainly it will be enough for many years of use!

## Annual planner

The annual planner allows you to plan the entire year ahead. It is a perfect solution for people dealing with special events such as weddings, birthdays, communions or baptisms. Therefore, it will be appreciated by make-up artists, hairdressers, stylists, photographers, musicians, business leaders, owners of wedding houses, hotels, restaurants and catering companies.









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# In Conversation with **Sadia Atif**

## Director, Step Ahead Inclusive Lahore.





**Question: Can you introduce yourself to our readers?**

**Answer:** I am Registered Behavior Technician BACB USA and Clinical Psychologist working with children at Neurodevelopmental disorders for 10 years now and principal at Step Ahead preschool as well.

**Q: STEP AHEAD is your project. Please enlighten it for our readers.**

**Answer:** Step Ahead is not only a project but my vision, the vision of seeing our kids being accepted by the community.

The vision to see them included like all other kids, to unleash their potential and let them express themselves as they are without the fear of being noticed and labeled by the society.

At Step Ahead we work with kids with Autism, ADHD, GDD, Cp and other Neurodevelopmental disorders, with a major focus on the fact that they learn maximum with their peer group, and if they would have the opportunity to mingle with other students they can gain a lot more.

**Q: What is Autism and what are the symptoms through which it can be diagnosed?**

**Answer:** Autism spectrum disorder is a condition related to brain development that impacts how a person perceives and socializes with others, causing problems in social interaction and communication. The disorder also includes limited and repetitive patterns of behavior. The term "spectrum" in autism spectrum disorder refers to the wide range of symptoms and severity.

Autism spectrum disorder begins in early childhood and eventually causes problems functioning in society — socially, in school and at work, for example. Often children show symptoms of autism within the first year. A small number of children appear to develop normally in the first year, and then go through a period of regression between 18 and 24 months of age when they develop autism symptoms.

**Q: Can you please tell us the way you people are teaching the kids?**

**Answer:** At Step Ahead we provide intervention according to the need and level of the child.

As mentioned the symptoms vary from mild to severe.

To provide ABA therapy 1:1 for the children who requires behavior therapy, then there are kids who need speech therapy with little or no speech/ language as they have difficulty in communicating. Other kids need occupational therapy as they need assistance in their life skill or have sensory issues.

Behavior therapy, speech therapy and Occupational therapy are the most demanding therapies for Autism.

Then we have Quran class as I personally believe the pre-vocal sounds taught by Quran has no match. We have Music lessons and physical education lessons as well. We implement push in and pull out intervention for the inclusion.

**Q: Why do children with autism have difficulty in learning within a regular classroom setting?**

**Answer:** Autism can present many challenges to a child's daily life. In particular, it can impact how they engage with their learning at school.

Teaching the children with Autism within classroom is no doubt quite challenging especially when the teachers aren't trained, they haven't received adequate information about Autism and fails to pair themselves with the child.

The biggest problem is that many mainstream schools are unequipped to provide the support that autistic children need, as we know Individuals on the autism spectrum tend to be sensitive to social and sensory stimuli so they need few adaptations which involves alternatives for sensory seeking behaviour, frequent breaks, changes during transition and modified curriculum.

**Q: What difficulties you face the most in your field?**

**Answer:** The difficulties in my field is the lack of awareness and acceptance in the society also psycho education of the family plays a vital role in the intervention.

If parents are cooperative and understand the situation, child can show remarkable improvements. It's a triangle where school, parents and a child are involved.

**Q: What makes you people different from others and what is your mission?**

**Answer:** We strongly believe in the fact that "Not every child learns for the same purpose, not every child thrives in the same settings and schools. Limiting a child to just one opportunity does nothing more than limit that child's future." - "Rick Perry" For the reason we truly understand "Mainstreaming" or "inclusion" is when a child with autism is placed in a classroom with neurotypical children, we provide inclusion to our children at Step Ahead.

We started this idea from welcoming their siblings and promoting inclusion at their homes.

As one of the, if not the, best gift a parent can give to their child is education, we educate them, along with teaching them the life skills.

**Q: Don't you think it's a tough job to handle?**

**Answer:** Working with Neurodiverse children is not for the faint of heart, and daily challenges can be expected.

As we know they have impaired communication, impaired reciprocal social interactions, sometimes it's difficult to understand their needs and wants. That's why I say the staff should be well equipped.

At times it is tough but Personally I believe if we are on a mission to change lives nothing is hard.

**Q: What do you feel about secure future of these kids, Will they be able to lead a normal life after getting education and training from setups like yours?**

**Answer:** Changes have been made in the society especially in big cities but if I talk about in general unfortunately it still needs a lot of work to be done.

The number is increasing and our schools aren't ready for the change. There's no modified curriculum made for them to give any board exam.

They have no job opportunities. For how long they will attend special centers? Eventually they will end up at homes. Proper vocational training centers should be made to make them independent and skillful.

**Q: Any message would you like to give to the society from the platform of INFORMAL MAGZINE.**

**Answer:** Through this platform I request the readers to spread awareness for the sake of acceptance. They are beautiful souls. They need our attention, time and empathy. The life of a parent with Neurodiverse children is full of extra challenges; please do not make their life harder.

Your single word of kindness, respect, affection means a lot to them and their families remember..... Kids need to be encouraged to stretch their shine! ...



# Deadly games: what motivates children to dangerous actions?

Recently, we have heard more and more about situations where teenagers put themselves in danger for no apparent reason, and it is increasingly said that the reason lies in the spread of new deadly games and challenges through the social network TikTok.

## **What motivates children to participate in such activities?**

How to recognize the child's motives in time and whether parents should limit the use of social networks?

### **Let's understand this.**

Formation of social contacts and authority

At the age of 11 to 18, due to puberty, it is more important for us than ever to show ourselves and our capabilities to peers. Social networks come to the rescue by constantly measuring the number of views, followers, comments or likes. In the pursuit of a positive reputation and authority, teenagers are ready to follow trends, participate in flash mobs and challenges. Very often it happens in the form of a game, and often, just playing, they go very far, causing serious damage to

health.

Of course, the coronavirus has increased the amount of time we spend on social media, but for today's teens it is a familiar part of communication, and the game form weakens critical thinking and analysis of the information used.

And if someone offers to take part in the challenge, the children do not evaluate such an offer and decide to copy their "idols".

It is also a way to test yourself and prove to others that they are not weak.

## **When should parents start to worry?**

For adults, any change is part of the norm, but for children - a reason to be wary.

Pay attention to the following indicators in the child's behavior:

- Isolation or, conversely, excessive openness;
- A sharp decrease or increase in activity;
- Mood swings;
- Avoidance of contacts within the family;
- Deterioration or improvement of appetite, sudden weight gain or loss.

Remember that any bright changes should be recorded and, if necessary, consult a psychologist or psychotherapist.

## **Ban on the social network - the best solution?**

If social networks can cause such damage, then a ban on their use may seem a logical solution.

In the short term, such measures can work, but in the long run - can negatively affect the socialization of the child and the feeling of comfort in society.

It is not necessary to violate personal boundaries, but to prevent the emergence of pseudo-idols, leaders and copying their actions, it is important to monitor the child's behavior, as well as:

- Tell what is information hygiene, how to use, evaluate information, weed out biased or false facts;
- Offer the child to take special courses on the development of critical thinking;
- Show the child his willingness to be around, listen, support on a regular basis, not episodes.

If the child is not ready to open up to you, but you see that something is wrong - act.

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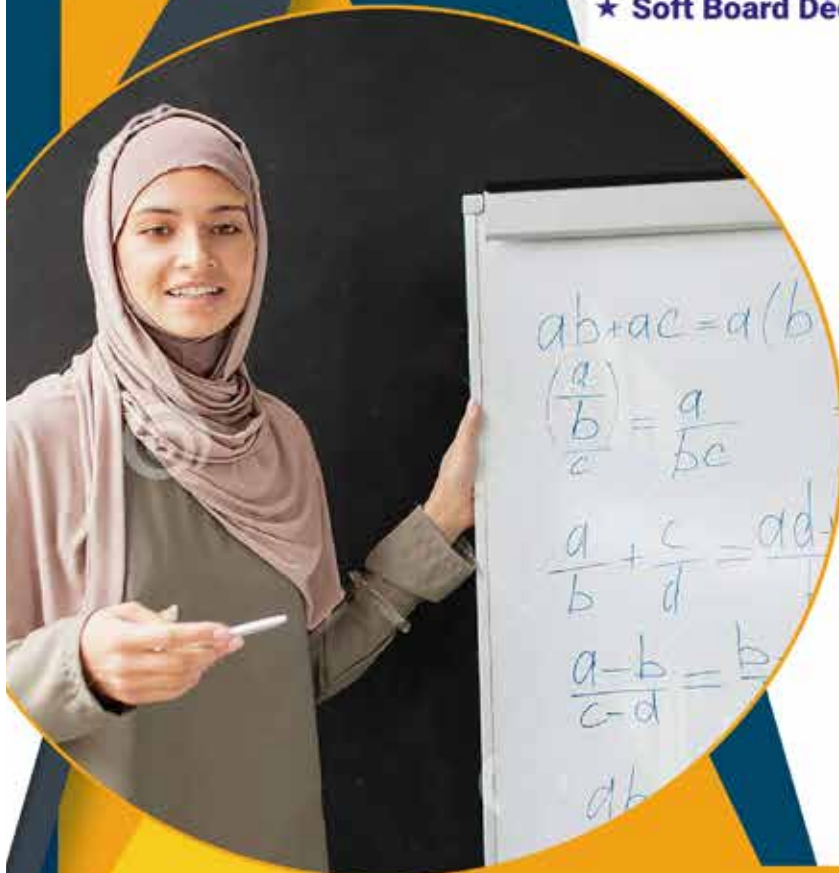
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# HOW TO LEARN ONLINE EFFECTIVELY?

A year ago, distance learning could be at best a curiosity or a convenient supplement to classical education. The outbreak of the pandemic meant that overnight for many people it became the primary form of contact with the school. At the beginning of 2021, there are no signs that we will be able to return to our old lives quickly. And if so, it is best to adapt to digital reality.

Distance learning is fundamentally different from classroom learning, as the lack of direct contact with teachers and peers has to be compensated by modern technology. Here are some ideas to make e-education more effective.

## **Organize your study space well**

In the classroom or at the university, there is no choice - you have to use the equipment of classrooms and lecture rooms. There are more options at home. When preparing a study position for yourself or your child, there are a few important

things to remember. Although sometimes you may be tempted to sit on the couch or lie down on the couch, it will not be the best idea. A comfortable office chair, which will help to maintain a proper figure (which is important considering the number of hours spent in e-school), will be much better.

It is best to take a seat at a desk or table with a table top at a height appropriate for the student's height. Details such as order in the room or easy access to all the necessary utensils can also affect the effectiveness of learning.

The place to study should be in a well-sounded room. The sounds coming from the speakers of the TV set in the next room may make it impossible to concentrate fully, so it is worth concluding a "pact on non-noise" with other household members.

## **Look at the equipment from a broader perspective**

The basic device for remote learning is a computer (tablets and

smartphones are also used, but may be less convenient). In 2019, on the eve of the pandemic, 83.1% of households with at least one person aged 16-74 had at least one computer<sup>1</sup>.

As schools began to go online, parents with several children of school age faced a challenge. In such a situation, the only solution was and often the purchase of a new computer, and this is associated with the dilemma: "What equipment to invest in?" choose a computer that will also allow children to develop their extracurricular interests (music, graphics, or maybe film?). You should also not forget about useful accessories - for example, good headphones that will help you fully focus on the content of the lectures and an ergonomic mouse.

Buying a computer is an investment that can make your home budget feel. After all, not everyone was able to predict such an expense, and there are families that struggle to make ends meet. What to do in that case? It is worth finding out about







state subsidies or looking for an attractive offer in the installment system.

**Remember that high-speed internet means equal opportunities**

Digital exclusion is a term that has been known for a long time, but in the current situation it takes on a new meaning. Although the percentage of households that do not have access to the Internet is small today (in 2019 this problem affected 13.3% of the total number<sup>2</sup>), in the era of remote education, the speed of the connection is of great importance. Jamming transmission, poor quality sound or unreadable image can be a serious barrier to communication between the student and the teacher. Because how to gain knowledge when the recipient receives only scraps of information? Poor-quality connection may also be a reason for being cheated by peers. If there are more students at home or parents were also forced to work remotely, this problem will increase. So it turns out that the possibility of providing children with equal opportunities in e-school depends to some extent on having a fast connection.

**Think about optical fiber**

How to adapt your network to new realities? The perfect answer to the rush to remote learning and enthusiasm for online work is optical fiber. The secret of this technology lies in the cables made of fiberglass and plastics, the design of which allows data transmission via a light wave. This allows you to significantly increase the speed and eliminate interference.

Optical fiber is becoming more accessible thanks to investments in infrastructure, but also attractive offers for subscribers. Do not forget about active rest and cultivate healthy habits

The outbreak of the pandemic forced students and students to radically change their lifestyle. The time they previously spent offline with their friends, colleagues and teachers, now they have to devote to video sessions. It's no secret that staring at the screen for a long time is bad for your health. Effective learning also depends on the proper use of free time. After school, it is worth minimizing online entertainment, go for a walk (which will compensate for the lack of commuting to school) or go to training. Sitting late in front of the computer will not be

conductive to concentration on the next day's classes.

It is also good to develop some habits - ventilate the room in which there is a study station before class and regularly water yourself during the lesson. Healthy snacks (e.g. nuts) will also help you stay focused.

**Make a plan of the day and take care of the motivation system**

In the era of remote learning, with significantly limited social contacts, such aspects as: good planning of the day and appropriate motivation to work are even more important. It is worth controlling the chaos and acting according to a previously adopted plan. It's important not to go overboard with the amount of material, as the brain is better at dealing with smaller amounts of information. Regular breaks are important to help rest your eyes and head.

It is also good when self-discipline is combined with a reward system. After all, after intensive study, you should spend a while with your favorite series or a fascinating book. E-education makes it even more important to maintain a healthy balance.

**W**hen we talk about weight loss or a balanced diet, we usually include cabbage, spinach, avocados, roasted

fish with vegetables, all kinds of salads, including fruit. But somehow we forget about a crop that is a source of a huge amount of nutrients and at the same time helps to lose weight - corn.

Its grains contain cellulose, potassium, magnesium, phosphorus, copper, vitamins C, K, PP, D and group B. The enzymes in the composition are responsible for the breakdown of fats, and their amount is higher in young cobs, so they are recommended for consumption before ripening. The options for cooking corn are different - boiled in water or steamed, canned, baked and in the form of porridge. Of course, canned is good to use only as a last resort, when there are no other alternatives. To understand exactly how the culture should be taken, we introduce you to two options for losing weight with corn.

#### **4-day corn diet for weight loss**

The essence of the corn diet consists in the consumption mainly of corn porridge, canned or boiled corn. Its duration is 4 days, for which you can get rid of 3-4 pounds. Nutritionists advise to repeat the diet at the earliest one month after the end of the four-day period.

The enzymes contained in corn kernels actively break down fats that enter the intestines. Subcutaneous fat remains intact, prompting the body to use it to produce energy. That is why the lost weight does not return and the new weight is maintained for a long time.

Among other things, corn has a lot of vitamins and minerals, which is the reason for the beneficial effects on the body: rejuvenates cells, speeds up metabolism, improves digestion.

#### **Allowed and forbidden foods during the corn diet**

During the period, freshly cooked corn, canned or in the form of porridge can be consumed. The best option is the first, because it is the young corn that fully provides the body with the necessary enzymes, vitamins and minerals, therefore the results will be better.

In any case, during the first two days of the diet you should eat 500-700 grams of corn (this is approximately 3 cobs) in four doses. Along with this, you can eat an unlimited amount of raw vegetables (tomatoes, peppers, carrots, cabbage), leafy vegetables as well.

Fruits are allowed, except those that contain a lot of sugar (grapes, melons, bananas). You need to give up sour varieties of apples, which neutralize the action of enzymes. Meat and fish dishes should be completely excluded from the menu.

Drinking unlimited fluids is key, but drink only water. Try to drink at least 2 liters a day, including other drinks, which if you still decide to afford, should not be sweetened.

#### **Sample menu**

- **First day:** 700 grams of corn (prepared at your choice), a salad of fresh tomatoes and cucumbers, flavored with corn oil and green spices. Divide the food into 3-4 intakes for the whole day.
- **Second day:** 100 grams of stewed mushrooms can be added to the menu from the first day, and fruits in

the evening. Don't forget about the water.

- Third day: reduce the amount of corn by 1/3, and that of fruits and vegetables remains unchanged.

- Fourth day: the corn portion should be half of that on the first day of the diet, again you can afford a portion of mushrooms.

#### **Three-day diet for weight loss with corn porridge**

One of the most notable diet products to help lose weight is corn porridge. It has a beneficial effect on the stomach and intestines, helps to purify them, normalizes digestion, prevents putrefactive processes in the intestines, eliminates metabolic problems.

This dish improves metabolism, removes fats, toxic and radioactive substances from the body. Consumption of porridge does not lead to allergic reactions. It is suitable for inclusion in the menu of both children and the elderly.

#### **The essence of the diet with corn porridge**

The regime is three days. During this time, eat only porridge prepared with water. Feeding should be 5-6 times a day.

As for drinks, the daily intake should be at least 2 liters, and they may include green tea and non-carbonated mineral water.

The cardiovascular system, the condition of the skin and even the oral cavity.

Although you are not on a diet, experts in the field advise at least 2 times a week to eat breakfast with corn porridge.

# Weight loss options with corn

**(cooked, canned or corn porridge)**







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**E**ach child is capable, each wants to learn and each would like to be a good student! But each also requires a slightly different approach, slightly different educational help ... It simply requires understanding his individual learning strategy.

The results of school education are the result of many factors. One of the most important is the way we acquire knowledge. Because everyone learns differently!

#### **How does your child learn?**

How often do you hear from your child: but I try to be polite ... math is too hard ... nothing comes to my mind - I guess I'll never learn it ...

Do you ever hear from teachers that your child is not trying enough, that he is behind schedule, even though you know that he was really preparing for classes? Then you think: he just needs to read it a few more times to understand ...

If you have more than one child, can you see that each of them "starts" to learn differently? One performs the tasks one after the other without any protest, and the other, after entering the house, is terrified of the excess of homework and claims that he will definitely not

be able to cope with it.

Few parents think at times like this that maybe their child is a typical kinesthetic and has to move in order to think! Or that they are characterized by visual rather than analytical thinking and therefore may have difficulties in learning some issues, e.g. mathematics. Not all parents will divide the homework together with the child into several parts, they will determine when the break will be, how the child should relax during this break in order to continue learning with full strength.

After all, you can learn in many ways: by dancing, singing, music, movement...

Does your child learn in silence, with music, or alone, or does he need another person?

#### **Adequate support**

If you want your child to acquire knowledge well in school and have good grades, start by learning about his predispositions and strengths, and then support him in developing his own learning strategy. Take care of the appropriate conditions and take care of the proper activation of its potential. Some children require a little help, others need a little more help. The most important thing is that this help is coherent, that you

and the teacher form a common front and have a common goal - the child's success at school.

By the time they went to school, the children had learned a lot of things - they already have a lot of knowledge about the world and a lot of skills. Most of them went to school with great hope and curiosity - they want to learn, get to know the world. Does their eagerness to learn fade away with time? No, it does not disappear, but if a child begins to have learning difficulties, his / her self-esteem always weakens and the motivation to make efforts fades. Learning problems come from many sources. The most common reason is the lack of knowledge of learning strategies! Knowing different strategies and working out the most effective ways to learn is the number 1 task for parents and teachers.

Note - everyone will have a slightly different learning strategy. Not always the child and his parent should learn in the same way, so it is better to check it (eg by taking a test) than impose the way of learning on the child, "because I studied this way and it was good".

Everyone is different, this is due to neuroscience and it must be respected. Just



**Find out about  
the child's  
potential his  
learning strategy**



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

# It's a matter of time and space.

Calmed down, it's going to be fine, things will fall in place, it's not that bad, it's not the end of the world, every cloud has a silver lining, and there is always a light at the end of every tunnel.

OMG, these strong, meaningful, and motivating phrases!! Today, I would like to talk about the two key words, Time, and Space. Our lives are like swings, some days, we are on top of our work and some days are so roughed up that we want to forget those ASAP.

Progression, moving forward in the right direction, making the right decisions at the right time is all we desire to achieve in our professional lives. However, sometimes we succeed and sometimes regret our decisions, because the outcome can be magnificent or unimpressive!

One of my close friends started his teaching career and became a successful and renowned teacher in a short span of time. He earned good amount of money and was on top of his work.

However, life had written something better for him, he left the promising job and went abroad to complete his higher education. He was also desirous to explore new destinations which helped him to make this risky yet career-oriented leap. He completed his Master's degree in Business Administration from Australia. He also explored many countries as a tourist to satisfy his travelling instinct.

Life is not a walk in the park, one must sacrifice a lot to achieve his set

goals. A foreign and local degree with an illustrious teaching career were not sufficient to hunt for a good job. As we say in English 'fortune favors the brave', so my friend got an excellent job in one of the Gulf countries based on his credentials and Canadian Nationality. And this was the biggest breakthrough of his life, indeed it was a matter of time and space. Things fell in place, and he landed in his dream

job, a lucrative job helped him in ensuring a peaceful life. By the grace of Allah SWT and his neverending endeavors he had a successful career there and made himself financially stable too.

After spending a decade there, he finally decided to move back to Canada, probably the right decision at the right time. During this successful journey from a local college principal to a settled professional in Canada he had to go through good and bad times, he remained steadfast in achieving his goals and the nature also helped him during those testing times. Now whenever, I speak to him, he sounds a well triumphant man with a lot of good memories to cherish with his family, indeed, it's a matter of time and space.

I know another super ambitious, super enthusiastic and super energetic human being who always believed in progression by making concerted efforts, with never ending aspirations with a positive mind set. His professional scuffle has been not less than a see saw, a mix of very unacceptable and very convenient career episodes. Indeed, it was a

matter of time and space in both the cases. The man with formidable ability and mountainous wishes kept trying throughout his professional career for a peaceful and stable life. Professional excellence is directly proportionate to the space available to you to cascade your talent, the inspiration you get while being on the job helps you to move to next level of preeminence, the encouragement you get from your line manager helps you to stand out in your work, again it is a matter of time and space. Being zealous is fantastic, however, being professionally successful depends on many factors, to me, time and space are the most important ones. At which time of your career, you have had an opportunity which you couldn't avail, and how much space was given to you to showcase your expertise. Not many people are lucky enough to enjoy the best time and ample space in their professional career to be called a great professional.

Having said that the significance of hard work cannot be ignored in the quest to achieve your aims and objectives. People around you would be helpful, would be jealous of you, would try to betray you, would try to bring you down and some would be supportive too. What matters the most is which blessing, or condemnation falls into your account and at what time, because it is a matter of time and space! Our honest efforts are always accumulated by virtue of the blessings of Allah SWT and rewarded at the right time, so chin up guys and keep striving hard!

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SOFTWARE ENGINEERING

# TOP 5 PROMISING PROFESSIONS



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SALES AND BUSINESS DEVELOPMENT



QUALITY ANALYST



ARTIFICIAL INTELLIGENCE SPECIALISTS

**E**ach graduate has repeatedly asked himself the question: what profession to choose. After all, the labor market is changing extremely fast. Those specialties that were popular 5 years ago are no longer as relevant as they used to be.

Of course, specialists such as health professionals, lawyers, geneticists, biochemists or journalists will always be needed. But we have compiled a ranking of the 5 most promising professions at the moment to help graduates decide on their future profession.

### **Sales representatives**

A sales representative is not just a salesperson who knows his product well. If you want to be successful, you must be free to navigate the world of new media and the Internet. This is very important because one in ten people admits that they buy various products and services online. For many companies, the Internet is becoming an increasingly important segment of sales and communication, so sales representatives and sales professionals, who also understand the provision of services through the so-called new media, are opening more and more professional opportunities

and development paths

### **Financial analysts and financiers**

This industry is quite capacious and offers many different positions - there is a need for auditors, accountants, tax, investment or insurance advisers who are well versed in the latest economic and legal trends, as well as in the directions of their changes. Most of them will not have difficulties with employment due to the continuous development of enterprises, implementation of innovations and business strategies, adapted to the requirements of a dynamically changing economy. Europe is also a branch or service center of the Middle Eastern markets for a large number of foreign firms and international corporations, so many key positions in financial companies are actually here.

### **IT specialists**

Programmers, administrators and technicians, people with specialized knowledge of operating systems, server and local area networks in the near future should not have problems finding a job. These professions have been among the most popular in the labor market for several years. The world of computer technology is growing fast and will continue to grow for a long time. Valuable for the market are developers of mobile applications and games, as

well as competent web specialists who are engaged in the design, coding and research of the usefulness of the parties www.

### **Engineers and technical specialties**

Employers offer many vacancies for engineers and technical staff. An employee with official proof of qualification or certificates will easily find a job abroad. Construction engineers, technicians, technologists, and mechanics are almost always in demand. Such persons do not necessarily have to have higher education. There is a great demand for graduates of vocational schools, as well as for people who have just completed the relevant courses.

### **Linguists or philologists of foreign languages**

Along with the rapid development of modern business services, there is a growing need for specialists who are fluent in foreign languages. In addition to English philologists, employers are looking for people in the labor market who speak Japanese, Chinese, German, French or Spanish. Specialization is carried out in the following areas: teachers, translators, research, publishing. Universities offer a wide range of foreign languages, so everyone can find something for themselves.



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Find out which cities have lots of sports venues, sporting events and matches you can visit. There are cities of culture, cities of history, and even cities known for their architecture. But there are also cities where access to sport is what makes them so charming.

Maybe you watch sports a lot and one of them is your favorite? Or maybe you watch all the games and talk only about the titles and the championship? If this is the case, you must get to know the cities that offer access to sports at every turn.

I bet you want to know which cities these are? We will tell about them in the article below.

Access to sport - which cities offer the most?

There are super modern stadiums, general sports culture and even museums dedicated to sports. The following cities are perfect for a vacation if you are a fan of physical activity.

### 1. Boston, USA: sport at every turn

It doesn't matter if you are a sports fan or not, you need to go to Fenway Park. Additionally, Boston is the capital of Massachusetts and a beautiful city.

You can see the Boston Bruins there, the hockey team that won 6 Stanley Cups. She also won 4 conference championships, 2 Presidents' Trophy and 25 championships in her division.

Even more impressive, Boston is home to the Celtics team. It is one of the basketball teams with the most NBA titles (17) in history. It is also home to the New England Patriots, who have lost only one playoff in 15 seasons.

### 2. Buenos Aires, Argentina

Everywhere in this South American country, people are fans of sports. Therefore, its capital is one of the cities where access to sports is practically unlimited.

We recommend that your trip to Buenos Aires includes visiting two of the most important stadiums. They are Boca Juniors and River Plate. Both teams have museums and offer guided tours in case you don't want to go to the game - although we think you are unlikely to miss it.

You can go to Campo Argentino de Polo during the same visit. Polo is an elite sport in Argentina and its players are world leaders. You can also go to the Palermo Racecourse from 1876 or the Buenos Aires Tennis Court from 1892.

There you will also find the Autódromo Oscar Alfredo Gálvez track, which hosted 20 Formula 1 races, and don't miss the Luna Park stadium, known as the palace

of sports. Mainly boxing fights take place there.

### 3. Access to sports in the city: Barcelona, Spain

If you are a football or basketball fan and you are going to Spain, you shouldn't miss Barcelona. This Catalan city is home to one of the most important teams in the world; El Barca.

At Camp Nou you can see Messi in action. What's more, you can also enjoy an interactive museum with access to a reserve bench and basketball games.

There is also an Olympic museum in Barcelona. In 1992, the Olympic Games were held in Montjuic, home to the famous Palau Saint Jordi, the Olympic Ring and the Estadi Olímpic Lluís Companys stadium. There you will also find a baseball field, rugby field and the Joan Serrahim City Stadium.

### 4. Berlin, Germany

There are plenty of options for sports fans in this German capital with several stadiums to visit. The premier football stadium is home to the Hertha BSC club. The city is also home to the Alba Berlin basketball team.

### 5. Tokyo, Japan

When we think of baseball, it automatically comes to mind in the US or Central America. We don't think about Japan, on the other hand. Nevertheless, this country is one of baseball's most passionate competitors.

So don't be surprised to find several stadiums all over the island. Of course, they are all equipped with the latest technology; Tokyo Dome and Seibu Dome really stand out from the crowd.

If you don't like baseball, you can always go to sumo competitions. Competitors weigh over 200 kilograms and try to throw their opponent out of the ring. Interestingly, it is a tradition from 1000 years ago.

Of course, state-of-the-art stadiums are being built in Japan to celebrate the next Olympic Games in 2020. If you go there in the middle of the year, you will be able to see the most anticipated sporting events. And if you go about Japan earlier, you will be able to visit the stadiums.

If you are interested in more cities where sport is everywhere, we recommend Madrid. You'll find stadiums from teams such as Real Madrid and Atletico Madrid, and the Zarzuela racecourse.

You can also go to London, which has at least six football stadiums. The international calendar also includes cricket, rugby and some of the most important tennis matches. If you're a sports fan, start planning your trip to these places right now!

## Access to sports in the city which cities offer the most?



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## Marvelous Bazm e Adab event takes place at American Lycetuff DNK Johar Town Campus

ALS DNK celebrated Bazm e Adab and students participated enthusiastically in debates, drama and poetry recitation. The chief guests, Ms Zainab Rizvi, Regional Manager Als Westwood Campus and Ms Uzma Kashif, Urdu curriculum developer thoroughly enjoyed the student's participation and were greatly pleased to see their love for their national language. Ms Sadia Azam, regional manager Johar Town Campuses, emphasised how important a national language is to its people and even being an English medium school, we have not forgotten our roots and culture.



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## An innovative educational visit of Executives of Dar-e-Arqam Schools to Japan.

Team of executives had a successful visit to Japan. The Educationists were warmly welcomed by Mr.Yutaka Kaneko, Mayor Sano City, Tochigi Region. The visit was a part of exchange program to bring better interventions in the field of education. Excellent share of the traditions and culture took place on both sides. The Executive Team and Pakistani Ambassador met in Sano, City Tochigi, Japan to discuss the future of education. Successful educational system of Japan was discussed. Potential Educational Exchange Program for Pakistan also came under discussion. New strategies and fruitful future policies were highlighted by the Educationists of both countries. This 9 day Educational visit brought in new and innovative ideas to Dar-e-Arqam school system. Such positive ventures are highly appreciated and acknowledged by the public who strive to have quality education for their youth.



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# Charming glimpses of Pakistan Urdu School Bahrain

Pakistan Kingdom of Bahrain School conducted sports event on 25th and 26th of January, 2023. The days were filled with joy and excitement. Pupil experienced thrills, shrills and cheers. The main objective of these events is to promote a healthy lifestyle among Students and to teach them Sportsman Ship. Students of all 4 houses Topaz, Ruby, Emerald and Sapphire took part in various fields of events according to their age groups like Rope skipping, Sack Race, Cushion Race, Balancing objects, Throw ball, Dribbling, Cricket and football etc. Finalists were selected with keen observation of 3 Judges. Maximum participation and excellent sportsman ship was observed in Annual School Events. It was a tremendous event which was full of lively and positive energies of the students.



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