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TO RISE ABOVE THE TIDE

Informal

EDUCATIONAL MAGAZINE

The Story of Pakistan, its struggle and its achievement, is the very story of great human ideals, struggling to survive in the face of great odds and difficulties.

Chittagong, 23rd March, 1948

In Conversation with

Abdul Latif

Director Operations, COHMCA
Canadian College Of Hospitality
Management & Culinary Arts

Page 10



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CONTENTS

MARCH 23

Editorial Note	04
Letter to Editor	05

SCIENCE FUSE

About information technology and the army	06
---	----

TELL ME WHY

How to spend time creatively with your child?	
Benefits of playing with paints!	07

TECHNOLOGY

Take a break from the computer 5 tips to help you feel better	08
---	----

INTERVIEW

In Conversation with Abdul Latif Director Operations , COHMCA	10
---	----

WISE ADVICE

Preparation for external evaluation: online or offline?	12
--	----

COVER STORY

Girls' brains mature earlier than boys	14
--	----

HEALTH

Strabismus in a child: causes, diagnosis and treatment	16
---	----

IDEAS

6 Tips for working with social networks in class	18
---	----

ARTICLE

Learning Capacity, A levy or Lethargy.	19
--	----

RESEARCH

If you have a child with a learning disability	20
--	----

SPORTS

When were the main soccer leagues born?	21
---	----

EVENTS

Health and Hygiene week was observed by Step Ahead Preschool.	22
--	----

The Annual Day Celebration in Pak Turk Maarif International Schools and Colleges, Rawalpindi Campus	23
---	----

Inauguration of art exhibition Together for Peace at Lahore College Women University.	24
---	----



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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)

MARCH 2023



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Letter to the editor

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

Majid Mughal

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

Hamza Asif

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

Maheen Saleem

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

Saad Junaid

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

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

Arslan Ali

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

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Shams un Nisa

About information technology and the army. Is it bad or good for the troops of the XXI century?

Modern information technology is actively changing not only civilian but also military culture: 21st century soldiers use smartphones and tablets to support online interaction with each other and with the civilian part of society, which was not the case before - troops are becoming more open, which provides additional opportunities. Primarily to increase the effectiveness of democratic civilian control over the Security and Defense Sector.

A number of top executives are categorical about smartphones and tablets in the military, especially in the context of the use of social networks in the military, arguing their position by the risks of leaking "sensitive" information. The issue of introduction of information technologies at different levels of military management also remains problematic.

Let's try to understand the halftones.

First, the "good old days", when the military sphere was completely closed to society, are gradually receding into the past - recent events clearly show this. In the context of the new generation of wars, the importance of high-quality military motivation paves the way for effective leadership, which cannot be based on prohibitions and negative motivation.

In the age of information, it is better to find opportunities for the proper

use of modern information technology - to teach subordinates to be aware of "users", the rules of safe military aspects of using software for online communication and protection against cyber threats, than to limit ineffective bans.

Second, smartphones and tablets, combined with modern software and hardware to protect the transmission of data from a variety of sensors, provide the opportunity to build interactive communication systems for military purposes, which create the latest combat capabilities of troops. This is an extremely important thing that needs to be understood by top leaders (civilian and military) of the importance in the new generation of wars of the latest technologies for detecting and online tracking the enemy to the full depth of its operational construction, transmission and reception of information about its location with an error of not more than 5 meters, special software that facilitates staff work and supports decision-making, as well as software and hardware for reliable information protection.

In this context, raising the awareness of the military establishment in the field of modern information technologies and the advantages of their targeted use in military affairs remains a fundamental issue.

Third, the military exchanges messages and information on Facebook, which can be useful for improving the security and defense

system of the state. Even when they express their frustration with bureaucracy and logistics, it points the wise top manager to bottlenecks in the military administration system, suggests areas where one should work on oneself, and motivate one's immediate subordinates to make appropriate changes.

Social media helps the military build networks that include both comrades and civilian friends. The military's online relationships with civilians help the public understand our Armed Forces, and soldiers understand the society they serve. Soldiers who have been called up for mobilization or conscription or have signed a contract have previously been civilians, even after a long military career, they will return to civilian life. Social media can make this transition much easier.

In general, modern information technologies create the latest communication opportunities in the military sphere. Ignoring them and shielding them from prohibitions means falling behind technologically and losing prospects. Technological progress cannot be stopped, that is why the lack of understanding of the nature and essence of the latest opportunities generates mistakes and omissions in decision-making, and this in turn exacerbates the problems of security and defense (the higher the level - the more painful). It is not necessary to step on the same rake, it is better to manage processes and to direct them in an expedient channel.



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How to spend time creatively with your child?

Benefits of playing with paints!

The long-lasting pandemic is taking its toll on everyone. Children who, deprived of the long-lasting pandemic is taking its toll on everyone. Children who have been deprived of contact with their peers and locked in their homes especially suffer in this difficult situation. The need to interact with others in children has not diminished at all. What counts now is the time that children spend with their parents and its quality. It is worth helping your child to organize time in a way that will allow him to develop and integrate as much as possible. For creative play with a child, it is enough to stock up on products that will make it safe and developmental having fun at home.

WHY SHOULD YOUR CHILD PLAY WITH PAINTS?

Painting with paints has development benefits and is relaxing. It can also help a child discover their potential, eventually some children may become designers, designers or people responsible for the appearance of everyday objects in their adulthood. Even architects often choose a profession with a passion for art and aesthetics. Design is an increasingly popular field of study. Once considered an unattractive and future-free love of art, today it opens up many valuable development paths for children. Even if it is not a way for life, because it is difficult in the case of young children to exaggerate about

their future fate, cultivating their artistic sense may be useful to them. In addition, painting relaxes and helps distract children for a while from computers, where they spend most of the day more and more often.

PAINTS AS NECESSARY SCHOOL ARTICLES

Paints are popular school supplies that we all know and that children often use in art lessons. Although at first glance the casual art classes on which children draw and paint seem redundant, it is a very important element of their cognitive and emotional development. By painting, children can better connect with their hidden emotions and express them by painting. In this difficult time of protracted pandemic and isolation, painting with paints can be a great way to provide occupational therapy for children.

WHY SHOULD YOU PAINT WITH PAINT WITH CHILDREN?

Painting with children can be a great idea to spend time with your family. For children, the time spent together with their parents is the most valuable and no expensive toys can replace it. Caring for common family ties should be one of the priorities of every family. This will result in a sense of security, love and commitment in the future. Children want to feel loved, and one of the best ways we can show that is by spending time with them and paying attention to them. Painting with paints is one of the best creative activities to take with

children at home, which can be especially important in the time of the winter pandemic. Painting is also an activity for adults that can help you relax and forget about the worries of everyday life. Each of us deserves a rest, and perhaps most of all those who work hard every day. Let us allow ourselves to be creative and have fun together, so that in life there can be a proper balance between work, rest and play.

PAINTS: WATERCOLORS, POSTER, STAINED GLASS

Before we buy paints, we should know their features. School paints most often needed for lessons are poster paints and watercolors. There are also stained glass paints and even finger paints. Stained glass paints allow you to decorate the glass on your own and can be a brilliant choice for older children, due to the fact that working with glass objects requires increased importance and adult control. It is the family glass decoration that may turn out to be the best idea for spending time with children. Paints, school accessories and creative products can be found on the website of the internet stores.

PAINTING APRONS FOR CHILDREN

An apron for children will be useful both at home while playing with paints and at school. A paint apron that protects your clothes from staining can make a child look attractive. Fairy-tale characters or animals printed on the front of the apron will appeal to most children.

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

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

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

Get comfortable

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

Adjust Zoom

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

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

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

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

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

Take breaks

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

Have you worked at a computer for so long that exercise doesn't seem to

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

Take care of your eyes

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

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

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

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





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Abdul Latif

Director Operations, COHMCA
Canadian College Of Hospitality
Management & Culinary Arts

Hospitality means being friendly, warm welcome and helpful to the others by heart and with passion.

Q: Can you take us through your career?

Where did you start and what do you love most about your career role?

I feel myself lucky that I started my career with Hilton International Lahore, which is an American Multinational hospitality company that manages and franchises a broad portfolio of hotels and resorts worldwide.

Being at Hilton I got a chance to manage first Pakistani restaurant in Seoul Korea. Coming back to Pakistan I had been served hospitality industry in Pakistan on various positions starting from F&B serve to manager food & beverage and general manager to managing director in various establishments. Since 2002, I started sharing my knowledge as a faculty member and instructor in College of Tourism and Hotel Management and later on served as Director HR and Placement of students in Pakistan and overseas.

Currently I am working as a Director Operations in Canadian College of Hospitality Management and Culinary Arts (COHMCA).

Teaching is a noble profession and I love to teach and I

believe that whatever we have learnt throughout our career and hardships of life, we have to transfer all that knowledge to our youth and coming generations.

Q: What does hospitality means to you?

Hospitality means being friendly, warm welcome and helpful to the others by heart and with passion, even sometime you have to sacrifice yourself to bring smile on the face of others, even for the stranger.

Q: What professional development courses you recommend?

Hospitality has a vast range of various sectors and there are tremendous opportunities for entrepreneur and jobs with high profit and incentives.

We offer different type of programs in hospitality management and culinary arts.

1- Short courses are designed by our experts and hospitality professionals to enable the students with the skillful and the practical knowledge. Training them to get immediate job after the completion of course.

2- We have some sponsored programs by the government of

Punjab and the federal government of Pakistan for employability for youth of Pakistan with the gender equality.

3- Skill with degree

These programs are offered by the PSDA with the recognition and certification of Punjab Technical Board. The students can complete their education with skill from Middle, Matric, intermediate,

Graduation and Master Degree in hospitality management and culinary arts.

4- We also offer international qualification by the affiliation of Confederation of Tourism and Hospitality UK from level 2 to level 5.

This enable our students to study overseas in more than 100 universities worldwide, especially in Canada, America, England, Australia, Middle East and Europe as well.

Q: Tell us about your current courses in hospitality industry.

We are offering courses like,
Level -2 in culinary arts
Level-4 in Hospitality Management
Essential Cooking Arts
Fundamental of Baking
Air Ticketing
Food Safety and hygiene
Diploma in modern cuisine
Barista Skills

Q: Currently, you are the principal of Canadian College of Hospitality Management. How would you describe the vision of COHMCA?

Hospitality Travel and Tourism is one of the world's largest, most diverse, and dynamic industries. It offers a wide range and variety of jobs across the globe. With Pakistan's rich culture and mesmerizing tourist spots, there is a lot of potential in terms of growth in the industry. With our vision: 'Learn, Earn and Grow' COHMCA aims to train the youth into professionals and open a gateway to their bright and promising career in the Hospitality Industry. Our focus is to enable them to give honorable jobs and business opportunities not only in the local but international industry as well. We are resolute to maintain the highest possible international standards to prepare globally competitive managers and professionals for the hospitality industry.

Q: How would you access technology adaption in the hospitality industry?

The travel and tourism industry is always changing and technology is one of the main driving force behind this.

Technology automate and speedup the processes which make it easier for tourism and hospitality businesses to manage guest services.

Latest automatic equipment increase the quality and quantity of production of food and beverage operation.

This is also because of technology that transportation has become fastest, easiest and time saving.

Q: What are the trends you see impacting the hospitality industry?

Circumstances over the past few years have triggered a tremendous transformation within the hospitality industry.

Technology has been evolving at a breakneck speed and the hospitality will be utilizing technologies in many new and wonderful ways today.

So an increased consumer awareness of all things sustainable, purposeful, health and wellbeing has set new trademarks for the hospitality enterprises.

Hospitality venues are turning into remote working hotspots, free high speed Wi-Fi meeting rooms, restaurants and coffee shops are good starting points.

More Spa, Gym and Health fitness centers are being introduced.

Digitalized guest experiences in place of traditional service procedure, Hyper personal, Asset management strategy, Artificial intelligence, Virtual and augmented reality and social responsibility is a moral and economic factor.

Q: Any message for your Readers.

Yes I would like to bring attention of people of Pakistan from all sectors of society that the young population is one of the most valuable assets we are blessed with and it is almost 63 percent of our total population and amongst them more than 50 percent youth are females.

Need of the time is to give them education with skills to play a vital role in the development of Pakistan.

We have to provide them right directions by means of effective policies with sincere and positive steps to enable them for taking constructive participation in every walk of life.

Hospitality industry gives tremendous opportunities to youth for employability and entrepreneurs, within the Pakistan and all over the world.



ONLINE EXAM



OFFLINE EXAM



Preparation for external evaluation online or offline?

Offline or online?

A radical change in the format of education has become a kind of challenge for the education system. But at the same time, these events were the impetus for the formation of a new strategy for organizing the educational process. Both formats have their advantages and disadvantages, but if you choose and combine the best - the result will impress you! In both cases, you can communicate with friends, complete program tasks, provide feedback, work in a group or individually.

What should a teacher pay attention to?

Whatever the format of training, it is not so difficult to organize effective work (at least in groups, at least individually). During the preparation for the external evaluation, the teacher needs to develop individual plans and organize independent work of students. Conduct integrated lessons, provide information, appealing to all types of representative systems. For carrying out of control it is possible to use test tasks. Practical methods will also be effective:

- "Snowball". Invite students to find answers to questions encrypted in multiple images (for example, guessing phraseology).
- "In a circle." From time to time, suggest tasks to repeat previous topics.
- "Reading and discussion + visualization". When associating read literature, add associative images.
- Advanced and deferred tasks. Set tasks on the following or previous topics.
- Mutual learning. Instructs students to teach or help each other while working in class or doing homework.
- Work at speed. Invite students to complete the exercise over time.
- Competence tasks. Use tasks that are not aimed at reproducing information, but at applying knowledge, skills and abilities.
- "I know, I remember, I understand." Advise students to periodically systematize the knowledge throughout the program in the table.

Keep calm!

Preparing for external evaluation is always stressful for a child, so become a psychologist-coach for students:

1) Invite them to do the exercises:

- "Expectations and results": imagine what will happen if your hopes do not come true. Will life end, or will your parents abandon you? Don't attach too much importance to points that are not vital.
- "Burn adrenaline": exercise during excitement. If you can't move, just try to tense your muscles.
- "Activate the feeling of confidence": remember your victories and important moments that you are proud of. Feel your strength and do not panic.
- "Use the association": remember the pleasant moments that evoke positive emotions in you.

2) Advise to develop a comfortable daily routine; do not forget about time management, sports and walks.

3) Get acquainted with the rules of external evaluation and offer to take part in trial testing.

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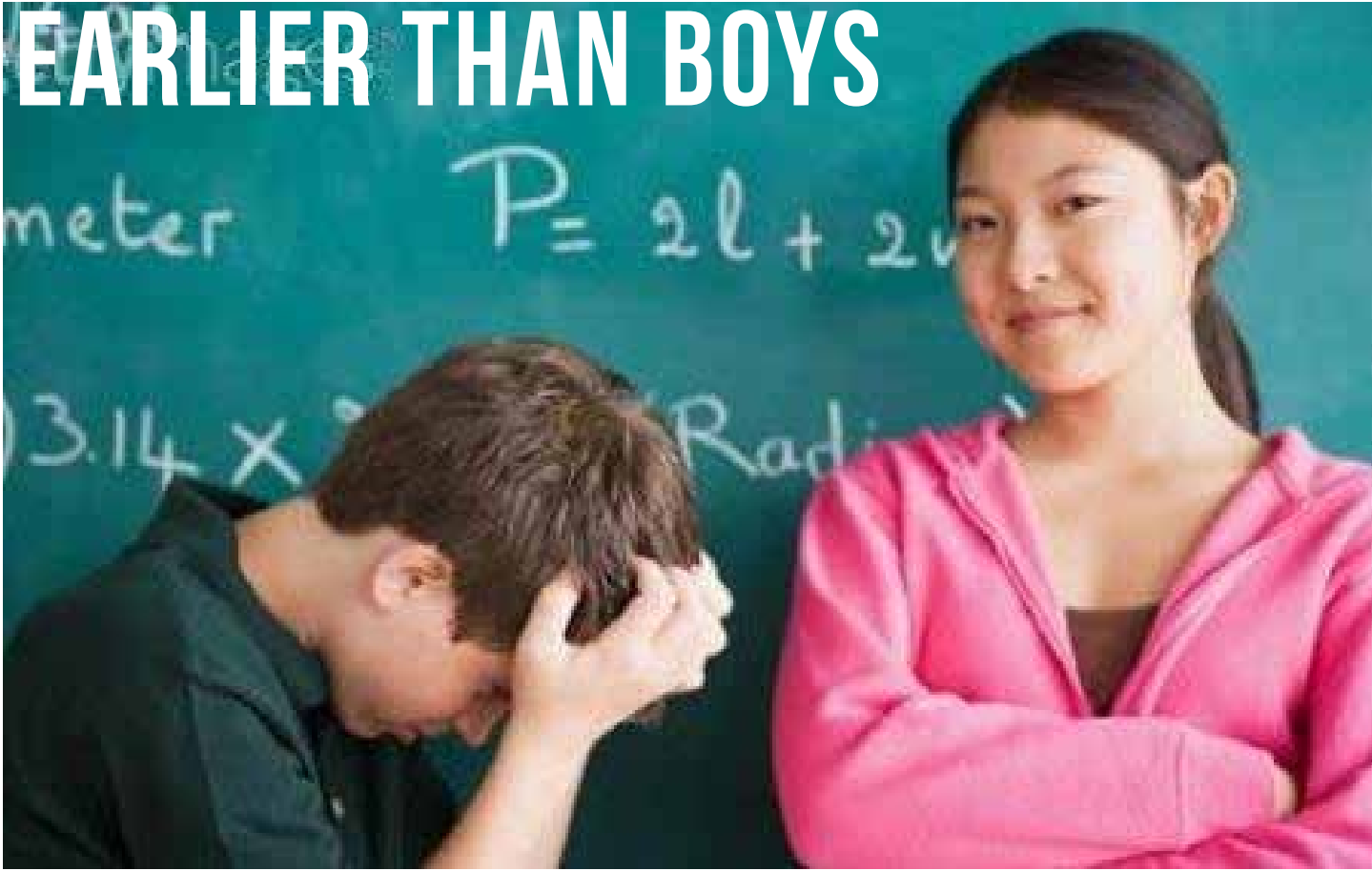
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Batch 4



GIRLS' BRAINS MATURE EARLIER THAN BOYS



Girls' brains mature earlier than boys, as one study shows. At around age 10, neuron trimming begins as well as reorganization of the brain to promote faster and more efficient connections. Somehow science has long since sensed that girls' brains mature, on average, earlier than boys. However, a study at the University of Newcastle confirmed this hypothesis with real data.

Moreover, it is even known that this advantage in the neurological development of girls may appear up to ten years earlier than in boys. It should be remembered that individual differences are very large and cannot be explained solely on the basis of gender.

However, one aspect should be well explained. Just because girls' brains develop earlier than boys' brains doesn't mean they have more intellectual potential. Essentially, it just means that between the ages of 10 and 12, they have better brain organization and higher neurological

activity.

Boys, on the other hand, begin the same puberty process between the ages of 15 and 21.

In other words, the development of both sexes follows the same neuromaturation processes that occur in a slightly different period. Ultimately, however, they will allow them to reach a brain that is ready to interact with the environment with greater capacity for reflection, attention, and less impulsiveness, etc.

This is what we call the transition from childhood to adult. However, girls start this process earlier.

Similarly, it is worth highlighting a detail that neuroscientists also tell us about. There are circumstances nowadays to which our little ones are sensitive on a neurological level.

We commonly observe sedentary lifestyles today, social separation and a clear preference for digital stimuli and even external pressure to get only good results. All of this eventually takes up play time, causing children to take longer to reach their full potential.

Why do girls' brains mature earlier than boys?

Researchers from the University of Newcastle in the United Kingdom conducted a study in 2013, which obtained unexpected results. The purpose of this work, as explained by a professor in the department of psychology at this university, was to understand the connection level of the human brain between the ages of 4 and 40.

While doing the tests and MRI, they realized something very important. Girls aged 10 to 12 had more mature brains than boys.

But what do we mean when we use the term "mature"? This suggests that the brain has already started the process of trimming neural connections that it does not consider important to successfully reorganize the brain.

Let's see more data to understand it better.

Girls' brains have fewer connections, but they are stronger and more refined

If we were to say that a skillful, strong brain with good potential is one with fair and appropriate levels of connections, many people may feel confused.

We often think that the more neural connections we have, the more resources, competences and skills we will have. However, this is not the key. In fact, it is believed that one of the main problems of people with autism is their hyper connectivity.

- So, one of the principles of baby brain development is proper neuron pruning. Babies are born with nearly 100 billion neurons. Up to about two years, a large number of synapses are formed. However, from this age the so-called neuron trimming begins.

- The goal is to destroy those connections (synapses) that aren't used and to strengthen (myelinate) those that aren't used. This buff will make the remaining connections faster and more effective and efficient. This process of trimming neurons only ends after 20 years.

- And it is the research conducted at the University of Newcastle that girls' brains mature earlier than boys' brains. This process takes place in them between the ages of 10 and 15. For their part, boys complete this process at the age of 20 or 21.

The need to improve the neural

connections in the brain of children and adolescents

The fact that girls' brains mature earlier than boys' brains does not in any way mean that they should receive a differentiated education. In fact, the thing that the experts point to, and which we already commented on at the beginning, is focused on something else.

They emphasize the need to care for the educational, emotional and personal conditions of children so that they can achieve effective neural connectivity.

What do we mean by that? We want to influence some very basic facts. For example, a child's brain shouldn't sit around all day. Children need movement, exploring, exploring, playing, interacting with other children, experiencing impressions, emotions, feelings ...

It is true that girls' brains mature earlier than boys' brains. But we need to create the most appropriate conditions for both sexes to develop in the best possible way, using their full potential. To this end, it does not hurt to recall those dimensions that can most help you achieve this goal.

How to optimize children's brain development?

The first strategy is to take care of the emotions of the youngest. Factors such as a healthy attachment,

ensuring love, security, and healthy relationships in the family environment are essential. From there, it is very important that we help children manage and understand their emotions.

- Another fundamental pillar is a proper diet. It is better to choose healthy products, avoiding industrial baking, saturated fat, etc.

- Then it is important that we favor physical activity, exercise, play, manual activities, building things with our hands.

- Likewise, we must not forget that children should have social contact with their peers, that they should play together and learn to cooperate with each other.

- In addition, factors such as stress and anxiety have a severe negative impact on the baby's brain.

Finally, we must not forget a certain cornerstone in raising a child. It's about a child's curiosity. We should awaken it and satisfy it. Stimulate their ability to amaze, be inventive, create, experiment, make mistakes, correct them, try, feeling and discovering the world at their own pace.

Children's brain has its stages of development, but we also have the opportunity (and the obligation) to optimize this process by facilitating it appropriately.



A child's squint, also known as a lazy eye, is when a child's eyes move in an uncoordinated manner. While this is not a serious problem, your baby should be treated properly to prevent it from worsening.

A child's squint is an anomaly that affects his eyesight. It arises as a result of a lack of coordination between the eyes. Early detection plays a significant role as it enables therapy to begin as soon as possible. Postponing it over time increases the risk of blindness in the strabismus eye.

Strabismus is one of the most common optical disorders affecting infants and children. Lazy eye occurs in about 4% of children under the age of 9. The most serious consequences of strabismus are slower brain development, slower learning and assimilation, and loss of vision.

What is strabismus in a child?

Technically, strabismus results from an abnormality in binocular function. Eyesight works by two functions: binocular and monocular. They both develop from birth and mature until the baby is eight or nine years old.

In people with strabismus, the binocular function is damaged, which means that both eyeballs are unable to focus on the same object. For this reason, the information reaching the brain is very ambiguous.

In response, the brain ignores images that are less sharp. In this way, the body protects itself against the occurrence of double vision, called diplopia.

Even so, an eye in the wrong position continues to send images to the brain. However, due to this persistence, the eye will become "lazy" over time and

will begin to experience an irreversible decrease in the quality of vision.

Strabismus in a child and its causes

- The most common reasons of an ophthalmic nature include:
- Optical nerve malfunction,
- Reversible defects such as farsightedness.

Other causes for the development of a lazy eye in children include:

- Nervous system disorders caused by specific medical conditions, a high fever or very stressful situations.
- In addition, strabismus may appear in a child due to other disorders, such as cerebral palsy or hydrocephalus. Complications such as giving birth prematurely can also lead to the development of strabismus. In addition, strabismus can also appear in children with Down syndrome.
- It should also be mentioned that there are genetic predispositions that increase the likelihood of strabismus.

Types of lazy eye

The symptoms of this disorder usually appear in childhood. However, it is worth paying attention to the fact that strabismus can also develop in adults. Not all types of strabismus are the same.

- One-sided squint and alternating strabismus. In the first case, the fixed eye monopolized the field of view. In the second, both eyes alternately send data to the brain, ensuring that both eyes develop uniformly.
- Periodic strabismus. It occurs only in certain cases (illness, stress). It can also appear when an object is within a certain distance (near, mid, far).

According to the direction of the lazy eye

- Exotropia. It happens when the eye

flies outward.

- Convergent strabismus. Appears when the eye flies inward. This is the most common type of squint.
- Hyperotropy. When one eye looks higher than the other.
- Hypotropy. When one eye looks lower than the other.

Diagnosing strabismus in a child

Preventing a child from developing strabismus is difficult. However, its prompt detection and treatment can prevent the emergence of difficulties and health consequences, and even help reverse it. The eye examination, which should be performed in the third year of a child's life, plays a key role in preventing children from suffering from this condition.

If your pediatrician notices any problems with your baby's eyes, you should see an ophthalmologist right away. If your family has a history of strabismus, you should take your toddler to an ophthalmologist before the age of three.

Treatment of strabismus in a child

Treatment depends on the condition of the eyes and the severity of strabismus. The goal is to regain vision with both eyes. Depending on the individual case, therapy may include wearing special corrective glasses or surgery. The doctor may also order the weaker eye to be taped.

In the case of accommodative strabismus, optical correction is used. Young patients often need to wear glasses or contact lenses. In turn, visual therapy mainly involves exercising and sealing the eye.

In some cases, surgery is required. The surgeon will make a small incision in the tissue that covers the eye to reach the muscles.

Strabismus in a child: causes, diagnosis and treatment





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Is it advisable to work with social networks in the classroom? What are the habits of Generation Z? We analyze these questions and give you tips to apply social networks in class.

For the so-called Generation Z, social networks have become their main means of communication. They not only make friends, but are also active content creators. On the other hand, we can find several cases of teachers who are applying activities in class with social networks, with successful results. We will analyze its use for educational purposes and we will give you 6 tips for working with social networks in class.

Work with social networks in class, yes or no?

The question may arise as to whether it is worth using social media as an educational tool or whether it can lead to distractions.

According a Secondary teacher and accustomed to using social networks in educational projects, "it is necessary to use active methodologies and make 'real' proposals that are meaningful to students." In this sense, "it is important to empower students and try to make creative use of the tools they use the most, such as social networks."

In keeping with the words of teacher, it must be borne in mind that one of the differences between Generation Z and other generations is the use of the mobile / cell phone as the main device. For them, the computer or other devices have been in the background.

Generation Z not only consumes a large amount of content through their mobiles, but also creates their own content: images, videos, memes, gifs, stories. And this feature is the one that can be used in a positive way to

incentivize them to create content in class.

Generation Z consumption habits

According to the Journal of Medical Internet Research, 78% of young people consider mobile their most important device. And according to the Pew Research Center, currently the social media preferences among teens between the ages of 13 and 16 are:

1. YouTube (98%)
2. Instagram (79%)
3. Facebook (42%)
4. Twitter (41%)
5. Tik Tok (40%)

Another characteristic to take into account is that it is the first generation to be socialized and educated on the Internet. "Now, your friends do them on the Internet, you do your homework on the Internet, you solve your doubts on the Internet," For these reasons, using social networks in class can give very good results. Here are some tips to carry out.

How to start working with social networks in class?

1. Choose the right themes: not all themes work well. One of the most used activities is to bring to life, through the networks, a character or historical figure. It is important to first visualize how the chosen character would have represented himself if he had had social media. Imagine how a concept or idea could have been debated. This way, you can get an idea if the theme will work with this social media strategy.

2. Choose the right tools: Each social media platform has its advantages. TikTok doesn't work as well as Twitter for debate and discussion, but it works

well for telling short stories and building stories based on others' videos. At the same time, Snapchat, Instagram Stories, and TikTok work well for small groups. It is key to be familiar with the platforms before starting the exercise.

3. Make Choice Collaborative: Choice and collaboration are key to student acceptance. It involves students deciding which platform is the best for a project. A shared vision of the project generates enthusiasm and commitment.

4. Participation: as a teacher create an account and join the debate also as another character. Or if it's a video, make a cameo, a brief appearance, in your students' videos. It also suggests ways in which students can interact with each other by making appearances in each other's videos, acting as extras or background characters, or interacting and tagging each other on Twitter.

5. Consider access to devices and networks: If students have devices provided by the school, it is likely that social networking sites are blocked, so they will need to use their own devices. It can also happen that some parents or students do not want to use social networks. Student participation often requires parent and student permission.

6. Provide alternatives: provide options so that students who do not have parental permission to use social media are not excluded. They can act as extras or collaborators without the need to log into a social media account, or they can create social media content offline. The Tweetgen tool allows users to create fake tweets, adapt the topic at hand, or create videos offline. The experience can be just as fun and engaging without requiring students to use Twitter.

6 Tips for working with social networks in class





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

Learning Capacity, A levy or Lethargy.

“Calm down, get yourself organized, get ready and please focus”. “You need to improve upon your teaching style, particularly the teaching trajectory you use for higher grades”. Anyone who belongs to the education sector can easily understand these phrases.

“Ahh the world of pure satisfaction and dissatisfaction”.

The world is changing at a faster pace than ever before; the learning dynamics are also becoming more and more complex and challenging for old schoolteachers and administrators. Product selling is more conspicuous than compromised, superficiality is more acceptable than ever thought before, the materiality is more applauded than ever appreciated. The post Covid-19 era has brought so many deviations to tackle with, it requires us to upgrade ourselves, and be ready for more wobbling situations, stay circumspect to seek success. Indeed, it is a matter of survival for many stakeholders who have struggled during terrible covid times.

Learning capacity can be defined as ***ways that individuals recognize, absorb, and use knowledge (Henley 2014).*** If we look at this definition there are three key words, recognize, absorb and use of knowledge. Now the question arises who can recognize it by himself? Who has the potential to absorb it on his own and eventually use the gained knowledge for his and others' benefit. Can you

contemplate something here? Yeah, think about it, focus, try again, try harder, yeah you are right it's a school! A teacher is a person who helps students to acquire knowledge, competence, or virtue, via the practice of teaching. Here, if we read the above line carefully, the knowledge, competence and virtue don't sound like a unilateral affair. Indeed, learning is a bi-lateral affair which requires both teacher and student to exert themselves in the right direction at the same time. Post covid-19 era has been a real challenge for many stakeholders in the world of education. Teachers are trying to raise the bar of assessment whereas students are still not out of their lazy groove which is not helping them to achieve their academic goals. The school administration has to play a pivotal role here in ensuring the sanctity of this learning process. The stick and carrot approach works well at times for both the stakeholders (teachers and students). Allah SWT has blessed humans with great ability and wisdom; indeed, a student can do wonders if he reaches the point of realization. The moment he realizes his or her role in school, half of the problem for a teacher is over and half of the target for a student is already achieved. If 65 years old lady can jump out of plane as paraglider, if a differently abled can summit a famous mountain and an underprivileged boy can become a high rank official why can't an average student complete his/her education in good grades. It is all about realizing your role in school,

following the instruction of your teacher, meeting your academic targets on a daily basis and ultimately attaining your academic growth and excellence. The world is full of extraordinary examples of academic eminence; however, this pinnacle point can only be achieved when all stakeholders of academic growth are on the same page and moving in the same direction. Indeed, it is an ongoing process and requires diligent, honest and concerted efforts throughout the academic year for any institution to be triumphant at the end. Now it's time to reject this levy and lethargy and get back to our standard teaching norms, being more affirmative in pulling students out of their lazy trench, on the contrary, teaching body has to play their part as well in setting high standards and don't get stale in their teaching methodologies. They need to adopt new and effective teaching trajectories to not only ensure effective teaching but also add to their profile.

The school administration must create a culture where students and teachers enjoy their daily routine at school and make the most of the available facilities. This congenial working environment for teachers and learning abode for students will not only result in business growth but also in setting new standards of academic brilliance.

May Allah SWT bless all of us to play our part to the best of our ability and at the highest level of honesty. Ameen.

If you have a child with a learning disability, be sure to read these tips to help them read and understand.

Reading is not always a "strong point" of children, but it is very important in learning. Toddlers need to read and understand them in order to make progress in their daily learning. Reading is knowledge, which is why it is so important to help children with learning disabilities.

For many parents, this task is not easy at all. But it is not impossible and it is necessary to know how to help so that children can read slowly and understand what they are reading. Even if they have learning difficulties.

The first thing parents need to remember is that they must respect the rhythm and abilities of their children, because only then will they be able to develop properly.

Ask questions that will facilitate reading comprehension

As your child reads, ask him questions about what he or she is reading. This way you will test their understanding of the text and its content. You can even ask him some questions in writing. This way, the child will be better able to think about the answer.

By writing down questions, you can distract your child and they will be able to think better about the answer without feeling overwhelmed. Be respectful of your child's rhythm, and remember that if they don't know how to answer a question, they just need to come back to this section to remember and better understand the

information.

Fragrances that support memory

As your child learns or reads something to remember for a test, make it more interesting. You can use the scent while your little one is reading or learning. That way, later, when he smells that particular scent, he will remember what he has learned or read.

For many children, a certain smell can help them recall a certain moment or memory. When your child is preparing for a particularly difficult or stressful test, ask them to use a certain fragrance, such as a certain lotion or perfume.

When the test day comes, ask him to use the same fragrance that he used to study. This may help him remember the material.

Writing summaries

Writing summaries can be difficult, especially for children with special needs or learning difficulties. This strategy can help your child not feel overwhelmed by the book, helping them remember it chapter by chapter.

Ideally, you should have several sheets of lined paper to create a personalized scrapbook. Although, you can also buy a notebook that will only be used for writing abstracts for books or writing down what your child has learned.

Each time your child finishes reading a chapter, ask them to write a sentence or two to describe what happened. Let him read what he wrote about the previous chapters before starting a new one. This will

help him remember what is happening in the book.

Reading corner

It is important that your child does not feel that reading is a duty, because then he or she will not feel like doing it or will treat it as something imposed from above. Nobody likes orders, your child is no exception.

In this sense, it is much more practical and useful to convince your child that reading is a time of relaxation, personal development and especially free time.

To do this, prepare a special corner at home where your child can sit and read alone or with someone else. You can even customize it to be his quiet study corner where no one disturbs him.

A table, pillows on the floor, a comfortable chair, books on shelves, enough natural and artificial light to make reading enjoyable ... Think about how to arrange this corner so that your child can use it regularly.

When your child finishes the final chapter, ask them to write a few sentences describing the end of the book. This ends with a complete summary to help him understand and remember everything he has read. The child will feel very confident as they will be able to remember what they read and share the information they have learned.

Talk to your child to help him understand reading

Talk to your child about the main problems that arise when he sits down to read. What's more difficult?



The main soccer leagues have their beginnings as an amateur at the end of the 19th century, and as professionals, in the first half of the 20th century. We suggest you review its origins!

The main soccer leagues have been played, for the most part, since the beginning of the last century, with many changes to their credit in terms of game system and participants. Next, we will tell you how they have developed throughout their history.

Creation date of the main soccer leagues

They are currently the most important leagues in the world, in which all footballers aspire to play. However, in their early days they had more "modest" and not so popular developments. We tell you the date of creation of the main soccer tournaments:

1. Premier League (England)

It was not founded under the name we know it today. In 1888, the official year of its inauguration, it was called the Football League First Division; this switched to the Premier League in 1992.

But let's not get ahead of ourselves. The First Division was born under the rules of the FA (Football Association), issued in 1863, and later replicated throughout Europe. The one in charge of shaping the tournament - the oldest in the world - was the director of Aston Villa, William McGregor.

The first champion was Preston North End and Liverpool was the top winner under the previous name. With the new name, Manchester United became the most successful team, mainly during the time when Sir Alex Ferguson was the coach.

2. Serie A (Italy)

It has also changed its name since its inception. Formerly, between 1898 and 1929, it was known as "First Division of Italy". The first champion was Genoa, who repeated the feat two more consecutive editions. Subsequently, Milan went on to be crowned in the already Italian Football Campionato.

Serie A dates back to 1929, when football was professionalized in Italy. Juventus was one of the top winners of the early days, along with A.C. Milan and, later, Inter.

3. La Liga (Spain)

At the beginning of the 20th century, soccer was increasingly popular in Spain, which is why different regional cups or championships were organized. In 1903 the Spanish Championship was organized to encompass teams from all over the country.

After an assembly of the Spanish Federation in Madrid, it was decided to create a regular tournament in 1929,

known as the National First Division League Championship. The first champion was Barcelona, and in the following years Athletic and Real Madrid also won — the three teams with an absolute presence in the first division.

In 1984, it changed its name to the National Professional Football League of the First Division; again, the first champion was Barcelona. However, the top Spanish winner is Real Madrid, with 33 titles to its credit, against 26 for the Catalan team.

4. Bundesliga (Germany)

The first German championship was played between 1903 and 1933, after the creation of the German Football Federation. This system was abolished by the Nazis and replaced by the Gauliga.

During the Third Reich, that is between 1933 and 1945, the tournament was divided into regions and groups. From 1946 to 1948, the tournament was grouped according to the country's division zone: American, French, British, Soviet and Berlin.

Then two simultaneous tournaments were played in Germany: the Oberliga —of the Federal Republic of Germany, between 1946 and 1963— and of the German Democratic Republic —between 1949 and 1991—.

What we know as the Bundesliga today dates from 1963; the first champion was Cologne and it was played in West Germany. In 1991 the rest of the country joined and was called Fußball-Bundesliga. The top champion is Bayern Munich, with 28 titles.

5. Ligue 1 (France)

The first French championship was organized in 1894 and only five teams from Paris participated. Two years later there were already 18 regional leagues, and the northern one stood out. It was only in 1932 when professional football was installed in Gallic territory, with the implementation of the national championship and the French Cup.

The first edition was organized in two groups, the winner of each one played the final; Cannes and Olympique Lillois were the ones who arrived, and the latter won. The following season the single 14-team format was adopted.

Division 1 was called this way until 2002, when it was renamed Ligue 1. Saint Etienne is the top winner in history, with 10 titles.

The birth of the South American soccer leagues

Finally, other important soccer leagues that are worth highlighting are Argentina and Brazil. The first was organized as an amateur in 1891, and as a professional in 1931. Meanwhile, the Brasileirao was organized professionally since 1959 and changed its name to Taça Brasil in 1971.

When were the main soccer leagues born?

Health and Hygiene week was observed by Step Ahead Preschool.

Numerous activities were conducted over the week, to sensitize students on maintaining personal hygiene, to be safe at school, eat healthy and nutritious food and keep their surroundings clean.

The week began with introducing students with the importance of clean surroundings, practicing proper personal hygiene, and the benefits of eating a balanced diet to nurture one's mind and body. Teachers discussed some good habits (brushing teeth twice a day, bathing, washing hands regularly, trimming nails and hair regularly, cover their mouth while sneezing or coughing and food hygiene).



The Annual Day Celebration in Pak Turk Maarif International Schools and Colleges, Rawalpindi Campus

The Annual Day Celebration of Pak Turk Maarif International Schools and Colleges, Rawalpindi Campus has been held with great pomp and show. The event witnessed a grand gathering of parents, teachers, students, and esteemed guests, who were treated to a mesmerizing display of talent and creativity by the young minds. Mian Afrasiab Mehdi Hashmi, the former Ambassador was invited as a chief guest of the event. The event kick started with the gracious name of Allah Almighty. There was a moment of silence on the loss and destruction of Turkey and Syria's earth quake and a poem was recited to show solidarity with them. The welcome speech has been delivered by the Campus director, MMs Sumayye Kavser and the Principal, Ms. Sadia Hameed respectively, who emphasized the significance of holistic education, shared the whole year's achievements and encouraged students to pursue their dreams with passion and determination. The highlight of the event was the cultural extravaganza of Pakistan and Turkey, which featured performances by students ranging from singing and dancing.



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Inauguration of art exhibition Together for Peace at Lahore College Women University.

Lahore College Women University (LCWU) in collaboration with the PACT for Tolerance project of Shaoor Foundation for Education and Awareness organized an art exhibition on 9th March 2023, at the Naseem Hafeez Qazi (NHQ) Art Gallery. 38 artworks developed by both amateur and experienced artists from Lahore participated in the event and showcased their works.

The works of art include miniatures, calligraphy and photography with the themes of peace, tolerance, inclusion, women as ambassadors for peace. Prof Dr. Bushra Mirza (Vice Chancellor LCWU) along with Prof. Dr. Muhammad Afzal (Dean Faculty of Arts & Social Sciences) and Dr. Rifaat Dar, (Chairperson of research Centre art & design LCWU) inaugurated the exhibition.



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