

Informal

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TO RISE ABOVE THE TIDE

EDUCATIONAL MAGAZINE



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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.

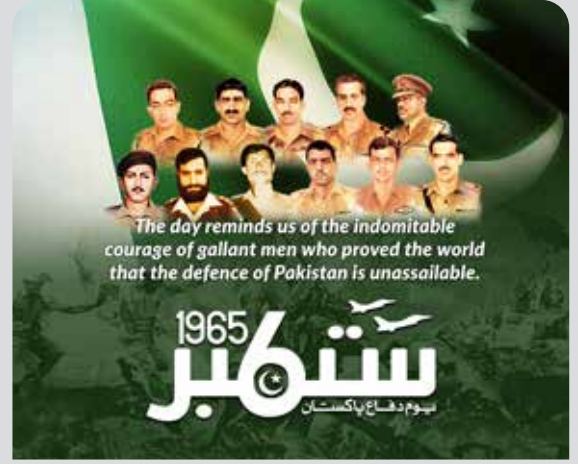
In the earlier stages the peoples are talented, so that they invent many ideas and think much more but due to lake of education they can't prove them much more. At that time they have no laboratories in which they can prove their ideas. But now the world which is developing are used their ideas and thinking.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



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(Editor-In-Chief)

SEPTEMBER 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

Climate change has been blamed for a third of summer heat deaths

The researchers analyzed data from 732 regions in 43 countries from 1991 to 2018 to estimate the mortality rate associated with additional heat caused by anthropogenic climate change. They found that heat mortality increased on every continent, and that climate change caused approximately 37% of heat deaths during the warmest time of the year. The corresponding article was published in the journal Nature Climate Change.

How has the climate changed compared to the pre-industrial period?

Climate experts agree that human activities have already changed the climate. The earth is now on average about one degree warmer than in the pre-industrial era (1850-1900). This trend differs significantly geographically: for example, several regions with large populations have warmed by more than two degrees Celsius, while others have undergone relatively minor changes. The most direct impact of climate change on human health is due to being in the heat outdoors. This is due to morbidity and increased risk of premature death.

What research have scientists conducted?

Researchers have decided to estimate the number of deaths due to the effects of additional heat caused by climate change. Their analysis included two stages. They first studied temperature and mortality data from 732 regions in

43 countries. In particular, the researchers determined the daily mortality and daily average temperature in the four hottest months for each region. To do this, they used the MCC Collaborative Research Network database. For these data, a modeling method called regression analysis was used. In the second stage, the researchers used the predicted response to the effects of heat in the period from 1991 to 2018 for each region in two scenarios: the actual, which contained available data on climate change, and counterfactual, which modeled the climate under the influence of natural factors only, without anthropogenic changes. Thus, scientists have separated the impact of anthropogenic warming on human health from natural trends.

What did the results show?

In all study locations, heat mortality in the actual scenario averaged 1.56% of all deaths in the warm

season, while in the counterfeit scenario it was 0.98%. On average, 9,702 deaths in 732 regions during the study period were related to heat change due to climate change, which is about 37% of all heat deaths in the warm season.

According to the scientists, the limitation for their work was the lack of data from all regions of the world, for example, for most of Africa and South Asia. In addition, these estimates are not necessarily average for individual countries, as the study included a sample of specific sites, which in some cases were limited to one or two cities.

The data obtained in the paper relate to the average global temperature increase of only one degree, but even with the most stringent measures to reduce fossil fuel emissions, this figure will increase. According to scientists, their study indicates the need for action to mitigate the effects of future warming.



Work as a speech therapist earnings and requirements

TA speech impediment usually manifests itself at the stage of childhood. Although it is not always severe, over time, lisping, stuttering or reeling may become a nuisance for a child, which will make it difficult for him to function in adulthood. Fortunately, most speech impediments can be effectively eliminated, and the treatment is carried out by a speech therapist. What exactly are his duties? Who can work with speech impaired patients and what are the requirements? How much does a speech therapist earn and what determines the amount of his salary? We checked it out!

- **What does a speech therapist do?**
- **What does the therapy with a speech therapist look like?**
- **How to become a speech therapist?**
- **What requirements must a speech therapist meet?**
- **How Much Does a Speech Therapist Earn?**

What does a speech therapist do?

A speech therapist is a qualified specialist in the diagnosis and treatment of speech disorders. Although the treatment of speech impediments is his main task, the responsibilities of a speech therapist include carrying out exercises for children and adults, prevention of communication disorders, as well as other activities related to the selected specialization. There are several of them, and apart from general speech therapy and pediatric speech therapy, it is worth mentioning neurologopedics dealing with speech disorders caused by neurological factors and media speech therapy, which teaches the art of proper expressing. The latter is useful for all people who have to say a lot in their daily work, i.e. journalists, politicians and negotiators.

What does the therapy with a speech therapist look like?

Although many speech therapists conduct group classes, most patients choose individual therapy. At the beginning, the speech therapist diagnoses the defect, which includes a

detailed interview with the patient. He or she may order additional tests, especially if he suspects the disorder is due to neurological factors. After diagnosing the problem, the speech therapist starts the proper part of the therapy. During it, the patient performs various types of exercises, but also learns more about the nature of his speech impediment and learns good habits. Ultimately, they are the key to successfully completing treatment. Therapy at a speech therapist lasts no less than six months, and in the case of more advanced disorders, it may take up to several years. As a rule, patients manage to complete treatment with at least partial success, which includes not only hard work, persistence and self-denial, but also the knowledge and experience of a speech therapist.

How to become a speech therapist?

Speech therapy is an interdisciplinary field of knowledge, based on a combination of pedagogy, medicine, physics and psychology. As a rule, these are postgraduate studies, but not always. It is worth noting that you do not need to have any formal education to work as a speech therapist, although in practice you need to complete specialist studies to find employment in the profession. They last two years, and during them you learn both the theory (structure of the speech apparatus, the physics of sound waves) and practice (obligatory internships under the supervision of an experienced speech therapist). After graduation, finding your first job should not be difficult - there are still few speech therapists on the market, especially those specializing in working with children. When recruiting, employers pay attention primarily to education, experience and selected specialization. An additional advantage is completed speech therapy courses, especially at renowned foreign universities. The number of people

working in the profession is small, so it's worth giving your best during the internship. A good opinion and positive references will definitely help in finding a job.

What requirements must a speech therapist meet?

Every speech therapist should have a natural predisposition to speak clearly and the ability to control pronunciation, which is necessary for exercises with patients. Among the features of a good speech therapist, it is worth mentioning patience (necessary when working with children) and empathy (making it easier to establish contact with the patient). Persistence is also important - the therapy sometimes lasts even several years, and during it you must not give up and you should constantly encourage the patient to work hard and perform exercises correctly.

How Much Does a Speech Therapist Earn?

The amount of salary is influenced by a number of factors - the most important of them are experience, selected specialization and place of work (large cities offer much higher wages). The dominant form of employment is an employment contract, and a small number of speech therapists decide to run a business and set up their own therapy room. This option gives you a chance for a much more attractive remuneration, but also involves a very high risk of running your own business. As speech therapy is a dynamically developing field of knowledge, a speech therapist should constantly learn and be up to date with the current scientific discourse. Adapting new therapeutic



Family life vs mobile devices

If a child cannot distinguish between times, places and spaces where they should not use their own smartphone or tablet, then the parents are largely responsible. Where is the problem most likely? In the wide, even unlimited access of the child to new technologies and in the absence of rules for their use. Why is domestic regulation of the use of digital blessings so important and can we be consistent in our decisions?

Home rules for using digital media - why is it worth it

60.6% of respondents admitted that there are no rules related to the use of smartphones and the Internet in their homes, and 35% of children believe that parents have never talked about the harmfulness of abusing digital benefits (Research conducted in 2015-2016, among 22,000 people between the ages of 12 and 18).

Meanwhile, one of the building blocks of the so-called digital responsibility of our children is proper modeling of attitudes in the everyday use of digital benefits. Why are such rules important?

- They build a child's sense of security by creating daily rituals relating to new technologies.
- They set constant boundaries for the child, which they know and understand, develop healthy habits related to e-hygiene (which will pay off in their adult life with technology), reduce the sense of

stress (there is time to rest from the informational overload causing fatigue of the young mind).

- They stimulate creative search for leisure time activities, and can also contribute to reducing family conflicts thanks to clear rules that everyone is obliged to follow.
- They help you spend more time together without the distraction of smartphones.

Some interesting ideas to apply "immediately"

These rules constitute a framework in the use of digital communication devices and understood as such - they are a natural consequence of the rituals implemented in the family. There are really many ideas to regulate our daily coexistence in the vicinity of digital media:

- Not using digital devices during shared meals,
- Not taking your smartphone to bed with you,
- Careful and consistent monitoring of the time spent on using the Internet,
- Possibility of using digital media after fulfilling home or school duties,
- Use of digital media only in safe places,
- Not using mobile devices during social meetings,
- Joint use of digital display devices to solve a specific problem,
- Showing positive aspects related to

the use of new technologies, such as saving time or money.

When establishing family rules for our coexistence with mobile devices, there are several important things to keep in mind:

- All family members co-decide about the rules at home - the parent remains the leader in the process of creating them,
- Established rules apply to all household members,
- The rules are consistently followed, everyone knows the consequences of breaking them,
- The rules are known to everyone,
- Ideally they should be written down and placed in a visible place,
- The rules apply not only to the direct use of digital media, but also extend to other activities undertaken by family members in their free time, study and work.

What can you do as a parent?

Together with your child, establish the rules of everyday use of digital media. By accessing the parenting tab, you can download a template of the domestic code of responsible use of digital media.

1. When creating rules, make sure your child has a sense of being influenced by their shape. But remember - the last sentence is yours.
2. Follow the rules agreed with your child. Only then will you make it easier for your child to obey them.



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Remembering *Pakistan's Defense Day*: A Tribute to Resilience and Patriotism



Every year on the 6th of September, Pakistanis come together to commemorate an event that signifies the nation's unwavering spirit, resilience, and dedication to defending its sovereignty. Defense Day, also known as "Youm-e-Difa," holds a special place in the hearts of Pakistanis, as it serves as a reminder of the sacrifices made by the armed forces and the citizens during times of conflict.

Historical Significance:

The 6th of September marks the day when the Pakistan Army, with its remarkable valor and strategic acumen, defended the nation against a much larger and better-equipped adversary during the Indo-Pakistani War of 1965. The conflict was triggered by territorial disputes and political tensions between the two neighboring countries. The Indian forces launched an unexpected attack along the border, but the Pakistani military, with the support of its people, stood resolute and fiercely defended its land.

Unwavering Spirit and Unity:

What makes Defense Day even more significant is the unity displayed by

the entire nation in times of crisis. From civilians to soldiers, people from all walks of life joined hands to support the armed forces and ensure the safety and sovereignty of their homeland. This unity transcended ethnic, cultural, and social boundaries, reinforcing the idea of a strong, united Pakistan.

Honoring Sacrifices:

Defense Day is not just a celebration of victory; it's a solemn acknowledgment of the sacrifices made by countless individuals. Many brave soldiers laid down their lives, and countless families were affected by the hardships of war. The day stands as a testament to their unwavering dedication and reminds us of the importance of valuing peace and stability.

Resilience and Progress:

Over the years, Pakistan has made significant advancements in various fields, including defense. The nation has developed indigenous defense capabilities, including a credible nuclear deterrent, modern military equipment, and a skilled armed forces personnel. Defense Day serves as a reminder of the progress made since 1965 and the ongoing commitment to ensuring the security

and prosperity of the nation.

Lessons for the Future:

As Pakistan observes Defense Day, it's essential to reflect on the lessons learned from the past. The day teaches us the importance of preparedness, unity, and diplomacy in resolving conflicts and maintaining peace. It underscores the significance of investing in education, technology, and innovation to ensure a secure and prosperous future for the nation.

Commemorating Defense Day:

On this day, various ceremonies, parades, and events are organized across the country to pay homage to the heroes who defended Pakistan's sovereignty. The national flag is hoisted at half-mast, and people gather to remember the sacrifices of the armed forces and civilians.

In conclusion, Defense Day is a poignant reminder of Pakistan's resilience, unity, and determination. It honors the sacrifices made by the armed forces and citizens, while also highlighting the progress and advancements the nation has achieved. As Pakistan looks ahead, the spirit of Defense Day continues to inspire the nation to overcome challenges and strive for a better and more secure future.



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

Surrogating Bigotry (Hypocrisy)

Modesty, morality, and ethics are the dominating notions of our corporate world. We emphasized these magical, tactical, and terrific words in presenting our virtuous approach towards work. Modesty is humility, self-effacement, and the quality or state of being unassuming in the estimation of one's abilities. Morality is correctness, goodness, and principles concerning the distinction between right and wrong or good and bad behavior.

Ethics is moral and can also be narrated as moral principles that govern a person's behavior or the conducting of an activity. Surrogation is a term which is used as proxy or substitute, a lady whose physical services are used for the birth of a child. The same term is also used in the world of business where an obnoxious, illegal, and prohibited (region wise) product is advertised in a disguised (surrogated) way. The purpose is to connect and entice potential customers to either buy the product or visit the website to inquire more about it. So, the term is used simultaneously in a productive and in a misleading way.

Now the question arises what is this term to do with our today's topic, let's zoom in first upon Bigotry (hypocrisy) which is need of the day, one of the tricks you need to learn to survive in the world, one soft way of avoiding friction or trouble, an aggressive way to deal with your opponents, a classic strategy to climb up the professional ladder and also taken as a severe sin for all believers in Islam. Ahh

different shades of one word, a word which is exercised more than read across the globe. Sorry for being more sarcastic here!

Post Covid-19 era has brought mind blowing changes in our professional world. The unlimited supply of qualified, unqualified, skilled & unskilled labour force has given a huge advantage to employers across the globe. There is another segment of human resources here, the employees who lost their jobs during Covid19 and are now back in business after taking long grinding from those testing times. The employees are super reluctant in sharing their voice. They are on the back foot, they are pessimistic now, they are fearful of losing their job for yet another time. In order to retain their regained job, they tend to be more and more complaisant and cooperative. So, what's wrong here? One should be cooperative, caring, and compliant with business policies. Yes, one should be, but when you see something happening wrong, yet you let it go, when you see something ethically wrong, yet you turn your eyes away, when you see people are bamboozled in the meeting and yet you don't support them just to save your job, when your system is pushing for quantity rather than for quality and yet you keep silent, we call it hypocrisy!

Now the question arises is it OK to be like that, ethically speaking it is not but this is how it is these days. The

combination of bigotry and surrogation has come up with a deadly way of pleasing, satisfying, flattering the top management to stay in your job. I know these are very arguable lines which are weak in impression as well, having said that the reality can't be denied.

We are generally circumspect in our decisions, we always try to play safe when it comes to disagreeing with business policies and procedures, the post covid-19 era has stamped this trait of today's labour force.

The human labour force is expressing a small percentage of their talent, expertise, wisdom and honest opinion in order to retain their jobs. The surrogation of hypocrisy is well accepted and taken as a skill in the corporate sector, educational institutions, in order to retain your jobs and achieve professional growth. Many decent employees have lost confidence, have gone quiet, have cornered themselves after becoming the victim of the modern world term Surrogating Bigotry.

May Allah SWT guide and help us in ensuring an honest and truthful professional service at our workplace.



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Competition vs Collaboration what to choose?

It is worth remembering that children, especially junior high school students, are extremely sensitive to assessment. Why is team spirit important? What motivates children to learn better - competition or cooperation? What skills development should children prefer?

Which is more effective for training - competition or team

Interesting fact: from any information heard, everyone learns about 20%. In addition, each of the group, hearing the same information, perceives them in their own way. Cooperation allows you to make, like a puzzle, a holistic picture of the perception of anything. And by exchanging ideas, everyone gets deeper knowledge of the subject.

Competition is based on competition. However, it can both encourage and demotivate learning.

It is worth remembering that children, especially junior high school students, are extremely sensitive to assessment. Too often, they do not separate the evaluation of their achievements from the evaluation of their personality. That is why it is so important, each time giving feedback on any task, to speak as clearly and concretely as possible, both about the weaknesses and strengths of the work done. Only in this case will children normally accept both criticism and competition.

How to change focus in competition

Competition must be motivating, only then it is effective for learning. An example of such competition is the desire to improve their skills in anything (to be no worse than someone or to be better than yesterday).

Usually children are willing to compete, but sometimes they are demotivated. There can be several reasons:

- self-doubt;
- demotivating environment;
- the habit that such tasks do not work;
- understanding the gap between one's own skills and the skills of the opponent and more.

To motivate students, explain that, above all, the best competition is with yourself. Help change the focus of competition primarily to improve your own results.

Being in the team, students also constantly compete with each other - for the best grades, for attention and more. The main thing is to form a motivational competition.

Advantages of motivational competition:

- information collection: selection criteria, own level of compliance with these criteria, level of other participants;
- emotion control;
- analysis of own strengths and weaknesses;
- analysis of the advantages and tricks of rivals, making them stronger;
- mastering new skills;
- understanding that every attempt is a step to success.

Competition and cooperation are two different tools, each of which must be used to teach students.

Team games for adjusting the psychological atmosphere in the team

The game is one of the most effective tools for developing different models of interaction in the team.

Game "champions"

This game will allow students to learn something new about each other, find common interests and learn to focus on the best features of their teammate.

Principle of the game: Pair students. Invite them to learn about their teammate's preferences in 5-7 minutes and present them to the class.

This exercise teaches informal communication, emphasizing each other's best features and understanding that each individual in the team, no matter how successful they are in learning, is in some ways the best of all.

Six hats game

This game allows students to work together to consider a situation from

different angles, as well as each student to express himself in accordance with the assigned role.

Principle of the game: Divide students into teams of 3-5 students. Give each team a hat of a certain color (1 of 6). Suggest any thesis for discussion. Match the time to work within the team and the time to present each team.

Survival island survival game

Invite students to imagine a situation: they traveled to class on a ship, but it sank, now they need to survive on a desert island.

Principle of the game: Divide the students into teams and ask each of them to come up with ideas for survival on a specific topic (for example, how to build a hut; where to find food; how to make a boat to get home, etc.).

This game allows you to learn to communicate with each other to achieve a common goal.

Common history game

This game is an opportunity for everyone to show creative thinking and influence the plot of joint creation.

Principle of the game: Put the students in a circle and ask them to write a story together. Everyone has to write only one sentence and pass the sheet to a neighbor. Mandatory condition - each subsequent sentence must logically correspond to the plot created by previous participants.



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THE GOLDEN AGE OF SPORTS AND HEALTHY ACTIVITIES REMEMBER ABOUT YOUR CHILD'S PHYSICAL ACTIVITY



There is a stage in human development when mobility is very high, maturation is not a problem yet, and activity gives him the most joy - this is the so-called golden age of sports. The effects of its neglect may affect a person's entire later life, including health.

Don't miss the moment

The golden age of sports, called by doctors and specialists the golden period of motor skills, is between the ages of 9 and 12. The child has mastered all the movements of an adult and the period of optimal motor formation begins. In these years, children are very agile, quick and usually they enjoy training. Contrary to younger children, who still have problems with some abilities, and adolescents, who often suffer from reduced mobility or interest in sports due to adolescence.

That's why children's and sports psychologists say it's extremely important not to miss out on this golden age of sports. If at this time we instill in the child a passion for physical activity and faith in their own abilities, the sports spirit will stay with them forever, even in periods when there are natural difficulties with physical activity. However, if we neglect this important time, the child will be discouraged by the lack of support, too difficult or improperly

conducted trainings, it will probably be for many years that sport is not his forte and will avoid physical activity. This can result in complexes that will hinder social contacts (stress before sports classes at school and university, low self-esteem), and even health consequences related to lack of exercise.

The example comes from above

As all research on children's development shows, they learn by observation. This also applies to sport and passion - anyway, the time for the formation and development of the latter coincides with the golden age of sports. Therefore, let's be prepared for the fact that a child can take over from us our attitude to sports. Seeing active parents, it will be natural for him to find sport an integral part of his life. In turn, the "couch potato" parent can only hope that school will instill a passion for sports in their child.

Let's do it together

Compulsory PE lessons do not meet the mobility needs of a younger child. Therefore, they look for movement outside of school when they return home. Therefore, the child's movement should not be restricted, for example, playing football, running or cycling, provided that safety is ensured during these activities.

How to know that our child is starting to abuse digital media

In order to answer the above question, one should refer to the concept of behavioral addiction (addiction to activities), which presents the most important symptoms of losing control over digital media.

These symptoms are:

1. The occurrence of tolerance, i.e. a situation in which our child needs more and more time to use, for example, a mobile phone, the Internet or a game, with a significant decrease in satisfaction at a specific time;
2. Withdrawal symptoms common to all situations in which our child cannot use digital media. These behaviors include, for example, psychomotor agitation, anxiety, anxiety, depressed mood, obsessive thinking about what is happening in the Internet space, fantasies and dreams about e.g. smartphones, intentionally or involuntarily moving fingers in a manner characteristic of typing on the Internet. keyboard, using the device to avoid unpleasant withdrawal symptoms after withdrawal from the Internet, sometimes verbal aggression, initiating quarrels due to inability to use the Internet, and sometimes even physical aggression;
3. Loss of control over the time of using a mobile phone, thus disturbing the previously established priorities of everyday life;

4. Unsuccessful attempts to restrict or stop using a smartphone, the Internet, or a game;
5. Our child spends a lot of time on activities related to the use of digital media;
6. Reducing or resigning from the activities undertaken so far in favor of using information and communication technologies, abandoning the passions and hobbies in which our child has been involved so far;
7. Problematic use of various types of digital media despite the awareness of experiencing permanent or increasing somatic, psychological or social problems.

Factors increasing the chance of misuse of digital media

Despite the undoubted benefits that we experience in connection with the daily use of smartphones connected to the Internet, it turns out that we can very simply lose control over it. In an experiment consisting in disconnecting 103 young people for 72 hours from all digital devices. During the week, the volunteers were to find three consecutive days when they could not use the Internet, tablets, smartphones, game consoles, radio and television. During the day they gained, on average, about 4 hours of free time. Unfortunately, some of the youth and their parents were not able to manage that time in a creative way. Experimental research conducted among youth, as well as qualitative interviews with the participants of the experiment and

their parents, shed light on the factors that had a decisive influence on the success of the scientific undertaking.

What are the factors that make children and young people misuse of digital media? This is a story for the next episode, but several important determinants can already be identified:

- Uncontrolled "digital initiation",
- Unlimited access to the Internet, in particular in a mobile device,
- No rules for using digital media,
- Hyperactivity on social networks,
- Boredom, lack of passion for interests,
- Lack of digital education on the part of parents,
- Bad relationship with parents.

What can be done to prevent our child from abusing digital media?

First, it is worth referring directly to the above points.

- Enter the world of digital media together with your child, talk to him about the use of digital media, about the skillful and proper use of, for example, a smartphone, tablet or games.
- Control what your child is doing online. It turns out that 20% -30% of parents, in the opinion of students, are not at all involved in what children and adolescents do online. Control the time of using digital media, use parental controls, do not give your child, especially when he starts using information and

communication technologies, unlimited access to the Internet.

- Introduce home rules for using digital media. For this purpose, you can use the "Domestic Code of Responsible Use of Digital Media" available for download here.
- Do not allow your child to use any social networking sites before the age of thirteen. These applications have a very high addiction potential.
- Try to be a person who is looking for interests together with your child.
- Try to teach your child to use digital media, but also be a person who is open to learning from your own child how to creatively use various types of applications and technical solutions,
- Try to always have a good relationship with your own child, lead to a situation where your child, no matter what he / she does, can always count on your support.

In order to read the selected symptoms of abuse of digital media by a child at the appropriate stage, it is necessary first of all to pay a lot of attention to what the child is doing online. If your child likes to play online games, try to get to know the main characters of the game. If he likes robots - learn programming together with him, if he is interested in news from the world of technology - support his passion. But most of all, take care of the high quality of your relationship at home.



During the last football world cup, one of the sensational news was that the players of the Japanese national team cleaned the cloakroom they used and left a thank-you note written in Russian for the hosts. And although such behavior should be the norm, no one expected it from any representation, especially after a defeat. Such behavior is significantly influenced by the Japanese education system, so it is worth taking a closer look at it.

Hell of exams

In Japan, the school year runs from April to March and is divided into three semesters, separated by two-month summer holidays, winter and spring breaks. Each has about 40 people. Nevertheless, teachers have no problem with controlling their students - a teacher is a highly respected profession in Japan. Classes are usually held from 8 am to 3 pm and there is a long lunch break between them. In the mornings, there are lessons in more difficult subjects that require more attention, and in the afternoons there are art and exercise classes. In a Japanese school, grades are of little importance because tests and exams are much more important than them. In primary school, teachers prepare tests and their results provide information about the actual knowledge of the student. However, in secondary schools, regional examinations are carried out. The Japanese education system does not practice repeating a year, but students are still committed to their studies - to get into a better school or university, you need to pass your exams excellently. The testing period is so important and stressful that it is known as shikenjigoku, or "exam hell".

Duties and Respect

When a person reads about the Japanese education system, the greatest amazement and appreciation are caused by the responsibilities of young Japanese people. From the earliest school years, students spend their breaks performing tasks that are the domain of canteen workers and janitors in schools. Children serve meals, help in their preparation, but also take care of cleanliness in classrooms, toilets and corridors - this teaches young Japanese people to respect public property and shared space, which - as you can see after the last World Cup - pays off in the future. The duties of those on duty are not limited to erasing the blackboard, because the Japanese school wants to prepare students for adult life in the best possible way and therefore requires not only acquiring knowledge, but also working for other people and caring for the environment. Children are divided into teams of several people, in which they work, from time to time exchanging duties. It is also very important that teachers set a good example and not only supervise the students, but also spend time with them during meals together in the canteen and cleaning the school. In Japan, respect for each other, especially for the elders, is extremely important, so in order to learn this from an early age, thanks at school for everything - for the meal, for the activities carried out, for the help. Additionally, students of younger grades clean the rooms after additional classes of older students, who at that time perform more difficult duties. It is a great lesson in collective responsibility and in living in a society based on the hierarchy of seniority.

Taking care of the environment and personal hygiene

Japanese schools also try to instill in children the principles of caring for the environment and about personal hygiene. Therefore, it is the students' responsibility to separate the rubbish, and in some schools also to deliver it to waste recycling stations. Many schools have gardens where children grow plants. Pesticide-free vegetables and fruit are used to prepare meals in school canteens - a great way to teach respect for work and food. Schools often use products supplied by local farmers, which allows you to prepare healthy, ecological and wholesome meals, and transport in a short distance does not burden the environment as much as bringing food from the other side of the country. The Japanese also take care not to waste food - students can distribute uneaten meals among themselves. After lunch, it's time to clean the dishes and ... personal hygiene, because in a Japanese school both students and teachers bring a toothbrush with them in the lunchbox and brush their teeth after each meal.

Good habits bear fruit in the future

In Japan, there is a belief that the habit of taking care of one's own hygiene, as well as the cleanliness of public space, should be developed in citizens from an early age. Thanks to numerous duties, children are already aware of how much trouble is involved in preparing meals or taking care of cleanliness. Maybe in these matters it is worth following the example of the inhabitants of the country of the blooming cherry trees? The example of adult Japanese participating in the World Cup shows that it is worth shaping in students the ability to work in a group, responsibility for common space, pro-ecological habits and ordinary courtesies.

A toothbrush in the lunchbox and cleaning the school - what the Japanese education system looks like





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Exercise "Pros and cons"

The course of the exercise: Someone tells a story from the past that left him with a negative residue. Others have to highlight in this story only all the possible positive aspects.

Reflection: Performing this exercise allows you to rethink negative experiences together, highlighting the positive aspects.

Exercise "Association"

Exercise: Invite participants to write associative answers to the suggested questions on the worksheets. Then ask everyone to read their options.

- If the team is a building, then it...
- If the command is a color, then it...
- If a team is music, then it...
- If a command is a geometric figure, then it...
- If the team is the title of the film, then it is...

- For me, the team is a team...
- I see my role in our teaching team

Discussion: Ask participants which answers were the most interesting and what they were surprised by.

Reflection: This exercise will help everyone to clarify the concept of the word "team" and share ideas about their place and role in the team.

Problem Solving Exercise

Course of the exercise: Ask all participants to write briefly on small sheets of paper a situation that worries them: conflict, personal experiences, issues of professional development, student performance, discipline in a particular class. Fold all the sheets into a single container.

Invite everyone to randomly pull out someone's sheet, read the problem situation, and suggest ways to solve it.

Discussion: After the participant offers his / her solution to the problem situation, other colleagues can also join the discussion by adding their ideas about it. When there is no paper left, the exercise is complete.

Reflection: Performing this exercise will contribute to the formation of a favorable psychological climate and the unity of community members.

Truth and False Exercise

Exercise: Participants stand in a circle. Each in turn must tell about himself 2

any true facts and 1 false. A false fact must be like the truth.

Discussion: In the process of performing the exercise, colleagues should determine which information is true and which is not, arguing their opinion.

Reflection: This exercise helps to establish informal communication, allows you to learn more about each other and, as a result, better understand each other, as well as contributes to the formation of a favorable psychological climate in the team.

Exercise "Home"

Exercise: Unite colleagues in 2 teams and invite each of them to form a house together: within 5-7 minutes, participants must agree on who they will be in the common building - doors, walls, and maybe wallpaper, flowers or bookshelves. Everyone makes their own choice, and the house should be full and functional.

Discussion: Ask the exercise participants whether it was easy for them to decide on their role in the "home" and why each of them made such a choice.

Reflection: Each part of the "building" is important and necessary in it and has its own function, without which the house cannot be complete.

Effective team building exercises for the teaching staff





By: Zulqarnain Chaudhry
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Recent Impact of Polychronic and Monochronic Behaviour on Hotel Services

Hotel sector is always depressed and less paid and less flourished in Pakistan, some time it has huge hit by terrorism and sometime due to political instability which is never stable in our country. On the top gradually, hotel owners have learned working with lean management along with multitaskers. As our hotel sector is always on the edge of crises in all aspect, so recovery of RevPar or availability of skilled hotel workers has been a tough task always. Another element is also coming up in all kinds of hotel from 2 stars to 5 stars which is multitasking. Polychronic behaviour refers to individuals' preference for multitasking and engaging in multiple activities simultaneously, while monochronic behaviour is characterized by a focus on one task at a time. In the current period lots of hotels are going to adopt polytonicity where as employee has always a negative attitude towards it being less salary pay structure in hotel line. Where as it has been seen that it reduced cost and increase the profit for owner but chances of retention of the guests are variable from 2 star to 5-star hotel guests.

Polychronic behaviour can be seen as a characteristic of collectivist cultures, like Portugal, Turkey, where people tend to prioritize relationships and adaptability over strict adherence to schedules. On the other hand, monochronic behaviour is often associated with individualistic cultures, particularly in Western societies, like USA, Germany, Australia. Why this is getting popularity because, Pakistan has collectivist culture in most of its provinces.

Over time, globalization and cultural exchange have led to the intermingling and adaptation of these behavioural orientations. In multicultural societies and industries, such as the hotel industry, both polychronic and monochronic behaviours coexist. Individuals from different cultural backgrounds bring their distinct time orientations, influencing workplace dynamics and service provision.

Polychronic behaviour has several implications for hotel services. Individuals with a polychronic orientation can efficiently handle multiple tasks simultaneously, which is advantageous in a hotel setting where employees frequently face multiple demands. For instance, a front desk receptionist who can answer phone calls, check-in guests, and provide concierge services concurrently exhibits effective polychronic behaviour. This behaviour enhances operational flexibility and responsiveness, leading to improved service delivery. Polychronic behaviour can impact hotel services in various ways. Polychronic individuals are comfortable handling multiple tasks simultaneously, allowing them to engage in a diverse range of activities. This behaviour can be advantageous in hotel settings where employees often face dynamic and unpredictable situations provided they are well trained and good aptitude and well paid. Otherwise, most of the employees prefer to be as no multitasker. In modern countries, there are lots of trainings are conducted for developing employee as multitasker. Multitasking some time satisfy the guess and his needs and some time rebounds with hyper complaints most in 4 and above start hotels. Polychronic and monochronic

behavior on hotel services is not solely determined by individual preferences but is also influenced by cultural factors. Different cultures exhibit varying levels of polychronic or monochronic tendencies. For instance, some cultures may emphasize punctuality, strict adherence to schedules, and efficient service delivery (monochronic cultures), while others may prioritize relationship-building, flexibility, and a relaxed approach to time (polychronic cultures). Hoteliers operating in multicultural contexts need to consider these cultural nuances when designing their service delivery strategies to cater to diverse customer expectations effectively. Both behavioral tendencies have their strengths and weaknesses, influencing service quality, customer satisfaction, and operational efficiency. Hotel managers can leverage these findings to develop strategies that capitalize on the strengths of both orientations, creating a balanced and effective service environment.

Customer perception and satisfaction, service delivery and operational efficiency, communication and coordination, and cultural factors all play crucial roles in understanding and managing this impact. A Hotel leadership can define as per their need and requirements and it can bring good effective change in cost in below 3-star hotel where as 3 and above 4 to 5 are not recommended as the clients are highly paying room rent and demand prompt services. Hotel is a high level and rich cultured business so, we should run hotel like a hotel is run internationally considering that a visitor who stayed may get memorable experience 360 degree.



Frequent contact with nature has a positive effect on children's brains

The more you come into contact with nature, the better it is for the human brain. Studies show that children who have direct contact with nature improve, among others, functioning of the prefrontal cortex, responsible for many cognitive functions.

Although it is well known that nature has a beneficial effect on our body, on average neither children nor adults spend an exorbitant amount of time outdoors.

The positive effect of nature on the brain

Most Europeans live in cities, and only 20% adults spend their time outdoors, partly in contact with nature. In turn, even fewer children - only about 9 percent of their time are outside. "These data are quite alarming,"

"Lower exposure to the natural environment, greenery, vegetation, nature, forests, lakes, parks, may have an impact on the fact that these people, as adults, but also as children, will be more exposed to various types of disorders, be it mental health or physical,

During the online lesson, especially for teachers, A professor discussed various research results that show the influence of the natural environment

on the human body, especially the brain. There is not much research on the influence of the natural environment on the brain. "However, they are very consistent and show us how beneficial exposure to nature can be for our brain"

Why is it worth providing a child with contact with nature?

Children who have direct access to nature have a greater volume of gray matter in the prefrontal cortex compared to school children who have limited contact with nature. This is very important.

Efficient operation of the prefrontal cortex and its size, activity - it affects how the whole brain and psyche function and what is our mental resistance to various disorders resulting from stress or other life difficulties.

In addition to the fact that the brain of children in contact with nature had a greater volume of gray matter - it was also characterized by a greater density of white matter. "Gray matter is simply cells, so the more gray matter, the more cells build a given part of our brain. On the other hand, a white matter is something that is created by connections - that is, by axons of nerve cells, which are used for communication between different regions of our brain"

He concluded that the greater volume

or density of gray matter - and white matter - "is something that may be the basis for believing that contact with nature significantly improves the functioning of our prefrontal cortex, i.e. the seat of thought, awareness, attention - all of these cognitive functions".

The second area of the cerebral cortex, which in studies in children shows a greater volume of gray matter and white matter, is the premotor cortex. "The premotor cortex together with the prefrontal cortex are two elements of an extremely important circuit that is related to attention - the attention that we need to be able to perform tasks efficiently, be it intellectual or motor tasks".

The calming effect of nature

It is also observed that the brain is less active when we are in the natural environment. "This lower activity of our brain indicates that this natural environment is in a way less burdensome for our brain, it does not require such strong activation, such strong attention".

The natural environment is something easier for the brain to perceive and understand, and by staying in it, we let the neurons involved in the attention process rest. Thanks to such relaxation in the natural environment, the neurons of the brain are later ready for quick activation, e.g. when

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