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THE FAME

Volume / 3 - Issue /2

# AwakeneR

Nov. - Dec. 2015

*building a better tomorrow....*

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**UNIVERSAL CHILDREN'S DAY**



- Interview of the Honorable Ambassador of the Netherlands
- A Tribute to Shohda of Army Public School, Peshawar

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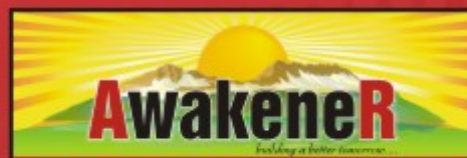


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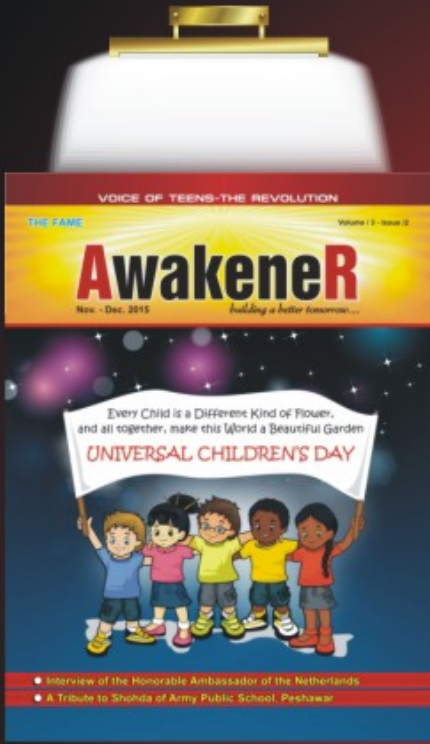
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*From the Editor's Desk!*

Assalamu Alaikum,

Dear readers Universal Children's Day is celebrated on November 20th each year to promote international togetherness, awareness among children worldwide, and improving children's welfare.

Many schools and other educational institutions make a special effort to inform children of their rights according to the Declaration of the Rights of the Child and the Convention on the Rights of the Child.

Now we introduced a new segment "Celebrity Journalist" in this segment you can conduct interviews from the movie and stage actors, musical artists, models and other notable people in the entertainment industry as well as people who seek attention such as politicians and entrepreneurs etc.

We will give full page coverage in the upcoming magazine.

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## Universal Children's Day:

# STOP VIOLENCE AGAINST CHILDREN

The United Nation's Universal Children's Day was established in 1954 and is celebrated on November 20th each year to promote international togetherness, awareness among children worldwide, and improving children's welfare. November 20th is an important date as it is the date in 1959 when the UN General Assembly adopted the Declaration of the Rights of the Child. It is also the date in 1989 when the UN General assembly adopted the Convention on the Rights of the Child. Since 1990, Universal Children's Day also marks the anniversary of the date that the UN General Assembly adopted both the declaration and the convention on children's rights. Save the Children is pleased to commemorate Universal Children's Day this year with an event on November 21st that will focus on the theme: Stop Violence Against Children! According to UNICEF, every year millions of children around the world

become victims of untold violence. Children in every country, every culture and at every social level face various forms of abuse, neglect, exploitation and violence. The abuse takes place at home, in school, in institutions, at work, in the community, in armed conflict and natural disasters. Much violence against children, such as corporal punishment and sexual abuse, remains legal and socially approved in many countries. The violence children face takes many forms, such as exploitation and abuse, trafficking, physical and humiliating punishment, harmful traditional practices (including early marriage and genital mutilation/cutting) and recruitment into armed forces and groups. Growing up with violence and abuse seriously affects a child's development, dignity, and physical and psychological integrity.

# بچوں کا عالمی دن



بچوں کا عالمی دن دنیا بھر میں ۲۰ نومبر کو منایا جاتا ہے۔ ہمارے اسکول میں ہر سال ایک بڑی اسمبلی منعقد کی جاتی ہے پچھلے سال بچوں کے عالمی دن پر شہباز ہاؤس میں میلہ تھا۔ ہم لوگوں نے اس میلے میں پیسے جمع کر کے غریب بچوں کو دیئے تھے تاکہ یہ بھی پڑھ لکھ کر بڑے آدمی بن سکیں۔ بچوں کے بہت سارے حقوق ہیں مثلاً پیار، محبت، گھر، تعلیم و تربیت، کھیل کود، مناسب غذا، غریب بچے بہت مجبور ہوتے ہیں۔ اس لئے لوگ ان کو نوکر بنا کر کم تنخواہ دیتے ہیں۔ غریب بچے کمزور ہوتے ہیں اس لئے ان کو ڈانٹ ڈپٹ اور مار سکتے ہیں۔ بچپن میں ان کو حفاظتی ٹیکے نہیں لگتے جس کی وجہ سے وہ بیمار پڑ جاتے ہیں۔ پھر بھی ان کے مالکان ان کا علاج نہیں کرواتے تو اس کی وجہ سے وہ خطرناک بیماریوں میں مبتلا ہو جاتے ہیں مثلاً تشنج، تپ دق، پولیو، اسلام میں نہیں بلکہ ہر مذہب میں یتیم بچوں کے حقوق ہیں۔ ہماری بہت ذمہ داریاں ہیں مثلاً ہم پڑھ لکھ کر اپنے ملک کا نام روشن کریں اور اللہ کی مدد سے ہم ایک دن ضرور کامیاب ہونگے۔





**Areeb-ul-Haq**  
Beaconhouse School System  
Karachi

Child Labor was working for children that harm them (physically, mentally and blocking them to take education). 30% of our population are living below the poverty life. Children are the flowers of heaven which is the magical and miracles of creation of God on earth. These are innocent little flowers born in this world with freedom. These children cannot go to school because of financial problems. At the age of 5 to 10 years children work in factories at home as a servant, and street to wash the car working on carpet waving, ship breaking and making bangles at home. Child labor is complex problem which demand is to solve them by education of child before he or she starts work.

From today me and my family decide to educate one child to become a good educate citizen of Pakistan to survive in the world and hope that our rules must do some impact child labor in Pakistan.

# Child

## *Labor in Pakistan*

### **Struggle for life, hard physical, work slaves**





نرم بستر

# سنت نبوی ﷺ اور جدید سائنس

## SOFT BED

نبی کریم ﷺ کا اسوہ

حضرت عائشہ فرماتی ہیں کہ حضور اقدس ﷺ کے سونے اور آرام فرمانے کا بستر چمڑے کا ہوتا تھا جس میں کھجور کی چھال بھری ہوئی تھی۔ (شمال ترمذی)

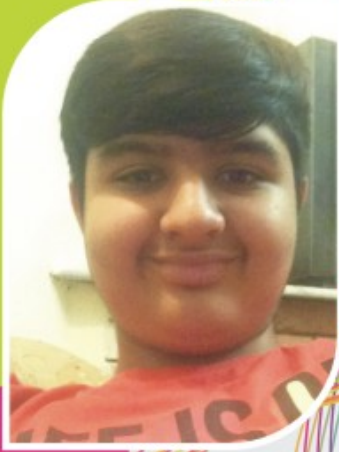
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  - The use of soft bed can reduce the gap between the vertebrae. The experts don't recommend it.
  - Infants using soft bed can suffer from deformity of bones, which may lead to disability.
- نرم بستر کمر کے درد کا باعث بن جاتا ہے کیونکہ کمر اور پشت کے عضلات (Muscles) ڈھیلے پڑ جاتے ہیں اور اگر مسلسل نرم بستر استعمال کیا جائے تو یہ درد بڑھتا ہی چلا جاتا ہے۔
  - نرم بستر گردوں پر بڑا اثر چھوڑتا ہے حتیٰ کہ گردوں کی نالیوں (Ureters) میں ایک پیچیدہ ورم پیدا ہو جاتا ہے۔ نرم بستر کو ترک کرنے سے گردوں کی بیماری سے محفوظ رہا جاسکتا ہے۔
  - نرم بستر ریڑھ کی ہڈی کے درمیانی فاصلوں کو کم کرنے کا باعث ہے لہذا دور حاضر میں ماہرین اسے ترک کرنے کا مشورہ دیتے ہیں۔
  - بچوں کی ہڈیاں نرم ہوتی ہے اگر انہیں نرم بستر استعمال کرایا جائے تو ان کی ہڈیاں ٹیڑھی ہو سکتی ہیں جو معذوری کا سبب بنتی ہے۔ (بحوالہ کیور میڈیکل)



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**Hamza Saleem**  
Army Public School  
Hyderabad

## A HIGH GREEN FLAG

Miles away from the cities of light where the welcome morning is not so bright, A hawk-eye young boy in a brown uniform, i see he asks heavens, if martyrdom then why not me Looking at the high green flag's corner he promises to give his life for its honor. Trembles, and scream out the every particle of sand, that paints me with blood

on the Martyr's Hand Though i will not live to see the triumph of my team.

Still my blood shall bring the awaiting gleam. I am the warriors legacy a battle scar only the martyr is alive to see the end of war.



**Umaina Naseem**  
Hamdard Public School  
Girls Wing, Karachi

# FROM SCHOOL TO THE GRAVEYARD!

Children are considered as the source of happiness in this world. The kids are the burning candles, who lighten up our world, but if these lights are turned off or these candles are blown the world would definitely become dark. Same thing happened in Peshawar where on 16th December 2014, according to media 140 or more candles were blown out.

Students of Army Public School, Peshawar were

massacred in the moronic attack by the so called Muslims (Taliban). This was for sure one of the deadliest terror attack. One of the reporters of "Reuter", who was covering the incident, said that "Nothing I've ever reported before prepared me for today".

Nothing worse can happen than this. This attack has snatched the most important asset of the





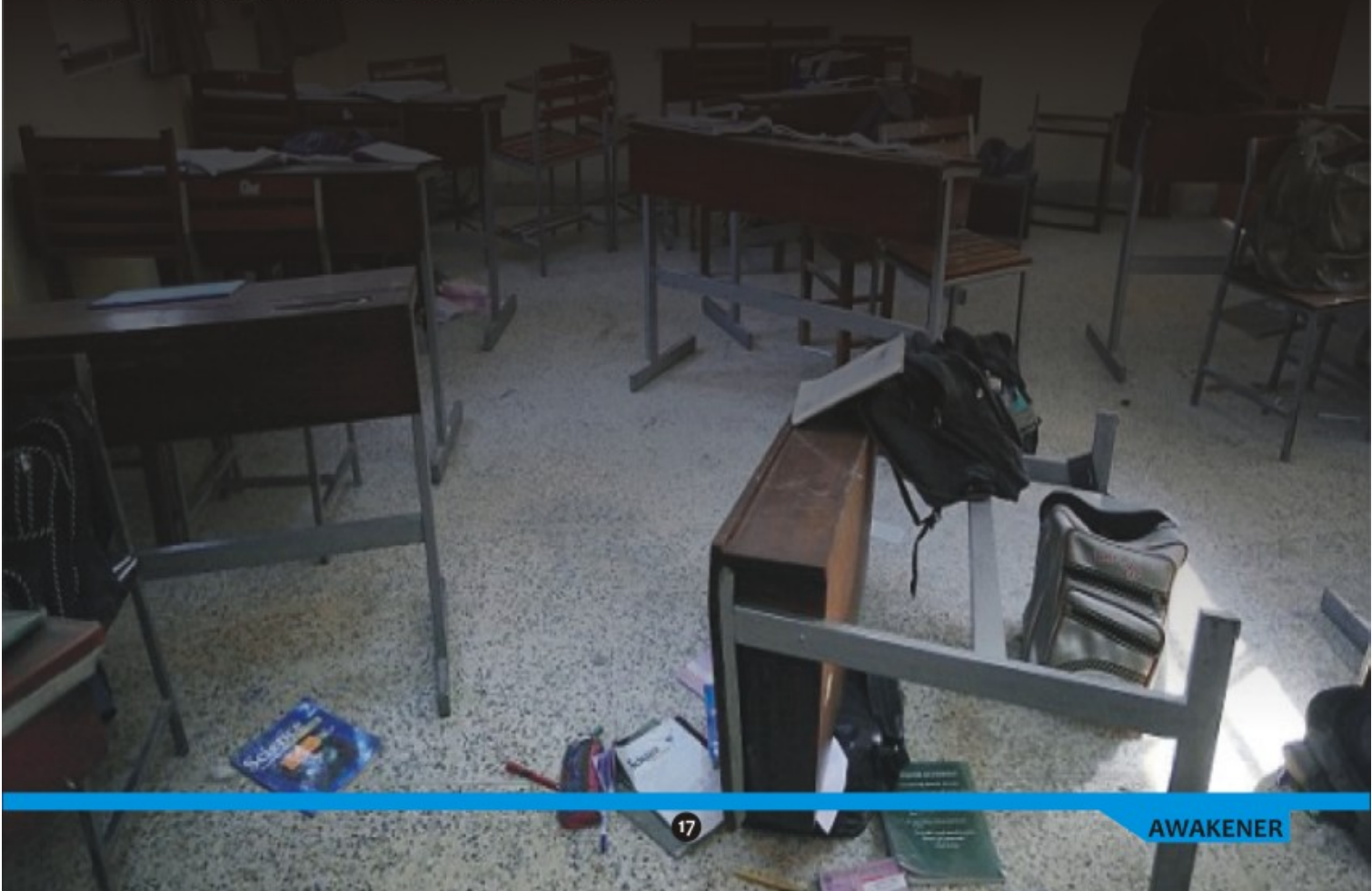
country. But as we know that every cloud has a silver lining, so I must say that this deadly and sorrowful attack was also a cloud which had a silver lining, I'm sure that terrorists, before attack, must have thought that by doing all that they could destroy our homeland and could discourage the students from going to school and also compel their parents to forbid their children from going to school or any other educational institution. But I think that they didn't know that who we are and from which nation and religion we belong. We are true Muslims , we are Pakistani and we aren't afraid of anything, with this attack of menace Talibans, have made the nation stronger and united.

Parents, who lost their kids in the Peshawar attack are definitely very much distraught but they would be infect they are happy as well. This thought of mine would sound quite ridiculous to you, but that's the fact, parents would be happy and feeling blessed as their kids have been blessed with the greatest rank of "Shahadat" and the children who

escaped safely are "Ghazi".

This attack is very much condemnable and my words can't express my own feeling. I feel sorry for all those parents who in the morning sent their children to the school and in the evening they took them to the graveyard. We all had seen flowers on the coffins but hadn't seen or even imagined about the coffins of the flowers. I'm sure this would be very difficult for the father who once carried his son in his lap and that day carried his prince's coffin someone has very truly said that "the smallest coffins are the heaviest ones".

I wish that our government would provide and give assurance of the fool proof security and protection to each and every citizen of our beloved homeland Pakistan and may all the terrorists and insurgents carry on to taste the dust for the rest of their lives and may the departed souls rest in peace. Aameen  
Pakistan Zindabad  
Pakistani Quom Paindabad!





Interview of the Honorable

## AMBASSADOR OF THE NETHERLANDS

On, October 7, 2015, we visited Netherlands embassy and interviewed Honorable Ambassador Jeannette Seppen for Awakener Magazine and we discussed the details about the Kingdom of the Netherlands culture, history, important places and cuisine.

Our panels consisted of Syed Nadeem Alam (CEO Awakener Magazine)

(1) Husnain Ali Abid and Rida Fatima from Roots International School (IVY and Richmond Campus) .

(2) Hamza Farooq and Hira Ghazanfar from The City School (capital campus).

(3) Abdullah Khan and Bushra Hayat from Elite International School, Islamabad.

There we interviewed the Netherlands Ambassador, Jeannette Seppen. She was very welcoming, wonderful, knowledgeable lady with a great sense of style. She greeted us with a huge



smile on her face as we entered the room. She shook hands with each of us and offered us some orange juice and Dutch waffles.

She started the conversation very lightly and told us about the special waffles, orange juice and Dutch cows.



Students, Teachers along with Ambassador Jeannette Seppen & Syed Nadeem Alam (CEO) Awakener Magazine

**STUDENT:** What is the Netherlands?

**AMBASSADOR:** Netherlands is a country in Western Europe. It's a low land country which borders Germany and Belgium and lots of water around. Orange is our national color. As the royal dynasty in Netherlands is House OF Orange. So people prefer to wear orange color on special occasions, drink orange juice and decorate their houses with orange color.

**STUDENT:** What is the Dutch history?

**AMBASSADOR:** Since 1851, Netherlands is recognized as a kingdom with an old tradition of seafaring people. The Head of State in Netherland is William Alexander. Amsterdam is the capital. In Netherland, if the king marries, then the wife becomes a Queen. Whereas if the Queen marries then the husband remains a Prince.

The government is in the form of Unitary Parliamentary Monarchy, along with the coalition with different political parties.

**STUDENT:** What are the important features of the Netherlands?

**AMBASSADOR:** Cookies and cheese are extremely popular. A Lot of varieties of cheese are available. We export 674,000 tons of cheese to almost 130 countries. We consume alot of cheese in our daily meal in the form of sandwiches, pizzas or simply a

slice of cheese with different types of grains. Dutch cow is much healthier than other cows. It produces 40 liters of milk daily. That's why we export a lot of dairy products. Tulips are the most grown and famous flowers in Netherland. We consume a lot of orange juice but, interestingly we do not produce it.

But that does not serve as a barrier for us because we have a huge port of Rotterdam, where things from different places come in and goes out, whether we produce them or not.

**Student:** What are the problems being a lowland country?

**AMBASSADOR:** Well! Floods are always the danger for low land areas.1/3 part of Netherland is below sea level. After the North Sea floods of 1953, we did lots of improvement and now flood management is most excellent in the Netherlands. A myth is famous about a little Dutch boy, who made embankments by lifting his finger.

We also appreciate the efforts of Pakistan during last flood disaster in Netherland, and the government and people of Pakistan became the great support for us.

**STUDENT:** - What are the festivals celebrated in the Netherlands?

**Ambassador:** A Children's party is the most

important occasion in December. The Santa Claus comes from Turkey along with the gifts for nice and well behaved children. While the naughty ones are being advised by him.

Great Caribbean festival is the grand festival when colorful clothes are worn by people.

Birthdays are also very important for us specially the King's Birthday\_\_\_ when the whole kingdom turn into orange. Dresses, flags, buntings, gifts, you can see the shades of orange everywhere.

**Student:** Tell us about the oldest Teyler's Museum  
**Ambassador:** it's really beautiful, but honestly speaking I never visited myself.

The museum is related to science, art and history. Well! I promise I will visit the museum next time.

The Intact Rambergs Museum is also much famous. Many paintings by Rembrandt Van Rijn are displayed. Specifically the painting "Night Watch". It's an oil painting, painted in 1642, a huge painting with lots of faces.

Many people tried to copy the project of this museum.

**Student:** What training and education programs exist for professionals?

**Ambassador:** Students have partial obligation at the age of 16, if they want to study or join any technical institute.

There is University Of Agriculture, where foreign students come to complete their masters or PHD Delft University of Technology is another renowned name.

Leiden University Medical Centre, Erasmus University, University of Amsterdam is there for medical students.

For dentistry, University of Amsterdam is renowned.

Those who are interested in classical music can join The Hague

Vocational Training College is providing technical

studies to students.

The Academic Ranking of World University survey of 2014, declared Dutch University among 200 top ranking universities. It holds 4th position in education programs.

Almost 4 out of 5 diplomats get training in Netherland. Also 200 Pakistani diplomats are there in Netherland.

**STUDENT:** What is the type of climate in the Netherlands?

**Ambassador:** one can find all four seasons here. Summers are just like Pakistan. Autumn is quite cold, rainy with many storms. Spring is a pleasant time of the year with lots of Tulips all around. Winter is not very pleasant, but the best time to do cycling. Even the Kings and Queens love to do the cycling.

By the way cycling is a great hobby for Dutch people. They eat a lot of cheese and burn the calories with cycling. The ratio of obesity in the Netherlands is very low.

**STUDENT:**

What type of eating behavior does the Dutch have?

**Ambassador:** Traditionally we arrange a Rice Table, where we serve rice from Indonesia along with fish, vegetables and few Indonesian spices. Boiled potatoes, vegetables, meat and fish are our routine dinner.

French Fries are much popular with Mayonaise . If it's not enough then people have them with lots of mustard sauce, ketchup and peanut butter' We also serve big and thick pancakes to our guests with sugar or apple Syrup.

**STUDENT:**

Thank you so much Honorable Ambassador. The information regarding Netherlands is quite impressive and enriched our knowledge.



# Merry Christmas

Jingle bell Jingle bell  
Jingle all the way  
This will be fun  
This will be great  
A joyful time to celebrate  
Christmas Day is getting near  
And i am happy for chants I hear  
We wish you a Merry Christmas  
We wish you a Merry Christmas  
We wish you a Merry Christmas  
And a Happy New Year

My mother is very nice  
She eats a slice  
And plays ludo with dice

She puts off the light  
When it is very bright

For good health, she takes a walk  
And always ready to talk

She has pair of beautiful socks  
Before entering the room, she knocks

She is kind, help the blind  
And can read anybody's mind

She makes varied cakes  
And she is afraid of snake

She if found of eating meat  
Her writing is very neat  
And she hates to cheat

I Love Mother  
Who, for me, is a treasure

Mo  
MOTHER



# MOTHER **R**

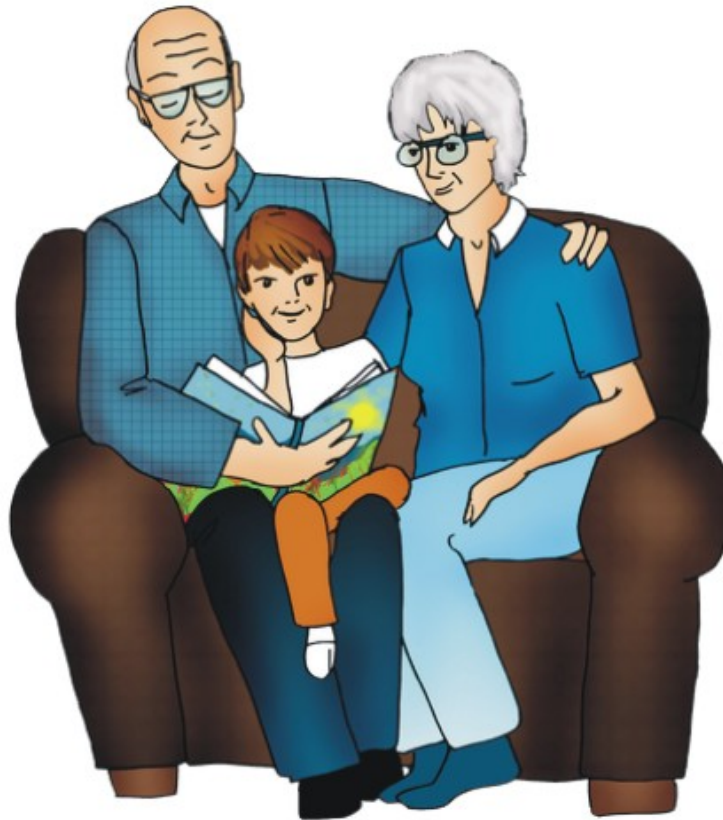


I know u care  
Because you're the one who taught me to share  
I know u know  
Because when i cry you're the one to hug me though  
I know you'll be there when I need u  
Because without u nothing feels new  
I know and I'm sorry  
Because I annoyed u the most  
But I know that everyday u love me more and more  
And yeah I am sure  
That a mother like u is hard to find  
So my love for u is hard core  
I know that I've been blessed with the best gift someone can ask for  
Because you can protect me better than a metal shield or even thorn (protection of mankind)  
And thanks for waking up all those nights  
When I cried like I'm never going to stop  
And thanks for taking me again and again to the toy shop  
But in the end all I'm going to say yes  
I know u love me the double I love u  
But this poem is a little gift  
To say my mom thank you....



**Asharib**

Headstart School System  
Karachi



# GRANDPARENTS

Grandparents are the most wonderful blessings in the world given to us by Allah. We should never harm them like that if we say that you are not nice so they feel very bad about it so we should never say like this.

My grandparents increase my knowledge by playing scientific games and playing the quiz which comes in newspapers and my nana takes me to the mosque to offer Salah and that's why I got a habit

to offer Salah on time.

When I was small my parents and grandparents took care of me and whatever. I said they did it for me so when they will be old so I will also fulfill their demands.

I love them too much and Allah please keep them away from the flame of fire (Ameen).





# Parents should be our Destination

Once there was a girl, who had just celebrated her 21st birthday and after a few months, she was about to graduate from her university. Her name was April. April loved to study astronomy. She loved it so much that she got her parents to paint her room blue-black and she stuck Glow stars on its every wall. She had even got a telescope to watch stars. Her biggest dream was to work in NASA. Her parents were very supportive. They loved her to all content. As she was an only-child she was the most treasured possession of her parents.

Some days after her graduation, April went to the market to buy groceries. On her way she met a man who had come to her university a year ago. He was a retired worker of NASA and he had come to her university to share his experience. Surprisingly he remembered her too. He called her aside and asked her to tea. She accepted. He told her that when he had seen her for the first time sitting in the first row of the classroom, he saw that she had a light in her and seemed worthy of working in NASA and he would like her to join NASA with his reference.

April was bursting with joy at the time she reached home. She practically screamed the news! Her parents were shocked but tried hard to hide it. Her parents didn't want to lose her. They didn't want her to get the job in NASA because that would mean her going abroad. They wanted her to stay

with them.

On her flight day April was too excited that she didn't even hug her parent's goodbye. She went there and got settled. Time passed and April's excitement cooled down and she began to get used to the new routine, until one night. She had come home exceptionally late. It was a very rainy night. She enters her suit room that NASA provided her, tired to the bone. She sat on her bed, too tired to go to the kitchen. She thinks about her mom and her lovely cup of tea that she used to make for her while she studied late at night for her exams. She remembers her dad's bed-time stories that he used to read to her on occasional nights when she couldn't sleep. Tears sprang in her eyes. Suddenly lightning struck. April shrieked and burrowed her head in her pillow. Her mom and dad knew about her fear of lightning and always used to sit by her on rainy nights. They talked to her, distracted her and covered her ears when thunder roared. She cried that whole night. She missed her mom and dad. She wanted to go back. So the next week April resigned happily and sat on the plane. She hadn't told her parents. She wanted to give them surprise. The best surprise on their wedding anniversary. When she entered the house she gave her parents a huge hug. Her parents were surprised but truly happy. Maybe someone noticed or not but there were tears of joy in three pairs of eyes that day...



**Sohail Naich**  
School of Excellence  
Sukkur

## EDUCATION IN PAKISTAN

Education in Pakistan is overseen by the ministry of education of the government of Pakistan as well as the provincial government, whereas the federal government mostly assists in curriculum development, accreditation and in the financing of research and development. Article 25-A of the constitution of Pakistan obligates the state to provide free and compulsory quality education to children of the age group 3 to 16 years. The State shall provide free and compulsory education to all children of the age of five to sixteen years. The education system in Pakistan is generally divided into six levels: primary education (for the age from 2.5 to 5 years); primary (grades one through five); middle (grades six through eight); high (grades nine and ten, leading to the secondary school certificate or SSC); intermediate (grades eleven and twelve, leading to a high secondary (school) certificate or HSC); and university programs leading to undergraduate and graduate degrees a manner as may be determined by law.

The literacy rate ranges from 96% in Islamabad to 28% in the Kohlu district. Between 2000 and 2004, Pakistanis in the age group 55-64 had a literacy rate of almost 38%, those ages 45-54 had a literacy rate of nearly 46%, those 25-34 had a literacy rate of 57%, and those ages 15-24 had a literacy rate of 72%. Literacy rates vary regionally, particularly by sex. In tribal areas female literacy is 9.5%. Moreover, English is fast spreading in Pakistan, with more than 92 million Pakistanis (49% of the population) having a command over the English language, which makes it the third largest English speaking nation in the world and the second largest in Asia. On top of that, Pakistan produces about 445,000 university graduates and 10,000 computer science graduates per year. Despite these statistics, Pakistan still has one of the highest illiteracy rates in the world and the second largest out of school population (5.1 million children) after Nigeria.



# The Stories Where Fate & Career Paths Collide



Choosing a career is one of the toughest decisions one has to make. A lot of us spend a good amount of our life doing just that. Just another day a cousin of mine was pondering over it who happens to be merely five years old. Even then I have to ask you, why do that? Why not let fate decide what's best for us? Since mate, no matter what you do, fate will have its way even with you.

Let's take an example of my cousin who spent his entire life planning to be a chemical engineer and believe me he would have done a remarkable job with total 10 A\*s in O and A levels and an acceptance letter to his dream university. Yet one day in his second year at the university he woke up to feel like he didn't belong there so he dropped out of the university and instead joined a community college of law. He worked hard day and night and even through the setbacks, he was able to prosper. He is now a successful high court judge and he's happy to be where his fate led him.

Now let's talk about my sister who claimed that she wanted to be an airhostess since she first flew in a plane. At least that's what she told everyone because in reality she wanted to be a doctor. However, she didn't believe she was capable of since she couldn't help but faint at the mere sight of blood. Yet, when she was challenged by a rival

once to become a doctor and being a daring person, she took it seriously and gave it her best. Currently, she's a Pediatrician in Aga Khan Hospital and she actually thanked her rival for leading her to her true destiny.

Now hear about me. I have always been a perfectionist so I have planned everything about my life from college to death but lately I don't feel like I am up for it. You see, a really good friend of mine recently called me stupid for not taking mathematics as my career since I am pretty good with calculations whereas my dad says I will be an excellent lawyer while my mum assumes that I am deep enough to nail being an author. Furthermore, some other people believe that I would end up being a doctor, following the footsteps of my sister. This has made me feel so bemused that sometimes I want to pull my hair out. So after a lot of whining I have decided I will let it be.

Fate is a fickle mistress with a path filled with twists and turns, ups and downs and thorny bushes but sometimes some bad things that happen to us are actually blessings in disguise. So all we can do is trust Allah, the Almighty, to decide what's best for us. And folks, stop thinking about tomorrow and live in the present with no regrets because tomorrow may never come.



**Shifa Khalid**  
Public School  
Hyderabad

# GHOST of Board

and did not understand what she means. And now came the day for which she waiting eagerly, first day of her new class. The day begins with the introductory class by the teacher after introduction teacher begins to advice the students:

"Dear students now you need to work hard because now you have to face Board examination and as you know that your course is too much lengthy so you people have to buy registers of three hundred pages for each subject".

Teacher's advice brings Shifa to think that: what kind of exam it could be? Do we will write on black board instead of answer sheets? she was snapped out of her thoughts when teacher's voice hit her ears:

"students, in board examination you don't only have to compete your class fellows like previous classes rather you have to compete the whole Hyderabad division".

Now her whole happiness of new class was ruined by the panic in the atmosphere created by the teacher. She mumbled under his breath: "OMG! Board examination plus my lengthy course how in the world will i manage it?"

When she reached home she asked her mother to hire a tutor for her or to send her in any coaching center. Her mother tried to convince her that:

"you are an intelligent and hard working student if

In a town there lived a girl Shifa who was intelligent and hard working. Today she returned from school very happy because today was the result day and she had secured first position in grade 8 and also because now she will go in grade 9. When she reached home she saw her elder cousin Rabia when she saw her she can't control her excitement and ran towards her and tell her the cause of her happiness but Rabia did not congratulate her and says:

"Aha! Ninth class means Board examination, dear its actual time!"

Shifa was shocked by her words and expressions

you will concentrate on what you are taught in the school you will be able to get good grades".

But sometimes Shifa could be so stubborn and also as her most of the class fellows were taking tuition so her stubbornness remains same and at last she succeeded in her mission and got admission in an expensive coaching center. On the first day of the center she was given a pile of notes for every subject by the teachers with instructions to prepare for exams from these. On the way to home she was busy in thinking that either to study from school's notes or from the center's? When she reached home she does not know that another trouble was waiting for her in the form of her cousin Rabia. As soon as Rabia caught an eye on Shifa she leaped towards her with enthusiasm:

"Hurry up darling look what I have for you. These are the best notes in whole Hyderabad I bet if you prepare for these you will succeed at any cost". Shifa thanked her reluctantly. At night she sat to study but she cannot do it because of the confusion to study from which notes as everyone insisted to study from their notes.

When mother saw the situation she asked her: "My daughter why you are so confused, you study whole day and night but still tensed, not fair. Honey you need some fresh air I am going to the wedding of my friend come along with me". Shifa is also studying her current situation that it might be a good idea to go in the wedding and fresh her mind.

In the wedding she met her mother's old friend, who asked her the class in which she studies as soon as Shifa answered her question she also begins like everyone:

" Ohh.. Ninth class means Board examination".

Her words were enough to make Shifa's situation more critical and to think that : "Who the hell is this Ghost of Board who had scared everyone".

When she reached home she was in very bad condition and also was feeling ill so she went to sleep.

She saw a man or monster would be the right word for him, who was black in colour with long teeth and long ears standing in front of her and frightening her that :

" I'll eat you, you'll be my supper or I'll make your life a living hell".

Shifa asked him in fright:

"who are you?"

He says:

"I am the Ghost of Board". And brutally raise his hand to catch her and she shriek like a mad and woke up.

Her mother heard her shriek and rushed towards her, embrace her and ask: "What happened dear, it seems like you had seen a nightmare". Shifa gasped and told her the whole nightmare and her confusion. Mother kisses her and says: "Dear, Board examination is not a Ghost but is also an exam like others the difference is only that in Board exam you give the test in exam hall in another school not in yours. Don't panic, try to understand the topic and write it in your own words. You are a hard working student from the beginning; keep in your mind one thing that hard work never goes unrewarded even what kind of exam it is".

After the conversing with her mother she felt relaxed it feels as someone has lifted the tons of weight from her shoulders. Keeping her mother's advice in mind she prepared for exam and give the exams calmly.

Result was uploaded on the website, she remembers God, searched for her seat no. And then her happiness was out of control she rushed towards her mother embrace her and said: "Mother my sweet mother you saved me from the Ghost of Board".

From that day she decided that at least she will never scare her juniors from the Ghost of Board.



**Saarim Bilal**  
Beaconhouse School System  
Karachi

# MIDDLE SCHOOL

Its middle school time  
But I am too frightened  
Where bullies rule  
And they are so mean  
You have to give them lunch  
So they can crunch  
But they are scared of dark nights  
So I will act as a dark knight  
Bullies will cry  
And they will be so shy





## TEACHERS AS ROLE MODELS

A role model is a person who inspires and encourages us to strive for greatness, live to our fullest potential and see the best in ourselves. A role model is someone we admire and someone we aspire to be like. We learn through them, through their commitment to excellence and through their ability to make us realize our own personal growth. We look to them for advice and guidance.

A role model can be anybody a parent, a sibling, a friend --- but some of our most influential and life-changing role models are teachers. Teachers follow students through each pivotal stage of development. At six to eight hours a day, six days a week, you as a teacher are poised to become one of the most influential people in your students' life. After their parents, children will first learn from you, their elementary school teacher. Then, as a middle school teacher, you will guide students through yet another important transition: adolescence. As children become young adults, learning throughout middle school and into high school, you will answer their questions, listen to their problems and teach them about this new phase of their lives. You do not only watch your students grow --- you help them grow. "We think of teacher-heroes that taught us the academics but we don't often think about those

teachers that taught us life's lessons." Much of what students learn from their greatest teachers is not detailed on a syllabus. Teachers who help us grow as people are responsible for imparting some of life's most important lessons. During their initial school years, students encounter, perhaps for the first time, other children of the same age and begin to form some of their first friendships. As a teacher, you will show your students how to become independent and form their own relationships, you will carefully guide them and intervene when necessary. School is as much a place of social learning as academic learning, and this is true, not only in our early years of education, but all the way through college. Though a teacher's influence on the social sphere of school lessons as students mature, those early lessons still have an effect on how they will interact with others in the future.

Teachers are founts of experience. They have already been where their students are going, undergone what they will go through and are in a position to pass along lessons, not only regarding subject matter, but lessons on life.....

"TO WORLD YOU MAY BE JUST A TEACHER. BUT TO YOUR STUDENT YOU ARE A HERO"

## My Favorite Subject



**Nabeeha Aamir**  
Headstart School System  
Karachi



Knowledge is Power...We get knowledge by studying different subjects. To school we study many subjects such as English, Science, Urdu, Islamite, Math and Social Studies. Students have their own favorite subjects and they tend to pay special attention in the class. For me my favorite subject is "Science". Science is a subject that is constantly growing. New things can be learned every day. My brain is always growing with knowledge.

I like science because it teaches me about the human body, animal life and about plants. I learn

with great interest the different parts of my body and their functions. The study of animals also fascinates me. I come to know about various breeds of mammals, birds and reptiles. Science also teaches us about plants. It explains that how they reproduce and prepare their own food.

Science is a subject in which we perform different experiments and write observations. I think science is the most important subjects. It's always expanding, and new things are discovered every day. It's a most interesting subject because, we get more exciting things with them.





## انٹرنیٹ

علم کا اک جہاں ہے انٹرنیٹ  
ہر کسی کی زباں ہے انٹرنیٹ  
اس سے ملتی ہیں کتنی معلومات  
سچ نکلتی ہے اس کی ہر ایک بات  
ایک ڈبہ ہے یا سمندر ہے  
اس کا جادو تو آج گھر گھر ہے  
ای ، ابو بھی سامنے آسکتے ہیں  
پہٹھے رہتے ہیں کتنے ہی گھنٹے  
مفت میں سیر پوری دنیا کی  
چین ، برطانیہ ، کینیڈا کی

دیکھ سکتے ہیں نام چیری بھی  
سینڈریلا بھی اور ڈزنی بھی





**Arham Umrani**  
Public School  
Hyderabad

## EXAMS DO NOT BRING ABOUT REAL SUCCESS

It is part of belief that God has created this world as test ground and we all will be asked about everything we had done in this world and will be awarded accordingly. In the same way exams are held mostly at the end of academic session as the evaluation of students, through which a teacher comes to know about students, that to what extent they have learned. Exams are the main source of knowledge about student's progress. They show the learning rate and a teacher keeps in mind that rate as standard plans to teach further. Exams have to be defector judgment which brings about the real success by setting the parameter of real observation and creativity.

The main reason for failure of examination is fear among students, they take exams as a monster which keeps on horrifying their minds, and when they start solving their question paper it puzzles

their minds.

They do not feel comfortable during exams because they are told about the exams in negative way. No parents and teachers encourage students to be relaxed instead they are frightened. Such student's result comes in the shape of bad performance.

Moreover, students, in order to get passing marks start cramming the text, without attempting to fully comprehend it. But it is not always student's fault. He\she is supposed to cover many chapters of considerable length in limited time. He\she is able to understand only part of it, if the teacher who is to teach him\her the particular subject is not proficient, he\she is rather kept from learning anything. The person who is made to check the copies does not always see the quality of answers rather; he awards the marks on quantity. That's

why instead of learning and understanding students are contented in cramming the text. Another cause of unsuccessful exam is limit of time and environment. The time given for solving the paper is too limited. A student is not always ready to write spontaneously or horribly. Mostly 3 hours are allowed for the paper. This time is not sufficient for most of the students who take more time to elaborate things or draw diagrams. Due to shortage of time students are unable to write or clarify whatever is present in their minds. In addition the environment of examination hall is often so odd that a student feels himself\herself disturbed. Ambiguity of textual courses is also one of the major causes for not to be successful in exams. The vocabulary and terminology used for particular subject is not always taken in by students, which proves to be a great barrier in the way of their success.

**Solution:** Though all the above mentioned reasons combine to play pivotal role in suggesting

the future of any student but to get real success and to achieve good grades, a student has to work hard with the real year after learning following suggestions, if practiced, may assure the success in examinations.

- 1.Exams should be taken as normal activity to assess "How much" and "How well" teacher has become successful to transfer the textual material from his\her brain to child's brain.
- 2.Real understanding of material to be taught should be assured and student shouldn't be promoted to next stage unless he\she is able to quality for it.
- 3.Text material should be simple, short and interesting.
- 4.The question paper should posses such questions which are easy, clear and evaluating.
- 5.In examination hall instead of jumble-tumble or topsy-turvy, peaceful atmosphere should be provided to students as they are able to read and write with undiverted attention.





It's hard to believe that only a decade ago, social media was known to a small group of people. Through this computer-mediated tool, people were able to exchange information, ideas, pictures and videos in virtual communities and networks. Following the emergence of websites such as Friendster, Myspace, Facebook, You-tube and Twitter since 2005, it now appears to have rocked the world. LinkedIn was essentially a digital resume and Google didn't even come on scene until 2011, followed by other platforms like Pinterest. Social media has now officially gelled itself in our culture and it's hard to conceive a world without smartphones and social networking. People are typically spending more than three hours on social media platforms, and browsing everything imaginable.

Social network offers the opportunity to reconnect with old friends, make new friends and trade ideas. Users can stay abreast of the latest global and local developments and participate in campaigns and activities of their choice. Our view of the world, our political and social attitudes are

shaped through our impression gained through social media. It uplifts our knowledge regarding different cultures and societies by connecting with people in other countries.

However, there are a few downsides to the use of social media. Its heavy use has led one to lose his/her self-discipline. It makes us spend more money, reduces our ability to think independently and hurts our self-esteem. It may be a cause of social isolation amongst introverts and socially reclusive users. Cyber bullying and online harassment can create tension and distress among the users. Social media addiction among employees can result in the annual loss of billions of dollars in productivity as observed by one British company. Revealing personal information can make users vulnerable to identity thefts and stalking.

Hence, social media should be used wisely to enhance our social and professional lives. However, caution should be exercised to ensure that we do not fall victim to online dangers.

# BEACONHOUSE School System



The Beaconhouse group has over 195,000 full time students in nine countries and is possibly the largest school network of its kind in the world. The Beaconhouse of today is thus much more than just a stand-alone school. Through distinct and independent divisions in the UK, Malaysia, Indonesia, Thailand, Philippines, Oman, UAE, Pakistan and Bangladesh, it caters to the education and training needs of a large and diverse group of individuals of varying ages, socio-economic backgrounds, and nationalities, with its activities also extending beyond education in some countries.

## **HISTORY**

Established in November 1975 as the Les Anges Montessori Academy with 19 toddlers, Beaconhouse has since grown into an international network of private schools, imparting distinctive and meaningful learning to students all the way from birth - through its partnership in Pakistan with Gymboree Play & Music - to post-graduation, through the Beaconhouse National University in Lahore.

Of these students, over 79,000 study at the group's flagship network, the Beaconhouse School System, while the remaining are largely enrolled at The Educators, a parallel school network operated by the group with over 107,000 students. Other students are in Beaconhouse schools overseas. Beaconhouse has always laid tremendous emphasis on the development of human capital. From its initial association in the 1980s with The Moray House Institute of Education in Scotland to its more recent teaching training links with the University of Bradford and MARJON, Beaconhouse has institutionalized in-service teacher training like no other school. So, with rigorous standards that demand up-to-date teaching skills and a range of challenging programmes, Beaconhouse School System brings success within the reach of every student.

## **ADMISSIONS**

Students at Beaconhouse get enrolled in the month of August. Prior to that, they use to give written test and have to clear interviews which are held in February and March each year.

# BOOKS

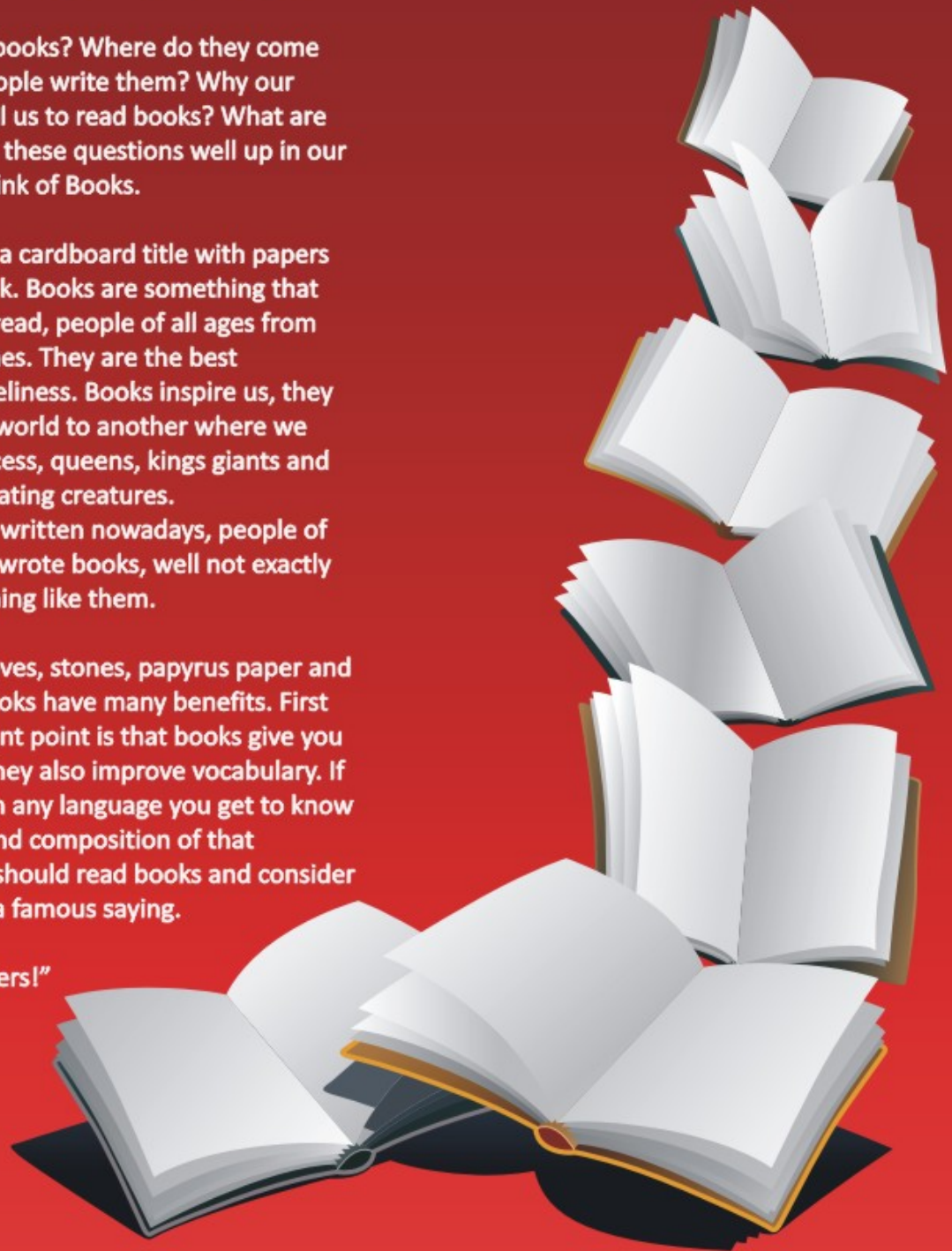
Books! What are books? Where do they come from? Why do people write them? Why our parents always tell us to read books? What are their benefits? All these questions well up in our mind when we think of Books.

A book is not just a cardboard title with papers printed in black ink. Books are something that everyone should read, people of all ages from child to elderly ones. They are the best companion in loneliness. Books inspire us, they take us from one world to another where we meet fairies, Princess, queens, kings giants and many more fascinating creatures.

Books aren't only written nowadays, people of eariler times also wrote books, well not exactly books but something like them.

They wrote on leaves, stones, papyrus paper and even on bones books have many benefits. First and most important point is that books give you the knowledge. They also improve vocabulary. If you read a book in any language you get to know about grammar and composition of that language. So, we should read books and consider them, as there is a famous saying.

"Readers are leaders!"



# 9

## REASONS TO AVOID SOFT DRINK CONSUMPTION



**Anabiah Arif**  
Beaconhouse School System  
(GPC) Karachi

1. A single can of soda contains the equivalent of 10 teaspoons of sugar. This amount of sugar, especially in liquid form, skyrockets the blood sugar and causes an insulin reaction in the body. Over time, this can lead to diabetes or insulin resistance, not to mention weight gain and other health problems. Soft drink companies are the largest user of sugar in the country.
2. Soda contains phosphoric acid, which interferes with the body's ability to absorb calcium and can lead to osteoporosis, cavities and bone softening. Phosphoric Acid also interacts with stomach acid, slowing digestion and blocking nutrient absorption.
3. In diet sodas, aspartame is used as a substitute for sugar, and can actually be more harmful. It has been linked to almost a hundred different health problems including seizures, multiple sclerosis, brain tumors, diabetes, and emotional disorders. It converts to methanol at warm temperatures and methanol breaks down to formaldehyde and formic acid. Diet sodas also increase the risk of metabolic syndrome, which causes belly fat, high blood sugar and raised cholesterol.
4. Most sodas contain caffeine, which has been linked to certain cancers, breast lumps, irregular heartbeat, high blood pressure, and other problems.
5. The water used in soda is just simple tap water and can contain chemicals like chlorine, fluoride and traces of heavy metals.
6. Harvard researchers have recently positively linked soft drinks to obesity. The study found that 12 year olds who drank soda were more likely to be obese than those who didn't, and for each serving of soda consumed daily, the risk of obesity increased 1.6 times.
7. Sodas contain High Fructose Corn Syrup, which obviously comes from corn. Most of this corn has been genetically modified, and there are no long term studies showing the safety of genetically modified crops, Also, the process of making High Fructose Corn Syrup involves traces of mercury, which causes a variety of long term health problems.
8. There is absolutely no nutritional value in soda whatsoever. Not only are there many harmful effects of soda, but there are not even any positive benefits to outweigh them. Soda is an unnatural substance that harms the body.
9. Because of the high sugar, sodium and caffeine content in soda, it dehydrates the body and over a long period of time can cause chronic dehydration.



**Maha Jawwad**  
National Grammar School  
Lahore



# Humbleness!

Humbleness means not to be proud and arrogant, marked by meekness or modest in behavior, attitude or spirit. Humbleness is the absence of pride. Don't base yourself on how you stack up to others. Instead, focus yourself on how you can improve. Humbleness is one the greatest blessings Allah can bestow on a human being. It allows one to achieve genuine submission. One says that the slaves of lord are those who walk on the earth in humbleness and calmness, and when the foolish address them with bad words, they reply back with mild words of gentleness. Humbleness seeks truth, love, patience and politeness. Humbleness has also been linked with generosity. Compassion is hard if we don't have humbleness. When we need help, a humble friend is more likely to be

there than a prideful one. By remaining humble, we are receptive to opportunities to improve. Humbleness leaves its impression on one's heart. An order can be rejected but not a humble request. Some ways of being humble are:

1. Accepting your limitations
2. Recognizing your own faults
3. Be grateful for what you have
4. Appreciating the talents and qualities of others
5. Stop comparing ourselves to others
6. Apologizing for your mistakes

We should be humble and we should not show any pride to others. As humbleness is a key to success. We should try to be a model of kindness and humbleness for everyone in the society.





**Iqra Memon**  
The City School, PAF Chapter  
Karachi

Obesity is a state of being overweight or grossly fat. This state is rarely found in Under-Developed or Developing Countries, but it is mostly found in Developing Countries such as, Austria, Australia, Canada, South Africa, Japan, Italy, France, U.S (United States), etc.

Obesity is considered to be a disease that is explained as an accumulation of fats in a body to the extent of damaging it or creating various problems such as, heart disease, type 2 diabetes, obstructive sleep apnea, certain types of cancer, and osteoarthritis. Obesity is a cause of many reasons, such as:

1. **Genetic Susceptibility:** If the parents of an offspring have suffered from obesity, then there is a 50% chance that the offspring will also suffer from obesity.
2. **Lack in Physical Activity (or in other words laziness):** Another reason for being obese is when a person neglects any kind of physical activity continuously for day in and night. This is because when they work, is when they use up most of the energy (energy from the food consumed), but if that energy is not used for physical labor, it then

adds to the fatty acids in the body, that causes the person to become obese.

3. **Excess Food Energy Intake:** It is necessary for the human body to take in the necessary amount of food energy, but more than that will add to the fatty acids (as mentioned before), and the person will become obese.

4. **Endocrine Disorders:** Endocrine is the glands in a human body that produces hormones that regulate metabolism rate in a human body. Recently, there have been some cases that when a human body only consumes a low amount of food energy but gains too much weight. That is because the metabolism rate in their bodies was too low, as the endocrine glands produced fewer hormones for the regulation of metabolism in the human body. And so, due to the low metabolism rate, the consumed food energy will keep piling up and then add to the fatty acids, resulting in the person becoming obese.

5. **Medications:** Sometimes, the after-effects of medications result in the person becoming obese. Medicines such as, antidepressants, corticosteroids and seizure medicines cause the

human body to become obese.

6. Consumption of High-fat Processed Food (or high cholesterol): As mentioned before, obesity is mostly found in developing countries. The population in these countries are so engaged in their work that they neglect their health, by eating chemically processed food. These processed foods are not healthy and contain within them large amounts of hidden sodium, fats and sugar. Sugar is a devastating ingredient that has no nutrients but has a large amount of energy and it affects metabolism in such a way that it goes way beyond its calorie content. High-fat food like this causes heart diseases, abdominal cavity, fat accumulation in the liver and insulin resistance. Treatments for Obesity/Ways to avoid being Obese: Dieting and exercising are so far the main treatments for Obesity. To avoid becoming obese a person needs to change their diet and avoid eating energy-dense food (high-fat and sugar foods) and increase the intake of dietary fibers. Intake of anti-obesity drugs will help a person reduce their appetite or decreasing fat absorption, or with the help of gastric balloon, a non-surgical or non-pharmaceutical tool way, with a supervised diet an obese person could achieve a healthy and fit body. Or so if this doesn't work, then a surgery is recommended, to reduce stomach volume and bowel strength that leads to the reduced ability to absorb nutrients from the food.

Obesity has been viewed as the 21st century's leading risks for global deaths. It has been estimated that every each year, around 3.4 million adults die globally, as a result of overweight. Not to mention that 44% of the population suffers from diabetes, 23% from ischemic heart disease and 41% from cancer. And so, the AMA (American Medical Association) recognized Obesity as a disease in the year 2013. The Prevalence of Obesity in US: As mentioned before, U.S is one of the developed countries that have about 317

million people living in its states, from which about 35% of U.S adults are obese, more than 34% overweight and nearly 32% children and adolescents are overweight or obese, that leads it to becoming one of the countries with the highest obesity rates globally. As mentioned before, one of the reasons for the obesity is High-fat processed food that was originally produced in U.S and then, introduced globally. The population living there suffers from obesity and overweight because they live luxurious life-styles, where they eat cereals for breakfast, fast-food for lunch and do dinner at a luxurious hotel. These people do not care about what they eat but only care about how delicious will the food they eat will be. Just like how processed food was produced and introduced globally by U.S, many other major mechanisms and products were also produced and introduced globally by U.S, everything from transport vehicles to coffee makers. These things make their lifestyles so easy, that they almost never involve themselves in any kind of physical activity. This results in the population becoming obese. It's a minor problem, but medication has also taken a huge part in causing obesity among the U.S population. As mentioned before, after-effects of medication have caused obesity among the worldwide population. Although, obesity from medication hasn't lead to any casualties but there are certainties, that it might lead to casualties in the future, so to avoid the future, we need to develop medications that won't lead to obesity or any kind of casualties. The AMA has already recognized the obesity as a disease, but what we need to aim at is to lessen the death rates (caused by obesity) each year and to do that we need to develop better medications that do not result in obesity, have the people engage in a physical activity without any help from mechanisms and try to encourage the population to eat less processed food and more hand-made nutrient filled food. So we will have to ask the U.S authorities to support this idea and try to create a better future.



**Anna Malik**  
Beaconhouse School System  
Rawalpindi

# FAIRY MEADOWS

The glamorous captivation. The mesmerizing features. The features which beyond my imaginations. The cold weather, freshness and breathtaking beauty attract the people towards it. FAIRYMEADOWS has been a source of enchantment since long for backpackers, climbers, photographers, artist and nature lover. The Meadows are lush green alpine pastures situated in the middle of pine forest at an altitude of 3,306 m. The Meadows have been a thrilling destination. Fairy Meadows is not more than a dream. Dreamy land is located in Diamer district, Gilgit. In 1995, the Government of Pakistan declared Fairy Meadows as a National Park. Fairy Meadows has the most striking scenic beauty. The snow capped mountains, greenery, quite atmosphere; it's just like Heaven of Earth. Paradise of Earth.....It's awesome Place for Camping.

Many tourists come from all over the world to see the excellent beauty of Fairy Meadows. Local people had established a small village at Fairy Meadows. Tourists can have fun of Horse riding, polo etc there. The place is only accessible in summers, due to heavy rainfall it is closed in winters. Best time to visit is July or August. The Fairy Meadows, Cottages are at distance of

perhaps 8 minutes hike from main village and other tourist resort with its breathtaking natural view of great Nanga Parbat.

I long waited to share my relishing moments spent with Fairy Meadows. We went there on Jeep. Terrific! The horrible track ever I think its one of the most dangerous track of Pakistan. A clear weather, cool wind. View of Nanga Parbat from Beal valley was absolutely, tremendous view I have ever seen in my life. There were hotels and resorts but we stayed in camps..... Cold weather, Night, Firewood, Pictures, Coffee, Fun etc. We stayed there almost 3 days there. Fairy Meadows was now completely covered with clouds almost a rainy weather. Jeeps Again, huh the horrible situation was when it was rainy weather, pathetic track horrible roads. Raikot to Tattoo. I think worst way back ever. Well I can't forget the beautiful small lake at Fairy Meadows..... across big log of trees to reach. A verse by me:

Cold windy waves  
with lush green lands  
Natural grace  
Dreamy Place  
Fairy Meadows what a beautiful place!



**Manal Warsi**  
The City School E-11 Campus  
Islamabad

## Out of the Darkness We Walk

### Depression

1. Feelings of severe despondency and dejection. It's hard to love yourself when you're living in a world that constantly, in every step, reminds you that you're not good enough. You find it hard to talk about it. The fear of being judged when people ask about you because that's what they all say...Everyone says they want to know you but they don't.

They want to know the nice things, the pretty things.

No one wants to know the ugly parts, the parts that keep you up at night.

They say they're okay with it but then they slowly drift away... and you never see them again. Someone once asked me "What's depression like?"

I replied "It's a constant battle between drowning yourself deep into the water with one hand, and desperately waving the other, trying to find the surface."

There are different stages of this venomous illness. Some are always nervous and it eats them alive, they hate it but they don't know how to stop the anxiety, it runs through their veins. Some stay in

their room where their thoughts wander. They're not crying but they just feel sad and numb, replaying moments from their life and wondering where did it all go wrong though on the other hand, some soak their pillows with their tears, slowly falling apart with every tear drop. Some try not to act how they feel, even if their mind is crashing and burning.

People need to know that depression is a mental illness, not a symptom of a bad life. Just because someone has a good life, doesn't mean they can't be struggling with depression. Sometimes it's hard for people without depression to understand that some days, just dropping a cup of water will bring you to tears because you see it as 'oh my god, I can't even get water without screwing up'. Our society needs to understand that hating depressed or suicidal people for being down is just going to make them feel worse and they feel more ashamed if they think they're just being ungrateful for what they have already.

I don't think our families realize how hard it is to rediscover the person you were before this mental illness took over or even try to remember your own personality.

And if you've had depression since early childhood

you don't even know if you have your own personality.

You didn't have time to be a person before depression and its scary having no idea who you are...

With all the things going on, you need to remind yourself that you were the one you carried you through the heartache. You are the one who sits with the cold body on the shower floor, and picks it up. You are the one who feeds it, who clothes it, who tucks it into bed and you should be proud of that. Having enough strength to take care of yourself when everyone around you is trying to bleed you

dry, is the strongest thing in the universe. So shout out to all the kids overcoming with their panic attacks in the washroom. Shout out to all the kids who struggle to eat in public. Shout out to all the kids who can't get out of bed in the morning to go to school with the fear of being judged but still make the effort. Shout out to every single person who is struggling with a mental disorder and doing their best to live a normal life. You're almost there. You're getting through this. Few more steps, just a few more long breaths and you'll be at the finish line with the worst behind your back and out of the darkness you'll walk.





**Ifrah Nadeem**  
Beaconhouse School System  
Lahore

# HAPPY? HAPPY

Happiness is a fuzzy concept and can mean different things to different people. But are we actually happy? It's all too easy to get caught up in a riptide of doing daily chores. Often we are busy, and we are fixated on the way things can be, should be, or will be on the other side of overexertion. It's all too easy to get caught up in a race towards some fantasy that will inevitably fall short of our expectations.

Meanwhile, we forget that while we are trying to build a better future, we are wasting our present. We tend to think that life comes at us, not from us and that our thoughts are a result of our reality rather than the other way around. We are

constantly looking outside of ourselves for happiness, when all we need to do is send the search party within ourselves.

We fool ourselves into believing that we don't have enough time. But we have got it wrong. Time is not the problem. It's the habits we have developed that are the problem. People wait all week for Friday, all year for summer, and all their lives for happiness.

Searching for happiness is like searching for a horse while you are riding it. So stop waiting for happiness and be content with what you have. Life is too short, so keep smiling and be happy.

# EARTH OUR HOME

Once lived a girl named Eliza. Eliza didn't care about the earth. She threw rubbish on the roads dirtied the water, broke all the flowers from the trees and, much more. Her parents were very upset of her attitude. They tried to make her understand but she never understood. Once she fell while walking on a road because, of a can was in the middle of the road! She said quietly, " Stupid Earth". But that's not true. She was the one doing all of this.

After a week Eliza watched a show named Lets Understand. In the show there was this boy named Mike. He was also like Eliza. He was walking on the road. And a car came behind him, the car bumped a bag full of plastic bottles and the car hit Mike. Quickly an ambulance came and took him to the hospital. Mike broke his arm and hand. He injured

his feet. Mike couldn't walk or get out of bed for days. After watching He the show tears came out from Eliza's eyes. She understood it all. She promised with her parents to love earth and keep earth clean. She grew more plants and cleaned the roads. Especially near the sea. Now she loved earth. We should love earth a lot. Keep it clean and beautiful. If we don't clean earth we would all die. If there are no plants or trees we won't have any oxygen and if the water we would be eventually drinking that dirty water! No one would want to drink that. So everyone keeps earth.

Also remember the 3 rs:

**Reuse**  
**Reduce**  
**Recycle**



### A Glimpse of Activities

*From H.M's Desk:*

*At cantt Pre Junior Rawalpindi. We provide an ample opportunity to young ones to grow in virtue and knowledge of their faith. We feel immensely pleased to inform that we have been able to achieve our goals set in most satisfying manner. Our emphasis has always been creating safe comfortable and riched learning atmosphere that not only promotes growth but also values that makes enables students a symbol of our students a symbol of The City School citizen. Extra curricular activities and teachers training are the one of our success. Our students participation in multiple contests is an evidence of our efforts for inculcating confidence and ensuring that our students are our precious asset. Each year is always full of reading, writing and learning the world around us.*



Ms. Romaisa Waqas



Mefil-e-Pur Noor



Mini Sports Gala



Arts Carnival



Birthday Celebrations



Zauq-e-Iqbal



Professional Parade



We are the World



Oath Taking



Cultural Fiesta



Participants of HR Arts Competition



Quaid-e-Azams Day



Morning Assemblies



Mental Maths



# MONEY; GOOD OR BAD

"Money has never made man happy, nor will it; there is nothing in its nature to produce happiness. The more of it one has the more one wants." This is perhaps the reality. Most of us feel that money is the medicine of all the problems but in my view it creates more problems and increase tension among the people. Therefore, I believe that it's better to have less money than to have it in excess amount.

Many people think that without having large amount of money they could not afford the health and education of their children. But have we ever noticed how much healthy and educated the wealthy people are? In reality a person who does all his work with his hands is least subjected to illness than a person who is dependent on his servants twenty-four/seven in a week. It is a scientific truth that physical exercise keeps you fit and healthy. Apparently it looks like that the children of a wealthy family are going to high level schools and universities but they care less for their career except a few. This is because they knew that they would be running their father's business. On the other hand a child from a very poor family will have a strong desire to get education no matter if he is sitting on a floor without any fan in the classroom.

In my view the rich people are more insecure than the poor ones as we all that a robber will never enter in a hut but he will always be attracted towards a luxurious Bungalow. Money develops

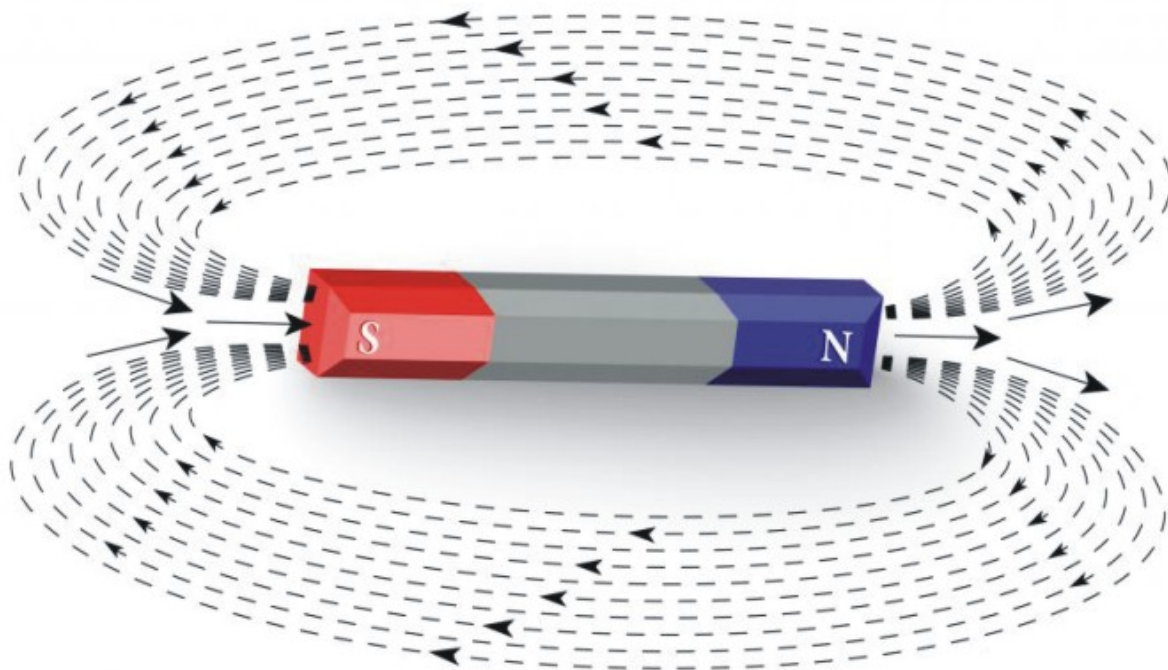
fear in people's mind. A fear that if there would be lost one day. On the other hand a poor family is free from all fears as they only have the money necessary to fulfill their basic requirements and sometimes not even this. Therefore, the poor people are prepared to face the challenges of life but rich people always run after comforts. Money can buy you a luxurious house, glamorous clothes and other valuables but it can never buy you character. According to me we can live with less money but our priority should be building our character. People are rarely admired by the appearance of a person but they are mostly attracted towards his politeness. No matter how much gold a person is wearing if he does not occur golden words from his mouth then it is worthless. This is quite obvious from our life examples that poor people are more polite in nature. Despite this, having so much money is not a bad thing if they are earned through legal means and are utilized in the most suitable manner. If you have a treasure of wealth then the responsibility lies upon you to feed the poor citizens of your society. In this way you can build your image in the society.

In my opinion money is not the source of happiness. Living with the challenges of life brings excitement in our lives. However, the legally earned money that is utilized in the most righteous manner is acceptable.

# A Story of **MAGICAL STONES**

Long, long ago, in a place called Magnesia in Ancient Greece, there lived a shepherd named Magnus. One fine day, he was looking after his sheep in the hills. All of a sudden, he felt a mysterious force pulling his iron staff with his hand. Even the iron nails on his sandals were being pulled out! To this great surprise, he discovered

that it was a huge black rock next to him that was pulling his staff and the nails. Soon, news spread across the country about the strange rock that had the power to pull things to it. The Greeks later found other similar black rocks which had this power. These rocks were named magnets after either Magnesia or Magnus himself.



# Amazing Facts

- Honey is the only food that doesn't spoil.
- Camel can drink 130 liters of water in 10 minutes.
- Every time you sneeze some of your brain cells die.
- Laughing lowers the levels of stress hormones and strengthens the immune system.
- Ants never sleep.
- An Ostrich's eye is bigger than its brain.
- All polar bears are left handed.
- Molecular speaking, water is actually much drier than sand.
- Moths are unable to fly during an earthquake.
- In 2001, the five most valuable brand names in order were Coca Cola, Microsoft, IBM, GE and Nokia.

# Interesting Facts About The Countries of The World



The country with the most neighbors is Russia with 16 neighbors followed by China with 14 neighboring countries.

Somalia is the most corrupt country in the world.

The least corrupt country is Denmark

China is the country with the most primary school teachers with 5.9 million.

Mali is the country with the highest proportion of child workers 70.9%.

China is the country with the most mobile phones, 649.7 million.





**Nubera Ahmed**  
Beaconhouse School System  
Lahore

## My Biggest Wish

If only there was one wish to strive for, then we won't drown in the sea of dreams and wishes. Life is a struggle of minute to another minute and dreams are to be dreamt. Everyone wants to be the reality of their wishes, but some dreams are not to be just dreamt but to live through the heart and soul. My wish to or just a through crossing my mind was to be seen. The dream which was born with me and a true desire to make my first flight in fighter plane in the sky. This ambition seems preposterous and insane for people but for me life was depending on it. My world was darkening and my dream sometimes felt distant and surging out of reach. My dream was maybe impossible because I was a woman. They don't fly F-16 people used to say. I was told to strangle and kill my wishes. This was earth shattering. I wanted to jostle hard, compete and challenge the evils in the society so I strengthened my courage and my aim was to blow away everyone one day. My parents played an important role to support me. They always had my back. From the first day of school to when I finally stood outside the gate of the academy which produced some of the world's greatest pilots. My life was a jib or jab, fight and die fighting for it. Everyone around me stared at me

with those penetrating eyes. They used to say that a woman doing such acts always gets tarnished. It's a man thing. A woman stepping outside her house is not loyal and trustworthy. But I didn't believe a word of that crap. World is made to explore, everyone has a right and liberty to do so. I wasn't to stop; it was like a rush of adrenaline. Then that one day came when my captain called me and said that "You are better than all those boys out there, because you are focused, you have it in your blood and this is your life." I was overwhelmed; he told me that tomorrow it would be my turn to fly the F-16. I waited for it and it seemed unendurable now. My anxiety and the excitement were envied by everyone. Then came the moment, the moment I've been waiting my whole life, when in a flash my life appeared. Tick my first day at school, tick my first pilot helmet and tick me sitting in the fighter plane. That was the day when I proved the world that I was not insane. I was right; my dream was worth my entire struggle. My body heated up in excitement, my mind focused and I became the first woman to fly a fighter F-16 in Pakistan. So this was my story to tell. So heed on all the righteous dreams, you desire.



**Gulrukh Farooq**  
Jaffer Public School  
Karachi

# Water A Blessing

Water a thing very precious to us. Water is the driving force of all nature as without it, who would have survived? Water is a resource we use for umpteen purposes. It is needed by all of us to maintain body composition and to satisfy our thirst. According to Maya Angelou, The species are still so innocent that a person who is apt to be murdered, believes that the murderer just before he puts the final wrench on his throat, will have enough compassion to give him one sweet cup of water. That is how important blessing water is to us. We use it for almost everything in our lives from bathing to cooking and we should be thankful to Allah for it is a blessing from him to us.

Furthermore, water is very important for us to

survive in this world. We need it for bathing, washing clothes, drinking irrigation and plants need it to make their food. It is used to generate electricity through hydroelectric power plants. We drink at least eight glasses of it to stay healthy and to have supple and moist skin. It is a rich source of minerals. We obtain it from sea, oceans, rivers, lakes etc, which are all huge water bodies. Animals and humans like need water to stay alive Plants need it if they want to make their food. We should also note that all ancient civilizations settled near a water body i.e. The Nile which the Egyptians settled. This was so that travel could be made easier, plants could be easily watered and there was a good supply of water for daily chores. Delving deeper into the life of desert people, can



you even imagine how hard it would be to wake up every morning and ride to a toba (a water hole) to filter it so it becomes pure and to leave after bathing with only one pot of water? Well, that's how desert people survive in that extremely hot place. And every once in a while they have to start traveling again for their water has dwindled completely. Every day, they wake up, bath if necessary and then go about their work. When their water hole, the toba, is empty, they have to start traveling again for what is the use of living near an empty tobas? Those are the hardships they suffer. If you were to go and live with them, how'd you feel? To me, that seems like a very hard life and I admire them a lot for their bravery.

Furthermore, if we were to compare our life with theirs, ours would seem a hundred times easier, wouldn't it! We don't have to walk to a water hole every morning nor filter the water so you can use it or bathe with one pot either. We don't need to continuously be on the move when our water completely vanishes because we have a steady supply of water whenever we want to use it. We have enjoyed all year round but their enjoyment comes only when monsoon seasons come around for that is when mushrooms and flowers, weddings and water arrive too. We are lucky to have such a luxurious and easy life. We should thank Allah for this Water is a blessing therefore city people should realize this and the importance of water and thank God for making us lucky enough to be born in a household where water is available at every time. They should use water rationally and very carefully. If we do, we will be doing a great favor to ourselves, to nature and Mother Earth and most of all the mankind. So from today onwards, we should try and do our best to save the greatest blessing the Almighty ever bestowed on us.





**Momina Haider**  
Beaconhouse School System  
Rawalpindi



## ***THE SUPER GREEN ANGEL***

I am Syeda Momina Haider from B.S.R/G. I study in class 6-R. There was a Green Living Association Quiz. First I wasn't interested but when I saw my friends participating in it, I also purchased the information sheet. Firstly we had to learn the given information of six pages about the plants. But thank God later they cancelled it and asked us to fill the questionnaire at home. I filled the questioner with the help of my mom. My siblings always made fun of me and thought that I would never win. Many weeks later our mam distributed the certificates for participation in "Green Living Association Quiz". Senior Mistress announced that

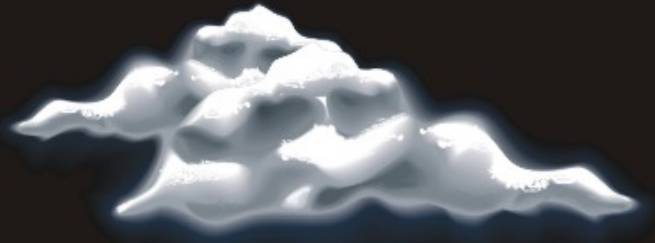
there was only one winner in the entire Girls branch and winner was from 6.....R. I started praying that if God can make me the winner. At last mam announced its SYEDA MOMINA HAIDER. I was shocked for some time and couldn't believe my ears. Then I ran to collect my gift and shield. My mam congratulated me and hugged for making Girls Branch proud. After amazing assembly my friends congratulated me. When I came home I surprised my family by this news so we had a great dinner at Mc Donald's. I am grateful to my mother and teacher as she helped me a lot to achieve this distinction.



# The WEATHER

Saif Kabeer  
Army Public School  
Hyderabad

I am the wind!  
I puff and i blow,  
So leaves fly up high,  
and leaves fly down low  
Across streets and meadows,  
You can see the leaves fly  
I am the wind!



I am the hot sun,  
I shine on the sky  
But my rays reach the ground,  
and make plant and soil dry  
leaves start to shrivel  
and they turn brown  
i am the sun!



I am the rain,  
That weeps from the sky  
Folks run helter - shelter  
Each time i come by  
They put on their coats  
And they all run for shelter  
I am the rain !



I am the thunder!  
I drum in high places  
I really scary people  
I can't tell by their faces!  
They cover their ears  
And pretend to can't hear!  
I am the thunder!

## *A Guide To* **MAKE GOOD FRIENDS**

We all have friends : researches prove that having friends boosts up our happiness but we should be sure to choose the right one. There are two types of Friends the ones who are always there for us whenever we need them and make us feel good and others are totally opposite. Before making friends we should make sure we are choosing the right ones so that they don't turn out to be the opposite of our expectations.

While choosing a friend we should know if he or she is actually interested in us or they are just passing time. People who are really interested turn out to be more loyal; we might not be able to figure out at that very moment but the ones who are passing time show their original. Them in less than a week. We should also know what qualities we want in our friends. Your friends should be like you! You can do some soul searching for this. My experience says BE HONEST. We all know the saying Honesty is the best policy. Sometimes it doesn't work the way we expect it to that's the case you in which you need to be honest. Tell what you feel. It does work believe me! Last but not the least don't make two best Friends you will never get equal partnership because one is enough to be compromised for.

Whenever you are stuck remember the six magic words of Friendship they are "What can i do for you" They touch peoples heart that's why they are called magic words.





~~FAILURE~~  
SUCCESS

# Fall

The leaves are down,  
The grass is brown  
The tears of fall,  
The pears of Halt

The town is sad,  
It is very bad  
The crop's not growing,  
The people not mowing

The laziness of life,  
But you have to fight  
You see, there is a light  
But have to make it bright

Work as much as you can,  
or you will be banned  
From the town you love,  
From the people above

Take what you deserve,  
But don't be nervous  
The tears of fall,  
The pears of halt

## حدیث نبوی صلی اللہ علیہ وآلہ وسلم

حضرت انس بن مالک فرماتے ہیں کہ رسول اللہ صلی اللہ علیہ وسلم نے ارشاد فرمایا:

جو شخص دن میں تین (۳) مرتبہ جنت کا سوال کرتا ہے،  
جنت اللہ تعالیٰ سے دعا کرتی ہے کہ اے اللہ اس کو مجھ میں داخل فرما۔  
اور جو شخص دن میں تین (۳) مرتبہ دوزخ سے پناہ مانگتا ہے،  
تو دوزخ اللہ تعالیٰ سے دعا کرتی ہے کہ اے اللہ!  
اس کو مجھ سے پناہ عطا فرما۔

ترمذی شریف (کتاب ۲۔ صفحہ نمبر ۸۴)

## بڑے لوگوں کی بڑی باتیں



- ☆ میں اس گھر کو بہت تعریف کے قابل سمجھتا ہوں جس گھر میں صبح سویرے تلاوتِ قرآن کی آواز آئے۔ (علامہ محمد اقبال)
- ☆ اگر کچھ بنا چاہتے ہو تو ایک لمحہ بھی ضائع نہ کرو۔ (قائد اعظم)
- ☆ جس نے علم حاصل کیا اور عمل نہ کیا وہ اس شخص کی مانند ہے جس نے ہل چلایا اور بیچ نہ بویا۔ (ارسطو)
- ☆ لکڑیاں علیحدہ علیحدہ جلاؤ تو دھواں دیتی ہیں۔ اکٹھی جلاؤ تو روشنی فراہم کرتی ہیں۔ (نیولین بونا پارٹ)
- ☆ جو انسان چھوٹی مصیبت کو بڑا سمجھے اللہ تعالیٰ اسے بڑی مصیبتوں میں مبتلا کر دیتا ہے۔ (امام غزالی)

Zara Malik

Beaconhouse School System  
Satellite Town Campus, Rawalpindi

# *HAPPINESS*

Emancipate your sadness:  
And be exhilarated  
Because sadness is madness:  
Live your life elated

Life is very short & wonderful,  
There's only one try, no other tries  
Enjoy it to the full  
Because time flies

And forgiveness is the best way  
To make your life elated  
Every night, every day,  
For an ecstatic life we have waited!

So, if your life is the best  
Say thank you to your God  
And the heart which beats in your chest  
Should be always with your Lord!!!



# Riddles



**Faaz Shahab**  
Beaconhouse School System  
Karachi

## COWBOY

A cowboy rides into town on Friday,  
stays for three days and  
leaves on Friday.  
How did he do it?



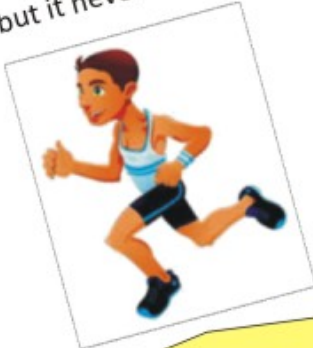
## Disappeared

Say my name and I  
disappear.  
What am I?



## Running

What is always running  
but it never walks?



## Sharing

When you have me, you feel  
like sharing me. But, if you share me,  
you don't have me. What am I?



1. Answer no 1: Horse is named Friday.  
2. Answer no 2: Silence.  
3. Answer no 3: A River.  
4. Answer no 4: A Secret.

I USED TO BE A SOLDIER:-

I SACRIFICED ME FOR THE NATION,  
THEY GAVE ME NOTHING EXCEPT  
IRRITATION,

NOBODY ASKED ME WHEN I WAS A SOLDIER,  
NOW EVERYBODY LOVE TO GIVE THEIR  
SHOULDER,

I HAD BEEN MADE SO INTELLIGENT,  
PEOPLE THEFT AND LEFT JUST SKELETON,

IN THE WAR ENEMY USED TO BE PATEINT,  
BUT WHO'LL TELL TO THIS NATION,

WHEN THERE WAS HURDLE LIKE A FLOOD,  
SO I USED TO HELP LIKE BLOOD,

WHEN THERE WAS SOMETHING LIKE STORM,  
SO I USED TO BE HARD AS THE STONE,

I FELT MY COUNTRY AS MY HOME,  
BUT DUE TO PEOPLE SUCH A SOLDIER HAS  
GONE,

DON'T ASK ME HOW MUCH AM I KNOWN,  
CAUSE I KNOW THERE IS WORN A  
GOLDEN CROWN,

YOU HAVE CALLED ME DOG, SO LEAVE IT,  
BUT RESPECT IS THE WAY BELIEVE IT,

SOMEONE HAS SAID RIGHT TO MAKE YOU  
CALM,  
THAT PEOPLE DON'T COME AGAIN LIKE  
AYUB KHAN...



**M. Shahrukh**  
K.M.A Boys Sec. School  
Karachi.

## THIS POETRY IS ABOUT **AYUB KHAN**





# *My Shadow*



**Eman Naveed**  
Beaconhouse School System  
(GPC) Karachi

I have a little shadow  
that goes in and out with me,  
And what can be the use of him is  
more than I can see,  
He is very, very like me from  
the heels up to the head,  
And I see him jump before me,  
when I jump into my bed,  
The funniest thing about him is  
the way he likes to grow,  
Not at all like proper children,  
which is always very slow,  
For he sometimes shoots up  
taller like an India-rubber ball,  
And he sometimes goes so little  
that there's none of him at all.



# Poems





Sometimes we think about them,  
It's the little moments that make your life big

Sometimes if a friend hurts  
you and you get upset

She is there for you;  
she makes you smile at little things

Or by doing little things for you  
Like if she makes a card for you

Just to make you smile and you do enjoy it

Sometimes if a person jokes with you

You laugh; you get happy that you are lucky to get her

When a person is upset and you plan

To take her to watch a movie  
or a visit to the park

People who are upset get Happy

So Life is short, enjoy it before it's late

*Little  
Things*



# Key of Happiness!

Blessed by Our Lord,  
A family,  
Life of mine and World of mine  
Who always rise and shine.  
Life goes on,  
but they are still with me,  
In happiness, In sadness,  
We live together,  
With love and care,  
We live for each other.  
In any melancholic moment,  
I stand behind them,  
My life is for them, my soul  
is for them,  
My World is for them and  
my love is for them,  
I am with them, in this World  
And with them I want to see the  
world from the window,  
A window,  
Which is like a heaven for me,  
Which is like a garden with full  
of beautiful flowers.  
Love you my family,  
Till my death,  
Because you are the one,  
For whom I am living.





## **SIR SYED AHMED KHAN**

He was a great leader and a philosopher  
People gave him the title of Sir  
People adore his personality  
He did his work with full responsibility  
He gave to importance to education  
He opened universities for the nation  
He worked for the human rights  
His idea of separating Hindus and Muslims was bright  
He was a remarkable man  
I would follow him as much as I can

# Mirror Mask

In the darkness of light,  
I saw my reflection,  
A mirror was there in front of me,  
My pure eyes, my innocent face,  
The red nose and the apple cheeks of me;  
The cute bulky figure, was that really me?  
Or was it a mask, I was seeing in front of me?  
No, no, it was I there in the mirror,  
But was it my mask or was it really me?  
My innocence was a mask of me,  
My red little nose was a mark of me;  
"But was the real person inside me?"  
I asked from me.  
Yes! That was really me.  
"But who was inside me?"  
I asked from me.  
Oh! It was the sinner inside me;  
The sinner who showed innocence;  
The sinner who showed me,  
A mask that was not really me,  
The mirror showed the mask,  
And the mask concealed me.  
But the thing to please was,  
I found me!



# Remember!

(Dedicated to the Marauders)



**Bakhtawar Khan**  
Beaconhouse School System  
Lahore



Remember "always", the start of a story,  
Remember also how ended the days of glory.  
Remember the birth of love and friendship,  
Remember that mean and slithery kinship.  
Remember the sour taste of losing them,  
Remember the roots of this beautiful stem.  
Remember the stag, mighty and proud,  
Remember his gallant self, stiff and loud.  
Remember the dog, his courage and loyalty,  
Remember him in the fandom as royalty.  
Remember the werewolf, peaceful and calm,  
Remember in troubles, his chocolaty balm.  
Remember the mouse, that bloody traitor!  
Remember to forever be his hater.  
Remember those who created the map,  
Remember them and their naughty rap.  
Remember their deaths and the pain,  
Remember forever that they are main.  
Remember Harry and Teddy, left all alone,  
Remember to join them in their moan.  
Remember the sacrifices our heroes made,  
Remember to never let their stories fade!

# LEAVING PLACES



**Tania Ahmed**  
Beaconhouse School System  
(Senior) Rawalpindi

I am very sad  
What is happening to me is very bad  
I have to leave my place  
To move forward in life's race  
People say it's for my own good  
But it is very hard leaving my fields and woods  
I wish I could stay  
Australia is very far from here  
I really don't want to go there  
I would be really difficult for me  
Because my family I won't be able to see





**Samiullah**  
School of Excellence  
Sukkur

# CONCEPT OF WORSHIP IN ISLAM

Worship is generally taken to mean performing ritual acts like prayer, fasting. This understanding of worship is only one part of the meaning of worship in Islam. Worship is a comprehensive term. It includes all open and secret acts which are liked by Allah. Worship in Islam includes almost everything in any individual's activities. Worship is the objective for which mankind was created. The Quran says: "I have only created jinns and men that they may serve me: "A commentator of the Holy Quran says the true prayer is answered by God.





**Areez Arif**  
Beaconhouse School System  
Karachi

# CARS

Cars Cars Cars

Zooming around like fighter planes

Looking like zooming brains

Wheels like rubber boots

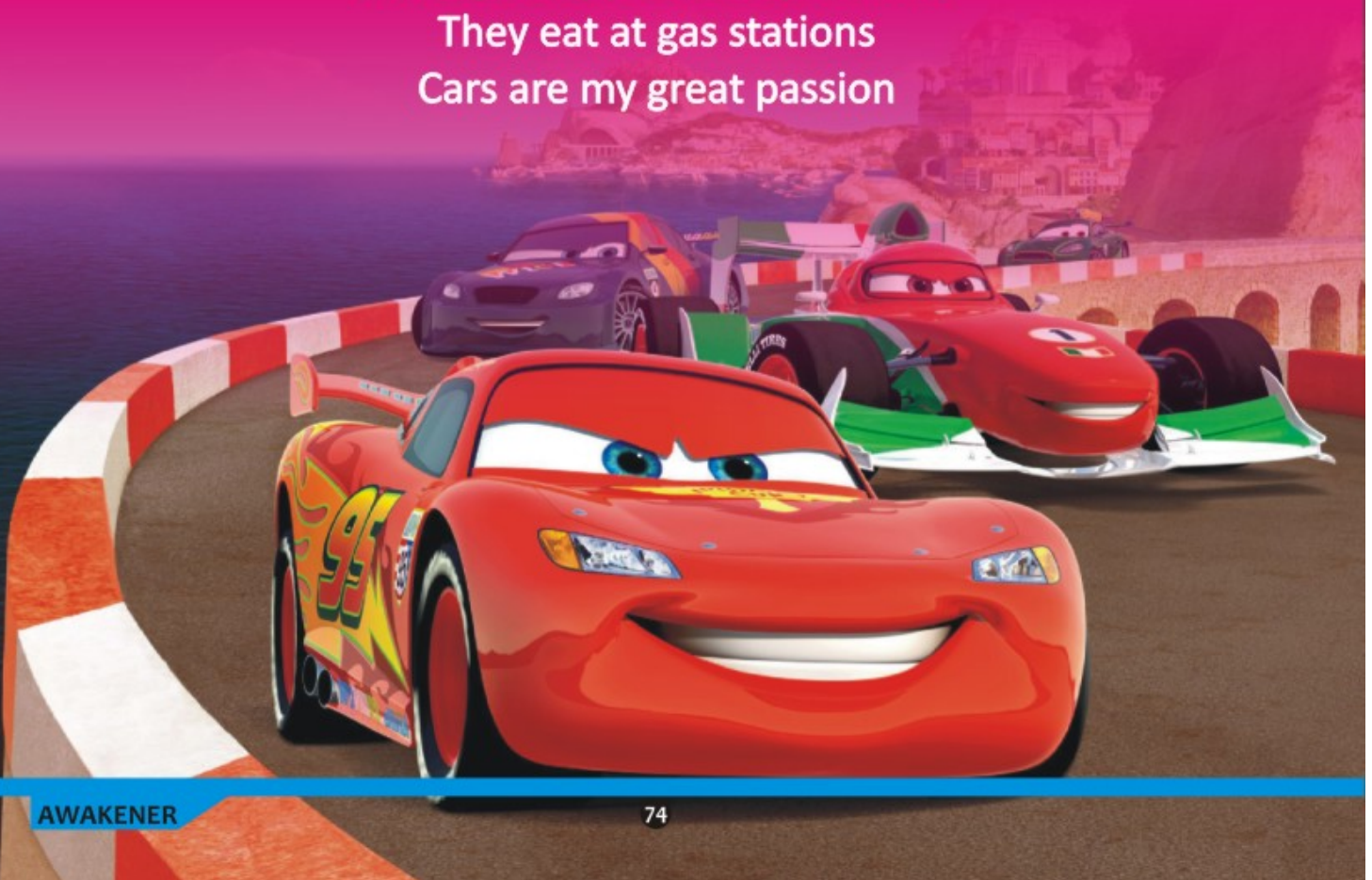
Colors like fresh fruits

Giving out nasty fumes

That's just opposite to perfumes

They eat at gas stations

Cars are my great passion





**Hussain Rizvi**  
The City School  
Karachi

# My SUCCESS Story



My success day was a few days ago, it was my Math test. I was very worried as I am very weak in Maths. All night I was in great tension, I thought about it till late night. I worked very hard for the exams. The next morning when I got to the school, I was still scared, my "blood became cold". In the examination room I was continuously praying "dua". When I received the paper, the teacher "dropped a bombshell" on me, it was like "ABC". I completed the paper in 5 minutes. When I looked at other children, they were confused, they were looking as if they were giving "BCOM" papers. It was the easiest paper of Math in my entire life. I was as "happy as a lark", I felt like that I

had hunted the most ferocious lion. All of the students were coming to me and asking the answers of the questions.

That day I learnt that;

"A man becomes perfect by working hard and by practicing".

"A thief can steal the money but not the knowledge".

"The best friend of a person is a book".

"The books contain knowledge which leads us to the success".

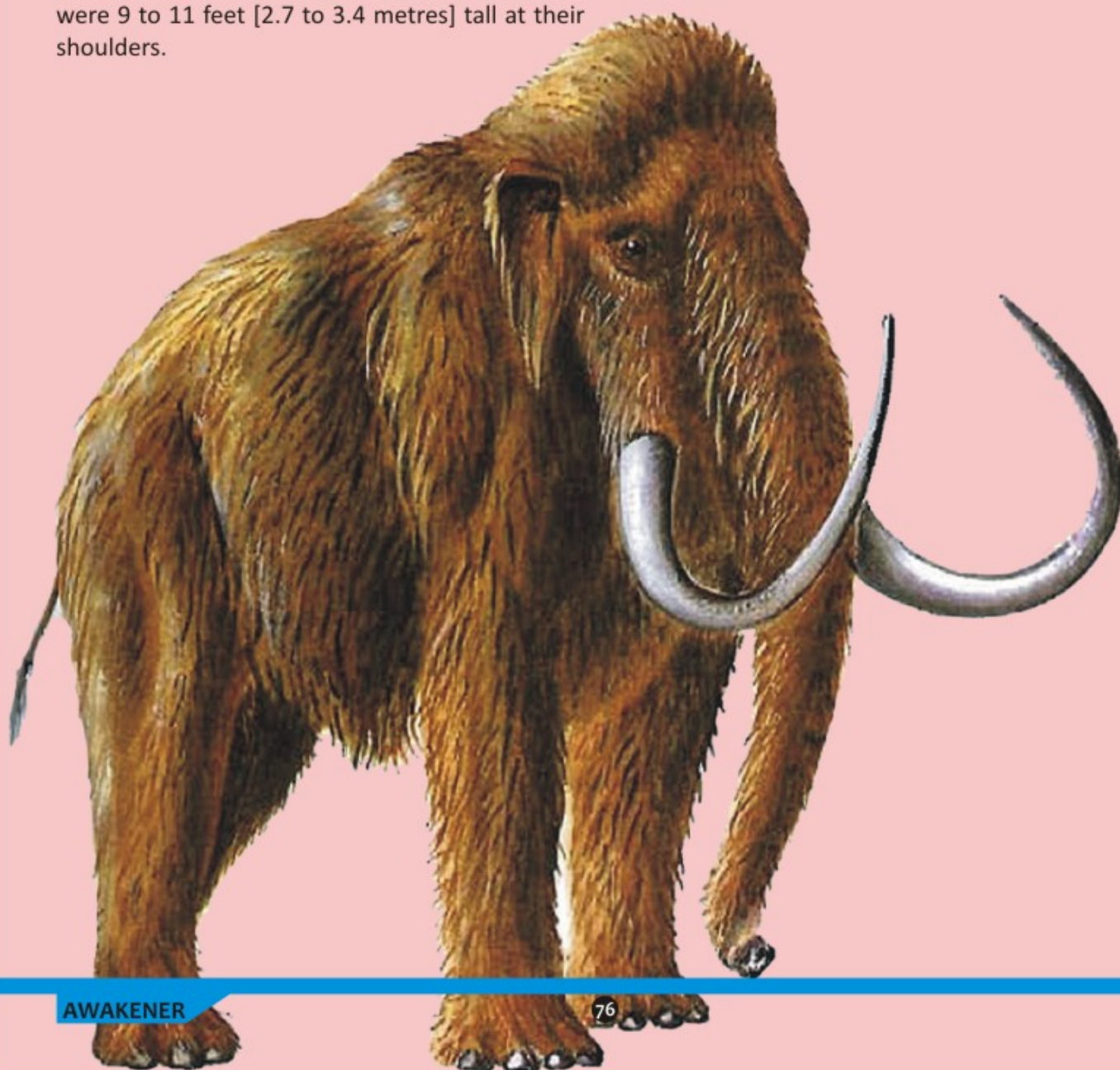
"We should always think positive rather than thinking something negative".

Mammoths are extinct animals and are relatives of today's elephants. These large mammals lived at the time of the last ice age and may have died off when the weather became warmer and food supply changed. Humans also may be partly responsible for their disappearance due to hunting. There were several species of mammoths, including the Columbian mammoths, which lived in North America. Remains of a Columbian mammoth have been found in southern California in the la Brea tar pits. Woolly mammoths were the last remaining mammoth's species and died off about 3,700 years ago. Although the word mammoth is meant to be huge, woolly mammoths were probably size of African elephants. Males were 9 to 11 feet [2.7 to 3.4 metres] tall at their shoulders.



**Haider Abbas Rizvi**  
Beaconhouse School System  
Karachi

# MAMMOTHS





**Fahad Abdullah**  
The Punjab School  
Lahore

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ

In the name of Allah, Most Gracious, Most Merciful.

# BISMILLAH

O, Dear children! Big & small  
Never forgot Bismillah you all  
If you want any work to be done  
with Bismillah it must be begun

What you do

Bismillah will be the guide for you  
No doubt when we say Bismillah  
Sure, we never forget our Allah!



**Baria Shafiq**  
BSS Gulshan Secondary  
Karachi

# The Ray of Hope

Sometimes in life, you feel so blue,  
You want to hold on something dear to you,  
Yet to know fate's hard and that's your cue,  
To forget everything's that happened to you.  
Because life moves on,  
That's how it goes.  
People come and go for good,  
And it may be quite hard to endure.  
But you need to know,  
That it may not be the end,  
As there's a destiny to reach,  
A dream to fulfill.  
A goal to pursue,  
And a chance to prove one's self.  
So whenever you feel low,  
Stand up to show your strength.  
That nothing can now make you slow,  
In following the ray of hope!



# a Space Travel

In my summer holidays, I decided that we should go to space. So we bought a space shuttle and some astronaut's dresses to land on the moon. So we started to take off from our place. While travelling I saw many tall buildings and skyscrapers. I was so happy that we are going to land on the moon. So we took our astronaut dresses out of the bag, and wore them.

I got more excited and confused. Who will be there aliens or monsters? When we finally landed there, it was too cold. Due to gravitation force we saw our

earth up in the space. Suddenly I saw a dark yellow light shining bright high up the rocks.

We started shivering and came closer to it. I saw it's an UFO and an alien was sitting in it, Then I started screaming and ran to my mother. It came closer to us and said that it will not hurt us in response he will give us ride in its space ship. We agreed and he took us for a ride on the moon. He called all his friends And we thank to him, and they said come once again with your family and friends. Although it was my dream but now it is true.



# HONESTY

A milkman became very wealthy through dishonesty. He had to cross a river daily to reach the city where his customers lived. He mixed water of the river generously with the milk. One day he went around collecting the dues in order to celebrate the wedding of his son. With the large amount thus collected, he purchased plenty of rich clothes and glittering gold ornaments. But while crossing the river the boat capsized and all his costly purchases were swallowed by the river. The

milk vendor was speechless with grief. At that time he heard a voice that came from the river, "Do not weep! What you have lost is only the illicit gains you earned through cheating your customers. MORAL:

Honest dealings are always supreme. Money earned by wrong methods will never remain forever.



# پادگار لمحے

تجھے خدا کا شکر ادا کرنا چاہیے کہ تیرے بچے اس عمر تک پہنچ جاتے ہیں درنہ ایک زمانہ آئے گا کہ لوگ عمر ہی پچاس، ساٹھ سال پائیں گے۔  
عورت نے حیرانی سے کہا وہ لوگ تو پھر مکان بھی نہیں بناس گے اور جمونہڑیوں میں عمر گزار دیں گے۔ حضرت نوح نے کہا، نہیں سب سے زیادہ مضبوط اور خوبصورت مکان انہی لوگوں کے ہوں گے۔  
یقیناً حضرت نوح نے اسی زمانے کی پیشگوئی کی تھی۔

حضرت نوح کے پاس ایک عورت آئی اور اس نے کہا ”یا حضرت! میرے لیے دعا مانگیں۔“  
حضرت نوح نے پوچھا ”تمہارے ساتھ کیا مسئلہ ہے؟“ عورت نے جواب دیا۔  
یا حضرت میرے بچے ڈیڑھ دو سو سال کی عمر میں وفات پا جاتے ہیں، ان کی طویل زندگی کے لئے دعا کریں۔  
حضرت نوح نے کہا۔



# مخاورہ کہانی

کانٹے تو چبنے ہی تھے دوست پھول جو ہم نے گلاب کا چنا تھا



عربیہ ایک عجیب مزاج کی لڑکی تھی، کبھی اتنا اچھا موڈ ہوتا تو کبھی بہت خراب نہ جانے ایسا کون سا دوست اسے چاہیے تھا جو اسے ابھی تک نہیں ملا۔ ایک دن ہم سب لائبریری میں بیٹھے کتابیں پڑھ رہے تھے میری برابر والی لڑکی نے اپنے کیمبل سے کہا ”یاد عربیہ کیسی ہے نہ یہ پیاری ہے اور نہ یہ پڑھائی میں تیز“ مگر پھر بھی غرور اتنا ہے کہ کسی کو اپنا دوست ہی نہیں بناتی۔ اسے میں عربیہ سے کافی چھوٹی ایک لڑکی جو کہ ساتھ میں بیٹھی تھی اٹھی اور عربیہ کے حق میں بولی ”تمہیں اس سے کیا..... ہمیں اپنے کام سے کام رکھنا چاہیے اس وقت عربیہ کو یہ تماشہ کچھ عجیب لگا اور پھر اس کو اس بچی پہ پیار آیا اور اس نے سوچا کہ اچھے دوست وہی ہوتے ہیں جو حق میں بولیں اور اس نے ارادہ کر لیا کہ کچھ بھی ہو جائے اسے ہی اپنا دوست بنائے گی۔ اس بچی کا نام تھا رہاب جو حق اور صحیح بات تو کرتی تھی مگر چھوٹی چھوٹی بات پر لڑتی جھگڑتی بھی تھی جب عربیہ رہاب کے پاس دوستی کا ہاتھ بڑھانے لگی تو رہاب نے بولا کہ ہم کیسے دوستی کر سکتے ہیں مگر عربیہ نے کافی اصرار کرنے لگی پھر ان دونوں کی اچھی دوستی ہو گئی مگر رہاب کی وہی عادت عربیہ کو پسند نہیں آتی کہ وہ ہر چھوٹی بات پر لڑتی پھر اس نے سوچا کہ کانٹے تو چبنے ہی تھے دوست پھول جو گلاب کا چنا تھا۔ اور اس نے ارادہ کر لیا کہ چاہے کچھ بھی ہو جائے ہر مشکل میں عربیہ کا ساتھ دے گی۔



**Haris Fawad**  
Jaffar Public School  
Karachi

## A DANGEROUS INVENTION

Once there was a student who loved science and he had his own laboratory. He made inventions which helped people. One day when he was mixing the chemicals by mistake he poured the red chemical in the glass instead of yellow liquid the water started making bubbles. The kid didn't throw the bubbling water down the sink himself. He started to feel powerful He was about to drink all of it when his mother called him for dinner. He realized that he had been working for a long time and got out of the lab. When he was locking the lab with pass code lock. A man who was poor but young saw it and began to feel excited.

At night the man comes again while the kid was sleeping. He entered the password on the keyboard and in front of him was a great big laboratory. The man went inside and found the glass with the powers in it. He thought it was water and drank it all. He became powerful. He got some

powers the kid didn't even know about, the man could fly, become invisible and could shoot-laser the rough eyes. The man knew that he had got powers so he used the power for evil deeds like breaking into the bank and taking all the money. The kid by now found that who break into it but it didn't know what to do. Suddenly he knew that if he created same thing he could also get the powers. He built the same thing, drank it and become a super hero. He also added some more powers. He defeated the man during his fight in which buildings and shops were destroyed.

After the big fight, the boy was awarded with medals by the president and his picture printed in newspapers.

His parents awarded him with gifts and he lived happily ever after.

# The Amazing Fairy



Once upon a time there was a fairy named hirah. She studied in a school named fairy craft. She was very pretty and was most intelligent of the school. Because of this she had many enemies including sofia. Sofia was the worst student of her class She spells always went wrong. One day in the middle of the potion class sofia saw that hirah was leaving her cauldron. she sneaked and put an ingredient so hirah's potion will be wrong . when taqwa a class fellow of hirah tasted the potion she was sick The principle was very angry. The principle was the fairy named Elisabeth. She called hirah in her office and said sternly "why did you make a poison potion taqwa is lucky to alive. You are suspended for a weak" near tears hirah said "I didn't make a poison potion" "I don't want to hear about it" hirah cried all night but thought that if she goes home her parents will scold

her. They always want her to come first in her class. Suddenly she decided to run away. Hurriedly she packed all her things and ran outside. It was very creepy outside and hirah was shivering from fear. She decided to rest under a tree . but after an hour she woke from the sound of talking. she saw that two women were talking. she heard there conversation and was shocked. These women were plotting to turn the whole school into frogs. Hirah thought that she should turn them into crabs for self-defense. She said expeliarmas and the woman turned into frogs . she put them into a box and dashed to the principal office . she told her all the story also about sofia. The principal thanked her heartily. The next day the principle called her on the stage. Everyone thanked her. Sofia punishment was that she had to clean the school.



## FAHAD SHEIKH

Fahad Sheikh happens to be a well-known and successful entrepreneur, VJ, fashion designer, host, model, singer and socialist. In short, he is said to be an all-rounder. He started his career in 2010 from a show called "11 Number" and has hosted about 11 shows in total. His songs like 'Mahiyaa', 'Inteha' and 'DesiDil' are for sure worth listening. Now, he has also launched a clothing brand with the name 'FS Clothing'. With over 140,000 fans on his official Facebook fan page, his sublime personality is recognized all across Pakistan. As I tried contacting Fahad through a social networking site, I was surprised at his polite reply and co-operation. He is one of those down to earth celebrities who feel pleasure in communicating with his fans. I am thankful to Fahad for answering my questions for this short interview.

1) What is your passion?

Ans: My work is my passion.

2) For you, what is the best thing about the work you do?

Ans: Well, apart from money and easy working hours, I think the best thing is when people like you and your work. In short, when you don't have to

introduce yourself to anyone.

3) How much do you think is hard work important to do what you love? Or is it all just talent?

Ans: Hard work is everything. You can beat talent with hard work but you cannot beat hard work with raw talent.

4) Do you think you have achieved success or in your view, success is yet to come?

Ans: Well, it is just the start. I like music so I am giving my 100% to music right now. When it comes to hosting, I think I am good at that. I love acting so I am working on that also but my main focus is on singing. I am learning and with every release I am gaining momentum...so things are planned. I am producing music these days. I have my own music studio. Again, it's all about hard work. No matter what people say, I know one thing which is that I am not going to be remembered in history as some TV guy who just tried to become a singer.

5) Imagine if all the youth of Pakistan were listening to you right now. What message would you give to them?

Ans. Work hard!

# THE MOST BEAUTIFUL RELATIONS

LOVE + CARE = MOM

LOVE + FEAR = DAD

LOVE + HELP = SISTER

LOVE + FIGHT = BROTHER

LOVE + LIFE = WIFE



LOVE + CARE + FEAR + HELP + FIGHT = FRIEND

FEW RELATIONS NEVER DIE AND NEVER FINISH  
SO ALWAYS TAKE CARE OF YOUR RELATIONS.



شہرین افضل خان  
بی کن ہاؤس اسکول سہم کرمانی



شہادہ صدیقی  
بی کن ہاؤس اسکول سہم کرمانی

## زیادہ کھانہ کھانے کے نقصانات

ہمیں زیادہ کھانا نہیں کھانا چاہیے کیونکہ اس سے ہمارا موٹاپا بڑھتا ہے خاص طور پر پیشگی چیزیں کھانے سے پرہیز کرنا چاہیے کیونکہ اس کی وجہ سے ”دانت“ خراب ہونے کا خطرہ رہتا ہے اور ”شوگر“ جیسی بیماری میں بھی مبتلا ہو سکتے ہیں۔ ”تلی“ ہوئی چیزیں کھانے سے ہمارے جسم میں زائد ”چربی“ جمع ہو جاتی ہے۔ لہذا ہمیں متوازن اور معتدل غذا استعمال کرنی چاہیے تاکہ ہم صحت مند رہیں اور اگر ساتھ میں ورزش کو بھی اپنی زندگی میں شامل کر لیں تو کیا بات ہے۔ صحت اللہ کی ایک بڑی نعمت ہے اور ہمیں اس نعمت کا بھرپور خیال رکھنا چاہیے۔



## وقت کی اہمیت

وقت کی اہمیت سے انکار کسی کو نہیں ہے اور یہ بھی سچ ہے کہ ”گیا وقت کبھی واپس نہیں آتا“ اسی لیے ہر کام وقت پر کرنا ضروری ہے۔ وقت کی پابندی کی عادت کا میا بی کی پہلی سیڑھی ہے۔ کھانا، پینا، سونا، کھیل کود اور اسکول کا کام وقت پر کرنے سے ہی بچوں میں نظم و ضبط پیدا ہوتا ہے۔ اگر ہم وقت کو اہمیت نہ دیں تو وقت ہمیں چھوڑ کر بہت آگے نکل جائے گا اور ہم زندگی کے ہر میدان میں بہت پیچھے رہ جائیں گے ہماری قوم اسی لیے ترقی نہیں کر رہی ہے اور یہی وجہ ہے کہ ہمیں نقصانات کا سامنا کرنا پڑ رہا ہے۔ اب یہ ہم پر منحصر ہے کہ ہم آگے بڑھنا چاہتے ہیں یا اس قیمتی وقت کو اسی طرح ضائع کرتے رہیں گے۔ وقت کی قدر کرنا ہی عقلمندی ہے۔





**Zoya Hammad**  
Beaconhouse School System  
Lahore

# Chocolate Ice Cream Shake

A child should make something there self. Like a Chocolate Ice-Cream Shake. So I will teach you how to making it.

## Ingredients needed:

Topping Items  
blender  
ice-cream ( any flavor)  
Cream  
Coca Powder  
some ice cubes

## Steps

First, put some ice- cream in the blender.  
Then, pour some cream.  
After that, add three teaspoons of cocoa powder.  
Next, turn on the blender, and wait for fifteen seconds.  
Then pour your shake in a glass.  
After that, add some toppings in your shake.  
Finally, add some ice cubes and enjoy your shake!



# رگڑا چنا چاٹ

## ترکیب:

چنوں کو پیاز، تیل، ادراک، لہسن کا پیسٹ ہلدی، کٹا ہوا دھنیا اور پسی لال مرچ کے ساتھ ابالیں، یہاں تک کہ وہ نرم ہو جائیں۔ اب بلینڈر میں ٹماٹر، ہری مرچ اور دھنیا بلینڈ کر لیں پھر اس میں گلے ہوئے چنوں کے کچر کو املی کے گودے اور چاٹ مصالحے کے ساتھ شامل کر کے دس منٹ کیلئے پکائیں۔ اب اسے ایک بڑنگ باؤل میں نکال لیں۔ پھر کٹا ہرا دھنیا، ہری مرچ، ٹماٹر اور حسب ضرورت پیاز کے رنگز سے گارنش کر کے پاڑی کے ساتھ Serve کریں۔

## اجزاء:

پنے ایک پاؤ، کٹی پیاز ایک عدد، ادراک لہسن کا پیسٹ، سوڈا، نمک، کٹا ہوا دھنیا، پسی لال مرچ، چاٹ مصالحہ ایک چائے کا چمچ، ٹماٹر دو عدد، ہری مرچ چار عدد، ہرا دھنیا آدھی گھٹی، املی کا گاڑھا گودا آدھا کپ۔

## گارنش کے اجزاء:

کٹا ہرا دھنیا دو کھانے کے چمچ، ہری مرچ دو عدد، کٹا ٹماٹر ایک عدد، پیاز کے رنگز حسب ضرورت۔

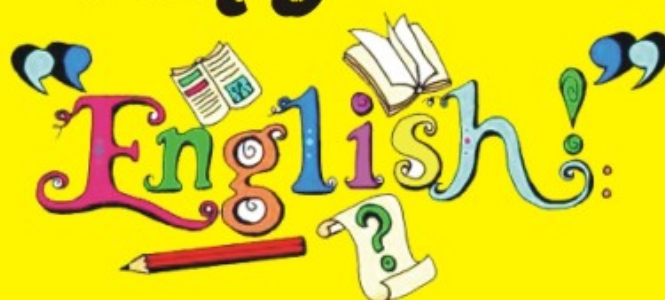






Fahad Abdullah  
The Punjab School  
Lahore

# *Funny*



We started with get, get, gotten  
Not will let, let, lotten  
We know the plural of "mouse" is "mice"  
But the plural of "house" is not "hice"  
We know that the plural of cow is cows, not kine  
But the plural of row is rows not rine  
Boys are he, his & him  
I am a girl being she, shis shim  
So you will agree  
English is Funny

# Water Colour



**Maria Aun Ali Kitabi**  
Hamdard Public School (Girls Wings) Karachi



**Areesha Qasim**  
The City School GCG, Karachi



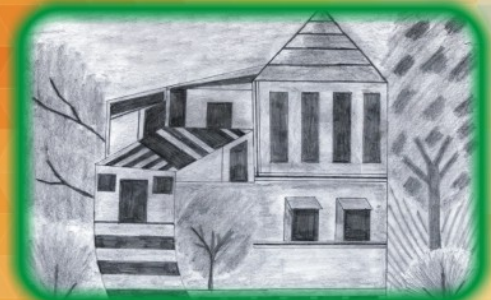
**Abdul Ghani**  
Aisha Bawany Academy, Karachi



**Rubab Khan**  
Army Public School, Rawalpindi



**Momina Noor**  
Army Public School, Rawalpindi



**Zainab Amjad**  
Army Public School, Hyderabad



**Alina Tariq**  
Army Public School (Chaklala Garrison) Rawalpindi



**Hamza Saeed**  
Falconhouse Grammar School, Cam-9, Karachi

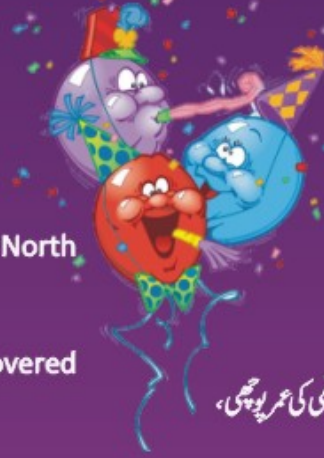


**Alisha Ahmed**  
Army Public School, Rawalpindi



**Arshemah Kamran**  
The Educators Karachi

# لطیفے Jokes



● If child labour is crime ....then  
Why teacher gives homework.

● Teacher : Maria go to the map and find North America.  
Maria : Here it is.

Teacher: Correct. Now class who discovered America?  
Students : Maria.

● Teacher: John why are you doing multiplication on the floor.  
John : You told me to do it without tables.

● Teacher: Donald tell me the formula for water.  
Donald : HIJKLMNO  
Teacher : What are you talking about.  
Donald : Yesterday you said its H to O.

● Teacher : One day our country will be corruption free which tense is it.  
Student : Future impossible tense.

● Wife : How would you describe me?  
Husband : "ABCDEFHIJK"  
Wife : What does that mean?  
Husband : Adorable, Beautiful, Cute, Delightful, Elegant, Fashionable, Gargeous and hot.  
Wife : Aw, thank you, But what about i,j,k?  
Husband : I'm just kidding!

● پٹھان بندوق لے کر دروازے پر کھڑا تھا۔

بیوی: یہاں کیا کر رہے ہو؟

پٹھان: شیر کے شکار کو چار ہا ہوں۔

بیوی: تو جاؤ یہاں کیوں کھڑے ہو۔

پٹھان: کیسے جاؤں باہر کتنا کھڑا ہے۔

(مجموعہ حسن) الایڈ اسکول (پاک کیس) لاہور

● ہاتھی اور چوہے کی ملاقات ہوئی، چوہے نے ہاتھی کی عمر پوچھی،

ہاتھی نے کہا دو سال، چوہا کہنے لگا،

عمر تو میری بھی اتنی ہے،

لیکن میں ذرا بیمار شمار ہوتا ہوں۔

(علی حمزہ) الایڈ اسکول (پاک کیس) لاہور

● ایک کبوتر ہوتا ہے وہ اڈر ہا ہوتا ہے۔

وہ تین اڈرے دیتا ہے، وہ اڈرے نیچے کیوں نہیں گرتے۔

کیونکہ اس نے منہ پر پہنا ہوتا ہے۔

(حسان) الایڈ اسکول (پاک کیس) لاہور

● استاد: پٹھان سے ا،ب،پ سناؤ۔

پٹھان: ا،ب،پ

استاد: اور سناؤ،

پٹھان: بس اللہ کا شکر ہے آپ سناؤ۔

(حسین علی) الایڈ اسکول (پاک کیس) لاہور

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