

VOICE OF TEENS-THE REVOLUTION

THE FAME

Volume / 3 - Issue /3

AwakeneR

Jan. - Feb. 2016

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Pakistan's First Lady Pilot to
EMBRACE MARTYRDOM

MARIUM
MUKHTIAR

FLYING OFFICER

◆ INTERVIEW OF THE HONORABLE AMBASSADOR OF THE SPAIN

◆ INTERVIEW OF THE HONORABLE AMBASSADOR OF THE PHILIPPINES

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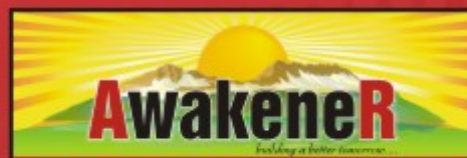


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From the Editor's Desk!

Assalamu Alaikum,

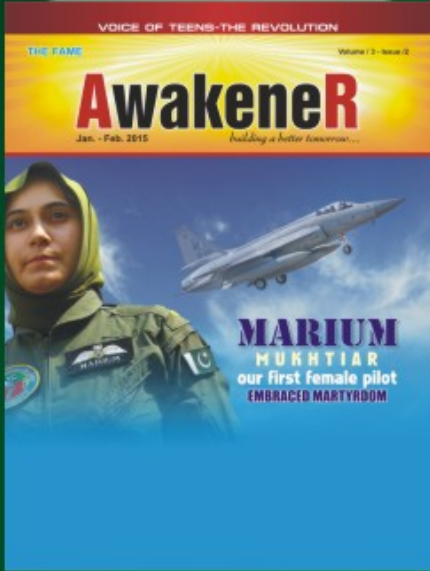
Winter vacations are now over and most of you are back to classrooms and we would like to take this opportunity to wish each and every reader a very happy new year 2016. I would like to express my considerable appreciation for all writers of the articles of the Awakener Magazine. It is their generous contributions of time and effort that make this magazine successful. At the same time I would like to encourage all our readers to consider sharing their suggestion for improving the image of the magazine.

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 Awakener magazine. Please submit your interview to

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CONTENTS

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■ QUAID KE KOM	08
■ SHAHEED MARIUM MUKHTAR	10
■ LET'S FIGHT	11
■ GEO TO AISAY	12
■ INTERVIEW WITH THE SPANISH AMBASSADOR	14-16
■ INTERVIEW WITH THE PHILIPPINE AMBASSADOR	17-19
■ KARACHI & INTERCULTURAL HARMONY	20
■ PAKISTAN MY MOTHER LAND	21
■ IMPORTANT FACTS ABOUT PAKISTAN	22
■ WHY I LOVE PAKISTAN	23
■ EXAMINATIONS	24
■ TECHNOLOGY & INTERNET HAS RUINED HUMAN RELATIONS	25-26
■ WINDOWS 8 KE DUNYA	27
■ DIGITAL - A FOOLS PARADISE	28
■ AN HOUR ADVENTURE IN SCHOOL BUS	29
■ KITABON KE AHMIAT	30
■ THINGS OUR OLDER SELVES WOULD WANT TO TELL US	31
■ KORA KAGHAZ	32
■ IMPORTANCE OF EDUCATION	33
■ HAMARA SCHOOL	34
■ MATHEMATICS	35
■ MERI MAA	36
■ MY DAD!	37
■ MY MOTHER	38
■ A LITTLE BOY & HIS MOTHER	39
■ BEST FRIENDS AND FRIENDSHIP	40
■ MOM & DAD AND MY HERO	41
■ I WONDER WHY WE GROW UP!	42
■ RAIN RAIN GO AWAY	43
■ THEM WINTER FEELS	44
■ SLEEPING AND WINTER	45
■ TREAT ME RIGHT	46-47
■ HAMDARD PUBLIC SCHOOL (BOYS WING)	48-49
■ GENDER EQUALITY	50
■ DEPRESSED AM I !	51
■ LIFE WHAT IS IT?	52
■ TREAT ME RIGHT	53
■ IF YOU ARE GOOD THEN ALL WORLD IS GOOD FOR YOU	54
■ WHEN LIFE IS FALLING APART	55
■ BEAUTIFUL CHILDREN	56
■ HOPE !	57
■ AAB DOZ	58
■ ABOUT PYRAMIDS	59
■ AALOO KA NASAB UL AIN	60
■ KYA WHALE KO MACHLI KAHA JATA HA?	61
■ SOCH AND MUKHTASAR MUKHTASAR	62
■ SPREADING PEACE AND OH MATHS	63
■ K-2 MOUNT EVEREST	64
■ RANIKOT FORT	65
■ AMAZING FACTS	66
■ OLYMPICS	67
■ POETRY	68
■ CELEBRATING LITERATURE	69
■ ANIME	70-71
■ MADINA AAP S.W.A KA SHAHAR	72
■ KFC	73
■ HISTORICAL VEHICLE	74
■ EK ZAEFFA KE KAHANI	75
■ HER BLANK FACE	76-77
■ STANDING BY HIS MOTHER'S BEDSIDE	78
■ THE SALTY COFFEE	79
■ OONT, BAIL OR DUNBA	80
■ A MYSTERIOUS ISLAND	81
■ LEGENDS OF SACRIFICE	82-83
■ THE STORY OF A SOLDIER	84-85
■ CANCER AWARENESS	86-87
■ MUNASIB NEEND K AATH HAIRAT ANGYZ FAIDAY	88-89
■ WATER COLOUR	90-91
■ RECIPE TIME (MICROWAVE CAKE RECIPE)	92
■ JOKES - LATEEFAY	93

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From the House of Kanpa

Pakistan's First Lady Pilot

SHAHEED

Marium Mukhtar

January 1, 1992 to November 24, 2015



Marium Mukhtiar Shaikh was the daughter of Col. R. Mukhtiar Ahmed Shaikh, and her ancestors were from Pano Akil, Sindh. She spent her early life in Karachi. She chose to join the armed forces, despite having previously pursued civil engineering from NED Karachi.

Marium joined Pakistan Air Force (PAF) as an aviation cadet in the 132nd GD Pilot course in 2007 with seven other female Pakistani cadets who underwent training with her and graduated as pilot officers. On 6 May 2011, she formally acquired commission in the Pakistan Air Force as Flying Officer.

On 24 November 2015, Marium Mukhtiar Shaikh and her co-pilot squadron leader, Saqib Abbasi, were on their routine operational training mission in a PAF F-7PG aircraft, but in the Kundian, Panjab area the aircraft met a critical malfunction. She and her co-pilot had to eject from the craft but in order to save the lives of civilians on ground, they did not eject till reaching a safe area, jeopardizing their own lives. Consequently, she lost her life during the ejection process; the plane crashed near Kundian, Panjab, her co-pilot survived sustaining minor injuries. She was the first female pilot of the Pakistan Air Force to die in the line of duty.



Let's Fight

Let's Fight Against

Loose Temperament:

Which prevails the main defective character of young, educated nation?

Let's Fight Against

Illiteracy:

Which is eroding our nation like a flea, which can do nothing but causes great harm?

Let's Fight Against

Poverty:

Which has been prevalent for a long time in our cities, our villages, our streets & every house?

Let's Fight Against

Destructive Pollution:

Under the shades of which we are passing a miserable life

Let's Fight Against

But:

Please my dears don't fight amongst each other because we all have to work hard & rise together as a nation.





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HUSNAIN ALI ABID



In October 2015 , I participated in mathematics competition which was supported by UNICEF , 3p learning and Microsoft Australia and had clinched 3rd position all over the World by competing 6.3 million students .Consequently on 5th December, 2015, I was awarded with Bronze medal and gold award certificate at Royal Palm, Lahore.



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سونے کے آداب

سنت نبوی ﷺ اور جدید سائنس

Salutation of Sleeping: Sunnah or Muhammad (PBUH) & Modern Science

حضور ﷺ دائیں جانب رو بقبلہ ہو کر آرام فرماتے تھے۔ (اسوۃ رسول ﷺ)

”حضرت عن میمونہؓ سے روایت ہے کہ آپ ﷺ بیدار ہو کر آنکھوں کو ملتے تھے، بستر پر کچھ دیر بیٹھتے۔“

رحمۃ اللعالمین ﷺ کا اُسوہ تھا کہ آپ ﷺ کھانے کے فوراً بعد قیلولہ (آرام) فرماتے۔ (آئی درجہ میں اس آیت پڑھتے ہیں) (ابن ماجہ)

Benefits of Sleeping According to Sunnah in the Light of Medical Science

- دائیں کروٹ لیٹنے سے معدے اور آنتوں کا بوجھ دل پر نہیں پڑتا ہے جس کی وجہ سے دوران خون متاثر نہیں ہوتا۔
- دائیں کروٹ سونے سے دل معلق رہتا ہے اور شدید گہری نیند نہیں آتی یعنی ذرا سی آہٹ پر آنکھ کھل جاتی ہے اور کسی بھی ناگہانی صورت میں انسان اپنی حفاظت کر سکتا ہے اور صبح سویرے عادت کا بھی سبب بنتا ہے۔
- بیداری کے بعد بستر پر چند لمحوں کے لئے بیٹھنے سے اور دونوں ہاتھوں سے آنکھیں ملنے سے دل کی دھڑکن کو جسم کی نئی پوزیشن کے مطابق درست حالت میں لانے میں مدد ملتی ہے۔ جس سے دل پر مثبت اثرات مرتب ہوتے ہیں۔
- دوپہر کھانا کھانے کے بعد قیلولہ کرنے سے دل کی شریان پر بوجھ نہیں پڑتا ہے۔ ماہرین امراض قلب کے مطابق دوپہر کھانا کھانے کے بعد کچھ آرام کرنے سے دل پر مثبت اثرات مرتب ہوتے ہیں۔
- Sleeping on the right side does not let the weight of stomach and intestine to suppress heart, hence blood circulation is not effected.
- By sleeping on the right side, the heart remains on the topside, one will not have a deep sleep. A little noise can prepare some one to face any contingency, It also develops the habit of early morning rise.
- Sitting and rubbing the eyes for a while after awaking adjusts the heartbeat according to the new posture, hence it has positive impact on the heart.
- Napping after lunch helps to prevent burden on coronary artery. According to cardiologists, having a nap after lunch produces positive effects on heart.



Interview with the Spanish Ambassador



On, November 23rd, 2015, we visited Spain embassy and interviewed Honorable Ambassador Mr. Carlos Morales for Awakener Magazine and we discussed the details about the Spanish culture, history, important places and cuisine.

Our panel consisted of

1-Syed Nadeem Alam

(CEO Awakener Magazine)

2-Khadija Farhan, Tania Ahmed, Mohammad Aiesh Ghayoor, Wajih Sami Siddiqui from Beaconhouse School System Senior Campus Rawalpindi-BSR,
3-Sarah Khan, Fatima Fateh, Wajahat Sharafat, Razan Ahmed from International Grammar School,

4- Abdul Raheem, Fazeela Shaikh from The City School, E-11 Campus, Islamabad

Student:

Your Excellency it's a great pleasure to have some time with you and know about your country and the people of Spain. Tell us about your experience here and we would like to know about Spain and its history from you.

Ambassador:

I have been here for three months and I don't have

a lot of knowledge about the country Pakistan.

Spain is an old nation. It has a long history and is over 3000 years. The Romans are a part of it. There are beautiful monuments in Spain. Some are well preserved and some are converted into churches. Al Hamra palace is the most important monument in Spain but we have other places too such as Granada which have beautiful palaces.

There is also a mosque that was built by Muslims in the tenth century.

We have many connections with Syria and other Arab countries as well

The population in Spain is the same as Sindh. There are 46 millions people. Twenty three countries speak Spanish.

In the 15th century Spain sent it's people around the world to travel and now most Latin American countries speak Spanish.

Spain has a variety of cultures for example seventeen communities each have a chief minister and their own police.

Student:

Although you have been in Pakistan for a very short period of time, what difference did you find over here and in Spain?



Ambassador:

Spain is very different from Pakistan. For us our heritage is very important. No matter who built them no matter what religion they are having. Spain has three largest world UNISCO sites.

Student:

Your Excellency the students here in Pakistan want to go to Spain for higher studies, does Spain offer any kind of scholarship to the well deserving ones?

Ambassador:

You have to learn Spanish to get a scholarship. The possibilities are linked with your education of Spanish.

Student:

What are the hobbies of Spanish people?

Ambassador:

Spanish people love football and they play it everywhere on the streets and even at the beach. The second most loved game is basketball and the third is Squash but in Pakistan all people like to play cricket.

Spanish people love to go out. They are always going to coffee shops, restaurants and the absolutely love to go to the beach and people there are very social they love to meet up with friends.

Student:

Why is LA Sagrada not been completed after such a long period of time? What is taking so long?

Ambassador:

La Sagrada Familia means holy family. It's taking a



long time to make as the builder kept the design of the church in his mind. He thought the architecture was like a living thing that grows. Idea of biology was his idea of architecture. He died and took his plans with him. Nobody was sure what to do but now they are making it.

There are many other architectures. Spain is well known for its architecture. We like being surrounded by beauty.

Student:

What do you do in your free time? When you are not working.

Ambassador:

In my free time I work. From the start I have loved to read and study and talk to a lot of people. I love to eat. It is my hobby. I love vegetables. The Pakistani food I like is the barbecue which is amazing and I don't care if it is spicy or whatever.

Student:

What did you like about Pakistan?

Ambassador:

I like the people here. They open to you very easily. Most countries people are reserved. We are also friendly but not as much as you. We are not much different than you.

Your Excellency! Have you been to other places of Pakistan outside Islamabad?

I went to Karachi for work and it was very hot there. I look forward to visiting Lahore as many people told me about it. I also went to Peshawar. I have also been advised to must visit the Northern

areas. People say you must go to the North. So I think I will go there as well.

Student:

What do the people of Spain think about Pakistanis?

Ambassador:

The people of Spain don't think much about Pakistani people because we are so far away. The best thing about Pakistan is the mountains here, you have high peaks. All climbers come here. Pakistani's have restaurants in Spain .

The other thing Spanish knows about Pakistan is its Sufi music. You know most of our music is flamenco and it is connected with Sufism. Our music is more related to feelings but yours is related to religion.

Student:

Keeping in mind the cultural scenario of Pakistan, what are your views about the education and uplifting of women in today's modern age?

Ambassador:

I believe a woman educates a whole family. Countries only get progressed and wealthier

through women's contribution. If you want Pakistan to develop, you need to incorporate women in every walk of life. And for that you also need to bring an end to domestic violence, which is obviously everyone's biggest concern, including us.

Student:

Who is your favourite personality in Spain who might have impressed you in some ways?

Ambassador:

My favorite celebrity is Rafael Nadal. He is a guy who is always modest no matter how successful he is. He is the most praised national hero of Spain. He is number one for us, above any politician because he is true to himself.

I'm not crazy for football but it's our power. Thank you your Excellency for your warm welcome and precious time.

Thank you. It is always a pleasure and privilege to meet such articulate and bright young people. I am very much impressed by the level of intellect all this youth has.





Interview with the **PHILIPPINES AMBASSADOR**

On, November 24th, 2015, we visited Philippines embassy and interviewed Honorable Ambassador Mr. Daniel Ramos Espiritu for Awakener Magazine and we discussed the details about the Philippines culture, history, important places and cuisine.

Our panel consisted of

1- Syed Nadeem Alam

(CEO Awakener Magazine)

2- Maryam Bokhari, Minahil Hajra, Faizan Sharif
from Elite International School,

3- Mahnoor Hayt, Esha Tariq, Bilal Raza
from Roots International Schools Richmond
campus, Islamabad

We reached the Philippines Embassy at around quarter past ten. A very kind lady Mrs. Rea Reyes Quimio (cultural officer and Consular Assistant) was there, with a sparkling smile to welcome us whole heartedly. We sat in the waiting room for some time, and had an informal discussion with the lady. She was hospitable and polite, and sounded very sweet when in her Filipino accent, she said that "karahe and Cheese Naan" are her favorite Pakistani food.

At 11.00 am sharp, she took us to another meeting room where they served tea and juices along with



cookies. We were anxiously waiting for the Philippines Ambassador, expecting a very formal question answer session and were highly conscious and affected by the environment.

Contradictory to our thoughts, a very friendly, joyful and elegant personality entered the room Mr. Daniel Remos Espiritu (Ambassador extraordinary and Plenipotentiary) he greeted us warmly. He seemed to be a child loving person and expressed his joy meeting the students. In fact he shared his first visit to the Pakistan Monument, where he was surrounded by many students from different cities of Pakistan and had a nice time with them. Also the same happened in Centaurus mall. No wonder! His friendly behavior can attract any child towards him. He believed that people to people contact is more effective and children all over the world have the same emotions and dreams.

According to His Excellency, the culture of the Philippines is a blend of different cultures such as Malaysian, Indonesian, Arab, Chinese Spanish, Indians and even Pakistani. They had their family names sometimes as Durrano (like Durrani in Pakistan). Filipino is the main language, but many



other languages are also used with different dialects. He considered Philippines as the most westernized country in Asia having pub culture, big malls etc. they preferred Spanish, Chinese and Malayan cuisine. He showed us the pictures of Metro Manila (sky scrapper), shopping areas, food outlets, chocolate hills, rice terraces, Buraqa (beach resort with emerald green water). Really! The pictures were quite mesmerizing especially the beach.

For historical background of the country, he began from 1521 the tropical island where the seafaring people were living in several tribes but with equal powers. In the 14th century the Muslims came from Arabia and in around the 15th century, the Spaniards invaded the area and colonization started. That's why Spanish language and culture has a great influence. Even he indicated that his last name "Espiritus" is a Spanish word. Amongst the population 5% are Muslims.

Earlier they were living in Bamboo houses, but after the arrival of the Spaniards they made brick



houses. Music and painting are influenced by the Spaniards. During 1500 - 1896 Filipino revolted against Spaniards. There were maximum five revolts in each century, but all the efforts were in vain. In 1896, The Philippine Revolution ultimately achieved the goal; the only place left was Manila. In 1898, the Americans invaded the land, and it took almost 8 years to control the whole country. They soon realized that it was difficult to rule without public consent, so they kept administrative affairs partially in their hands and many ministries were given to Filipinos. They started many development projects within the country such as colleges, buildings, roads and railways. In 1916, finally American Congress granted independence to the Philippines.

The Ambassador claimed that in Asia after Japan, a second most prosperous country is Philippines with GDP of \$700 billion and GNP \$300 billion a year. Per capita income is \$ 3000 and the buying power of an average Filipino is \$ 7000. In 1965 Ferdinand Marcos declared Martial Law in



Boracay



Bonifacio Global City (Night Time)

the country. People Power Revolution started in 1986, where people rushed into the streets to protest, but presented flowers to army officials, hence creating a good example of peaceful protest.

He also shared interesting information that volcanic eruption is so normal for them that there is a tourist point about 10 km away from the volcanic mountain. They enjoy the view of molten lava while having their dinners. The volcano erupts after every four years. Mount APO is the highest volcanic mountain.

He paid due respect to all the religions. He has many Muslims and Hindu friends. In fact there are 45 % Muslims working in the department of foreign affairs, 7% in the ministry too.

The climate in the Philippines is dry (May - Sep) and wet (Sep - May). Heavy rain falls and almost 20 typhoons a year have been observed. Some typhoons are so severe that the metal roofs of houses become flying saucers.

Being a volcanic country they have abundance in mineral resources and seafood too. These are traded to many countries like China, Japan, Korea,

USA etc

Other important features are National Museum in Manila, university of Philippines in Cuzheon city, west school for business. The literacy rate in the Philippines is 98 %. According to him "quality people are worth more than lots of industries" wise thinking indeed!

He portrayed people of Philippines as friendly people with a good sense of humor. They enjoy every moment of their life, watch movies, and enjoy music, read books and are active in social media too. They like to play games like basketball, soccer, baseball, volleyball and aero soft games. He concluded the interview by passing the message" it's more fun in the Philippines". The same message is written on the souvenirs we all received from him.

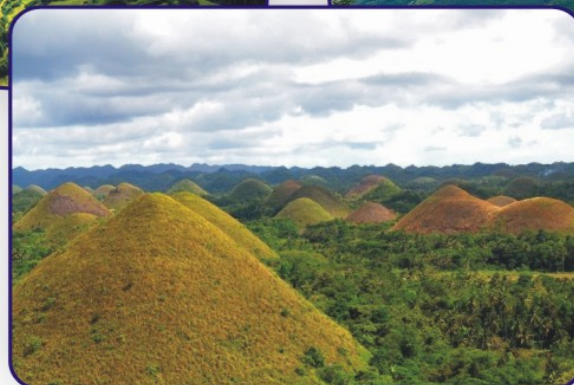
Well! The ambassador gave his valuable time to us and gave detailed answers to the queries put forward to them. The students enjoyed this session very much. In the end we all agreed that, even to know about the Philippines is a lot of fun and it gives incentives to visit whenever possible.



Banaue, Rice Terraces



Mayon Volcano



Chocolate Hills, Bohol

KARACHI

& INTERCULTURAL HARMONY



Urooj Ahmed
Stanmore Public School
Karachi

Intercultural Harmony means respecting, agreeing with and to appreciate others cultures and beliefs so we can live with friendship, love, unity and peace.

"If we do not learn to live together as sisters & brothers, we shall die together like fools."

MARTIN LUTHER KING

We should all appreciate every culture and humanity. No culture is self-sufficient and every culture has its own opinion about what is right and what is wrong. Everyone should try to put the interest of their children in being concerned about cultural problems and conflicts.

"If we are to attain real peace in this world, we will have to begin with children"-

MAHATMA GANDHI

The people of Karachi do not tend to value the diversity of cultures among people. All they know is to criticize people over their cultural and religious faith. That is one major reason why the citizens of Karachi have been divided into groups according to their different beliefs who do not bother to take a look at what others think.

Due to all these above reasons some people are trapped in the web of racism. Such uneducated and illiterate people find taking lives of innocent people, burning down houses and abuse convenient instead of seeking refuge in understanding different cultures and tolerance if someone starts to criticize their beliefs. They do not understand the reality that is; Respect other people's cultures as you would like them to respect yours.

"And we created you in nations and tribes so that you may know one another"- (Translation from the Quran 49, 13)

Not to eat with people of opposite cultures, not to help them in tough times, not to go and talk to them just because you think, we only hang out with people "LIKE US" is not the solution and is very racist.

To curtail the conflicts caused by no intercultural harmony, in Karachi we must follow some simple steps:

- "We should keep an open mind to what are other people's beliefs.
- "Although you have your own faith but no one should be afraid in looking at other people's faith. This does not mean that you have to change your beliefs or what you think is true. This simply means you are being an open minded person.
- "Talk to people. If you know people from different cultures or religions you should talk to them which will help you to understand what they practice and this does not make you strange or backward. We may be from different cultures but we are all of equal value. All cultures have a similar basic understanding about what is right and wrong. Some cultures have taken thousands of years to develop their understanding about the way people should live. Working as a community has more value than working as individuals. "Racism is man's gravest threat to man - the maximum of hatred for a minimum of reason"- (Bobby Seale)

PAKISTAN

MY MOTHER LAND

Pakistan is very beautiful. It's Capital is Islamabad which is the 2nd most beautiful city of the world. It's official language is Urdu but English is widely spoken here and it's regional languages are Punjabi, Pashto, Sindhi, Saraiki, Balochi, Kashmiri, Brahul, Hindko, Shina, Balti, Khawar, Burushaski, Yidgha, Dameli, Kalasha, Gawar Bati, Dom aaki, Over here the religion followed is Islam. It's demonym is Pakistan and Government is federal, Parliamentary republic. It's conception is on 29 December, 1930, Declaration on 28th January 1933 and resolution on 23 March, 1940. It was established on 14th of August, 1947. The total area covered by Pakistan is 796,0951 Km and Pakistan has 3.10% of water of whole world. The population of Pakistan is 199,085,847. It's currency of Pakistan Rupee (Rs) (PKR) Now. I will tell you some facts about Pakistan that will blow your mind.

1. The World's largest Irrigation system is in Pakistan.
2. World's largest deep sea is Gawadar in Pakistan.
3. Pakistan is proud of the tallest Cake world record.
4. World's largest milk processing plant with nestle.
5. Population of Pakistan is larger than Russia, although the land is much smaller.
6. Pakistan armed forces are internationally ranked sixth largest in the world by 2010.
7. India was kicked out from U/9 world cup by Pakistan.

8. Pakistan is the only Muslim nuclear Power of world.

9. Pakistan is a ninth super power nation of world.

10. About 50% of the world's footballs are made in Pakistan.

11. It has seventh largest collections of scientists and engineers.

12. The youngest certified Microsoft Technology specialist is a Pakistani who is 12 years old.

13. Pakistan's national anthem tune ranks first in the top three tunes of the world.

14. Fourth largest broadband internet system of world is in Pakistan.

15. Second largest salt mines of the world are Kewra mines in Pakistan.

16. Largest producer of chickpeas.

17. Pakistan has sixth largest population in the world.

These facts are really amazing but you should wonder why Pakistan is not the best, because of everybody who live in Pakistan who not raise their voices, who are just thinking that they are free but actually they have not completed their actual work.

So think and make Pakistan's beauty shine on the world just think and make your nation best, give vote but first think, chose leader but first think and take step because this is your nation and you have to care about it,

Pakistan Zindabad!



Alina Allah Dad
Aitchison Model School
Karachi

IMPORTANT FACTS ABOUT PAKISTAN

1. Pakistan hosts the largest number of refugees in the world's.
2. World's largest deep seaport Gwadar.
3. Third largest English speaking population in the world.
4. Sixth largest youth in the world.
5. Pakistan's youth could constitute world's 12th largest country.
6. Sixth largest standing military force in the world more than UK and France, Germany and Israel.
7. 15th largest trader of goods in the world ranking above Spain and Australia.
8. World's seventh largest pool of scientists and Engineers.
9. Pakistan has 40 million students which is more than the total population of Canada and Australia.
10. World's largest irrigation system namely the Indus basin.
11. Khewra salt mines are the world's 2nd largest salt mine.
12. Changa Manga is one of the largest man made forest.
13. Pakistan has won the Hockey world cup for a record of 4 times.
14. Karachi is the seventh largest city in the world.
15. Pakistan is the homeland of 190 million strong people who are ready to sacrifice their everything for Pakistan.



Samiullah
School of Excellence
Sukkur

WHY I LOVE PAKISTAN

Pakistan is our sweet homeland. Pakistan had appeared on the world map in 1947 but after the Muslims had made enormous sacrifices' love Pakistan Because it is a hard earned country, where we are free to shape our own destiny. It gave us an identity as citizens of independent Islamic state. the primary objectives in creating Pakistan were to secure a separate territory where The Muslims could regulate their lives in accordance with the teachings of the holy Quran and sunnah. Pakistan is the citadel of Islam. It is the focal point of the Muslims countries. it is a matter of pride for me that i was born in Pakistan and brought up in this glorious country. Pakistan is a

land of beauty with very fine resorts for excursion and sightseeing we have beautiful green valleys in Hills covered with blossoming flowers. Gilgit is also a beautiful spot full of wealth and of natural scenery. We have a high mountain in the world. The Pakistanis are inspired with the spirit of true patriotism and are always eager to make very sacrifice for their homeland. Since the making of Pakistan, they have felt an urge of a new life and are making rapid advances in education and culture. Our Pakistan has so greenery and all the things which people need in last I give this message to this world Pakistan is such a glorious country, love Pakistan, And Pakistan zindabaad.

Examinations

EXAMINATIONS

The sickness, trouble & impatience
Is given the name of examinations

When children have a lot of fear
And their eyes are filled with tear;

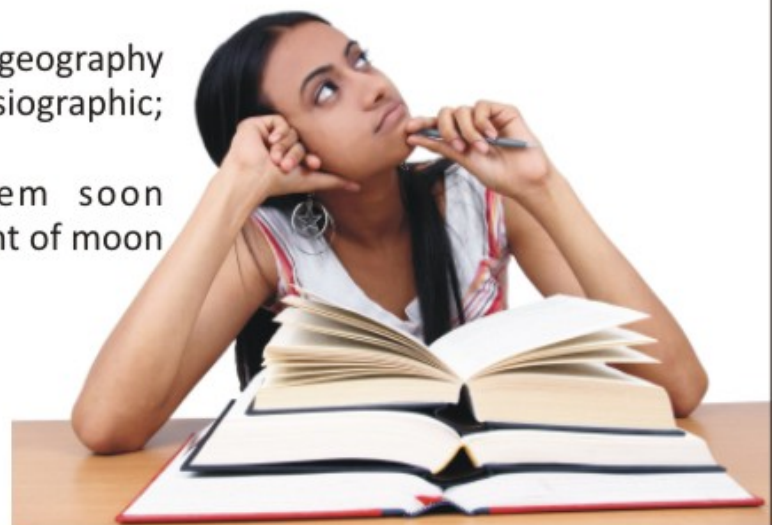
Geometry, Algebra, Perimeter and Area
Gives everyone incurable malaria;

Dates and names involved in History
Have changed our inner Chemistry;

The diagrams and other laws of science
Gives us all a very bad time

The landscape and other features of geography
Has changed our once beautiful physiographic;

I hope we will get rid of them soon
And sleep peacefully under the twilight of moon





Inaara Ladak
Progressive Public School
Karachi

TECHNOLOGY & INTERNET HAS RUINED HUMAN RELATIONS

Today's society is way different than the one that existed a few years ago. We live in an era where technology and the internet have become our basic necessities. While technology and the internet provides us with social connections that would have never been possible before, it is slowly limiting our social interaction that we all need as human beings.

If you really sit back and think about it, technology has kind of ruined our relationship. Let's just take an example of what we do every day. Making lunch plans with friends sounds interesting, but is it really? Yeah it feels amazing to have reunions and spending a few hours with friends, but are we really spending time with them? What is actually happening at that moment? As everyone meets, the first thing that's done is figuring out the Wifi

password, in case one hasn't subscribed to the 3G or 4G internet package. Waiting for the food doesn't seem that long as one is either busy texting a friend who isn't present there, or busy taking selfies and uploading them to their snap chat story. A bit later the food arrives and the hassle of finding the perfect instagram photo of the food begins. Is this what interacting is all about these days? One ends up ignoring their family and friends by spending far too much time on facebook, catching up with 500+ 'friends' that you barely know in real life. Upon a thorough appraisal, it can be inferred that more time is spent with our eyes glued to our mobile screens, rather than interacting with the humans present around us. In due course, technology is wrecking the significance of our interactions. It ends up

disconnecting us from the world around us, just to connect to the non-existent world of today's society. Instead of spending time communicating or talking, we just drop in a text to our friends and family. It may seem faster and easier but eventually we end up restricting our face to face interaction and weakening our relation. Using emoticons to express our feelings may seem appropriate but it can never substitute a broad grin or a tremulous smile of our friends.

In this era of technology and internet our connections are widespread; but what matters most to us- the quality or the quantity of our connection? In reality, we may have 1000+ friends on facebook but how many of them do we trust? This is the sad truth of what our society is turning into.

It is discernible that technology has the potential

to harm or aggrandize your social skills and relations with humans around you. Remember the time when you would spend countless moments talking to your family rather than looking at our mobile phones, laptops, tablets or iPads every few minutes? Some of you probably don't. We ourselves have let technology influence us to such an extent that even the thought of living without it seems pointless.

Technology may help you a lot but limit your time. Spend some time bonding your relationships with friends and families. Forget about the quantity and focus on the sheer quality. Leave all this technology for a while and go out, play with your friends, communicate with your family members; don't limit yourself to one mode of interaction. Let's endure the relationships that count and not rely on technology to do the job for us.



Windows

ونڈوز 8 کی دُنیا

نظر آتے ہیں اور جو پروگرام کھولنا ہو اس پر کلک کیجئے، وہ کھل جائے گا۔ یوں مائیکروسافٹ نے ایک تیر سے دو شکار کیے اور سٹارٹ مینو اور ڈیسک ٹاپ کو یکجا کر دیا۔ اس طرح ”مینی مائز“ اور ”میکسی مائز“ کے بٹنوں سے نجات مل گئی ہے۔ تیز رفتاری میں آگے ونڈوز 8 کی دوسری خصوصیت یہ ہے کہ خاصی تیز ہے بلکہ برق رفتاری کی وجہ سے پروگرام بھی کلک کرتے ہی کھل جاتے ہیں۔ لوگوں کا کہنا ہے کہ ونڈوز 7 کھلنے اور بند ہونے میں تقریباً 30 سیکنڈ لگتی ہے۔ جب کہ ونڈوز 8 یہی مراحل کمپیوٹر کی طاقت کے حساب سے 15 تا 20 سیکنڈ میں طے کرتی ہے۔

امریکا کی مائیکروسافٹ کارپوریشن نے جب سے (Windows 8) جاری کی ہے تب سے ماہرین سے لے کر عام لوگ تک اس پر تبصرے کر رہے ہیں۔ ہر آپریٹنگ سسٹم کی طرح اس کی بھی خوبیاں اور خامیاں سامنے آئی ہیں۔ کمپیوٹرز، سمارٹ فون اور ٹیبلیٹس کے لیے مائیکروسافٹ کا جدید ترین آپریٹنگ سسٹم ہے۔ پہلی بات تو یہ ہے کہ ونڈوز 8 ایسے کمپیوٹر پر ہی چل سکتی ہے۔ جس میں کم از کم ایک گیگا ہرٹز (Gigahertz) کا پروسیسر نصب ہو۔ نیز 1 گیگا بائٹ ریم (Gigabyte ram) موجود ہو۔ اس کی جگہ ٹائل نمائندوں نے لے لی۔ انہی ٹائلوں میں تمام پروگرام



Mohammad Hamza
The City School
PAF Chapter, Karachi

DIGITAL AGE - A FOOLS PARADISE


We live in a society that is dominated by today's developments and breakthrough in science and technology while some consider the digital or modern age beneficial, others have a serenely different viewpoint.

It is undoubtedly true that living today has been made extremely simple and convenient for us. Regular contact may be established by friends or relatives in two exactly opposite corners of the world. A surgeon may conduct a complicated surgery from many miles away and military intelligence agencies may use technology to be informed about the enemy's movements. Science has rendered enormous services to mankind and some extremely grave and serious issues such as global warming, world hunger and chemical hazards are now being promptly addressed common issues such as unemployment, loneliness and depression are dealt with on the internet. News from all over the world is readily available and even minute details like traffic updates are now more common than ever great educational opportunities also lie in great amounts new

people, new friends can be made and met. Religious, sport-based and other hobbies can be sufficient and endlessly explored. Tedious and long tasks may now be done within minutes.

General John Warden said, 'I fear for the day man will be killed by a computer' Many resent to calling this new age a fool's paradise, and indeed we live in an age full of theft, deception and idiocy. We are completely blind to many serious facts. The social media, to which the youth throngs to, is actually under close observation of a variety of intelligence agencies. Personal and sensitive information may be easily compromised to hacks and frauds. We are also totally unaware of the medicinal effects. What gives us pleasure today is actually the source of serious issues like carpet tunnel syndrome, spine and heart related illnesses. Today, the situation has worsened to such an extent that due to digital based disputes and reasons.

This sums up the entire story perfectly. There is a limit to everything. There is no harm in living in the digital age' as long as we stay within certain boundaries.



Aleena Siddiqui
A.E.S School
Girls, Karachi

AN HOUR ADVENTURE IN SCHOOL BUS



Happy bells of hometime in school rings everyday at 1:40 pm. Everyone is excited to go home but my happiness is short lived as I have to wait 1 more hour in school bus to reach home. As the bus starts moving, like Dora we first have to face some hurdles before finally reaching home. The first of which is a huge heap of garbage and its dreadful smell that forces us to pinch our noses for the first 10 minutes. Right when we relax our noses, we have to pinch it again because of the horrible smell of flooded gutters. The next hurdle we have to cross is of cows, as they are blocking the road and we have to wait for them to move out of the way if that isn't enough when we are very close to our homes, a huge tree branch collides with our face through the bus window. To escape any more hurdles that might come in our way later. We pass the next 15 minutes peacefully sleeping with our heads resting on our bags and then after a few minutes one of our friends wakes us up and we rush to our homes peacefully.

کتابوں کی اہمیت

چاہئیں۔ ہمیں ایسی کتابیں پڑھنی چاہئیں جو ہمیں معلومات دیں اور سبق سکھائیں۔ اچھے طلبہ وہ ہوتے ہیں جو فارغ اوقات میں کھیلنے کے بجائے کتابیں پڑھتے ہیں اور دوسروں کے ساتھ مل جل کر اپنے علم کو آگے بڑھاتے ہیں۔ کتابیں ہمارے مستقبل کو روشن کرتی ہیں اور ایک کامیاب زندگی دیتی ہیں۔

کتابیں ہماری اچھی دوست ہوتی ہیں، کتابیں پڑھنے سے ہمارے علم میں اضافہ ہوتا ہے۔ کتابیں ہمیں گھر بیٹھے سارے جہاں کی سیر کراتی ہیں۔ کتابیں ہمیں تمیز و تہذیب سکھاتی ہیں اور ہمیں الگ الگ چیزوں کے بارے میں معلومات دیتی ہیں۔ ہمیں ہمیشہ اپنی عمر کے لحاظ سے کتابیں منتخب کرنی

THINGS OUR OLDER SELVES WOULD WANT TO TELL US

I know everything seems so fast and so dizzying to you. So many paths and just two feet. You live your whole life chasing after small victories. From grades, to scholarships, to best friends and relaxation without thinking once that maybe you have been destined for so much more. Yes, everyone puts you on a pedestal, they tell you that you are meant to do great things and leave you no code which if decoded would tell you what's great. Its more a burden to us. The idea of "Something great". What could it be? What if its not great? The truth is... It doesn't have to be great. Yes, when you watch the whole world glide past you chasing ideas of perfection and letting small happiness pass by you realize nothing is actually great. Greatness is not a quality at all. There are no criteria for greatness, only what you make it. It's not an absolution and it has to be defined by you not the masses. If you let people tell you about greatness, you subject your dreams, your ambitions of being great to their minds, you tell your own passions to be justified by people... And ambitions and passions are yours, not theirs. Don't ever let them decide.

I know sometimes you feel insecure; I know sometimes that you feel like you are incapable. Like you are a failure. You compare yourself to people and things and ideas of successes. You are always hypnotically running races. You are always finding ways to be ahead. You want to be prettier, you want to be smarter, and you want to be a money maker. However, let me tell you this, I lost a lot of time running races when I could have been dancing to music. I lost a lot of time studying for an office job instead of journaling about ideas and writing down my stories or singing along with

songs. I lost a lot of time thinking any of my grades were more important than my passions. Yes you need a secure job, but you need your life more. Don't let people tell you what sort of job or life would protect you and keep you happy. Go for it. Go for everything, make memories.

And yes... You will be living and breathing in paradoxes. You will be socializing with people, they are going to make you feel and do different things, you will find yourself always so torn between what you should do and what your heart wants to do. And this is the hardest contradiction you will ever have to beat. What you believe is right, and what you want to do. You will want to walk away, hit people, be defensive from time to time. Life will recklessly pull the strings of the chords of your heart, it will make you choose between staying and leaving, between forgiving or keeping grudges, between being reckless and wild and being kind and nice and although they all seem to have no points of contention they will definitely at points make you choose. And the whole world will tell you to be yourself, wild and free, but who you are is greater than your reflex actions, its greater than your instincts from time to time. You will want to reject people and hurt people and take revenge. You will feel a need to protect your heart by hurting those who hurt it and this seems illogical to you now because you believe you will be able to forgive, but you will feel pain in extremities. It's life. And know this that you can be vengeful or forgiving, the difference lies in what you are and what you aspire to be. What you want to be is always going to be important. Always before a decision ask "Ten years from now will it matter?" Love, Older you.



کورا کاغذ!

لاشعور کے کمپیوٹر میں ایک ماسٹر پروگرام ترتیب دے دیتا ہے۔ اس پروگرام کے حوالے سے آپ سوچتے ہیں، کہتے ہیں، محسوس کرتے ہیں اور کام کرتے ہیں۔ آپ ذاتی نظریہ کے حوالے سے جو کچھ سوچتے ہیں وہی آپ خارجی دنیا میں کرتے ہیں۔

بچہ جب پیدا ہوتا ہے تو اس کا کوئی ذاتی نظریہ نہیں ہوتا، لیکن آپ تمام احساسات، رویے اور اقدار اپنے بچپن سے ہی سیکھتے ہیں۔ آپ کے تمام اظہارات ان نظریات کا نتیجہ ہوتے ہیں جو نظریات آپ نے اختیار کیے ہوتے ہیں جب آپ یقین کر لیتے ہیں کوئی بات سچ ہے تو پھر وہ بات آپ کے لئے سچ ہی ہوتی ہے۔ یہ نہیں کہ آپ کیا سوچتے ہیں، لیکن آپ سوچیں کہ آپ کیا ہیں۔

اسکاٹس فلاسفر ”ڈیوڈ ہیوم“ نے سب سے پہلے بچے کے ذہن کو کورا کاغذ قرار دیا۔ اس کے نظریے کے مطابق جب کوئی بچہ پیدا ہوتا ہے تو اس کا ذہن خیالات سے بالکل خالی ہوتا ہے۔ یعنی اس کا ذہن بالکل کورے کاغذ کی مانند ہوتا ہے۔ ہر شخص اپنے ماحول سے ہی سیکھتا ہے اور خیالات لیتا ہے۔

بچے کے قریب سے گزرنے والا ہر شخص اس کے ذہن پر ایک نشان چھوڑ جاتا ہے، ایسے ہی تجربات سے گزرتا ہوا بچہ بلوغت تک پہنچتا ہے۔ ان تجربات اور ماحول کے اثرات کے نتیجے میں اس کی شخصیت تشکیل پاتی ہے۔ جیسا کہ ارسطو نے کہا ہے جیسا اثر قبول کیا جائیگا ویسا ہی اس کا اظہار ہوگا۔ شاید بیسویں صدی میں انسانی اہلیت کے حوالے سے عظیم ترین دریافت ”ذاتی نظریہ“ ہے، یہ نظریہ کہ ہر شخص اپنی پیدائش سے ہی اپنی ذاتی عقائد کو مضبوط بنانا شروع کر دیتا ہے۔ آپ کا ذاتی نظریہ تب سے ہی آپ کے



Abdul Rasool Siddiqui
School of Excellence
Sukkur

IMPORTANCE OF EDUCATION

Education plays an important role in our society, education passes our life, it is the foundation of our society, education helps to stimulate our minds and molds inquisitive mind into intellectuals higher learning take the talent to the main level providing a deeper understanding of the world around us. Education is looking beyond its conventional boundary forms the very essence of all our actions. What we do is what we know and have learned either through instructions or thoughts, observations and assimilations, when we are not making an effort to learn our mind is always processing new information or trying to analyze the similarities as well as the tiny meaner within the context which make the topic stand out as seem different. If that is the caste then the mind

definitely holds the potential to learn more, however it is us who stop themselves from expanding the horizon of our knowledge with self doubt or other social, emotional or economic constraints.

While most fell that education is a necessity they tend to use it is a tool for reaching a specific target or personal mark, after which there is no further need to seek greater education.

Education plays its continuing role in all spheres of life. The reason being that if we are aware of the drawback of a decision and we know about the possible contingencies and the collateral damage our consequent action would be wiser which would help us to keep danger at all times.



ہمارا اسکول

یہ گلشن ہم اسکے پھول
ہمارا دارِ ارقم اسکول

پیار، لگن اور محنت سے
پڑھنے، پڑھانے میں مشغول

صاف اور ستھری کلاسوں میں
علم و ادب کا ہے ماحول

پاکستان میں ہے مقبول
ہمارا دارِ ارقم اسکول

ہمارے لاہور میں ہے مشہور
ہمارا دارِ ارقم اسکول

سب اساتذہ اور استاد
علم سے جن کے دل آباد

گارڈن ٹاؤن میں ہے مقبول
ہمارا دارِ ارقم اسکول

دیواروں پر آویزاں ہیں
قولِ قائد، حکمِ رسول ﷺ

MATHEMATICS

Mathematics, the one word that makes every high schooler groan with its sheer immensity of boringness. It is the dreaded subject which no one wants to do but is forced to do with the law and old reluctant teachers.

I guess we keep forgetting that subjects like this need to be encouraged for today's children our tomorrows scientists and thinkers. But the way our modern education system is happening it seems that math has been forever the boring geeky subject that has no applications in real life. Because seriously when the last time trigonometry was helping you in your relationship, right?

But again that is a stereotype that is utterly wrong. Like most things math is used in every aspect of our lives and it is imperative that we become beginners in the language if not fluent.

What we need is to inculcate a passion of critical

thinking and patient problem solving instead of rote and formula learning so that we can learn how math applies to the smallest of problems. Teachers have the enormous advantage of teaching 21st century children and so they should use multimedia and help retain knowledge. Simple equations with simple formulaic answers is not the way to explain a concept that was discovered by much thinking on our scientists part, present too much or too less data and let students figure it out and solve practical stuff. Be dedicated teachers and have dedicated environments. The idea that god forbid science is all genius and seriousness wrapped in one is a gross misconception that misleads young learners. Math is fun. Even if its butchered and made like an old grandpa you still need to learn it, so learn it with pleasure and teachers try a little more spunkiness in class. Please help us in this step to be tomorrow's somebody.

میری ماں



مہک اسرار
چارٹرڈ ہاؤس پبلک اسکول، کراچی

میری دعا ہے کہ خوش رہو تم
ملے نہ کوئی غم جہاں بھی ہو تم

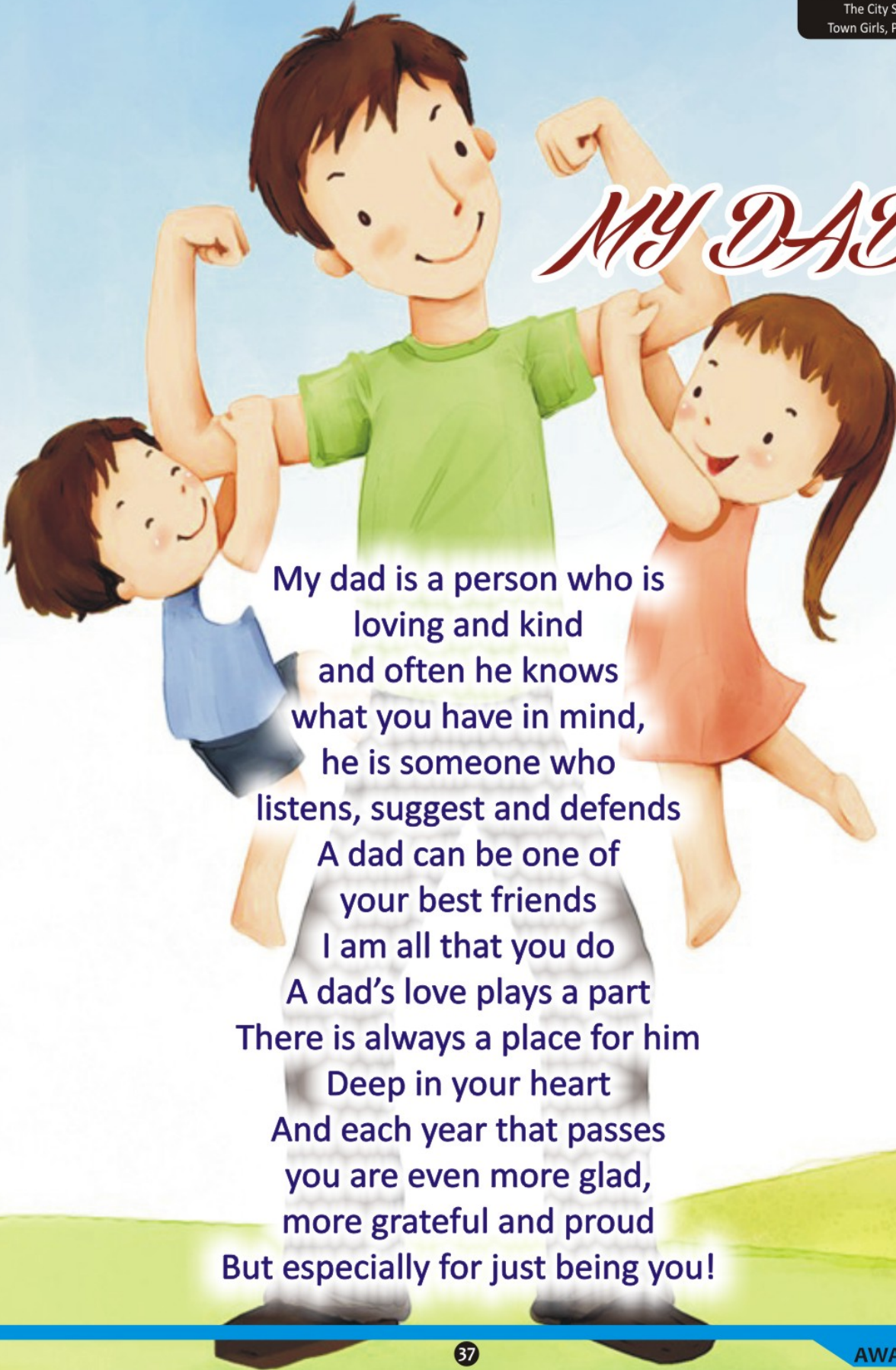
سمندر کی طرح دل ہے گہرا تیرا
خوشیوں سے بھر رہا ہے دامن تیرا

تم جو کہو وہ ہر خواہش پوری ہو تمہاری
خدا سے بس یہی دعا ہے ہماری

تحفہ کیا دوں تمہیں دعاؤں کے سوا
کہ خدا رہے تم سے راضی سدا



MY DAD!

An illustration of a father and two children. The father, in the center, is wearing a green t-shirt and grey pants, flexing his right arm. To his left, a young boy in a blue t-shirt and dark shorts is also flexing his right arm. To his right, a young girl in an orange dress is flexing her right arm. They are all smiling and appear to be in a playful mood. The background is a bright blue sky with a green hill at the bottom.

My dad is a person who is
loving and kind
and often he knows
what you have in mind,
he is someone who
listens, suggest and defends
A dad can be one of
your best friends
I am all that you do
A dad's love plays a part
There is always a place for him
Deep in your heart
And each year that passes
you are even more glad,
more grateful and proud
But especially for just being you!

My Mother

My mother is very sweet
Heaven is under her feet
She is very nice
She likes to eat yogurt with rice
She is delicate like a flower
She combs my hair and likes to take showers
She doesn't like to eat honey
But gives me pocket money
Her hair is so soft
I love her a lot
My mother is very sweet
Heaven is under her feet

A Little Boy & His Mother



A little boy & his mother
were crossing a bridge.
Mother said. "Hold my hand"
Boy, no mom, you hold my hand;
Mother, what's the difference?
Boy: if I hold your hand,
maybe I leave your hand in some trouble
But if you hold my hand,
I am sure that you will never leave my hand.
I love you! Mom

BEST FRIEND!

My life is a milkshake
with some little baked cakes
My friends are the mixture in this shake
I don't need any flavor to make the
sweetness cause by them is like a bubble gum
The milk in it is as pure
as a baby says I am sure
They are the best buddies I ever had
without them I would be sad

Friendship

- Your friend is the person who knows all about you and still likes you.
(Elbert Hubbard)
- The better part of one's life consists of his friendships.
(Abraham Lincoln)
- Plant a seed of friendship, reap a bouquet of happiness.
(Lois L. Kaufman)
- My best friend is the one who brings out the best in me.
(Henry Ford)
- True friends stab you in the front.
(Oscar Wilde)
- One of the most beautiful qualities of true friendship is to understand and to be understood. (Lucius Annaeus)
- Friendship without self-interest is one of the rare and beautiful things in life. (James Francis)

M. Zohaib

The Punjab School System
Lahore



Iqra Adeel

Beaconhouse Gulshan
Primary Campus, Karachi.



Mom and Dad

Thank you God for Mom and Dad
"So Sweet"

Thank you Mom for cooking the
"Food we eat"

Thank you Dad for the love that
"Never ends"

Thank you Mom and Dad, for
"Everything you did for us"



MY HERO

My mother is my hero because she was always there for me when I was in any trouble and when I needed help. She is a great role model for mothers. My mother has a great strength, faith in God and courage. She always helps me when I need it and gives me advice when I need it. I don't know what I

would do without her and I would like to thank her for everything that she has done for me and for all that she has in store for me in life. My mother will always be my hero because she never actually saved my life ... but she has loved me ever since I was a baby.



One cannot forget the lovely memories of childhood. I wish we could remain young and keep on enjoying the fun filled activities of early life. Hanging out with friends, running freely in gardens, enjoying ice cream and listening to grand mom's bedtime stories are blissful days.

Even the early school life is very interesting, making new friendships, enjoying with friends at canteens and the way back home in the bus. Although it excites me to grow up but whenever I see my elders and parents working all day long, I wish I could continue as a young child free from all burdens of life.

RAIN RAIN GO AWAY

Rain rain goes away
Let the sunshine come this way,
Let the flowers blossom once again,
Let the birds fly high in the sky,
Rain rain goes away
Let the sunshine come this way,
Sparkling rays of golden cheer,
Fill in the air throughout the year,
When you find it you will hear,
The sound of laughing somewhere near,
Rain rain goes away,
Let the sunshine come this way.





Neeha Hammad

Beaconhouse School System
Canal Side Campus, Lahore

THEM WINTER FEELS

"It is the life of the crystal, the architect of the flake, the fire of the frost, the soul of sunbeams. This crisp winter air is full of it." -John Burroughs.

To me, even the word 'winters' seems enrapturing. Who doesn't cherish sitting in front of fireplaces, wrapped up in a warm blanket? Seeing twinkling stars in the black sky from my frost coated window is indeed refreshing. Ah, those short days and long nights. Although the dampness which squirms into my jaded bones makes me crave for summers again, I still enjoy seeing the crispy white covering of snow on the ground which makes the landscape look like some magical land, full of fascination. Isn't it beautiful to see large flakes of snow falling down from the heaven as if the angels are having a pillow fight?

The aroma of hot soups or stews and the foam on my coffee or the taste of hot chocolate further adds to the beauty of winters. Dry fruits and oranges too are a specialty of this season. Another spiffing thing about winters is the 'Winter Fashion'. After several months of waiting, in winters we can finally wear long coats, turtleneck sweaters,

colorful mittens, nylon jackets, funky sweatshirts, long boots, branded scarves, printed leggings, ear muffs and cute hand gloves. It becomes so easy for me to hide the tangled mess of my hair with cool patterned hats. It sounds funny but it is true that in winters, one doesn't have to bother about others seeing the wait we are gaining. Our bulky clothes are there to protect us! And those red cheeks! Woah! Oh, how can I miss mentioning the winter sales; every woman's first love. Outside the house, for me it is completely amazing to walk on the fluffy snow which looks like an untouched blanket before me. My siblings start making snow balls, letting our snow ball fight begin. Moreover, isn't it side splitting to see someone slip on the snow? Such random moments always make indelible memories. Ice skating, sledding, bonfires, tobogganing etc. all are the usual activities planned in winter holidays. Don't you fancy seeing icicles or making a snowman or writing New Year resolutions? I am sure you do. Igloos too can't be missed mentioning. Now tell me, don't you simply love winters?

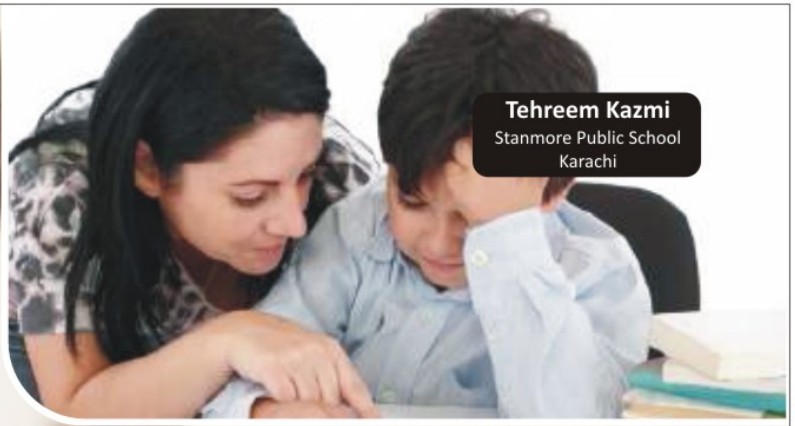
Sleeping!



The one whose, a sleeping addict,
this message is for them sticed
You guys will become lazy
Forget lazy, you'll be grouse,
Are you crazy? You'll be lazy
The door will knock, The tick tock clock
Still you will grunt and snore
Oh! Please Oh! Please don't ignore
Sleeping pulls you like a thread
Wake up you sleepy head

Winter

Winter is an attractive season,
I hope not to give a reason
The most things about it i like is when
we are ready to hike .. Snow balls fall
on window pane, So cold it is when
it starts to rain - Snow flakes from
the sky people jump up so high
Clouds are very very soar, barbary lions
Start to roar - When winter is about
to go the world seems to have no snow



TREAT ME RIGHT

The world might be moving too fast with inventions we never even thought would ever be seen. But with the increasing technology and science the humanity is left far behind. Men and women when get matured have the strength to stand up for themselves but what about the brutality on children? Adults have started to think of themselves as chiefly and great. But how about they take a glance on children who are now the target of everyone's eyes.

The abuse and ferocity on children of different classes low, middle, and high are facing, needs not to be neglected. It is something that needs to be straightened out. The sexual, physical, and verbal abuse should be terminated because it is what puts down the courage, and confidence of children.

They are not being given their rights properly. They have no education even the basic. If they are ill, they do not get taken care of. Young laborers are even beaten to a pulp. This is where physical child abuse comes.

Physical abuse is the aggressiveness of an adult directed to a child who can result in bruises, scratches, cuts, burns, broken bones. Parents, teachers or any other adult can cause this harm to a child.

Verbal child abuse is another type of child abuse. People say mean and disheartening words towards a child making him / her feel worthless and mediocre. Because of harsh words aimed towards children, they try to improve their actions which result in them being more nervous and distorting the work. Some children even think of ending their lives because of those awful words and start self harming them. They sometimes get so addicted to it that they feel like hurting / killing themselves is the only solution to feel their issues.

Sexual abuse, a type of child abuse that no one can ignore. The pain and humiliation a child goes through when he / she is abused sexually, is the most horrible feeling. It is the feeling only the one who went through this phase can understand. This horrible abuse can make the purest and brightest of souls, a dark one. The after effects of sexual

abuse includes guilt , self-blame , flash backs, nightmares , insomnia , loss of self-esteem , self-injuring , suicidal ideation , anxiety or panic attack and stress and depression. Many survivors of sexual child abuse even try to suicide to get rid of the past actions and the memories. Child selling is another terrifying activity it results in a child, losing his trust in the world. When a parent, close person or guardian sells a child, the relationship between them is disrespected and child starts to have hatred towards the person.

The sadistic world needs God's help because of the actions that everyone is pulling off. Child abuse is an atrocious deed that whoever performed will be punished by Allah on the Day of Judgment.

Child abuse has always been existing in our society.

But we never noticed it until now. And now that we know about it, it is important for us to take steps against it. Children are human too, if you ignite them they burn, if you cut them they bleed, if you push them they fall. People might not know what huge difference they make when they throw daggers at children and if looks could kill, the death glares children give people in return, they would already be six feet under. A child can only take so much, but when he had enough, he would burst and drag the people who burst him to their grave that he dug himself. When a child finally becomes an adult, he can never be able to move past his memories and he might still have nightmares. It is for sure that there are infinite sleepless nights. All a child wants is to be treated right, He wants everyone to love him, care for him and make him happy.





HAMDARD PUBLIC SCHOOL

BOYS WING SESSION 2015-2016

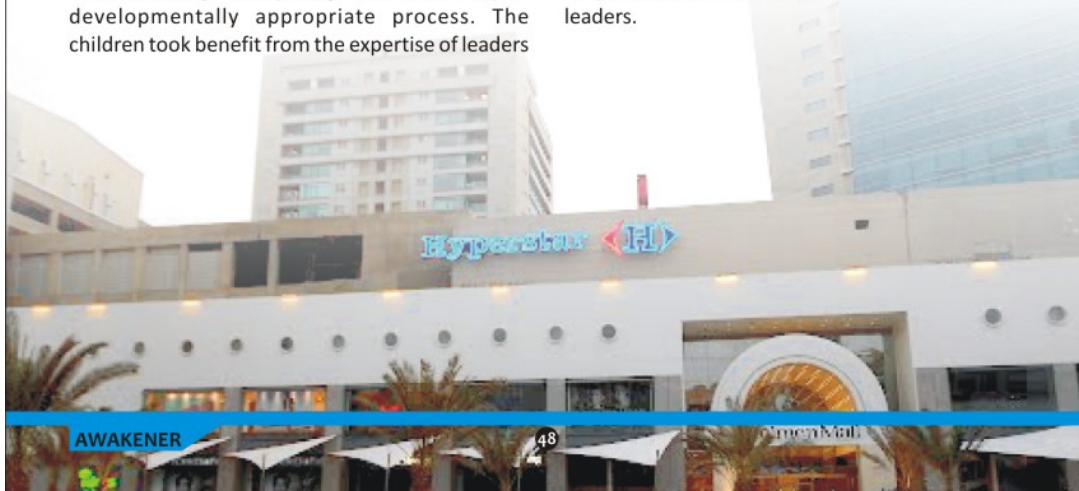
REPORT ON THE EXCURSION AT HYPER STAR DOLMEN MALL, CLIFTON

It was a wonderful experience going on an excursion at Kids Dunya, Dolmen Mall Clifton. We arrived there at 9:40 am and entered at 10'o Clock. We were guided by highly organized and skilful supervisors and other representatives. They were very punctual, energetic and very dedicated. They guided us the way to the main spot.

These activities at Kids Dunya were arranged for kids to impart them to ethical values and understanding. Everything was based upon developmentally appropriate process. The children took benefit from the expertise of leaders

in their respective field and they came across for real life brands. The different activities were arranged there, For example
The Lounge , KD Fire Station , KD Police , HBL Kidz Dunya Branch , Surf Excel

It was an interactive, exhilarating educational and fun filled trip for children as it gave them freedom to craft their own experiences and the little inspiration to help them grow and it proved to be very informative and fruitful for our little future leaders.



REPORT OF EXCURSION TRIP 2015 CLASS III - IV

Hamdard Public School had arranged an excursion trip to "Kids Duniya" Hyperstar after the Terminal Exams on Tuesday 24th Nov, 2015 for the students of class III - IV. They played the different and exciting games and participated in the activity of paddle pop by walls, painting and riding on beautiful small cars. The students enjoyed a lot over there. The students got the lunch boxes of happy meal of Kids Duniya. After the meal at 12:35pm the students had a National Anthem in loud sound with the whole staff of Kids Duniya and they enjoyed a lot. They had given the warm see off to all the Hamdardian's. The students enjoyed every moment of the excursion trip. It was a day utilized in the best possible way.



REPORT OF EXCURSION TRIP 2015 CLASS VII & VIII

Hamdard Public School had arranged an excursion trip to "Dream World" after the Terminal Exams on Thursday 12th November, 2015 for the students of classes' vii & viii. All the students were very excited, as we entered there, students were given bands to avail the facilities there. Then students were allotted lockers on the behalf of their teachers .Students changed their dresses and moved to swim towards pools. They also enjoyed boating, sea with artificial waves, archery and riding. That was a good way to make students mind fresh.



Gender Equality



Neel Kanwal
Beaconhouse Gulshan
Primary Campus, Karachi



Today, I will tell you a story of Gina, who, like you all, was a normal child and she had a very eager desire to go to school. But her parents had different opinions. "You are a girl; you have to stay at home!" Poor Gina had to obey her parents and had to abandon her dreams of becoming a journalist. Someone like Gina, maybe a maid's daughter, is now working in your homes. So why all of this is happening to girls, you may ask. Friends, even in today's advanced atmosphere, there are some people who think that girls are less worthy of attention than boys. To me, however, nothing is farther from the truth. We, children, are all special in our own way and all of us need love and care to

grow. But some children are deprived of this care. Maybe you are all thinking that if you are only kids, what difference can you make? Even something very small can make a difference in the world, if you have determination and integrity. But children are the most honest people in the world, not afraid to tell the truth. So, friends, I need you all to think over this matter and rise against gender inequality. We all are learners, girl or boy, and we all need education. But if we all stay quiet, someone everyday will miss his or her chance of studying just because of their gender. We may be kids but we will not let injustice be done to any innocent person.



Abdullah Saleem
Generations School
Karachi

Depressed Am I !

Winds as Pins
Moments as Spears
Memories as Pains
Love...got no gain!
Cause it leaves no-one behind
It unites two hinds
To Crush them and grind
Huh...Depression's what gets left behind
A Memoir for all who love
Just ain't be Serious
Cause one day
It gets you Blind



Life?

What is it?

It is a sum of experiences with
gradual ups and downs
Confrontment of challenges
Facing hardships all around

In this pride and pleasure of wealth
In this rapture of life
We're self-obsessed and have
forgotten the meaning of life

We fall, we hold, we move on
We scramble out in the slight of air
We're immensely stuck in
the knot of atmosphere

We, indeed, need to cope up
with the speedy world
Need to follow the light
Move away from darkness
And, surely, catch up with the fight.



Abdul Rafay
House of Modern English
Karachi

Treat Me Right

WHEN I WAS BORN I WASN'T PERFECT,
WORLD STARTED ON ME WORDS ATTACK,

SEEING ME MY FATHER WAS FEELING SHAME,
HE TAUGHT I COULDN'T GIVE HIM NAME AND FAME,

ONEDAY HE DROPPED ME IN CHILD CARE HOME,
THEN ALL THE DREAMS WHICH I HAD WERE GONE,

I WANNA SHOW THE WORLD THAT I'M FINE,
SOON A SUN IS APPEARING TO MAKE ME SHINE,

I REQUEST THE PEOPLE TO TREAT ME RIGHT,
DON'T PUSH ME TO A BAD SIDE,



Tanweer Ahmed
School of Excellence
Sukkur

IF YOU ARE GOOD THEN

ALL WORLD IS GOOD FOR YOU

It is common saying that if you are good then this all world is beautiful for you but if you are not good then you feel and the people as you this world depends upon you and upon your thinking, if a problem you find in your home, in your class, in your school even in your country then think it in positive sense, if you are understanding that his person is not good means you are not good so think every matter in positive sense if you think every in good sense in beautiful way then you feel love in the world and you will enjoy your life and

give others comfortable and try to give the happiness to others if a person who is sick and now you should ask him about his health because Allah has created the human for the welfare of other people.

دردِ دل کے واسطے پیدا کیا انسان کو
ورنہ طاعت کے لئے کچھ کم نہ تھے کرو بیاں

So please think positive and do positive



'When Life Is Falling Apart'

Every time you look in the mirror, who do you see looking back? Is it someone you never wished to be? Is it someone you want to be but failed to do so? Are you satisfied with the life you are living? It is ironic now we are always too hard on ourselves when it comes to the life we live. We think of it as a mess that we are bound to fix. Every day we try to place the pieces of this puzzle together. Every time we face the obstacles in our way, we ask ourselves why it rains hardest on the people who deserve the sun.

Then again, if life gets better only to fall apart again why we do even bother trying to fix the mess we make. Is this would not a broken place where good people never get what they deserve? Every day we

ignore this reality and tells ourselves, "It is going to be okay?" Why do we lie ourselves to make us feel better?

That is because deep down we know that there is magic in this world. All we need is a reassurance to remind us that good always wins. No matter how difficult it might be to believe, it will eventually prove to be true.

Therefore, even when you are going through a bad day when you have cried yourself to sleep or have found it difficult to fit in or have held on to something that does not exist anymore or even when you have felt that the entire universe is against you, remind yourself to be happy because you deserve to be.

Komal Ishtiaq
Aitchison Model School
Karachi



Beautiful Children

The world is full of beautiful creations of Allah, and children are one of the most beautiful creations of Allah, some children are healthy and smart, but some are not blessed that much. In other words we can say, they are mentally and physically weak, in our society we refer them as special on needy children. In this category, some are blind, deaf, dumb, learner disabled, mentally retarded, handicapped, autistic and down syndrome etc. Many people help these needy children by donating money, The money we donate to these people, Do you think it actually help them? Of

course not! Needy children don't want sympathy and donation, They want help socially. Only few people have the time and courage for these social work. If someone has low I.Q level then personally teach them without money. If someone is blind, deaf, dumb or physically handicapped then help them according to their disability. These beautiful children are part of our society so always help and take care of them and treat them as an equal part of our society, because "Allah love children one and all".



HOPE!

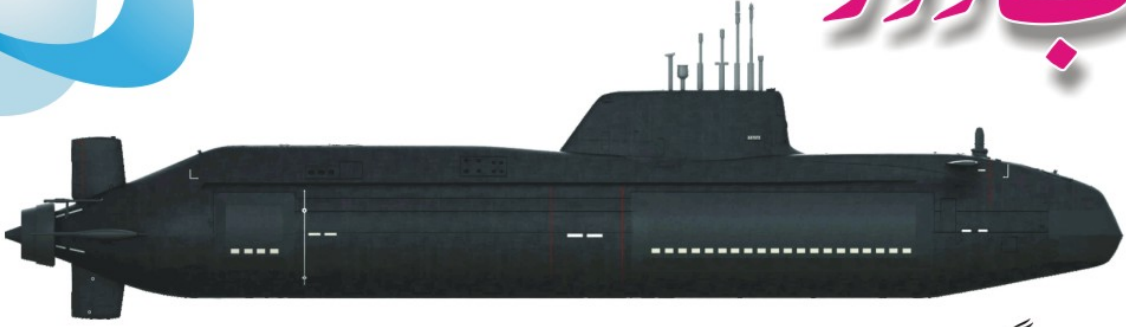
I looked at the yellow hay; green field with an array of flowers. There were roses, geraniums, tulips, daffodils, asters and hundreds more I couldn't even name. A few come garaged in the nearby field.

There was a small hut in the corner. A timid man came out of it, carrying chicken's feed and gave it to the chicks. He smiled and waved at me I waved back.

Everything was so peaceful and serene. The animals were minding their own business.

Suddenly, I thought why the humans could not learn something from these dumb creatures. I wanted to escape into this world. I wanted to run away from my intimidating life. I closed my eyes and let the day breeze envelop me in its calmness. I took a deep breath and then let it out. My mind was free. I was free. All of a sudden, I had a strange feeling. Something which I hadn't felt in a long time I smiled as I realized what it was. Hope. Yes, it was hope. I opened my eyes and promised myself to look at the world from a different perspective.

آب دوز



بیچ سمندر اس کا گھر ہے
آنڈھی نہ طوفان کا ڈر ہے
اوپر ہو تو کشتی ہے وہ
اندر ہو تو مچھلی ہے وہ
جب وہ چاہے جتنا چاہے
سطح سمندر پر وہ تیرے
کبھی کبھی تو دو دو ہفتے
پانی سے باہر نہ نکلے
اس کے اندر بیٹھے فوجی
کریں حفاظت پاک وطن کی
یوں تو رنگت میں کالی ہے
اپنے دیس کی رکھوالی ہے

About Pyramids



Pyramids are great structures with four (4) triangle side that are in a bind at the top, over hundred (100) were built by the ancient for there pharaohs and 80 still remain standing. They were made out of stone boxes that weight up to two (2) tones, are

fit so closed together. To build their the Egyptians would have to be an expert in geometry and architecture. Amazing thing is that how they are built the great pyramid Giza, tomb of king "Kufu" in the seventh ancient wonder of world.

آلو ہوں میں آلو ہوں
بھنڈی جی کا خالو ہوں

گو بھی میری تائی ہے
ٹنڈا میرا بھائی ہے

مٹر میرے پوتے ہیں
سبز گھر میں سوتے ہیں

میتھی میری چچی ہے
پالک کی وہ بچی ہے

بیٹکن میرا تایا ہے
کریلا میرا دادا ہے

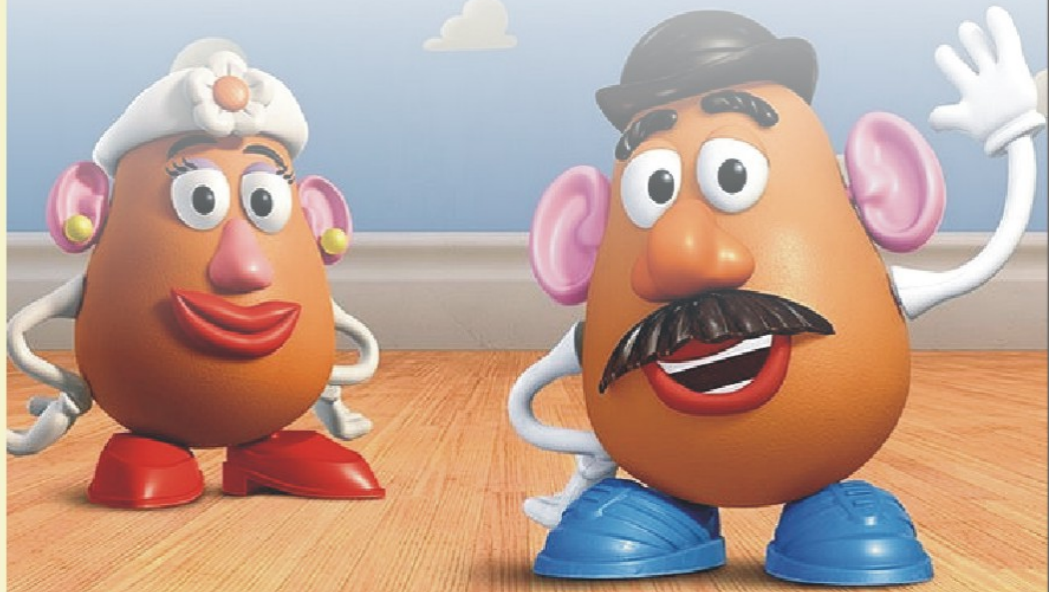
شالجم میرا چچا ہے
بند گو بھی میری بھانجی ہے

مونگرے میرے یار ہیں
کہنے کو تلوار ہیں

ہر گھر میں ہوتی ہے لڑائی
کبھی بہن بھائی، کبھی چچی تائی

یہی ہے میری کہانی
آج سن لو میری زبانی

آلو کا نصب العین





کیا وہیل کو مچھلی کہا جاتا ہے؟

خوراک حاصل کرتا تھا، لیکن جب خشکی کے دوسرے جانوروں کی تعداد بہت زیادہ بڑھ گئی اور وہیل کو پیٹ بھر کر خوراک ملتی مشکل ہو گئی تو وہ سمندر میں کود پڑی۔ سمندر میں رہتے رہتے اس کی شکل و صورت میں تبدیلی آ گئی اور وہ بھی رفتہ رفتہ پانی کا جانور بن گئی۔

بعض لوگوں کا یہ بھی خیال ہے کہ وہ اپنی مرضی سے سمندر میں نہیں گئی تھی۔ اس جنگل کے خون خوار درندوں نے خشکی سے اسے بھگا دیا تھا اور جب وہ پناہ لینے کے لیے پانی میں گئی تو وہیں کی ہو کر رہ گئی۔ وہیل دنیا کا سب سے بڑا جانور ہے، یہ ایک سو فٹ سے زیادہ لمبی اور ایک سو بیس ٹن سے زیادہ وزنی ہوتی ہے۔ اگر ترازو کے ایک پلڑے میں بیس ہاتھی اور دوسرے پلڑے میں ایک وہیل رکھ دی جائے تو وہیل کا پلڑا بھاری ہوگا۔

وہیل کا شمار مچھلیوں میں نہیں ہوتا۔ اگرچہ وہیل اور مچھلیاں دونوں سمندر میں رہتی ہیں لیکن وہیل اور مچھلی، دو مختلف جانور ہیں۔ وہیل کے جسم میں جانوروں کی طرح گرم خون دوڑتا ہے اور وہ اپنے پیچھے پھردوں سے سانس لیتی ہے۔ اس کے جسم پر چربی کی ایک موٹی تہ ہوتی ہے، جس کی وجہ سے اسے ٹھنڈے پانی میں سردی محسوس نہیں ہوتی، وہ بچے دیتی ہے اور انہیں دودھ پلاتی ہے، مچھلیوں کا خون ٹھنڈا ہوتا ہے وہ اپنے گھروں سے سانس لیتی ہیں اور انڈے دیتی ہیں، اس لئے وہیل کو مچھلی کی ایک قسم سمجھنا درست نہیں ہے۔

وہیل کی تمام عمر سمندر میں بسر ہوتی ہے اور اسے دیکھ کر یوں معلوم ہوتا ہے کہ وہ کوئی مچھلی ہے؟ لیکن وہ مچھلی نہیں ہے، سائنس دانوں نے یہ پتا لگایا ہے کہ ہزاروں، لاکھوں سال پہلے وہیل بھی خشکی کا ایک جانور تھا اور خشکی ہی سے اپنی





حاکشہ محمود
الائٹڈ اسکول پاک کے پرنسپل لاہور



- ۱- جو زیادہ سوچتا ہے وہ بہتر بات کرتا ہے۔
- ۲- مثبت سوچ انسان کے لئے ترقی کی راہیں کھولتی ہے۔
- ۳- جو سوچتا نہیں وہ قابل ذکر کام نہیں کرتا۔
- ۴- سوچ انسان کو بغیر خرچے کے جہاں چاہے، پہنچا کر مفت سیر کرواتی ہے۔
- ۵- پہلے سوچو پھر بات کرو، کبھی بھی خفت اٹھانا نہیں پڑے گا۔
- ۶- سوچ کا دائرہ وسیع کرو، محدود سوچ نقصان پہنچا سکتی ہے۔
- ۷- اچھی سوچ انسان کو دوسروں کی نظروں میں بلند کرتی ہے۔
- ۸- اکثر سوچنے کے بعد کیا جانے والا فیصلہ درست ہوتا ہے۔
- ۹- اچھی سوچ انسان کے خیالات کو نکھار دیتی ہے۔
- ۱۰- زیادہ سوچنے والا فضول باتیں کرنے سے بچ سکتا ہے۔
- ۱۱- اچھی سوچ ایک پھول ہے، جس کی مہک دوسروں کو بھی محسوس ہوتی ہے۔
- ۱۲- سوچ ایک دریا ہے جس میں انسان ڈوب جاتا ہے، لیکن سانس بند نہیں ہوتی۔

سوچ

مختصر مختصر

سرکاری آفیسر:	کھاؤں گانہیں تو بڑا کیسا ہوں گا۔	مہنگائی:	حکومت کی غریب مکاؤ منصوبہ بندی۔
اسہلی:	چھوڑو گرما گرمی رہو کول کول یار۔	بجلی:	اب تو آ جا کہ تجھے یاد کیا ہے میں نے۔
سیاستدان:	کھایا، پیا ہضم کیا۔	بل:	جب بھی آتا ہے دل دکھاتا ہے۔
پیسہ:	ہم تیری محبت میں یوں پاگل رہتے ہیں۔	پولیس:	یہ پیٹ مانگے اور.....
کرسی:	تم کو پانے کو تمنا ہے ہمیشہ ساتھ رہنے کا ارادہ ہے۔	چور:	صفائی کرے ذرا ہٹ کے.....
مہنگائی:	دھیرے دھیرے غریب کو مٹانا ہے۔	ڈاکو:	سراٹھا کر چیو۔
قرض دار:	چلو اچھا ہے ہم بھول گئے۔	ڈاکٹر:	شاید زندگی شاید موت ”فغنی فغنی“۔

SPREADING PEACE

I want to bring peace to this world
But it is a bit difficult

I want to bring happiness all around
But people are not so fond

I want people to be loving and caring
But they can't comprehend
the meaning of sharing

I want terrorism to vanish forever
I want people to be friends

And never the world's
peace put to an end



Moazzama Rizwan
Progressive Public School
Karachi

OH MATHS

Oh math! Oh Math
It gives me a heart attack

When I see a word problem
It creates a gigantic problem

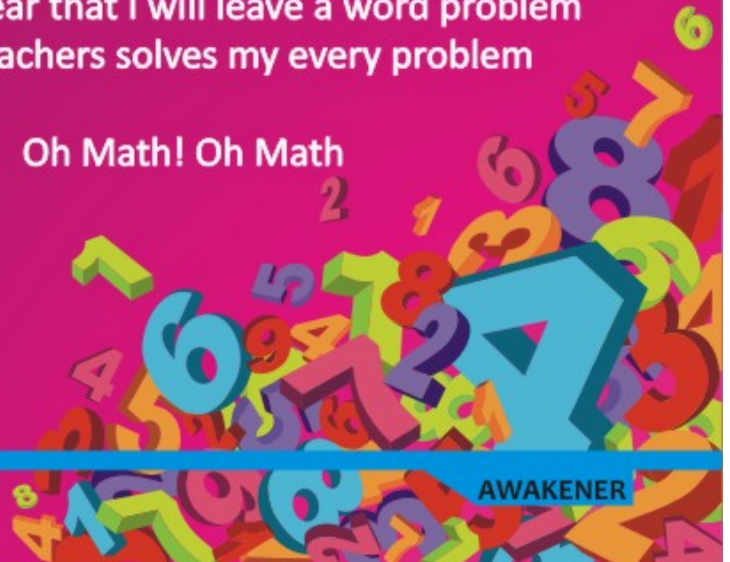
My head starts to spin when I open the book
It gives me dreads when I take a look

Semicircles, radius and algebra are the worst
When I cannot solve them, I them, I think I am cursed

Angels send chills down my spine
I have to work from nine

In exams, I fear that I will leave a word problem
But my teachers solves my every problem

Oh Math! Oh Math





Inshall Rizvi
Stanmore Public School
Karachi

K-2

Mount Everest

- K-2 is the second highest mountain of the world
- People come to see it from all around the world
- Everyone admires the height of its peak.
- But very few dare to climb it as it is very steep.
- It is located in China - Pakistan border.
- Who says that our country has got no wonders?
- K-2 is covered with snow most of the time.
- If you don't believe me, go yourself and find!
- I would always love to climb that mountain
- Would you like to come or you will only see me on the mountain?



Shifa Khalid
Public School
Hyderabad

Ranikot Fort

INTRODUCTION:

RANIKOT FORT is a historical fort near Sann, Jamshoro District, Sindh, Pakistan. Ranikot Fort is also known as THE GREAT WALL OF SINDH and also a mysterious place in Pakistan and is believed to be the world's largest fort with a circumference of approximately 26 kilometers. [2] Since 1993, it has been on the tentative list of UNESCO World Heritage Sites.

HISTORY:

The original purpose and architects of Ranikot Fort are unknown. Despite the fact that a prehistoric site of Amri is nearby, there is no trace of any old city inside the fort and the present structure has little evidence of prehistoric origins. It is located 30 km southwest of small town Sann, Sindh. Archaeologists point to 17th century as its time of first construction but now Sindh archaeologists agree that some of the present structure was reconstructed by Mir Karam Ali Khan Talpur and his brother Mir Murad Ali in 1812 at a cost of 1.2 million rupees.



Amazing Facts

If you shout for 8 years 7 months and 6 days you would produce enough energy to warm a cup of coffee.

- Smiling boosts your immune system.
- It is easier to smile than to frown.
- There are over 500 breeds of domestic dogs.
- Lions spend about 20 hours a day resting.
- Vampire bats are the only mammals that survive solely on blood.
- The human body contains a tiny amount of gold.
- An anaconda can go for months between meal.
- Jellyfish is not a fish but seahorse is a fish.
- If dinosaurs lived in our world it could look into a window on the fifth floor of building.



OLYMPICS

The most biggest sports games come in the Olympics it offers many countries to take part in. Many countries get a chance to have Olympics in one of their Cities. Following are the future games of Olympics Tokyo 2020, pyeongchang, 2018 and Rio De JANETR., 2016 the summer Olympics sports are archery badminton, Basketball, beach volleyball, Boxing coneo, Hand Ball, koyak Cycling , Diving equestrian fencing field hockey, gymnastics Judo, mode pentathlon and soon Lannisa latynina gymnastic from the former soviet union , finished her summer Olympic games Career with 18 total medals the most in history. The Olympic US committee established the US Olympic hall of game in 1983 to recognize outstanding American, Olympic, athletes,, however, plan to build a hall has been suspended due to lack of funding speed Skater, Bonnie Blain has won six medals at the Olympics winter games that's more than any other American athlete. Nobody has won more medals at the winter Games than cross country Skien Bjone, Dahlia of Norway, who has 12 records 202 countries participated in 2004, Olympics summer

games in Athens only for athletes have even won medals both the winter and summer Eddie Eagan (CUS). Jacob Tulin Thams (Norway) Chwist Luding , Rothen, Bunger (East Germany), and Clara Huges, (Canada).

The First Olympics covered by US Television in Rome by CBS three continents Africa, South America and Antarctica, have never hosted an Olympics. The five Olympics ring represents the five major regions of the world. Ever national flag in the world includes one of the five colors which are blue, Yellow , Black, Green, and Red. New Host Greece won the most medals (47) at 1 Olympics summer games in 1896. Norway has won most medals (263) at winter games. The US country has won more medals (2,189) at summer games than any other country. The early Olympics games were celebrated as religious festival from 776 B.C until 393AD when the games were banned for being a pagan festival. A French Educator Baron Pierre de Coubertin, proposed a revival of the ancient tradition and thus modern day Olympics summer games were born.



POETRY

The word poetry is derived from an ancient Greek word "poieo" which means (I create).we can simply define poetry as an imaginative awareness of experience expressed through meaning, Sound and rhythmic language choices so as to evoke an emotional response. According to Sir William wordsworth :(Poetry is the spontaneous over flow of powerful feelings). T.S Eliot said about poetry that: (poetry is the logic of imagination).

ORIGIN OF POETRY

Who wrote the first work of poetry and it is something that a collector can seek out in an antiquarian bookstore? The epic of Gilgamesh often is cited as one of the earliest works of epic poetry. Dating back to the 18th century B.C consisting of Sumerian poems, it's a text that was discovered through many different Babylonian archaeological excavations.

KINDS OF POETRY

Acrostic poetry: In Acrostic poems, the first letters of each line are aligned vertically to form a word.

Cinquain: These poems are five lines long with a certain number of syllables or words in each.

Concrete poetry: Concrete poetry forms a picture of the topic or follows the contour of a shape that is suggested by the topic.

Couplets:

The Couplets are the easiest if the verse forms. It consists of two lines with an end rhyme.

Limericks:

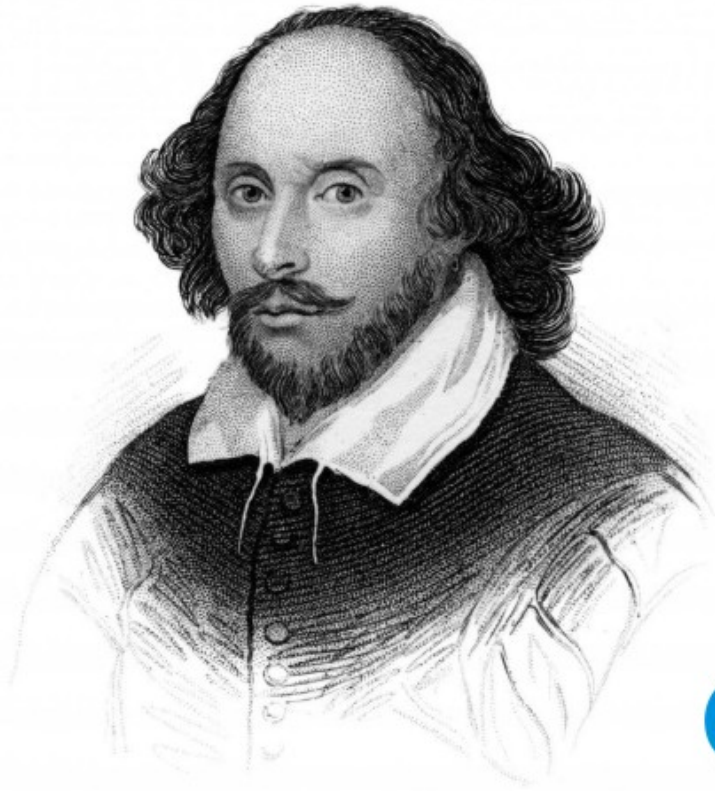
A limerick is a funny little poem containing 5 lines.

Haiku:

Haiku is an old Japanese poetry and it is very short and has 5.7.5 syllables structure. And so on.

POETRY IN PAKISTAN

it may not seem quite right to speak of Urdu poetry in terms of Indian and Pakistani poetry, But it would be reasonable to say that the new Urdu poetry in Pakistan is remarkable for its variety and vitality. Emerging from the common source and traditions of history and culture, poetry in Pakistan has achieved its own frames of reference, Its own tones of voice its own notes of protest largely because of the sociopolitical compulsions. Its poet are characterized by a healthy adherence to tradition and somewhat virile improvisation of the traditional modes of expression. Some of Pakistani great poets that are internationally known and read are Allama Iqbal, Shah Abdul Latif Bhitai, Khuwaja Ghulam Fareed and so on. I think that: "Great poetry generally captures images vividly and in an original, refreshing way, while wearing together an intricate combination of elements like theme, Tension, complex, emotion and profound reflective thought.



Celebrating Literature

Literature serves many purposes in human life. Reading literature enriches our vocabulary. English as well as Urdu literature should be a familiar topic to people. Some famous literature writers are William Shakespeare, Taylor Swift, Mirza Ghalib and Ghulam Abbas. To make us students familiar with good literature, our school this year launched a program known as “Celebrating Literature”. This program consisted of many assemblies, which were in English and in Urdu.

I’ll share my favorite ones. The first assembly was played on “Gulliver’s Travels” which is quite a famous story. Gulliver was played by a student of Grade 6th. Some students found Gulliver’s character very interesting. Students from all grade levels performed in this. The second play was self-written and performed by young students of grade-3. It was about a boy who doesn’t appreciate reading at all and when he falls asleep, he dreams that different kinds of books come to him and talk to him. The part of that play which I remember very well is when the first book came, walked over to the boy and said, “Wow! What a

sleeping beauty!” Which caused a lot of laughter from the audience. I liked this play a lot and appreciate the performances of the children. Then the last, but certainly not the least comes the Urdu assembly. It was performed on the famous PTV Drama series. “Alif Noon” written by famous writer Kamaal Ahmed Rizvi. The episode that was played was very hilarious and appreciated by the audience. In it “Allaan”, the cunning friend of innocent and sweet “Nanna” convinced Nanna to become a fake artist so they can earn money. But poor Nannad closes the secret to “Miss Nazish” a stylish reporter. While Allaan was gone, Miss asked Nanna some questions, and with his answers Nanna told her that he is fake. The play ended with Allaan beating up Nanna for destroying his plan.

I found all these plays were very interesting but my all time favorite was the Urdu play. These plays increased my knowledge of literature and have made me keen to read more Urdu and English literature and increase my knowledge about these kinds of good and interesting things that can help me in my life.



Abdullah Saidq
Progressive Public School
Karachi



What is anime?

Anime [pronounced as Ah-Ni-May] is a term for 'Animation', or 'Cartoon', as others refer to it, however, in Japan, anime is the word used for all animation. Some anime is drawn by hand, frame by frame, others are structured by computers. Anime is basically Japanese Animation. People might believe that it is just random anime cartoons with story lines which are often very sophisticated and complex and extend in to an episodic series. They think that when you hear the word 'Anime' all you can refer is too cartoons. When a person thinks anime they'll basically think anything Japanese related like Ninjas, and other sorts of martial arts. Some quite popular examples of anime could perhaps be 'Pokémon', 'Dragon Ball Z', or even Naruto. However, the purpose of writing this article is to tell everyone that anime is NOT cartoons; it's an art and culture.

First off, as a person who watches anime A LOT I've always attempted to convince people that anime is NOT cartoons, as a result, many were convinced. But now I'm here to convince to the world that

anime is an ART and CULTURE. Not cartoon.

But before this, everyone should get to know the difference between CARTOONS [Insert Picture of SpongeBob or any other cartoon HERE]

And ANIME [Insert a picture of Death Note, Or any other anime HERE]

The difference between COMICS [Insert random marvel or DC comic HERE] and MANGA [Insert random manga chapter HERE]

The difference between ANIME and CARTOONS is that

One is for children; The other is not.

Anime

Visual Characteristics;

Distinct facial expressions. Wide variation in physical characteristics.

Physical features of characters are, on the whole,

closer to reality than cartoons.

Definition and Term;

English dictionaries define the word as 'Japanese style of motion picture animation'.

Plot;

Cartoons are generally made to make people laugh and so are more comical.

If you ever wonder WHY anime is not just random episodes and movies, and why we consider it an Art and Culture, If you're wondering why we love anime, I'll tell you why.

The answer is;

- Epic Stories.
- Epic Moments.
- Epic Fights.
- Epic Quotes and Characters.

[Add pictures from

<http://playit.pk/watch?v=HwLc9dt-TAE>] What is the difference between a king and his horse? [Fuyumi Irisu] Those with talent who aren't aware of themselves cause pain for those who have none.

[Greed] Humans think greed is just for money or power, but everyone wants something they don't have

[Light Yagami] Under normal circumstances, humans should have continued to evolve as the greatest creatures upon this earth, but we actually regressed. A rotten world. Politics, law, education...

Some people say that all that anime is filled with

violence; it can't possibly teach you anything about life. They question about how these 'cartoons' could teach us about of social issues.

They say

- What does anime talk about?
- What do you gain from it?
- Why are you watching it?
- What could it possibly teach you?
- Why would you defend it?
- How can you consider it a culture?

The answer? That's quite simple.

- Value of Life.
- Kings.
- No to racism.
- Justice.
- War
- Instinct.
- Friendship.
- The nature of this world.
- Reality & Fact.
- Honor and Glory
- Not to hold grudges.
- Forgiveness
- Home.
- A woman's value.
- Is that? Not even close.
- Family [Edward Newgate's Quote 'All I've ever wanted is a family']
- Brotherhood.
- Sacrifice.
- Never give up.
- Never to lose hope.
- Respect.

And I guess that's it, but It's not like it's a small list, anime can mean a lot of things.



مدینہ آپ علیہ السلام کا شہر

اور تمام لوگوں کو سر آنکھوں پر بٹھایا۔ ہر کسی کی خواہش تھی کہ آپ ﷺ ان کے گھر کے مہمان بنیں مگر آپ ﷺ نے فرمایا کہ میری اونٹنی جہاں بیٹھے گی میں وہیں قیام کروں گا پھر یہ سعادت حضرت ابو ایوب انصاریؓ کو حاصل ہوئی۔ آپ ﷺ اور صحابہ کرامؓ اور مدینے کے لوگوں نے اسلام کی اشاعت کے لیے بہت محنت کی اور سب کی محنت رنگ لائی اور مدینہ پہلی اسلامی ریاست بن گیا۔ آپ ﷺ نے یہیں رہنے کا فیصلہ کیا۔

مدینے کا پرانہ نام یثرب ہے۔ اس کو آپ ﷺ کا شہر بھی کہا جاتا ہے۔ جب مکے کے لوگوں نے آپ ﷺ اور باقی مسلمانوں کو تنگ کرنا شروع کیا تو اللہ تعالیٰ نے آپ ﷺ کو ہجرت کا حکم دے دیا تب تمام مسلمان مدینے کی جانب ہجرت کر گئے۔

مدینے کے لوگوں نے آپ ﷺ کا پر جوش استقبال کیا۔ آپ ﷺ کی مہمان نوازی میں سب آگے آگے تھے۔ مدینے کے لوگوں نے آپ ﷺ



KFC

*KFC, KFC, I love KFC
It's way better than the AFC
The crispy bite I take
Makes me so awake
East or West
KFC is the best
KFC, KFC, I love KFC
There is the best chicken at KFC*

Historical Vehicles

A VIKING CARGO SHIP:

Around 1000 years ago, when the Vikings had already settled in Greenland and were exploring the seas to the west. They used to make boats. As the vikings were accomplished ship builders. With sails, their ships could travel very quickly across windy Northern seas. The cargo ships that carried settlers to new lands, called knars, had wider hulls than those of the narrow Longships the Vikings used in warfare. Both kinds of ship were built with overlapping planks. Besides carrying people a knar had to have room for horses, cattle and all the stores needed to build a settlement overseas.

A DESERT CARAVAN:

In the Polo's time, that was 1271, travelers were often attacked by bandits who stole their goods. It was safer to cross the desert in a large group called a caravan. For the night, the travelers camped together for protection.

ایک ضعیفہ کی کہانی

راستے میں انہیں وہ بوڑھی عورت اپنے دروازے پر کسی مزدور کے انتظار میں بیٹھی ہوئی ملی۔ اس عورت نے آپ ﷺ کو دیکھ کر آپ کا نام پوچھا تو آپ ﷺ نے کہا، آپ کو کیا کام ہے؟ میں ایک مزدور ہوں۔ ضعیفہ نے کہا اگر تو مزدور ہے تو میرا سامان اٹھا دے، میں تجھے مزدوری دے کر خوش کر دوں گی، غرض یہ کہ ضعیفہ آپ ﷺ کے ساتھ اپنی منزل پر آئی تو بہت خوش تھی۔ اب وہ عورت بولی بیٹا میری تمنا پوری ہوگئی اور جب وہ آپ ﷺ کو مزدوری دینے لگی تو آپ ﷺ نے فرمایا! اماں! یہ کوئی ایسا بڑا کام نہ تھا جس کی میں مزدوری لوں اگر کوئی اور کام ہے تو مجھے بتاؤ میں آپ کی خدمت کے لیے تیار ہوں ورنہ پھر مجھے اجازت دو۔ وہ عورت بولی بیٹا میری ایک بات غور سے سنو اب مکے میں جھگڑا ہونے والا ہے اور میں تمہیں اس لیے سمجھا رہی ہوں کہ تم بھولے بھالے ہو مکے میں ہاشم گھرانے میں محمد ﷺ نام کا ایک نوجوان ہے تم اس سے دور رہنا، کیونکہ وہ سب سے کہتا ہے کہ خدا صرف ایک ہے اور جو کوئی اس کا کلام سنتا ہے وہ اس کے سحر میں گرفتار ہو جاتا ہے، پھر اس نے آپ ﷺ سے آپ ﷺ کا نام پوچھا تو آپ ﷺ نے مسکراتے ہوئے فرمایا: اماں میرا ہی نام محمد ﷺ ہے۔ اور سارا زمانہ میرا دشمن ہو گیا ہے اور سارے زمانے کو میں خدا کا یہ یہی پیغام دیتا ہوں کہ اللہ ایک ہے اس کے سوا کوئی معبود نہیں ہے۔ یہ سن کر وہ عورت رونے لگی اور روتے ہوئے کلمہ پڑھ کر مسلمان ہو گئی۔

ایک ضعیفہ عورت مکہ میں رہتی تھی اور وہ یہ سنتی رہتی تھی کہ ہاشم گھرانے میں محمد ﷺ نام کا کوئی نوجوان ہے جو یہ کہتا ہے کہ پوری کائنات کا ایک ہی رب ہے اور وہ قریش مکہ کو بتوں کی پوجا کرنے سے روکتا ہے۔ اور جو کوئی اس کلام کو سنتا ہے وہ اس کا غلام ہو جاتا ہے اور مسلمان ہو جاتا ہے۔ ایک دن وہ ضعیفہ خانہ کعبہ جا پہنچتی ہے اور اپنے بت (معبود) کے پیروں پر سر رکھ کر دعا مانگتی ہے کہ میں تجھ کو پوجتی ہوں اور خدا بھی کہتی ہوں مگر افسوس ہاشم گھرانے میں محمد ﷺ نام کا ایک نوجوان یہ کہتا ہے کہ سارے زمانے میں بس ایک ہی خدا ہے، تم اس کو ہستی سے مٹا دو تاکہ پھر کوئی اس کا نام نہ لے۔ کیونکہ اس کی باتیں سن کر میرا جگر چھلنی ہو جاتا ہے۔

دعا کرنے کے بعد وہ عورت سجدے سے اٹھی اور اپنے گھر آگئی اور وہ دل میں بہت خوش ہو رہی تھی کہ اب میری امید برآئے گی اور اس کا معبود بجلی گرائے گا اور محمد ﷺ اور ان کے ساتھیوں کو ختم کر دے گا مگر کچھ دن گزرنے کے بعد بھی اس کی امید بر نہ آئی تو وہ اپنے دل میں بہت رنجیدہ ہوئی اور اس نے اس ہستی کو چھوڑنے کا فیصلہ کر لیا۔ وہ اپنا مختصر سا سامان ایک گٹھری میں باندھ کر دروازے پر آ کر بیٹھ گئی ضعیفہ کو اب کسی مزدور کا انتظار تھا اسے خبر نہ تھی کہ اسے مزدور کے روپ میں خدا کا نور مل جائے گا۔

نبی کریم ﷺ نماز فجر ادا کر کے کعبہ کی طرف جانے کے لیے نکلے تو

لا الہ الا اللہ محمد ﷺ رسول اللہ



HER BLANK FACE

My eyes were shut, but I could still see a blinding glow on the back of my eyelids. The back of my head throbbed sorely and my body would not move as it felt heavy. Slowly waking up, I squinted my eyes to ward off the sunlight drifting in from the window. Finally, when my eyes adjusted to the light, I looked around. I was lying in a curtained cubical with a polystyrene tiled ceiling. Pale turquoise bed sheets covered me and the back of my hand had an IV attached to it. I rubbed the back of my head, it was cleanly bandaged but the pain persisted. I had no clue of how I ended up in a hospital room but I vaguely remember being with my family in our summer house. Gently I got up and waited for someone to come and update me about everything. But when only silence answered me, I slumped my shoulders in defeat and laid back. Then suddenly, like a great gush of water, everything started coming back to me...

My family and I had decided to go to our summer house to spend the vacations. The house was Victorian, with wooden panels along the corridors, ornate chandeliers, and oil paintings of

our Legends and Heroes. The stairs led down into a large galleried room with a rug spread out over flagstones. But the best part of the manor was the balcony which was a concrete ledge with square rough edges and a rusty rail. It had always been my oasis because of the breath taking view it gave. The manor was surrounded by white capped mountains and evergreen trees but the most amazing view from the balcony was of a lake of dark blue water, crystal clear and very serene. Truly it was like seeing heaven on Earth.

The first night after settling there, I felt like every fiber of my being was vibrating with excitement. Adrenaline coursed through my veins. I couldn't sit still or sleep so I decided to explore the surroundings. At twilight, the surface of the lake was as smooth as black glass, showing the perfect reflection of the moon. The cold crisp air blew through my rustling hair, chilling me to my bones. The lake water glistened bewitchingly but something even more interesting caught my eyes. It was a sight of a girl standing on the edge of the lake. She had her back towards me and she glowed

just like the moon in her pure white frock as she stared somewhere distantly. I recalled there were no other people living here except an old lady in a nearby cottage who occasionally came to our place to clean and cook but I did not think she had a daughter.

As if the girl sensed my presence, she turned her head towards to me and at that moment, a dreadful feeling of fear pervaded my senses. My body was paralyzed with horror and the hair on the back of my neck and arms rose. She had a blank face; no facial features, no nose, no mouth, nothing. The face just held corpse like eyes, devoid of all emotions and pale white skin. My stomach turned to ice and cold sweat dripped from my forehead as I ran back to my home. I didn't look back but the feeling of being watched was immense.

I went straight to my parents' room. Wheezing and panting, I shook my mother frantically and she got up instantly with a concerned look. But before I could catch my breath and explain, the girl appeared behind my mother with her blank face. It felt as if she could see right through me. I froze in my spot, feeling nothing but despair, hopelessness and most of all, fear. I let out the most blood curdling scream and blacked out. The next day, I woke up in my room with my mom sitting beside me, holding my hand tenderly. She was trembling but heaved a sigh of relief when she saw me gaining consciousness. She questioned me about what had happened. The events of last night flooded in and I explained everything to her. Judging from my expression, she knew I wasn't joking and soothed me by telling me she would look into this matter.

That day, I stayed home and explored the manor. The only room that I hadn't seen yet was the attic where I used to play a lot as a child. The ceiling was low, and the windows had thick panes; the walls and floor were built of heavy timber, and silence reigned there. Things were just like the way I had

left them, though there was a lot of dust everywhere. I crawled towards the window in hopes of getting rid of the suffocation. I wiped the grime from the small circular arched window and then repositioned myself where the light streamed in. It smelt of staleness and dust but the window was fixed so there was no chance of freshening things up. There was a mirror placed beside the window with layers of dust on it.

I blew the dust off the mirror but instead of seeing my own reflection, I saw someone else. It was her. The same blank face from last night looking right back at me and she lunged forward to attack. I jumped back in fear and crashed into the window. The window cracked from my weight, the glass in it broke and I fell outside....

When it all came back to me, an expression of great relief came upon me as I realized I would no longer have to deal with that haunted girl. I carefully took the IV out of my hand and got out bed in order to find someone. I quickly recognized the hospital room as the one from my hometown and it calmed me more to know I was far from that dreaded place. I decided to look for someone but the silent, almost grim desolation of the hospital was a striking contrast to the usually lively aspect of this hospital. I assumed that maybe everyone was on a lunch break. However, there was still a feeling of something off because no matter what my parents, would still be here.

Suddenly, the bed neighboring mine, separated by curtains, creaked and I glanced in its direction. I questioned on instinct if someone was there. When only the creaking answered my question, I cautiously walked towards it. My heart thumped loudly in my heart as I slowly moved the curtains aside and there she was with her back towards me. But her head was twisted around, facing me. Her blank face drained all the blood from my face. Terror held me in a vice-like grip and it was then that I knew that there was no escape.



Standing by his **MOTHER'S BEDSIDE**

A long time ago there lived a great saint his name was Sharaf-ud-Din and he loved and he loved his mother very much. Once, when Sharaf-ud-Din was still small , his mother fell very ill and had to stay in bed. One night she awoke with a burning thirst and called out to her son to bring her a bowl of water.

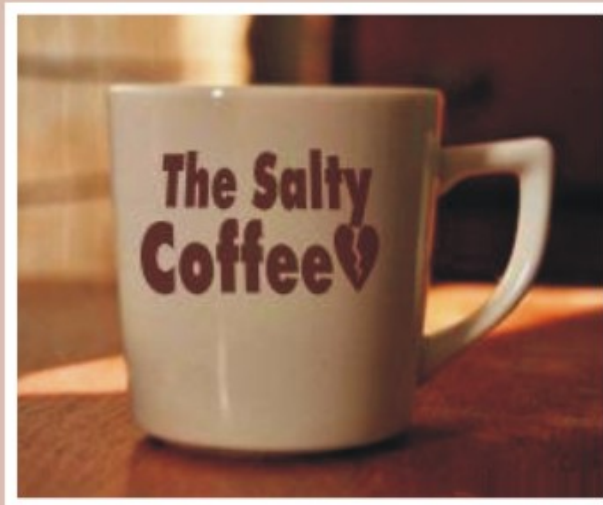
The young boy hurried to do her bidding, but when he returned to her beside with the water, he discovered that she had fallen asleep again. Sharaf-ud-Din was not sure what to do should he wake her up or wait until she awoke, or leaves the water by her bedside and go back to bed himself? He decided to wait until she awoke.

Minutes passed Hours passed ... The night passed And still the small boy waited patiently with the water at his mother's side. Finally his mother's awoke a little after the first light of dawn had paled the sky and to her surprise there was her beloved son at her side.

How long have you been standing here?

She asked, "you haven't been there all night have you?"

Yes, mother, "he replied", "I have been here since you asked me to bring you some water". His mother was deeply touched by his devotion and asked Allah to pour his blessings on her son. One day he grew up to be a great saint!



The Salty Coffee

She met her on a party. She was so pretty. Guys were chasing after her. A boy came and offered her coffee. As he asked very sweetly so she didn't refuse and promised him to meet in Cafeteria. The next day they both met in a coffee shop. He was very nervous, and didn't have words to say anything. So he asked waiter for salt to put in coffee. Everyone looked him. She asked him why do you have a hobby of putting salt in coffee, He said miss my parent and miss my home town where I used to live near a salty river and play in that salty water. After hearing this tears filled here eyes. She thought he must be a guy who loves his parents and love family, he is caring and he is the

person who meets her all demands.

That was a very good beginning of their conversation. And then like every love story, they got married. They lived a very happy life. And whenever she did come to her, she put salt in it. After 20 years he died and left a letter for her. Dear sweet heart I really loved you from my heart. And never wanted to lose you. But in whole life time I told one lie. When first we met in cafeteria. I was so confused and didn't have anything to say, so when I called waiter for sugar I said him salt except of sugar, because I didn't wanted to loose you. I said this lie and because of this I got you...

ایک مرتبہ اونٹ، بیل اور دنبہ سفر کر رہے تھے، سفر کی وجہ سے تینوں کو بھوک ستا رہی تھی۔ اچانک انہوں نے دیکھا کہ راستے میں گھاس کا ایک گٹھرا پڑا ہوا ہے۔ تینوں کو بھوک لگ رہی تھی اس لیے تینوں نے گھاس کی طرف لپجائی ہوئی نظروں سے دیکھا۔

دنبہ بولا! ”بھائیوں یہ گھاس تو بہت کم ہے، اتنا زیادہ نہیں ہے کہ اس کے تین حصے کر کے ہم تینوں تقسیم کر لیں اس طرح کسی کا بھی پیٹ نہیں بھرے گا۔ لہذا میں سوچتا ہوں کہ اس گھاس کا حقدار میں ہوں اس لئے کہ میں تم سب میں بزرگ ہوں!“

بیل نے پوچھا: ”آپ کس طرح بزرگ ہیں؟“

دنبہ نے کہا: ”میں اپنی تعریف کرنا اچھا نہیں سمجھتا۔“

دراصل بات یہ ہے کہ میں حضرت اسماعیلؑ کے قربانی کے دنبہ کے ساتھ گھاس چرتا تھا اور اس کے ساتھ ساتھ رہتا تھا۔“

بیل نے جب یہ سنا تو وہ ناگواری سے بولا: اے دنبے میاں! بس رہنے دو تمہیں پتہ نہیں، میں اس جوڑی کا بیل ہوں جس بیل سے حضرت آدمؑ نے زمین پر زراعت کے لئے پہلا بل چلایا تھا۔

کہتے ہیں اونٹ بڑا ہوشیار جانور ہے اور اس کی آنکھیں اتنی روشن اور چمکدار ہوتی ہیں کہ ان سے ذہانت ٹپکتی ہے۔ اونٹ نے دونوں کو شیخیاں بگھارتے سنا تو اس نے کچھ کہے بغیر گھاس کا پورا گٹھا منہ سے پکڑ کر اٹھالیا اور گردن سیدھی کر کے اتنا اونچا کر دیا کہ دنبہ اور بیل دونوں منہ تکتے رہ گئے۔ اونٹ نے جب دونوں کو مایوس دیکھا تو بولا۔

دوستو! اور میرے ہم سفر ساتھیو!

میں تو اونٹوں کی تاریخ سے واقف نہیں ہوں!

میں یہ بھی نہیں جانتا کہ اونٹ بزرگ بھی ہوتے ہیں!

بھائیو!

تم اپنی فضیلت تاریخ میں ڈھونڈتے رہو، اصل بزرگی تو یہ ہے کہ

وقت کا کیا تقاضہ ہے! تم اپنی اپنی بزرگی ثابت کرو اور میں چلتا ہوں۔

خدا حافظ!





A Mysterious

ISLAND

I woke up with a bump and looked all around me. All I could see for miles and miles round were thick and heavy jungles and at the end of all this was what looked like a volcano, which was about to erupt, steam and hot molten ashes coming out from its crater. All this looked nothing like the quiet, peaceful garden me and my friend were sitting in, 'chatting'. Thinking of where she must be right now I decided to get a move on to try to find out where I was. As I headed towards the jungle I heard a ferocious roar, of what seemed like a tyrannosaurus. I felt a shiver run down my spine but kept my head up high and moved on. In the middle of that island I saw some very strange things. First of all there was poisonous mushroom ivy more than six feet tall. There were all sorts of nettles and there were icky, slimy insects the size of one's head. Then came the worst- all sorts of gruesome creatures, most of which are supposed

to be extinct like dinosaurs, giants, ogres, centaurs and even goblins. As I tried to find some human who could tell me what this place was I felt a strange feeling. A fog was coming. I felt it all around me, as if it was touching me with its bare fingers. I started running trying to find some shelter but instead I found a colossal three headed dog which tried to gobble me up but I was not so easy to catch. I jumped up on the back of a poor-jumbo bird which did not notice me and started flying. In my happiness of losing the dog I did not notice a tree nearby and lo and behold, we crashed into the tree. I felt myself going down and the next thing I knew my friend was trying to wake me up. I knew at the instant I must have dosed off and it must be time to go back home. We decided to walk back together and I on my way told her the strange dream about the mysterious island.



Anusha Anwer
City School Gulshan
Senior Girls, Karachi

LEGENDS OF SACRIFICE

His horse galloped down the winding road. The sound too loud in the still night. He could be easily heard, easily caught but he did not care. One terrifying possibility after another played through his head. What if she was caught? What if they have taken her? What if she was already dead?

The road seemed to stretch and stretch as if taunting him but at last he rode up the final hill. At first he could not see her around the hedges and his heart almost stopped beating but when he neared the spot they had decided to meet upon, a small form appeared as real as the land they were travelling to.

Her small frame could be easily mistaken for a young girl's but her expressions were those of a woman much mature. She was clad in modest clothes with another piece covering her dark hair. As he slowed down, her golden eyes- eyes in which God had made the sun set - lost some of its

tension and she let out a small breath of relief. In that moment he knew that the last hour had been as nerve wracking for her as it had been for him.

She hurried towards him when he pulled the horse to a stop and claimed down. Her eyes raked over his face and he knew she was looking for injuries, same as him.

"Were you followed?" She asked.
"Halfway-"

A small gasp.

"- but don't worry I lost them a long way from here."

"Did you receive a reply from my brother?" She asked more urgently.

"Yes." He said. "He will be waiting for us by the border and the boy is fine."

He remembered the moment with perfect clarity when her anxious face changed to one of pure joy, her eyes brimming with tears of happiness and her

mouth curving into a smile so beautiful, he thought that if he were to die, now would be the perfect time.

He found himself smiling with her and crying too when she chuckled and wiped his cheek. "We have wasted too much time. We should go." He coughed, slightly embarrassed.

She nodded and wrapped the cloth over her head more securely. He then proceeded to help her onto the horse.

She was halfway up when he heard horse hooves from the way he had come from. Sure enough, when he turned his head, four riders on horsebacks were galloping towards them. Their expressions feral and their guns raised high. At once he seemed to lose all control of himself. Panic overtook him and he could think of no other thing except that they would not be able to reach their home country. And all the while, the distance between their enemies and them was rapidly decreasing.

Small, firm hands took his face and she's wife turned him towards her. He looked into her confident eyes. "Rashid." She said. "We've come this far. God will be our Helper."

He could not fail her, he thought and pushed her more urgently onto the horse. Quickly, in one fluid motion he climbed up himself and rode the horse like never before.

Gunshots rang in the air with the cries of angry men. Men that were out to kill. He felt a bullet whoosh by but he kept himself composed. His wife spoke verses of the Quran from behind him. Many of them, he knew but some of them he had yet to learn. He himself muttered his prayers.

More shots were fired and his wife took a shuddering breath from behind him but continued with her verses a moment later.

He did not look back as he rode farther and farther and the voices of the men died down until at last the night was still again.

"We're safe by God's grace." She said. He let out an involuntary chuckle. "Yes we are. And we're near. We're almost there Fatima."

"Yes. We're almost there." She whispered. By the time the border came into view his wife was

leaning heavily on him and seemed to have gone to sleep. He turned his head towards her, tears fell from his eyes. 'Fatima! Fatima! We're here. Wake up Fatima! We're here.

To someone who had not witnessed the events of the previous year, the border would just be another part of land but to Rashid and Fatima, crossing the border meant freedom, meant hope and dreams. It meant everything to them. A lone tree marked this place that would allow the husband and wife to escape their past and step into a land where they could imagine a future together.

His wife; however seemed to be in heavy stupor. He stopped his horse just a few steps before the crossing and climbed down.

Like a rag doll, his wife slid into his arms. At first he could not understand the bloom of red around her waist, her pallid face, the utter stillness of her body. He could understand none of it.

As if walking in sleep, he crossed the border and gently laid the woman down. Her eyes were closed and her lips were curved in such a way that she seemed to be in complete peace. Someplace far where he could not reach her.

"We were almost there." He whispered and the pain that then consumed him tore through his entire body and the tears shook his frame to the bones.

"Rashid!" He heard a man call out his name. "Rashid!" The man called again, now nearer but Rashid didn't bother turning around. "Oh God! My sister." The man exclaimed when he was near enough. Rashid could hear the other man's sobs.

Munir kept a hand on Rashid's shoulder and handed him a small bundle of clothes as he sat down to look at his sister. Rashid wanted to throw it away; he could not comprehend anything at the moment. His wife had just died!

Suddenly the bundle moved and small face appeared from between them. The baby yawned and opened its startling eyes to look at Rashid. Golden eyes in which God had made the sun set. "My son." Rashid whispered and pulled the baby to his chest.



THE STORY OF A **SOLDIER**

Josephine still remembered the day they had first met. She remembered how she had fallen while chasing her friends and had scratched her knee. She could still feel the touch of his hand on her shoulder, helping her get up, and those pale blue eyes staring into her grey ones. She still remembered the feeling of falling in love. Josephine had been fifteen when she had first met a twenty year old Peter in the front yard of the Church. It was love at first sight and Josephine had fallen head over heels in love with Peter. She had never felt like this before. The feeling was unexplainable and quiet unique.

But while Josephine was the daughter of a rich Clergyman and lived in a huge mansion, Peter came from a poor family. Though fate had joined their ways but Josephine's parents did not accept Peter's marriage proposal.

"How can you even think about marrying that useless scum, Josephine? He is far below our standard!" her father had said. No matter how much she insisted, the Clergyman and his wife did not agree to give their daughter to a low-class gentleman. Grief-stricken, Josephine spread her

hands before the fate's decision. She was not one to go against her parents' will. Later, when Josephine had explained the situation to Peter, he had not taken it as lightly, "I waited so long for this day and now you come and say that you won't marry me! Come run away with me, Jo!" But Josephine rejected the offer. She said "Peter, I have to abide my Father's decision. There is no other choice."

That was the unlucky day when the two had parted ways forever.

A few years later, Josephine had heard from a close friend that Peter had joined the army. She had been devastated by the news and her mind was plagued by one thought, "Would he ever come back?"

And now here was the newspaper revealing the horrible headline, "SOLDIER MISSING IN ACTION - Peter Ford went missing during last night's attack at the border."

Her heart withered with pain. There was no way they would possible meet again. How many MIA (missing in action) ever came back? His smiling face ran before her eyes and for the first time, she

regretted her decision of not marrying him. Soon after the news of Peter's disappearance, Josephine joined the army and took training to serve as a nurse, in his memory. She treated the war injured and gave a new life to many Peters. But Josephine never forgot her Peter. His soft black curls, the pale blue eyes and that naughty grin that was always etched his face. Although, Josephine had given up hope of ever meeting her love again but there was still a tiny flicker left. Only this tiny flicker truly kept her alive.

Years rolled away and soon Josephine reached the age of her retirement. It was her last day at the army camp. Josephine visited each and every corner of the place she had called home for so long.

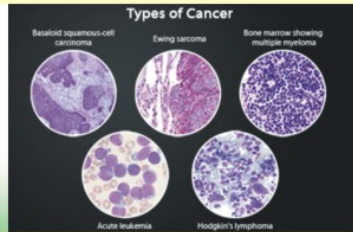
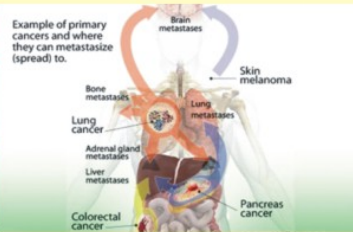
As she was packing up her last belongings, a single picture fell out of her bag and landed on the floor. She picked it up with tears stinging her eyes. It was

a picture back from when she had first met Peter. As she carefully put it back, Josephine heard a shout, "MIA found! An MIA found!" Her nurse training kicked in and she raced to the source of the noise.

There he was, broken beyond repair but still ... alive. Josephine felt remorse, pain, guilt and happiness at finally meeting him, and above all love; a feeling of deep love. Peter glanced at the old lady standing at his bedside and smiled "Jo Josephine?" he said with enormous difficulty. A single tear leaked out of Josephine's eye as she grasped the dying man's hand. His hands had lost their glow. They were tired and crumbled, "Right beside you, my dear," she said.

Peter smiled his last smile and as Josephine watched with tears running down her cheeks and a paralyzing ache in her heart, the soul of Peter Ford left this world.





Syed Muhammad
Beaconhouse School System
Rawalpindi

CANCER AWARENESS

Cancer is a scary word. Almost everyone knows someone who got very sick or died from cancer. Most of the time, cancer affects older people. Not many kids get cancer, but when they do, very often it can be treated and cured.

What Is Cancer?

Cancer is actually a group of many related diseases that all have to do with cells. Cells are the very small units that make up all living things, including the human body. There are billions of cells in each person's body. Cancer happens when cells that are not normal grow and spread very fast. Normal body cells grow and divide and know to stop growing. Over time, they also die. Unlike these normal cells, cancer cells just continue to grow and divide out of control and don't die when they're supposed to. Cancer cells usually group or clump together to form tumors. A growing tumor becomes a lump of cancer cells that can destroy the normal cells around the tumor and damage the body's healthy tissues. This can make someone very sick. Sometimes cancer cells break away from the original tumor and travel to other areas of the body, where they keep growing and can go on to form new tumors. This is how cancer spreads. The spread of a tumor to a new place in the body is called metastasis.

Causes of Cancer

You probably know a kid who had chickenpox - maybe even you. But you probably don't know any kids who've had cancer. If you packed a large football stadium with kids, probably only one child

in that stadium would have cancer. Doctors aren't sure why some people get cancer and others don't. They do know that cancer is not contagious. You can't catch it from someone else who has it - cancer isn't caused by germs, like colds or the flu are. So don't be afraid of other kids - or anyone else - with cancer. You can talk to, play with, and hug someone with cancer. Kids can't get cancer from anything they do either. Some kids think that a bump on the head causes brain cancer or that bad people get cancer. This isn't true! Kids don't do anything wrong to get cancer. But some unhealthy habits, especially cigarette smoking or drinking too much alcohol every day, can make you a lot more likely to get cancer when you become an adult.

Finding Out About Cancer

It can take a while for a doctor to figure out a kid has cancer. That's because the symptoms cancer can cause - weight loss, fevers, swollen glands, or feeling overly tired or sick for a while - usually are not caused by cancer. When a kid has these problems, it's often caused by something less serious, like an infection. With medical testing, the doctor can figure out what's causing the trouble. If the doctor suspects cancer, he or she can do tests to figure out if that's the problem. A doctor might order X-rays and blood tests and recommend the person go to see an oncologist. An oncologist is a doctor who takes care of and treats cancer patients. The oncologist will likely run other tests to find out if someone really has cancer. If so, tests can determine what kind of cancer it is and if it has

spread to other parts of the body. Based on the results, the doctor will decide the best way to treat it. One test that an oncologist (or a surgeon) may perform is a biopsy. During a biopsy, a piece of tissue is removed from a tumor or a place in the body where cancer is suspected, like the bone marrow. Don't worry - someone is getting this test will get special medicine to keep him or her comfortable during the biopsy. The sample that's collected will be examined under a microscope for cancer cells. The sooner cancer is found and treatment begins, the better someone's chances are for a full recovery and cure.

Treating Cancer Carefully

Cancer is treated with surgery, chemotherapy, or radiation - or sometimes a combination of these treatments. The choice of treatment depends on:

- *the type of cancer someone has (the kind of abnormal cells causing the cancer)

- *the stage of the tumor (meaning how much the cancer has spread within the body, if at all)

Surgery is the oldest form of treatment for cancer - 3 out of every 5 people with cancer will have an operation to remove it. During surgery, the doctor tries to take out as many cancer cells as possible. Some healthy cells or tissue may also be removed to make sure that all the cancer is gone. Chemotherapy is the use of anti-cancer medicines (drugs) to treat cancer. These medicines are sometimes taken as a pill, but usually are given through a special intravenous line, also called an IV. An IV is a tiny plastic catheter (straw-like tube) that is put into a vein through someone's skin, usually on the arm. The catheter is attached to a bag that holds the medicine. The medicine flows from the bag into a vein, which puts the medicine into the blood, where it can travel throughout the body and attack cancer cells. Chemotherapy is usually given over a number of weeks to months. Often, a permanent catheter is placed under the skin into a larger blood vessel of the upper chest. This way, a person can easily get several courses of

chemotherapy and other medicines through this catheter without having a new IV needle put in. The catheter remains under the skin until all the cancer treatment is completed. Radiation therapy uses high-energy waves, such as X-rays (invisible waves that can pass through most parts of the body), to damage and destroy cancer cells. It can cause tumors to shrink and even go away completely. Radiation therapy is one of the most common treatments for cancer. Many people with cancer find it goes away after receiving radiation treatments. With both chemotherapy and radiation, kids may experience side effects. A side effect is an extra problem that's caused by the treatment. Radiation and anti-cancer drugs are very good at destroying cancer cells but, unfortunately, they also destroy healthy cells. This can cause problems such as loss of appetite, tiredness, vomiting, or hair loss. With radiation, a person might have red or irritated skin in the area that's being treated. But all these problems go away and hair grows back after the treatment is over. During the treatment, certain medicines can help a kid feel better. While treatment is still going on, a kid might not be able to attend school or be around crowds of people - the kid needs to rest and avoid getting infections, such as the flu, when he or she already isn't feeling well. The body may have more trouble fighting off infections because of the cancer or side effects of the treatment.

Getting Better

Remissions a great word for anyone who has cancer. It means all signs of cancer are gone from the body. After surgery or treatment with radiation or chemotherapy, a doctor will then do tests to see if the cancer is still there. If there are no signs of cancer, then the kid is in remission.

Remission is the goal when any kid with cancer goes to the hospital for treatment. Sometimes, this means additional chemotherapy or radiation might be needed for a while to keep cancer cells from coming back.



انبیاء عارف
بکین ہاؤس اسکول سٹم، کراچی

مناسب نیند کے

8

حیرت انگیز فائدے



کم کھانا

مختلف سائنسی تحقیقات میں یہ بات سامنے آچکی ہے کہ نیند کی کمی بھوک اور وزن میں اضافے کا سبب بنتی ہے اور ایک حالیہ تحقیق میں اس بات کی تصدیق بھی کی گئی ہے۔

امریکن ہارٹ ایسوسی ایشن میں پیش کی گئی میں بتایا گیا ہے کہ جب لوگ نیند کی کمی کا شکار ہوتے ہیں تو وہ عام دنوں کے مقابلے میں پانچ سو کیلوریز زیادہ کھا لیتے ہیں جو کہ موٹاپے کا سبب بنتا ہے۔

بہتر فیصلے کرنے کی صلاحیت

کیا آپ کو فیصلے کرنے میں مشکل ہوتی ہے؟ اگر ہاں تو پھر اس کی ایک وجہ نیند کی کمی بھی ہے۔ میساچوسٹس یونیورسٹی کی ایک تحقیق کے مطابق مناسب نیند لینے والے افراد بہترین فیصلے کرنے کی زیادہ صلاحیت رکھتے ہیں ، بلکہ ان کے فیصلے نیند کی کمی کے شکار افراد کے مقابلے میں چار گنا زیادہ کامیاب ثابت ہوتے ہیں۔

محققین کا کہنا ہے کہ کوئی اہم فیصلہ کرنے سے پہلے اچھی نیند سے زیادہ موثر بنا سکتی ہے۔

بری یادوں سے تحفظ

اگر آپ کو تکلیف دہ یادوں سے چھٹکارا چاہتے ہیں تو آرام کرنے

رات کی اچھی نیند کس کے دل کو نہیں بھاتی ، یہ نہ صرف آپ کا مزاج خوشگوار بناتی ہے بلکہ آنکھوں کے گرد بد نما سیاہ حلقے بھی پیدا نہیں ہونے دیتی۔ مگر مناسب دورانیے تک سونا آپ کے دل ، وزن اور ذہن سمیت ہر چیز کی صحت کیلئے بہترین ثابت ہوتا ہے۔

اچھی نیند کے ایسے ہی فوائد کو جاننا یقیناً آپ کے لئے حیرت انگیز

ثابت ہوگا۔

زیادہ خوبصورت نظر آنا

رات کی اچھی نیند آپ کی شخصیت کی کشش کو بھی بڑھا دیتی ہے، کم از کم 2010 میں برٹش میڈیکل جرنل میں شائع ہونے والی تحقیق میں تو یہی دعویٰ سامنا آیا تھا۔

تحقیق کے مطابق نیند کی کمی کے شکار افراد دیگر لوگوں کے مقابلے میں صحت ، کشش اور تھکن تینوں شعبوں میں بہت پیچھے نظر آتے ہیں ، درحقیقت محققین کا تو کہنا ہے کہ نیند مفت اور موثر ترین بیوٹی ٹریٹمنٹ ہے اور یہ کہ اس کے فوائد عارضی نہیں بلکہ طویل المیعاد ہوتے ہیں۔ جبکہ مناسب نیند آپ کی جلد کو بھی بہترین رکھتی ہے تاہم طویل عرصے تک کم سونے سے بڑھاپے کی جانب سفر تیز ہو جاتا ہے اور جھریاں وغیرہ چہرے کی خوبصورتی کو چھین لیتی ہیں۔

یہی چیز آپ کے گھریا دفتر میں بھی ہوتی ہے۔
ایک تحقیق کے مطابق جب کوئی فرد نیند کی کمی کا شکار ہو تو وہ توجہ
کی صلاحیت سے محروم اور منظم طریقے سے کس کام کرنے میں ناکام
ثابت ہوتا ہے۔

زیادہ بہتر ورزش

کیا ورزش کے بعد آپ کچھ زیادہ ہی تھکاوٹ کا شکار ہو جاتے ہیں
؟ اگر ہاں تو اس کا ذمہ دار آپ کی نیند کی عادت ہے، درحقیقت نیند آپ کی
انتھلیٹک صلاحیت کے لیے ریڑھ کی ہڈی ثابت ہوتی ہے۔
ایک تحقیق کے مطابق زیادہ نیند اور جسمانی کھیلوں میں بہتر
کارکردگی کے درمیان تعلق پایا جاتا ہے۔

جھگڑوں سے بچاؤ

جب آپ کی نیند خراب ہوتی ہے تو آپ کچھ زیادہ چڑچڑے
ہو جاتے ہیں، اور اگر کم سونا عادت بن جائے تو یہ بد مزاجی آپ کی شخصیت کا
حصہ بن جاتی ہے۔ ایک تحقیق کے مطابق نیند کی کمی کے شکار دیگر افراد کو اپنی
خامیوں کا ذمہ دار سمجھ کر ان بدلہ لینے کے منصوبہ بنانے لگتے ہیں۔ اس کے
مقابلے میں مناسب نیند لینے والے افراد کی سوچ بھی تعمیر ہوتی ہے جبکہ کم
سونے والے اپنی زندگی سے ناخوش اور کئی حالات میں تو خود غرضی کا بھی شکار
ہو جاتے ہیں۔

کی کوشش کریں، ایک تحقیق میں بتایا گیا ہے کہ نیند سے بیداری کے دوران
پیش آنے والے مشکل جذباتی تجربات کے اثر سے نکلنے میں مدد مل سکتی ہے۔
درحقیقت سونے کے دوران خواب دیکھنا منفرد دماغی کیمیکل کو
متحرک کر دیتا ہے جو رات بھر میں تکلیف دہ یادوں یا تجربات کا اثر ذہنوں پر
کافی حد تک کم کر دیتا ہے اور یہ فائدہ صرف سات آٹھ گھنٹے کی نیند والوں کو ہی
ہوتا ہے۔

سیکھنے کی صلاحیت میں بہتری

ہوسکتا ہے کہ آپ سوچتے ہوں کہ پڑھنے یا اپنے سبق کو یاد رکھنے کا
بہترین طریقہ رات بھر جاگنا ہے مگر حقیقت تو یہ ہے کہ سات سے آٹھ گھنٹے
تک اپنی آنکھوں کو آرام دینا زیادہ بہتر ثابت ہوتا ہے۔
کئی تحقیقی رپورٹس میں یہ بات سامنے آچکی ہے کہ آرام سے سیکھنے
سے متعلق ٹاسک میں فرد کی کارکردگی بڑھ جاتی ہے اور ایک نئی تحقیق میں یہ
بتایا گیا ہے کہ نیند کا دورانیہ بھی اس حوالے سے بہت اہمیت رکھتا ہے۔
تحقیق میں بتایا گیا ہے کہ جن لوگوں نے کچھ پڑھنے کے بعد سونے
کو ترجیح دیں وہ زیادہ بہتر کارکردگی دکھانے میں بھی کامیاب ثابت ہوتی۔

زیادہ منظم شخصیت

کیا آپ نے کبھی نوٹس کیا ہے کہ جب آپ تھکے ہوئے ہوں تو
ایک ہی جملہ بار بار بھی یہ سمجھے بغیر پڑھ لیتے ہیں کہ آپ کیا کر رہے ہیں، اور



WATER COLOUR



Khola Khalil
Dar-e-Arqam, Garden Town, Lahore



Rahim Waqar
Dar-e-Arqam School,
Garden Town, Lahore



Purvesh Haseeb
The City School, Peshawar



Tahira Maqsood
Army Public School, EME Campus,
Rawalpindi



Ayesha Meheli
The City School Cantt, Junior, Peshawar



Sadaf Zia
Army Public School
EME Campus, Rawalpindi



Sheraz Raize
Army Public School, Hyderabad



Alishba
Army Public School, Hyderabad

Recipe Time:

MICROWAVE CAKE RECIPE



Ingredients:

- 1 Cup Sugar
- 1/4 Cup Vegetable Oil
- 1 Cup Whole Milk
- 2 tsp Lemon Juice
- 1 tsp Vanilla Extract
- 1,1/4 Cup Purpose Flour
- 1/4 Cup Unsweetened Cocoa Powder
- 1 tsp Salt
- 1/2 tsp Baking Powder
- 1/2 tsp Baking Soda
- 1 Cup Heavy Cream

Unlimited Chocolate Cubes and Bounties

How to make :

In a mixing bowl add 1 cup sugar and 1/4 cup of a vegetable oil . Whisk until the sugar dissolves.

Then add 1 cup of whole milk, 2 tsp of lemon juice or 1 lemon & 1 tsp vanilla extract in it. Whisk to combine. After that add 1,1/4 cup of all purpose flour , 1/4 cup of unsweetened cocoa powder , 1 tsp salt , 1 tsp baking powder and 1/2 tsp baking soda . Whisk until combined. Then place the batter into a microwave safe dish that greased. Then bake the cake for 5-6 minutes until the toothpick inserted comes out clean . After that cool the cake for 5 minutes. Meanwhile take a cup of heavy cream and heat it in the microwave until it begins to bubble. Then place a few cubes of chocolate in it and mix it. Then pour the frosting over the cake and decorate it with the bunties or anything you like (example: Chocolate stars anything). Cool the cake in the fridge and enjoy it!

Jokes



لطفے

- ایک عقل مند آدمی کا کوٹ آستین کے پاس سے پھٹا ہوا تھا۔ ایک بے وقوف نے اسے چھیڑا:
اجی حضرت! آپ کی غریبی باہر جھانک رہی ہے۔
عقل مند آدمی نے جواب دیا:
نہیں! آپ کی بے وقوفی اندر جھانک رہی ہے۔
- استاد: بتاؤ! سب سے زیادہ گنا کہاں پیدا ہوتا ہے؟
شاگرد: جناب کھیتوں میں۔
- استاد: بتاؤ! زمین اور چاند کا آپس میں کیا رشتہ ہے،
شاگرد: بہن بھائی کا جناب۔
استاد: وہ کیسے؟
شاگرد: کیونکہ چاند کو ماموں اور زمین کو ماماں کہتے ہیں اس لیے یہ دونوں بہن بھائی ہوئے۔
- ایک طالب علم نے داخلے کا وقت گزر جانے کے بعد داخلہ لینے کی کوشش کی تو پرنسپل نے کہا،
معاف کیجئے گا، اب کالج میں کوئی سیٹ خالی نہیں ہے۔
لڑکا بولا:
آپ سیٹ کی فکر نہ کریں، اس کا انتظام میں خود کر لوں گا، میرا باپ کارپینٹر ہے۔
- ایک مریض بے ہوش ہو گیا، لوگ اسے ڈاکٹر کے پاس لے گئے، ڈاکٹر نے تشخیص کرنے کے بعد بتایا کہ یہ تو مر چکا ہے۔
لوگ اسے دفنانے کیلئے لے جا رہے تھے کہ اچانک راستے میں اسے ہوش آ گیا۔
وہ بولا: تم مجھے کہاں لے جا رہے ہو،
تو ایک شخص نے جواب دیا: تمہیں دفن کرنے کیلئے قبرستان لے جا رہے ہیں۔
مریض بولا: مگر میں ابھی زندہ ہوں۔
ایک عمر رسیدہ شخص نے کہا، چپ رہو!
کیا تم ڈاکٹر سے زیادہ سمجھ دار ہو۔



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