

FAVORITE MAGAZINE FOR ALL AGE STUDENTS

THE FAME

Volume / 1 - Issue / 4

Awakenere

March. - April. 2014

building a better tomorrow....

Mohsin-e-Pakistan

DR. ABDUL QADEER KHAN



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PEACEFUL

PAKISTAN



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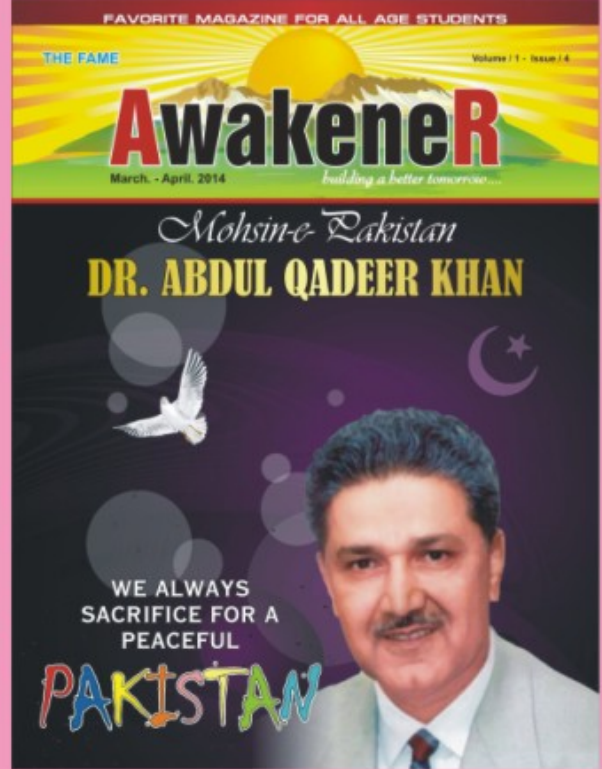
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حمد

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تو ہی سب کا مالک ہے
جو بکھرے ہوئے ہجھولی ہیں
ان سب کو تو ایک بنادے
جو بچارے غریب ہیں
ان سب کو تو غنی بنادے
تو ہی دینے والا ہے
تو ہی سب کا اللہ ہے
اللہ تو ہی رحمن ہے
اللہ تو ہی رحیم ہے



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 درجس میں اس آیت پڑھتے ہیں) (ابن ماجہ)

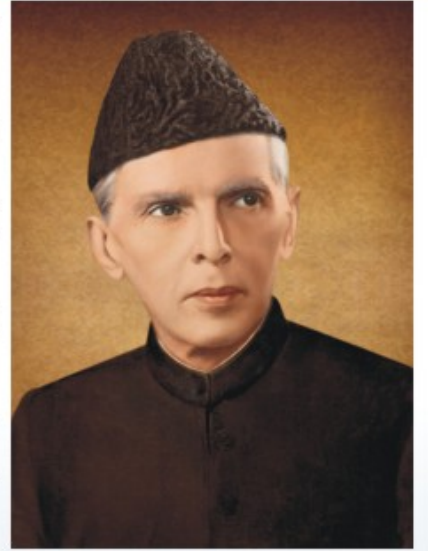
Benefits of Sleeping According to Sunnah in the Light of Medical Science

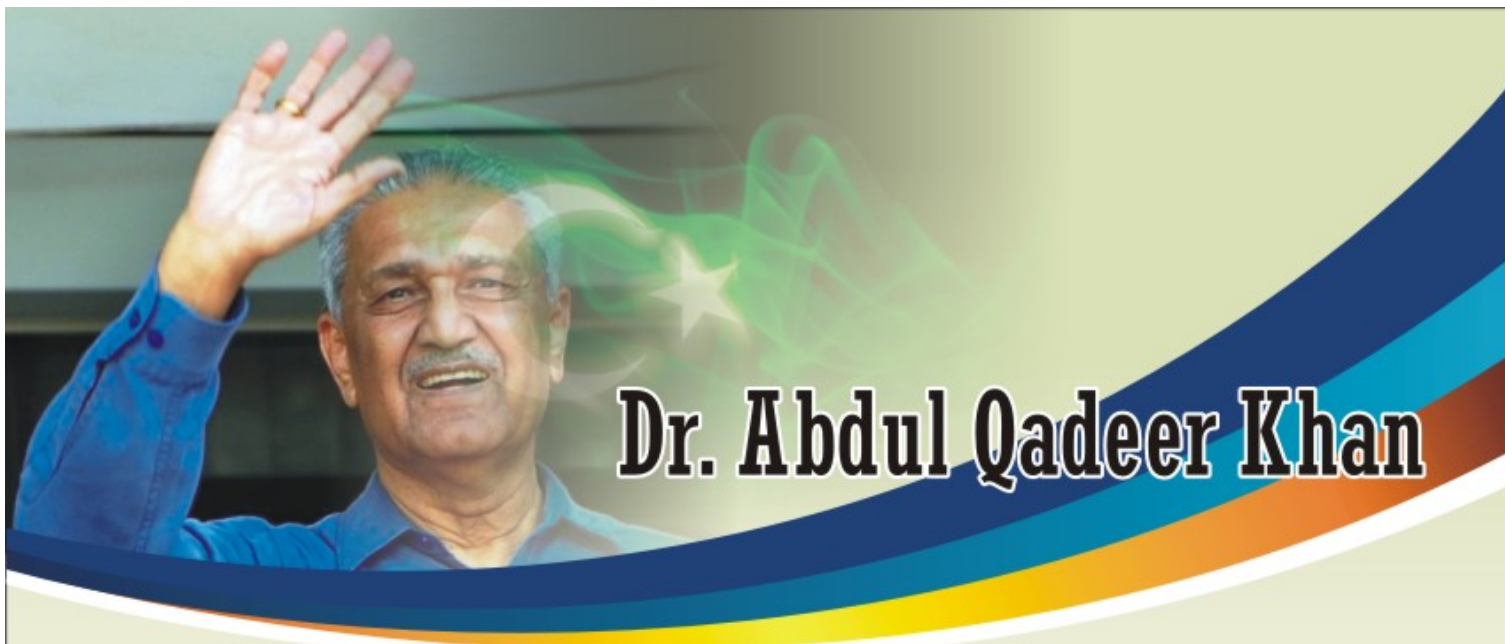
- دائیں کروٹ لیٹنے سے معدے اور آنتوں کا بوجھ دل پر نہیں پڑتا ہے جس کی وجہ سے دوران خون متاثر نہیں ہوتا۔
- دائیں کروٹ سونے سے دل معلق رہتا ہے اور شدید گہری نیند نہیں آتی یعنی ذرا سی آہٹ پر آنکھ کھل جاتی ہے اور کسی بھی ناگہانی صورت میں انسان اپنی حفاظت کر سکتا ہے اور صبح سویرے عادت کا بھی سبب بنتا ہے۔
- 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۔



نے کب تھا ملک ایسا بنایا

قائد نے کب تھا ملک ایسا بنایا
نہ بجلی، نہ گیس، نہ پانی کی سہولت
اس وطن کے دوست میرے ہیں ان پڑھ
اندھیروں میں ڈوبے جا رہے ہیں ہم سب
یہ کرپشن، یہ دھماکے، یہ جہالت
کردے گی ہم سب کو ایک دن اکیلا
قائد نے کب تھا ملک ایسا بنایا
میرے وطن کو کس نے کر دیا گم سُم
میرے وطن کو کس نے بنا دیا دھماکوں کا مرکز
مجھے وطن تجھے بڑھاؤں گی میں
تجھے جتواؤں گی میں
تجھے کروں گی دنیا میں اول میں
قائد نے کب تھا ملک ایسا بنایا





Dr. Abdul Qadeer Khan

Dr. Abdul Qadeer Khan was born 1 April 1936 in the Bhopal State of India (then part of the British Indian Empire). His father Dr. Abdul Ghafoor Khan was an academic who served in the Education Ministry of the British Indian Government and after retirement in 1935, settled permanently in Bhopal State. In 1947, after the partition, the family migrated from India to Pakistan, and settled in West-Pakistan. Khan studied in Saint Anthony's High School of Lahore, and then enrolled at the D.J. Science College of Karachi. There, he took B.Sc. in Physics and B.A. in Mathematics under the supervision of Suparco physicist Dr. Bashir Syed. In 1956, he attended Karachi University and obtained a B.S. degree in Metallurgy in 1960. To support the fees of his education; Khan was employed at Siemens Engineering where he worked as a practical trainee (junior engineer). After graduation, he was employed by the Karachi Metropolitan Government and worked as an Inspector of weight and measures in Karachi, Pakistan. In 1961, he went to West Berlin to study Metallurgical engineering at the Technical University of Berlin. In 1967, Khan obtained an engineer's degree (in Technology), an equivalent of Master of Science, from Delft University of Technology in the Netherlands, and a Doctor of Engineering degree in Metallurgical engineering under the supervision of Martin Brabers from the Catholic University of Leuven, Belgium, in

1972. Khan's doctoral dissertations were written in fluent German. His doctoral thesis dealt and contained the fundamental work in Martensite, and its extended industrial applications to the field of Morphology, a field that studies the shape, size, and texture and phase distribution of physical objects.

Dr. Abdul Qadeer Khan, HI, NI (twice) is a Pakistani nuclear scientist and a metallurgical engineer, regarded as the founder of the gas-centrifuge enrichment technology for Pakistan's nuclear deterrence program. He is one of the most respected personalities in Pakistan, and accepted as a national hero by all.

He is also respectively known in Pakistan as Mohsin-e-Pakistan, FPAS, DEng, ScD, HI, NI (twice); more widely known as Dr. A. Q. Khan, is a Pakistani nuclear scientist and a metallurgical engineer, colloquially regarded as the founder of HEU based Gas-centrifuge uranium enrichment programmed for Pakistan's integrated project. Founded and established the Kahuta Research Laboratories (KRL) in 1976, he was both its senior scientist and the Director-General until his retirement in 2001, and was an early and vital figure in other science projects. Apart from participating in atomic bomb project, he made major contributions in morphology, physical martensite, and its integrated applications in condensed and material physics.

who murders any person who had not committed murder or horrendous crimes, it shall be as if he murdered all the humanity

JIHAD
STRUGGLE TO DO GOOD DEEDS

we

love

help

islam

kind

peace



Sahar Shafique Arain
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MUSLIMS ARE NOT TERRORISTS

"When I was born, the first words that I had heard, Were the words of Allah being whispered through my ear and as I felt Allah's power in my soul that day Islam took me in its fold"

I Am A Muslim Not A Terrorist

With due respect this is to inform the whole world that as it is a misconception about Muslims that they are spreading terror all over the world in the way of suicide bombing, which all of the Muslims have named Jihad. But I would like to make it clear to all of you that "Islam is the religion of peace" and it teaches the most peaceful ways of living life- "Allah is most beloved to his creature more than seventy mothers". Our Holy Prophet (P.B.U.H) was most beloved person. He (S.A.W.W) was the most loving and honest person which the world ever have. So how can be their followers are terrorists??

An insurrectionist who calls an noncombatant is a guilty of Islam, any kind of violence is a capital offence in the Islamic laws- so surely one can say that anyone who is responsible for killing of innocent people is not a Muslim and has denied the words of Holy Quran which says, "He who kills a man is responsible for killing whole mankind" , So this proves to all these non-Muslims who are unaware of Islamic laws and principles that

committing suicide bombing and spreading terror all over the world is not a Muslim and who kills the innocent people is the denial of basic laws of Islam. Of course! There are some people using term of "jihad" for committing these attacks but they are totally unaware of real soul of Jihad. The one constructs the mosque and believes that mosque is the house of Allah, So why he attacks mosques?? Does not he know that it is a sin? My dear fellows how can a Muslim attacks on his on religious place. Why they don't attack in temples or churches, because they are not Muslims. They only want to criticize and ashamed Muslims in front of the whole world. My fellows I want to share my heart feelings through this poem:

I am a Muslim, not a terrorist

How can I be a terrorist???

When I am against every act of sin and evil

I am against injustice

What Adolf did to the Jewish people???

I hate what Allah hates, Allah hates oppression.

I am against stealing, against taking away

I am against suicide bombing Against racism

against ignorance

Against self-harm and abuse

What Allah hates I hate

So, how could I be a terrorist?

How could I be a terrorist.....



Rida Fatima

Dar-e-Arqam School
Lahore

“Our Brave Soldiers”

*On the border, they are fighting,
And about them, I’m writing,
They don’t care about their lives,
They don’t fear of guns and knives,
They are defending their nation,
And saying them not to take tension
Having a bold heart in their chest,
They don’t take much rest,
They are not afraid of any place,
Like the siachen or of any case,
Of the enemy they are not afraid,
Salute to them, they are great!*



Amna Tahir
Beaconhouse School System
Rawalpindi

PEACE IN YOU

I am longing to find peace in you,
Let me reach the sky , colossal and blue
As wavy like the sea
You have been living in me
Like in an oyster lives a pearl
Like in you I merge
I'm calm like the air you breathe
in and out and in your sleep I
Again , in your eyes
the fire I ignite
For peace in you I sacrifice.
Like sugar and wine
with nature you combine,
For what you felt
is in what I dwell !
Like two rhythms alike
sweet truth you hide ,
I am a soul inside your soul
I am the song of life at your door
I am the apple of your eye
A rhythm divine ,
A spirit inside ,
And who can do us part ?
When in one another we are alive
Like I live in you and you in me,
Beyond the horizon is where we meet
Far or distant as the moon
You're unaware that
I Am You!
Like fresh as the morning dew ,
You be the only peace in You !

جیو تو ایسے!



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Won the final of Karl Popper
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HUSNAIN ALI ABID

FFC Grammar Higher Secondary School
Rahim Yar Khan

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2nd position in WorldMathsDay 2012

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PATRIOTISM

Patriotism is a love for our country. It is a love like the love that our mothers give us. Our mother has a love for us out of which she feeds us, takes care of us, and tells us what is good and what is bad. Love has a power of caring and it's a fuel of doing big things. Patriotism can help us in making our country stronger. It is so important that even it can increase the wealth of our country. If our people are more patriotic than they will buy more Pakistani products, the products that are made in our local industries. So Pakistan can save its foreign currency and can use that saved money for health, education and developmental works. Now days we are spending big amount money in importing things from other countries this money can be better utilized for the development of our nation and progress of our country. Unfortunately, now days In Pakistan patriotism is not on its mark. Patriotism is decreasing in new generation because they are more interested in foreign entertainments.

I strongly recommend some activities, which can improve the level of patriotism in the new generation. I think the things we know better we

have interest in it too. So if we know Pakistan more we will love it better. For this we have to read books about history of Pakistan, its culture, its people, tourism and travelling guides. I will recommend some of the reading material like 'Journey Through Pakistan', 'The Indus Journey', 'founder of Pakistan', 'Mera Karachi', 'Mera Lahore', 'Bachoon Ka Iqbal' etc.

I want to share my personal experience that how my Northern Area trips increased my love to my country. Pakistan is very beautiful, soothing and refreshing. I recommend you to visit Muree, Nathia Gall, Naran, Khagan and other spots to explore the natural beauty. Even Karachi is so beautiful that there is an island near Karachi named Churna Island, it is rich in coral reefs and ocean life, and it offers you snorkelling and scuba diving facilities to you. It is one of the best places for sight seeing with full of adventure and thrill. I recommend you people to visit Churna Island too.

I want to share a very important fact, if we love Pakistan than only we will build it. LONG LIVE PAKISTAN.

DEMOCRACY in Pakistan



Rutaba Asad
Beaconhouse School System
Rawalpindi



Democracy is the system upon which Pakistan was established in 1947 as a nation-state, as envisaged by the founding father of the nation, Muhammad Ali Jinnah. Pakistan is today a democratic parliament republic with its political system based on an elected form of government. As the current status, Pakistan is also the fifth largest democracy in the world. However democracy failed exceptionally quickly after independence and has become a facade for military and bureaucratic

system has floated at various times throughout its political history. Mainly due to feudalism, edits bureaucratic, political corruption. And the periodic coup detest by military establishment against weak civilian governments, resulting in the enforcement of martial law across the country occurring in 1958, 1977 and 1999, and Led by chief martial law administer generals Ayub Khan, Zia-ul-Haq and Pervaiz Musharraf respectively.



AWAKEN YOUTH OF PAKISTAN



Mahnoor Malik
The City School
Karachi

The destiny of a nation is vested with the youngsters. These are the people if guided correctly; they can modify the course of the world. They have the might of extensive thinking, hard struggle, innovation and advancement. The youth are ready to adapt changes because they are young they are in search of truth, they are open to different ideas contrary to the people who are mature and old. Allama Iqbal realized the strength of youth in these wordings:

"I have love for those youngsters who pull down the stars."

Today Pakistan is facing many challenges. Terrorism, drone attacks, pitiful law and order situation, bad economic conditions, education, corruption, energy crisis and so many others. There are many factors behind these problems, but one of the most important and vital is the foreign influence that is weakening Pakistan. Youth is the actual target, they are made confused

and thus they start imitating the society of foreign nations. Iqbal in his metaphoric tone exclaimed: "The falcon that imitates the ways of its prey becomes the prey of its own prey."

Youth has shown commitment to this idea and they have delivered, but the fact is that its talent is not properly utilized, channelized and appreciated, that is why foreign companies tap this resource and in this way the talent is exploited abroad.

No doubt youth of Pakistan is dedicated, enthusiastic with country but emotions are not enough need a direction to create a positive Pakistan, youth can attain this direction through constant thinking, discussions, innovations and reasoning. For the real destiny of Pakistan and to bring positive approach, youth must learn the neglected lessons of truth, justice, bravery and Islamic governance.



Noor Naseer
Beaconhouse School System
Rawalpindi

Problems Of Pakistan

We are Pakistani and our country is Pakistan, which was established in 1947. Quaid-e-Azam; Allama Iqbal and some other great personalities put forward their efforts, hopes, dreams to create Pakistan. Many of our soldiers died in 1947, 1965 and 1971 wars just for Pakistan but nowadays no one is caring for Pakistan, our country Pakistan is suffering from many problems. In Pakistan poverty has increased and the number of poor too who are always begging for money. The government should provide these people some basic necessities of life. Near elections all political

parties make promises to get votes and they do not keep them. There are many other problems in Pakistan like shortage of water and electricity, illiteracy, corruptions, bomb blasts, expensive things and violence of human rights and many more problems. BUT it is not just government, it is us too. If we do not waste water, do not throw rubbish, don't pollute the air, Pakistan can get a bit better so the government and people both should improve Pakistan and make it a beautiful place so we just need to be together to make a better Pakistan.



Pakistan

is to LIVE or to

LEAVE?

The easiest job for a human is, to run away from his responsibilities. It takes no time for a person to give an impression that he is a selfish and coward. Talking about Pakistan, the scenario is quite same. People are leaving Pakistan rather than living in it. When a questionnaire is held as to why they are doing so, the reasons given are: 'Pakistan is corrupted'; 'Pakistan is not safe', etc. But have these people questioned that what they have done for the positive change the country rather than being an arm chair critic? Pakistan is just a piece of land. 'WE' are the one who make it a country. We make this piece of land: "PAKISTAN"! So if we will start criticizing the problems rather than solving it, no positive outcome can be expected.



Pakistanis have a very wrong mentality as well. These corrupted shortcuts do not fall from sky. It is our brain that is generating all this. We are tempting fate ourselves. If something misfortunate happens, what we actually do is: scroll the news channels, thank GOD nothing happened to us and then rather than solving the problem we start adjusting to it. We are not bearing a hand in solving the problem. If we will not take care of our house then who will? And Pakistan is our first home.

And there is no spell of reliability that what the picture media shows us about abroad is 100% correct. For example, New York has the highest crime rate in the world and whenever recession breaks in, brown people are the first ones to be unemployed. Can we choose this disgrace rather than just fixing few problems? Actually, we have given extra attention and a load of weight to the western culture, which automatically inferior our culture. It is the responsibility of the parents to interactively teach their children what are the basic pros and cons of different cultures. Because if the people could not fully understand their country.

Thus, it's not the problem of Pakistan, but is the irresponsibility of the Pakistani's that Pakistan is not developing. We have to always remember the following key points for a country to develop

- Strength grows when we dare
- Unity grows when we pair
- Love grows when we share
- Relationship grows when we care

The situation is not out of hand; we just have to take it in hand. Pakistan is definitely to live!

"EDUCATION" OR "IMPORTANCE OF EDUCATION"

Aristotle says that "educated men are as superior to uneducated men as living to the dead".

A gift of knowledge that cannot be stolen and can bring you to the top of your dreams. Educated man know how to behave with others and how to win the hearts of other people, so, they are considered as polite.

Therefore Our Holy Prophet (P.B.U.H) said that: "Get the education from cradle to grave"

”محبوب خدا کو اللہ نے ہر علم پڑھا کر بھیجا تھا
فرمان ہے ان کا مجھ کو تو استاد بنا کر بھیجا تھا“

It's like a seed on a fertile soil that I the seed received enough sunlight, water and air, it will grow to a big tree that can give fresh fruits and shelter in clean air. Education is the third eye of man because with two eyes he can see all around the world and beautiful scenery of nature but education informs him about virtue, evil and about secrets of nature and success of life. It will give you knowledge and will bring you top of the World.

Our Holy Prophet (P.B.U.H) again said that "I am a

city of knowledge and Hazrat (Ali (R.A) is door to it'*

It distinguishes between man and animal. Not only this but King of Kings (Allah) had also said in our pious book Holy Quran that:

”قَلْبُ الْعِلْمِ فَرِيضَةٌ عَلَى كُلِّ مُسْلِمٍ وَمُسْلِمَةٍ“

"To get education is the utmost duty of every Muslim, man and women".

Education is a master key which opens all the gates of destiny, luck, happiness and success. An American author said that "The only person who is educational is one who has learned how to learn and change". Education can build a character of person. It can guide us and lift us to touch one's dream in the sky. It is a big treasure that can make you rich and fill you with knowledge. A tree that bears lots of fruits that we can share to everyone.

In the last education means serve to the humanity a one poet has said.

مخلوق خدا کی خدمت میں پہچان ہے انسانیت کی
خالق کا ہے وہی منظورِ نظر جس نے خدمت کی انسانیت کی





کوئی امید بر نہیں آتی
سال بھر پڑھا نہیں سو

پاس ہونے کی کوئی صورت نظر نہیں آتی



زلٹ کا اک دن مقرر ہے
پھر کیوں رات بھر نیند نہیں آتی
پہلے آتی تھی حال دل پہ ہنسی
جب کھائی ابا سے مار تو پھر

کسی بات پر نہیں آتی

دل ناداں تجھے ہوا کیا ہے؟
آخر اس سوال کا جواب کیا ہے؟

میں بھی کھوپڑی میں دماغ رکھتا ہوں
کاش سوچ سکوں کہ جواب کیا ہے

ہم کو ان سے ہے جواب کی امید
جو جانتے نہیں سوال کیا ہے؟

میں نے مانا کہ پرچہ نہیں آتا
کوئی جواب بتائے تو برا کیا ہے؟



The Best & Worst Aspects of being a **TEENAGER**

Misha Imran
Beaconhouse School System
Lahore



Teenage life is the most jubilant and rapturous phase of life. Teenage is the physical and psychological human development that generally occurs between the ages of 13 and 19. Teenage is most likely the most enchanted part of a person's life. Teenagers are given huge amounts of freedom in comparison to the amount of responsibilities they have. Yet teens also undergo a great deal of change, ranging from physical to environmental, all of which can prove to be very stressful. Since everyone lives a different life, how they remember their teenage years depends on how the pros and cons of being a teen compare to each other.

Teenagers don't have to ask their parents to take them somewhere they want to go. They can go with their friends and have merry times in amusement parks, parties etc. It's a very gratifying span of our lives, if we commit to appropriate things, and place thought into what we're doing.

The best part in being a teenager is that you are completely dependent on your parents. Parents provide food and shelter, leaving the teenager to put his/her efforts towards education. They easily receive pocket money from their parents and spend it in whatever way they please. Teenagers don't have to worry for a job because they know

that their parents are here to provide for them.

Nevertheless, teenage life is also one of the most tumultuous times for a person. People come across with 'peer pressure' and harassment in teenage years. Researches show that the majority of people prefer the wrong alternative rather than a correct one just to match their peers. It is an issue which may direct a teenager to do harmful things under pressure, like smoking, drinking, petty robbery etc.

Moreover, teenagers are under a monstrous pressure for their studies, because if they don't achieve an outstanding result, they won't get jobs and things will take turn for the worse. With the world economy in crisis, they have to perform really well in their educational field. It is really taking a toll on teenagers and they can't even do anything.

On the whole, teenage life is a time which has both good and bad aspects. It is mainly the accountability of parents to try to make sure their children keep good company. Despite all the pressures and problems, teenage years are still regarded as the most ecstatic and jubilant phase of our lives.

"WE ARE NOT ILLETERATE, BUT WE ARE ALLITERATE..!"



Inshirah Tahir
The City School
Karachi

Today in the twenty- first century, man has developed immensely. He possesses knowledge that previously was not even conceivable. He has literally managed to reach the impossible. However in this procrastinating process, man has managed to lose sight of what is actually important. Literacy, as we describe it, is the ability to understand and perceive words, pictures and information. We visualize a literate person as one with a degree in his hand, a graduation cap on his head. But no! The actual attributes a literate person needs to possess are; wisdom, humanity, humility, ethics and morality. Without these even a scholar with a doctorate is honestly no better than an illiterate unemployed beggar.

Let's look at us now. We are all knowledgeable individuals, but does that stop us from bullying our fellows, from insulting our adults, from enunciating the most abusive of words? We are educated enough to realize that the world around us is collapsing from poverty and hunger but that does not stop us from paying exorbitant prices for fast foods, from buying branded clothes, or to ruthlessly ignore the underprivileged surrounding

us.

We, due to our immense research in neurology, know the human physiology and mentality better than people ever have before but that does not stop us from bullying others mentally, emotionally even physically at times; causing them tormenting pain and depression.

Some of the most daunting issues that are so called "educated" society has condescended to are drugs and agitated teenage minds. It can be seen that these predicaments are relatively new and are majorly found among the educated elite class. Hence shouldn't we ask ourselves; why are such problems arising if our society is so literate?

The reason is that we are not illiterate since we have proper education in a variety of subjects but despite that we are alliterate because we manage to completely ignore this education when it does not benefit our financial interest or our ego.

Surely in the past few years, technology and educational advancements have increased but along with them newer and more complex social issues have also arisen. These are mainly because we have managed to educate our minds and not discipline our hearts. We have only been using our education as a fuel to earn money and get things done our way rather than using it to better ourselves.

What I am trying to convey here is that; our knowledge is crucial, surely it is but our knowledge does not determine whether we are categorized as literate or illiterate. It is how we put that very knowledge to use, how we use that knowledge to redeem ourselves, to redeem our society that

determines who and what kind of a person we really are.

From childhood we are brought up to believe that gaining knowledge is all about reading a dozen books and scoring the highest grade amongst our fellows, but that is just not it. We undermine the uneducated because we consider them inferior to us. I say this with most sorrow that at times we attain education for the sole purpose of earning money; and that is the very fact why despite being educated we are illiterate. What will we call a doctor who has sworn to cure and heal all whom he can, but he refuses to touch his patient; for his patient cannot afford his exorbitant fee? What will we call an aerospace engineer who continues to work on nuclear weapons knowing how hazardous they may be to the entire humanity, purely because of the fact that his enthralling job pays well. These kinds of people do not even deserve to be called human, let alone be called literate.

Argo, putting into consideration the numerous problems our society is facing today, I would have to say that despite our immense and implicitly impressive development in technology, science, literature and other fields of education, we are indeed alliterate. And it is high time that we take a dose of reality and start utilizing our intellect to not just better our financial lives but to better our society and our own selves. We need to be grateful that we have the blessing of education and realize that we also have a responsibility to spread our fortune among others, only then can we escape the trauma of being alliterate.

MY FAVOURITE BOOK



Hajira Shoaib
The City School
Peshawar

Every person has his own interests and my interest is reading books. I got this interest when I was seven years old. I read my course books first, but after I got interested I started to read more books rather than course books. Usually I read fairytales and I loved books with pictures. It interested me so much so that sometimes I used to learn them by heart. Like I learned a book "Roly-Poly" and "Nama's hat". I read them so quickly that I didn't know on which page I was.

What is a book? Why do people write books? Is a book bundle of pages written in black ink? Is a book a way to earn money? NO! Books are a mean to get knowledge and different kinds of information. A book is a friend in loneliness, sadness and even in happiness. Books are our best friends and not enemies. Advantages of books are more than their disadvantages. They do take our time but still they help to increase our knowledge. They give us knowledge and also improve our creative skills.

Books are not written nowadays but when man learned the first word it was written on leaf. By writing a book a person expresses his feelings. Thus by writing a book a person can express his own feelings.

One day my cousin gave me a bundle of books. First I was really happy because I love books. But when I saw that they were too thick, I refused to touch them. My sister loved those books very much. She always had one of the books in her hand. I always got angry to see that she was

reading those books which I hated the most. One day my sister gave me a book and insisted that I must read it. I took the book and started to look for the pictures. There were no pictures so I put the book back without reading. The same thing happened on the next day too. On the third day my sister insisted me to read so I started to read. It was so interesting that I could not stop. Its name is "The new adventures of Mary-Kate and Ashley". Its author is Alice Leonhardt. Actually there are many books in this series and each one of them has a different author. The book I am referring to is named "The Jingle Bell Jinx". It is a detective story. The story is named Mary-Kate and Ashley after the name of the two main characters. Both the girls are identical twins. Being identical twins their interests are same. Both loved to solve the mysteries. In this story there are seven characters: Lisa Chan, Terri Chan, Valeria, Reging, Patrick, Mary Kate and Ashley. In this story both the sisters meet their favorite super stars Lisa Chan and Terri Chan. Both the super stars were looking for their lost belongings. During the shooting of a scene the light went out. After the light came they noticed their lost belongings. Both started blaming each other. In the end the movie maker was found guilty of the theft.

Throughout the story is thrilling and exciting. Every twist and turn makes us to read the story. The language is very easy just right for my age.



Shayan Abid
Aisha Bawany Academy
Karachi

The School Song

School is a place it's time to learn,
School is a place where there a lots of fun.

I remember my first day at school,
And think why I was crying so much like a fool,
From that day I made lot of friend,
And wish this friendship never ends.

School is a place it's time to learn,
School is a place where there a lots of fun.

In school there are many good teachers,
In exams they caught some cheaters,
Some pupils come to school for education,
But bad students cause them frustration.

School is a place it's time to learn,
School is a place where there a lots of fun.

With the help of school, we learn many things,
With the help of school, we earn many things,
With the teaching of school , we burn bad things,
By school kids also improve their writings.
School is a place it's time to learn,
School is a place where there a lots of fun.





S. Musab Ali Shah
Public School
Hyderabad

ABCDE
FGHIJK
LMNO
PQRST
UVWY
ANDZ

ENGLISH LANGUAGE

is not Necessary for the survival of a nation

The main objective of Education is to purify and polishes the wisdom of a person. One of the main objectives of education is to create common sense which may easily be developed, if we adopt our National Language "URDU" as a medium of literacy. The progress of China, Japan, Korea and Malaysia is only because they have adopted their National Language as medium of literacy.

In our country English is the medium of literacy. Due to this, the students mostly rely on memorizing knowledge without understanding or realizing its very purpose. It is proving to be the main hurdle in creating deducing ability among the students which is necessary for research and development. They are hesitant to explain whatever they think, and our society in general, failed to form creative minds. As we know mind means flow of thinking and without realizing or understanding the spirit we cannot transmit its flow to an ordinary person.

As we know the law, rules, procedures in courts,

banks, and other institutions are in English and it is out of reach of a common people. An ordinary resident of our country does not have knowledge about his / her right and obligations and without understanding the law, he or she cannot be a good citizen-Due to English we have created good presenters but not good authors. We have created good technicians but not scientists. We have failed to create capacity building because of it. We are the best source of human resource but not human capital. Our emphasis is to enhance quantity, not quality. Due to English as a medium of literacy we have achieved only 25% to 30% literacy ratio. English ;has created a communication gap. Communication does not only mean transmission but its actual meaning is to make understanding. This understanding can only be achieved when an ordinary common person will start thinking and by debating solve his problems. We should adopt loud thinking approach.

زندگی کا اصل مقصد

تہمت چند اپنے ذمے دھر چلے
کس لیے آئے تھے ہم کیا کر چلے

ہر کوئی تعلیم کی بنیاد پر دنیا میں ایک اچھا انسان بننا ہے تعلیم کے بغیر انسان اپنے مقصد پر نہیں پہنچ سکتا پر اس کا ادھر پہنچنا تب ہی لازم ہو سکتا ہے کہ تعلیم اور شعور اس کے پاس ہو۔ اور یہ شعور صرف امیروں کو نہیں بلکہ غریبوں کو بھی دینا چاہیے۔ اچھی زندگی کے لئے پیسہ کی کوئی خاص ضرورت نہیں ہے بلکہ اچھا انسان ہونا بہت ضروری ہے اور اچھی زندگی گزارنے کے لیے ہمیں چاہیے کہ ہم اپنی زندگی کو ایک عملی طریقہ دیں۔

عمل سے مراد یہ ہے کہ اچھے عمل۔ اگر ہم خود بھی اچھا کریں اور دوسروں کو بھی اچھا کرنے کی تلقین دیں تو یہ ہی معاشرہ ایک نہ ایک دن اجاگر ہو کر سامنے آئیگا۔ اس معاشرے کو مزید اچھا بنانے کے لئے ہمیں اس معاشرے کے لوگوں کے ساتھ میل جول رکھنا چاہیے تاکہ اس معاشرے کا ہر فرد اس معاشرے کو اچھا بنانے کے بارے میں سوچ سکے اچھے مقصد سے مراد یہ نہیں کہ اس مقصد میں صرف ہمارا ہی فائدہ ہو بلکہ ہمیں وہ مقصد تلاش کرنا چاہیے جس سے ہمارا معاشرہ ہمارا ملک اور ساری انسانیت کا فائدہ ہو۔ زندگی کے ہر موڑ پر غلوس کا دامن اپنے ہاتھ سے نہ چھوڑو اور اپنی زبان میں مٹھاس رکھو کہ اگلا آپ سے متاثر ہو جائے نہ اداں رہو اور نہ ہی کسی اور کو اداں رہنے دو۔ اگر ہم چاہتے ہیں کہ اپنی زندگی اچھے طور طریقے سے گزاریں تو ہمیں اپنی زندگی کا کوئی ایک مخصوص اور اچھا مقصد ضرور رکھنا پڑے گا۔

بارے دنیا میں رہو غم زدہ یا شاد رہو

ایسا کچھ کر کے چلو یہاں کہ بہت یاد رہو

جس انسان کو پیدا ہوتے ہی گھر میں پانی مل رہا ہوتا ہے اس انسان کو پانی کی اہمیت کیا پتہ۔ آج کل جو انسان پیدا ہو رہا ہے وہ اس معاشرے کو دیکھ کر ہی اپنی زندگی بسر کر رہا ہے۔ دوپل اس نے کبھی یہ سوچا نہیں کہ اسکی زندگی کا مقصد کیا ہے۔ وہ اس معاشرے کو دیکھ کر اپنی زندگی بسر کرنا شروع کر دیتا ہے۔ چاہے معاشرہ ٹھیک ہے یا غلط۔ وہ یہ نہیں سوچتا کہ اسکے دنیا میں آنے کا کیا مقصد ہے۔ اسے چاہیے کہ اپنی زندگی کا کوئی نہ کوئی اچھا مقصد ضرور رکھنا چاہیے۔ پر آج کل کا انسان اپنی زندگی میں وہ مقصد زیادہ رکھتا ہے جو اسے معاشرہ بولتا ہے۔ وہ اس معاشرے کی خاطر اپنی زندگی کا اصل مقصد بھول جاتا ہے اگر ہم اپنی زندگی میں کسی اچھی جگہ پر پہنچ بھی جائے تو ہم معاشرے کی وجہ سے وہاں پر اپنا ٹھیک استعمال نہیں کر پاتے کیونکہ آج کل کے معاشرے میں صحیح انسان کی تو کوئی قیمت ہی نہیں۔

آج کل کے معاشرے میں اکثر امیری اور غریبی کا ایک چکر چل چکا ہے۔ کیونکہ یہ چکر کوئی اور نے نہیں بلکہ ہم نے خود شروع کیا ہے جس کے پاس پیسہ ہے وہ آج کل کے دور میں غریب انسانیت کو خرید لیتا ہے کیونکہ آج کا معاشرہ اسی کی وجہ سے چل رہا ہے۔

اس معاشرے کے یہ سب طور طریقے ختم کرنے کے لئے ہمیں شعور کی ضرورت ہے جو کہ ہم حاصل نہیں کر رہے اس شعور کو حاصل کرنے کے لئے تعلیم بہت ضروری ہے۔



M. Mohsin Shafique
The Punjab School System
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GOLDEN SAYINGS

1. Unity is life, division is death.
2. To waste time is the greatest loss.
3. A life is that which comes to the aid of others.
4. The sense of responsibility is the greatest asset.
5. Time is of great value, to waste it is stupidity.
6. To seek easiness is the destruction of life.
7. To follow the successful, leads to success.
8. Look at the good of others, and the short-comings of yourself.
9. One should seek such a teacher who has both knowledge and practice.
10. Student life should be strict, as the habits obtained at this point are forever.

جیتنا اہم نہیں

بلکہ

حصہ لینا ضروری ہے

بہت اہم ہے اور وہ ہے ”ہار کا سامنا کرنے کی ہمت“ جو کہ ہر ایک میں نہیں ہوتی۔ صرف ہار کے کوف سے اکثر ڈپن اور قابل لوگ بھی پیچھے رہ جاتے ہیں۔ اسی لیے اپنی صلاحیتوں کو سامنے لانے کے لئے ہمت کی ضرورت ہوتی ہے۔ ہار جانا کوئی غم کی بات نہیں کیونکہ یہی کامیابی کی پہلی سیڑھی ہوتی ہے۔ کہا جاتا ہے کہ ”گرتے ہیں شہسوار ہی میدان جنگ میں“۔

زندگی کھیل کا میدان ہے، ہار اور جیت اس کھیل کا حصہ ہیں۔ ہر دل کی خواہش ہوتی ہے کہ جیت صرف اور صرف اس کا حصہ بنے۔ جیت حاصل کرنے کی لگن ہر ایک میں بے حد اور بے حساب ہوتی ہے۔ مگر جیت حاصل کرنا صرف مقدر کا کھیل نہیں بلکہ اس میں انتھک محنت اور سچی لگن کی سخت ضرورت ہے۔ اس کے علاوہ اگر دیکھا جائے تو مقابلے میں حصہ لینے کے لئے ایک اور چیز





MORAL VALUES

Moral values are principle of right and wrong values/behavior. Moral values are directly related to intelligence level. Only higher levels of intelligence can recognize and understand moral values. Thus due to low level of intelligence Animal intelligence has no concept of moral values. As a result animals have no idea or understanding of good or bad. Therefore center of all their activities is self-interest and benefits.

When intelligence comes into existence in human beings the concept of moral values emerges in it. This concept is one of the greatest virtues because it makes the man to know what is good and bad, right and wrong, fair and unfair, kind and cruel etc.

It is pertinent to note that in initial and lower levels of human intelligence the concept of moral values remains dim, unclear and confused.

The holders of their values cannot properly differentiate between right and wrong, virtue and evil etc. Hence during their daily life when they have to select one thing out of personal interests and moral values. Here starts a fight in their mind to take a decision. In this fight often personal interest win-but when intelligence reaches at higher level the concept of moral values becomes bright, clear and certain-moral values becomes bright, clear and certain. At this stage man prefer moral values over his interests.



Kanza Mubashir
The City School
Karachi

SUSTAINABLE DEVELOPMENT NEED OF THE HOUR

There is much talk about sustainable development but nothing concrete has been achieved in this regard so far.

In an increasingly interdependent world, all countries share common interest and responsibility in addressing the challenges of growth and sustainable development. Over the years, the global leaders have put these challenges at the forefront of international meetings, summits and discussions at various platforms, launching ambitious initiatives centered around the agreed development objectives, focusing on

the Millennium Development Goals (MDGs) of the United Nations.

There is a consensus of opinion that economic development and environmental protection are mutually reinforcing. Inclusive growth and lasting progress in eradicating poverty cannot be achieved if the problems caused by climate change are not solved.

It is indeed a matter of concern that despite framing various plans and policies, nothing concrete has been achieved in our country regarding sustainable development. The factories

And industries set up to manufacture or refine a vast variety of products are spreading air and water pollution. Various types of toxic elements, including chemicals are released into the air we breathe, resulting into deadly diseases like cancer, asthma, Columnary Obstructive Pelvic Diseases (COPD), eye-rashes, etc. The toxic materials and wastes are released by industries into water sources, polluting water of rivers, lakes, ponds, and steams, causing dangerous epidemics in humans, animals and aquatic life. Environment is being greatly harmed in the name of development.

Our unscrupulous practices go beyond. Thousands

of trees being cut daily to manufacture paper, get limber, clear tracts of land to set up industries, tourist resorts and housing colonies are ill serving the cause of environment. Besides, many other human activities such as burning wood for fuel, bathing cattle, clothes and animals in public water sources are damaging natural ecosystem.

Difficult weather conditions like floods, droughts, hurricanes, global warming are going to make human life extremely thought in the near future. It is time to wake up to this reality and make all efforts at our command to protect the environment.





ماہم احمد
سٹی اسکول، کراچی



عرضِ حال

پستیِ غریب کی سیما کی سی ہے
حکومت کی تشفیِ حباب کی سی ہے

غریب کی وقعتِ گویا تراب کی سی ہے
لیرے کی حیثیتِ عزتِ ماب کی سی ہے

ہر نیندِ گویا اضطراب کی سی ہے
داستانِ زندگی کھلی کتاب کی سی ہے

شریف کی زندگی عذاب کی سی ہے
پر سکونِ زندگانی خواب کی سی ہے

غریب کی تجوریِ خالی رکاب کی سی ہے
زیت تو جیسے سوکھے غاب کی سی ہے

امیر کی جھاڑ بھی گلاب کی سی ہے
غریب کی پکارِ خلافِ آداب کی سی ہے

مظلوم کی خاموشیِ نقاب کی سی ہے
امید اسکی ڈوبتے آفتاب کی سی ہے

غریب کی حالتِ جلے کباب کی سی ہے
تنخواہ کم اور مہنگائیِ سیلاب کی سی ہے

عطیات کی نمائشِ سراپ کی سی ہے
دنیا میں اب ہمدردیِ گویا نایاب کی سی ہے



I love my mother
I love my mother
She is my love and
she is my live

I love my mother
I love my mother

She is my stars and
she is my moon

I love my mother
I love my mother

She is my soul and
she is my heart

I love my mother
I love my mother

She is my teacher
she is my role model.

I love my mother
I love my mother

I love my Mother



Umme Rufia Rehan
Mama Parsi School
Karachi



THE HAPPY DAY!

The sun rise
Wake up all the guys

Rising sun is a great charm
Wake up and snooze your alarm

Shiny, glowing sun;
Give message to enjoy day and have fun

The sun is shining vast
Come and have breakfast

The sun brightly shining
Heartedly says "Good Morning"

Every evening after play
When the sun shine goes away

It's nice to say
Thank you for this happy day

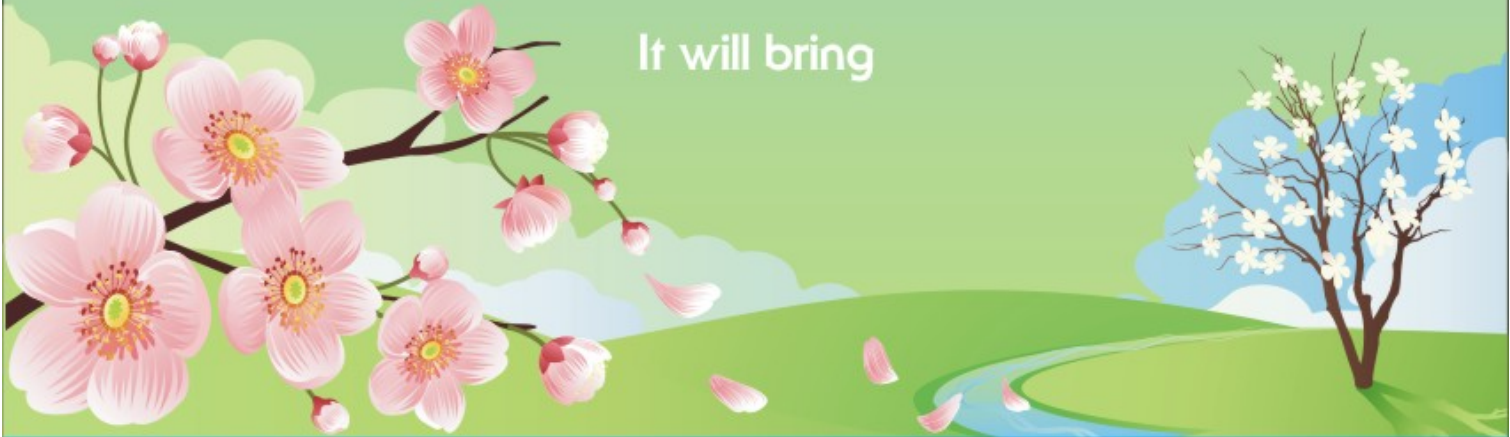
Thank you for this Happy Day.

A vibrant illustration of a spring landscape. In the foreground, there are several white daisies with yellow centers. Two large orange and black butterflies are perched on the flowers. The background shows a green field, a blue sky with white clouds, and a winding path. The title 'Colours of Spring' is written in a large, orange, serif font across the top.

Colours of Spring

Areeba
The City School
Pwshawar

We are ready to see
The colour of spring,
What a lovely environment
It will bring!
Green gardens will be seen everywhere;
The birds will be seen
Flying here and there
Spring is one of my favorite seasons
The weather brings a lot of fun!
I want to see
The colours of spring
And excited to see the fun
It will bring





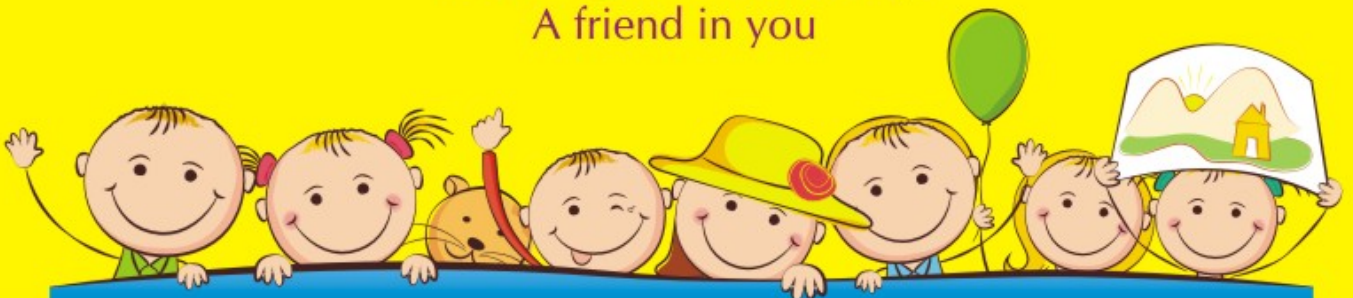
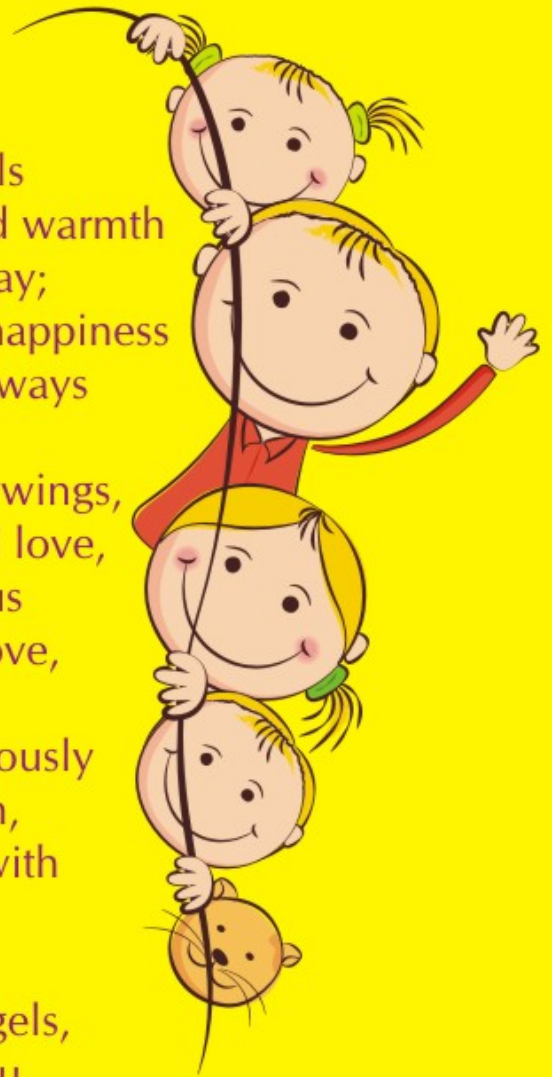
Friends

Friends are angels
They bring sunshine and warmth
To brighten our day;
They give us hope and happiness
In many wonderful ways

They wrap us in their wings,
Offering comfort and love,
And they bring us
Blessings from above,

Their smiles mysteriously
Summon the sun,
And fill our lives with
Endless fun

Friends are like angels,
An angel like you
And I'm glad that I found,
A friend in you





Aamna Rasheed
The City School
Karachi



FRIENDSHIP

ESSENCE OF LIFE

Friends, are someone who can neither be compared to anyone and nor can anyone be compared to them. Friends are an essential part of our life and sometimes we do not realize their true value. Each and every person has a best friend in their life with which they can share whatever they want to. Friend is usually someone who is not related to you either by blood or by any other relation which is thought to be important like mother, father or siblings but still they hold great distinction in our life. Sometimes friendships grow so strong that every moment spent with them is engraved in our memories. Every individual deserves a friend by their side in every ups and downs of their life.

Friendship is not something you learn in school. But if you haven't learned the meaning of friendship, you really haven't learned anything. Some people don't really understand the true meaning of friend; they think that a friend is their servant who will do whatever they want them to. A friend's worth should be perceived by everyone. Real friends can be a source of self-esteem, devotion and affection. A friend is someone who always stands by your side in the best of times and even in the worst of times. Friends understand you so perfectly that sometimes they are the ones who make you realize your true value. Whenever you are experiencing a feeling of melancholy, they are always presenting there to tranquil or comfort

you. Nowadays there is a shortage of true friendships. For the friendship to be real there are some factors which are necessary, these include love, faithfulness, honesty and loyalty. You can quickly discover real and good friends when you are down because a real friend will not desert you when you are down, and will not turn against you in jealousy, for example, when you succeed. Friends will, at times, disagree with you but do not take that in a negative sense because they will do this for your betterment. A true friend is a blessing, a gift, and this gift is extremely important to provide support. A true friend is the one with whom you can share all your matters and problems without hesitating. When you are upset your friend's shoulder is always empty and ready so that you can rest your head on it and share your feelings. A real friend will always stay your friend even if you release other's anger on them because they understand you so well. In school and college life almost everyone believes that your friend is the one who helps you in exam and does your

homework, but in reality your friend is the person who is totally opposite because your friend would always like to see you successful with your own hard work. There are some people who think that people become friends just in order to get benefit from them but it is actually not true, I just want to say one thing to them that yes, there might be some people who take benefit from the idea of friendship but still there might be a true friend made for you and waiting for you somewhere you just need to believe in friendship and keep looking for your best friend.

We all deserve at least one honest friend but still if we have more than one it is better for us. The ones who have a friend should understand how much blessed they are, and those who don't have a friend should not be dishearten because one day they will also experience the feeling of friendship. I would like to give a message to those who still don't get who friends are that "a friend in need, is a friend indeed".



مٹھی بھر ٹافیاں



ایک بچہ اپنی ماں کے ساتھ دوکان میں داخل ہوا۔ دکاندار نے بچے کی طرف دیکھا تو وہ اسے بہت ہی پیارا لگا۔ دکاندار نے ٹافیوں والا ڈبہ اٹھایا اور کھول کر بچے کے سامنے کر دیا۔ بچے نے سوالیہ نظروں سے دکاندار کی طرف دیکھا تو دکاندار نے کہا: بیٹا آپ اس میں سے ٹافیاں لے لو۔ بچے نے انکار کر دیا۔ دکاندار نے اصرار کیا لیکن بچہ نہ مانا۔ دکاندار نے بچے کی ماں کی طرف دیکھا۔ ماں نے اپنے بیٹے کو ٹافیاں لینے کی اجازت دے دی اور ٹافیاں لینے کو کہا۔ لیکن بچے نے نفی میں سر ہلا دیا۔ اب دکاندار کے ساتھ ساتھ ماں بھی حیران ہو گئی کہ بچہ ٹافیاں کیوں نہیں لے رہا۔ آخر کار دکاندار نے خود ڈبے میں سے مٹھی بھر کر ٹافیاں نکالیں اور ہاتھ بچے کی طرف بڑھایا۔ بچے نے فوراً ہی ٹافیاں لے لیں اور خوش ہو گیا۔ گھر آ کر ماں نے بچے سے پوچھا کہ کیا وجہ تھی کہ تم نے پہلے ٹافیاں نہیں لیں اور پھر جب دکاندار نے دیں تو تم نے فوراً پکڑ لیں۔ بچے نے مسکرا کر کہا کہ پہلے دکاندار مجھے ڈبے میں سے ٹافیاں نکالنے کو کہہ رہا تھا اور میرے ہاتھ چونکہ چھوٹے ہیں تو میری مٹھی میں کم ٹافیاں آتی۔ لیکن جب دکاندار نے خود مٹھی بھری تو اس کا ہاتھ بڑا ہونے کی وجہ سے ٹافیاں زیادہ آئیں۔ تو اس لیے میں نے لے لیں۔ ماں یہ سن کر مسکرائی۔

اس کہانی سے ہمیں یہ سبق ملتا ہے: جب ہم اللہ سے کچھ مانگتے ہیں تو اپنی سوچ کے مطابق مانگتے ہیں لیکن اللہ ہمیں اپنی شان کے مطابق عطا فرماتا ہے۔ تو ہم اللہ سے اسکی شان کے مطابق مانگا کریں، اس کے خزانوں میں کوئی کمی نہیں ہے اور نہ ہی آتی ہے۔



HOW HARMFUL IS TV

In a culture where most people have at least two TV sets in their homes and are obsessed with watching television, it is almost impossible to neglect pointing out the possible harmful effects of watching too much television.

Television certainly has much to offer, and without a doubt is a great innovation. But when it comes to relying on it, whether to be informed or entertained, it can certainly affect people negatively.

Here are the main harmful effects of watching television that you should always keep in mind.

TELEVISION IS BAD FOR YOUR HEALTH

Watching television means inactivity, and inactivity has been linked with obesity and heart disease. Do you think it is just a coincidence that in the West, where people are spending enormous amounts of time watching television, obesity and heart diseases in people of all ages are rapidly increasing?

More and more studies are being carried out on

the harmful health effects of watching television. A recent research study conducted at the Harvard School of Public Health indicates that watching too much television can significantly increase the risk of developing obesity and two type of diabetes. Not surprisingly, another study carried out at the University of Rhode Island found that prolonged television watching decreases viewers' sense of self-efficacy in maintaining personal health.





TELEVISION MAKES YOU DUMB

Another amazingly harmful effect of watching television is the fact it can hinder our ability to think. Having talking heads continuously giving us quick information, opinion, analysis and criticism for just about everything, allows us to stop using our critical thinking. In this way, we can be easily misinformed and manipulated.

Certainly there are a few programs on TV that are educational and interesting, but the majority of television programs are simply trash. And so we rarely find a program on TV that requires us to think. Television programming is designed in such a way so as to match our attention spam, and that is why almost all programs are 30 to 60 minutes long. In addition, television programs rarely dedicate the entire program to a single topic. Hence, not only television programs cannot provide any decent thought to stimulate discussion, but they present information in such a way that we cannot digest it properly. And so we

can easily form opinions without allowing the information to be first filtered through our mind, and while we might think that we become more knowledgeable, in reality we become dumb.

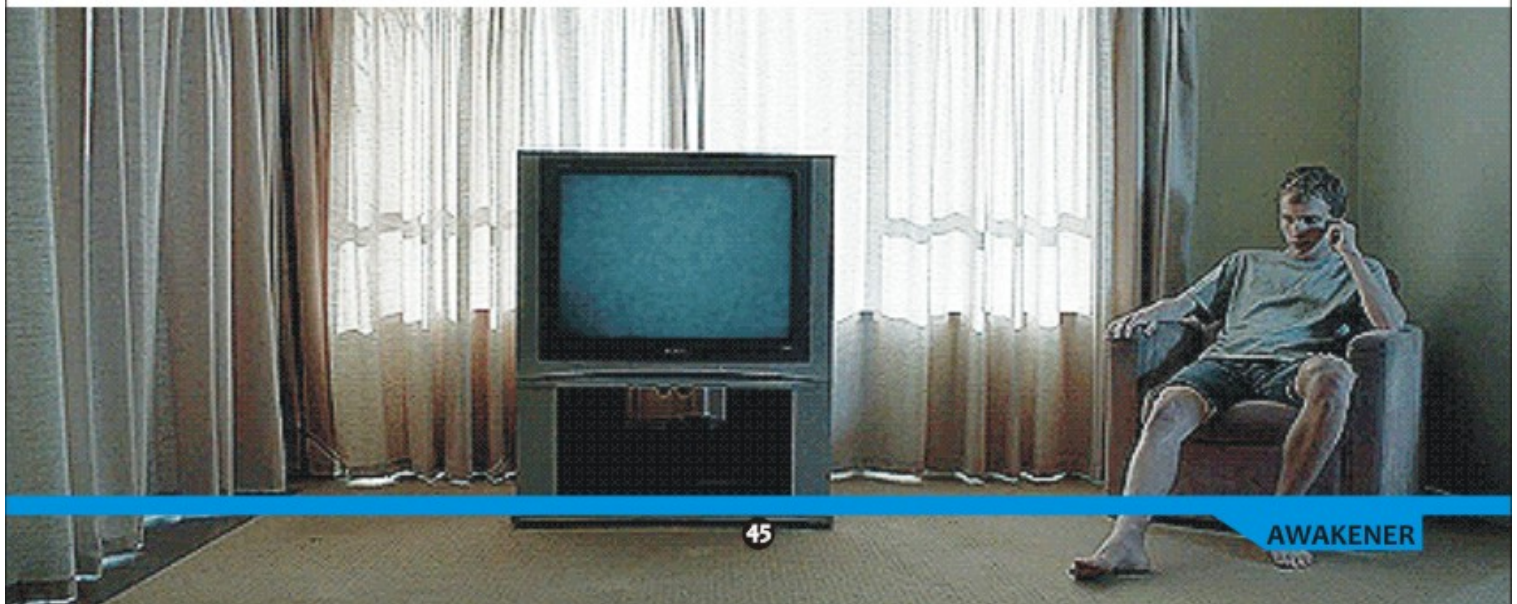
TELEVISION WASTES YOUR TIME

Life is short but we choose to spend it watching television. Just think of how many hours of our day we waste watching television. Not surprisingly, surveys reveal that people in the Western world spend 5-10 hours a day watching television.

Instead of living our life to the fullest, we sit in front of a dead though "entertaining" device, which we have chosen as a substitute for true living. Instead of going out to play football, we are so obsessed in watching football games and admiring our favorite sport players as if they are some kind of heroes. Instead of going to our kitchen and cook a healthy dish, we prefer to sit in the sofa watching special cooking shows where people are savoring all kinds of delicious food, while we fill our bodies with junk. Instead of going out to meet people, converse and have fun, we choose to enclose ourselves within four walls and be all alone so as to watch with full attention adventure movies, reality shows, and soap operas.

But I am asking you, is this living? A time will come when your bodily energies will be dissipated and you will come to realize that you have not yet lived. But then it will be too late, and you will be filled with resentment.

Now is your chance to live passionately, not passively.





Maha Jawwad
National Grammar School
Lahore



BRIBERY IS A CURSE

Bribery is an act of taking or receiving something with the intention of influencing the recipient in some way favorable to the party providing the bribe. Bribery is the money offered to someone in order to get illegal and understand Favors. Bribery is offered only to those who hold some office of importance and influence and can oblige their clients. Sometimes bribery is offered willingly and sometimes it is received forcibly. Bribery is perhaps the greatest curses that corrupt a society. Those who accept or demand bribery are in one of the great sinners. They break the laws of the country and deny the people their rights. They encourage injustice and dishonesty. As one says that may the cause of lord be upon the briber, the bribe recipient and the mediator between them. The government that is run by corrupt officials is the worst of all forms of government. The government is responsible for administering the

country and not destroying it. The first duty of the government is to look after the welfare of the people. If its officials treat the people badly and cruelly in order to get bribes, there is no use of the government. The proliferation of bribery in a society leads to corruption and unjust decisions are made and just ones are blocked, undeserving persons are given chances and deserving are passed over and the spirit of greed permeates the society in place of the spirit of dutifulness. Pakistan's evils like bribery will have to be wiped out as soon as possible. Bribery is a cure of unjust society and it causes further injustice. A person who accepts or demands bribery is a dangerous person. Bribing, both receiving and giving should be stopped. If we do not give, people will not expect to receive. Once the receiving stops, the giving stops. Make people do their work because they have to.

DO U HAVE A HOBBY?



Syedah Aminah Ausaf
Beaconhouse School System
Rawalpindi

A hobby is a regularly undertaken activity that is done for pleasure, typically, during one's leisure time. Hobbies can include: the collection of themed items and objects, engaging in creative and artistic pursuits, playing sports, along with many more examples. By continually participating in a particular hobby, one can acquire substantial skill and knowledge in that area.

BOOK READING

Book reading is one of the oldest hobbies followed in the world. You can buy any second hand novel or informative book from any of your book shop nearby your house, which will not be a burden on your pocket money. Book reading helps you to explore the world and its also enhances your word vocabulary.



PAINTING

Painting is one of the exciting hobby that helps you to express your creative thoughts. You can use water colors or poster paints which are easily available in the market with different types of

colors with which you can make anything e.g: scenery's, abstract etc. You can also frame your paintings in your room or house.



COIN COLLECTION

Coin collection is perhaps one of the oldest hobbies in the world with the first coin collection activities dating back to the fourteenth century. However, this trend is now declining because now a day's children are more interesting in games but as a hobby you can collect different country's currency coins and frame them in your house.



GARDENING

Gardening is the practice of growing and cultivating plants. You can follow this hobby in your backyard where there is enough soil to grow plants in that area receives air and sunlight every day. You can buy plants and fertilizer from any plant nursery. In case you are new in this activity, you can hire a gardener to develop your gardening and once the plants start growing, you can take over your garden and look after it by your own little plant nursery. A part of various health benefits, gardening relaxes your mind, keeps you happy and it brings you closer to the nature.



SWIMMING

Swimming is one of the healthiest hobbies which you can carry out in summers. This activity keeps you fit and busy. If you are too bored in summers so daily at evening you can go at any swimming club and do swimming if you are not a good swimmer there are courses which will also help you to learn swimming and will take out all the fear which you had before swimming.



SEWING

The above mentioned hobbies are suitable for both boys and girls. However, if you are a girl, then sewing is in fact an economical activity as you can stitch your clothes without taking them to the tailor. You can learn this skill from your grandmother; mother, aunt or any cousin who is good at sewing clothes.



BAKING

Another girl exclusive hobby is baking but these days boys are also interested in cooking, it depends on one's interest. As delicious it sounds baking goodies at home is cost efficient than buying the same edibles from the market. Once you get a hang of baking, you can prepare mouthwatering treats for your guests in no time. You can learn recipes from various cooking shows or you can ask your mother or aunt.



BLOGGING

If you are inclined towards writing, then you will find blogging to be an interesting hobby. Blogging helps you express your thoughts that the world



can read your blog. You can make a blog, free of cost on various blogging websites. In addition, if you want to go one-step ahead, then you can polish your skills by writing for magazines and news.

PHOTOGRAPHY

If you love capturing moments then photography is a hobby for you. All you need is a good camera and ample time to take pictures. For beginners you can just roam around your house and take pictures or you can move around your neighborhood where will you find plenty of reasons to take a snapshot. Photography is also a professional

hobby where people earn a handsome amount of money but for this you need to polish your skills. There are also some more hobbies that you can pursue and listed above are only a few that you can start following from today. Studies should be your first priority, however whenever you are free and want to spend quality time with yourself then follow a hobby and enjoy your time.





ARMY PUBLIC SCHOOL & COLLEGE

HUMAYUN ROAD, RAWALPINDI

From the Principal's Desk:

Army Public School and College Humayun Road has established as a centre of learning. It has marked its impact among the quality institutions of the country through its ever improving academic achievements. Our main objective is to prepare our students who are academically sound and socially, morally well groomed and most cherished by the society. These ideals are achieved through a comprehensive Programme of curricular and extracurricular activities. The existing environment warrants that students be exposed to variety of knowledge so that they could learn to survive in the most advanced and technologically rich world/ timings are changing. Distances are curtailed and only those beings will be able to bear the challenges who are fully equipped with the modern knowledge and required craftsmanship. All educational institutions and academics must also prepare themselves to deal with new issues and problems. They must undertake programmes to prepare the new generation to audaciously face and overcome these challenges. Old beaten track will not function in the rapidly changing modern era. New style, new approaches and new mechanism are the demand of the present world. Thus teachers and students must work jointly to deal with them all.



Principal: Brig(R) Maqbool Ahmed



Independence Day



Defence Day



Sports Day



Food Festival



Human Rights Day



Welcome Song On Annual Function

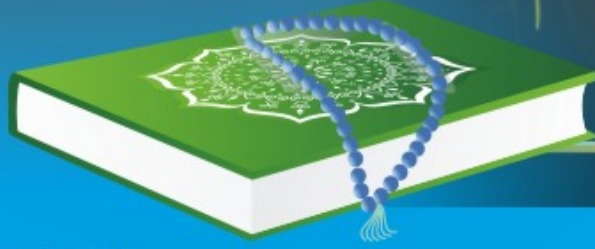


High Achievers of SSC Board Exam 2013



صادق ابو بکر
کے ایم اے ہائیر سکول کراچی

رَضِيَ اللهُ عَنْهُ
الفاروق



ایک دن ایک عورت کے ہاتھ سے تیل گر گیا اور سارا تیل زمین پی گئی تو وہ عورت حضرت عمر فاروق رضی اللہ تعالیٰ عنہ کے پاس گئی اور کہا یا امیر المؤمنین! ماجرا یہ ہے کہ میرے ہاتھ سے زمین پر تیل گر گیا اور وہ سارا تیل زمین پی گئی آپ کچھ ایسا کیجئے کہ وہ تیل مجھے واپس مل جائے۔ حضرت عمر فاروقؓ نے ایک پرچی میں کچھ لکھ کر اس عورت کو دیا اور فرمایا: کہ یہ پرچی کو جا کہ اس زمین کے اوپر رکھ دینا عورت نے وہ پرچی جا کر اس جگہ پر رکھی تو سارا تیل زمین سے نکلنے لگا بعد میں جب اس عورت نے وہ پرچی کو کھول کر دیکھا تو اس پرچی میں لکھا ہوا تھا کہ اے زمین: تیل واپس کر دے ورنہ تیری جگہ پر بے نمازی کو دفن کر دیا جائے گا۔

زمین کا تیل کو پی جانا





Simona Sajid
Head Start School System
Karachi

Is Science a blessing or a cure!

We get to know about new technologies day by day. Sometimes mobile phones, tablets etc. And these technologies are not just social ones but they are in everything. In home decoration pieces, ornaments, cooking, laundry etc. The way of life has advanced. It is not the same life which our grandmas and grandpas had. They had a completely different life, there was no advanced technology. But then even they were happy with their life!

Whenever we use these new technologies we are curious to know that from where these things come from, yes, it is SCIENCE who has given us such types of technology. The scientists are great thinkers; they can do anything. They take out the words 'never' and 'impossible' from their brain and then they invent new things. They work really hard to make the study of science easier. Making new inventions is not a piece of cake. They have to keep many things in mind while inventing anything and have to use many skills. If even one measurement or something goes wrong they have to get back to square one. This

skill is called Perseverance which means trying when something goes all wrong.

It has made life easier and the parents who don't give these technologies to their children in case they will just play all the time, and the parents who keep blaming on science for making these things, they are wrong. It is not science who is bad but it is their own children who not only use them but also abuse them. Science has made each and everything for a purpose. For example, Facebook, it was invented for communication. But some people are misusing it by taking the information of children and kidnapping them, taking phone numbers and calling them for amusing people. These are abuses of technology. The number of technologies are increasing day by day. For example, Vitamin. This process that technology and science are a blessing, not a curse.

We all should not abuse technology because if we abuse technology, our parents blame it on science and blaming someone without reason is really bad and hurting.



Fahad Abdullah
The Punjab School System
Lahore

Amazing Vehicles

Normally a car is about 10 feet long and it runs on four wheels. But the world's longest car in America, designed by Jay Olberg. It's a Limousine, which is 30.5m long, meaning 100 feet long and it runs on 24 wheels. The car is normally used in films.

Do you know that the very first bicycle existed in 1690 and it was popularly known as the hobby horse.

Interesting Facts about Human Body

Interesting facts about Human Body

- Woman's heart beats faster than the men.
- 80% of the human brain is water, not a solid mass.
- Finger nails grow four times faster than the toe nails.
- Our left lung is smaller than our right lung to make room for our heart.
- Ear wax production is necessary for good ear health. It is a very important part of ear's defense system.

People have become overly dependent on Technology!

Now a day's people have become overly dependent on technology like mobile, i phones, laptops etc. Technology has taken over this century.

In the past, people used books to do research. They survived and lived happily. They did all their jobs without technology. Now it seems as though we can't live without technology. Technology is good and is also bad. If people use technology in a good manner and in a sensible manner, they can benefit from it for example; there are exercising machines that can help people to stay fit, there are food chopping or grinding or juicing machines etc. If people use technology in a useless manner or misuse technology for every little thing then their mind will stop working and will not be used to solve a lot of problems. For example; if a child uses calculator all the time to solve Math problems then his mind will not be used to do math problems.

So technology is neither always good nor always bad.





DINO BABY

One day I was playing football with my brother he kicked the ball and it disappeared we went to find the ball that we saw a big egg over there my brother took it and brought it home and hid it under this pillow next morning when we woke up and saw that only an egg shell was lying over there and a dinosaur baby was sleeping we were surprised and very excited to find it we gave it some food and milk and kept it.

It was our pet after being it was like a good friend of us as a dinosaur grown up our room was not enough to fit it so we decided to send it to the zoo a dinosaur was very sad when we left it at the zoo but as time passed it was loving that friendly environment the kids were giving now our best friend dinosaur was very happy when we visited the zoo at the weekend dinosaur welcomed us happily.



Nimra Kalim
The City School
Karachi

Merits Of Day Dreaming

I scrupulously stepped out of my black, shiny Mercedes M3 into the hush morning and walked in the boss-ish attitude towards a luxurious building named "RELIANCE COMPANY LMT.". As soon as I entered the alluring facade, a dazzling secretary stood up to greet me morning and with a studious nod I moved on. Halting in front of my room, I casted a long glance on a glistening metal plate named 'Director'. I sat on a squeaky boss chair and swirled around to take a better view of my office when suddenly...! Toppled off! Far away I heard someone calling my name angrily and second later I realized that it was my mom pulling me out of my day dream "Again...when are you going to take your head out of clouds. Go down and wash dishes!" AAAGH!!!!

This is what all dreamers get to hear when they pop their heads out of clouds and face their elders ready to give them a good dose of scolding. Day dreaming isn't some mind disorder but another kind of lucid dreaming. It is the fantasizing of scenes you create yourself and deeply desire from the core of your heart.

Many famous leaders and inventors' day dreamed to kick their goals in their goal posts. If we flick back the pages of our country's history, we see that Pakistan was just a dream which was turned into reality by a lot of determination and sacrifices

which concluded in the in a form of a separate nation.

James Watt used to stand next to his cattle and pondered over how to ease up the problems of people. Then came in a bee in a bonnet and he introduced the first ever steam engine.

Day dreaming is a break from all the buzzing day you shut down to relaxed. In this way day dreaming has some important merits. It reduces stress and channels your thoughts into a fantasizing path which helps us diverting towards positive visualization. It plays a vital part in brain storming new ideas and opens the tap of creative skills.

With all these prose in a line, however they are few negative effects as well which sometimes make us forget our train of thought. It sometimes hinders our concentration on present and therefore we are behind. Students usually dose of to the beautiful valleys and usually are seen facing the music.

Day dreaming affects your life, but using in other means closes your mind rather than opening to possibilities. So we should use it in effective way. It helps revamping a lot of backward tardy concepts. It makes you vigorous and ambitious regarding your future so that you could strive hard in your field and get success higher than your dream.



THE TELEVISION

The television is one of the wonders of science. It has not only killed distances like radio, but it also shows us the pictures of the person who speak. For this double advantages it has become very popular all over the world.

The idea of the television first came into the mind of a German scientist, Paul Nepkow. He explained how a picture could be broken up into small elements of light and shade. On this basis experiments were carried and the television came into being.

Like the radio, the television has killed distances. It has brought the nations of the world closer together as if they were next door neighbors. It not only gives us the news we want, but also serves us all about it.

This is done in the twinkling of an eye. It is for this reason that the television has become so popular within so short a time of its invention.

Television has also done a great service in the field of education and research students may see the performances of difficult experiment on the television screen. There are special T.V programs for children.

Although television has given us all there advantages and facilities, we should also be aware of the evil that it is spreading. Even today some government use it for false propaganda, and so do some government for introducing their bogus products. T.V may also make the people corrupt by a display of immoral pictures. We should be alive to meet all these dangers.



Zarnab Nadeem
Punjab School System
Lahore

is science a



CURSE?

"Science is a key which unlocks for mankind a store of nature"

(SAMUEL JOHNSON)

Some people hold the opinion that science is a curse but I tend to think that it is not. It is the thinking or the use of something that makes something a curse or a blessing. Science is the product of brilliant finds but it is the evil genius that turns a beneficial thing into a harmful thing. Science helps people to do things for the welfare of humanity. Blessings of science can transform this world of ours into an earthly paradise. There are numbers of miracles of science that we can see in various fields of life.

Men love to wonder and that is the seed of science.

(EMERSON)

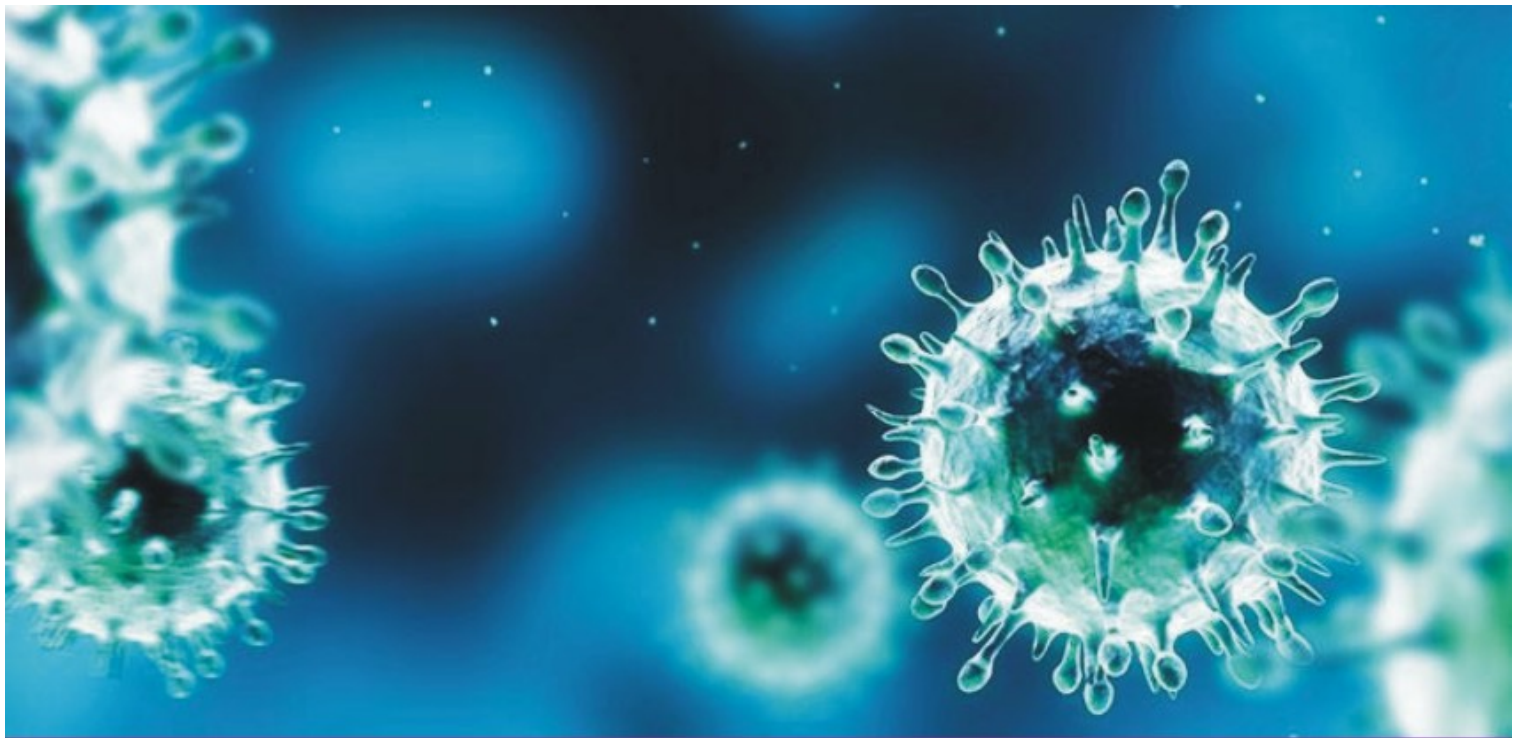
Our great discovery is electricity. Electric machines have largely reduced manual labour. Electricity has made things easier for us. Without it our whole industry will come to a standstill position. If there

were no electricity, the entire world will be in darkness. Life is not a bed of thorns now because of scientific inventions. Science has brightened and broadened our horizon and acumen. Science has played an important role in the production of food. There is significant increase in the production of crops due to proper irrigation. So man has almost solved the problems of food storage.

"A man of science is just a student of nature and derives his inspiration from science."

(C.V ROMANS)

Monsters of the past have been conquered. Medical science has controlled epidemics. It is now possible to operate upon heart and even replace it. Operations of eye, ear and nose are very common. There are useful injections which quickly relieve us from pain and illness. Vaccination has made small-pox a thing of the past. Many other diseases like cholera, plague and TB have been fully controlled. Quinine has eradicated malaria.



In the field of surgery, Science is touching the zenith of progress. Science has added to our physical comforts as well as our mental and intellectual development. There is a goodly number of sources of communication like newspapers, magazines, radio, television, and the internet that update people about the current affairs.

They help people to know about what is going on in the world. There is more awareness today.

"Science is more stimulating to the imagination than are the classics."

(HOLDENE)

No doubt, science is a good servant of humanity, but it is a bad master also. Indeed, it has helped man to solve many problems but the modern scientific progress has also created many new

problems. Aeroplanes drop bombs and kill men in thousands. Poisonous gasses, and other instruments of war are all terribly destructive.

However, the 21st century may be called the age of tremendous scientific progress. We are indebted to science for modern comforts of life. It has given power and confidence to man. It is a good servant, to mankind.

"In the final analysis of the given proposition, I tend to say that science has its own barks and bouquets. If used wisely, it can bring the blossom of betterment and if used unwisely, it can play a havoc and cause a mess on a massive scale."

"Energy great advance in science has issued from a new audacity of imagination"

(JOHN DEWEY)

Riddles



Aimal Rashid
Head Start School System
Karachi

Q. How can a pants pocket be empty and still have something in it?

Q. What goes up when rain comes down?

Q. What is the longest word in the dictionary?

Q. What travels around the world but stays in one spot?

Q. What word becomes shorter when you add two letters to it?

Q. If I drink I die, if I eat, I am fine, What am I?

Q. What has a foot but no legs?

Q. What comes down but never goes up?

Q. Poor people have it. Rich people need it. If you eat it you die?

Q. I am tall when I am young and I am short when I am old. What am I?

Q. Mary's father has 5 daughter, Nana , nene , nini, nono. What is the name of 5th daughter?

Q. "A" is a father of "B" but "B" is not a son of "A" Why?

Q. If I have it, I don't share it. If I share it, I don't have it what is it?



Ans : It can have a hole in it.
Ans : An Umbrella.
Ans : "Smiles" because there is a mile between each "S".
Ans : A Stamp.
Ans : Short.
Ans : A fire.
Ans : A snail.
Ans : Rain.
Ans : Nothing.
Ans : A candle.
Ans : It's Mary.
Ans : Because "B" is a daughter of "A".
Ans : A secret.

“Butterfly”



The butterfly egg is laid on a fennel plant by a swallow tail Butterfly. Inside a egg caterpillar is growing after two weeks . Caterpillar hatches it is only 2mm long. When caterpillar has eaten enough of the egg shell is moves away. A caterpillar is an eating machine. The caterpillar grows quickly after four week's the caterpillar is fully grown it's know about 50mm long. Than caterpillar spin a silk pad on the stem and grips it with its tail hooks. After a couple of days the skin splits cass chrysalis about three weeks later butterfly comes out and a beautiful butterfly is here.



Quotations!



Alishba Hussain
The Educators Karachi

Two things to remember in life..
"Be-careful about your thoughts
When you are Alone....
And
"Be-careful about your
words you "are in crowd".

Never conclude a person by
his present status, Because
Time has the great power
to change a
"coal into a valuable
diamond".

Be slow in choosing
"Relations" and
Too slow in loosing "Relation"
because
Relationship is not an
"Opportunity"
Its a "Responsibility".

Care only for those
who deserve it,
Because we are not jokers
to entertain everyone.

Life is a great travel trip but...
The problem is that, it doesn't
come with a map.
We have to search our
own ways
to reach the destinations.

Never make your self a
cigarette that people buy you,
Stamp and crush you
after you are done...
Make yourself a DRUG...!
Let them die to get you....



Zainab Nasir
The City School
Karachi

Can Adversity do Any thing But Harm?

Sometimes we feel like a plastic bag drifting through the wind, wanting to start again. This is usually when bad luck or misfortune strikes us. Adversity is bad luck or misfortune which all of us somehow face in life and most of us consider it as ruining our lives and leaving its damaging marks behind. This is really what happens. Adversity, does at times, leave behind nothing but tear some orbs. At times, it gives us such mental sufferings that our personalities are shattered to pieces. Everyone comforts us and tells us they are with us and so on. But actually, no one can revert the pain adversity brings along. We feel six feet under screams and no one seems to hear a thing. A cyclone or hurricane (an adversity) leaves many homeless with their loved ones dead. Even the aftereffects of wars leave the environment soaked in depression. For instance, someone loses a leg in an accident and now has to just sit on a wheelchair and in the same way, live the whole life, not doing everything others do. What good does it bring?

But! If we perceive it in a different way, adversity does also bring its own good. Sometimes we feel destroyed when something bad happens to us and continue feeling the same way for some time. Sooner or later do we realize that it was a blessing in disguise. Adversity helps us gain strength and

confidence. We learn how to meet the society straight in the eyes and how to face every challenge that life throws to us. Sometimes, when a patient is in very serious condition, like in comma, and passes away, we feel defeated and angry but we don't realize how much relief that adversity might have brought to the patient for whom even the point of a syringe felt like burning. Through adversities, we discover our inner abilities.

I am not saying that we shouldn't feel sad on the occurrence of an adversity because this is obvious as we're humans. All the depression and crying should be there for a limited period. After that, we should move on because no matter what, life goes on and the only way to show insurgent against the weakening effects of adversity is to have patience and faith that good will happen sooner or later. After all, we're fireworks shooting across the sky and owning the night. We shouldn't feel like a waste of space when adversity occurs. Maybe we're reasons why all the doors are closed so we could open one that leads us to the perfect road. When it's time, we'll know that after a hurricane comes a rainbow. So let's perceive adversity as a challenge instead of a bullet shot!



مریم طاہر
جعفر نیگل اسکول، کراچی

ایک پودے کی آپ بیتی



میں ایک سورج مکھی کا پودا ہوں۔ میرا پھول پیلے رنگ کا ہوتا ہے۔ میری شاخوں پر ہرے رنگ کے پتے ہیں میرا گھر ایک خوبصورت باغ میں ہے جہاں کا مالی میرا بہت خیال رکھتا ہے وہ مجھے روز پانی دیتا ہے اور مجھے صاف ستھرا رکھتا ہے۔ میرا پھول نا صرف خوبصورت ہے بلکہ بہت فائدے مند بھی ہے۔ میرے پھول سے تیل بنایا جاتا ہے جو کھانا پکانے کے کام آتا ہے۔ میرے بیج بھی بہت فائدے مند ہیں جس کے استعمال سے آنکھیں تیز ہوتی ہیں۔

اس کے علاوہ میرا پھول سجاوٹ کے لئے بھی کام آتا ہے۔ میرے پھول کے بارے میں ایک اہم بات یہ ہے کہ اگر اس کو سورج کی روشنی نہ ملے تو وہ مرجھا جاتا ہے۔ میرے پودے کے لئے سورج کی روشنی بہت ضروری ہے۔ میں اس وقت بہت خوش ہوتا ہوں جب لوگ میرا خیال رکھتے ہیں لیکن جب بچے میرے پھول توڑتے ہیں تو مجھے بہت درد اور تکلیف ہوتی ہے۔ اسی لئے میں چاہتا ہوں کہ لوگ میرا اور دوسرے پودوں کا خیال رکھیں کیونکہ ہم سے خوبصورتی بڑھتی ہے۔





Navera Khan
Head Start School
Karachi

An Interesting Outing!

I think we all are tired of following the same routine every day. Wake up, breakfast and then work and work for whole day. We should have fulfilled time to spend with our family or some outing. It is very important for each of us to have some rest.

We decided to go for an outing with all family members. This was decided by my father and uncle. And we all were altogether. I think ten to twelve peoples. My all family members were going for outing. Actually, we were deciding to go at the "Clifton Beach". We went there by a coaster. I enjoy the journey a lot. When we were packing all things I took my freezbee, my beach ball and my mini spade. My mother cooked kabab and my auntys someone took biryani so someone prepared chicken plaou. When we reached there. I could see everywhere sandy this view was seen by out hut. But, as we all went to enjoy in water it was all blue watery. I could see sea shells also. I was so excited that my mama couldn't stop me from going

towards the water. I was just collecting the sea shells in five minutes. I collected 20 shells. My all cousins were having competition for collecting the sea shells till we are called for lunch. Then, suddenly my mother called us for eating the lunch. I was very hungry after enjoying in water. We were having many items for lunch. After the lunch we decided to have some camel and horse ride. My father held me when I was riding on the horse while my cousins were riding on the camel. Then, after sometime we decided to have some ice-cream. My father and my uncle went to purchase some. We licked our lips before beginning. We started eating ice cream. Then, we thought let's go back home. So, as our thinking we called the driver of coaster back and went to home. My achievement of winning the competition and getting a big and beautiful shell necklace will take me back there. It's a memorable outing for me.

باتیں 11 باتوں کو ختم کر دیتی ہیں.....!

11

۱۔ شرک ایمان کو

۲۔ توبہ گناہ کو

۳۔ دکھ زندگی کو

۴۔ غصہ عقل کو

۵۔ صدقہ مصیبت کو

۶۔ چغلی دوستی کو

۷۔ نماز بے حیائی کو

۸۔ نیکی بدی کو

۹۔ جھوٹ رزق کو

۱۰۔ ظلم انصاف کو

۱۱۔ تکبر اعمال کو

WHAT IF UFOS REALLY EXIST

You may have played with toy UFOs (Unidentified Flying Objects) but the idea of 'what if UFO's really exist' is enigmatic as well as thought provoking. In fact UFOs are real, as anything flying and difficult to identify is, by definition, 'a UFO', for example in 1970s pilots flying over London found a UFO which was later identified as the Pink Floyd's large inflatable pig, escaped to sky by mistake. The real mystery is about existence of 'extraterrestrial UFOs', a term used for UFOs from outside of planet earth. If such UFOs exist, aliens would exist too. Aliens would be at war with humans and there would be fear of humans getting extinct. Can it be true that aliens will rule the future and humans will become history? Well! Realistically, this is just the dark side of picture; there can bright side of UFOs as well. We know that historically all species of world have developed some harmony among themselves to live off one and another. It is very easy to imagine that aliens can be the 'Visiting Species' of our world, not living on earth but travelling all the time back and forth from their world, like people travelling from other continents

in aircrafts. We can learn how to live with aliens in harmony although they are expected to scare us with their beauty. UFOs would be their aircrafts for travel, just different enough to fly in air, space and medium of their world. I expect those to be of different shapes and colors and not limited to 'saucer looking' objects, which perhaps we have hypothetically conceived without consulting our alien friends. UFOs wouldn't be called 'UFO' after we would start recognizing and identifying those. I would like to name UFOs 'Alafts', meaning alien crafts or may be some name more meaningful than this, like name of Alaft may convey the name their planet, for example Malafts from Mars and Jalafts from Jupiter. The funniest one can be 'Ghlaft' from a far planet called Ghalalulu by aliens where temperature would range up to 2000 Degrees Centigrade below Zero. It would be a quilt shaped aircraft which we would soon adopt for use in travel to Antarctica. I am planning to ask my alien friends for a joy ride in the first instance Ghalaft is traveling to earth, I cannot imagine affording a ticket though. I am just realizing that



calling our friends 'Aliens' is really unfair in this article. If UFOs can have a respectable name, why not 'The Operators'? Let us name the friends from Ghalalulu, may I propose their name as 'Ghaleskimos'. No wonder they find their relations with Eskimos on earth and tell us that their great grandfather had a conflict over land issue and had decided to migrate to Ghalalulu as land was cheaply available. May be Ghaleskimos disclose that the weather conditions as well as different kind of food of Ghalalulu has made them look so different. I think we might face some conflicts initially when Ghalafts would be sighted the first time. No matter which country on earth they would come down to, the air force of that country will spot Ghalafts as UFOs and try to communicate with them so that the intruders can be warned about violation of air space. They would be asked about their intentions of intrusion without identification; I wonder which language they would be communicated with. I suppose since Ghaleskimos would have completed such a great journey in their quilt shaped Ghalaft, they would be much advanced in technology and science than humans. I hope they would come with some

advanced soft wear which will translate our language to them and vice versa. I wish I am there when the news of 'Quilt shaped UFO intruding in to Pakistan airspace' is being flashed on Geo News, BBC and CNN at the same time. I hope Ghaleskimos would explain their good intentions and would reunite with their ancestors. I am really interested when Ghalaft would be available for public display; I am going to buy the ticket no matter how costly it would be, I hope there would be discount for students and free entry for those who can prove a relation with Eskimos. Soon after tourist's package for a joy ride will be announced as a joint venture between Pakistan and Ghalalulu's ministries of tourism and universal expeditions. I would say time is not far when a shuttle service will start operating between Parishan Choke in Sakardu Pakistan and Kambul Choke in Ghalalulu and a Ghalaft will leave every half an hour. Please excuse me I have to catch next Ghalaft leaving in ten minutes as ice, far and ghalice cream is really good there and I can always sell some Pashmina's and Pakistani quilt 'Razai' there.



Maheen Sarwar
Army Public School
Rawalpindi

Alive

Nightmare

“Daddy, mummy please don’t leave us it really that important!”

Said Alina.

“Yes my dear! We will be back till tomorrow”

Said Alina’s dad. “No! I know you people will stay there for four to five days!” Said Alina angrily”. “I promise I will be back till tomorrow don’t you worry your elder brother and aunt Amna will be staying with you”. Ok! Dad but promise me you’ll bring me some chocolates” said Alina. “I promise” said her dad.

Alina kissed her mom and dad and they went off for their flight. They reached the airport at seven o’clock and they boarded across. Alina was sad at home though her cousins were with her.

She was tired so she went to her bed for some sleep. While she was sleeping a very strange incident happened with her.

She had a dream, a very strange dream. She saw that the plane in which her parents were sitting was in pieces of human bodies, She suddenly woke up and went outside and was surprised to see her brother watching news in which it was that “Bhoja airline plane going from Karachi to Rawalpindi had crashed near Chaklala and no one survived!”

Her eyes filled with tears and she started shouting! Her brother tried to console her but he couldn’t do anything. The very next day her parents had arrived as they had promised but not alive.

پانی کا انسانی زندگی میں کردار



پانی سے مختلف امراض کی روک تھام کا طریقہ زمانہ قدیم سے موجود ہے جاپان میں 1500 سال پہلے گرم پانی کے ٹب بنے ہوتے تھے، جہاں بیماروں اور عام آدمیوں کیلئے نہانے کی کھلی آزادی تھی۔

آخر میں یہ بتانا چلوں کہ پانی کن چیزوں سے مل کر بنتا ہے۔ پانی ہائیڈروجن اور آکسیجن سے مل کر بنتا ہے۔ ہائیڈروجن کے دو سالے اور آکسیجن کا ایک سالمہ یعنی H_2O یہ ہے پانی کا فارمولا۔

پانی کی اہمیت کا صحیح اندازہ ہمیں پیاس کی حالت میں ہوتا ہے جب زبان پر کانٹے پڑنے لگیں یا حلق سوکھ جائے تب پانی کا ایک گلاس دنیا کی تمام نعمتوں پر بھاری نظر آتا ہے۔

ہم نے کبھی بھی پانی کی اہمیت پر غور نہیں کیا ہوگا جبکہ حقیقت یہ ہے کہ پانی انسانی زندگی کیلئے نہایت اہم ہے یعنی انسانی جسم کی نشوونما کیلئے کاربو ہائیڈریٹ، پروٹین، وٹامن، معدنیات اور چکنائی ضروری ہے۔ پانی ان سب چیزوں سے بھی زیادہ ضروری ہے۔ حقیقت یہ ہے کہ اگر انسان کو چالیس روز تک خوراک نہ ملے تب بھی وہ زندہ رہ سکتا ہے مگر پانی کے بغیر وہ سات روز کے بعد موت کے منہ میں چلا جاتا ہے۔

اگر یہ کہا جائے کہ پانی انسانی جسم کیلئے سب سے زیادہ ضروری ہے تو بے جا نہ ہوگا۔ ایک عام آدمی کے جسم میں اس کے کل وزن کا 25 سے 75 فیصد حصہ پانی پر مشتمل ہوتا ہے۔ اسی طرح جسم کے 70 فیصد نشوونما بھی پانی سے بنے ہوتے ہیں۔



Fashion

a craze for all the **age groups**

I want to share some of my thinking's with you guys. Today we are going to talk about Designer clothes, you all are well familiar what am I going to discuss about. This is the first or rather second question on every woman's lips. These days all the people are having crazed for designer clothes not only women but men too. This thing is commonly see that one person is wearing an amazing outfit, first the people praise it then ask of which designer's you are wearing? Hats not important that a beautiful dress should only be of a designer. I want to share a personal life experience with you

guys. Once I was wearing a dress which was designed by my mother it was very lovely dress wore that dress on a party everyone praised it but as usual the second question was, that which designer's clothes are you wearing? I was little bit confused then I told them the name of the designer is Shabeena(My Mom)Everyone was excited and surprised to know that. Then I felt that it is not necessary that every good clothing can be of a designer. So my friends you don't be involved in this race of catching designer clothes. **BE PRACTICAL!!!!**

Puzzle

Q1. To cross the water I am the way, for water I am above; I touch it not, and truth to say, I neither swim nor move. What am I?

Q2. What do the numbers 11, 69 and 88 all have in common?

Q3. How many times can you subtract the number two from the number fifty?

Q4. Which animal eats with its ears?

Q5. Why did the boy take a pencil to bed?

Q6. Why was Rita carrying a ladder?

Q7. Why did the kid sleep with a ruler?

Q8. Why can't your nose be 12 inches long?

Q9. What starts with a P, ends with an E, and has millions of letters in it?

Q10. Why did the man with one hand cross the road?

Q11. Why did the boy sprinkle sugar on his pillow before he went to sleep?

Q12. What does a bee is called in USA?

Q13. It is s a sentences with all letters?

Ans. A bridge.
Ans. They read the same backwards and forward.
Ans. You can subtract the number two from the number fifty only ONCE. Because after that, the fifty becomes forty eight.
Ans. All of them since no animal take off its ears to eat!
Ans. To draw the curtains.
Ans. Because she was going to high school.
Ans. To measure how long he slept.
Ans. Because then it would be a foot.
Ans. Post Office.
Ans. To get to the second hand shop.
Ans. So that he could have sweet dreams.
Ans. A USB.
Ans. "O"ICU

Child & Childhood



Eisha Ali Nazakat
Beaconhouse School System
Rawalpindi

- It is easier built strong children than to repair broken man.
Frederick Douglass
- To lose one parent may be regarded as a misfortune; to lose both looks like carelessness.
Oscar Wilde
- Children must be taught how to think, not what to think.
Margaret Mead
- Children see magic because they look for it.
Christopher Moore
- Make it a rule never to give a child a book you would not read yourself.
George Bernard Shaw
- People who get nostalgic about childhood were obviously never children.
Bill Watterson
- Genius is childhood recalled as will.
Charles Baudelaire
- Childhood is a short season.
Helen Hayes
- Old men can make war, but it is children who will make history.
Ray Merritt
- There are perhaps no days of our childhood we lived so fully as those we spent with a favorite book.
Marcwl Proust
- If you want your child to be intelligent, read them fairy tale. If you want to them to be more intelligent read them more fairytale.
Albert Einstein



Elisha Khan
The Punjab School System
Lahore



If I would be a **Parrot...**

On a bright sunny day, I was hatched from the darkness of shell of an egg. My parents were very happy to see me as I was their first baby. I was grown up inside a pot made up of clay. My parents fed me till the day when I came out of that very pot for the first time in my life, I did not know how to fly but when I saw my parents and my other relatives flying all over in the cage I got inspired and tried hard to do so but failed. In the same week, my some other cousins too came into this world. When my master who was a little boy saw the increasing strength of our family, he put on a

demand of buying a bigger cage for us, before his father. His father agreed and brought a bigger cage on the following day. We were not happy to leave our house but were forced to do so after some months, I grew up from a baby parrot to a mature one. I flew everywhere within the cage on that day, I realized that my master was right about buying a larger cage. I have ten brothers and sisters today and they resemble me a lot. My parents have grown old and now they have given me the duty of looking after the family like my master very much.

Interesting Facts of **FLOWERS**



- Roses are related to apples, raspberries, cherries, peaches, plums, pears and almonds
- Tulips lives for 5-7 days
- Tulips can be used as onions while cooking
- There are more than 2, 50,000 species of flowering plants in the world.
- There are more than 90% of flowers that have no smell.

WAYS TO LIVE HAPPY AND HEALTHY LIFE!!!!

- Wake up early in the morning and offer prayers
- Do exercise or yoga daily
- Always speak truth
- Have a healthy diet
- Just listen to your heart and have a peace of mind
- Try to help others
- Make someone fell good every day
- Don't be harsh to others!!
- Just be you; never change yourself in sake of others
- Read a good book
- Try to spend time with your family and friends
- Learn to love, giving, sharing and caring
- Try something new
- Find your passion
- Do the thing which makes you happy!!!





ADVERTISEMENT

When we buy any product or service, we like to feel that we made a decision to buy based on our desires. However, this is not always the case. Most of the time we buy what has been intensively advertised. This applies specially to young people, the influence that advertisement has on them is enormous, taking away from them most of their will and ability to make good decisions based on some thoughts. We see this undue influence especially in the way young people dress, the things they must have and even the food they eat. The little entertaining clips we experience during the breaks of our favorite programs known as "advertisements", though last no longer than a minute or two, have a huge impact on us. The youth being the largest in proportion of the population, is its major audience. It's amazing to see how these short termed ads seem to have the tendency to mould out minds and alter our

decisions.

At the advertisement industry, which began with billboards and posters, has now evolved into a huge part of media. On a daily basis we observe different ads but now vulgarity on the name modernization has reached new heights. I seriously do not understand the point displaying beautiful models in the ads of motorbikes or shaving cream and even if the ads do concern females, why is it necessary to make it obscene. These sort of advertisements are not worth watching as they fills the minds of moderate youngsters with filth. Moreover, these gorgeous girls with their smooth skin who we see on TV every day drill in us a jealousy factor and put us in an inferiority complex.

Another thing is that these commercials waste a lot of time. It is frustrating to spend an hour just to watch a 20 minute program. We all know that



different brands compete with each other to sell their product but their must be an end to the number of brands. It is just so confusing. I seriously can not decide whether I must use Pantene, Head and Shoulders, Garnier or Dove just to shampoo my hair.

We also see certain commercials of products which encourage us towards violence or doing something daring. Some ads suggest jumping off a cliff or skateboarding on a satellite dish. This is absurd. The youngsters, hence, try to copy what they watch on TV and end up with bruises in hospital. Such ads which portray violence and life-taking activities imprint badly on young minds and erase the boundary that has been chalked out

between fiction and reality.

Nevertheless, these ads never cease to acknowledge us about different things and international ads provide us with cross cultural knowledge. They instill in us the sense of appearance and beauty. They also hold hidden messages of patriotism, unity and value of education.

In addition, advertisements motivate us to come up front and be confident. Therefore we clearly see that advertisement industry is flourishing at a great speed, and with it, is also gaining more control over our decisions.

Happy advertisement to you!!!!



Gul-e-Zahra Sabir Mir
Beaconhouse School System
Karachi

MOUNTAINS

Brown mountains and big mountains...
Big mountains and brown mountains...

Tall enough to climb on them,
it will be nice if we have our home on them,

Green, grassy mountains good for our environment,
Brown mountains and big mountains...

Big mountains and brown mountains...
People who have their home on mountains,

Are they very lucky? are they?
Oh yes they are lucky!

I like big mountains and brown mountains...
Brown mountains and big mountains...

SHINING THINGS

*I love all shining things :
the lovely moon,
the silver star at night,
gold sun at noon,
A glowing rainbow in a
stormy sky, or
bright clouds hurrying when
the wind goes by,
I love the shiny
buttons on my coat,
I love the bright beads
around my mother's throat,
The beauty of all shining
things is your and mine.
It was a lovely thought of
'Allah' to make things shine.*

NATURE VS NURTURE



Neeha Hammad
Beaconhouse School System
Lahore

Nature vs. Nurture debate is one of the most long lasting debates in the history. While some people believe that human nature is determined by our biology, sociologists believe that it is the primary and secondary socialization which determines human behavior. Infants seem to be entirely biological in their early days of life but have we ever wondered how they become 'humans'?

Newborns learn to be humans through continuous and sustained contact with other humans. When infants don't get exposed to human contact, they become feral children. Feral children are those who have lived isolated from human contact from a very young age and have little or no experience of human care, love, social behavior and most of all, human language. Amala and Kamala, two sisters of India serve as one of the most prominent examples of feral children throughout the history. Amala was two years old and Kamala was eight years old when found in a jungle near the Godamuri Village in 1920. These girls were brought up by a pack of wolves instead of humans. Therefore, Amala and Kamala had qualities of wolves and knew nothing about the norms and values of human culture. Reverend Singh, who found these girls in the jungle, had a diary in which he wrote about the behaviors of these girls. He had also attached pictures of them eating raw meat. The wolf-girls rejected cooked food and were

insensitive to cold and heat. The sisters had thick skins of arms and legs as they walked on all fours. They not only had a good sense of smell but they could also see brilliantly at night. The only emotion found in them was fear. They scratched/bit everyone who tried to dress them. These feral girls slept during day and woke up at night. They howled like wolves and knew no other use of their tongue. These wolf-girls were brought to the city where they were examined, treated and trained to live in the human society. After their examination, it was found that Kamala suffered from a neurodevelopment disorder, Rett Syndrome. Amala died in 1921 when Kamala showed signs of mourning. After several years of efforts in house training, Kamala was able to learn about thirty words to speak. She was also taught to walk on her feet and not on all fours. After the "Amala-Kamala" story had gained fame, Psychological Society of New York offered to take Kamala to US for presenting her to public and for better socialization. However, Kamala began to fall weaker day by day. Therefore, the offer was not accepted. She too died in 1929.

The story of Amala and Kamala supports sociologists with the Nature vs. Nurture debate. These wolf-girls clearly explain that individuals need exposure to other humans in order to become 'humans'.

The Cat In The Hat On Aging



Sarah Suleman
St. Anthony's High School
Lahore



I cannot see
I cannot see
I Cannot chew
I cannot screw
Oh, my God, what can I do?
My memory shrinks
My hearing stinks
No sense of smell
I look like hell
My mood is bad – can you tell?
My body's drooping
Have trouble pooping
the Golden Years have come at last
The Golden Years can kiss my ass



RIDDLES



Niha Khurram
Jaffar Public School
Karachi

- Mafia godfather condemns one of his men to death. He gives his man chance to choose between three rooms. The first is full of raging fires, the second is full of assassins with loaded guns, and the third is full of lions that haven't eaten in 3 years. Which room is safest for him?
- A boy was at a carnival and went to a booth where a man said to the boy, "If I write your exact weight on this piece of paper then you have to give me \$50, but if I cannot, I will pay you \$50." The boy looked around and saw no scale so he agrees, thinking no matter what the carny writes he'll just say he weighs more or less. In the end the boy ended up paying the man \$50. How did the man win the bet?
- Pronounced as one letter,
And written with three,
Two letters there are,
And two only in me.
I'm double, I'm single,
I'm black, blue, and gray,
I'm read from both ends,
And the same either way.
What am I?
- The beginning of eternity
The end of time and space
The beginning of every end,
And the end of every place.

Ans: The third room, because lions that haven't eaten in 3 years are dead.
Ans: The man did exactly as he said he would and wrote "your exact weight" on the paper.
Ans: An eye.
Ans: The letter E.



Tehreem Zubair
The Punjab School
Lahore

Killing of **POLIO WORKERS**

Polio is a crippling disease which makes one invalid for life. It is spread by a virus and there is no effective treatment. Luckily there is very effective vaccine which can prevent this horrible disease. This vaccine is to be given to every child in an area so that children do not get infected. This vaccine is safe and can be given many times.

Government of Pakistan, with the help of World Health Organization, is trying to immunize every child from the polio. The polio workers are doing a marvelous job. They go door to door, ask for the children in the house, convince their parents and overcome the fears of the children before the vaccine could be dispensed. Due to their excellent efforts, Pakistan is very near to become a polio free nation. A new and grave danger has emerged now-a-days, in the form of people who are attacking the polio workers. The enemies of the nation convince, some uneducated people that this vaccine is un-Islamic or will change their children according to the wishes of non-Islamic forces. Such propaganda affects people in under-developed areas of Pakistan and they resist the

efforts of the health-workers and in extreme forms there are attacks that kill the polio-workers and raise the question of the safety of others, and thus diminishes the momentum of the effort to eradicate polio. There is nothing farther than the truth than this propaganda. This vaccine isn't weakening for children rather it is very safe and effective against the polio disease. Our religion supports every effort to save the life and health of people. Our Holy Prophet (S.A.W), advised the Muslims to seek proper treatment and to avoid disease by prevention. We, as a society, should realize the importance of the campaign and give all possible support to the polio-workers by asking the government to provide them protection and also by educating the people about the benefit of vaccine. The negative-minded people should be told that according to the learned scholars of every sect in Islam, there is nothing un-Islamic about this vaccine.

Hope that with the participation of common people, the nation's resolve will create not only a polio-free society - but a country safe for all.



Fight Between Healthy & Junk Food!



Syeda Bismah Azam
Head Start School System
Karachi

The most important thing in life of what we have to take care of is "health". The people wish to stay healthy for the rest of their lives are requested to eat healthy food or a balanced diet. Eating a little junk food is not bad, but it is unhealthy, eating too much junk food. The people who eat a lot of junk food and little healthy food they think that they are taking a balanced diet, but they are not! The amount of both the foods should be equal, so that we stay healthy.

People like eating too much junk food and do not care about their lives. Similarly there was a fight between the healthy food and the junk food. One day, the fridge was sleeping. Suddenly he heard two fighting voices, inside him. He didn't know who was fighting and for what they were fighting? when he opened his door he saw that the great leaders of the two different foods were fighting. He said, "stop that fight you both." They could not listen him. He repeated the same sentence two times, and then he shouted, "STOP THAT FIGHT YOU BOTH!" Suddenly, both foods were quiet. They came out of the fridge and then he asked them, "why are you both fighting?" The junk food replied, "this healthy food can never be better than me." The healthy food replied, "O HO! I am the one with whom people live for longer time!

Junk food said, "bla, bla, bla. Whatever you are, good or bad people love me the most. They eat me many times and they dislike you because you contain all the fruits, vegetables, wheat and water, yuck! I contain burgers, pizzas, fizzy drinks and all the foods rich in fats and oil. People are

eating too much fat these days and they are growing fatter and fatter and catching many harmful diseases. Ha, ha, haaaaaaa!" The healthy food replied, "gnash you are invincible, but you might be marvelous in taste, I might be tasteless but catching food related health problems is dangerous for people. I did not say that people should not eat you at all but they people should keep their diet in balance. They should eat us both in an equal way so that they can stay healthy and eat us both." This silenced the junk food. He could give no reply but then he said, "oh! I am so sorry healthy food for discharging those harsh words from my mouth. I just wanted to be the best in the whole universe of food but you are right if people will catch diseases by eating me they will get away from me. From now I will not be proud of myself and I will never fight with you again and wake up the sleep fridge again."

From that day they both were best friends and the fridge could no longer hear the fight again. Children please take a balanced diet so that we can be safe from food related health problems. All the five nutrients are very important for us. Eat a balanced diet and:

Be Healthy
Be Wealthy
Be Wise





Hashir Ahmed
Head Start School System
Karachi

REAL BANANA FACTS

The scientific name of banana is “Musa Sapientum”. Which means “fruit of the wise men”.

Bananas are technically berries.

Bananas float in water, as do apples and water melons. It’s oil, rubbing the inside of banana peel on a mosquito bite (or a bug bite) or an poison ivy will keep it from itching and getting inflamed.

Research shows that eating banana may lower the risk of heart attacks and strokes, as well as decrease the risk of getting some cancers.





Ideal Weight Chart

MALE

Height	Ideal Weight
4' 6"	28 - 35 Kg
4' 7"	30 - 39 Kg
4' 8"	33 - 40 Kg
4' 9"	35 - 44 Kg
4' 10"	38 - 46 Kg
4' 11"	40 - 50 Kg
5' 0"	43 - 53 Kg
5' 1"	45 - 55 Kg
5' 2"	48 - 59 Kg
5' 3"	50 - 61 Kg
5' 4"	53 - 65 Kg
5' 5"	55 - 68 Kg
5' 6"	58 - 70 Kg
5' 7"	60 - 74 Kg
5' 8"	63 - 76 Kg
5' 9"	65 - 80 Kg
5' 10"	67 - 83 Kg
5' 11"	70 - 85 Kg
6' 0"	72 - 89 Kg

FEMALE

Height	Ideal Weight
4' 6"	28 - 35 Kg
4' 7"	30 - 37 Kg
4' 8"	32 - 40 Kg
4' 9"	35 - 42 Kg
4' 10"	36 - 45 Kg
4' 11"	39 - 47 Kg
5' 0"	40 - 50 Kg
5' 1"	43 - 52 Kg
5' 2"	45 - 55 Kg
5' 3"	47 - 57 Kg
5' 4"	49 - 60 Kg
5' 5"	51 - 62 Kg
5' 6"	53 - 65 Kg
5' 7"	55 - 67 Kg
5' 8"	57 - 70 Kg
5' 9"	59 - 72 Kg
5' 10"	61 - 75 Kg
5' 11"	63 - 77 Kg
6' 0"	65 - 80 Kg



Muzna Ishfaq
Dar-e-Arqam
Lahore

Recipe

Pizza Wheels

Ingredients for Dough:

1. Maida 1 cup
2. Boiling Water 1 tea
3. Yeast 1 tae
4. Sugar 1 tea
5. Egg 2 tae
6. Dry milk 2 tae
7. Oil
8. Hot water for the dough

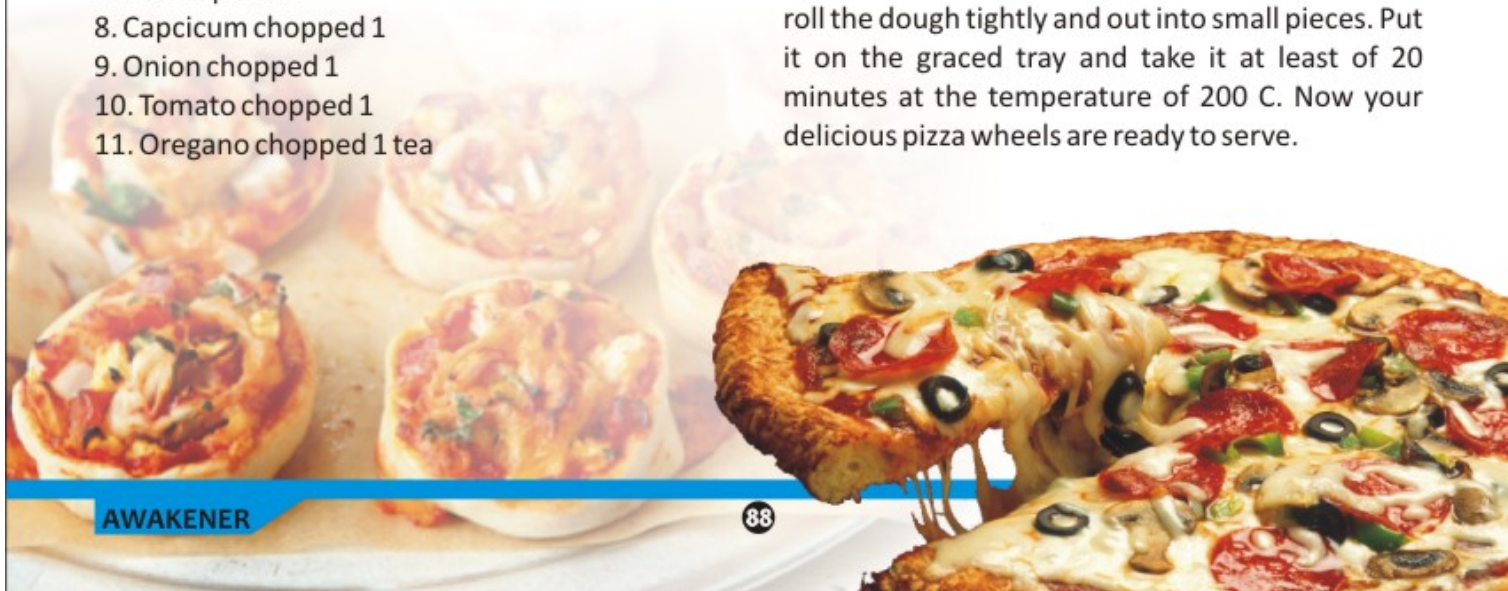
Ingredients for filling :

1. Boneless chicken strips ½ cup
2. Black pepper 1 tea
3. Salt 1 tea
4. Soya sauce 1 tab
5. Vinegar 1 tab
6. Mustard powder
7. Ketchup 3 tab
8. Capcicum chopped 1
9. Onion chopped 1
10. Tomato chopped 1
11. Oregano chopped 1 tea

12. Cheddar cheese 1 cup
13. Mozzarella cheese 1 cup
14. Chopped garlic 1 tea

Recipe :

Take all the ingredients of dough and make the dough with light hot water. Then leave it at least for 2 hours at a hot place. Tightly cover the pan in which the dough is placed so that air can't pass. Now take boneless chicken and chopped garlic in a pan and cook it. Now add soya sauce, salt, black pepper, mustard powder and vinegar for taste. Now filling is ready . After 2 hours take the dough and bang it on the counter. Then roll it in a oval shape. Now pour ketchup on it. Then some cheese and then chicken filling . Put all the chopped vegetables on it. After it put cheddar cheese, Mozzarella cheese and oregano leaves on it. Now roll the dough tightly and out into small pieces. Put it on the graced tray and take it at least of 20 minutes at the temperature of 200 C. Now your delicious pizza wheels are ready to serve.



صحت



باقاعدگی سے دودھ کا استعمال بڑھا ہے

کی رفتار کم کر دیتا ہے

حالیہ تحقیق میں انکشاف ہوا ہے کہ روزانہ خصوصاً صبح کے ناشتے میں دودھ کا استعمال بڑھانے کی رفتار کو کم کر دیتا ہے اور انسان کو طویل عرصے تک تندرست و توانا رکھتا ہے۔ برطانیہ میں ہونے والی اس تحقیق میں بتایا گیا ہے کہ جو لوگ جلد تھکاوٹ اور کمزوری محسوس کرتے ہیں انہیں ناشتے میں روزانہ دودھ کا استعمال بھی کرنا چاہیے۔ ماہرین کا کہنا ہے کہ خصوصاً خواتین کے لیے دودھ کا روزانہ استعمال نہایت ضروری ہے اور یہ بڑھتی ہوئی عمر میں انہیں بڑیوں کی بیماری سے بھی محفوظ رکھتا ہے۔



سماجی ویب سائٹس سے بچوں کی زندگی

پر منفی اثرات پڑتے ہیں

امریکا میں ہونے والی ایک تحقیق میں یہ بات سامنے آئی ہے کہ رات دیر تک باقاعدگی سے سماجی ویب سائٹس استعمال کرنے سے بچوں کی زندگی پر منفی اثرات پڑ رہے ہیں۔ 11-13 سال کی عمر کے بچوں پر ہونے والی اس تحقیق میں انکشاف کیا گیا ہے کہ اس عمر میں رات دیر تک موبائل فون اور انٹرنیٹ کے استعمال، ویڈیو گیم کھیلنے، ٹی وی دیکھنے یا گانے سننے سے زندگی پر منفی اثرات مرتب ہو رہے ہیں۔ رات گئے تک جاگنے سے اسکول اور معمولات زندگی میں دن بھر کی کارکردگی متاثر ہوتی ہے۔ جو بچے سونے سے پہلے بستر میں بھی سماجی ویب کے ذریعے آن لائن رہتے ہیں انکی نیند سب سے زیادہ متاثر ہوتی ہے۔

فاسٹ فوڈ کھانے والے بچوں

میں ذہانت کی سطح کم ہو جاتی ہے

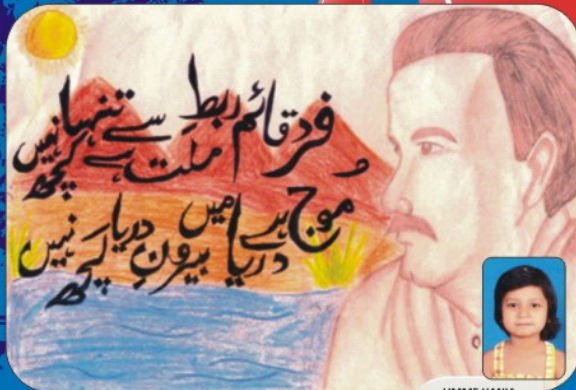
برگراور فرینچ فرانز جیسی اشیاء کھانے میں تو مزیدار ہوتے ہیں لیکن ان کے نقصانات بھی کم نہیں۔ حالیہ تحقیق کے مطابق فاسٹ فوڈ کھانے والے بچوں میں ذہانت کی سطح گھر میں کپے تازہ کھانا کھانے والے بچوں سے کم ہوتی ہیں۔ برطانوی یونیورسٹی میں کی جانے والی اس تحقیق کے مطابق صرف کھانے کی مقدار ہی نہیں بلکہ اس کا معیار اور تازہ ہونا بھی بچوں کی ذہنی نشوونما پر اثر انداز ہوتا ہے۔ تحقیق کے مطابق کم عمری سے ہی جنک فوڈ کھانے والے بچوں میں آٹھ سال کی عمر تک پہنچتے پہنچتے ذہانت کی سطح گھٹ جاتی ہے جبکہ تازہ اور صحت بخش معیاری غذا لینے والے بچوں کا آئی کیو لیول نسبتاً زیادہ ہوتا ہے۔



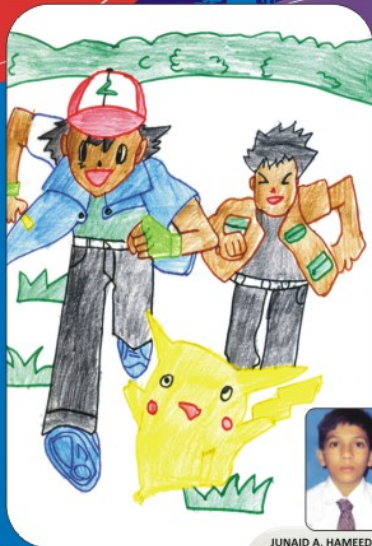
لیموں میں پوشیدہ ہے سردرد کا قدرتی علاج

معمولی سردرد ہو یا دردِ حقیقہ، دونوں ہی انتہائی تکلیف دہ ہوتے ہیں۔ اب آپ کو درد کش ادویات کی ضرورت نہیں ہوگی کیونکہ سردرد کا علاج لیموں کے ذریعے بھی ممکن ہے۔ لیموں میں قدرت نے ایسی تاثیر رکھی ہے کہ اگر بغیر دودھ کی چائے میں لیموں کے چند قطرے ملا کر پیا جائے تو سردرد میں فوری آفاقہ ہوتا ہے۔ صرف یہی نہیں بلکہ تھکن کے باعث بھی ہونے والے سردرد کے لئے لیموں کے چھلکوں کا پیسٹ بنا کر ماتھے پر ملنے سے سردرد میں جلد آرام آ جاتا ہے۔

WATER COLOR



UMME HANIA
The City School, Karachi



JUNAID A. HAMEED
K.M.A Boys School, Karachi



MANAHIL NASIR
Army Public School, Rawalpindi



H.UMER
Beconhouse School System, Lahore



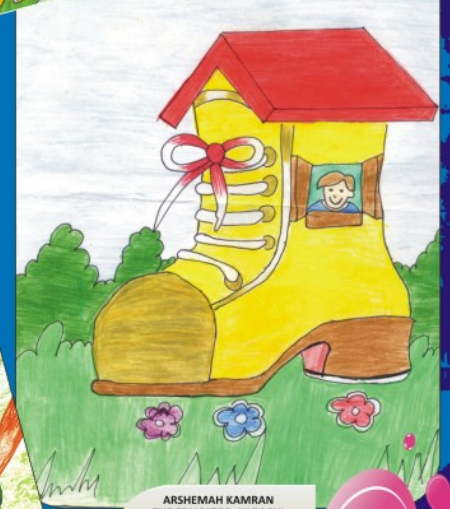
FRAHAN ALI MIRZA
KID CITY SCHOOL, ISLAMABAD



FATIMA FARHAN



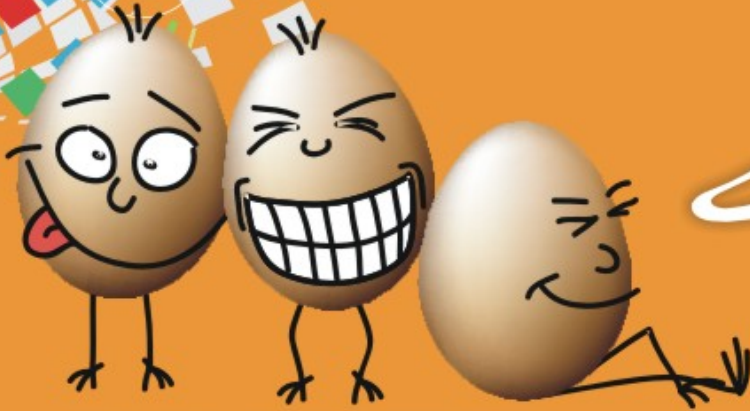
MARIA NOMAN
BECONHOUSE SCHOOL SYSTEM



ARSHEMAH KAMRAN
THE EDUCATOR, KARACHI

Atif Nadeem

St. Anthony's High School
Lahore



JOKES

- Two friends visit a Stadium.
First: Why are all these people running?
Second: This is a race; the winner will get the cup.
First: If only winner will get the cup, why are others running?
- A young boy asked his father, "Dad, do lawyers ever tell the truth?"
The father thought for a moment, "Yes son, sometimes a lawyer will do anything to win a case!"
- Science Teacher: Oxygen is a must for breathing & for life. It was discovered in 1773.
Student: Thank God ! I am born after 1773 otherwise, I would have died without
- Patient : Doctor, I have a serious memory problem. I can't remember anything!
Doctor : So, since when did you have this problem ?
Patient : What problem?
Doctor is shock



Muzna Ishfaq

Dar-e-Arqam
Lahore

لطیفے

● مالک (نوکر سے): مجھے چار بچے اٹھا دینا۔
نوکر: لیکن حضور مجھے تو وقت دیکھنا نہیں آتا۔
مالک: اچھا تو مجھے چکا دینا میں وقت بنا دوں گا۔

● امی (بچے سے): یہ خط پوسٹ کر کے کیوں نہیں آئے۔
بچہ: لیٹر بکس پر تالا پڑا ہوا تھا، خط کیسے ڈالتا۔

● باجی (گڑیا سے): گڑیا کیا گڑی چل رہی ہے۔
گڑیا: نہیں باجی وہ تو گڑی ہے مگر اس کی دم چل رہی ہے۔

● مسافر: یہ کیسا ہوٹل ہے، ہماری رات میرا کمرہ چکھتا رہا ہے، کمرہ تالاب بن گیا ہے۔
مالک ہوٹل: صاحب ہم نے تو آپ سے پہلے ہی کہہ دیا تھا کہ کمرے میں پانی کا بھی انتظام ہے۔

● لڑکا: امی جان، کی اہم سچ مٹی سے بنے ہوئے ہیں؟
مائی: بے شک

● لڑکا: اگر ہم مٹی سے بنے ہیں تو پانی پینے سے کچھ کیوں نہیں بنتے؟

● جاوید (ارشد سے): بتاؤ گائے اور گوالے میں کیا فرق ہے؟
ارشد: گائے اصلی دودھ دیتی ہے اور گولا پانی ملا کر۔



3N National Talent Award



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