

VOICE OF TEENS-THE REVOLUTION

THE FAME

Volume / 3 - Issue /1

AwakeneR

Sep. - Oct. 2015

building a better tomorrow....

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A Symbol of Pride for the Nation....



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- بچوں اور بڑوں کے لئے یکساں مفید
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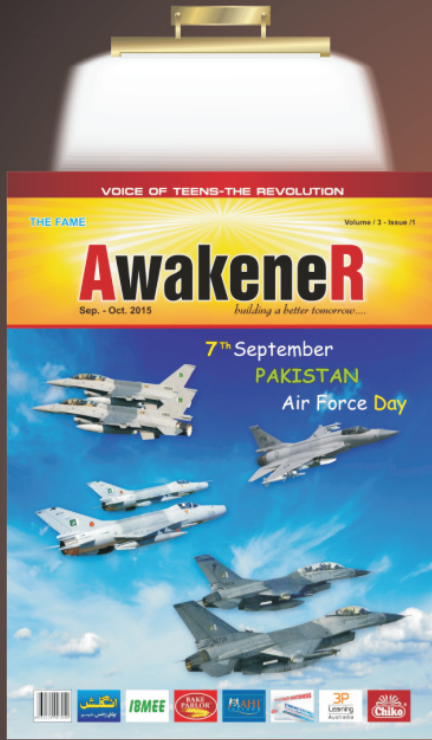
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From the Editor's Desk!

Assalamu Alaikum,

Summer Vacations are now over and most of you are back to classrooms. Greeting and warm welcome to our first issue of the third volume of the Awakener Magazine. A lot of articles were presented in our last year issues.

Now we introduced new segment "TV Audition" for students. Awakener Magazine invites you to express your feeling and show your talent through tv channel. It is a big opportunity for children's to show their talent in different categories. All schools / students are invited for free registration.

September is also the month when our valiant soldiers stamped their authority against the haughty enemy. Read 6th September –Defense Day to intensify your patriotic sentiment.

We invite to all schools from Pakistan to participate in Awakener Magazine and send their materials online.

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LEGENDARY FIGHTER IN THE HISTORY - M.M ALAM

MM Alam The Pride of Pakistan. Whenever we take his name in our heads become high energize our spirit with Patriotism . He was a true Patriot and Hero of our nation. Muhammad Mahmood Alam also Known as MM Alam was born in 6th July 1935 in East Pakistan. He completed his secondary education in 1951 from Government High School, Dacca, and East Pakistan. He joined the PAF in 1952 and was granted commission on October 2, 1953. His family moved to West Pakistan in around 1971.

In 1965 When India underestimated the power of Pakistan Air Force and WAR started in the late mist dark night and the Untold WAR begins. Gen Ayub Khan Addressed to Pakistani Nation about that Untold War. At that time India was 3 times bigger and more powerful than Pakistan. This time Mr. MM Alam who was the first commanding officer of the first squadron of Assaults Mirage III he took his F-86 Sabre Jet Plane equipped with AIM-9 Sidewinder missiles and Fly Over the Skies of Sargodha to defeat the enemies who entered in

Pakistani Air Space to attack that's when M.M Alam made the unforgettable history by knocking down 9 Indian Fighter Jets "Hawker hunters" in air to air combat as Hawker Hunter were more powerful than F-86. Not only he shoots down as he sets an unbeaten world record by Downing five Indian aircraft in thirty seconds. Alam announced to the radar controller that he had shot down 9 IAF Air craft's And When Radio Pakistan announced his brilliance, The Peoples of Pakistan started rising the slogans of "Allah o Akbar" from this M M ALAM spoiled the dirty Dreams of the enemy.

M.M. Alam was the first ever honored fighter pilot for PAF, listed on top in the hall of famers list at the PAF Museum in Karachi. Alam is considered as a national hero for Pakistan, most significantly, for his remarkable show of brilliance in the war of 1965 he was awarded the Sitara-e-Jurat M. M. Alam Road, a major road in Lahore, is named in honor of the flying ace of Pakistan Air Force.

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NISHA-NE-HAIDER

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پاک سپاہی زندہ باد

ہمت اور حوصلے والے
قدم کو بڑھانے والے

TANKS ATTACK

SUBMARINE

پاک سپاہی زندہ باد

ڈرتے نہیں ہیں بڑھتے ہیں
مشکلوں سے لڑتے ہیں
دشمنوں کو ہراتے ہیں
پھر بنتے ہیں شہید یا پھر غازی

پاک سپاہی زندہ باد

تو لڑتا ہے اپنے وطن کے لئے
تو جیتتا ہے اپنے وطن کے لئے
تجے کرتی ہے پوری قوم سلام
تیری ہمت سے راضی ہے پوری قوم جناب

پاک سپاہی زندہ باد



SSG GROUP



M. Mursab Najeeb
Beaconhouse School System
(SBB), Rawalpindi

Pakistan

I know a country known as the land of the pure
It is one of the best and that's for sure
They have been through and seen a lot
But they are an amazing country which no one thought
Now is the time to unite
Together we can bring bright light

Pakistan is the country I am talking about
Which is one of the best without any doubt
So, why are we making this country look bad?
Let's show our excellence my lad
By helping others and working hard
Then 20,000000 people will say Pakistan Zindabad

جسین آزادی



Rabia Fatima

K.M.A Girl's Sec. School
Karachi

تاریخ گواہی دے مومن کے ارادوں کی
قرآن کے حوالے سے اللہ کے وعدوں سے

وہ دور کہ تھی ظلمت لوگوں کی نگاہوں میں
کفار کا غلبہ تھا اسلام کی راہوں میں

اک برق نے پھر توڑا ان کفر کے گھیروں کو
جب قائد اعظم نے لکارا اندھیروں کو

اللہ کی رحمت سے جب کچھ امکان بنا
تب نقشہ دنیا پر یہ پاکستان بنا

یہ چودہ اگست کا دن ایک جشن ہمارا ہے
اس روز یہ ملک ملا جو آنکھ کا تارا ہے



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ڈھیلا ڈھالا لباس

سنت نبوی ﷺ اور جدید سائنس

LOOSE DRESS

نبی کریم ﷺ کا اسوہ

ام المؤمنین حضرت ام سلمہؓ فرماتی ہیں کہ رسول اللہ ﷺ کو کپڑوں میں سب سے زیادہ پسند گرتا تھا۔ (ابوداؤد۔ترمذی)

Benefits of Loose Dress in the Light of Medical Science

- Loose dress produces positive impact on the growth of muscles and keeps them agile. Loose dress allows the blood to flow normally to the vital organs which has beneficial effects on Heart, Brain and Digestive system.
- Loose dress helps to reduce nervousness and tension thus prevents anxiety and depression.
- Gastroenterologists and Hepatologists advise not to wear tight dress. Due to tension a chemical substance called Gestrin is released in the stomach, which leads to acidity, and consequently gastric ulcer.

- ڈھیلا ڈھالا لباس پہننے سے پٹھوں (Muscles) کی افزائش پر مثبت اثر پڑتا ہے اور پٹھے چست رہتے ہیں۔
- ڈھیلے ڈھالے لباس سے خون کا بہاؤ نارمل رہتا ہے اور خون اعضاءِ ریمہ (Vital Organs) تک بغیر کسی دباؤ کے با آسانی فراہم ہوتا ہے۔ جس سے دل، دماغ اور نظام ہاضمہ پر بہتر اثرات مرتب ہوتے ہیں۔
- تنگ لباس ترک کرنے سے ذہنی اور اعصابی تناؤ میں کمی واقع ہوتی ہے جس کی وجہ سے اعصابی تناؤ اور کھنچاؤ جیسے امراض سے بچا جاسکتا ہے۔
- ماہرین امراض معدہ اور جگر تنگ لباس کو ترک کرنے کی ہدایت کرتے ہیں۔ تنگ لباس سے اعصابی تناؤ کی وجہ سے ایک کیمیائی مادہ (Gastrin) معدے میں خارج ہوتا ہے جس سے معدے میں تیزابیت بڑھ جاتی ہے اور السرجیسے امراض پیدا ہوتے ہیں۔



PAKISTAN

Pakistan is my country and my homeland. Where I was born. Where there is no limit of beauty. Beauty is beyond words. It has crossed the boundaries.

Pakistan was a country of peace and harmony. It was a symbol of peace and beauty. It was a sign of strong and united Islamic republic. The people were brave to fight wars against their enemies. People were willing for a change. They followed one religion and the power grew stronger every day. The Rules were followed and cleanliness was spread widely across the country. The world was under control of Muslims. It was a strong and united Islamic republic.

Suddenly the whole success of Pakistan came to a standstill and crashed like a deck of cards. People were scattered. Unity expired amongst the

people. Scattered like a thread been cut and the beads held together have scattered on the floor. The world was many steps ahead of us. The political reasons and the difference in the mind and perspective changed the whole country. The people were focused on having money more than their country's success. The thirst of money had decayed the success and beauty of country. The people don't understand the essence of being united and strong as an Islamic republic of which ALAMA IQBAL dreamt of and QUID- E- AZAM founder of our beloved land Pakistan made it into reality.

There are many issues to ponder on like Environmental issues in Pakistan have been disturbing the balance between economic development and environmental protection. As a

great problem for the nature and nation of Pakistan and As Pakistan is a large importer of both exhaustible and renewable natural resources and a large consumer of fossil fuels, the Ministry of Environment of Government of Pakistan takes responsibility to conserve and protect the environment.

Current issues: Water pollution from raw sewage, industrial wastes, and agricultural runoff; limited natural fresh water resources; a majority of the population does not have access to potable water; deforestation; soil erosion; desertification. Little attention was paid to pollution .Some are these Related concerns, such as sanitation and potable water, received earlier scrutiny. However, researchers at the Pakistan Medical Research Council, recognizing that a large proportion of diseases in Pakistan are caused by the consumption of polluted water, have been questioning the "safe" classification in use in the 1990s. Even the 38 percent of the population that receives its water through pipelines runs the risk of consuming seriously contaminated water, although the problem varies by area. People are dying of every day. They are erased from this world as easily as plucking a flower from its stem. People have their heart sealed and have no feeling left while destroying this blessed nation given to us by Allah (s.w.t) where there are oceans. Snow capped mountains and worlds second tallest K- 2 mountains. Flowers spread wide on the surface and landmarks spread showing its beauty

worldwide. Having the finest cotton crop and experiencing all 4 seasons. People starve for being in this ideal country.

NO department of life is it economic, cultural, religious or recreational-has been free from the effect of this great transformation in progress. The old system of classification and stratification of society as a whole is changing gradually and slowly but surely and certainly. Monotonous life makes us bored and we as Muslim youth should lit up a light of hope and betterment of Pakistan. The only way Pakistan can convert its decline into rise will be the change. Change of betterment and a healthy Pakistan. That change can be brought in by our youth. The change agents are the youth through which people can still dream of betterment of Pakistan.

The youth is been targeted the most because that is our next upcoming leaders and politicians which would lead the country. The new minds which can change the whole Pakistan. This can change the thinking of the people. The success will touch the sky. But before all they should think that everyone is responsible for a change. Every single finger is responsible to make a fist if anyone is incomplete then a fist cannot be formed. Similarly until every person doesn't start to change, the country cannot fulfill its dream of becoming a successful country whose fist is unbreakable. There must be a change in the country.

Pakistan zindabad





Maha Jawwad
National Grammar School
Lahore

CORRUPTION

IN PAKISTAN

There is no doubt that after independence, Pakistan has progressed in many areas. But it is also rightly said that the two factors which characterize the central and state governments in our country are minus efficiency and plus corruption. If Pakistan has flourished in any sphere, that is corruption. Pakistan is in the grip of the worst form of corruption. Corruption in the country's public and administrative life has considerably increased during the last two decades. Corruption, to a certain degree, is a legacy of the British raj and is not peculiar to India alone but is a universal phenomenon. Official files and documents do not move unless the palms of the concerned officials are greased. One cannot get the official copy from copying agency of the court unless one pays some extra money to the typist, besides paying the official court fees. An

honest man's application is subject to delays by red tapism. Corruption in some public - dealing officers has reached a saturation point and people have started taking corruption for granted. The lot of the common man is miserable as he has to stand in long queues, grease the palm of petty peons and clerks and put up with tyrannies all around. Our leaders don't seem to be keen on removing corruption and one gets the impression that these leaders are responsible for the corruption in the country. The cure of corruption may lie in the appointment of a registrar of public grievances against the administration, who is appointed by the parliament and who enjoy greater authority and whose main function should be to handle citizen's complaints against administrative abuse, incompetence and corruption.



Araiz Adnan
Beaconhouse School System
Karachi

کیا آپ جانتے ہیں؟

میں سب سے زیادہ۔

۲۔ پاکستان پہلا اسلامی ملک ہے جس نے نیوکلیئر طاقت حاصل کی ہے۔

۳۔ ایڈمی دنیا میں سب سے بڑا "این۔جی۔او" چلار ہے ہیں۔

۴۔ پاکستان کی فوج دنیا کی چھٹی بڑی فوج ہے۔

۵۔ پاکستان کے قومی ترانے کی دُھن دنیا میں تین بہترین دھنوں میں تیسرے نمبر پر ہے۔

۶۔ چوتھا بڑا براڈ بینک انٹرنیٹ سسٹم پاکستان میں ہے۔

۷۔ دنیا کا سب سے گہرا سمندری ساحل گوادر پاکستان میں ہے۔

۸۔ دنیا کے پچاس فیصد فنبال پاکستان میں بنائے جاتے ہیں۔

۹۔ پاکستان ایئر فورس کے پائلٹ دنیا کے بہترین پائلٹ مانے جاتے ہیں۔

۱۰۔ دنیا کا پہلا کمپیوٹر وائس دو پاکستانیوں نے بنایا۔

۱۱۔ ڈاکٹر عبدالسلام فزکس میں نوبل پرائز جیتنے والے پاکستانی ہیں۔

۱۲۔ دنیا میں سب سے کم عمر سول جج پاکستانی محمد الیاس ہیں۔

دنیا کے بہت سے ممالک کی بہت اہم باتیں تو ہم بہت شوق سے جانتا

چاہتے ہیں۔ لیکن کیا آج آپ اپنے ملک کے بارے میں جانتا چاہیں گے۔ ہمارے

ملک پاکستان کا قومی ترانہ حفیظ جالندھری نے لکھا ہے۔ اسکی دُھن احمد غلام علی چھاگلہ

نے بنائی ہے، ۲۰۱۳ کے شمار کے مطابق ہمارے قومی ترانے کی دُھن دنیا میں تیسرے نمبر

پر ہے۔ پاکستان کا قومی دن ۱۱ اگست کو منایا جاتا ہے۔ قومی پرچم سفید اور ہرا ہے، جس

پر چاند اور ستارہ بنا ہوا ہے۔ ہمارا قومی کھیل ہاکی ہے۔ قومی پھول چمبیلی، قومی جانور

مارخور، قومی پرندہ چکورا اور قومی درخت دیودار ہے۔ ہمارا قومی مشروب گنے کا رس ہے۔

لوگ اکثر ملک کے حالات سے پریشان ہو کر پاکستان کو اور یہاں بسنے

والے لوگوں کو برا بھلا کہنے لگتے ہیں۔ اُن خراب حالات کی وجہ سے ملک کا ماضی اور

حال کی کامیابیاں ماند پڑ جاتی ہیں۔ لوگوں کو مایوسی سے نکالنے کے لیے ماضی اور حال

کی کچھ کامیابیوں کا خلاصہ مندرجہ ذیل ہے۔

۱۔ پچھلے پانچ سالوں میں پاکستان میں تعلیم کا معیار بڑھ گیا ہے جو کہ دنیا کے تمام ممالک



FREEDOM AN ILLUSION

August 1920.

It was an extremely hot afternoon in a small village of Sindh, India. But the scorching heat did not bother the villagers, especially Muslims. Muslims had lots of work to do and there was so much on their minds. For the very first time in years, there was activity in the area.

Bano, a young Muslim mother, patted her daughter on the small of her back and played with the girl's lovely French braid.

"Rania, dear, remove this French braid and tie your hair properly," she said.

Rania murmured, "Mother, you do not like my hair style?"

Clearly, the girl was offended.

"No, sweetie! It is just that you are wearing a western hairstyle and your father has stopped you from wearing a French braid and those frilly frocks

of yours."

Rania frowned and nodded her head. Bano gave her daughter one of her best smiles and said softly, "Oh and we leave today for Afghanistan. Pack all your belongings, okay?"

Rania was baffled.

"Afghanistan? But why?"

Bano's eyes were full of hope, fire, freedom, life and God knows what else when she recounted the day the British had stepped in India, calling it "their golden sparrow". A bad taste came into her mouth as she remembered how countless Muslims had been flogged in streets and how western culture had become popular in the recent years. She tightened her fists as she thought of how many Muslims had given up on their religion and this had been indeed an unpardonable sin from their side.

Islam had to be protected somehow.

Bano's heart skipped a beat as she remembered the day Maulana brothers had stressed on the importance of acquiring religious-freedom. "Religious-freedom," Bano tasted the word. Khilafat Movement pretty much summed up the idea; wrapped it up nicely.

"To protect and foster Islam. And for freedom..."she said out loud and smiled.

"Are you sure about this, Kareem, my friend?"

Man Singh asked, anxiously looking at Kareem, Bano, Rania and many other Muslims. Kareem offered his neighbor a small smile. "More than sure. Hijrat is the only option for us. Goodbye for now. I hope you would look after my land and property."

"Of course, Kareem," replied Man Singh. "Farewell, then," said Kareem.

As the party began walking away, Rania stole a last glance at her beloved house. Here she had been born. Here she had laughed, cried, smiled and played. And now she had to leave this house forever...

A tear ran down her cheek and she quickly wiped it away.

Rania's legs ached. They had been walking for hours.

"Baba? Baba please, let's stop," she called out to Kareem.

Kareem sighed and muttered, "Okay."

Soon, everyone was settling down, stretching and yawning and gulping down water thirstily. Bano offered water to her family as she sat down too. Kareem thanked God as he drank water, "Shukar Alhamdulillah."

Rania gazed at his father with big green eyes. "Baba?"

"Yes?"

"Would Afghanistan be better than India?"

"Definitely! Our Muslim brothers and sisters live there."

"Would we get a new home to live in?" asked Rania innocently.

"Of course, dear. As soon as we'll enter, they would open their gates wide for us. They would share their houses with us and give us fields to grow our crops too," explained Kareem solemnly. "That sounds great," Rania closed her eyes and drifted into sleep, smiling. Kareem kissed her on the head.

The journey of a thousand miles finally finished. Rania squealed with excitement. Kareem and Bano grinned at her.

In fact, 18000 Muslims face grinned.

They were greeted by a couple of Afghani soldiers and it was not exactly 'a warm welcome'. Soldiers took out their revolvers and threatened to shoot. They thought their Indian enemies were advancing on them. The soldiers asked them either to leave or face the consequences. Rania was so scared. Tears filled her round green eyes. Bano put an arm around her.

Kareem and some other men explained their motives. The issue was placed in front of the government. Afghanis did not welcome the idea of such huge numbers of people entering their country out of nowhere. The decision of the government went against the Muslims; they were refused entry and forcibly ordered to go back.

The journey back to India was a silent one. The only voice that could be heard was Rania crying. All her dreams of freedom and a pleasant new home were broken and replaced with nightmares of her upcoming future. She had started thinking of herself as a free bird soaring high into the vast expanse of sky. Now she felt like a bird caught in a cage, helplessly trying to flee.

Kareem knocked on the door of his former house thrice but nobody opened the door. After a very long time, the door was opened by an impatient Man Singh.

"What the hell?! Stop banging the door of my house and get lost, people."

Kareem and his family were stunned. "Your house?" Kareem asked slowly.

A cruel smile played on Man Singh's lips. "Yes, my house. You see, whoever has the property papers has the house. I do have the property papers, don't I?"

And the door was banged right on their faces. Same was the story with other Muslims; they had no jobs and their properties were in somebody else's hands.

There were angry tears in Bano's eyes. Just for a moment - yes - just for a moment, she had started to think that there exists a place where freedom rules. She had submitted to illusions and had forgotten that freedom was just an illusion. It claims that it exists, yet it does not...



KARACHI!!!!

Karachi is the biggest city in Pakistan. It is a very modern and a beautiful city but according to the city situation the beauty is fading away which is very hard to bring back again but I have noticed that if only one day the situation gets stable the beauty and the peace starts to surround Karachi again. My mother told me that "When she was a child there was nothing like robbery, Street crimes, bombing, Firing, Kidnapping." And this was more shocking when she said she was unaware of such crimes in Karachi. Then for a minute I thought that what changed Karachi? The problem was that people were not united anymore which caused these troubles in Karachi and the beauty was snatched by the name of political, religious and sectarian differences. I don't believe that people from one country are fighting among themselves and being targeted under higher politics. It must have looked reasonable if the Pakistani people fought for their rights and issues which were damaging Pakistan, Our culture and peace. But now the situation is different. Nowadays I have seen many organizations are trying to make Pakistan beautiful but how can it become beautiful if people are not united and supportive towards

such positive changes and improvements. Karachi doesn't need any fake beauty, it will become automatically beautiful if all these crimes and political issues finish. I have seen people in Karachi are always saying that in vacations they are going to America, Dubai, Thailand and many different places and some wish to go to these places but I haven't heard that people from America or Thailand saying or wishing to visit Karachi. WHY? This happens just because of the deteriorating situation of Karachi. We have no idea HOW BEAUTIFUL KARACHI IS, and I am 101% sure if the situation gets stable people from all over the world will visit Karachi because I know they have not seen such beauty in the whole world. I hope people will understand and will keep this thing in mind that if Karachi is being destroyed it's just because of them. So everyone should now change their thinking toward these issues and try to improve and play their role wisely. It is now HIGH time to take some serious steps towards Karachi and appeal to all the Karachiites please be united, as people should recognize us as Pakistani's but not by the name of our religion or political parties.

SAVE US LORD!



Omer Farooq
School of Excellence
Sukkur

THE NATIONS ARE GOING BACKWARD AND BACKWARD
O MY LORD! PLEASE SAVE US



THOUSANDS OF PEOPLE ARE KILLED TODAY
O MY LORD! PLEASE SAVE US



RICHER IS GETTING RICHEST, POORER TO POOREST
O MY LORD! PLEASE SAVE US



RELATIONS ARE BROKEN EVERYDAY, UNITY IS NO HERE
O MY LORD! PLEASE SAVE US



POVERTY, DEINTEGRATION, MURDERS, UNEQUAL RIGHTS
O MY LORD! PLEASE SAVE US



WEALTH HAS BECOME THE RELIGION OF PEOPLE
O MY LORD! PLEASE SAVE US



TIME IS PASSING AND WE ARE HELPLESS
O MY LORD! PLEASE SAVE US





Eesha Arshed
Beaconhouse School System
Karachi

KARACHI AND INTERCULTURAL HARMONY

Karachi is the capital of Sindh and the largest as well as the most populous metropolitan city of Pakistan. It is also known as the "city of lights" mainly because it is famous as the city which never sleeps.

Hence, the Journalist Ross Kemp of Aljazeera, the famous newspaper, explored that Karachi city is amongst the 10th most violent cities in the world and that is a moment of great shock for all of us as a nation. This former capital of Pakistan has been overrun by political violence, gang shootings, and even suicide bombings. He explored the violent side of the city of lights as part of his Extreme World series and made a documentary on the prevailing violence in Karachi, a city of 18 million people out of which five are brutally murdered every day on the streets of Karachi by criminals, extortionists, kidnappers and murderers who are declared as 'Na Maaloom afrad' (the unknown people) later on by the media.

The lively city has lost its impression over time due to emerging law and order situation in the city, affecting the intercultural harmony of Karachi with the world around. On the other hand, the frequent self-suicide attempts in different parts of the country have further spoilt our image by labeling us as being the 'terrorists'.

Games play an important role in building peace and harmony amongst different cultures but

unfortunately no country accepts to visit us due to the worsened situation across Pakistan. Pakistan did not play the first two editions of the Kabaddi World-Cup (2004 and 2007) due to political tensions with the host nation India. The Women's Kabaddi World Cup was first played in 2012 in Punjab, India without our country taking part into it. Even this year, Pakistan was deprived of hosting the World Cup after the blast incident on Wahga Border.

Whether we talk about ICC T20 World Cup or International Badminton Series, Pakistan has emerges on different forums just as a participant country and not as a host.

Performing Art is another way to enhance cultural relationships amongst nations but no artists from the neighboring countries are ready to take the initiative to visit us. Hence we, being a peace-loving nation accepts their invitation. Whereas, peace and harmony is a two-way trade. In order to enhance intercultural harmony, we need to remove the emerged hostility and aggression from our country specially, Karachi where many ethnic groups live and share their happiness/worries with each other every day. After all a harmonious Karachi will spread the rays of peace and hope throughout Pakistan and brighten up the world with serenity.



A CHANGE

A Change is what everyone is looking for these days : a change in thoughts, a change in vision and a change in the country's prevailing conditions.

This is the agenda of Sit-ins and protests happening across the country.

However, this does not seem to be a productive way to bring the required change. All these sit-ins and procession, especially in the capital, are bringing a change but a devastating one, not only

to our country's economy but to our image. Many people are questioning our ideology and ethics of bringing a revolution. As a consequence of this chaotic situation, the prices of many basic necessities of daily life have gone up by terribly large margins making it difficult for the layman to make ends meet. A change might have come but certainly not the needed one. To fathom the actual meaning of revolution, we need to realize that a revolution demands not only massive numbers of people but also a utilitarian attitude and hard work, along with a touch of gradualism.

WORKING WOMEN IN

PAKISTAN



After attaining 66 years of age, Pakistan has gone through frequent phases of evolution and in the process has given birth to a much more enlightened society in which the Pakistani woman has a new identity.

A decade ago, rarely was a woman seen in the professional world, in fact working outside the home was considered as a sort of taboo for she was barred by chauvinism and prejudice and lived in a time when opposition mainly came in the form of a man. Confined inside the four walls of her house, her life was a constant drama in which she acted out the role of a submissive wife, a humble daughter and a loving mother.

Since then a lot has changed. Women are not only common faces in educational institutes but are also manning offices, companies and other executive jobs. With time they have achieved equality in status with their male counterpart. Determined and strong willed, they countered criticism thrown at them from every corner, simultaneously working hard to change people's perception of a woman from a subordinate to a distinguished and undeniable part of our society. Today's working woman encounters many hurdles obstructing her path. She is challenged with the cumbersome task of balancing her social,

professional and domestic life. Maintaining her duties as a housewife and a working lady is a hectic job but somehow she is able to reconcile the two. Professional women are constantly engaged in 'The battle of the sexes'. In a country like Pakistan where women are often subjected to physical and verbal harassment, working women have to adjust themselves in an environment dominated by men. They not only have to prove their capabilities through exceptional performance but at the same time they have to put a concerted effort to live in a hive of bigotry.

There is not a field in which Pakistani women have failed to display their mettle. They have acquitted themselves admirably as talented Doctors, engineers, professors, teachers as well as executives and politicians. Jinnah has very well said "No nation can rise to the height of glory unless your women are side by side with you" Today's working women are much more awakened and aware. She is repelled by the idea of darning socks and sweeping floors. She desires to break free from old customs and traditions and yearns to live a life in which she is her own boss. Her job gives her freedom, economic security and equality. No longer is she bound in chains of oppression.

My Sweet Mom

MOM YOU'RE A WONDERFUL MOM
SO GENTLE, YET SO STRONG.
THE MANY WAYS YOU SHOW YOU CARE.
ALWAYS MAKES ME FEEL O BELONG.
YOUR PATIENCE WHEN I'M FOOLISH.
YOU GIVE ME GUIDANCE WHEN I ASK.
IT SEEMS YOU CAN DO MOST ANYTHING.
YOU'RE THE MASTER OF EVERY TASK.
YOU'RE DEPENDABLE SOURCE OF COMFORT.
YOU'RE MY CUSHION WHEN I FALL.
YOU HELP IN TIMES WHENEVER I CALL
I LOVE YOU MORE THAN YOU KNOW.
YOU HAVE MY TOTAL RESPECT.
IF I HAD MY CHOICE OF MOTHERS.
YOU'D BE THE ONE I'D SELECT.

I LOVE YOU MOM



Words of wisdom

- If initiative is the ability to do the right thing, then efficiency is the ability to do the thing right. (Kelly Miller)
- One good head is better than a hundred strong hands. (Thomas Fuller)
- A great man shows his greatness by the way he treats little men. (Thomas Carlyle)
- When you soar like an eagle, you attract the hunters. (Milton S. Gould)
- A problem is a chance for you to do your best. (Duke Ellington)
- No man is fit to command another that cannot command himself. (William Penn)
- When love is suppressed, hate takes its place. (Havelock Ellis)
- Facts are to mind what food is to the body. (Edmund Burke)
- A fool with fear is sometimes wiser than an angel with fear. (Nancy Astor)
- Patience is a necessary ingredient of genius. (Benjamin Disraeli)
- Fear always springs from ignorance. (Ralph Waldo Emerson)
- Where there is no future before a person, there is no hope. (Edward Wilmot Blyden)
- Education is helping the child realize his potentialities. (Erich Fromm)
- A school should not be preparation for life. A school should be life. (Albert Hubbard)
- Knowledge itself is power. (Francis Bacon)
- Happiness can be found even in the darkest times. If only remembers to turn on the light. (Albus Dumbledore)
- We all got both light and dark inside us. What matters is the part we choose to act on, that's who we are. (Sirius Black)
- It does not do to dwell on dreams and forgot to live. (Albus Dumbledore)
- It is impossible to live without failing at something, unless you live so cautiously that you might as well not have lived at all. In which case, you fail by default. (J.K Rowling)

TRY TRY AGAIN

It's a lesson you should heed
Try try again

If at first you don't succeed,
Try try again

Then your courage should appear
For if you will persevere
You will conquer, never fear,
Try try again

Once or twice though you should fail,
Try try again

If you would at last prevail,
Try try again

If we strive, tis no grace
Though we do not win the race;
What should we do in that case?
Try try again

اقوال زریں



Rabeesa Anwer
K.M.A Girls Sec. School
Karachi

- انسان میں ہر چیز ہے لیکن صبر نہیں۔
- زمین میں ہر چیز ہے لیکن غرور نہیں۔
- جنت میں ہر چیز ہے لیکن موت نہیں۔
- قرآن میں ہر چیز ہے لیکن جھوٹ نہیں۔

اللہ کو کیا پسند ہے؟

- اللہ کو پسند ہے وہ دل جس میں درد ہو۔
- وہ جگہ جہاں اللہ کا ذکر ہو۔
- وہ آنکھیں جس میں حیا ہو۔

علم کی فضیلت

- علم ایسا خزانہ ہے جس کی چمک کبھی ختم نہیں ہوتی۔
- علم ایسی لاٹھی ہے جو کسی بے سہارے کے لئے سہارے کا کام دیتی ہے۔
- علم ایسی تلوار ہے جس کی دھارتلواری کی دھار سے تیز ہے۔
- علم ایسا راستہ ہے جس پر چل کر انسان اپنی منزل تک پہنچ سکتا ہے۔
- علم ایسی خوشبو ہے جو انسان کے ذہن کو ہمیشہ معطر رکھتی ہے۔
- علم ایسا راستہ ہے جو اللہ تعالیٰ سے قریب ہونے کا ذریعہ ہے۔

مار باپ

- ماں ٹھنڈی چھاؤں ہے تو باپ گھنا درخت۔
- ماں کے پیروں تلے جنت تو باپ کے پہلو میں جنت۔

سنھروں باتیر

- دنیا کی مصیبتوں کا تین چوتھائی حصہ زبان کا پیدا کردہ ہے۔
- مسکراہٹ غموں کے پہاڑ میں حوصلے کی چٹان ہے۔
- گلے اور شکوے سے زبان بند رکھو، راحت نصیب ہوگی۔



Malaika Jamal's
Beaconhouse School System
Rawalpindi

The School's Contribution as well as Parents role in the Child's Holistic Development

Our religion Islam from the very inception urges mankind to seek knowledge. This precept is enshrined in the very first revelation of the Holy Quran. The Prophet (May peace be upon him) had said that "the ink of a scholar is more precious than the blood of a martyr". After the Battle of Badr, the Prophet announced for the prisoners that "any pagan who can teach ten Muslims to read & write would be set free". This is the importance and emphasis on education that is an elementary obligation for all of us in our religion. Education plays a pivotal role in human development. Our parents and our teachers are committed to fulfilling this obligation. The great British philosopher Bertrand Russell had defined a good life as a life that is inspired by love and guided by knowledge. Children get love and knowledge from both parents and teachers alike. After about seven years of schooling, Malaika gathered that her school is a place so glorious and filled with

teachers who are tender, compassionate and caring for their students. Teachers in her life have been like fairy god mothers inculcating goodness and abilities. They've been supporting her and teaching her throughout the past seven years, fashioning and chiseling her personality and scaling up her skills. Teachers have played a major role in Malaika's life and for whatever she is today. From kindergarten up to 6th grade, teachers taught her their best. They supported her like mothers and helped her like a friend. A teacher is like a compass that activates a magnet of inquisitiveness, knowledge and insight in to her students. Malaika's teachers have always treated her with respect and have developed her sense of dignity. They have extended to her an array of opportunities and have pointed her out of the other children so she could share her ideas widely with the whole class that has helped her gather confidence. All her teachers have been like

candles; they consume themselves to lighten and brighten up others. Fredrick Froebel, a great German educationist in the nineteenth century had formulated the concept of "kindergarten schools". Froebel believed that in order to develop the personality of a school going child, it was necessary to associate the child with nature. Children were allotted small segments of land where they were taught to grow flowers & vegetables and care for them. BSS also has a beautiful horticulture with which our children associate and play. This association can help engender a green ethic in the child. Malaika's school friends come from very good families. There association has also played a significant role in her development. But, most important of all, it is the role that parents play in children's lives. As they grow, they learn from their example and take

inspiration from them. The fact is that at school in any class, every student has the same teachers, the same school fellows, the same school environment, yet children personalities are different. The difference lies in their genetic endowments that they get from their parents and how they groom them. Parents teach children their moral absolutes and social manners. They help develop their extracurricular activities. Their guidance and mentoring molds the child's nature. Parents reinforce learning by helping their child with school work. Their own level of educational and professional achievement coupled with love and affection remarkably influences their child's upbringing. Cumulatively, teachers and parents work in a constructive conjunction for the transformative development of children. Best schools and best parents best the child.



Huma Sheraz
Aziz Bhatti Shaheed
Army College, Mardan



Seeds for Thought

The sword is heavy, and piercing sharp, stronger than rock, It yields a mighty blow to the foe with each assault.

The bow and arrow are light and swift.

Silent war implant, it yields a surprise attack to the front or back, from a distance and yet, stronger than the sword, swifter than the arrow, are words

among the most powerful of all weapons.

Words can tear and hurt and cause pain and strife.

Words can heal and comfort and sow peace in life,

Heed the wisdom and use words with care.



SHAPE the FUTURE...

What is future? It is the possible change we can bring in our lives - be it through technology or the way we think!

"Our future will be shaped by the assumptions we make about who we are and what we can be" - Rosabeth Moss Kanter.

Shaping the future is an amalgam of confidence, ambition, passion and creative ideas. It is the way we perceive things, the way we want things to be and for that my friend, our mind is the powerhouse.

Our body appears to be shaped in a way we feed it; similarly our mind appears to be shaped by the way it is fed. Feed it ambitious ideas and creative thoughts, it will reach heights that are beyond imagination.

Imagination is key to the future and our mind is the lock. Once this key unlocks the door to future- no one can stop us from conquering it.

The Future is never to be feared because life will live in the future and if you fear it you cannot be part of this life, so face it, imagine it and live it. It is like a story of struggle, hardships and hopes.

Once this door is opened you enter an environment where research, experiments, technology and science takes over. I quote Peter

Morville," What we find changes that we become". Drilling old researches with new ideas and inventing modern technologies is the need of this time.

The Vastness of technology and inventions determines our standing in the future. Scientists like Gregor Mendel, Charles Darwin, Albert Einstein, Louis Pasteur, Emil Fischer, Alexander Fleming and John Dalton are some of those who determined where we stand today. Taking this further is our duty and obligation.

Schools, colleges and universities not only guide, facilitate, but help improve the intellectual buildup of generations. They not only determine the future of a nation by the master minds they manufacture but also play a massive impact on our universal standing.

"It is in your hands, we undoubtedly have talents, and Pakistan is blessed with enormous resources and potentials. Providence has endowed us with all the wealth of nature and now it lies with man to make the best of it" Jinnah.

In order to become a massive force in the future our youth needs to think, research, achievements and for that our educational institutes can play a pivotal role.

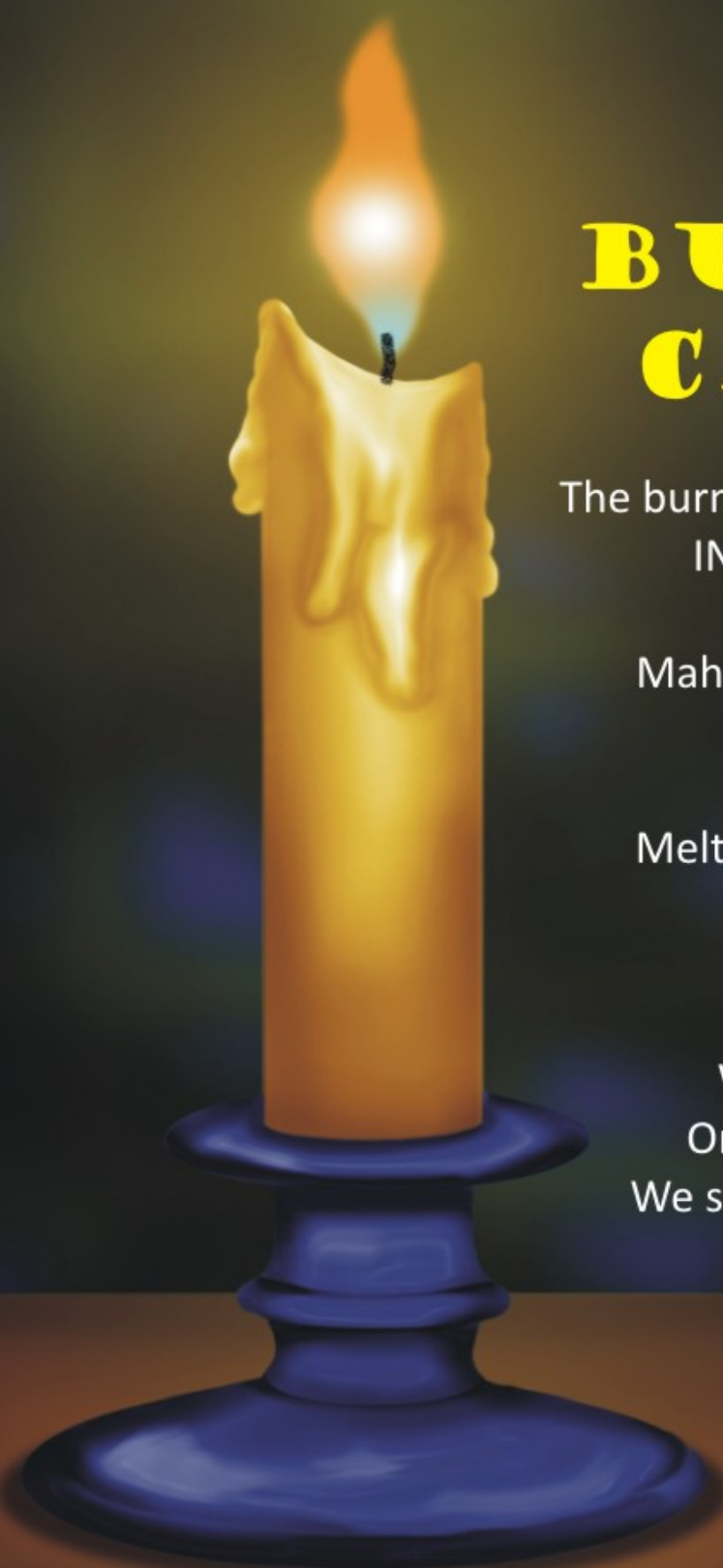


GOLDEN PHRASES



- If you are born with a personality it is an accident but if you die with a personality it is an achievement.
- Give respect to others. If they have a good personality they will respect you back.
- Like all, Trust Few, follow one but learn from every one.
- Speak less, listen more.
- The body of a person is like a shop. And its tongue is its lock. When you open lock people will come to know whether there is gold or coal.
- If you are wrong you always ask for consideration but if you are right you always ask for justice.
- Be down to earth like a bent stem, then you will for sure get the fruit.

THE BURNING CANDLE

A lit candle in a blue holder. The candle is yellow and has a flame. The holder is blue and has a tiered design. The background is dark blue and black.

The burning candle in the dark night,
IN the absence of light,
Placed in a stand,
Mahnoor took it in her hand,
And threw over it,
By seeing it's lit,
Melting candle drop by drop.
No one can stop,
Giving others light,
In the dark night
Why don't we do so,
On the right way we go,
We should guide others right,
Giving them light.
In the dark night.



Last Days at School

School..... It may be annoying, awkward and sometimes irritation but, we need to admit it, that once we leave it, we are really gonna miss it.

The same feeling I have, since I am experiencing my last days at school. (Last seven days).

Now, every morning I wake up with a lot of excitement, since I am eager to capture more beautiful memories of school in my minds eye.

My fixed seat in the bus seems to whisper that it

is really going to miss me. The school building, playground and even the corridors look quite gloomy while warning me a good bye.

The loving, caring and devoted teachers wish us a good luck with teary eyes.

I remember that I used to count years that may end at the last year of school, but, now I want these seven last days to last forever.

“Sometimes school memories ... Out of my eyes and roll down as tears.”



Learning

You can learn from everybody
Whether he is rich or poor
It does not matter,

Schools are for learning
Every person is a book
Turn it pages by pages
You can learn at every stage

Our Prophet (PBUH) says
Learn from cradle to grave

Learning is like a sea
Deeper you go, the more you seek
The pearls of wisdom

You can learn from nature
And the moon on the sky
giving lightening to every passerby




Zayba Anwar
The City School (Town Girls
Section), Peshawar

Best Friends

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

FRIENDS



**FIGHT FOR YOU.
RESPECT FOR YOU.
INCLUDE YOU.
ENCOURAGE YOU.
NEED YOU.
DESERVE YOU.
STAND BY YOU.**

SantaBanta.com

FRIENDSHIP QUOTES

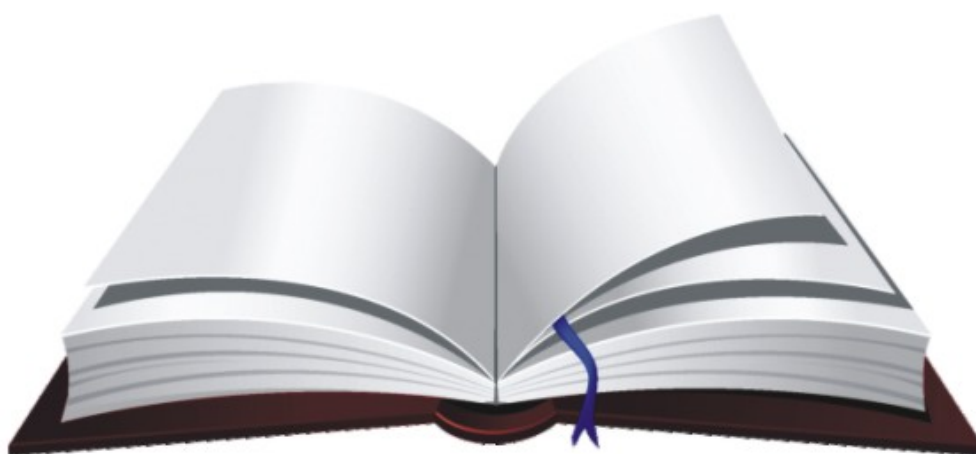
1. Making a million friends is not a miracle. But a friend who will stand by you when million are against you.
2. A memory lasts forever never does it die true friends stay together and never say goodbye.
3. A friend who understands your tears are much more valuable than a lot of friends who only knows your smile.

Miracle of Friendship

A miracle called friendship dwells within the heart, you don't know how it happens or when it gets its start. But the happiness it brings you always gives a special lift and then you realize that friendship is one of God's most precious gift.

My FAVORITE Book

Lemony Snicket: A Series of Unfortunate Events



Many gormless people believe that books are just names given to worthless fractions of paper which are utterly senseless, thinking that they are lumps of lifeless paper. They feel non-natural pity for trees, thinking that trees are pointlessly wasted and pulped on ridiculous books which hold absolutely no meaning in our lives. But I entirely disagree; books are one's best friends which contain a great collection of sentimentality. A room without books is surely a body without a soul! I suppose that the best hobby for someone to cherry-pick is the reading of books! No furniture is better than books. Listening to books are more than music to my ears and it is my best-loved pastime. If we sit and let the books get imprinted in our brains, we would be blessed with good vocabulary and English skills. In addition, believe me it would really get our creative juices flowing

freely like anything. A book is the only place in which we can examine a fragile thought without shattering it, or explore an explosive idea without the fear that it will go off in our face! When I start reading a book, I begin to drown in its words... which seem to wash around me. They are a rainbow of luscious flavours to me, a glittering example. A book should be an ice-axe to break the seas frozen in our soul. If we let books be our dining table, we shall be full of 'delights'! If we let books be our mattress, we shall sleep restful nights. 'The reading of all good books is like having a conversation with the finest men of past centuries'. I have got many remarkably favourite books but one of them is Lemony Snicket: A Series of Unfortunate Events. The author is emotionally engaged with his characters, and perfectly happy to define hard-to-spell words for his readers. His

me it would really get our creative juices flowing freely like anything. A book is the only place in which we can examine a fragile thought without shattering it, or explore an explosive idea without the fear that it will go off in our face! When I start reading a book, I begin to drown in its words... which seem to wash around me. They are a rainbow of luscious flavours to me, a glittering example. A book should be an ice-axe to break the seas frozen in our soul. If we let books be our dining table, we shall be full of 'delights'! If we let books be our mattress, we shall sleep restful nights. 'The reading of all good books is like having a conversation with the finest men of past centuries'. I have got many remarkably favourite books but one of them is Lemony Snicket: A Series of Unfortunate Events. The author is emotionally engaged with his characters, and perfectly happy to define hard-to-spell words for his readers. His 'hard to put down' book has created indeed a cliff-hanging adventure carefully wrapped up in black humour. He proves that he could provide real pathos in a story supposedly just for younger readers which would be markedly thrilling and a carefully crafted book. He succeeds in making every bit of the story nerve-racking. The key stone of this remarkably written story encircles three very unlucky children: The Baudelaire siblings. Their names are Violet, Klaus and Sunny. Violet is the oldest and a brilliant inventor. Her inventiveness gets them out of many tight spots when she got the inventing gears of her brain functioning. Klaus is an avid reader who remembers everything he reads and often saves the day by remembering some piece of literary trivia, such as how to switch a train from one track to another. Although, Sunny can only 'baby talk', she has a very quick, discerning grasp of character and very sharp teeth, both of which she uses to save the day when appropriate! Even though, they are very charming and clever, but they lead lives filled with misery and woe. As the story starts,

when the children are at the beach and receive terrible news that their beloved parents are perished in a fire in their lovely mansion.... This news peeled through their brains like a muffled bell. From then onwards, such miserable news hindered their futures and started pouring on them like a trembling flood. Continuing on through the whole story, disaster lurks at their heels. One might say that they are very strong magnets for misfortune. They came across many weird and bizarre people who seem to adopt them just for the sake of stealing the enormous fortune that their parents have left for them. As the hands of the clock tick, they never turn their back against troubles which seem never ending. They cope with all the mishaps that occur in their lives, which are not even unfilled with eerie gloominess. Though, this book is terribly unfortunate, but I admit that it is a real page turner. If I have enough money to buy only one book, it will be A Series of Unfortunate Events. The three youngsters are very bold and sharp throughout the story. They deal very wisely with even the toughest stroke of bad lucks that punch them. They possess brainwaves which are higher than the thinking of common adults and are always accompanied with single-minded determination. The emphasized ideology of this book is that life is unbelievably difficult and children need to be prepared to deal with all types of problems that they encounter. Therefore, in a way, this book resembles hazing, an intense confrontation with the unfortunate aspects of life. It portrays that this world is not always as nice as we believe. The true ecstatic and frightening reality greatly contradicts almost every person's make-believe fantasies due to which they become coward escapists. But no dark fact can mess up with the true reality or make it look any different than it already is. The world is a dangerous place to live, not because of the people who are evil, but because of the people who don't do anything about it!



iPODS AND MP3'S LED TO SOCIAL ISOLATION!!

Few products have instantly captured the imagination of the public as iPods have. And why not? These trendy products allow their owners to compile thousands of hours of music and video in one tiny device. The more advanced iPods even allow users to surf the Internet, make phone calls and play games, all with a device that fits in the palm of the hand. But a Harvard researcher has said that iPods might have a negative effect on their owners' communication skills, making them shy away from interacting with others.

With frequent use of iPods and Mp3 and its increasing popularity it has caused in decreased involvement of youths in social activities. This has raised a question in the social life of people of future generations. The term Isolation may refer to the act of being alone; separation. Here isolation through IPOD or MP3 player refers to the adverse effect of such devices, which always gives an option other than being involved in any social

activities.

The reasoning is simple: When people are connected to their iPods as they take public transportation or walk down the street, they do not have to interact with others around them. They can listen to their music and shut out the outside world. This leads people to become less skilled at making small talk and, as a result, shyer.

As with any study of society, there are differing viewpoints. For instance, a 2009 Pew Internet Personal Networks and Community survey polled 2,512 adults and found that new technology such as iPods and smart phones have not caused people to interact less with society. The study instead found that the amount of social isolation that people feel has not changed significantly since 1985. Freeing someone from the control of another; any authority and control over is called emancipation. And here emancipation is the

power of iPod to separate the listener from the surrounding to the musical world of emotions creating an imaginary wall of sound, giving him the power to control his surroundings.

Technologies such as iPods are changing the way that students learn. These devices, which encourage quick communications, allow students to work collaboratively on projects and assignments. These technologies also allow students to share their thoughts on the progress of assignments in a more rapid-fire manner, according to the study. iPod users, mobile phone users, are people who are always in another space. They warm up these alienated spaces with their own pleasure. But what we're really seeing is an increasing denial of shared space.

Thus, popularity of iPods and mp3 can only be because of the present lifestyle and a very effective device to improve the daily life of people who can't afford physical spaces.

iPod connects people living far away with their family and other relatives. By its use people trace back their moments and remember the times shared together. iPods, in a sense, doesn't let people be left alone even in this dislocation culture of the 21st century.

Portability is one of the major factors for the popularity of iPods. After a long day's work, while traveling back home iPods give us a relaxing sensation when we listen to it. It is also much easier to carry as compared to the music system which has also added to its popularity. Although iPod's and MP3's have many advantages but there are a lot of disadvantages too.

I think we should not get addicted towards iPod's and MP3's but we should look for a way that how we can get rid of this habit and we should use it for our betterment and for the sake of Humanity!!!





BIOGRAPHY GREG SMITH

Greg Smith was born in USA 1990. He is brightest child in the world. He could recite books and small poems from the past before he was one year old. He said; Da--da; when he was just three months old. At fourteen months he started answering math's sums and problem. His parents realized that he was super-clever especially at the subject of math's so then they found a good school for him.

He passed his final high-school at the age of eight with top positions. Then he went to a university where he become a doctor of math. He was also interested in politics. He started his own organization. His family travelled to six countries in four continents. He met many heads states "I want to live my life helping others". Greg Said.



Eraj Ibraheem
Beaconhouse School System
(P.E.C.H.S) Karachi

Stars

Oh! My dear friend star
Why are you so far?
You live in the sky
And I can't even fly
Please don't be shy
Come to the earth even please try
When you will come to the ground
We will hang around
We will go to shopping malls
And eat our dinner in restaurants
and sometimes on stalls
You come out at night
And we will never fight
You are so bright
To chat with you there is no website

AMAZING FACTS ABOUT OCEAN ANIMALS

Jellyfish:

Jellyfish have been around for more than 650 million years which means that they out date both dinosaurs and Sharks.



Octopus:

An octopus has three hearts and the colour of its blood is blue.



Shrimps:

A Shrimp's heart is in their head.



Turtle:

Turtles live on every continent except Antarctica.



Blue Whale:

At 188 decibels, the calls blue whale is the loudest sound made by any animal on the planet.





Zoya Hammad
Beaconhouse School System
Lahore

Zebras



Zebras are in the horse family. There are types of zebras, like, plain zebras, Gravy's zebra and, mountain zebras. They have white and black stripes all over their body. The ears of a zebra tell its mood. Their eyes can see very clear in night like an owl. They are social animals. They graze together on grass and even groom on each other. Zebras are herbivorous and eat mostly eat grass. Zebras are mostly found in Africa. Zebras are also mammals. They are hunted by lions, hyenas,

leopards and, cheetahs. Zebras are being lesser. We are the one that is killing zebras for their skin! So I prefer don't kill the animals, not only zebras are being less all the animals are. But still zebras have a lot of population. Well we should save the animals if we want any animal to be alive because, some animals are eating the animals and if there are no animals the other animals will also die! So save the animals!



TV AUDITION



We are very thankful to participant schools and students.





3N Talent Hunting TV show (News Cafe) was on-air on Saturday, 25th, April, 2015; on Abb Takk (Host Faheem Abbas/ Wajeeha Khan)
Participant schools were The City School (PAF Chapter), Falconhouse Grammar School, KMA Girls School, The City School(GSG), KMA Boys School, Karachi American School,





3N Talent Hunting TV Show (Salam Pakistan) was on-air on Saturday, 28th, May, 2015; on Waqt News (Host Sana Amjad) Participant Schools were KMA Girls School, Aisha Bawany Academy, Army Public School(Malir Cantt)and Iqra University





3N Talent Hunting TV show (Sub jo Awaz) was on-air on Thursday, 16th, April, 2015; on Awaz TV Network (Host Bakh Lashari) Participant schools were KMA boys School, The City School(GSG), Army Public School(Malir Cantt)and KMA Girls School





3N Talent Hunting TV show (The Weekend Show) was on-air on Saturday, 13th, June, 2015; on Atv (Host Sundas Jameel) Participant schools were Beaconhouse Garden Town & Beaconhouse Canal Side, Lahore.





POOR JAMES

I am poor James,
I cannot play games.
I feel ashamed,
Even though it's lame.
People forget my name,
An old man then came,
But my life was the same.
When will my life change?
May be on the mountain range.
Aunts keep on drinking lime,
I don't have any time.
I have to do my job,
Cannot open door knob,
Nor eat corn on the cob.
I cannot go to shop,
Just pick up a mop,
And stay on the mountain top.





A JOURNEY WITH TCF **(AN INTERNSHIP STORY)**

The Citizen's Foundation (TCF), like every year arranged a summer camp programme for their schools throughout Lahore.

This amazing journey started on 2nd June, 2015, the first day of our internship. Each day we were to reach a place called Jhulkey. As we reached there on the first day, we were warmly welcomed by the students who surrounded our vans just to shake hands with us. Such an extraordinary feeling it was!

Our group of volunteers included around 13 people; Shayan Sohail, Aadil Zahoor, Momina Hamid, Saad Aqib, Noor Malik, Ifrah Nadeem, Murtaza Amer, Hamza Ul Haq, Haleema Sadia, Aimen Zaheed, Gazal Yaseen, Kaiwan Hashmi and lastly, me myself.

Every day, classes had three lessons; English, Drama and Arts/Sports. By the end, in arts students had completed making hand-made jewelry, planes and penguins (with plastic bottles)

while in sports, they had cricket matches and races. Although it often got difficult to handle the students and make them quietly sit on their seats, their urge to learn and win always made the volunteers ecstatic.

Without us realizing, these 13 days passed quickly and there it was, time for the last day's ceremony where winners of different competitions were to be awarded. Mr. Syed Nadeem Alam, CEO of the Awakener's Magazine was humble enough to grace the event with his presence as the chief guest. Before leaving, he gave us all an important lesson of 'Each one, teach one', meaning, in order to see Pakistan as a prosperous country we all must help each other especially when it comes to learning, be it in any field.

Soon, with a heavy heart we had to leave the school campus, seeing the students sad but indeed we all left with a lot of experience gained and a lot of love earned!

WINNERS OF DIFFERENT COMPETITIONS WERE TO BE AWARDED

MR. SYED NADEEM ALAM

CEO, of the AWAKENER'S MAGAZINE



TCF Volunteers along with the chief guest



Students performing a play



Students during an arts competition



Students with their teacher Momina



Students with their teachers Aimen and Neeha



A TCF girl with her teachers Haleema and Gazal



Volunteers were awarded certificates at the closing ceremony by chief guest





Ghousia Tariq
Areesha Tariq
The City School
Karachi



The City School
I AM - TO LEARN

Interview of the Headmistress of The City School (GSG) **Ms. Huma Arshad**

Student: Ma'am tell us why are you interested in this position?

Ma'am Huma: This position, it gives me the opportunity to bring about a change in people as well as the environment; I believe in the empowerment of people. My career's biggest highlight was when I was chosen to write Social Studies' books for The City School. Writing is my passion and I was honoured.

Student: What is your perspective about The City School's moto: 'I am to Learn'?

Ma'am Huma: The moto is everything in itself. It signifies that learning never stops; we are always ready to learn. It inspires you to grasp new opportunities and explore the world.

Student: As an administrator, what do you see as your primary mission?

Ma'am Huma: It is to provide a better learning environment where my students feel comfortable,

satisfied. They are groomed enough to face future challenges.

Student: What are the most important goals you would want to achieve in our school?

Ma'am Huma: My first and foremost goal is to make the attainment of the best O' Level's results possible. Secondly, I would love to see all my girls



strong, emotionally stable and powerful.

Student: What do you see as the first step in initiating a successful change?

Ma'am Huma: For an effective change one must give space to people, motivate them and counsel them. This eventually uplifts everything.

Student: How long did it take to reach this point of success? Do you believe that this is the peak of your career or are you still working to reach that height?

Ma'am Huma: This is indeed an important position and it comes with a lot of responsibility, you have to do a lot. My success cannot be compared to my position but I see it as how much I am able to influence people in positive ways. You should not give up on others.

Student: Being a part of an educational network how do you feel about the Peshawar Incident? How would you maintain your staff's morale under such critical circumstances?

Ma'am Huma: It was sad indeed, I was shocked. Words cannot mirror our grief; I cannot pour my heart out in words. God forbid, during such situations I would only tell them a single thing: Everything is in the hands of Allah, pray for His help only and be good to humans. If you are determined nobody and nothing can let you down.

Student: What professional qualities would you particularly encourage in your staff?

Ma'am Huma: Punctuality, regularity, conflict management and stress management.

Student: In what ways would you encourage students who are not working up to their potential and how would you assess them?



Ma'am Huma: I would counsel them, identify their weak areas and work on them. I would also facilitate them with extra classes and one-to-one guidance.

Student: One cannot please everyone. How do you deal with negativity?

Student: On what basis do you judge your success as a principal?

Ma'am Huma: By seeing my students happy and confident I feel like my duty has been fulfilled.

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مشکل گھڑی



جاؤ خرگوش دوڑتا ہوا بندر، ہاتھی اور تمام دوستوں کے پاس گیا لیکن کوئی اس کی مدد کو تیار نہیں ہوا۔ آخر کار تھک ہار کر جب اسے یقین ہو گیا کہ یہاں کوئی اس کی مدد کو تیار نہیں تو اس نے خود کچھ کرنے کا فیصلہ کیا اس نے ادھر ادھر دیکھا تو اس کے قریب ہی کچھ جھاڑیاں نظر آئیں۔ کتوں کے بھونکنے کی آواز قریب آگئی تھی وقت کم تھا، یہ فیصلہ کا وقت تھا خرگوش یہ جان چکا تھا کہ اس کے دوست اس کے کتنے مخلص ہے وہ تیزی سے جھاڑیوں میں داخل ہو گیا اور اس وقت تک نہیں نکلا جب تک کتے وہاں سے چلے نہیں گئے۔ دوسروں سے زیادہ توقع رکھنا اور اپنے کاموں کے لئے ان پر انحصار کرنا درست نہیں۔ اپنے ذہن کو بروئے کار لا کر اور بروقت فیصلہ کر کے ہم اپنی زندگی آسان کر سکتے ہیں۔

”اس کہانی سے ہمیں یہ سبق ملتا ہے کہ ہمیں دوسروں سے توقع نہیں

رکھنا چاہیے اپنی مدد آپ ہر کام کرنا چاہیے“

کسی جنگل میں ایک خرگوش رہتا تھا۔ اس کے بہت سارے دوست تھے۔ خرگوش کو اپنے دوستوں پر بڑا ناز تھا۔ ایک دن خرگوش نے کچھ شکاری کتوں کے بھونکنے کی آواز سنی۔ وہ بہت خوفزدہ ہوا اسے لگا کہ کچھ دیر میں کتے وہاں پہنچ کر اس پر حملہ کر دیں گے۔ وہ سب سے پہلے بارہ سگھے کے پاس گیا اور اس سے التجا کی پیارے دوست کچھ جنگلی کتے میرا پیچھا کر رہے ہیں کیا تم اپنے تیز سگھوں کی مدد سے انہیں بھگا سکتے ہو۔

بارہ سگھے نے خرگوش کی بات سنی اور کہا ہاں میں ان کتوں کا مقابلہ کر سکتا ہوں لیکن اس وقت میں بہت مصروف ہوں۔ تم بھالو کے پاس جاؤ وہ یقیناً تمہاری مدد کرے گا۔ خرگوش ہانپتا ہوا بھالو کے پاس گیا۔ اس سے کہا میرے دوست تم بہت طاقتور ہو تمہارے دانت، ناخن بہت تیز ہیں کچھ کتے میرا پیچھا کر رہے ہیں، کیا تم انہیں بھگا کر میری مدد کر سکتے ہو بھالو نے کہا میرے پیارے دوست تم ٹھیک کہتے ہو لیکن میں اس وقت بہت تھکا ہوا ہوں اس لئے تمہاری مدد نہیں کر سکتا۔ تم بندر کے پاس



Musa Ahmed
The Science School
Islamabad



If Wetland Plants & Animals Could Speak

"Ma!Ma! Help me I can't breathe. I am choked. What smoke is it," cried the little bluegill. Soon the uproar increased as tiny little warbler and his cousin, the water thrush, holding their pretty little necks started twisting and turning on the ground. Through the dense sooty covering rang the ambulance siren which was attached to the legs of the salamander and scorpion that were called in emergency to transport the victims to a place where they could be provided fresh air. Moms were crying out loud "Oh my baby". Dads were trying to give artificial breath to the patients. The kind wind saw the situation and, blew hard and took away the smoke. Soon the children regained consciousness and in jubilation the parents decided to throw a ball to celebrate their children's health.

In the party the dragon flies, the water bugs, the beetles, the scuds, the snakes and the turtles were invited. The frogs and the blue herons came complaining, "Where is our invitation? Treason! Treason!" but they were satisfied with apologies.

The misunderstanding cleared. The giant water bug (the toe-biter), parched as there was little water to drink read out an essay, "The Damned Human Race" and commented that human beings are the most cruel creatures responsible for the problems of the innocent creatures. They have consumed all sources of water. The snake, hissing expressed his concern over the selfishness of the creatures who are named human beings but call themselves "the crown of creatures." The leeches said "perhaps they have no hearts" but the mayfly, who had studied anatomy said, "It has a heart but it has become so black with the industrial smoke that it has charred the softer portion." The hydrophytes, bulrushes and arrowheads that stood silent so far, joined in protesting against the inhumanity of 'the human beings'. The water lilies that were once colorful, complained and said "Yesterday an oil tanker trespassed our land, spilling so much oil that we couldn't open our eyes." The blue flags and floaters who were half dead were trying to stand on their numb legs

which had absorbed too much oil. The red and silver maple said, "See my color is also bleached and drained away. I have lost my beauty. Tyrants!" "Comrades, I will tell you another incident. A massacre had taken place. The white cedars and pines were hacked down mercilessly. Half of the wood was taken for burning in the furnace of a frigid, cold landlord and half of it to furnish the apartment of another villain", said the elm tree. "Look how they have maimed my shoulders and cut my feet." "Fools! Half-witted nuts!" hummed the dragon fly. "Don't they know that it will only cause flood for them and more storms." "Revenge! Revenge!", said the mayfly. "I want to destroy this human race as they are destroying us." The water bug claimed that it had been bugging them so much that they itch and itch. They also sent their special messenger, the killer mosquito causing Dengue Fever. "Serves them right", they shouted.

"THEY MUST DIE; otherwise they will kill the whole UNIVERSE." The leeches promised to suck all blood out of them.

But then came their elders. They pointed out that by harming the wetlands the human beings are harming themselves and thus they are stupid creatures who can mend their ways if guided and advised properly by the superior species i.e. the animals and the plants. The wiser ones decided to meet organizations like Greenpeace and Wetlands International which is made up of sane human beings who will convey the message of "RESTORE NATURE RESTORE YOURSELF" and there will come a time when all will join hands.

They cherished the idea that Wetlands will remain wet and all the barrenness will be replaced if 'barren heads' become fertile. The world will soon be a better place to live. "Hurray!" shouted all and danced and ate and enjoyed.



TRUE BUT FUNNY FACTS

Fatima Abbas
Dar-e-Arqam School
Lahore

A snail can sleep for three years.



Elephants are the only animals that can not jump.

Tigers have striped skin, not just striped fur.



A polar bear's skin is black. Its fur is not white but actually clear.

It is impossible to sneeze with your eyes open.



A shark is the only fish that can blink with both eyes.

Butterflies taste through their feet.



A gold fish has a memory span of three seconds.



Matilda

'Matilda' is a fiction which has fantasy, humor and considered as children's literature. It is published in 1988 and its author is Roald Dahl. The main characters in this story are Matilda Wormwood, Harry Wormwood. Miss Honey and Miss Trunchbull.

Matilda was a very special girl who has many powers in her eyes. She belongs to a rich family. Her father Harry Wormwood was great second-hand car dealer who cheats with people and earns money. Matilda's parents were least bothered about their daughter's studies and future. There was a teacher of Matilda named Miss Honey who was a kind-hearted lady. She cares for students and helps them to take good results. On the other side there was a Principal of Matilda's school called Miss Trunchbull who was unkind and demotivated the students.

This story is about a girl called Matilda who was intelligent and hardworking. She was a good reader too. When she was five years old from that time she has started reading novels and thick

books. Matilda was a naughty girl because one day when she went to her cousin's house Fred who brought a talking parrot. She brought the parrot for one day and she hid in the draw. When the mother come back the parrot said hi to hide the secret she said that the ghost has come in our house. She was smart enough to make her parents fool. The first of school she met Miss Honey and she was told that this is your class teacher. Miss Honey was an orphan girl. Her mother died when she was young. Her aunt who was the Principal of Matilda's school was very rude to her. In the end Matilda came to know about special powers in her eyes, which she used to help Miss Honey. Miss Honey got her anther's house back from Miss Trunchbull and in the end Matilda lived with Miss Honey ever after.

I liked this story because it is interesting and moral-based. The moral of the story was that if we make our mind to help anyone then God will help us. My favorite character in this story is Matilda because she helped her teacher and God helped her by giving her special powers in her eyes.



BLACK ROSE

Once lived two sisters who wanted to change their house as their house was old. One day they saw a house which was priceless and wanted to get it as it was beautiful and was located in a forest. They packed and left with smiles on their faces not knowing the secret of the house.

As soon as they reached they had set the house and after few days they went to the black forest. After sometime Jessica and Elle felt thirsty so, Jessica went to get refreshing beverages.

Jessica went inside the kitchen got the beverages and turned and AHHHHHHH! Elle tried checking where Jessica was when she came in the kitchen of the house she saw Jessica dead in a very deadly way. She cried a lot. Suddenly some old woman came named Mrs. Presto she told elle that she

knows how to get Jessica Back alive. She started telling her that "the person who killed Jessica is a ghost and the way to get her alie is to go to the deep ends of black forest and get the black rose which can make the forest beautiful and pretty and make whoever that were killed by the ghost alive!.

After hearing what happened Elle ran to the deep ends of the black forest and saw a beautiful black rose she grabbed it and got pinched by the thorns. She cried but still took the rose when she grabbed it and sang people say have courage I'm trying too I'm here for you please wake up. She got the rose and many obstacles past but she made Jessica wake up and they both hugged each other and the black forest became the beautiful forest and they kept the black rose in a beautiful glass.



Ayeza Aamir

Army Public School
Rawalpindi

"BRACE FACE, BRACE FACE!!! HERE COMES THE BRACE FACE! THE GIRL WITH THE METAL MOUTH!!!!BEWARE SHE HAS RAILWAY TRACKS IN HER MOUTH!!AND HERE COMES THE BRACE FACE!!!"

Yup! That's what my friends used to call me 'A BRACE FACE!' And they even made a sort of a song on my braces, I don't know how they made this song, but they probably could have spent more time on studying rather than teasing me!

2011

Life was normal before braces, but everyone used to tell me that my teeth are not that straight but I.....I just disregarded. And one day my father decided to make me go to the dentist. When I got to the clinic, it seemed that I have never ever been to a dentist clinic before in my life or probably I don't remember that I really got in for a check-up in a clinic. After half an hour of waiting the dentist called me. He looked nice and polite at first. He asked my name and my grade and then started to inspect my teeth. He didn't really do anything; he just took a glance at it. I thought that there was nothing wrong with my teeth and this sudden hope of escape took place in my heart, OH ME I WAS SO SILLY! After the check-up, the dentist told

something to my father personally *and I'm definitely exaggerating it's not like I was going to die of weird teeth right?*. I don't know what was it, then we got home, as we were having our dinner my father told me that I am going to get braces *BA-DUM-TUSS*. I didn't really know what braces were at that time and when I asked him what was these things he told me that braces are devices which align and straighten the teeth and work to improve a person's dental health. Then I asked whether these devices are painful or weird but he told me that they are useful and will never hurt you.....

I wish that my father's words were true but unfortunately they were not, me and my family were going to Dubai the next month for the summer, my father told me to get ready for braces. I was ready as ever, I told all my friends that I am getting braces and my excitement was worth watching.

And then came the horrible day, the day when these demon devices were put on my precious but spoiled teeth. The dentist, who I thought was a sweet person was actually the devil --. While sticking the brackets in my teeth, it felt really painful, and my eyes were full of tears. I mean it was so painful that bad thoughts came in my mind that how am I going to spend the rest of my time with these weird device. My excitement suddenly turned into a nightmare. Finally, I went out of the clinic and my mouth felt so heavy that I was not able to eat any sort of food. I couldn't even close my mouth completely nor smile brightly. I was so depressed that I told my mother about this, but she said that if you'll ignore the pain then it will disappear itself.

2012

My mom was right there was no pain anymore after we got back to Pakistan, after that I had to go to monthly check-up and the dentist used to clean my brackets and apply other things that took days to go Away, no one understood my suffering.

Sometimes it seemed that the BRACES were smirking at me.

2013_2014

Years passed with pain and suffering, usually braces are just like for a year or more but my braces were taking a lot of time because I missed many dental appointments as I was scared of the pain that would take place with a new check-up every time and last for a while. It was the most difficult phase of my life that I could never forget.

2015

BEST DAY OF MY LIFE

This is it! I'm going to the dentist! I think this is my last hour with braces! Oh, how I'm going to miss them!

My braces journey has come to an end. For over years, I have been wearing braces and Boy, what a journey it was!

Before I pour out my feelings, I just would like to say, "It's never too late to wear braces!" Take me for example; I was 11 when I first got my braces. Some are very lucky to have those metallic wonders at such a young age. But again, it's never too late.

My dentist removed my braces yesterday, April 9th, 2015. Having no braces is like having my guard down. It really felt like my teeth were made of glass that I should be very careful or it would break.

I was instructed to eat only soft foods so that my teeth won't move overnight. Since my retainers are yet to be made (or molded or whatever) and I have to come back the next morning to get my retainers.

He didn't need to instruct me though since my teeth were sensitive I was extremely careful.

Goodbye Braces. Hello, Retainers.

Technically, I'm not really over being a metal mouth; the only difference is I'll be wearing retainers. Honestly, I like wearing retainers; it gives me a sense of security. Security that my teeth won't move or twist.

My dentist told me to wear my retainers 24/7 for 6 months. After 6 months, I can wear the retainers only at night time. I was so happy and excited.

Whether it is my nightmares, wherein braces chase me and wants to scare the crap out of me. Or an epiphany-kind-of-dream wherein I can't wait for those metals to do their thing in my soon-to-be perfect smile. Either way, I hope you find this blog interesting and somewhat inspiring.



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A WORLD OF CHAOS

One day when the Civil War was raging at its worst in the United States of America, a preacher said to President Abraham Lincoln, "I surely hope the Lord is on our side." To this Lincoln replied, "I am not at all concerned about that, for I know the Lord is always on the side of right; but it is my constant anxiety and prayer that I and this nation should be on the Lord's side."

Have you ever wondered why half of the world is born for the convenience of the other half? Why is half the world starving yet the other half trying to lose weight? Why is a man unable to solve his problems without super gadgets and technology? Being born in today's world is much like starting a book at its last chapter or breaking into a movie just before the end. You find yourself surrounded by the sparkling lights, smart phones and iPad's but this world has more than it shows. Some people think that they live in an advanced & righteous society but truly in all of our hearts the real concern is that we, today, live in the midst of a destructive, distraught, insecure and violent

society where people are starving and thirsty even for a single drop of water but no one cares and are covered by the thick line of greed & cruelty. The ruling class has nothing to say but keep on saying yet the ones who want to have a say can't. Governments are falling, terrorism and lawlessness know no bounds. The lands are barren and cold and there's no sight of green. Fresh flowers are sold just to be put in a vase until they die.

Historic and culturally important landmarks are being destroyed to make way for luxury hotels and malls.. The noxious effects of the growing industrial revolution, the cities are covered by the thick wall of pollution & toxic gases I think it would be wise to stop pouring so much carbon dioxide into the air or a nasty surprise might be lurking just around the corner. I think decades after a man dies his work is the only prove that he was here but nowadays people only care for materialistic things most importantly money they don't care how they get it as long as they get it. They preserve things

but they don't preserve human life. Our own governments manipulate us they distract people from the real world and they cover up. They tell us what we want to hear so we don't question some of the bigger pictures if we did, we could see the real motives of these people we allow to govern us.

Nature and creativity are slowly going extinct and so is anyone who is trying to preserve it. Everyone is basically a robot. We sacrifice freedom for security and comfort.. I think we are sleepwalking to self-destruction.

So I think now is the time to stand up for the world because it truly needs our help. We are the ones who are destroying our own future. Let's stand up to stop injustice and cruelty. Stop giving chances to those who are not even capable. Appreciate those who are lower than us because they are the reason we are where we are. Stop destroying the only earth which gave us everything, by our own materialistic things or else we will end up digging our own hole with no way to escape.



DO NOT CROSS CRIME SCENE DO NOT
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Mystery Story

One Sunny Morning of Friday, 13th January, a Young Group of Adults Get Together To Rent a Cabin for a Weekend Party. The Next Morning, One Of Them Is Found Murdered. In The Months That Follow, The Friends Suspect Each Other And Question Themselves. On 23rd March; Tuesday, One Of Them Is Found Acting Weird. He Used To Visit That Place Every Week On Friday; First They Didn't Knew That He Used To Visit That Place But One Day They Passed That Place And He Waved Towards A Man Who Looked Very Poor, Abnormal And Weird. As He Waved Towards Him, The Man Raised His Hands And Waved Back. At That Moment When The Man Waved, One Of Their Friend "Amy" Found A Bit Red Stain On His Hands And Clothes But Amy Ignored It. When They Asked Peter, "Who Was That?", He Looked Nervous And Tensed . At First They Thought That, That Man Was Peter's Friend and They Kept Thinking That. When We Reached Our Homes; After Dinner, McKanzie Messaged Amy "The Man Visited My Home; Which We Saw Today In The Afternoon. The Man Came To My Home At Midnight And The Man Frightened Me, I Called Peter But I Heard His Cell Phone Ring In-Front Of Her My Door. I Opened The Door And She Let Him In. When He Came In The Straight-Away Went Up-Stairs. I Told Him To Stop, But He Looked At Me With A Monstrous Face, As If

He Would Kill Me Now. As He Went Up, He Entered The Room Where There Was A Picture In Which We All Friends Were Standing. First Amy, Followed By Me, Peter and Jonathan. The Man Kept Looking At Jonathan. I Asked Him, That's Why Are You Looking At Him? Do You Know Him? The Man Replied That Jonathan Used to Live with Him Because Jonathan's Parents Were Dead." When McKanzie Told This To Them, They Got A Clue. Amy Also Gave Her Friends a Clue That She Found Red Stains on the Man's Hands As If It Was Blood. When Peter;After 10 Days, He Called The Man And Said, "Where Is Jonathan's Dead Body?", The Man Replied, " Hidden Under The Bushes!". When Peter Took The Car Out Of Garage And Headed To The Forest, They Also Followed Peter. When Peter Reached There, He Sid To Man,"No One Should Know That I Murdered Him". The Man Replied, "Okay". They Took Out The Body And Put It In A Sack. Peter's Friends Thought To Trick Them, One Have To Go From Front And One Have To Go From The Back. Peter's Friend Didn't Believe That Peter Did This Type Of Worst Thing. As Soon As Possible, They Went and Grabbed the Man and Peter, and Amy Called the Police. The Man and Peter Were Arrested, They Both Spent 10 Years In Prison. Peter Did The Murder And His Friends Found It Out Before Police Could Have!!!!

THE MEANING OF LIFE!



An eight-year old boy approached an old man in front of a wishing well, looked up in to his eyes and asked:

"I understand you are a very wise man, I would like to know the secret of life"

The old man looked at the young boy and replied: "I have thought a lot in my life, and the secret can be summed up in four words"

"The first is to think. Think about in yourself based on the thinking you have done about the values you are going to live your life by"

"The second is to believe. Belief in yourself based on the thinking you have done about the values you are going to live by.

"The third is to dream. Dream about the things that can be based upon your belief in yourself and in the values you are going to live by"

The last is to dare. Dare to make your dreams become reality, based in yourself and your values. And with that the old man said to the young boy:

"Think, Believe, dream and dare"

The Adventures of Tom Sawyer by Mark Twain



The name of the book is “The Adventures of Tom Sawyer”. This book is written by “Mark Twain” who is “Sameul Clemena” in actual. It was illustrated by “Chris Molan” and simplified by “DK Swan”.

“The Adventures” of Tom Sawyer was located in 1876 and was settled in the great “Mississippi River” that meant so much to Mark Twain as a boy and as a young man. The theme of this book overall was “love, care and support” and the message was: “If you care for others and help them so God helps you and cares for you. “The writing style in this book has loads of drama and it tells us about how people live in a “era” (time frame). This classic is full of suspense and humors. It tells us

how children live in 19th mid-century. The story grasps and engages the reader and it seems that we have stepped into that time. This story is about a boy named “Tom Sawyer” who lived with his aunt in the small village by the great Mississippi River, and the author has described his story in detail, that how he helped other, what games he played like: fishing and swimming, what adventures did Tom went on with his friends like:

Exploring a cave, finding Treasures and going for camping, what things he loved like: collecting and finding things, going to the tree house after school and many more. So I love this book because it captures us into its story beautifully.

Fate

Those memories were still present in her heart...beautiful memories. Those moments were still in her mind, alive, just like a red rose covered in dewdrops...magnificent dewdrops on the soft petals of a gorgeous red rose. Rose! That word was so important to her, that beautiful essence that suddenly surrounded her was special...that feeling that occurred strangely in her stomach was special! Rose...her nick name her mother had given her...rose...the flower she had herself placed

on the grave of her mother...rose...flowers her mother used to place every day in the glass vase in the lounge, that vase which now was empty...rose...the flower she collected every Sunday for her mother...ROSE! Extremely special in her life!

Tears burst through the gates of her eyes and she sobbed till her pillow was soaked...she could never forget those delightful moments she had spent with her mother, a person she had treasured the



most!

"Rameen! Come down at once! Dinner's ready!" yelled a strict voice.

Rameen was her real name.

That voice was her father's...a father who had wanted a son...a father who did not love Rose as devotedly as her mother had.

The starry sky was melancholy...Rose was melancholy...

"I don't think I'm hungry," said the fifteen year old Rose meekly.

"You haven't eaten a thing since last night...come down, young lady!" shouted her father irritated.

"I don't want to eat," said Rose to herself, "Coming!" she told her father.

After dinner, she came and lay down in her bed, thinking of her mother. She thought if she was the only person who didn't have a mother and thought that she was the most unfortunate girl ever...these thoughts lulled her to sleep.

Next day, at school, she found it hard to concentrate on her studies. The laughing face of her mother appeared again and again in her mind, then suddenly, the expressionless face of her mother lying on her death bed appeared and she jumped outright. At break, she couldn't even eat a small bite of the sandwich she had bought...her mother's scrumptious food popped inside her head and she left the sandwich on the table. She strolled in the lawns of the school, barefoot, the wet grass tickling her feet, but, instead of laughing, tears were falling from her eyes like raindrops. Her mother had been her moral support, her only affection...despite being extravagantly and lavishly rich, she cried on her fate, her destiny and her luck. The day was gloomy...in fact after her mother's death, all her days were gloomy, all her nights were spent in crying...and her face was always tear-streaked. Once, she used to apply makeup and have laughing eyes, she used to have tons of friends...but now, her face only depicted sadness and gloom.

After two or three days, she saw a new girl in her class. The new girl's face was also miserable but that new girl didn't cry on her fate. She interacted with her peers although she didn't talk much...her name was Ayesha.

Rose found a strange attraction toward Ayesha.

They both were same...and Rose eagerly wanted to know why Ayesha was so unhappy yet interactive.

One day, at break, she got a chance to speak to Ayesha. She was sitting on the table at the very far corner of the room and silently eating a packet of chips...tears were pouring down her eyes but she smiled if she saw any of her classmates.

Rose, seeing her chance, walked towards her...seeing her tear streaked face she tried and consoled her, she told Ayesha about her being low-spirited also and her fate being extremely dull. Ayesha stared in utter shock at her...

"After what I've heard from the people in our class, I've come to know that you are one of the richest girl in town and that you have an extravagant lifestyle...you also have a father, me on the other hand, have neither a father and nor a mother but I try to intermingle pleasantly with my peers," explained Ayesha softly in a subdued voice. "I, uh, well, loved my mom a lot. She was everything to me...my father does not like me..." said Rose.

"My parents were everything to me too, now that they are gone, I'm left with my aunt. She doesn't like me. She says I'm a burden on her as her income is low and we're not from such a lavish rich family," said Ayesha, "Do you ever see me crying on my fate? I only cry when I terribly miss my parents. Your fate is really better than me...you've got a father and an awesome house...you must thank Allah...not cry on your fate!" elucidated Ayesha.

"I..." Rose was out of words.

"Rose, some people in this world have even worse conditions than you yet they smile and thank Allah for what they have. You have a lot and you cry on your fate...Be thankful, Rose...happiness will come your way then ok?" explicated Ayesha.

"I...You're right. Thanks Ayesha! Be my friend!" said the excited Rose.

"Sure!" said Ayesha, smiling warmly.

And they both walked into the lawns, holding each other's hand and a warm, cheerful smile on their faces. Rose had understood the meaning of being blissful and sad and grateful...She also vowed herself of showing her father that she can be his son as well as a daughter...she glanced at Ayesha and saw a true friend in her eyes...Rose had begun a new chapter in her life...

A mountain of logs, a fire ablaze
Tired eyes, searching for excuses to leave
But my eyelids are rolled up like blinds
Too obstinate to give us permission to sleep

The spark in my eyes begins to recede,
As I scan your demeanor, amidst a crowd, but alone,
I can't help but feel sympathy, pity
For those like you, just skin and bone

Skeletons with masks, limp and lifeless,
Bones and a pulse, a life of resignation
Eyes that lack the light of excitement
And hearts that lack aspiration

Your silent cries for escape are audible from miles,
Escape from a world for which you're too feeble,
From the happiness that is everyone's but yours,
To a world where you can look down upon people

Your glare can cut skin like knives,
And that tongue of yours is venomous
You tell me things that seem well-placed
But your words are treacherous

My grin is more potent than your hostile eyes,
My hope overshadows your woe,
Your dark mind registers a sky streaked with Death's colors
But I see a canopy aglow

In the little forest, I see a world of exploration,
All you see is trees
I see the sparks from the fire as little fireworks
But danger is all you see

The same amber light God used to make the stars,
He intertwined into my mind.
Your apathy can burn out fires
But is too vulnerable to burn out mine



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Apoptosis



THE SUPER DOG AND THE CHIMERA

Once upon a time, long ago there was a little village named after a dog, "bolt". Bolt was an extraordinary dog with supernatural abilities and powers. He was a grey dog with a black thunder sign on his back. He belonged to a boy named Robert. One day horrifying news came that a creature named Chimera is coming to destroy the village. Robert decided to face the creature and without wasting a single minute, he took his backpack and his dog and went on the journey to save his village.

He and Bolt went through dangerous jungles and passed steep hills to finally make it to Chimera. After watching the creature, they couldn't believe their eyes because Chimera had three heads, six legs and many sharp teeth that were uncountable.

But as Robert had decided to face and beat the creature, he asked his dog to shoot a super laser to Chimera. The laser was so powerful that the creature roared with great pain. After that Bolt jumped over Chimera and bit his leg so strongly that the creature couldn't hold his balance. Meanwhile, Robert took the advantage and tied the creature's legs with a big chain and made it fall on a gigantic rock. Chimera's head was crushed as soon as it hit the rock and it died.

As soon as the villagers got the news, all of them visited Robert and congratulated him but Robert said it would not have been possible without Bolt and therefore, the villagers decided to name that village after such a brave dog. "THE BOLT".

Yonder Lies Hope

Silence at the lips, tears in the eyes
Whispers of the winds, darkness of the night
Splashing of the tides, roaring of the sea
The unhealed wound of insincerity
Flashes of the past, worries of life
Different ways to heal and survive
Yonder lies hope

Memories, like glass, scattered in the floor
No hands to shake, no soul to adore
No more dreams, no lullabies
No laughter, but fake smiles
Someday, the fantasies will turn real
And might be the cause for the scars to heal
Yonder lies hope

The night has gone, dawn has arrived
That brings another day to thrive
It's sure "make your own destiny"
And flourish like an evergreen tree
Try to look at the world in a different way
Pray, have faith, and you will never stray
Yonder lies hope

THE RETURN OF 'THE TORCH'

Until this morning I was an ordinary boy with an ordinary life but the strange things started happening a week ago. You see my friend Jim and I were walking home from school when suddenly out of thin air the building right behind us exploded. I quickly pushed Jim out of the way of the raging fire and got engulfed into the huge heat wave but I felt far from dead but in fact I felt more alive and at home. I don't know how but I sort of manipulated the fire into the palm of my hand and threw it off the bridge into the sea.

I looked at myself; my shirt charred at places, my pants untouched and my body completely unharmed. I ran away very bewildered and bemused. I decided to find out the answer about how I was able to do this. I didn't have long to wait to find my answer. When I told my father about the incident he explained that he used to have the power to manipulate fire. He also told me that people called him

'The Torch' and that he used to have a sidekick called 'Frozone' who had the power to manipulate ice. Suddenly a voice came blaring out from the television.

'Torch! I know your back! Come out and fight or I will destroy this puny town!'

It was a Quantum. Dad's arch enemy. I went out to fight him as I could not let him destroy my home town. When I got to him he was in a giant metal

robot. I went to him and started throwing as many fireballs as I could at him but they bounced harmlessly off him as though I was throwing balls of cotton at him.

With one swipe of his giant metal hand he knocked me clean off my feet into a brick wall. He then saw my best friend Jim trying to come and help me so he picked him up and started squeezing Jim. I tried to stop him but in vain. Suddenly I knew something was wrong with Jim. His eyes turned an icy blue color and suddenly Quantum's hand froze and broke off. I knew then and then that all this time I had been friends with Frozone's son. I decided to try something and I took a great leap and started flying by shooting fire out of my legs.

I knew I couldn't win like this but I also could not give up. I noticed that everyone was cheering my name and I reached past the limits of my power and took as much fire as I could into my hands forming one huge fireball. I heard Quantum gasp and when I threw the fireball at him he screamed. The robot blew up killing Quantum and using my powers I protected the people from the explosion.

After that day I knew that there were more people like Quantum out there. It was up to me and Jim to keep justice in the world. Who knows what awaits us in such a huge world and maybe one day we would find more people like us but for now the only heroes the world had were us, 'The Torch' and 'Frozone'.

In the eyes of the forsaken,
Heaven lies.
In the life of the misguided,
Forever flies.
Through the glories of truth,
A demon crawls.
Through the shadows of doom,
An angel falls.



Urfa Ahmed
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The Breach in Life

From the hearts turned cold,
Warmth escapes.
In the twilight of life,
A promise remains.

In the days of devastation,
Agony fades.
In the hope of tomorrow,
Present evades.

In the last of adieus,
A welcome stays.
In midst of the passion,
Love slips away.

MY FAVOURITE CARTOON CHARACTER



My favorite cartoon character is "Shinchan". I love him because of his love for mischief. He is a five years old boy who lives in Japan. He loves to go school. He a naughty and mischievous boy. He always looks for adventures. His father works in a company.

He loves life and is very optimistic about it. He loves chocolates. He is a very clumsy boy who is afraid of nobody else than his own mother. His close friends are "Kazama and Masoo". Shichan always tries to have fun. He tries to make people happy all the time.

HDFBCOVER.COM



ASHES OF MY LIFE

Far from the ashes of my life,
There was a time when all was right,
A man once living now barely alive,
What happened in that fire of life?
For future sake I am asked to live,
But why my thoughts differ from my will,
If all that I am is a useless being,
Then why am I let to live at all?
I want to sleep the endless sleep,
Tired of being in an ocean of sorrow so deep,
I wish for once I had succeed,
While fighting for hope in the battle of beliefs



Ahaadia Mumtaz
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TOUCH OF AN ICE-CREAM

I looked in the mirror for the fifth time now. Perfectly ironed top with dark blue denim jeans. My hair fell halfway to my shoulders in big soft blonde curls. I had to look perfect. I was obsessed with the idea of being perfect.

I took my black Gucci bag and headed to the dining area. My breakfast had already been set up; strawberries, a bowl of porridge, fruits and juice. I had to look the best and stay the best. Meet me: I am Elsa Parker, an eighteen year old teenager. My life comprises of a few main elements; academic perfection, health perfection, appearance perfection and well, perfection in general. I have never in my life tasted a pizza, or any such junk food. My health has always been a priority. I am also known as 'Ms. Perfection' at college. I hope everybody adores me.

Here I was, at Manhattan College. I walked to my class, conscious about all the people roaming in the corridors. I got a few compliments, but how could I neglect the ones who never complimented me in any way? I raced to the washroom and

rechecked my reflection in the mirror. Did I look perfect? My hair did not look on point! My shoes were not polished enough! My shirt was altogether too simple! Why could I not please every person?

Eventually, I reached my sociology class. Ms. Henerita was already standing there. "You look gorgeous!" she said. Yes! Now this was my thing. I approached my table and sat gracefully. "Elsa, like always has scored an A+ in the test," the teacher announced while she handed me my paper. I did not really have friends. Talking realistically, I never figured out the reason behind this. I had everything you needed in a friend. Didn't I? I've never been the kind of personality who got affected or inspired by a particular 'someone else'. I knew I was enough for me, but for some reason, I always wanted to know this one girl in my class, Sarah. We were poles apart. She ate all kinds of junk food, lied down on the grass, wore sweat pants, enjoyed eating potatoes, and laughed to such an extent that she would fall off the chair. But

most importantly, she lived every moment of her life to the fullest.

That day, she was chosen as my Chemistry project lab partner.

"So, we meet at the mall?" Sarah casually asked.

"Yes, definitely," I replied.

The clock struck 4:00pm and I reached the decided venue just in time like usual. I saw Sarah from a distance, sitting on a bench cross legged, engrossed in eating, or actually licking an ice cream. I walked up to her.

"Hey! Need some?" she cheerfully asked as soon as she saw me approaching. I'll be brutally honest here. I wanted to eat it! "Umm...actually," I stuttered, but before I could say any more, she had already got me a chocolate ice-cream. I sat on the bench next to her and started thinking about the most appropriate way to eat the ice-cream. "Lick it off Elsa!" Sarah half yelled at me while she burst into a bunch of joyful loud chuckles. I initially hesitated, but for once in my eighteen years of existence, I decided upon going against the rules.

I never until that day had known how incredible licking a chocolate ice-cream in the middle of a mall could feel. Sarah out of nowhere, had now put a bit of ice-cream on my nose, but instead of running towards the washroom to redo my makeup, I had started running after Sarah. I could not believe it was me. The perfection addict was now clumsily running in a mall, laughing her lungs out. In those brief moments, I genuinely felt free. I had realized that freedom is just a state of mind. I had to set my own boundaries, but here I had let society set the boundaries for me. I never knew I was imprisoned in a cage of fake and illusory perfection. For once, I felt free. I had somewhat perceived that I had to please myself first, and only then would I be at liberty. I had built a prison for myself all this time. However, finally I had now decided to focus on the twenty-four hours in front of me and do what I could to get closer to where I wanted to be. I was addicted to freedom.



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Once there were two goats and a river. Over the river there was a long bridge. One goat went on the bridge and the next one followed. The first goat said, "You go back, I will first go on my way" Second goat said, "No! First I will go" So they both started to fight. The first goat said, okay stop! I think I will bend down on my knees and you should jump on me then you can go on your way."

The second one said that now we should both go together so no one falls down in the river. In this way we both can help each other too. Both the goats agreed with this decision and they finally crossed the river together.

RIDDLES



1. What has a neck but no head?
2. What has a single eye but can't see?
3. I am light as a feather, yet the strongest man can't hold me for more than 5 minutes. What am I?
4. Take off my skin. I won't cry, but you will! What am I?
5. Which building has the most stories?
6. What turns everything around, but does not move?
7. What begins with T, ends with T and has T in it?
8. What is it that you will break every time you name it?

1. Bottle
2. Needle
3. Breathe
4. Onion
5. Library
6. Mirror
7. Tea Pot
8. Silence

10 EASY RIDDLES FOR KIDS

Riddles and jokes - kids love them!

Get the kids giggling with these great riddles.

They'll love to test them out on their friends and Family.

They're sure to get a fair few laughs - and groans! - at the next family get together.

Activity

Q. What has a face and two hands but no arms or legs?

A. A clock!

Q. What is the easiest way to double your money?

A. Put it in front of the mirror of course!

Q. What has a thumb and four fingers but is not alive?

A. A glove.

Q. What has to be broken before you can use it?

A. An egg.

Q. What has a neck but no head?

A. A bottle.

Q. What gets wet as it dries?

A. A towel.

Q. What goes up and doesn't come back down?

A. Your age.

Q. What belongs to you but is used more by others?

A. Your name.

Q. Everyone has it and no one can lose it, what is it?

A. A shadow.

Q. It's been around for millions of years, but it's no more than a month old. What is it?

A. The moon.

Everyone in the world break me when they speak every time. Who am I?

A. Silence.

It's fun time now to enjoy these good riddles and have a good laugh.

A boy and an engineer were fishing. The boy is the son of the engineer but engineer is the father of the boy. Then who is the engineer?

A. Engineer is the boy's mother.

Everyone in the world needs it. They generously give it. But never take it. Then what is it?

A. Advice.

He was driving a black truck in a long road in a great speed. The lights on the truck were off. It was a new moon day. An old lady was slowly crossing the road. He should stop the truck otherwise, he would hit the lady. How did he stop the truck?

A. The driver stopped the truck immediately after seeing the old lady, as it was bright sunny day!.

Four children and their pet dog were walking under a small umbrella. But none of them became wet. How?

A. It was not raining!

It is your possession and belongs to you. However, you use it very rarely. What is that?

A. Your name.

I will come one time in a minute, two times in a moment, but will never come in thousand years. Tell who am I?

A. "M".

I'm the most slippery country in the world. Tell what am I?

A. Greece.

There is a kind of fish that can never swim. What is that?

A. Dead Fish.

You always make a more of them, but leave more of them behind you. The more you do, the more you leave behind. Tell what is it?

A. Foot steps.

Which moves faster? Heat or Cold?

A. Heat. Because many catches cold but cannot catch heat.

Puzzles



Shezil Mohsin
Beaconhouse School System
Lahore

B	Q	R	F	T	E	F	T	U	V	W	R	Y	T
A	Q	N	W	O	L	O	L	U	D	O	K	E	F
D	S	I	V	S	N	O	W	D	M	N	I	K	U
M	W	E	N	N	E	T	V	U	E	T	W	C	P
I	I	W	U	P	A	B	A	V	I	E	N	O	K
N	M	W	T	C	P	A	P	W	I	K	H	H	L
T	M	P	C	H	H	L	T	P	A	C	O	H	D
O	I	U	H	W	T	L	Q	E	B	I	K	K	O
N	N	S	E	V	S	E	K	J	K	R	E	E	G
N	G	R	S	U	Q	H	B	K	E	C	D	Y	F
I	G	Q	S	T	E	N	N	I	S	T	I	T	U
S	O	F	L	B	W	S	N	O	O	K	A	R	V
W	T	T	W	A	L	L	Y	B	A	L	L	L	C

1. Cricket
2. Chess
3. Snooker
4. Wallyball
5. Swimming
6. Hockey
7. Badminton
8. Football
9. Ludo
10. Tennis



ماہم صدیقی
پارٹیکلر سکول، کراچی



موٹاپے سے بچنے کے طریقے

ان سنہرے اصولوں پر عمل کریں اور فائدہ اٹھائیے!!

- ۱- موٹاپے سے بچنے کے لیے صبح اٹھنا اور رات کو جلدی سونا ضروری ہے۔
- ۲- کھانے کے دوران اور کھانے کے بعد پانی پینے سے پرہیز کرنا ضروری ہے۔
- ۳- مُرغن غذاؤں اور فاسٹ فوڈ سے پرہیز کریں اور سادہ غذائیں کھائیں۔
- ۴- کیک، چاکلیٹ، مٹھائیاں اور بیکری کی مصنوعات سے پرہیز کریں۔
- ۵- پانی کا زیادہ استعمال کریں اور کھانے میں سلاڈ کا استعمال مفید ہے۔ خاص کر آدھی پیالی فریش کٹی بند گوبھی یا سلاڈ کے پتے کھائیں جو کولیٹروول ذیابیطیس میں بہت مفید ہے۔
- ۶- روزانہ ملکی پھلکی ورزش کریں اور کوشش کر کے پانچ وقت نماز کی پابندی کریں۔ یہ ایسی ورزش ہے کہ جو جسم کے ہر حصے میں خون کی دورانیے کو تیز کر کے ہمیں چاق و چوبند رکھتی ہے۔



Bad Effects Of Cigarette Smoking

Smoking is a practice in which a substance is burned and the resulting smoke breathed in to be tasted and absorbed into the bloodstream. Most commonly the substance is the dried leaves of the tobacco plant which have been rolled into a small square of rice paper to create a small, round cylinder called a "cigarette".

Smoking is one of the leading causes of death globally. In the United States about 500,000 deaths per year are attributed to smoking-related diseases and a recent study estimated that as much as 1/3 of China's male population will have significantly shortened lifespans due to smoking. Male and female smokers lose an average of 13.2 and 14.5 years of life, respectively.

Smoking is harmful due to many chemicals in cigarettes and smoke. Tobacco smoke contains more than 4000 chemicals out of which 50 are carcinogens and many are poisonous. Cigarette smoke affects the body from head to toe. Smokers have a much higher risk of developing a number of life threatening diseases. Inhaling the vaporized gas form of substances into the lungs is a quick and very effective way of delivering drugs into the bloodstream (as the gas diffuses directly into the pulmonary vein, then into the heart and from there to the brain) and affects the user within less

than a second of the first inhalation. The lungs consist of several million tiny bulbs called alveoli that altogether have an area of over 70 m² (about the area of a tennis court).

Inhaling smoke into the lungs, no matter the substance, has adverse effects on one's health. The incomplete combustion produced by burning plant material, like tobacco or cannabis, produces carbon monoxide, which impairs the ability of blood to carry oxygen when inhaled into the lungs. There are several other toxic compounds in tobacco that constitute serious health hazards to long-term smokers from a whole range of causes; vascular abnormalities such as stenosis, lung cancer, heart attacks, strokes, impotence, low birth weight of infants born by smoking mothers. 8% of long-term smokers develop the characteristic set of facial changes known to doctors as smoker's face.

Among the diseases that can be caused by smoking are lung cancer, heart attacks and chronic obstructive pulmonary disease. Similarly smoking causes cancer in the kidneys, oral cavity, larynx, breast, bladder & pancreas.

CONCLUSION; Smoking is injurious to health. Kill it before it kills you.

Water



*WE MAY GO EXTINCT
IF YOU DON'T TURN
OFF THE TAP*

Water is an extremely important aspect of our daily lives. It is used in agriculture, industry and home. Water is vital as it supports the immense diversity of life on Earth. It's a source of food, health and energy. 97% of all the water on the earth is salt water which is not suitable for drinking. Only 1% of water is available for drinking out of 3% fresh water. The other two percent is locked in ice caps and glaciers.

Fresh water makes civilization possible. It is a blessing and absence of pure water means no life. If we look around we will come to know our planet is facing lots of issues related to the supply of fresh water. As the global population grows, so does demand for fresh water. Many water systems around the world are currently overtaxed, and some have already collapsed. We need a global transformation of the way the world manages fresh water.

Water conservation involves the policies,

approaches and activities to manage fresh water as a sustainable resource, to protect the water environment, and to meet current and future human demand. The importance of water conservation and water loss reduction is integral to make fresh water supply available for coming generations.

Lots of strategies and policies have been devised internationally and nationally to conserve water. Governments are joining hands to reduce the water wastage and save water for us. But as an individual it is our responsibility also to make sure that we take steps to save water. We should look into our daily life usage and make sure that we will play our role as a responsible citizen we can make sure that our coming generation will have the supply of fresh water.

"My belief is that caring for our waters requires everyone's efforts, no matter how 'small' the effort may seem."



FOOD AS MEDICINE

HEADACHE?

EAT FISH!

Eat plenty of fish -- fish oil helps prevent headaches..So does ginger, which reduces inflammation and pain.

HAY FEVER?

EAT YOGURT!

Eat lots of yogurt before pollen season. Also-eat honey from your area (local region) daily. Simba Tea

TO PREVENT STROKE

DRINK TEA!

Prevent build-up of fatty deposits on artery walls with regular doses of tea. (Actually, tea suppresses appetite and keeps the pounds from invading....Green tea is great for our immune system)!

INSOMNIA (CAN'T SLEEP?)

HONEY!

Use honey as a tranquilizer and sedative.

ASTHMA?

EAT ONIONS!!!!

Eating onions helps ease constriction of bronchial tubes. (Onion packs place on chest helped the respiratory ailments and actually made breathing better).

ARTHRITIS?

EAT FISH, TOO!!

Salmon, tuna, mackerel and sardines actually prevent arthritis. (fish has omega oils, good for

our immune system)

UPSET STOMACH?

BANANAS -GINGER!!!!

Bananas will settle an upset stomach. Ginger will cure morning sickness and nausea..

BLADDER INFECTION?

DRINK CRANBERRY JUICE!!!!

High-acid cranberry juice controls harmful bacteria.

BONE PROBLEMS?

EAT PINEAPPLE!!!

Bone fractures and osteoporosis can be prevented by the manganese in pineapple.

MEMORY PROBLEMS?

EAT OYSTERS!

Oysters help improve your mental functioning by supplying much-needed zinc.

COLDS?

EAT GARLIC!

Clear up that stuffy head with garlic. (Remember, garlic lowers cholesterol, too.)

COUGHING?

USE RED PEPPERS!!

A substance similar to that found in the cough syrups is found in hot red pepper. Use red (cayenne) pepper with caution-it can irritate your tummy.

BREAST CANCER?

EAT Wheat, bran and cabbage

Helps to maintain estrogen at healthy levels.

LUNG CANCER?

EAT DARK GREEN AND ORANGE AND VEGGIES!!!

A good antidote is beta carotene, a form of Vitamin A found in dark green and orange vegetables.

ULCERS?

EAT CABBAGE ALSO!!!

Cabbage contains chemicals that help heal both gastric and duodenal ulcers.

DIARRHEA?

EAT APPLES!

Grate an apple with its skin, let it turn brown and eat it to cure this condition. (Bananas are good for this ailment)

CLOGGED ARTERIES?

EAT AVOCADO!

Mono unsaturated fat in avocados lowers cholesterol.

HIGH BLOOD PRESSURE?

EAT CELERY AND OLIVE OIL!!!

Olive oil has been shown to lower blood pressure. Celery contains a chemical that lowers pressure too.

BLOOD SUGAR IMBALANCE?

EAT BROCCOLI AND PEANUTS!!!

The chromium in broccoli and peanuts helps regulate insulin and blood sugar.

Kiwi:

Tiny but mighty. This is a good source of potassium, magnesium, Vitamin E & fiber. It's Vitamin C content is twice that of an orange.

Apple:

An apple a day keeps the doctor away? Although an apple has a low Vitamin C content, it has

antioxidants & flavonoid which enhances the activity of Vitamin C thereby helping to lower the risks of colon cancer, heart attack & stroke..

Strawberry:

Protective fruit. Strawberries have the highest total antioxidant power among major fruits & protect the body from cancer causing, blood vessels clogging free radicals. (Actually, any berry is good for you. they're high in anti-oxidants and they actually keep us young.....blueberries are the best and very versatile in the health field.....they get rid of all the free-radicals that invade our bodies)

Orange:

Sweetest medicine. Taking 2 - 4 oranges a day may help keep colds away, lower cholesterol, prevent & dissolve kidney stones as well as lessen the risk of colon cancer..

Watermelon:

Cooler Thirst Quencher. Composed of 92% water, it is also packed with a giant dose of glutathione which helps boost our immune system.. They are also a key source of the cancer fighting oxidant. Other nutrients Found in watermelon are Vitamin C & Potassium. (watermelon also has natural substances [natural SPF sources] that keep our skin healthy, protecting our skin from those darn UV rays)

Guava & Papaya:

Top awards for Vitamin C. They are the clear winners for their high Vitamin C content. Guava is also rich in fiber which helps prevent constipation. Papaya is rich in carotene; this is good for your eyes. (also good for gas and indigestion)

Tomatoes:

are very good as a preventative measure for men, keeps those prostate problems from invading their bodies.....



Maha Asif Khan
The City School
Karachi



لطیفے



Kaneez Khudaija
The City School
Peshawar

- Person: When I drink my tea my eyes hurt.
Doctor: "Take the spoon out before drinking"
- Person: When I touch my head ouch!, When I touch my body eee! when I touch my feet ooo!
Doctor: Your finger is broken.
- There were three students it was there paper when they came back home. Student 1: The paper was so difficult left it empty
Student 2: Me too.
Student 3: Oh shit! Me too now sir will think that we have cheated.
- Doctor: Madam! Your child ends rest and peace, so here are some sleeping pills. Mother: ok! When should I give him these sleeping pills?
Doctors: they are for you
- **TEACHER AND STUDENT**
Teacher: Why are you late, Joseph?
Joseph: Because of the sign down the road.
Teacher: What does a sign have to do with your being late?
Joseph: The sign said, "School ahead, go slow!"

● AFTER ENGLISH EXAMS

Amna: How was the paper?

Maryam: It was easy but question 5 confused me.

Amna: What was the question?

Maryam: Question 5 wanted the past tense of think.

I thought and thought and thought and end up writing thinked.

● QUESTION BY A STUDENT

If a single teacher cannot teach us all the subjects THEN.....

How could you expect a single student to learn all the subjects?

● FATHER AND SON

Father: Do not call me your father if you fail in your exams!

Son: OK!

NEXT DAY.....

Father: How was your exam?

Son: Who are you?



ؤعاشا ہنواز
کے ایم۔ گروپ سیکری اسکولہ کراچی

- باپ بیٹے سے، پیدل چلیں یا بس پر؟
بیٹا، آپ کی مرضی ہے کسی پر بھی چلیں، ویسے اگر پیدل چلیں تو مجھے گود میں لے لیں۔
- باپ بیٹے سے، تم نے آئینہ کیوں توڑا؟
بیٹا، ابوجب میں روتا ہوں تو یہ میری نقل اتارتا ہے۔
- گا کب دکان دار سے، تمہارے پاس صابن ہے؟
دکان دار، جی ہاں۔
- مالک نے نوکر سے کہا،
میں نے تم سے کہا تھا کہ چاول، مرغی کے بچے کو کھلانا، تم بلی کو کھلا رہے ہو،
نوکر بولا،
بلی کو چاول اس لیے کھلا رہا ہوں کہ مرغی کا بچہ بلی کے پیٹ میں چلا گیا ہے۔
- گا کب، تو پھر ہاتھ دھو کر دوکلو چینی دے دیں۔

WATER COLOUR



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