

*In The Name Of Allah,  
The Most Gracious, The Most Merciful*

*“Whoever works any act of righteousness and has faith, his  
Endeavour not be rejected: We shall record it in his favour.”*

*(Al-Anbiyaa, verse 94)*

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*Editorial*

**Dear Readers!**

The colourful Futurist's edition 2012-2013 is in your hands. It is late than its usual time but it is true: Better late than never. The Futurist reflects rightly the vision of The Punjab School System i.e. "Quality education with an emphasis on Islamic values." It represents the high moral standards, spirit to excel and passion for leadership that is being inculcated among the students of The Punjab School System.

Reading reflects in one's personality. So the more you read, the more you groom. Reading skill interacts with the other skills like writing, listening and speaking. Hence, this time the Futurist has been made more colourful and comprehensive for our variety of readers from pre-school to high school. As soon as the session started, we were piled up with lot of students' creative work. It was like a herculean task to select, compile and publish it. The students' participation is laudable and we expect even more zealous effort for the next time.

**Editor**

*From the Chief Editor's Desk*

We have the pleasure of presenting this issue “The Futurist” the magazine of The Punjab School System to our esteemed readers. The magazine of an educational institution is always reflective of students' creative activities. It gives impetus to young scholars, who are the builders of the nation of tomorrow, to express themselves on topics of their choice.

Our this issue “ The Futurist” is playing a vital role in presenting not only a kaleidoscopic record of some of the routine activities of our institution, but also a series of informative, educative & thought provoking articles on diverse themes. It also includes contribution to the humorous and lighter side of life. It is a rich blend of reading material that shows the literary potential of our young writers, who have been called “the flowers of nation” by Quaid-e- Azam. The budding writers deserve all encouragement in discovering, developing and displaying their talent. “The Futurist” has also been enriched with the sprinkling of valuable contributions made by some members of the staff. Dear Readers! we have tried to make originality one of main criteria in selection of articles for our magazine, as we all know.

The scattered straws are gathered by the birds for their nests;  
Stones when trimmed and put together make Taj Mehal;  
Colours when properly applied on canvas give life to Mona Lisas;  
Views and ideas when moulded into words and sentences bestow them with an eternity!

We are extremely thankful to the members of advisory council, editors, sub-editors and all those who cooperated with us to present this issue. We earnestly hope that our magazine “The Futurist” will be that eternal bond between the students and their Alma Mater which never breaks. We are also grateful to our old students 'TPStian' for their valuable contribution for the School Magazine. We would like to convey them a word of advice:

Keep the name & traditions of your institution high. Be confident and good human being. Let none ever say that you do not deserve the status or the place you have attained. Remember your motto. No doubt Future is yours.

We pray for your success in life and for the sublime achievements of this great institution.

We are grateful to Mrs Ramiza Majid ,Mrs Rubina Farrukh , Mrs Sadia Farooq (English teachers), Mrs Rasheeda Yasmeen and Rabia Naveed (Urdu teachers) for reviewing the material for “The Futurist” and providing us with their beneficial guidance in this regard. There is a great contribution of Ms Summaira Imran Computer Operator Girls Wing Township Campus for processing and compilation of “The Futurist”.

We wish our readers pleasurable perusal.

Mrs. Azra Khalid

*Communiqué by the Director*

“The Futurist” is in your hands. It helps our readers to ponder over social issues and enhance their zeal for creativity. It is sad to note that society is degenerating morally; ironically, it is being done on the name of development. Book reading is one of those valuable traditions of our society that is dying gradually due to easy access to electronic media and elusively attracted stuff presented on our T.V channels. Still, there are great 'Book Lovers' who do no compromise on their relation with books. It is the “book” that makes a man a human being and the crown of creations. “The Futurist” provides an excellent opportunity to our worthy readers to come across with quality writings of our young writers.

It is a matter of pride to share with you that “The Punjab School System” has attained a remarkable and distinctive position in a short span of time. Our prime motive is not only to provide education but also to groom our students as an excellent individual, worthwhile citizen, a passionate patriot Pakistani and among all a true Muslim. We leave no stone unturned to reach our goal. We explore and venture upon modern, and more equipped techniques of teaching and we also chalk out programs and workshops for the professional growth of our teachers and also for all the other members of the institution.

Our saplings have brought number of feathers in our cap in co-curricular activities in almost all the fields like Debates, Qira'at, Poetry, Art and Science Model Making Competition. It is heartening to see the determined actions of these young students. Academic results, at matriculation level are a source of complacency for our prestigious institute. We never forget to facilitate our beloved students and respected teachers quite formally through certification and awarding material rewards.

We want to nurture healthy and friendly environment for all the members of our team under the flag of “The Punjab School System” .We are also steadfast to our customary traditions and cultural norms. I truly expect all my staff, the teachers and the students to restrict themselves to honesty and hard work to achieve even higher place in the society. I believe that work is the key to success, and hardwork can help you accomplish anything.

You all know the school magazine works on both ways: a reflection of the contemporary practices and to serve as a motivational guide for the upcoming generation.

“The Futurist” is a great manifestation of the eminent stance of our system. The writings of the students and the teachers have embellished “The Futurist”. They all deserve an applaud. Those who did not get a place they should keep on practicing to improve their work.

At the end, I really want to congratulate and thank the advisory Council and the editorial board of “The Futurist” for bringing an adorned piece of literature for us to read and enjoy.

Col. (Rtd) Muhammad Sabir Khan



## Col Muhammad Sabir Khan (Retd)

Director The Punjab School System



*Dialogue with Col Muhammad Sabir Khan (Retd)  
Director The Punjab School System*



The sun was bright, the wind was cool, thrilled with the idea of going for an interview with the towering figure of our Alma Mater. We reached the office of the “Director of the Punjab School System.”, we were called in, we greeted and he received us with a warm smile. After a few minutes wait, we set to start asking the questions.

**Aman Ayub:** Please tell us about your educational background.

**Director:** I am a postgraduate in Telecommunication Engineering from the University of Engineering & Technology Lahore and also hold a Master degree in Defence & Strategic Studies from the Quaid-e-Azam University Islamabad.

**Maryam Mansoor:** Where did you spend most of your time in childhood? Sir.

**Director:** I belong to a remote area of District Muzaffargarh in the Southern Punjab, most of my childhood was spent there.

**Tehniat Fatima:** Sir, were you a naughty boy?

**Director:** No! I have not been naughty in the real sense but at times I used to tease my sister who was about one year younger to me.

**Asma Khan:** Sir, did you ever get any punishment in your childhood?

**Director:** Yes! My father invariably admonished me whenever he learnt about my teasing the younger sister. He was very uncompromising in this respect.

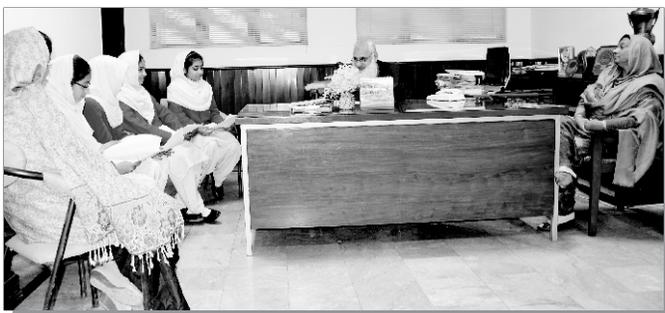
**Aleeza:** Any distinctive feature of your personality in student life?

**Director:** Flair for leadership; I had been the Secretary 'Bazm-e-Adab' at School and then General Secretary Students Union at College.

**Aman Ayub:** Sir, do you feel any difference between the child of today and child of your time?

**Director:** The child of today is much more inquisitive and confident but comparatively less respectful to the elders. I have seen myself that young students do not greet their elders as frequently as the children of the past. When we were students we were more respectful and obedient to our teachers than the students of today.

- Maryam Mansoor:** **Sir, how would you describe yourself in a few words?**  
**Director:** I consider myself a sincere and a fair individual who firmly believes in fair play and even-handedness.
- Tehniat Fatima:** **Sir, how do you start your day?**  
**Director:** I start my day by taking a cup of tea after offering "Fajr Prayers" my humble submission and thanks to Allah the Almighty.
- Asma Khan:** **Sir, in which dress do you feel yourself comfortable?**  
**Director:** Any decent dress which suits one's personality; however these days I feel comfortable wearing white Shalwar-Qameez.
- Aleeza:** **What is your favourite food? Sir.**  
**Director:** All the nicely cooked traditional foods - but I cherish vegetables and fruits.
- Aman Ayub:** **Sir, any thing that makes you depressed or frustrated?**  
**Director:** Ill-discipline and lack of civic sense especially among our young generation makes me really depressed.
- Maryam Mansoor:** **What sort of people irritate you the most?**  
**Director:** I just can't stand ill-mannered, false and rude people.
- Tehniat Fatima:** **Sir, what hinders our progress? Corruption, illiteracy or terrorism?**  
**Director:** I think illiteracy and injustice are the root cause of almost every problem being faced by us today.
- Asma Khan:** **Who has been your greatest living inspiration?**  
**Director:** My late father (His eyes were filled with water on remembering his beloved father). He has been my ideal in life. He was a very refined soul and highly self-disciplined man. His honesty, devotion to duty, steadfastness and self-esteem have always been a source of inspiration for me.
- Aleeza** **When did you join The Punjab School?**  
**Director:** I joined The Punjab School on 5<sup>th</sup> July, 1997.
- Aman Ayub:** **What was the objective or motive to join the The Punjab School Management? Is it being achieved?**  
**Director:** I switched over to The Punjab School from D.P.S Muzaffargarh on the insistence of Syed Ihsan Ullah Waqas, The Chief Executive, as he desired to transform this institution into a nationally acknowledged institution for its quality. Allhamdolillah, The Punjab School System is recognized as one of the finest school system now.
- Maryam Mansoor:** **Sir, tell us about your family members and kids. What do they do?**  
**Director:** I lost my wife in July 2004. She was a very loving and a caring lady. I have four sons. The eldest son is a Telecom Engineer and serving as a Lieutenant Colonel in



the Army. The second one did his MBA and is Manager Human Resource in a University. The next in the ladder is a PhD scholar and an Assistant Professor at the University of Central Punjab and the youngest one, after completing his MBA joined a commercial Bank and is presently working as Relationship Manager. They are all happily married. I have thirteen grandchildren.(Smilingly he told us about his siblings also) we are twelve siblings and almost all of them are associated with educational field.

**Tehniat Fatima:** **We know that you have served in the Armed Forces. Why did you choose the field of education?**

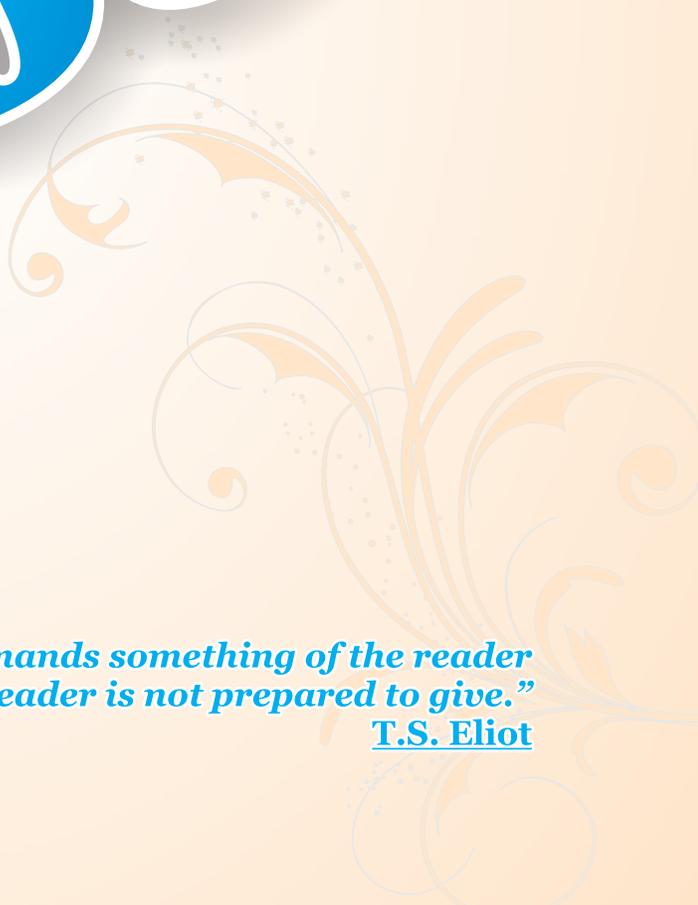
**Director:** I am a teacher by descent. My grandparents and father were also teachers. Actually I had a passion to serve my people and country that is why I joined army and after my retirement I was quite eager to play my role in giving my nation the educated and responsible citizens , so I considered this field best for the satisfaction of my passion.

**Asma Khan:** **Sir, any message for young generation and for TPStians specially?**

**Director:** Be an engineer but a meditating engineer. Be a doctor but work for humanity. Be a teacher but be an inspirational teacher. Be a software engineer but commanding one. Work hard, always be a high flier and excel in the field, you choose.



# Prose

A decorative graphic consisting of stylized, swirling floral and vine motifs in shades of light blue and beige, positioned in the lower right quadrant of the page.

*“A prose that is altogether alive demands something of the reader  
that the ordinary novel reader is not prepared to give.”*  
**T.S. Eliot**

## *The Golden Age of Islam*

The Islamic Golden Age, also sometimes known as the Islamic Renaissance, was traditionally dated from 700 A.D to 1200 A.D but has been extended to the 15<sup>th</sup> and 16<sup>th</sup> centuries by some scholars. During this period, artists, engineers, scholars, poets, philosophers, geographers and traders in the Islamic world contributed to the art, agriculture, economics, industry, law, literature, navigation, philosophy, sciences, sociology and technology, both by preserving and building upon early traditions and by adding inventions and innovations of their own.



The Golden Age of Islam was a period of unrivalled intellectual activity in all fields: science, technology and (as a result of extensive study of the Islamic Faith) literature, particularly biography, history and linguistics. Scholars, for example, in collecting and re-examining the habit, or “traditions”- the sayings and actions of the Holy Prophet (PBUH)- compiled immense biographical details about the prophet and other information, historic and linguistic about the Prophet's (PBUH) era.

During the Golden Age, Muslim scholars also made important and original contributions to Mathematics, Astronomy, Medicine and Chemistry. They collected and corrected previous astronomical data, built the world's first observatory, and developed the astrolabe, an instrument that was once called a” mathematical jewel”. In medicine they experimented with diet, chemistry, an outgrowth of alchemy, and studied wide variety of minerals and compounds.

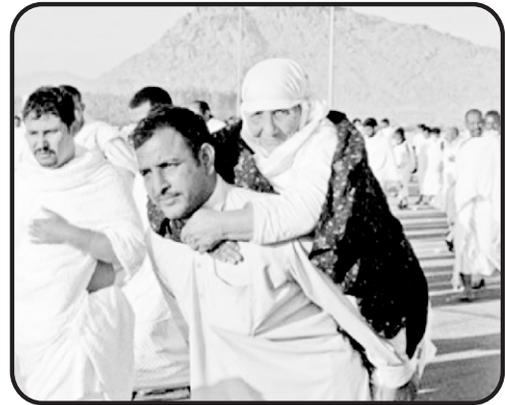
The achievements of Muslim mathematicians during this period include the development of Algebra and Algorithms by the person and Islamic mathematician Muhammad Ibn Musa al- Khwarizmi, the invention of spherical trigonometry, the addition of the decimal point notation to the Arabic number al- Kind's introduction of frequency analysis and algebraic calculus, the beginning of algebraic geometry by Umar Khayyam, the development of symbolic algebra by Abu al Hassan ibn Ali al- Qalasadi.

Al - uqidisi developed the decimal fraction by 950 A.D Islam Khulldun (1332-1395) was the most important historian in the Muslim History. His greatest contribution was to the understanding of civilizations and the factors determining stability. Abu al -Hassan Ali al Masudi (900-957A.D) uncovered the causes of the earthquakes of 955 and the regrets of the water of red sea and Arabian sea Aladdin Abu al Hassan Ali Abi Hazm (1243-1288 A.D) was the first to describe the structure of the lungs and the interaction between the body's organs for air and blood.

In short, the Golden Era of Islam was the period of Muslim rules in every field of life. The Muslim scientists contributed to every aspect of life. We should also try to prove ourselves as Muslims and the result of the world to bring that Golden Era back, once again.

## *Obligation of Parents*

The devil is an arch enemy of mankind and he always keeps intriguing against us so as to keep us away from the path leading to Paradise. He keeps on tempting the people to adopt the way of life which would ultimately land them in the fire. Despite this fact the human beings are determined to follow him. They prefer his insinuation over the commandments of Allah and his misguidance over the guidance of the Prophets. The disobedience to the parents is such venomous wile of the devil as has caused social and religious upheavals. Even the religiously enlightened people fall victim to this ill practice and do not bother to repent due to their so-called self-respect.



The lap of a mother is the first Alma Mater for the babies from where these delicate saplings are nurtured adequately and during this phase, a mother with a very little effort can inject lofty thoughts and sentiments in her kids and thus attune them to the right channels of life.

I would like to pen down some of the obligations that the parents may fulfil concerning their progeny.

First: Dutiful parents should teach the children the advantages of speaking the truth and disadvantages which go with telling a lie. They must preach them that whenever they get into any embarrassing situation; they must seek repose in truth instead of sheltering behind a lie. A liar loses his honour and credibility in the society and no body believes in what he says.

Second: One of the worst manner prevalent among our young and old generations is the use of abusive language against one another. If this bad habit is not redressed while the child is in phase, it becomes the second nature of the child, so, the parents must proscribe their children from using obscene language.

Third: Brotherly love and solidarity must be embedded in the children's mind so that they may try to stamp out the pains and sufferings of the poor, the needy and the oppressed. Parents should tell them the tale of Muhajireen and Ansaar, whose love, devotion, altruism and fraternity are also commended by Allah. It is, indeed, a distinctive trait of the Believers that they are hand in glove with one another:

Fourth: It is also one of the obligations of the parents that they should guide the children to this golden principle which demands that everyone should lend a helping hand to keep the environment clean. The children and adults should not throw fruit and vegetables peels, plastic, polythene and wooden items etc, all over the streets or in manholes in the interest of hygiene.

Fifth: Parents must also be very watchful about the company and the activities of their progeny. They should ensure that none of their children's friend smokes or is an addicted to drugs because usually friends of bad company may offer their fellow mates to use the drugs.

Sixth: Parents should also struggle hard to impress upon the minds of the children the importance of knowledge and let them know that it is just because of sound knowledge that they can pace the development and progress of their country and nation with other countries and nations. They should also make them aware of the fact that even our religion encourages literacy to a large extent by giving too much honour to the literate people as

- Allah says in the Holy Quran:  
“Allah will raise, in degree, those of you who believe and those who are endowed with knowledge”. (Al-Mujadilah, 28:11)

To conclude, I may say that a balance between the rights and obligations of the parents can contribute to enable the generations to enhance peace, harmony, love, tolerance and other such moral values in this tumultuous world of today.

Tahir Ul Haq 10<sup>th</sup> Brown  
B.W. K.K.S Campus

Pakistan is proud of her youth, particularly the students, who are nation builders of tomorrow. They must fully equip themselves by discipline, education, and training for the arduous task lying ahead of them.

*quotes  
of  
Quaid*

I insist you to strive. Work, Work and only work for satisfaction with patience, humbleness and serve thy nation. (All India Muslim Students Conference Jalandhur, 15 Nov 1942)

*-e-*

Get out of tranquility and step in the practical life. Dedicate your faculties to seek improvement in every field to make the condition of people. It is only then we can be strong enough to counter threats to our nation and defeat our enemies. (Message to Bohar Students of Karachi, 13 Jan 1941).

*Azam  
to  
students*

You must concentrate on gaining knowledge and education. It is your foremost responsibility. Political awareness of the era is also part of your education. You must be aware of international events and environment. Education is a matter of life and death for our country.

*Arfa Karim Randhawa A Treasure Lost*

“I see kids of my age saying I want to be a doctor or engineer in future I don't understand why they don't be one now. Our minds have a strong grasping power when they are young” This was the belief of Arfa Karim, the computer prodigy and the pride of Pakistan who acquired the status of a Microsoft certified professional at the age of nine and kept the title until 2008. She was born in Jatt Randhawa family of a village near Faisalabad on February 2, 1995. “As a child Arfa Kareem was a sharp and always dig into machines of all sorts”, says her aunt as she speaks to the media on 28<sup>th</sup> December 2011. Arfa Kareem Randhawa held the honour of being the only Pakistani citizen invited by Bill Gates. After her return to Pakistan, she was presented the Fatima Jinnah Gold Medal in the field of Science and Technology by the Prime minister of Pakistan Shoukat Aziz on the occasion of her 13<sup>th</sup> birth anniversary on 2<sup>nd</sup> August 2005. She also received the Salaam Pakistan Youth Award again in 2005 by the president of Pakistan. She was invited by the Pakistan Information Technology professionals for a stay of two weeks in Dubai. During those trips, she was awarded with various prizes and awards. She was in her 2<sup>nd</sup> year of A Level at Lahore Grammar School when on December 22<sup>nd</sup> 2011 she suffered epileptic attack that led to a cardiac arrest. In January Bill Gates contacted Arfa Kareem's parents and directed his doctors to adopt “every kind of measure” for her treatment. Gates set up a Special panel of international doctors who remained in contact with her local doctors through teleconference. The panel received details about her illness. Her father Amjad Kareem, said Microsoft had raised the possibility of taking Arfa to the US for care. However, the computer prodigy lost the battle of life on 14<sup>th</sup> January 2012. She was buried at her ancestral graveyard near Faisalabad.

M. Umer 9<sup>th</sup> Grey  
B.W Township Campus



≡ *Quotations* ≡

★ No one can really pull you up very high, you lose your grip on the rope. But on your own two feet you can climb mountains.....

Louis Brandies

★ Every man has a right to be wrong in his opinion, but no man has a right to be wrong in his facts.....

Lindeberg

## *Social Networking*

How would you feel if I tell you that I know almost everything about you - from your birthday to food you like, from your best friends to your favourite singer, and so on - even though you have never met me? These are things that most parents forewarn their children about social networking sites. Social networking sites such as My Space, Face book , and Hi5 are the most popular online community in which millions of teenagers and young adults exchange their interests, their personal information, photos and videos, and instant messaging. However; it seems that social networking sites could bring about many disadvantages; wasting time, identity theft, and reducing face-to-face interaction. I believe their benefits: encouraging creative behaviour, having privacy setting, and improving worldwide interaction can outweigh those disadvantages, undoubtedly. First of all, many think that social networking sites could distract youth's time from doing any other activities like reading books, playing sports and helping housework. According to a new study from Grunwald Associates LLC conducted in cooperation with the National School Boards Association reports that the 9 to 17 year olds spend time on social networking sites about 9 hours a week which is as much time as they used to spend time watching TV. But, on social networking sites, youth could be creative; the way they decorate their sites, the way they upload music and videos, and the way they express themselves by posting messages, while spending time on TV, youth might not develop their brains as much as they have to.

Therefore, it is clearly shown that spending time on social networking sites, youth could obtain many skills as well as doing all kinds of useful activities, also. Next, while it is true that since the internet is fast, convenient, and cheap to access the information, the number of internet users are growing as much as the number of cyber victims called "Identity theft". Identity theft is the theft of internet users' personal information such as name, address, date of birth, and credit card numbers without permission to commit crimes. According to the secret service, approximately one half of a billion dollars is lost every year to identity theft online. For example; they might use personal information on shopping online, opening new accounts and even taking out loans.

On the other hand, most parents always forget that in social networking sites, there is a privacy setting which all members can set to hide their information from the one they do not know. Accordingly, parents are not to worry about deceiving people because every youth can limit outsider access by himself. Lastly, most parents claim that many researches show that social networking sites can reduce face-to-face interaction of the youth. This may be true but compared to the number of the most visited social networking sites; "My Space" has more than 110 million users, Hi 5 has more than 50 millions users, and Cyworld of South Korea has more than 15 millions users; social networking sites can improve worldwide interaction. There are millions of people using the internet worldwide, so it is very profitable to learn different cultures, different languages, and different personalities which could benefit youth in living their lives. Social networking sites could open the doors of perception on the youth.

As previously mentioned, social networking sites are one of the easiest communications - it's quick, convenient and also cheap - to keep contacting or developing relationships, and the youth can also be creative and improve their social interaction. However, social networking sites can have negative effects in so many ways; it is up to the responsibility of the users to protect themselves or not. That is, parents should not judge social networking sites to be bad since social networking sites also have many benefits for children. One more thing, if parents always keep an eye on their children while using these social networking sites, I believe that their child would not be the next victim of social networking sites, and in contrast, they will grow to be fascinating adults for sure.

Faraz Amir 7White  
B.W .K.K.S Campus

## Dengue

Dengue virus has become a sign of horror and terror. Dengue was first reported in the 18<sup>th</sup> century. In 1905, transmission of Dengue by the Aedes mosquitoes was confirmed. The severe form of the disease Dengue Hemorrhagic fever, was reported in Philippines in 1953. The incidence has increased by 30 folds, during last 50 years. Dengue is endemic in near than hundred countries.

Millions of people have been affected by this disease. Increase in travelling and trade has contributed a lot to the spread of this disease. Global warming is considered to be another important factor which has contributed towards the spread of this disease. It was noted in Karachi in 1994 followed by another outbreak in 2006. Since then it has become a major problem.



365 deaths were reported from Lahore till November 2011. However, these deaths were not due to dengue fever alone other simultaneously affecting disease along with dengue e.g. blood pressure and diabetes, etc. may also be held responsible for these deaths. The symptoms of the dengue fever usually appear within 4-7 days after the mosquito bite and lasts for 3 to 10 days.

The temperature of the patient may rise more than 102° F along with severe headache, pain behind the eyes and pain in the joints from where it has got its characteristic name "Back Bone Fever".

Let's talk about the precautionary measures:

We should avoid the mosquito bite, in order to avoid mosquito bites, we should use sprays, burn coils and use mosquito repellent to avoid mosquito. Water tubs and water tank should be covered. There should be no standing water around our residence especially at the time of dawn and dusk. We should keep our homes confide, in case of any symptoms of dengue, nearest doctor should be consulted immediately.

After following above mentioned precautions, we can be able to survive against this natural calamity and can be able to defend ourselves against Dengue.

Hamail khan 8<sup>th</sup> Green  
G.W Township Campus

## *An Easy Approach to English Learning*

Since years our students have been forced to study English literature in their schools and colleges. This is the time, when serious consideration should be given to the learning of English as a foreign/second language. There is a noticeable change all over the world in the field of teaching languages. What we need today is a practical command of English language, so as to be able to function, perform or communicate in a foreign language environment.

The modern language courses are now written and designed keeping in view the needs of the variety of learners. These courses are more closely related to the needs of the learners all over the world. Our students need to be proficient in English language so that they may be able to pursue their higher education and academic and professional careers.

It is commonly observed that as a grown up adult, one is expected to use English language to express his ideas and feelings but he finds himself plunged into a foreign environment and that frustrates him. He realizes his incompetence in communication. It is now a matter of urgency for him to learn enough English, so that he could at least communicate his basic views. It is here that functional English comes to rescue him. The functional English provides him knowledge and skills he needs to solve his communication problems.

Now the question arises what is functional English? The functional English means teaching English through those situations which are commonly used in day to day life. It fulfills the purposes for which people learn to speak or write.

The functional English equips the learners to perform common tasks, such as:

- Greeting People.
- Asking advice or information.
- Expressing happiness, surprise or grief
- Anger or disappointment.

We should keep this factor in mind that learning a language means acquiring a skill or rather several skills.

These skills may be mentioned as under:-

- The skill of expressing our self fluently and accurately in speech i.e. speaking.
- The skill of understanding what is heard, spoken at normal speed i.e. listening.
- The skill of expressing oneself accurately in written form i.e. writing.
- The skill of understanding what is read i.e. reading.

HOW CAN WE IMPROVE OUR ENGLISH ?

1. In our daily life, we come across many types of reading material like poems, plays, summaries, novels, articles, handbooks, letters, reports etc. We read all these things:

- a. For pleasure.
- b. For information

While reading we come across many new words, ideas which result in getting more vocabulary and widening the canvas of our thinking, so reading is a good habit, do read something positive during your free time.

2. Speaking is a two way process between the speaker and the listener. Actually it is the ability to express oneself accurately and reasonably without hesitation. In order to practice this skill, we should form a club of such fellows who could speak English. One thing must be kept in mind that we should not hesitate in speaking English because hesitation is a type of cowardice that hides our talent from the world.

3. When we are listening to something in our own language or in a foreign language, we do it because:

- a. We want to find out some information about a person or event.
- b. We listen to something for our own pleasure or interest.
- c. We listen to serious lectures, seminars or discussions in order to understand them.

In order to improve their listening skill, students may consult T.V. and tune in to BBC World or some other English news channels. Likewise, documentaries telecast on some particular project can also be useful and informative as well as helpful in the improvement of this skill.

4. Writing is a productive skill. The most important thing, therefore, is that before writing, we should organize our ideas and direct our thoughts positively. Having decided on what to say, say it simply, neatly, and clearly. Neatness in particular is important when doing class work, homework or writing in examination papers.

5. In order to improve your writing skill, do write something on daily basis, about your activities, and events. For this purpose, take a fresh diary and start with day, date in proper sequence. A famous British writer and philosopher Francis Bacon has said: "Reading makes a full man, conference a ready man and writing an exact man". So, improve your reading, writing, listening and speaking skills and feel the change.

Iftikhar ul Hassan (Teacher)

B.W K.K.S. Campus

## ≡ Riddles ≡

- It has four legs, but cannot walk.  
What is it?
- It keeps us dry in the rain,  
But it's not an umbrella  
It keeps us warm at night,  
But it's not a blanket,  
It keeps us cool in the summer,  
But it is not a fan,  
What is it?
- When it goes fast,  
We cannot see it.  
When it goes slowly,  
We cannot see it,  
What is it?

1:chair

2:House

3:Wind

Anonymous  
Gujranwala Campus

*"Your World Is (Only) Which You Create Yourself"*

It is a famous couplet of Iqbal,

"Your World is (only) which you create yourself, not these stones and bricks which are in sight."

Indeed, this couplet has a deep meaning which provokes man to think that innovation of thought and action can transform granite into real ruby.

"You have a right to create your own world."

When man comes to this world, he has nothing even he is born naked. Some people are born in rich while others in poor families. Rich people, indeed, lead a prosperous life. But poor people have certain hardships in their lives. They spend their whole life struggling for a better life. In this struggle, sometimes, some people indeed turn their lives upside down by a little boldness, courage and fearlessness.

One of such persons is Warren Buffet, who was born in 1930. As a child, Buffet had interest of making and saving money. His passion led him to set low price commodities but that did earn him a sound sense of business. When he reached college, he had saved about \$ 150,000 dollars (inflation adjusted) on the basis of his business skills. By developing the habit to earn and save money, he had learned the real ups and downs of business. He had a motivation. His passion for business gradually accumulating maturity in his skills, led him to become the world's best businessman and 3<sup>rd</sup> richest man of the world.

Bill Gates was born in a middle class family. He had an interest in computer programming at an early age. His passion and devotion provoked him to build the software, Microsoft. By utilizing his business skills and intelligence, he succeeded in establishing his Microsoft Business on a global level. It became the world's largest Microsoft Business and he became 2<sup>nd</sup> richest man of the world. Herriet has rightly said.

"Every dream begins with a dreamer. Always remember, you have within you the strength, the patience, the position to reach for the stars to change the world."

But the greatest example of all is our Prophet Hazrat Mohammad (PBUH) who was chosen by Allah the Almighty to deliver to the people, the message of Islam. He was indeed chosen alone to do this hard job. He knew what he wanted to do, he had an aim and he did not give up and lose hope despite extreme hardships. He spent all of his life fulfilling his responsibilities. During this time, he even spent days when he had nothing to eat. But with true spirit, devotion and hard work, by leading a simple life, he succeeded in winning the hearts of people.

"If you know your purpose, your deepest desire, then the secret of success is to discipline your life so that you support you deepest purpose."

If a person has a dream or purpose, even if he starts from zero, he can realize his dream by true spirit of his passion, his hard work and his inner strength. In our educational system, ideas are spoon-fed to us. We don't have to think original and innovative ideas because we take things for granted. Where is all the research and innovation in our society? Creating your world does not mean to take things for granted but instead it means to build something through our own creativity.

Those people, who have a motivation to leave a mark in the world, devise their own ways and invest their skills and efforts with a focused approach towards fruitful and meaningful purpose.

But the truth is, people like us, achieve nothing in their lives. We have become a cramming parrot, limited our thinking and killed our creativity. This is the difference between us and the western people. They motivate their students to think by themselves, express their creativity and polish their abilities. That is why western people have surpassed other nations in the field of science and technology and we have been left far behind.

Sanveed Adnan 10<sup>th</sup> Red  
G.W Township Campus



## ≡ *Interesting Facts about Pakistan* ≡

- ★ Pakistan has the second largest Muslim population in the world. It is second to Indonesia.
- ★ About one fifth of the population lives below the international poverty line (US\$1.25 per day).
- ★ 96% of the population is Muslim. Just over 1.5% are Christians.
- ★ Pakistan has the sixth largest military force in the world.
- ★ Pakistan has cold dry winter and hot wet summer.
- ★ The official and national sports of Pakistan is field hockey. Cricket, however, is the most popular sport. The national team won the ICC World Cup in 1992.
- ★ Pakistan qualified for the Golf World Cup for the first Time in 2009.
- ★ About 1.7 million refugees from Afghanistan live in Pakistan.
- ★ Pakistan became an Islamic Republic in 1956.
- ★ Pakistan is the first Islamic nuclear power.



Hassan Ali Atique 7<sup>th</sup> Golden  
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## *Electricity Crisis in Pakistan and its solutions*

Pakistan has been suffering from heavy energy crisis now days; there are some major holes in our system. If they are covered up, we can overcome the deficiency of electricity. Pakistan is having severe crisis for the last few years. The problem aggravates during the peak summer. There was a power shortage of 8 to 12 hours every day. With out generator and UPS people face tremendous problems. The prices of both continued to increase due to a sharp increase in their demand.

### **Solutions:**

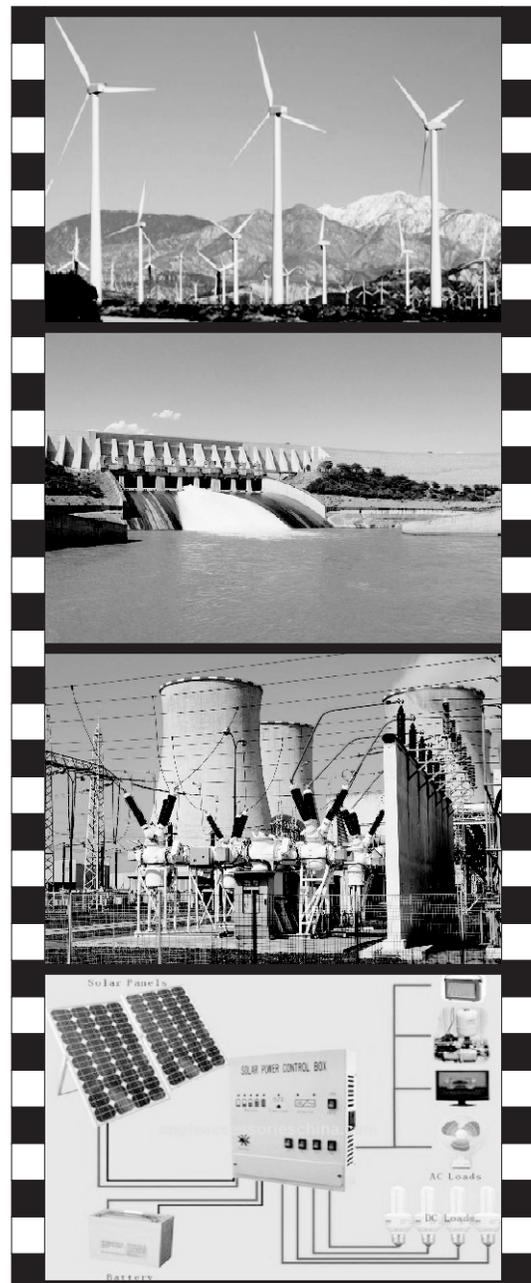
Hydro Power is the cheap way to produce electricity. Pakistan is rich in hydro resources of Energy, according to an estimate the country has enough resources to generate approximately 4000 Mega watt of hydro- electricity. However, presently it only generates 8000 Mega watt of electricity, so we should have to upgrade the hydropower projects. So that we can meet the shortage of electricity as soon as possible.

Nuclear Power is another solution in this regard present Nuclear Electricity production is 472 Mega watts. It is far less then what should have been producing to meet the energy deficit. So there should be a proper way to obtain the nuclear electricity with the established nuclear power plants.

Coal is the other way to generate electricity; Pakistan is the second largest country in the world with the blessings of coal's largest deposits, according to a summary report a 1kg of coal can generate 5 kilo watt of electricity, so we should concentrate firstly on coal because high quality of coal is present in Baluchistan.

Wind is also a natural resource of producing electricity. Pakistan is also blessed with wind and there is a sufficient wind level for the generation of electricity with the help of wind turbines.

Energy Conservation is also another solution to minimize the problem of electricity that is a change in attitude. It is simple instant and effective and all it requires to stop waste of electricity leaving lights and home appliances turned on when they are not in use. Well over ten percent of national electricity can be saved by applying only the first level of energy conservation.



Life Style Change can also help us to minimize the problem. With the acknowledgement that the country is facing a national disaster and every citizen has to play his role to overcome it. The nation has to draw a clear line between necessities (light, fan, TV, computer etc) and luxuries (A/c , microwaves etc). we should utilize day light to the possible extent.

Government can also take the following steps to minimize the crisis:

- i. Not using old sources to generate the electricity in the modern world.
- ii. There should be proper policies of the Government of Pakistan regarding the upgrading of power plants.
- iii. Sign agreements with the countries which are giving a ways to produce electricity like China.
- iv. There should be long term policies to produce electricity like with the help of thermal power plants, with the help of coal ( present in the mines in a larger quantity)

Mohammad Shari 7<sup>th</sup> White  
B.W. Township Campus

## ≡ Quotations ≡

- We do not remember days; we remember moments.

Caesar Paves

- Memory.... is a diary that we all carry about with us.

Oscar Wild

- Memory itself is an internal rumour.

George Santayana

- Pleasure is the flower that passes; remembrance, the lasting perfume.

Jean de Boufflers

- A leader is a dealer in hope.

Napoleon Bonaparte

- Learn from yesterday, live for today, hope for tomorrow.  
The important thing is not to stop questioning.

Albert Einstein

Krarr Khalid VIII Silver  
B.W Township Campus

*Facing the Future Issue Renewable Energy!  
In Abundance waiting to be tapped.*

To energize our world with different sources of power so that human can continue to go about with their daily lives is the foremost requirement of today, will be in future and has remained a priority in the past. So why has it become a problem? This quest for energy has become a concern for our earth when human grew so ambitious that they started to destroy natural resources for their own pleasure. Our ancestors had always respected nature, nothing was cut or used more than what was needed to survive.

Our only option is renewable form of energy which we can use again and again. The sun shall always rise and the wind shall always blow. The energy they produce is called.

“RENEWABLE and is SUSTAINABLE”

They can meet our energy needs now and in the future without harming our environment. Investing in renewable source has enormous benefits, like reducing energy costs as these sources are free and it will also reduce the use of dwindling natural resources, it produces no green house gasses etc.

“Will we look into the eyes of our children and confess  
that we had the opportunity but lacked the courage.”

That we have the technology, but lacked the vision. The choice is not ours anymore! Our future is with renewable energy. We urgently need a clean, efficient and renewable energy system that will not only cater to our energy needs but also protect us from climate change.

Laraib Yousaf 8<sup>th</sup> Green  
G.W Township Campus

Teacher:

Furqan, why are you  
doing your math's  
work on your chair?

Furqan:

You told me to  
do sums without  
using table.

Mother:

What is the idea of this  
zero on your school report?

Son:

That is not a zero.  
The teacher ran out of stars,  
so she gave me a full moon.

Daeen Ahmed Khawaja 6<sup>th</sup> Grey  
B W K.K.S Campus

## Knowledge

'Knowledge' a word often making its way to our ears, turns out to be a profound term when we try to bestow it with an accomplished definition. Our philosophers, scholars and educationists are always pre-occupied with the task of setting certain terms with aphoristic style in wake of defining them.

As I am still child of fate, reluctant was ever to knock the gate, is no more the voice of my doctrine muse of mine with resolution to determine. A perception, with holding none as estranged is a recurring subject as it reigned.

The impressive mistakenly got by the readers is to come across. A newly composed definition, as a production of the author's mental faculty. To me it is a deliberate sin to restrict the vastness of this world to certain exclusive words, as is the custom with the intellectuals.

To me 'knowledge is just like a vast sea concealing its immense treasure deep down in the 'lost land' the lower most fold of the kingdom of sea, in face regarding this aspect, knowledge has an upper hand .Without doubt, no measurement has been invented yet by the geographic brilliant intelligentsia of any advanced region, or by any scientist or any scholar to specify the depths of knowledge in accurate measures. Its depth is devoid of any last layer.

There is no end to it. Floating is not allowed in the sea of knowledge. It always invites the people to drench themselves in it. The real pleasure is sought by only those who have an inclination to deny the temporal pleasures and are consistently devoted to have their souls purified by the tinge of wisdom, a precious boon to the deserving diver. The vastness of sea can be circumscribed but the vast structure of knowledge, certainly unforgivable in the sense of tangible property, can't be defined as occupying certain spatial limitations.

Knowledge is an ornament, aiming to avoid all the equivocal interpretations of my argument. I associate this adorning attribute only to the soul of the curious people, evoked by the passions to know more and more.

Schools, colleges, and academic institutions are esteemed channels of training the breeds to prepare them as successful citizens or organs of one society. It is undoubtedly a means of supplying knowledge is far more universal to restrict it within the four walls of an institution. Institutions can only award degrees, but the need of the hour is to broaden the mental horizon which paves way to the spiritual dignity.

Knowledge can be secured from books, but merely reading of books without stirring the meditation over certain concepts and materials, is to remain unfulfilled with the mug of water, in contact with your lips.

Knowledge is existent in different forms, only a penetrating eye is required to discover it. Our life, its various aspects and its endless challengers are simultaneously direct or indirect ways of projecting the certain experience as inevitable means of Knowledge:

It is said that life is the best teacher and man is its essential pupil. The pupil should be willingly resolute to learn what life provides him.

With all the might of my observation and comprehensive outlook regarding this term, Knowledge, I have a purpose to share my perceived ideas with readers and to inculcate a right and broad idea or speculation in the minds of masses through my humble efforts.

Ms.Nabila Rao  
G.W K.K.S Campus

## *We Need More Trees*

Apart from obvious advantages such as the attractive flowers of some trees and the cooling shade that most of them provide, we all need trees for a much more fundamental reason if human life as we know it today is to continue on this planet 'Earth'.

Trees have a fundamental part to play in the preservation of our land and hence in the future of our species and next generations. Trees play a vital part in preserving our present environment. Trees help to clean the air we breathe and to replenish its oxygen supply. Let's look at these aspects separately.

In most parts of the world in early or primeval times large parts of the planet were covered with trees. As the human race increased in numbers and learnt the cultivation these forests were considered as major obstacles to the development of agriculture and commerce and industry, in the expansion of settlement. When man first turned to agriculture, he cleared the land of trees and vegetation, usually by burning. After a few seasons, the nutrients in the soil depleted, he moved to the next virgin tract. At the same time man had been cutting down trees and forests for timber. Rain washed earth from land. When drought comes wind removes the anchorless top soil that had taken thousands of years to develop. In past fifty years the Sahara desert has engulfed 251,000 square miles of arable land. More than one fifth of India is being overrun by the Thar Desert. Now deserts, arid and semi-arid areas cover forty three percent of the earth's land surfaces. Vast area of tree cover and associated vegetation were wiped out and mostly burnt. No thought was given to the wishes and needs of future generations. We are now the unfortunate heirs to that process of trees destruction.

We could regard a tree as a pump which every day removes about four hundred liters of water thus playing a vital role in maintaining the water level at desirable depth along with its sub-soil salt. If we take away those guard pumps the trees then the water table rises and salinity is brought to the surface in quantities enough to destroy all but the most salt-resistant vegetation. Thus dry land salting spreads and salinity increases in rivers and streams. Of course excessive irrigation, over-use of fertilizers and inadequate drainage are prime contributors also, but all those lost tree pumps would have reduced the problems considerably.

We all know that the countryside, which has more trees, remains cooler throughout most of the day than the city, which has substantially fewer trees. This temperature difference is especially noticeable in afternoons of summers. This doesn't mean that one tree will reduce the temperature considerably; one needs a group of them.

Trees accomplish temperature reduction in part through the shade they cast and the large quantity of water they transpire. A large shade tree will transpire four hundred liters of water a day; this consumes energy from the sun. Much of this solar radiation is trapped in the chlorophyll (the green part) of the leaf.

Trees also help to control sound in cities. They don't actually absorb it, they merely break it up. Like the cooling effect, it needs more than one or two trees, but a stand of them to do much good. Along with the cooling effect and comfortable sound level trees and shrubs have a good psychological effect of screening highways them.

Trees also affect air purity. Small particles and gases, dust, fly ash, ozone, sulphur dioxide and many polluting nitrogen compounds are largely filtered out by plants. Trees also absorb gases and carbon dioxide from atmosphere, one of the major problems in the greenhouse effect about which we hear so much these days. Tests in America have shown that for every ton of timber in trees the air is enriched by one ton of oxygen, while one and half tons of the harmful carbon dioxide is removed. This means that ten trees would remove pollution created by one motor car travelling fifty kilometers a day.

So, besides being effective air-conditioners, cooling our houses, absorbing dust, noise and other pollutants and giving us oxygen to breathe, trees can beautify ugly areas in cities and restfulness to house and garden.

Qazi Tehseen English Teacher  
Township Boys Wing

## Household Tips

If bees sting you, apply a paste of baking soda and water on the wound. You can also draw out the poison by applying a fresh cut slice of raw onion on the wound.

To increase the life span of a candle, wrap it in a cellophane paper in two folds before lighting it up. The wax of the candle will get collected inside the paper and will bind it back to the candle.

## Just Reward

My uncle lived next door to a school and it annoyed him that the young drivers used to zoom around the neighborhood at excessive speed. In frustration he phoned the police and asked them to set up a radar trap. They promised they would.

When my uncle returned from being out of town for a few days, he asked my aunt, if the police had indeed set up the radar. She told him they had, and she knew two people whom they had caught. Pleased, he asked,

“Great, who they were?”

Sheepishly my aunt replied your wife and your son.”

## Treasure of Wisdom

- ★ By reading we enrich the mind; by conversation we polish it.
- ★ Confidence is the first step on the road to success.
- ★ The best apology against false accusation is silence and sufferance; and honest deeds set against dishonest words.
- ★ Good- bye is a little word, but causes pains to think of those you love so much and then never see again!
- ★ Kind words unlock the iron door.

## *How to Be a Good Citizen*

Human beings are supposed to live under laws and patterns that are dictated to us by society, but following those patterns do not make us good citizens. To be a good citizen first you have to be a good person. By it I mean that you have to be full of values, principles and ethics, etc. When joining all these aspects together you will find out that there is nothing else to be needed

One important aspect for being a good citizen is to help people. All around us, we can see there are always people in need for our help. Our job as good citizens is to help those kind of people. When talking about the people that need our help, I am not only talking about the poor ones, but also the pregnant woman who cannot carry a heavy package or the old man that cannot cross the street. Remember that little actions make the difference.

Another important thing we have to remember for being a good citizen is to have an active participation in our community. There are a lot of ways we can do that. When elections come for voting for our representative, we have to be in the line ready to cast our vote. When there is a gathering of our neighborhood for deciding about the maintenance of the streets, we should be there to tell our point of view.

The last recommendation for being a good citizen is the respect toward the people that live around us. We have to remember that as we have rights, they have them too. Respect is one of the most important bases when living in a society. We all have freedom, but it is restricted to certain points. We cannot consider a killer or a thief, a good citizen as he has violated that restriction.

Through this essay, there have been exposed some ideas of what I think are the most important aspects for being good citizens inside a community. Now-a-days the relationships between people have been really deteriorated by misunderstandings that are generated day by day. To avoid having to deal with these kinds of situations, we have to be aware that the solution is in us. Values and ethics should be inculcated to people as they mature, as that kind of information will build them to be good citizens.



Muhammad Usama Suleman IX Silver  
B.W Township Campus

## ≡ *Quotations* ≡

- ❖ Do not pray for easy lives. Pray to be stronger men. (John. F. Kennedy)
- ❖ Be slow of tongue and quick of eyes. (Miguel de Cervantes)
- ❖ Those who stand for nothing fall for anything. (Alexander Hamilton)
- ❖ A Man's worth is no greater than the worth of his ambitions. (Marcus Aurelius )
- ❖ Kindness is the language which the deaf can hear and blind can see. (Mark Twain)
- ❖ The most important single ingredient in the formula of success is how to get along with people. (Theodore Roosevelt)
- ❖ You can never plan the future by the past. (Edmund Burke)
- ❖ Imagination is more important than knowledge. (Albert Exstein)

Aamna Masood IX Green  
G.W Johar Town Campus

## Our National Ideology

It is said that Pakistan is an ideological state. It is found on the base of Islam. But most of us, especially the young men do not fully understand the principles and objects which lie behind this claim. In the minds of a larger number of young Pakistanis, there exists only a vague notion of what their elders mean by the ideology of Pakistan. There are three principles of our national ideology.

The first principle of ideology of Pakistan is that for Pakistanis Islam is their “nationalism”. The people of Pakistan come of different races; they speak different languages; they live in geographical territories which are not contiguous. The foundations of this state, therefore, could not be laid on race, language and territory. The real factor that is common Islam. The Quaid-e-Azam said :

“Whatever else you may be and whatever, you are, you are a Muslim. You belong to a nation now, you have a new carved out territory, and it is all yours”!

Hence, the basis of nation hood in Pakistan is Islam. We don not believe in idolatrous patriotism. We do not believe in worshipping the geographical features of a country called Pakistan. But we are ready to lay down our lives for the principles of “Islam.”

The second principle of the ideology of Pakistan is that for Pakistanis Islam is their “secularism” and “Constitutionalism.” Pakistan is not a “theocratic” state because Islam is essentially a polity. The Quaid-e-Azam explained this point when he proclaimed.

“Make no mistake: Pakistan is not a theocracy or anything like it. Islam demands from us the tolerance of other creeds.”

Again he said:

“You are free to go to your mosques or to any other place of worship in this state of Pakistan.”

The Islam is a “Din” a body of principles, which are for universal application. As explained by our Great Leader:

Brotherhood, equality and fraternity of man these are all the basic points of our religion, culture and civilization. And we fought for Pakistan because there was a danger or denial of the human rights in this sub-continent.

The third principle of the ideology of Pakistan is that for Pakistanis Islam is their “socialism.” Islam has its own economic order. It ensures that no individual can exploit another. It rejects both capitalism and socialism as two extremist viewpoints. The Quaid-e-Azam proclaimed on 1<sup>st</sup> July, 1948;

“We must work out our destiny in our own way and present to the world an economic system based on true Islamic concepts of equality of man, and social justice.”

The Holy Quran is two fold, to provide facilities to the poor so that they could achieve the living standard of the middle class, and to improve restrictions on the rich people so that they may not step beyond the middle class. This gives birth to a good society based on mutual love and co-operation.

Hira Javed 8<sup>th</sup> Green  
Gujranwala Campus

## *Patriotism*

Patriotism is a devotion to one's country, excluding differences caused by the dependencies. In a generalized sense applicable to all countries and people, Patriotism is a devotion to one's country.

It is a related sentiment to nationalism. The English term patriot is first attested in the Elizabethan era. The abstract noun "patriotism" appears in the early 18<sup>th</sup> century.

Patriotism means love and regard for the country. It is a natural instinct that man loves the place where he gets birth and where he is brought up. It is one of the noblest passions of human nature. The love for a country is essential for everyone. Man is a social animal. He cannot live alone. He needs the assistance of other human beings. So the people belonging to one country are brothers and they work for the collective interest of their country.

Patriotism is an active virtue. It makes a citizen perform his duties honestly and devotedly. Patriotism makes him a good citizen who is always ready to serve his nation with best of his talent. A good citizen is always ready to sacrifice every thing for his nation. Patriotism is a scared passion which makes the nations really strong and honorable. It is our duty to keep this passion alive in our hearts. The great wars of the world were won only because of the extreme sense of patriotism. Only those nations in the world survive and distinguish themselves, whose citizens keep a high and a very positive sense of patriotism. Pakistan can become a really strong country provided the people of Pakistan are patriot in the real sense of the world. The only way to serve Pakistan is that we must be sincere to our country. We must keep our personal interests behind and give supreme importance to the demands of our freedom. It is not just a piece of land, it is not only the collection of mountains, rivers and valleys, but it is the heritage of our aspiration, culture, traditions and our great religion. We love Pakistan because it is the centre of all our hopes and future dreams. It is the land of our following generation. We must try to make it strong and undefeatable castle of Islam. Give your love and patriotism to country and it will give you all the blessings.



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*Hard work is the Key to Success*

The crown of all creatures --- man has been sent out to this world by God --- endowed with all those qualities which are exigent for grandeur and dignity. Amidst those hardwork is the most outstanding quality that scintillates the character of its possessors --- just like the sun which enlightens the world with his sparkling rays.

All the great men of the world, whom we honour as heroes, acquired this distinguished

position by dint of their constant struggle. Instead of wailing over unfavourable fate, they relied on their own forces and with their unceasing efforts, they crossed the oceans of ordeals and whirlpools of impediments, and championed their noble cause. God, no doubt, was on their side but their success was also due to their untiring toil supported by God's grace.

On the other hand, when some people fail to achieve their cherished aims, they become dejected, dispirited and resort to rebuking fate in extreme frustration. This is unbecoming of shrewd people. If they believe in their capabilities and hidden characteristics even in the face of repeated failures, they would measure the stars, harness the lightening, deviate the direction of the surging storms and divert the course of frightening hurricanes. Just think of the penniless and friendless French potter, Pallisy, who was declared lunatic, but who struggled for twenty years and at last discovered the pure white glaze for China. Let me quote another example of Quaid-e-Azam who instead of deteriorating health and frail body, laboured day in and day out and snatched the freedom for the Muslim of sub-continent from the cruel clutches of tyrant rulers. Again think of Nelson Mandela, who remained behind the bars for twenty-eight years and yet these pangs of captivity neither damped his will power nor did lead him to think of giving up his struggle the tormenting hardships, instead of breaking their tenacious spirit and giant determination, egged them on to continue with their life of vigour, zeal and enthusiasm. They worked continuously while their companions dawdled, shirked and slept. Thus they reserved for themselves an undeletable place on the page of the history books as well as our minds.

Higher and higher shall we climb,  
Up the mountain, mount of glory.  
So that our names may live through time,  
In our country's story.

In short, we should once for all do away with idleness, indolence and passivity which have surrounded most of us and prove ourselves industrious and hardworking nation.



*Morning Meal is the Golden Meal of the Day!*

Dear Readers,  
Stay Blessed!

During my stay in The Punjab School as Medical Officer, it came in to my knowledge that many students regularly miss their breakfast. This practice makes them unable to grow properly and to use their capabilities at their best. So, I decided to make them and their parents aware of the importance of morning meal; common reasons, effects and solution to miss breakfast and guidelines for mothers to make tempting, palatable and delicious breakfast to live healthy

Breakfast means breaking the fast since night. Starting daily routine without breakfast is as if one is trying to run a machine without fuel. In the morning traffic accidents are usually committed by people who drive without breakfast.

Being a Muslim, we strongly believe that all obligatory prayers have some wisdom, we know it or not. We, human are the creation of Allah, so He knows better where our well being lies, how our body and soul could be kept healthy. So, He has ordered some prayers obligatory. Let us consider fasting. To keep fast, "Sahri" (food taken before dawn) is advisable. It is mentioned in Hadith that Sahri must be done by taking few dates even if time is short. This does not mean that few dates are enough. This means habit of morning meal must be maintained, and if you are short of time, evens then don't keep stomach empty and have at least a few dates. Dates are high caloric food. Stress on "Sahri" indicates the importance of breakfast.

There are many people who start their day without morning meal, some reasons of this practice are:

1. Laziness in the morning - may be due to late night sleep.
2. Shorten of time and lots of commitments in the morning.
3. Fear obesity.

All these reasons are lame excuses. Missing morning meals can bring lot of sufferings e.g. malnourishment, sluggishness, disinterest in studies, in job, lack of concentration in work, irritated behaviour, looser /short temper etc.

Usually working hours are in between 8 am to 3 pm. If breakfast is missed then after exertion and physical activity in the first part of the day is followed by heavy meal in the noon. This meal at noon is taken after about 17 - 18 hrs starvation. Next meal is taken at night i.e. after 5 - 6 hrs. Two meals with inappropriate pause and least physical activity lead to obesity. On the other hand, Balanced and heavy breakfast after night's sleep will prepare the individual to meet the challenges of the day.

It is common observation that children who come to school without breakfast are sluggish, mentally absent from the class, weak in studies especially in Mathematics, complaining of headache and body aches, fell drowsiness and vertigo. It is the major responsibility of parents to make their children to have breakfast.

Some individuals say that they have no desire for breakfast but they have no reality feelings after breakfast. Answer to this is if they can fast and have no problem after "Sahri" then they can also develop the habit of morning meal. For these individuals, some efforts may be needed to make the meal more palatable and have consisting of variety of items.

## Balanced Breakfast for school going children:

- Milk / Milk shake
- Paratha + egg / meat/pulses / vegetable / Jam / Honey  
or  
Rice + meat / pulses / vegetable  
or  
Macroni / Noodles / Pasta  
or  
Burger / Pizza / Shawarma / Sandwiches
- Few pieces of nuts or dry fruits in winter.



## Breakfast for adults doing mental work.

- Yogurt / Cheese
- Cornflakes
- Apple / Orange
- Cake / Sweets / few pieces of dry fruits

## Breakfast for losing or maintain weight (for adults above 22 years of age)

- Tomato juice / soup
- Bread
- Salad leaves / carrots
- Fruits
- Lemon tea with honey / lemon drink.



## Breakfast for adults doing heavy work

- Boiled egg
- Few pieces of meat
- Dry fruit
- Milk / Butter Milk(Lassi) specially in Summer
- Butter
- Bread



## Breakfast for adults who have small frequent meals

- Grape fruit
- Omelate / pieces of meat
- Bread
- Cream / butter / cheese
- Tea
- Honey

## Breakfast on Holiday

It should be enjoyed as feast, as all family members are supposed to be at home. It should be planned keeping in view the health, likes and dislikes of all family members. It should be balanced meal 1/3 or 1 /4 of daily calories requirement should be fulfilled by morning meal.

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## Vitamin D

Vitamin D has several important functions. For example, it helps to regulate the amount of calcium and phosphate in our body. These nutrients are needed to keep bones and teeth healthy.

A lack of vitamin D can lead to bone deformities such as rickets in children and bone pain and tenderness as a result of osteomalacia in adults.

Good Sources of vitamin D

We get most of our vitamin D from sunlight on our skin. The vitamin is made by our body under the skin in reaction to summer sunlight. However, sunscreen yourself before you turn red or get burnt.

Vitamin D is also found in small number of foods. Good food sources are:

- Oily fish, such as salmon and sardines
- Eggs
- Fortified fat spreads
- Fortified breakfast cereals
- Powdered milk



How much vitamin D do I need?

Most people should be able to get all the vitamin D they need by eating a healthy balanced diet and by getting some summer sun.

However, there are some groups of the population who are at risk of not getting enough vitamin D. These group are:

- Babies and young children younger than five
- Older people aged 65 years and over
- People who are exposed to much sun, such as people who cover up their skin when outdoors or those who are housebound or confined indoors for long periods
- People who have darker skin such as people of African, African-Caribbean and South Asian origin

What does the Department of Health recommend?

The Department of Health recommends:

- All babies and young children aged 6 months to 5 years should take a daily supplement containing vitamin D in the form of vitamin drops, to help them to meet the requirement set for this age group of 7.0-8.5 micrograms of vitamin D a day.
- However, babies who are fed infant formula will not need vitamin drops until they are receiving less than 500ml (about a print) of infant formula a day, as these products are fortified with vitamin D.
- People aged 65 years and over and people who are not exposed to much sun should also take a daily supplements containing vitamin D.

You can buy single vitamin D supplements or vitamin drops containing vitamin D (for use by under fives) at most pharmacies and supermarkets. Women and children who qualify for and already participate and supermarkets. Women and children who qualify for and already participate in healthy start can get free supplements containing vitamin D.

What happens if I take too much vitamin D?

If you take vitamin D supplements, do not take too much. Taking 25 micrograms (0.025mg) or less a day of vitamin D supplements is unlikely to cause any harm.

Your body doesn't make too much vitamin D from sun exposure, but always remember to cover up or protect your skin before you turn red or start to burn.

Taking too much vitamin D over a long period of time can cause more calcium to be absorbed than can be excreted. The excess calcium can be deposited in and damage the kidneys. Excessive intakes of vitamin D can also encourage calcium to be removed from bones. Which can soften and weaken them.

## *Contribution to Science By Pioneer Muslim Scientists*

The true spirit of research observation and experimentation was transferred to Europeans by Muslim scientists whose researches were translated into European languages and they were made the stepping stone of knowledge for the European scientists. Following are scientific discoveries: Some of world renowned Muslim scientists.

- **Ibn-Ul-Haithem:**
  - This great scientist is known for his exceptional work in the field of optics. He explained the nature of light for the first time and made researches on spherical mirrors. He was the inventor of the pin-hole-camera.
- **Al Beruni:**
  - He discussed the shape, circumference, movement and measurement of the Earth. One of his greatest achievements is the determination of latitude and longitude of the Earth.
- **Al- Khawarizmi:**
  - A great mathematician who wrote the first book in right manner on Algebra. He invented logarithms as well.
- **Ibn-Al-Nafees:**
  - He was a great biologist who discussed circulation of blood in human body.
- **Bu-Ali-Sina:**
  - He wrote about plants, animals and non-living things in his book. He was an expert of many scientific disciplines.
- **Ali Ibn-e-Isa:**
  - He described the structure and function of eye and treatment of about 130 diseases.
- **Jabar Bin Haiyan:**
  - He is known as the father of chemistry. He prepared Aqria Regia ( Royal Water) to dissolve gold. He refined the methods of extraction of metals from their ores. Jabar Bin Haiyan developed the process of golden script writing with iron pyrites and the process of preparing varnish.
- **Al Razi:**
  - A famous scientist who did a lot of work on the apparatus used in chemistry and determined the specific gravities of different things.
- **Al Jahiz:**
  - He used the process of distillation for getting ammonia from animal urine.
- **Abu Mansoor:**
  - He described the chemical composition of Plaster of paris and its use in surgery.

