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Ju-e-Bar

Magazine/Journal

Govt. Graduate College for Women Muzaffargarh

Principal

Dr. Saeeda Sultana



Magazine Committee

Miss Jawaria Bashir

Mrs. Rabia Yaqub

Miss Sobia Sadiq (Editor)



Dr. Fareed Shareef

**DIRECTOR PUBLIC INSTRUCTIONS (C),
SOUTH PUNJAB**

Message

The message is simple. Pakistan came into being with highest sacrifices of the Muslim youth. The same level of sacrifice is the stark need of the hour. Our youth should imbibe the spirit of sacrifice from their predecessors, who fought valiantly for the creation and management of this beloved homeland. A college is a vibrant hub of learning and growth, and it is the collective efforts of our students, faculty, and staff that make it such a special place. As we embark on a new academic year, I want to express my gratitude to our dedicated faculty members for their commitment to excellence in education. Your passion and expertise inspire our students to reach new heights, and I commend you for your tireless efforts.

To our hardworking and talented students, I commend you for choosing our institution as the platform to pursue your dreams. Your enthusiasm and thirst for knowledge are the driving forces behind our educational community. I encourage you to make the most of the resources available to you, both inside and outside the classroom, as you navigate your educational journey.

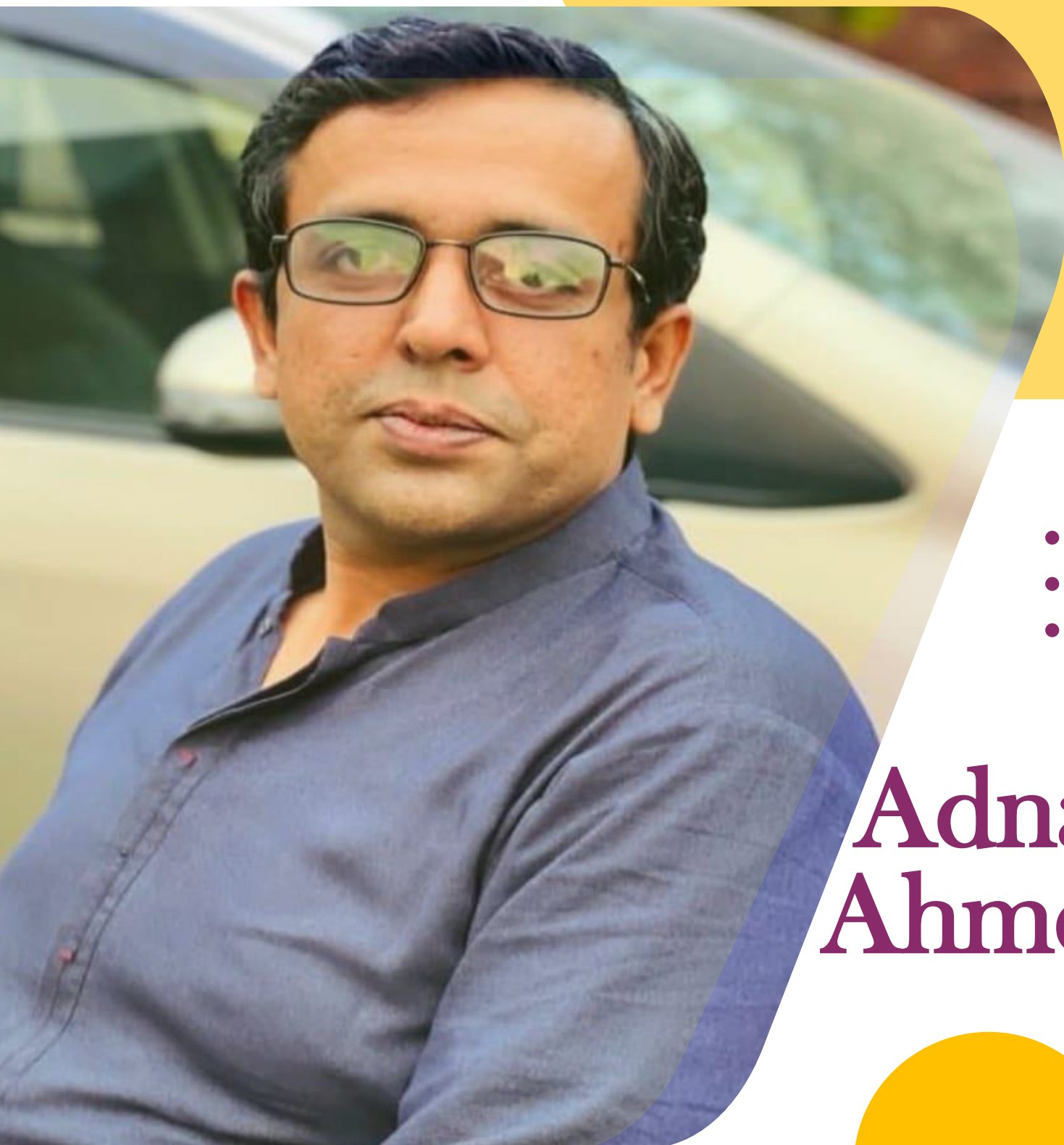
To our dedicated staff members, I want to acknowledge your invaluable contributions. Your behind-the-scenes efforts ensure the smooth functioning of our college and contribute to the overall success of our students. Your dedication and hard work do not go unnoticed, and we appreciate all that you do.

To the Principal of this esteemed institution, I appreciate for bringing this institution to the highest level of academic excellence, fostering the atmosphere for collaborative learning and implementation of all the initiatives of Higher Education Department South Punjab in the college.

Being Director Public Instructions (Colleges), South Punjab, I remain committed to providing a supportive and inclusive environment for everyone. I believe in the power of diversity and recognize the unique perspectives and experiences each individual brings. Let us foster a culture of mutual respect, understanding, and collaboration, where we can learn from one another and grow together for the progress of our region.

Dr. Fareed Shareef
DIRECTOR PUBLIC INSTRUCTIONS (C),
SOUTH PUNJAB

Deputy Directorate Colleges
Muzaffargarh



**Adnan
Ahmed**

Read, Read & More Read

Principal's Message

Dear Students,

I am thrilled to announce the upcoming release of the 2024 edition of the Govt. Graduate College for Women, Muzaffargarh's Magazine. This publication stands as a testament to our students' academic, social, physical, and creative achievements, offering them a platform to showcase their diverse talents. It also serves as a source of pride for parents, allowing them to see the broad spectrum of activities their daughters are involved in.

On this special occasion, I'd like to highlight the remarkable strides our college has made, both academically and beyond. We have implemented comprehensive training programs for our dedicated faculty, continuously enhanced facilities for sports and extracurricular activities, and proudly introduced new BS programs. Despite resource constraints, we have made significant progress in both Board and University Examinations.

Our college is committed to serving the educational needs of over 4,000 students in this region, striving to deliver quality, learner-focused education with the aim of empowering women through skill development and creativity. We encourage our students to actively participate in a range of internal and external events, providing them with guidance and practice to excel in these competitions. I am confident that our graduating students will leave with not only the knowledge and skills necessary for success but also with qualities that will enable them to shine in their future endeavors. They are well-prepared to become the future leaders and role models of our society.

The college magazine beautifully captures the essence of life at our institution, reflecting the spirit of our community and its activities. I believe it will be well-received by students, teachers, management, and families, all of whom play a crucial role in supporting the high standard of education we provide. My heartfelt congratulations go out to all those who contributed to the development and publication of this magazine, especially our faculty members, students, and support staff, for their hard work and dedication in bringing this project to life within the given timeframe. I also express my gratitude to the Management Committee for their exceptional efforts in completing this task promptly.

Finally, I extend my deepest thanks to the college management, including the Director Colleges, DPI, and Secretary Education South Punjab, for their steadfast support in helping us achieve our goals. With strong and dynamic leadership guiding us, I am confident that our college will continue to thrive and reach new heights of success.

With Warm Regards,

Dr. Saeeda Sultana
Principal Govt. Graduate College for Women,
Muzaffargarh

Editorial's Message

Dear Readers,

The College Magazine plays a crucial role in informing, engaging, inspiring, and entertaining a broad audience of leaders, including faculty, staff, students, parents, and supporters of Government College Muzaffargarh. Its goal is to provide an authentic, timely, and honest reflection of the college—its people, programs, and the creativity that defines its essence. Through exceptional writing, captivating visuals, and a commitment to accuracy, constructive dialogue, and balanced editorial content, the magazine aims to embody the values and standards of the institution itself.

By consistently earning the respect and capturing the interest of its readers, the magazine seeks to shape their perceptions of the college and strengthen their dedication to its growth and success. It serves as a platform to highlight the creative talents of our students and to celebrate the artistic contributions of those involved in its creation.

Taking on the responsibility of producing this magazine has been a significant task entrusted to me. I have devoted countless hours, working tirelessly with my sub-editors, without pause, to refine and craft this publication for the benefit of the institution and its students. The true success of this magazine rests in the hands of its readers, for whom I have poured my heart into this endeavor. I earnestly pray to Allah for a bright future for both the readers and the writers.

With warm regards,

**College Magazine Committee
Govt. Graduate College for Women
Muzaffargarh**

College Magazine Committee

- 1. Miss Jaweria Bashir (Assistant Professor Zoology)**
- 2. Mrs. Rabia Yaqub (Lecturer Mathematics)**
- 3. Miss Sobia Sadiq (Lecturer Computer Science)**



Govt. Graduate College for Women Muzaffargarh

The institution began its journey as an Intermediate college in 1973, under the leadership of its first Principal, Mrs. Azra Nasir. In 1975, it earned the distinguished status of The Govt. Degree College for Women Muzaffargarh and started offering degree classes. Spanning an area of 49 canals, the college's primary mission is to provide higher educational opportunities to the residents of Muzaffargarh District and its surrounding regions. Affiliated with Bahauddin Zakariya University, Multan, the college has recently launched 4-year undergraduate programs in Zoology, Islamic Studies, Political Science, English Literature & Linguistics, Education, and Economics. Throughout the years, the college has made significant contributions to academic excellence and societal harmony, advocating for peace and unity. Dr. Saeeda Sultana, the current Principal, is deeply committed to academic excellence, working tirelessly to guide the institution towards progress. Her unwavering dedication to the college's growth and success continues to leave a lasting impact on its journey towards development and advancement.

Our Vision

To become a leading institution of higher learning recognized for quality education.

Our Mission

The Institution provides access to higher education enabling students to develop their knowledge

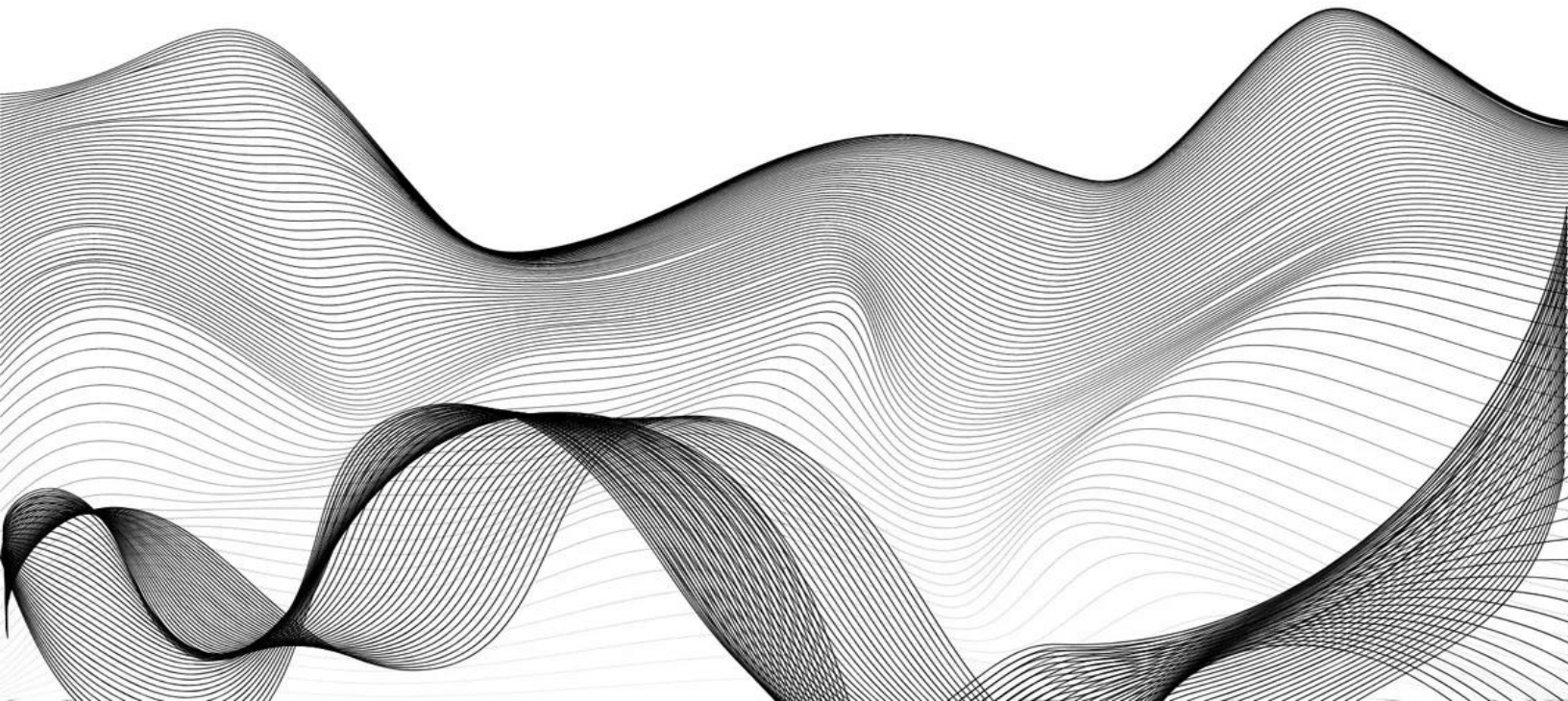


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S C I E N C E

Models
Winner



S P O R T S D A Y



Muzaffargarh

Seerah of Hazrat



Mrs. Nadia Ashraf

Lecturer (Arabic)

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(PBUH)

The manner of benevolence of the Messenger of Allah,

Muhammad (pbuh)

An Exemplar of Love, Humility,
and Compassion



May Allah bless Him and grant Him peace

Thus, every act of the last Prophet of Allah, may God bless him and grant him peace, is good for us, but his manner of benevolence is unique, with which the true word of Allah, the Holy Qur'an, introduces us to us so that we may ask you. Love with your heart and soul and improve your world and the hereafter by adopting your benevolent style. First of all, we understand how Allah has described the manner of benevolence of the Messenger of Allah, may God bless him and grant him peace. Thus, it is said:

(May Allah bless you)

Translation: Very fond of your well-being.

Imam Fakhruddin Razi (may Allah have mercy on him) explains this part of the verse as follows: It means that they are eager to bring you good things in this world and in the hereafter. Al-Hakeem Ummat Mufti Ahmadyar Khan Naaimi, may God bless him and grant him peace, writes: (على كونه) The meaning is that some are greedy for the comfort of their children, some are greedy for wealth, some for honor, some for money, some for anything else but the beloved (peace be upon them). They are greedy for children, not for their comfort, (rather) you are greedy, that is why they remembered us on the occasion of the holy birth, worried about us in the Ascension, remembered us at the time of death, when they were placed in the grave, Abdullah bin Abbas I saw that the holy lips were moving, and listened carefully, and the intercession of the Ummah was taking place. They stayed up all night and cried for the Ummah. Forgive, you are the Wise and

the Wise. In the Day of Resurrection, everyone will be concerned about their own lives, but the Beloved, peace be upon him, will be concerned about the world. All the Prophets will say nafsī nafsī and Mahbub (peace be upon him) Ummi Ummi Ummi Ummi Ummi



Roza Rasool SAW

Come on! We try to find out in what manner the last Prophet of Allah, may God bless him and grant him peace, wished us well:

Kindness before the declaration of prophethood

The Prophet, may God bless him and grant him peace, adopted a manner of kindness towards people even before the declaration of prophethood. What kind of manner was that? In this regard, a few sentences of Umm al-Mu'minin Hazrat Khadijah (RA) clarify the style of Mustafa, so when the first revelation was revealed, on that occasion, he described these virtues including benevolence: Without a doubt, you say Silah Rahmi (good treatment of blood relations). , carrying burdens, giving what is not, giving hospitality and suffering in the way of truth. (iv) The meaning of Hazrat Khadijah's statement is that "You do all kinds of kindness to your relatives, but your kindness is not special to relatives, it is common to everyone and not only that you Not only do they scold, but they also advise people to have good education and good morals. (v) It should be remembered that Hazrat Khadija, may God bless him and grant him peace, saw this benevolent attitude of the Holy Prophet, may God bless him and grant him peace, for about fifteen years. Your words are very important.

Kindness after the declaration of Prophethood

The Messenger of Allah, may God bless him and grant him peace, declared prophethood, so those who believed him to be righteous and trustworthy became enemies of his life, and began to cause a lot of pain. The benevolence of Allah was such that this prayer came to the lips of Mustafa: Lord, forgive my people, so they do not know. When it was requested to pray against the enemies in the Prophet's court, he said: I was not sent as a cursing person, I was sent as a mercy. Observe the effect of this kind of benevolence from an incident. So Hazrat Samama bin Uthal (RA) came to faith and began to say in the Prophet's court: By God! Earlier, no face on the face of the earth was more distasteful to me than yours, but today it is your face that I like more than all faces.

Historic View of



Mrs. Asfa Bibi
Assistant Professor (Saraiki)

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ضلع مظفر گڑھ تاریخ در آئینے وچ

نواب مظفر خان 1757ء وچ ملتان وچ اوں جاء تے پیدا ہوئے جتھاں آج کل کارڈیالوجی ملتان بنیا ہوا ہے۔ آپ دا تعلق پٹھاناں دی بک تنگری خان خیل نال ہی۔ آپ دے والد نواب شجاع خان بہادر پور دے ہک نڈر حکمران ہن۔ آپ نے اپنے والد وانگوں کم عمری وچ تیر اندازی، وانن جنگ جوئی، سیاہ گریٹی شمشیر زنی دیاں مہارتاں حاصل کر گھدیاں نہوں زین، بہادر، نڈرتے انصاف پسند ہن۔ ایں واسطے آپ دے والد صاحب نے انہاں کوں تیرہاں سال دی عمر وچ مظفر گڑھ دے علاقے دا حکمران بنا ڈتا۔ 1770ء وچ آپ نے ایں علاقے دی باغ دوڑ سنبھال کے انتہائی جاٹاری نال اس دی حفاظت کیتی۔ 1773ء وچ آپ دے والد وفات پا گئے تے 1777ء وچ آپ کوں شجاع آباد تے ملتان دا علاقہ وی آپ دے سپرد کر ڈتا گیا، اوں وقت ہر وقت سکھاں دا دور ہا۔ ملتان تے ملتان دے گرد وہ نواح جیندے وچ مظفر گڑھ وی شامل ہا۔ انہاں علاقیاں تے سکھاں دی بھرپور نظر ہی انہاں داوس نہ چلا ہا کہ ملتان دے قلعے اتے قابض تھی و نجن آکر کارہک ڈیہہ سکھاں نے ملتان دا محاصرہ کیتا تے آپ نے اپنی بہادری تے کمالات نال ملتان توں کڈھ ٹا۔ رنجیت سنگھ جیر ہا ملتان دا خواب ڈھدا بیہا، 1807ء وچ پہلی دفعہ ہک بہوں وڈی فوج نال ملتان تے حملہ کیتا۔ نواب مظفر خان تے انہاں دے بہادر پتراں نے معمولی سپاہیاں دی مدد نال سکھاں فوج دے مورچے تباہ کر ڈتے سکھاں ایں زبردست ناکامی توں بعد وی بار بار حملے کیتے۔ نال نال رنجیت سنگھ نواب صاحب کور مال و دولت دی پیشکش وی کریندے رہیا۔ رنجیت سنگھ نے قلعے دیاں چابیاں نواب صاحب کولوں منگیاں تے آپ ڈاڈھا نحو بصورت جواب ڈتا کہ اون "تاں میڈے پیٹ وچ ہن۔" آپ نے اپنا قول سچ کر دکھایا جان ڈے ڈیتی پر ایمان نہ دتا۔ 2 جون 1808ء دا ڈیہہ ملتان دے نواب واسطے قیامت توں گھٹ نہ ہاجیرھے ویلے رنجیت سنگھ نے بہوں وڈی فوج نال حملہ کیتا ایں حملے وچ نواب صاحب، انہاں دے بیٹ پترے تے ہک دھی وی شہید تھی گئی۔ آکھیا ویندے نواب مظفر خان دی شہادت ٹیپو سلطان دی شہادت توں وی ودھ درجہ رکھیندی

ہے کیونکہ نواب صاحب شہادت نواب صاحب شہادت دی خواہش وی رکھیندے ہن۔ ایہ عظیم ہستی 1818 وچ ایس جہان فانی توں کوچ کر گئی لیکن اپنی یاداں ساڈے درمیان زندہ چھوڑ گئے۔ مولوی لطف علی آپ دی زندگی وچ آکھیا ہئی۔

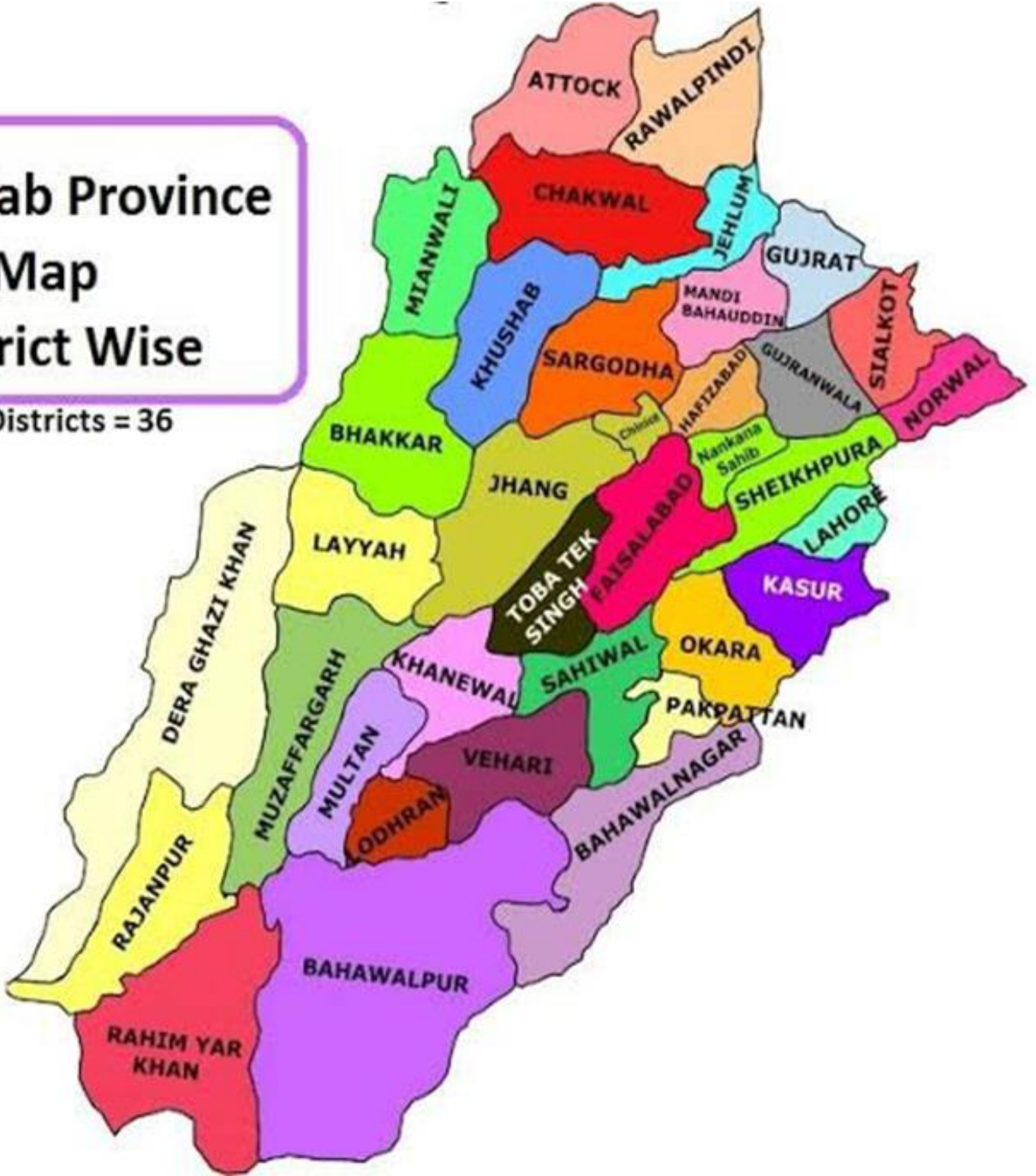
وچملتان مظفر خان واہ نیک نواب سنیوے

نور بھریا تیمور معظم شاہ منصور سنیوے ایس عادل سلطان اُتے صدر حمت سدا اکھیوے

رہن سدا ملتان اندر پرنور محمدی صلی اللہ علیہ وسلم ڈیوے

Punjab Province Map District Wise

Total Districts = 36



تہذیب و ثقافت تے جغرافیہ

1794ء وچ نواب مظفر خان نے مظفر خان قلعہ دی بنیاد رکھی تے نال ای مظفر گڑھ شہر دی بنیاد وی رکھ چھوڑی۔ انہاں دی بھین خان بی بی دے نال تے قلعہ خان گڑھ تے بھرا غنغفر خاں دے نال نال قلعہ غنغفر دی بنیاد رکھی گئی۔ ایں عظیم شخصیت دے نال تے آباد تھیون والا ایہہ ضلع

ملک داہک قدیم تے عظیم ضلع ہے۔ ایں ضلع دا کل رقبہ 8250 کلو میٹر ہے۔ ایہہ ضلع اپنی تہذیب و ثقافت، تاریخ ذراعت، صنعت تجارت، علم و ادب تے جغرافیائی محل وقوع دی بنا تے ہک منفرد حیثیت رکھیدے۔ ایں دے مشرق وچ دریائے چناب اپنیاں دلاویز لہراں دے نال واہنداپے تے مغرب وچ سندھ اپنیاں غضبناک موجاں دے نال رواں دواں ہے۔ ضلع دے وچ ریت دے بے نظر آندن، لہلانڈے کھیت وی کھجیاں دے جھنڈ، امب تے انار دے باغ وی۔ اولیاء کرام دے مزارات وی ہن تے عہد رفتہ دیاں نشانیاں وی۔ صحرائے تھل جیڑھا پنجاب دے اضلاع میانوالی، بھکر، خوشاب، لیہ، جھنگ تے مظفر گڑھ دے حصیاں تے مشتمل۔ مظفر گڑھ وچ تھل دا اختتام تھی ویندے۔ مظفر گڑھ دے وسیع ہے۔ رقبے تے تھل دارگستان ہے۔ ایہہ صحرائے تھل مظفر گڑھ دے مشرق دے وچ واقع ہے تے اے صحراء چوک سرور شہید توں شاہ جمال تک پھیلا ہویا ہے۔ ایندے اہم قسباں وچ رنگ، پور، مراد آباد، خانپور بگا شیر، بصیرہ تے مونڈ کاشال بن مونڈ کا دے قریب تھل وچ قلعہ شاہ گرہ دے آثار وی موجود ہن۔ تحصیلاں 1982ء توں پہلے ضلع دیاں مختلف تحصیلاں ہن جبکہ ایں توں بعد آج تیں ضلع دیاں موجودہ چار تحصیلاں ہن۔

تحصیل علی پور
تحصیل مظفر گڑھ

تحصیل جتوئی
تحصیل کوٹ اد

صحت دے حوالے نال ضلع وچ ہک ڈسٹرکٹ ہیڈ کوارٹر ہسپتال جیندی بنیاد 1954ء وچ رکھی گئی۔ تحصیل ہیڈ کوارٹر، 3، بنیادی مرکز صحت، 71، تے رورل ہیلتھ سنٹر یعنی آر ایچ سی 13 ہن۔



نہری نظام

ضلع وچ بہترین نہری نظام دی موجود ہے۔ مظفر گڑھ کینال، رنگ پور کینال اور تلیری کینال زمینوں کو سیراب کرتی ہے۔ کوٹ ادو دے نزدیک تونسہ بیراج ہے۔ علی پور دے نزدیک پنج دریاؤں دا سنگم ہے۔ اس مقام تے اس خطے تے پنج دریاں ستلج، بیاس، چناب، راوی تے جہلم اپنی اکھٹا تھیندے۔ اس مقام تے انگریز دور وچ ہیک ہیڈورکس وی بنایا گیا۔ پنجن دے ایہہ ہیڈورکس پچھلی ہیک صدی توں بہاؤ پور، رحیم یار خان تے مظفر گڑھ سمیت پورے وسیب دی توجہ دامرکز ہے۔ ہر سال ہزاراں دی تعداد وچ سیاح اس مقام کوں ڈیکھن واسطے آندے ہن۔

خصوصیات

ضلع دیاں اہم خصوصیتاں وچ ایہہ شامل ہن: پورے ملک وچ پیدا تھیون والی بجلی دا 20 فیصد ضلع مظفر گڑھ توں پیدا تھیندے کیونکہ 3 بڑے تھرمل پاور سٹیشن ہن۔ مشینریزی دی پیداوار دے لحاظ نال ضلع پورے صوبے وچ اول تے لائیوسٹاک وچ ڈوجھے نمبر تے ہے۔ ضلع دی نامور شخصیت سردار کوڑے خان نے 1894ء وچ اپنی 82 ہزار کنال زرعی زمین لوگاں دی فلاح و بھود واسطے خرچ کر کے خدمت خلق دی مثال قائم کیتی۔

ضلع وچ موجود قلعے

🚩 قلعہ مظفر گڑھ: نواب مظفر خان نے قائم کیتا۔

🚩 قلعہ خان گڑھ نواب مظفر دی بھین خان بی بی قائم کیتا۔

🚩 قلعہ محمود کوٹ محمود خان گجر نے قائم کیتا۔

🚩 قلعہ غضنفر خان: نواب غضنفر خان نے قائم کیتا۔

قلعہ دین پور قلعہ داؤ جہانیاں شاہ محمد خان نے 1780ء وچ بنیاد رکھی۔ قلعہ دائرہ دین پناہ شاہ محمد خان دے پتر عبد العزیز خان نے 1780ء وچ قائم کیتا۔ قلعہ خان کوٹ کوٹ ادو نواب اردو خان بلوچ نے اس قلعہ کو تعمیر کروایا۔ قلعہ سیت پور قبل مسیح دے راہجہ دی بھین سیتا دے نال تے اے شہر سیت پور آباد تھیا جیڑھا اپنی قدامت دی وجہ توں مشہور ہے۔ قلعہ شاہ گڑھ: ایہہ قلعہ موندکاروڈ تے موضع دولتپور وچ واقع ہے ایہہ وی شاہ محمد خان نے بنوایا۔



ضلع دے مقبرے

مقبرہ طاہر خان : انہاں نے سیت پور وچ اپنی زندگی وچ مقبرہ تعمیر کروایا جیڑھا بن وی سخن سخی طاہر دے نال نال مشہور ہے۔ ضلع مظفر گڑھ دیاں روحانی تے علمی ادبی شخصیات: ضلع مظفر گڑھ دی سر زمین کول ایہہ وی فخر حاصل ہے۔ جو ایں دھرتی تے جلیل القدر شخصیات پیدا تھتے کجھ باہروں آکے ہمیشہ دے کیتے اکتھائیں دے تھی گئے۔ بہوں سارے اسماء گرامی اہمیت دے حامل ہن۔ کجھ شہرت رکھن آلے اسماء گرامی درج ذیل ہن: مزہبی شخصیات حضرت دین پناہ حضرت پیر داود جہانیاں، حضرت عالم پیر بخاری، شیخ بدہ، حضرت حاجی حسین شاہ تے حضرت قاضی سلطان محمود علمی و ادبی شخصیات تبسم علی پور پروفیسر شاکر، مرحوم غلام عبدالعزیز پراٹھوی کیپٹن غلام رسول خان پٹھانا، خان ملک غلام مصطفیٰ کھر شاعر: بہوں بلند پایہ شاعر سر زمین نال تعلق رکھیندن مختلف وجوہات تے بناتے کجھ شاعراں دا کلام مشہور نہ تھی سگیا۔ ایں توں علاوہ ایہہ

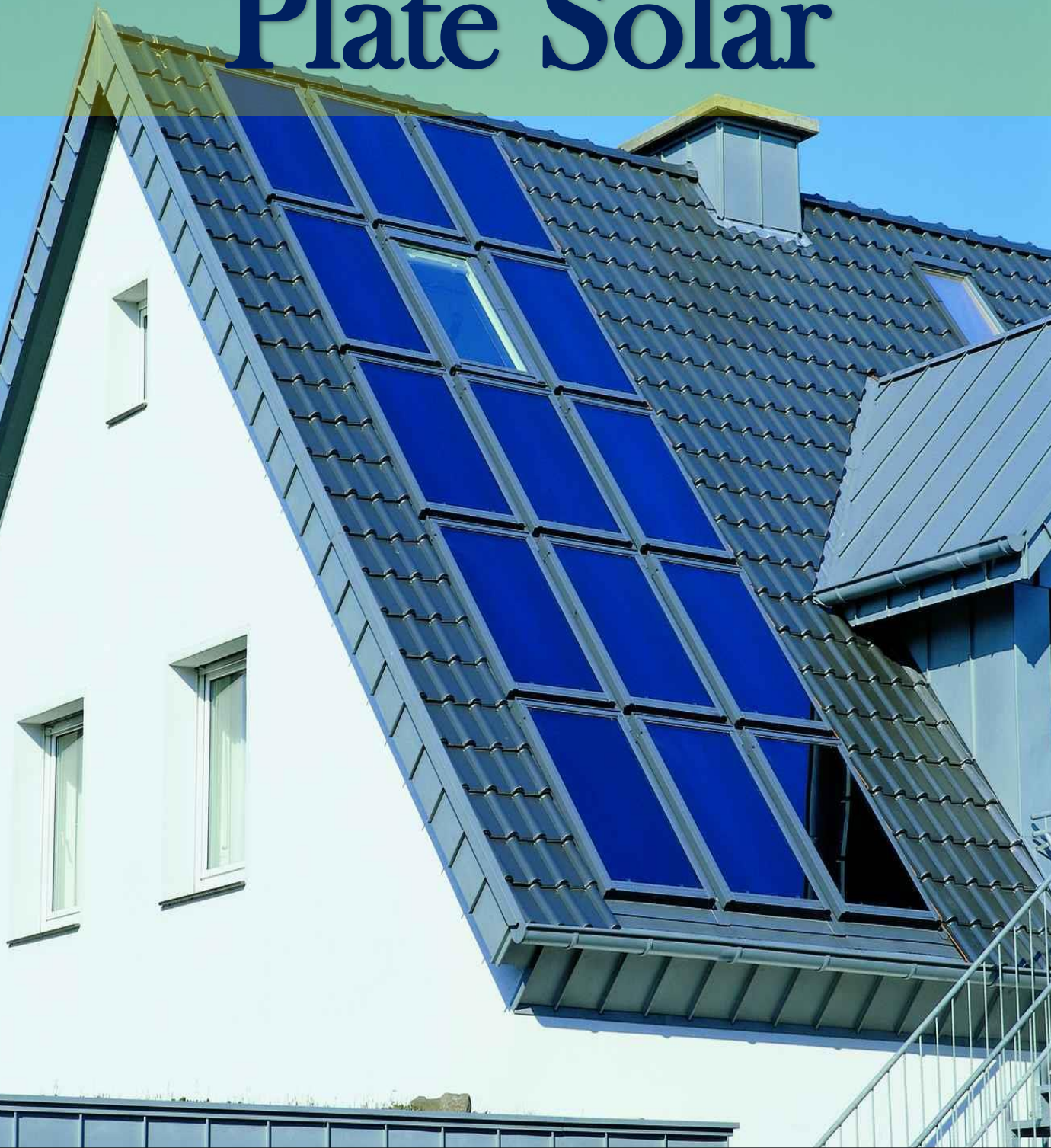
شرف وی سر زمین مظفر گڑھ کول حاصل ہے زیادہ تر منظوم لوک داستاناں ہیر رانجھا دا کردار ویضلع مظفر گڑھ نال تعلق رکھیندن ضلع مظفر گڑھ دے کجھ مشہور شاعراں دے نال ایہہ ہن سردار کوڑے خان جتوئی، غلام حیدر جتوئی، جانباڑ جتوئی، امیر حیدر شاہ، مہرن، مولوی اللہ بخش جانباڑ، نور الدین، مسکین، غافل نواز سیت پوری، نور محمد کہتر سائے، خادم کھن، بیلوئی سید شمس الدین خانگڑھی غلام بی اظھر بصیرہ، اللہ وسایا (بصیرہ)، غلام حیدر جتوئی، نواب مشتاق گورمانی، محمد رمضان بے وس تے قیصرانی وغیر نثر نگار تحسین سائے والوی (پہلا افسانہ نگار)، پروفیسر ڈاکٹر سجاد حیدر پرویز، سیف بھٹی قاسم سیال نواب مشتاق گورمانی تے ڈرامہ نگاری

دی وجہ توں راز جتوئی، واصل، نور جعفری، کلیم جتوئی۔ مکتوب نگار کیشفی ماتانی، جانباڑ جتوئی، رضا ٹوانہ، مظہر قلندری تراجم وچ بشیر احمد نادر باشمی۔ نظم تے نثر وچ ڈوبائیں ولوح محمد حیات چغتائیدا تعلق وی مظفر گڑھ نال ملدے۔ المختصر ایہہ کہ ضلع مظفر گڑھ دی تاریخ بہوں قدیم تے ایندی ثقافت اپنی مثال آپ ہے۔ مشہور تاریخ ساز شخصیات دے حوالے نال یا علمی و ادبی شخصیات دے نال خواہ اوہ اساتذہ کرام ہوں، نج ہوون ادیب تے شاعر یا مذہبی و روحانی شخصیات۔ ہے اپنے مختلف کماں دے نال مظفر گڑھ دی منفرد حثیت گھن کر اہیں سامنے جیڑ آندن۔ ایہہ تاریخی ضلع دو عظیم دریاواں دی وادی اے اتھاں قدرتی نظاریاں تے فطری حسن و جمالنے جذبہ عشق کول ہواڈتی۔ ایں وادی وچ ہزاراں شاعر پیدا تھتے۔ جنہاں دا کلام دلال کول خوش کر ڈیندے۔ صوفی رام پوری تحصیل علی پور وچ کہندے حسن بارے وچ لکھدن:

ہر سمت علی پور میں یہ شور پاپا ہے

اللہ حسینوں نے ہمیں لوٹ لیا ہے

Efficiency of Flat Plate Solar



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Dr. Saeeda Sultana

Principal (GGCW Muzaffargarh)

Efficiency of flat plate solar collector

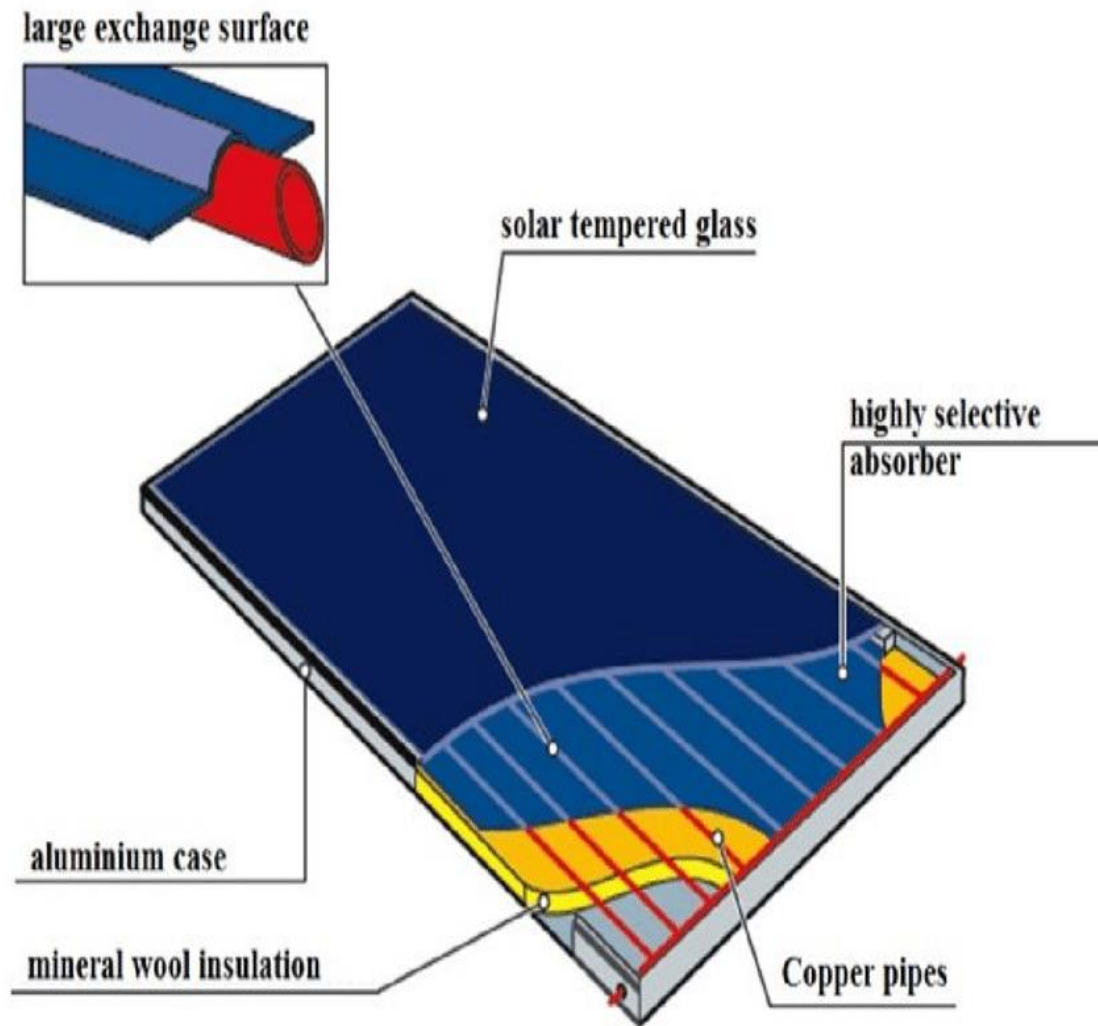
Abstract

This research work presents the theoretical study of thin film selective absorbers for the flat plate solar collectors. A computerized simulation tool, based on the use of effective medium models has been developed to enable the design of composite selective absorbers. The design tool has been used to investigate different design parameters to improve the performance of the solar collector.

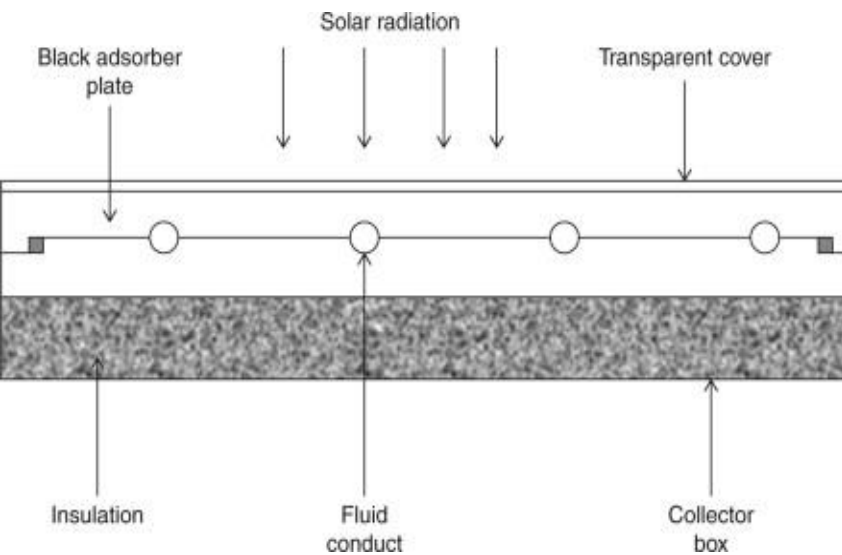
A number of parameters of flat plate solar collector have been studied theoretically. Among these are: glazing effect, selective and non-selective coatings, effect of ambient temperature on collector performance, angle of incidence of solar radiation and effect of fluid flow rate. In case of multiple glazing on a solar water heater, under same operating conditions, the efficiency of the single glazed collector is better than multiple glazed collectors in low temperature range. This is so because for a single glass cover more radiations can pass through as compared to multiple glazing. However, when temperature of absorber plate increases, the heat losses of the solar plate can be decreased by increasing the number of glasses covers. At this stage the amount of useful energy captured by the double cover, for example, is 30% higher than a single cover collector.

So for as the selective coating is concerned, the selective coatings give a better performance than non-selective coatings clearly. As selective coatings are expensive, therefore, if cost is ignored, selective coatings are better in all respects. In case of the effect of ambient temperature on collector performance, it has been observed that the heat losses increase linearly with the difference between absorber plate temperature and ambient temperature, therefore with increase in ambient temperature, the performance of the solar water heater improves and its efficiency increase linearly.

The effect of incident angle has been studied for four different angles (0°, 40°, 60° and 80°). It has been found that at normal incidence the performance is better throughout the day than at all other angles. The reflection of radiation from glass for angle of incident up to 60° does not change significantly. After that a reasonable difference is noted between 60° and 80°. At the end the effect of fluid flow rate has been observed and it has been found that



at higher fluid flow rates the efficiency is better than at lower flow rates because at higher flow rates the maximum energy is utilized in heating the fluid.

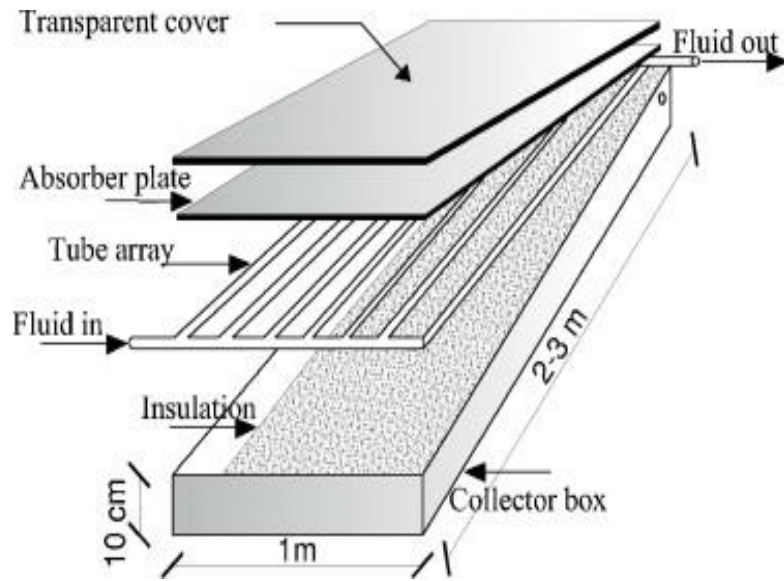


durable and cost-effective devices for thermal applications.

Test procedures consist of practical study of these equipment and laboratory tests in order to determine the efficiency and life time of the device. The present literature is related to the short-term thermal performance and design of solar collector. The object is to design such collectors which have high performance by choosing proper materials and installation. Numerical modelling about performance of flat plate solar collector is powerful, economical and convenient means by which one can estimate best possible system configuration. In this paper a computer model has been developed for the theoretical determination of solar collector efficiency with and without solar selective coatings. This model investigates the design parameters of flat plate solar collector with reference to the working temperature, number of glasses covers, diameter of pipes used for the fluid circulation and gap between glass cover and absorber plate etc.

Introduction

Socrates (470- 399 BC) is thought as the pioneer philosopher who described some basic principles of use of solar energy. Solar energy and its use for thermal application is a popular issue today, but this issue is facing lack of reliable information on its performance. The future of solar energy is based upon new ideas about the design of solar collectors and selection of suitable materials. There is need to focus attention on the test procedures for solar collectors. There is a lot of literature about theoretical and experimental studies on thermal performance on flat plate solar collectors. Although this is a new technology, but the challenge is to design efficient,

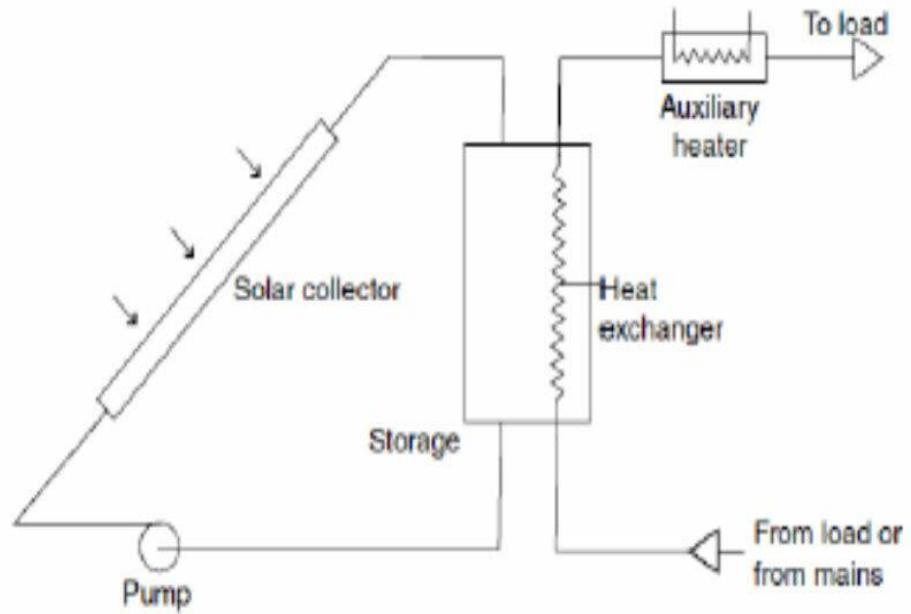


Solar Collector

A device which converts solar energy into thermal energy is called a solar collector. It is an enclosed box which can withstand the weathering conditions, containing an absorber plate and is normally covered with some solar transparent material such as glass. Solar energy application decides the type of device used to collect the solar energy. Flat plate solar collectors are used for water heating and space heating normally, where operating temperature is about 95oC to 120oC [6]. In applications



where higher temperatures are required, different types of collectors are used or concentrators are used along with collector. This paper is concerned with the thermal performance modeling of flat plate collectors. Figure 1 shows a typical flat plate solar collector. A tracking system can be attached to orient the surface of collector directly towards the sun to receive maximum radiation, but due to massive size of collector and sophisticated control system make such systems much more complicated. That is why fixed systems are commonly used. When solar radiation strikes the glass cover, some part of radiation reflects back and rest of it passes through the glass cover. Trapped radiation are absorbed by black surface of the absorber, which then converts them into heat. Glass is transparent to solar radiation of short wavelength. When heated black absorber surface re-emits long wavelength radiation, the glass cover becomes opaque to this long wavelength radiation. So, these long wavelength radiations are unable to pass through the glass cover. An application of solar collector in thermal heating is shown in the schematic of figure 2.



Different types of solar collectors are being used. In evacuated collector conductive and convective losses are reduced due to vacuum creation in the collector. Although these collectors are effective and low loss, but prevention of leakage is a main problem in these types of collectors. In honey comb collectors' free convection heat losses are decreased by inserting a honey comb structure between glass cover and collector plate. Transparent honey comb structure is used which is partially opaque to thermal infrared radiation. Due to this honey comb structure some of incident solar radiation are reflected back. In concentrating collectors, solar radiation is concentrated by mirrors or lenses on a small area of collector in order to reduce the losses. The disadvantage is that the diffuse radiation can't be focused and utilized by the collector. Its operating temperature is high. Material of the solar plate and coating should be selected in such a way to be able to withstand this operating temperature. Heat loss may occur in such type of collectors due to overlapping between solar radiation and thermal radiation of black absorber plate. So, for as the structure of solar absorber plate is concerned, it should be designed in such a way that serious heat loss due to re-emission of thermal radiation from the surface should be decreased. The only possible solution of this problem is the use of selective absorber plate with proper coating according to the required condition.



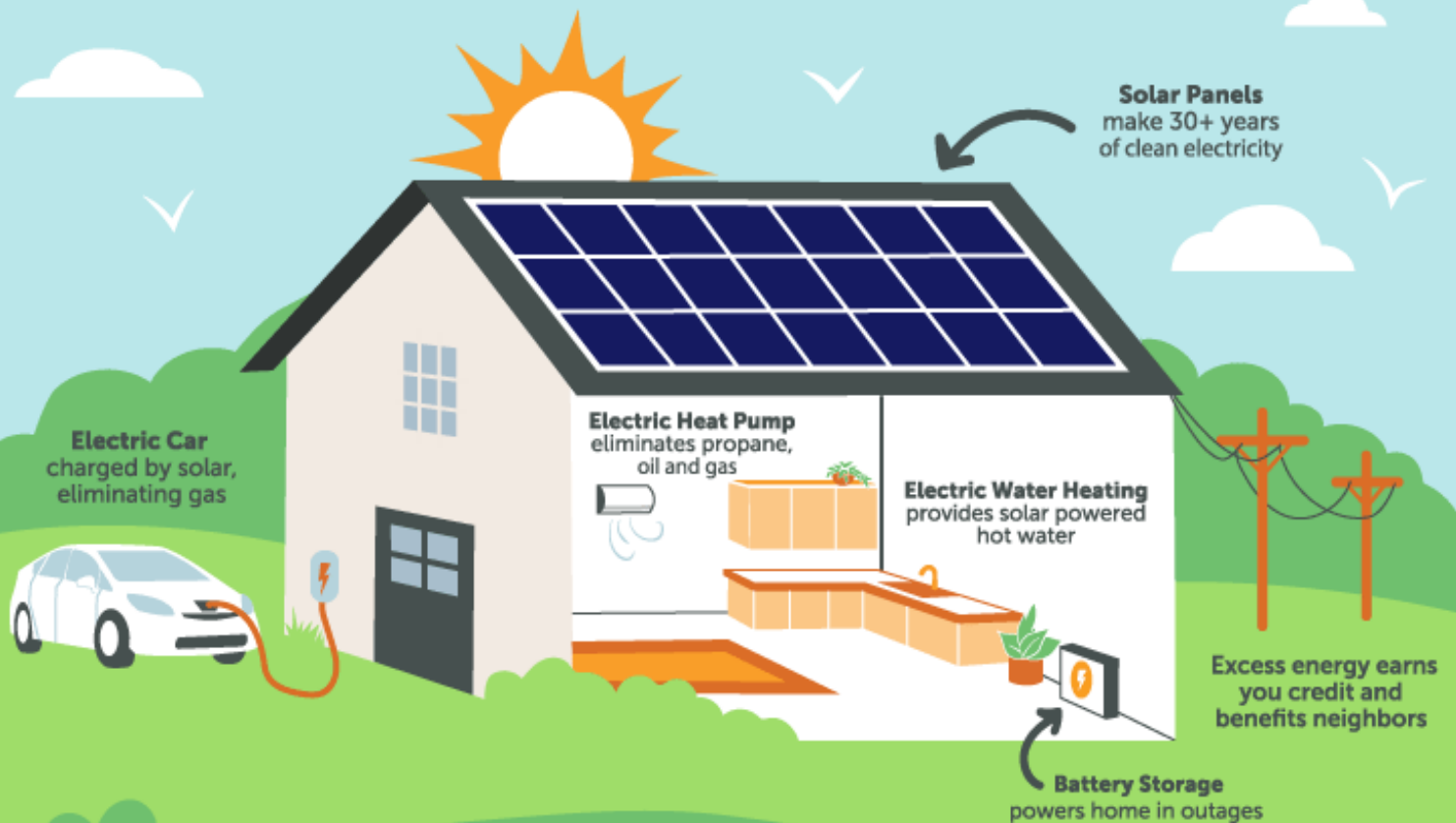
The absorber plate should be in good thermal contact with fluid flowing pipes in case of water heating. A glass cover is due to being opaque to thermal radiation, for long term operation of thermal collector and due to its high solar transmittance. The reflectance of the cover glass can be reduced by lowering the iron content, adding a thick layer of another dielectric having a lower refractive index onto the glass, interference coatings and using etched glass. The number of the glass covers used is totally dependent on operating temperature. To minimize convective heat transfer, a suitable gap between absorber plate and glass cover will increase the efficiency of solar collector. A very important factor is to reduce the heat loss from the back side of the absorber plate. A proper insulator using glass, wool or foam plastics can reduce this error. For efficient heat flow from absorber plate to fluid, the diameter and the separation between parallel pipes is important. Normally 12 cm to 14 cm separation of two parallel pipes is recommended.

Results and discussions

A number of parameters of a flat plate collector have been studied theoretically. Graphs have been plotted for the efficiency of the collector plate against the temperature difference between the inlet water and ambient, divided by the total input solar radiation. This is standard method for the representation of efficiency of the flat plate solar collector.

The 100% Solar Household

Affordable Technology Replaces Fossil Fuels



Effect of glazing

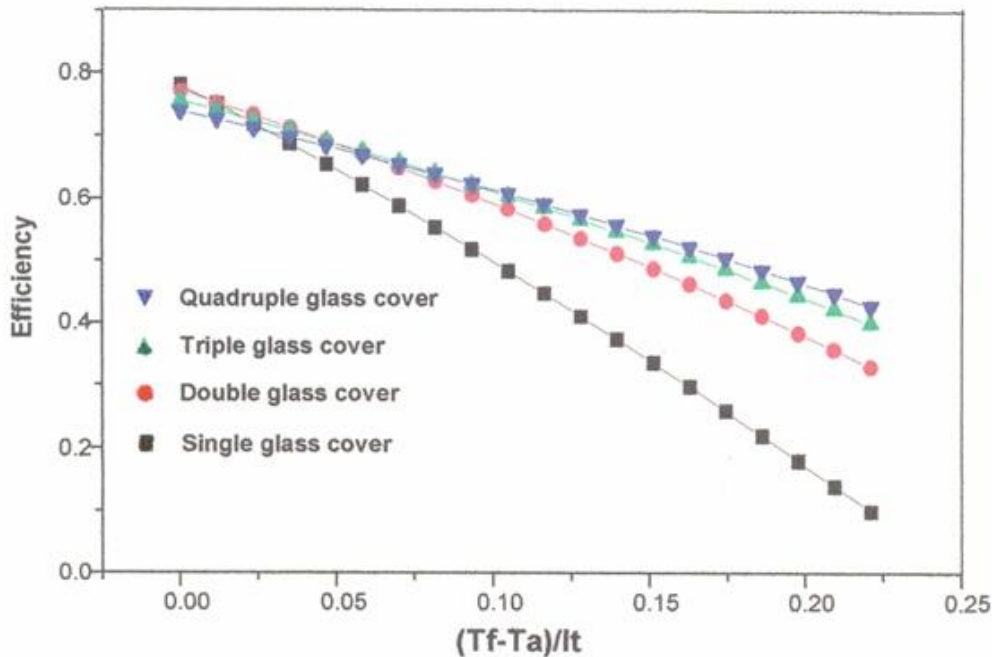
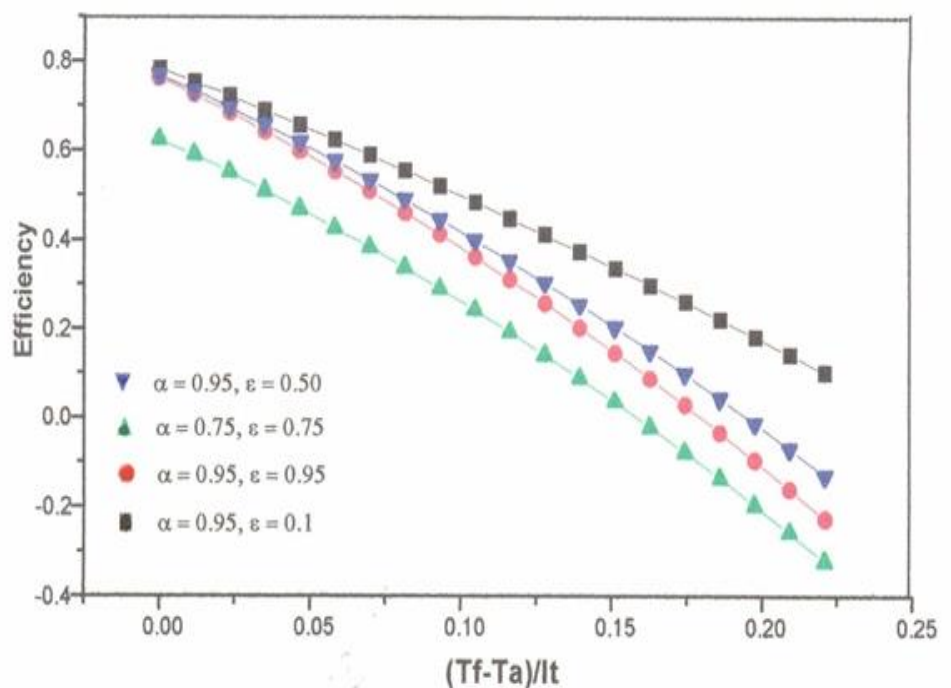


Figure 5 shows the effect of single and multiple glazing on a solar water heater having a selectivity coated absorber plate with $\alpha = 0.95$, $\varepsilon = 0.10$. The operating conditions for these one to four glazed solar collectors are the same. At initial stage, the efficiency of the single glazed collector is better than multiple glazed collectors, as initially heat losses are minimum due to low temperature of the plate. For single cover, more radiation can pass through as compared to

multiple glazing. When the temperature of the absorber plate starts increasing, there will be more heat losses from the single glazed collector than with multiple covers. The losses will decrease with increasing number of glasses covers. The amount of useful energy captured by the double cover is 30% higher than the single cover collector. This is evident in figure 5, showing the efficiency of the single glazed collector decreasing more rapidly than the multiple glazed collectors. On the other hand, more glass covers prevent more radiation to pass through them. The optimum number of glazing depends upon operating temperature of the collector. For domestic water heater (50–70°C), normally a single glazed collector is used.

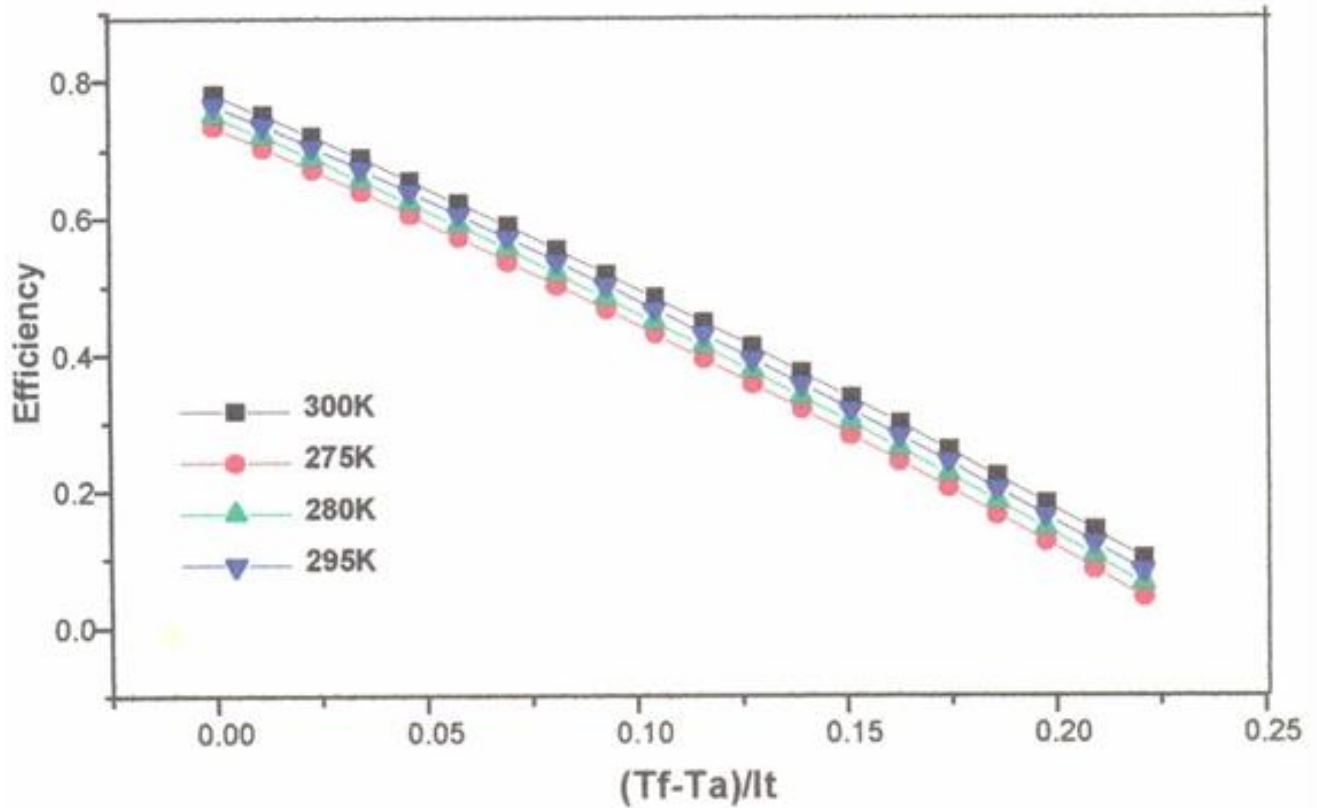
Study of selective and non-selective coatings

A set of curves for selective and non-selective coatings are plotted in figure 6. The efficiency of selective coatings is better than the non-selective coatings. There is a lot of difference between the optical properties of the coatings. This is due to the suppression of thermal radiation by selective coatings. The efficiencies get better with selective coatings as temperature of collector rises. The selective coatings are expensive. Therefore, if cost is ignored, then selectively coated collectors are better in all other respects.



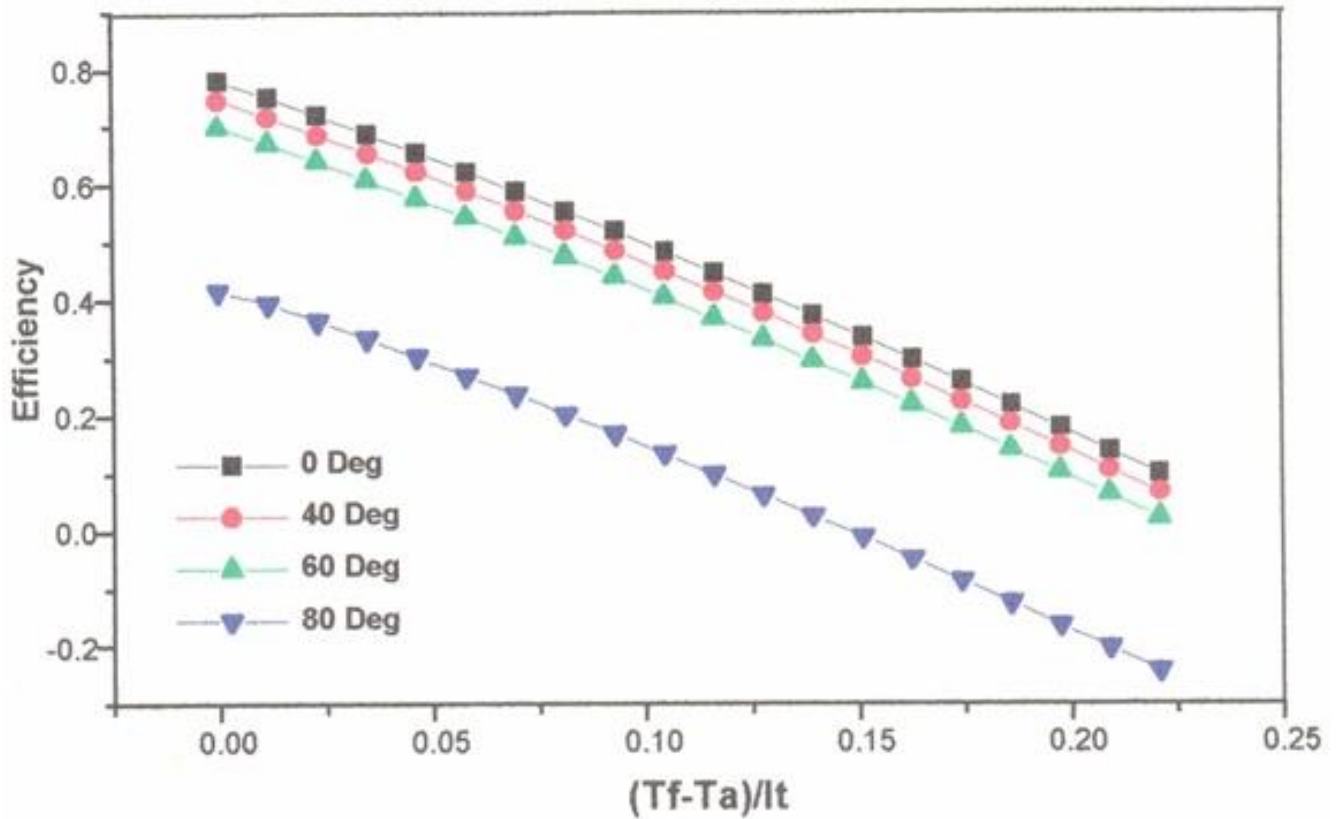
Effect of ambient temperature on collector performance

Temperature gradient is the cause of conductive and convective heat losses. The heat losses increase linearly with the difference between absorber plate temperature and ambient temperature. Figure 7 shows the efficiency of solar water heater increases linearly with the increase of ambient temperature. The absorber plate temperature is initially same (300 K) for all ambient temperature conditions in the modeling results presented here.



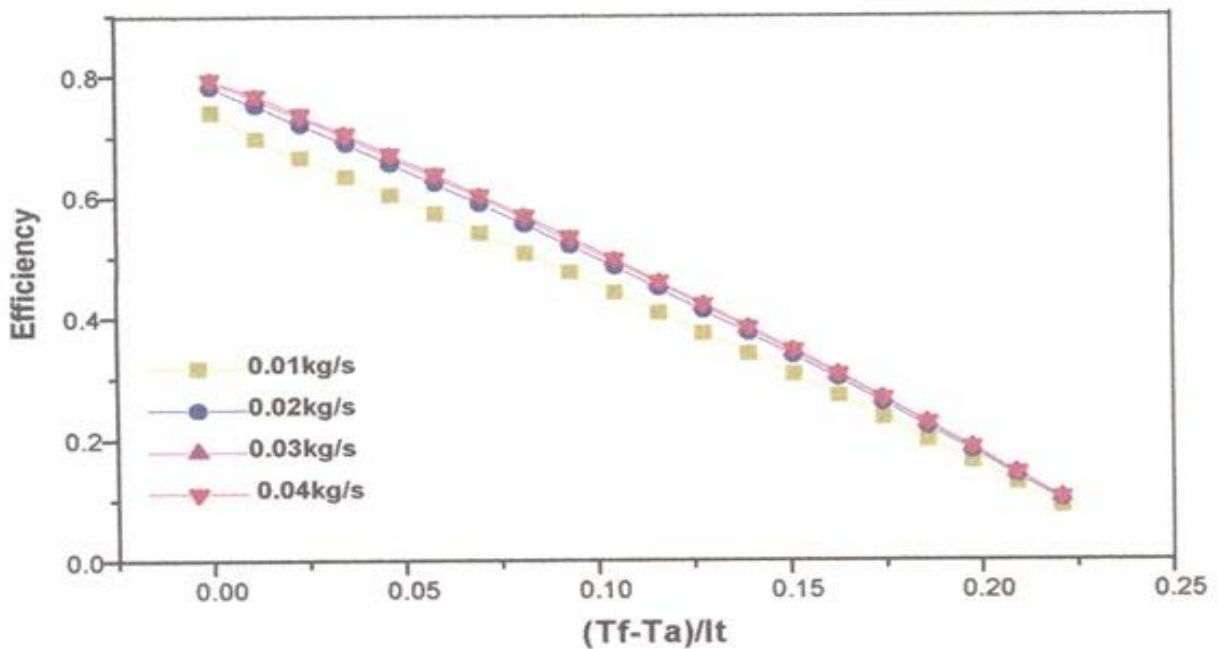
Effect of angle of incidence of the solar radiation

The solar radiation changes its angle of incidence throughout the day. Sun tracking systems are used with some solar collectors. To study the effect of tracking system, the effect of changing the incidence angle of the solar radiation has been studied here. For this purpose, four angles of incidence (0° , 40° , 60° and 80°) have been chosen. Figure 8 shows the performance of the solar collector at different angles of incidence. At normal incidence performance is better throughout the day than at all other angles. At 60° and 40° there is no significant difference in the efficiency of the collector as compared with 0° . The reflection of radiation from glass for angle of incidence up to 60° does not change significantly. Whereas a reasonable difference is noted between 60° and 80° . At 0° there is no polarization of light and maximum radiation passes through, but when there is angular reflection a notable difference in performance is achieved. At 40° and 20° , both polarizations of the radiation suffer front surface reflection, but at higher angles the reflection is greater and the same effect is noted from figure 8. Then again, a crucial difference in efficiency of the collector is noted between 60° and 80° angles of incidence. At 60° and larger angles, the radiation is equivalent to diffuse radiation so a big portion will be reflected back, as has been discussed in the section 2.1 earlier. That is why a significant difference in performance is achieved.



Effect of fluid flow rate

The theoretical performance of the collector was calculated for different fluid flow rates in order to check the validity of the system. The expected results have been shown in figure 9. These results show that at higher fluid flow rates the efficiency is better than at lower flow rates. At high flow rates the maximum energy will be utilized in heating the fluid, however at low flow rates, part of energy is going to be wasted due to greater temperature gradient between the absorber plate and ambient.



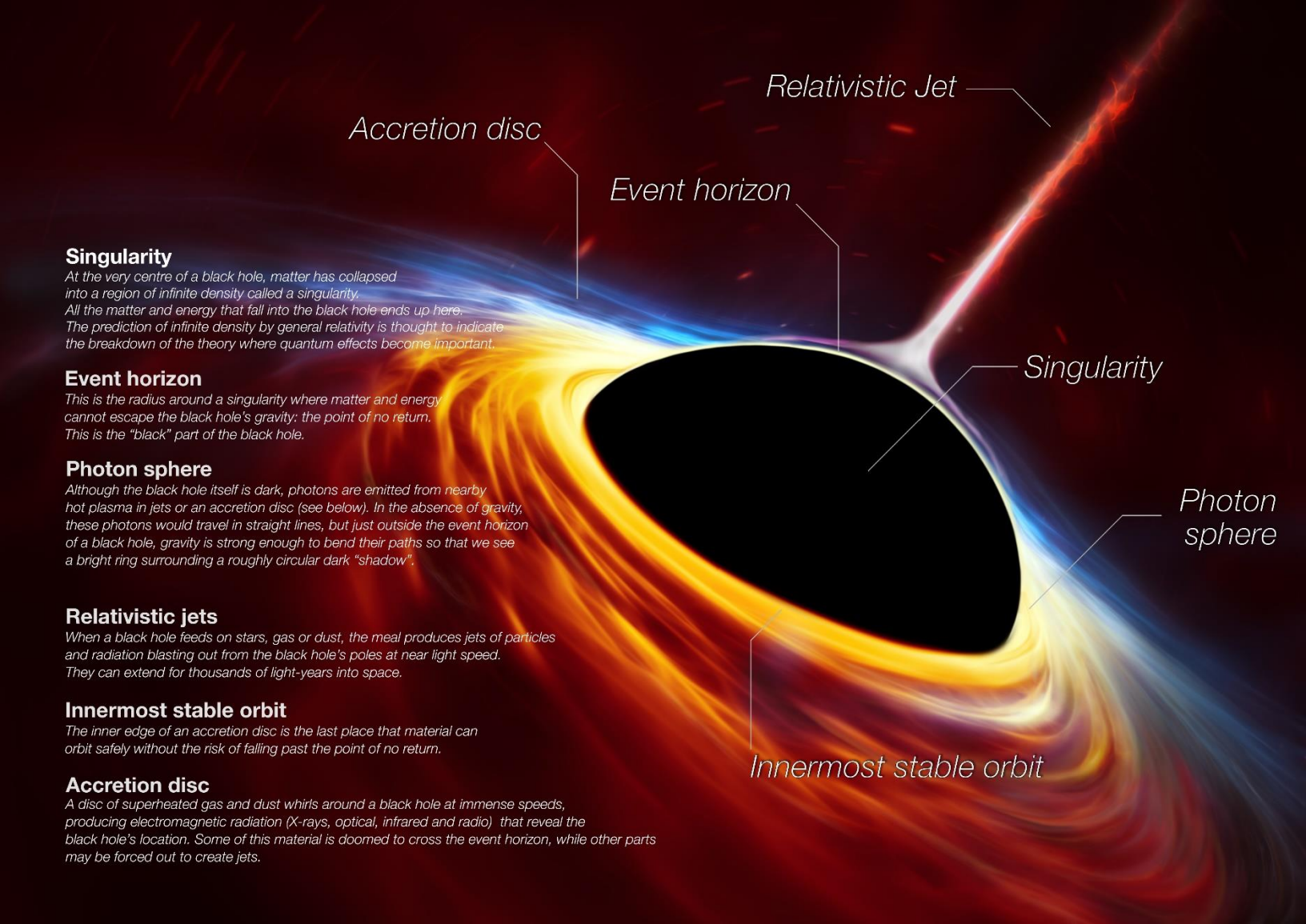
Interesting Facts About

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Mrs. Shehzadi Humaira

Assistant Professor (Physics)



Singularity

At the very centre of a black hole, matter has collapsed into a region of infinite density called a singularity. All the matter and energy that fall into the black hole ends up here. The prediction of infinite density by general relativity is thought to indicate the breakdown of the theory where quantum effects become important.

Event horizon

This is the radius around a singularity where matter and energy cannot escape the black hole's gravity; the point of no return. This is the "black" part of the black hole.

Photon sphere

Although the black hole itself is dark, photons are emitted from nearby hot plasma in jets or an accretion disc (see below). In the absence of gravity, these photons would travel in straight lines, but just outside the event horizon of a black hole, gravity is strong enough to bend their paths so that we see a bright ring surrounding a roughly circular dark "shadow".

Relativistic jets

When a black hole feeds on stars, gas or dust, the meal produces jets of particles and radiation blasting out from the black hole's poles at near light speed. They can extend for thousands of light-years into space.

Innermost stable orbit

The inner edge of an accretion disc is the last place that material can orbit safely without the risk of falling past the point of no return.

Accretion disc

A disc of superheated gas and dust whirls around a black hole at immense speeds, producing electromagnetic radiation (X-rays, optical, infrared and radio) that reveal the black hole's location. Some of this material is doomed to cross the event horizon, while other parts may be forced out to create jets.

Interesting Facts about Black Hole

Black holes are among the most mysterious cosmic objects much studies but not fully understood.

These objects are not really holes, they are huge concentration of matter packed into very tiny spaces. Black holes are fascinating astronomical objects. Here are some interesting facts about them:

Infinite Gravity

At the core of a black hole is a Singularity, a point where gravity is so strong that space and time essentially collapse. This results in infinite density and infinite gravity.

Event Horizon

Black holes have an event horizon, a boundary beyond which nothing can escape, not even light. Once an object crosses this boundary, it is trapped inside the black hole.

Formation

Black holes have an event horizon, a boundary beyond which nothing can escape, not even light. Black holes can form through the gravitational collapses of massive stars. When a star runs out of fuel, it can be imploded under its own gravity, forming a black hole.

No Escape

Anything that enters a black hole is believed to be crushed to an infinitely small point by the intense gravity. This is often referred to as "Spaghettification".

Many in the universes

Black holes are thought to be the abundant in the universe. There may be billions of them scattered throughout galaxies.

Sizes Vary

Black holes come in different sizes. Stellar-mass black holes can be a few times the mass of our sun. While supermassive black holes found at the center of galaxies can be millions of times the mass of the sun.

Time Dilation

Near a black hole, time is severely affected by its gravitational pull. Time passes more slowly for an observer near a black hole than for an observer far away.

Hawking Radiation

Theoretical physicist Stephen Hawking proposed that black holes can emit a form of radiation causing them to slowly lose mass and eventually evaporate.

Information Paradox

The existence of black hole raises a significant question in physics known as the black hole information paradox. It deals with what happens to the information of matter that falls into a black hole.

No Surface

Black holes do not have a solid surface like planets or stars. Their structure is entirely different,

characterized by a singularity at the center and the surrounding event horizon.

Warping of Space-Time

Black holes warp the fabric of space-time around them. This distortion is what causes objects to fall into the black holes and be unable to escape.

Galactic Regulators

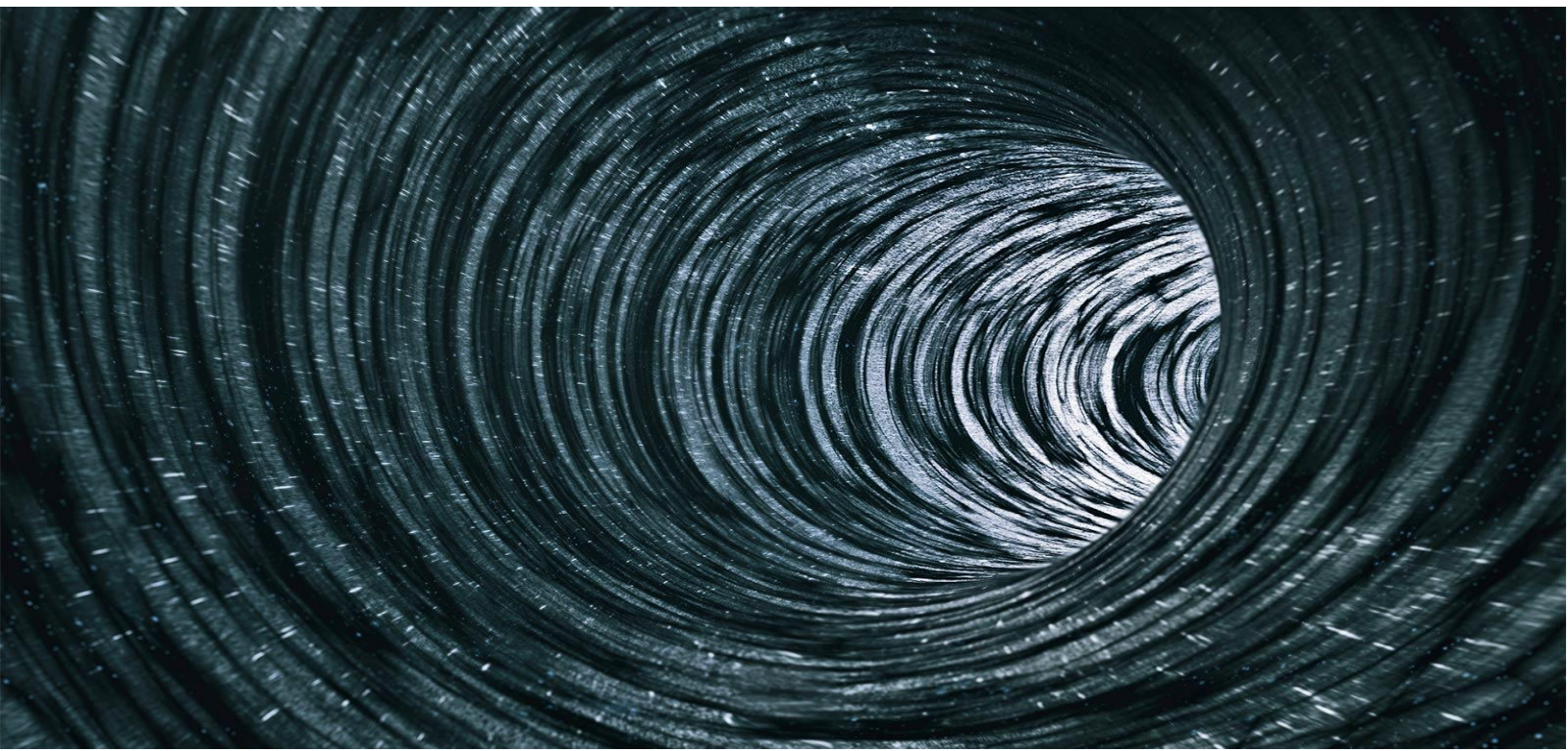
Supermassive black holes are believed to play a crucial role in regulating the growth of galaxies. They influence the distribution of stars and matter in their host galaxies.

Black hole “Hair”

The “No-Hair” theorem suggests that black holes are only characterized by their mass, charge and angular momentum, meaning they do not retain specific details about objects that formed them.

Micro Black Hair

While most black holes are massive, there is a theoretical possibility of tiny “micro” black holes. While could have formed during the early Universe’s extreme condition.



Naked Singularities

Some theories suggest that not all singularities within black holes are hidden by an event horizon. Naked singularities with, if they exist, would be visible to the outside universe and could challenge our understanding of Physics.

Speed of Light

Near a black hole, the gravitational pull is so strong that the escape velocity exceeds the speed of light. This is why nothing can break free from a black hole's grasp.

Discovering Black Holes

Astronomers cannot directly see black holes because they can detect them indirectly by discovering their gravitational effects on nearby objects.

Black Hole Collision

Black holes can merge when two of them come into close proximity. These collisions produce gravitational waves, which were first observed in 2015, confirming a prediction made by Albert Einstein's theory of general relativity.

Exotic Matter

Black holes may contain a form of exotic matter within their event horizons, which is distinct from normal matter and could have unique properties.

Strong Gravitational Lensing

Black holes can act as gravitational lenses, bending and distorting light that passes near them. This effect is used in astrophysics to study distant objects.



Math Matters in Everyday Life



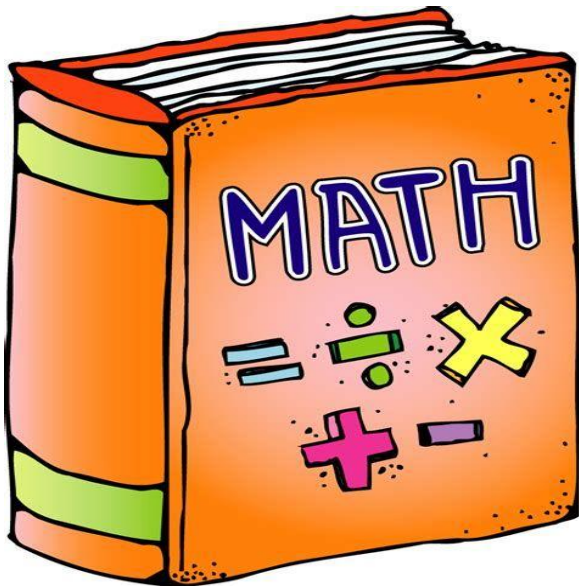
Mrs. Rabia Yaqub
Lecturer (Mathematics)















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Math Matters in Everyday Life

Math is very useful in everyday life. Math can help us do many things that are important in our everyday lives. Here are some daily tasks for which math is important:



-  Managing money \$\$\$
-  Balancing the checkbook
-  Shopping for the best price
-  Preparing food
-  Figuring out distance, time and cost for travel
-  Playing music
-  Baking
-  Home decorating
-  Sewing
-  Gardening and landscaping
-  loans for cars, trucks, homes, schooling or other purposes
-  Understanding sports (being a player and team statistics)

Parents can help teens connect math they learn in school and their everyday lives. As a parent, you could talk to your teen about how you use math in your daily life. You could also ask family members and friends how they use math in their daily lives. Please talk to your teens about these math connections to real world. Share with your child the examples of everyday math applications, which are listed below. When your teens hear how math can be used every day, they will be more likely to view math as important and valuable. They may also become more interested in mathematics. Remember that you as a parent can greatly influence how your child thinks about mathematics.

Examples of Math Connections to Daily life

- Your teen will learn skills in algebra class that will help them with money. One important skill they will learn is how to calculate interest and compound interest. Your teen can use this skill to manage their money now and when they grow up. This skill also will help them pick the best bank account. It will also help them decide which credit card is best to have. People who take out loans need to understand interest. It will also help them figure out the best ways to save and invest money.

Managing Money



- Calculating areas is an important skill. It will be useful for your teen in remodeling future homes and apartments. It will help your teen find how much paint they need to buy when repainting a room. It is also an important skill for anyone who wants to install new tiles in a bathroom or a kitchen. Knowing how to calculate perimeters can help your child when deciding how much lumber to buy for floor or ceiling trim.

Home Remodeling





Recreational Sports

Geometry and trigonometry can help your teens who want to improve their skill in sports. It can help them find the best way to hit a ball, make a basket or run around the track. Basic knowledge of math also helps keep track of sports scores.



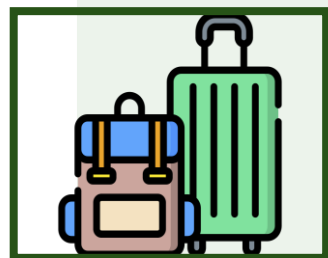
Cooking

People use math knowledge when cooking. For example, it is very common to use a half or double of a recipe. In this case, people use proportions and ratios to make correct calculations for each ingredient. If a recipe calls for $\frac{2}{3}$ of a cup of flour, the cook has to calculate how much is half or double of $\frac{2}{3}$ of a cup. Then the cook has to represent the amount using standard measures used in baking, such as $\frac{1}{4}$ cup, $\frac{1}{3}$ cup, $\frac{1}{2}$ cup or 1 cup.



Shopping

Your teen will use math when buying different items. When buying a new computer, your child will need to figure out which store offers the best price or best financing. Math is useful in finding the best deal for food items. For example, your teen will need to decide which pack of soda to buy when given a choice of 20 oz., 2-liter, 12 pack, or 24-pack. Stores often have sales that give a percentage off an original price. It is helpful for people to know how to figure out the savings. This math skill is very useful because it helps us calculate discounts so we can buy an item for the best price offered.



Navigation & Travel

Whether it's driving to school or planning a trip, math is essential for navigation and travel. We use mathematical concepts to measure distance, speed, and time acceleration. A driver uses math to make calculations, adjustments and change gears. Maps and GPS use geometry and trigonometry to calculate distances, while traffic patterns and travel time estimates rely on statistical analysis.

Classroom

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Mrs. Farrah Amna Shahid

Associate Professor (Education)

Classroom Management

Classroom management at the college level is a nuanced task that balances the need for structure with the autonomy expected of adult learners. Unlike school education, where teachers might exert more direct control over student behavior, college teachers must create an environment that encourages self-regulation while still maintaining order and fostering an atmosphere conducive to learning.

One of the most critical aspects of classroom management at the college level is setting clear expectations from the outset. This is typically done through the syllabus, which acts as a contract between the teacher and the students. The syllabus outlines essential elements such as attendance policies, deadlines, grading criteria, and expectations for academic integrity. By clearly communicating these guidelines at the beginning of the course, teachers help students understand what is required to succeed and what behaviors are expected in the classroom. For example, a professor might explicitly state the consequences of late submissions or the importance of attending class regularly, especially in courses where participation is a key component of the final grade. Clear expectations minimize misunderstandings and help prevent issues related to academic performance and classroom behavior.



In addition to setting expectations, establishing routines is essential in managing a college classroom effectively. While college students generally have more freedom than younger students, routines provide a sense of structure that can enhance the learning experience. For instance, a teacher might start each class with a brief review of the previous session's material, followed by a discussion or activity that introduces new concepts. This routine helps students transition into learning mode and reinforces the continuity of the course content. Moreover, having consistent procedures for handling administrative tasks—such as submitting assignments or scheduling office hours—ensures that these tasks do not disrupt instructional time and that students understand how to navigate the course efficiently.

Student engagement is a central component of effective classroom management at the college level. When students are actively engaged in the learning process, they are less likely to exhibit behaviors that disrupt the classroom. College teachers have a variety of tools at their disposal to maintain and enhance engagement. Interactive lectures, where students are encouraged to ask questions and participate in discussions, can help keep students focused. For

example, a professor might use real-world case studies to illustrate theoretical concepts, encouraging students to apply what they've learned to practical situations. This approach not only makes the material more relatable but also stimulates critical thinking and active participation.

CLASSROOM MANAGEMENT PLAN

Definition

01



Structured framework of plans, rules, procedures and more that serves as a guideline to provide teachers with a proactive and organized approach to managing the classroom.

Scope

02



Classroom rules, routines, procedures, discipline policies, methods for creating an engaging and respectful classroom atmosphere, behavioural intervention procedures.

Purpose

03



Provides a proactive and organized approach to managing the classroom, reducing disruptions, and promoting a conducive environment for teaching and learning.

CLASSROOM MANAGEMENT STRATEGIES

01

Definition

Specific techniques within the framework of classroom management plan to address specific issues or achieve certain goals in the classroom.

02

Scope

Methods for promoting student engagement, fostering positive relationships, addressing student misbehaviour, enhancing instructional effectiveness, and more.

03

Purpose

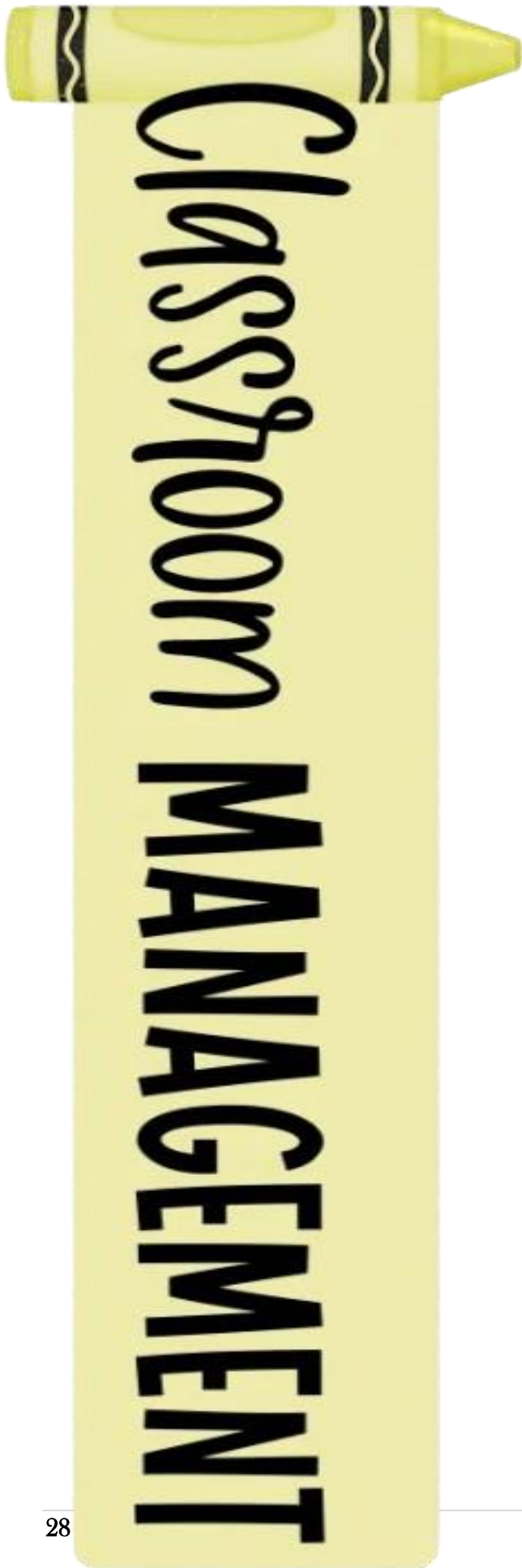
Serves as day-to-day tools that teachers use to maintain order, facilitate learning, and respond effectively to the needs of their students.



Another strategy to enhance engagement is the use of diverse instructional methods that cater to different learning styles. Recognizing that students come from varied backgrounds with different strengths and preferences, college teachers can use a mix of lectures,

group work, hands-on activities, and technology to reach a broader audience. For example, in a course on environmental science, a teacher might combine traditional lectures with field trips, lab work, and online simulations to cater to visual, auditory, and





Classroom Management

kinesthetic learners. This variety helps keep students engaged and allows them to connect with the material in different ways, thereby enhancing their overall learning experience.

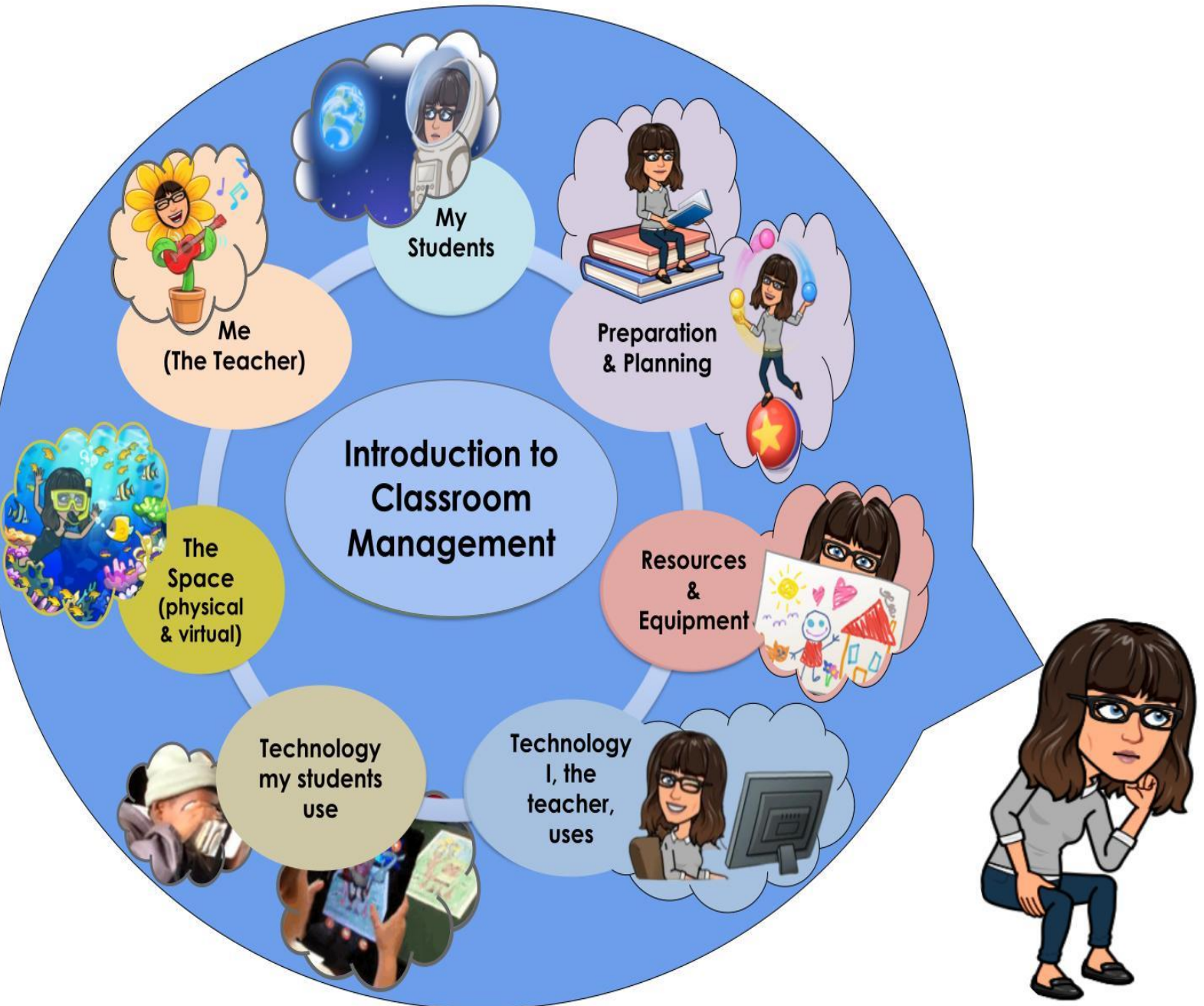
Positive reinforcement plays a significant role in maintaining a productive classroom environment at the college level. While college students are more mature, they still benefit from recognition and validation of their efforts. Teachers can use various forms of positive reinforcement to encourage desirable behaviors and academic performance. Verbal praise during class, public recognition of exemplary work, or personalized feedback on assignments are all effective ways to motivate students. For instance, a professor might highlight a student's insightful comment during a class discussion, reinforcing the importance of active participation. Similarly, detailed feedback on a research paper that not only points out areas for improvement but also acknowledges the student's strengths can boost confidence and encourage continued effort.

However, despite the best efforts to engage and motivate students, disruptive behavior can still occur in college classrooms. Addressing these behaviors promptly and appropriately is crucial to maintaining a positive learning environment. Common disruptions at the college level might include students arriving late to class, using electronic devices for non-academic purposes, or monopolizing discussions. In such cases, it is important for teachers to address the behavior calmly and respectfully, ensuring that it does not escalate or detract from the learning experience of other students. For instance, if a student is frequently late, the teacher might have a private conversation with them after class to understand the underlying issue and discuss potential solutions. If a student is dominating the conversation, the teacher might gently steer the discussion towards other students, ensuring that everyone has an opportunity to contribute.

In more serious cases, such as when a student's behavior is disruptive to the point of affecting the entire class, teachers may need to involve campus resources like academic advisors or counseling services. For example, if a student consistently challenges the teacher's authority in a disruptive manner, it might be necessary to have a one-on-one meeting to discuss the behavior, clarify expectations, and outline the consequences of continued disruptions. This approach ensures that the situation is handled professionally and that the student receives the support they need to succeed academically while respecting the classroom environment.

The rise of online and hybrid learning has added another layer of complexity to classroom management at the college level. Now a days, online MDCAT classes are in progress at our college. In these settings, clear communication is even more critical, as students do not have the same opportunities for face-to-face interactions with their teachers. For example, a teacher might require students to post at least two thoughtful responses to their peers' discussion posts each week, ensuring ongoing engagement and interaction.

In conclusion, classroom management at the college level is a complex but essential aspect of teaching that requires a combination of clear expectations, structured routines, active engagement strategies, positive reinforcement, and effective handling of disruptive behaviors. By creating a well-managed classroom, college teachers can foster an environment where students feel respected, engaged, and motivated to learn. This not only enhances academic outcomes but also contributes to a more positive and rewarding educational experience for both students and teachers.



Wearable



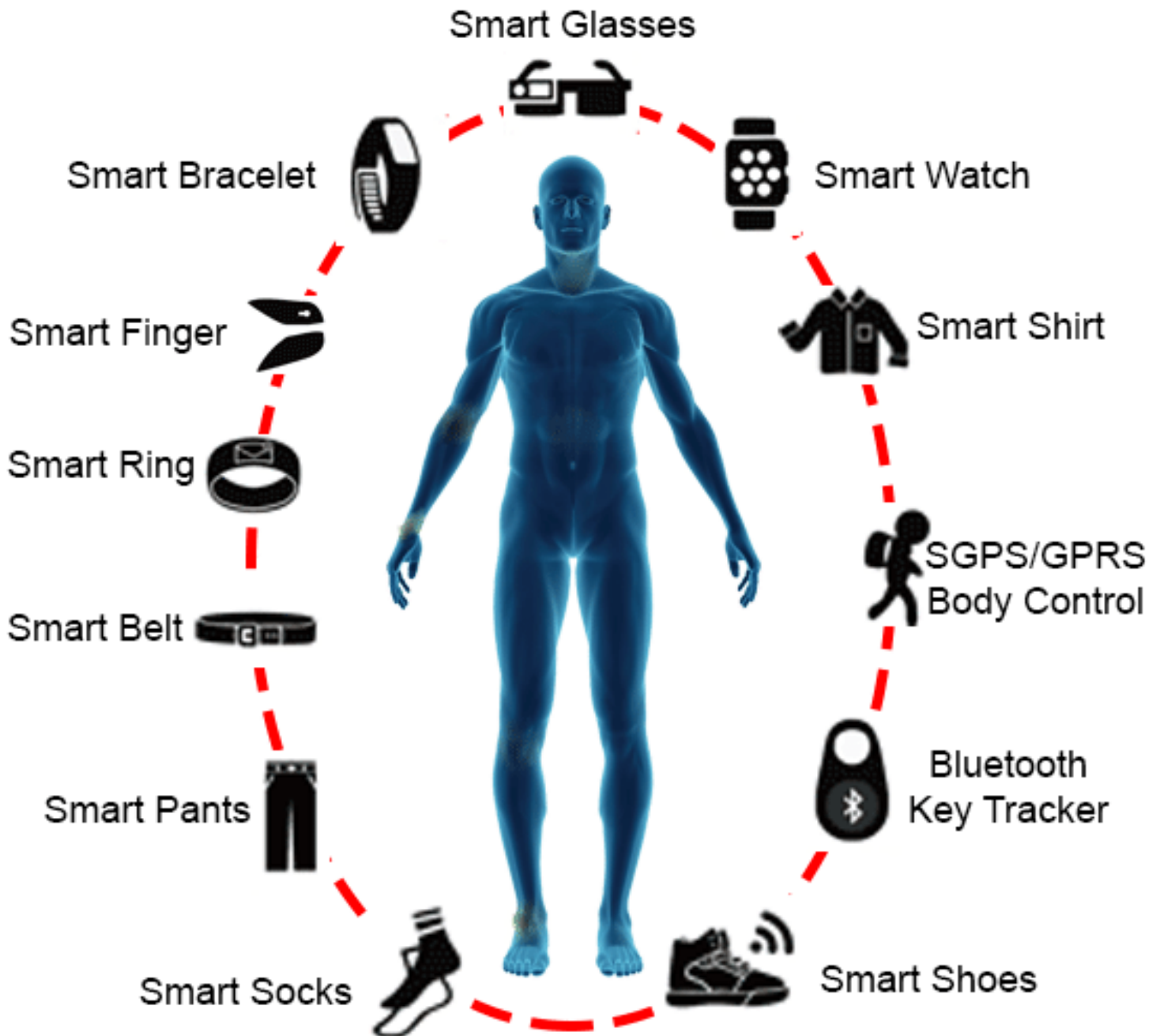
Miss Sobia Sadiq
Lecturer (Computer Science)

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Wearable Technology

From Fitness Trackers to Smartwatches

Wearable technology has become a part of our everyday lives, offering convenience, improving health, and even saving lives. From fitness trackers that help us stay in shape to smartwatches that allow us to stay connected, wearable devices are no longer just trendy gadgets—they are transforming the way we live.



Fitness and Health Tracking: Staying on Top of Your Health

Fitness trackers, like Fitbit and Xiaomi bands, are popular because they make it easy to keep track of your physical activity. These small devices monitor how many steps you take, how many calories you burn, and even how well you sleep. They provide real-time updates and motivate users to stay active by setting daily goals, tracking workouts, and offering reminders to move.

The ability to monitor heart rate and other health data can also give people a clearer picture of their overall health. For students balancing studies, fitness trackers can be a simple yet effective way to make sure they're staying healthy.

Smartwatches: Beyond Just Telling Time

While fitness trackers are primarily for health purposes, smartwatches do much more. Devices like the Apple Watch or Samsung Galaxy Watch have become more than just fancy timepieces. These smartwatches allow users to receive calls, texts, and app notifications right from their wrists, meaning you don't have to constantly check your phone while in class or on the go.

Smartwatches are great for multitasking—whether it's controlling your music, getting weather updates, or responding to messages quickly.

Health Monitoring: Small Devices, Big Impact

Wearable technology doesn't just track your steps—it's capable of far more. Some smartwatches come with advanced features like ECG (electrocardiogram) monitoring, which tracks your heart's electrical activity, and blood oxygen level sensors. These health tools can alert users to potential medical issues and, in some cases, even save lives. For example, some smartwatches have fall detection systems that automatically contact emergency services if a serious fall is detected. This kind of technology is particularly useful for people who might have medical conditions but want the freedom to live actively and independently.



The Future of Wearable Tech

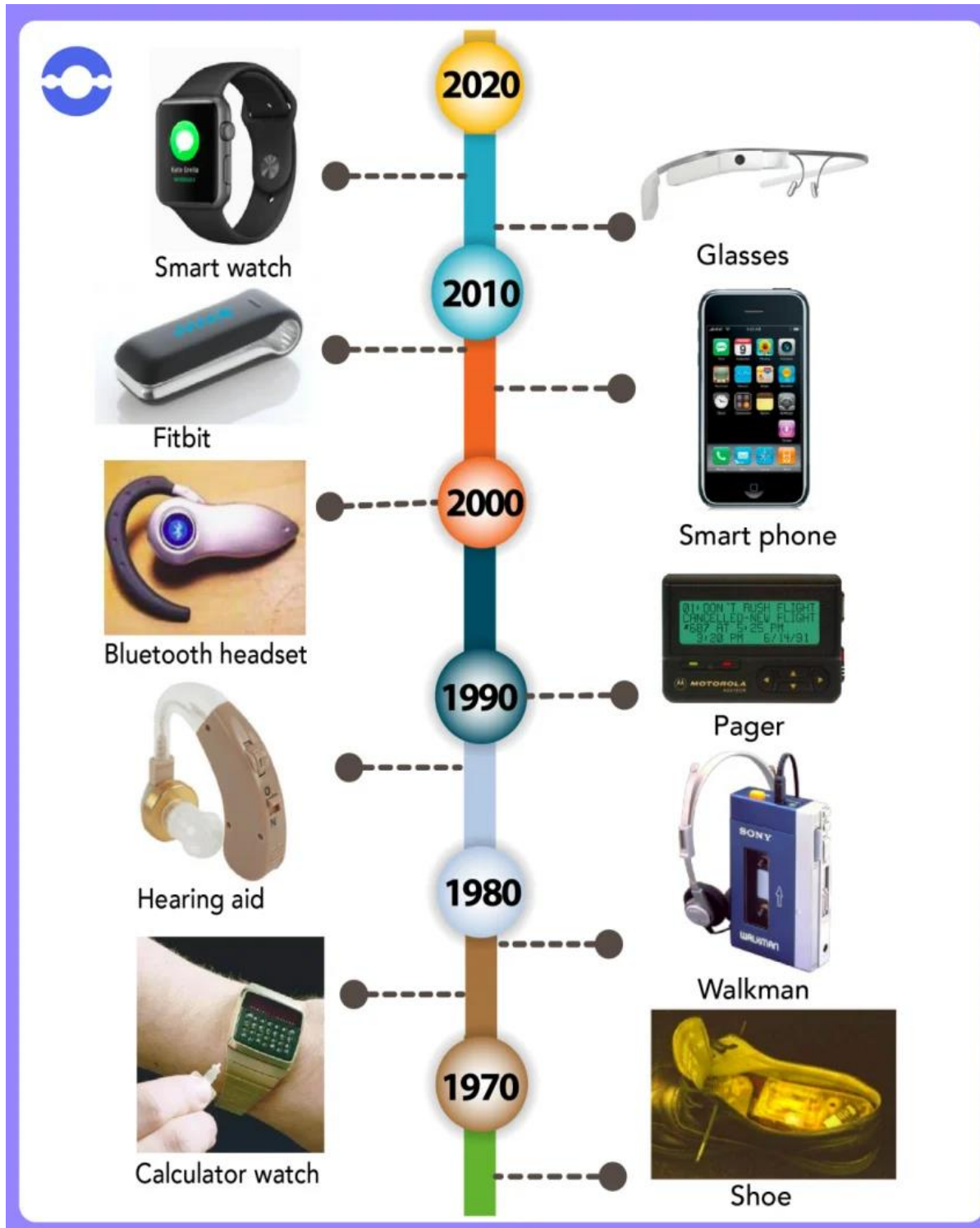
The world of wearable technology is evolving rapidly. In the future, we might see smart clothing that tracks more detailed health data or augmented reality (AR) glasses that bring new dimensions to learning and entertainment. With more focus on health, convenience, and entertainment, the possibilities for wearable tech seem endless.

However, with all these advancements, privacy is becoming a growing concern. As wearable devices collect more data, it's important for users to understand how their information is being used and protected. The challenge moving forward will be balancing innovation with privacy and security.

Conclusion: More Than Just Gadgets

Wearable technology is shaping the future of how we live, learn, and stay healthy. Whether you're using a fitness tracker to stay active, a smartwatch to stay connected, or looking forward to the next breakthrough in wearable devices, it's clear that this technology is here to stay. As college students, we have a unique opportunity to embrace these innovations and explore how they can improve our daily lives.

By keeping us connected, healthy, and organized, wearables are proving to be more than just gadgets—they are becoming essential tools in the modern world.



Emotional & Behavioral



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Mrs. Kanwal Habib

Lecturer (Health & Physical Education)

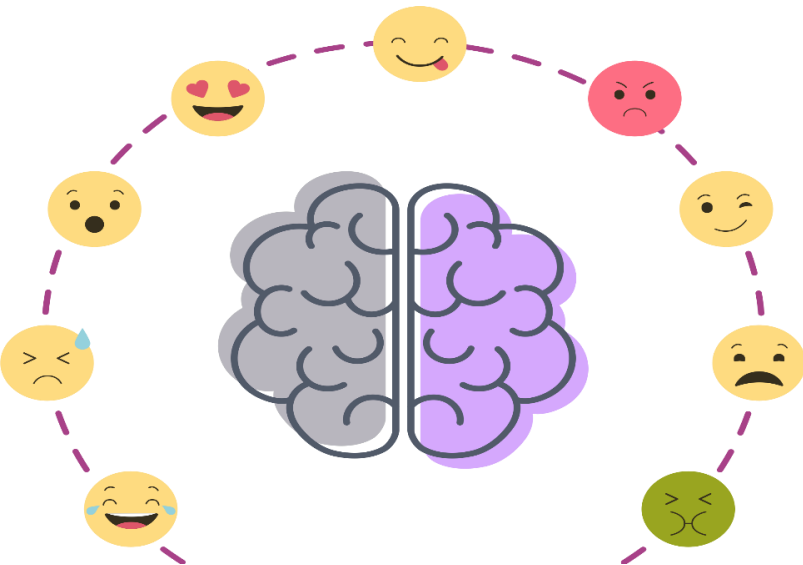
The emotional and behavioral disorders

Definition

An emotional and behavioral disorder is an emotional disability characterized by the following: (i) An inability to build or maintain satisfactory interpersonal relationships with peers and/or teachers. For preschool-age children, this would include other care providers. Behavior disorders can greatly impact a person’s life. Whether you’ve been diagnosed since a child, are concerned about warning signs in a loved one, or are recognizing symptoms in your own life, the best way to treat a behavioral disorder is to be fully informed.

Behavioral disorder basics

Behavioral disorders are classified as a pattern of behaviors that are disruptive and harmful to you and those around you. These disorders are typically diagnosed and treated in early childhood, but if left untreated they can affect your adult life making it difficult for you to maintain healthy relationships, regular employment, and other functions of a typical adult.



Some risk factors for developing a behavior disorder include but are not limited to:

- 🔦 Childhood substance abuse
- 🔦 Low self-esteem
- 🔦 Parental substance abuse
- 🔦 Lack of parental supervision as a childhood
- 🔦 Traumatic events
- 🔦 Exposure to toxic substances as a child
- 🔦 Lack of emotional attachment to parents
- 🔦 Associating with peers involved in deviant behavior.

There are many kinds of behavioral issues. Here are the five most common affecting **Conduct disorder**

Conduct disorder occurs when you struggle with antisocial behaviors, following rules, and showing empathy towards those around you. Signs of this disorder usually appear around the age of 16 and include:

- Starting physical altercations
- Engaging in bullying or threatening your peers
- Stealing
- Destroying or breaking into private property



Oppositional defiant disorder (ODD)

Children naturally act out in defiance and throw tantrums. When that behavior translates into adulthood, it's called oppositional defiant disorder. ODD begins in childhood with behaviors like frequent questioning of authority, excessive arguing, refusing to comply, and intentionally engaging in behaviors that upset others. If not diagnosed and treated at a young age, ODD can present itself in your later life as feeling angry at the world, feeling misunderstood, disliking authority figures, especially at work, becoming defensive when presented with opposition or feedback, and blaming others for your actions.

Attention deficit hyperactivity disorder (ADHD)

ADHD is likely one of the most common behavior issues for children, adolescents, and adults. It's signs and symptoms include:

- Impulsivity
- Inability to pay attention
- Lack of time management skills
- Mood swings
- Low frustration threshold and trouble in coping stress

These symptoms can lead to complications like financial instability, unemployment, frequent trouble with law enforcement, substance abuse or misuse, and unstable relationships.

Obsessive-compulsive disorder (OCD)

If you have OCD, you likely feel you're drowning in a constant state of worry. OCD is characterized by thoughts, actions, and impulses that are chronic, uncontrollable, and intrusive. You might engage in behaviors like constant washing and cleaning, repeating phrases or prayers, following strict routines, or repetitively counting and checking. For example, you may have a significant fear of or be worried about germs.

Other obsessions can include:

- Severe doubt and uncertainty
- The need to have things orderly or symmetrical
- Ideation about losing control or harming yourself or others

OCD is an overwhelming condition that invades and disrupts your life making it difficult to function normally. OCD can lead to other complications like bipolar disorder, depression, and anxiety.

Behavioral addiction

Addiction is not limited to substance abuse. Addiction occurs when your brain associates' pleasure and activates its reward mechanism when engaging in an activity. There are many behaviors that you can become addicted to including:

- Gambling
- Sex
- Internet
- Shopping
- Video games

- Plastic surgery
- Binge eating
- Risky behavior

If you're addicted to one or more of these behaviors, you might neglect family and work responsibilities, use the behavior as a way to cope with emotions, deny or hide your problem, and continue the behavior despite wanting to stop or cut back. All of these behavioral addictions can lead to problems with your finances and relationships, and threaten your safety and overall health.



Treating your behavioral issues

No matter what behavioral disorder you're living with, we can help you manage and treat your symptoms.

We offer a comprehensive list of treatment options depending on your specific needs including:

- Transcranial magnetic stimulation (TMS)
- Psychotherapy and counseling
- Medication management

Causes of Emotional and Behavioral Disorders

Emotional and behavioral disorders are so disruptive that parents and others frequently want to know what causes them. When a child or adolescent consistently has intense emotional or physical outbursts, their relationships and learning suffer. Adults and other children and teens are also negatively affected by the eruptions of feelings and problem behaviors. Unfortunately for parents and other adults in the child's life, the causes of emotional and behavioral disorders (sometimes abbreviated ED, BD, and/or E/BD) are still largely unknown or not well understood. Theories are being developed and studied though, and some have emerged that appear to be sound causes of these difficult disorders.



Biological Causes of Emotional and Behavioral Disorders

Biological causes originate within the child or teen. The brain is often the root source of the development. Sometimes there's a chemical imbalance. Other times, brain development is affected. Sometimes, too, brain injury leads to problems in the emotional center of the brain. Experiencing trauma, with or without a diagnosis of posttraumatic stress disorder (PTSD), negatively affects brain processing and can lead to emotional and behavior problems.

Developmental Causes of Emotional and Behavioral Disorders

Development refers to the lifelong process of changing and maturing. Every stage of life has tasks that must be completed successfully for mental health and life satisfaction. When a child's development is disrupted and problematic, there

can be negative consequences for mental health and cognitive growth.

Causes of Emotional and Behavioral Disorders: Home Life

Parents are vital in the healthy development of their children. Some aspects of parenting or the home environment can contribute to emotional and behavioral disorders. These include:

- Significant, chronic stress in the home
- Lack of structure
- Authoritarian parenting style with rigid, excessive rules and punishments
- Permissive parenting with few if any expectations, limits, or establishment of acceptable behaviors
- Inconsistent expectations and discipline

Learned Behavior: A Cause of Emotional and Behavior Disorders

Sometimes, there are no underlying biological or developmental causes of emotional and behavioral disorders. Instead, children learn that outbursts get them what they want and need—attention from the adults in their lives.

Understanding the Stages of Emotional Development in Children

Every child is unique and develops a little differently, but overall, there are three major steps to building a well-equipped, emotional toolbox—and they don't just happen.

Understanding the Stages of Emotional Development in Children



According to the National Center for Safe and Supportive Learning Environments, strong emotional development leads to five key skills: self-awareness, social-awareness, emotional regulation, responsible decision making and relationship building. These skills in turn influence success at school, at home, in communities and in society.

On the other hand, those who are not given emotional guidance often struggle emotionally, academically, physically, and behaviorally. If you cannot notice, express and manage your emotions, it is incredibly difficult to focus on school, make friends or work on a team.

Emotional development affects all development, and, given the small window of incredible growth in children before the age of five, it is crucial to cultivate from the very beginning.

Major emotional stages in childhood development

Take a closer look at three critical stages of emotional development so you can be equipped to help support the children you care for.

1. Noticing emotions: Birth to one

There are a lot of different theories about how emotions develop and function. Some think we are born with only three emotions: happiness, anger and fear. Others believe that babies are capable of feeling a much wider range from birth. It's impossible to know for sure when they can't tell us, but through crying and cooing, babies certainly communicate something. At this stage, an infant is discovering the world—good things like cuddles, bad things like full diapers. They are noticing how everything makes them feel.

2. Expressing emotions: Two to three

As children develop a vocabulary and more independence, they will experiment with expressing emotion in new ways. Some of it will be productive like drawing and narrating a picture of the scary monster under the bed. Some of it will be more like throwing a tantrum in the grocery store because they can't get cheese puffs. This can be a very difficult stage for adults as children experience complex emotions but have not yet figured out healthy versus unhealthy expression. One of the best ways to help children learn about emotion is through story. This not only provides emotional vocabulary but puts it into a creative context. Melissa Hart, parent and author, offers some helpful suggestions. "Many educators and parents use books to foster emotional development in children. There are wonderful picture books like *When Sadness Is at Your Door*, *Odd Dog Out*, and *Be Who You Are* that spark conversations about emotions and give young people the words to express their feelings."

3. Managing emotions: Three to five

At this stage, children are ready to enter preschool. A new social environment and more independence provides a great opportunity for growth but also poses some new challenges. Sharing, listening and playing together can cause friction between children, and since they cannot rely on their parents all the time anymore, they must develop new coping skills to manage on their own. Preschool caregivers play a vital role in this development as they create a safe space and offer guidance.

What Influences Social And Emotional Development Of A

Child



Parenting style



Family values



Values learnt at school



Child's health



Peers and social circle



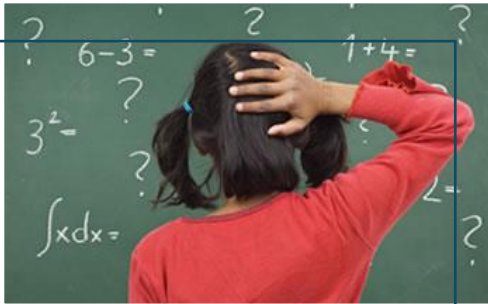
Genetics and innate nature



Learning Disability:

The learning disability is defined as “any mental condition that prevents a person from acquiring the same amount of knowledge as others in their age group.”

Type of Learning Disabilities



Dyscalculia



Dysgraphia



Dyslexia



Non-Verbal



Oral / Written



ADHD



Dyspraxia



Executive Functioning

About the



Mrs. Zunera Fatima

Lecturer (Physics)

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Solar Cells

A solar cell or photovoltaic cell (PV cell) is an electronic device that converts the energy of light directly into electricity by means of the photovoltaic effect. It is a form of photoelectric cell, a device whose electrical characteristics (such as current, voltage, or resistance) vary when it is exposed to light. Individual solar cell devices are often the electrical building blocks of photovoltaic modules, known colloquially as "solar panels". Almost all commercial PV cells consist of crystalline silicon, with a market share of 95%. Cadmium telluride thin-film solar cells account for the remainder. The common single-junction silicon solar cell can produce a maximum open-circuit voltage of approximately 0.5 to 0.6 volts.

Solar panels in field, house and farm.



Applications

The five main uses of solar energy are solar electricity, solar water heating, solar heating, solar ventilation and solar lighting. There are more uses for solar energy, but home solar installation and businesses typically use solar energy for these purposes.

Next-generation solar power system



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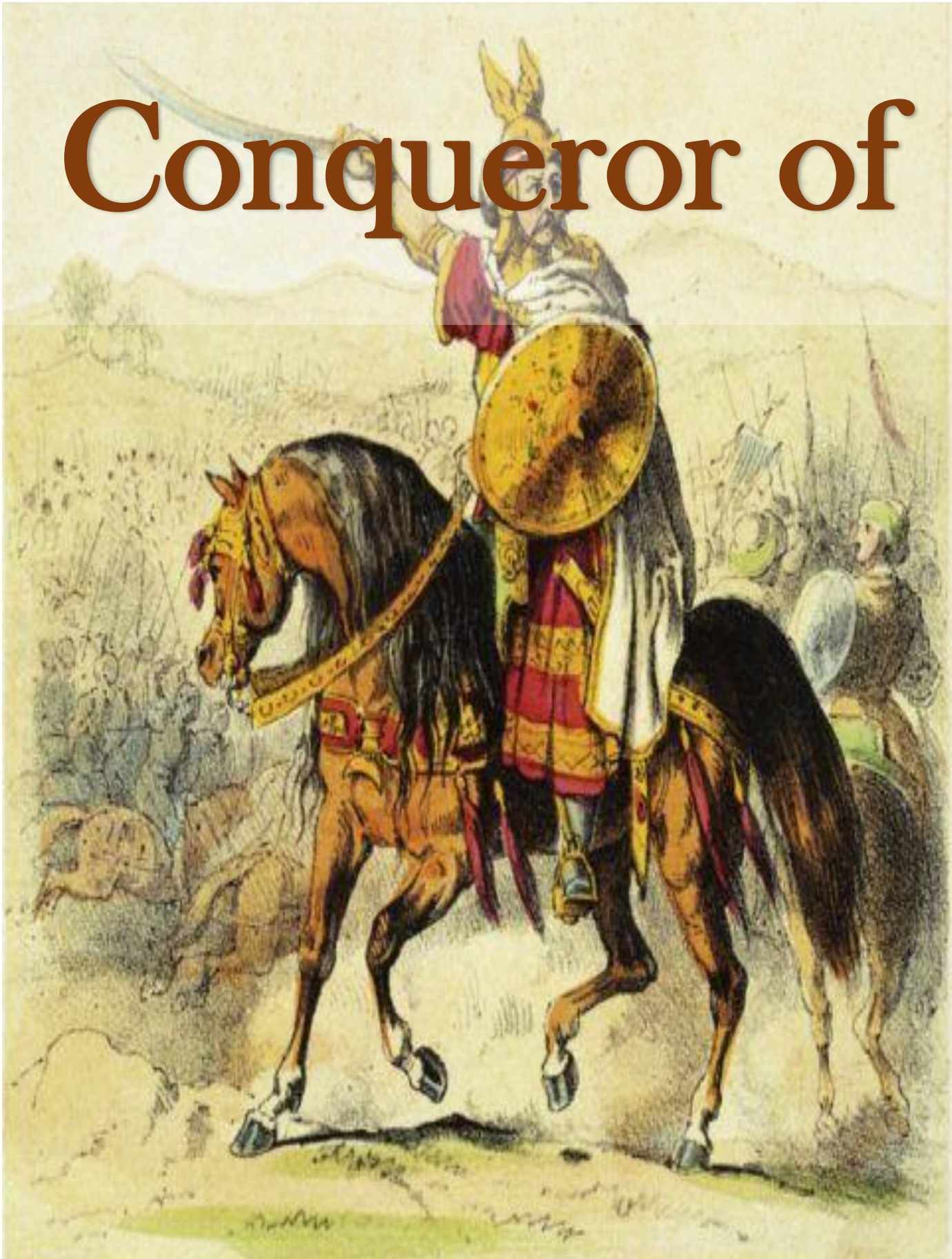
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Mrs. Robina Shaheen Durrani
Associate Professor (History)



اندلس کے فاتح، اندلس میں اجنبی

پوشیدہ تیری خاک میں سجدوں کے نشاں ہیں

خاموش اذانیں ہیں تیری بادِ سحر میں

”ہسپانیہ“ اقبال

تاریخ تغیر پذیری کا نام ہے۔ تغیرات کے بغی تاریخ آگے نہیں بڑھتی۔ یہ تبدیل و تغیر ہر طرح کا ہوتا ہے کبھی خوشی کے شادیاں بجاتے ہیں کبھی درد کے عمیق سمندر میں ڈوبتے ہیں کبھی کامیابی کا سہرا سر پہ سجاتے ہیں تو کبھی ناکامی گلے لگتی ہے۔ تاریخ ان مثبت منفی واقعات سے سبق سکھانے کے راستے ہموار کرنا سکھاتی ہے یہاں ہم ذکر کر رہے ہیں اندلس یا موجودہ اسپین کی تاریخ کے اہم حصے کا جس کا آغاز فاتحانہ شان و شوکت سے بھرپور تھا تو انجام عبرت ناک۔ یہ دنیا کی تاریخ کا نہایت اہم اور سبق آموز واقعہ ہے۔ جس کا وقوع پذیر ہونے میں 800 سال لگے۔ اس کو سمجھنے کے لیے اندلس کے مسلم تاریخ کا مختصر جائزہ لیتے ہیں تاکہ آئندہ کے لیے کہیں بھی ہماری تاریخ کا شاندار آغاز و ارتقاء درناک نسل کشی میں نہ بدل جائے۔

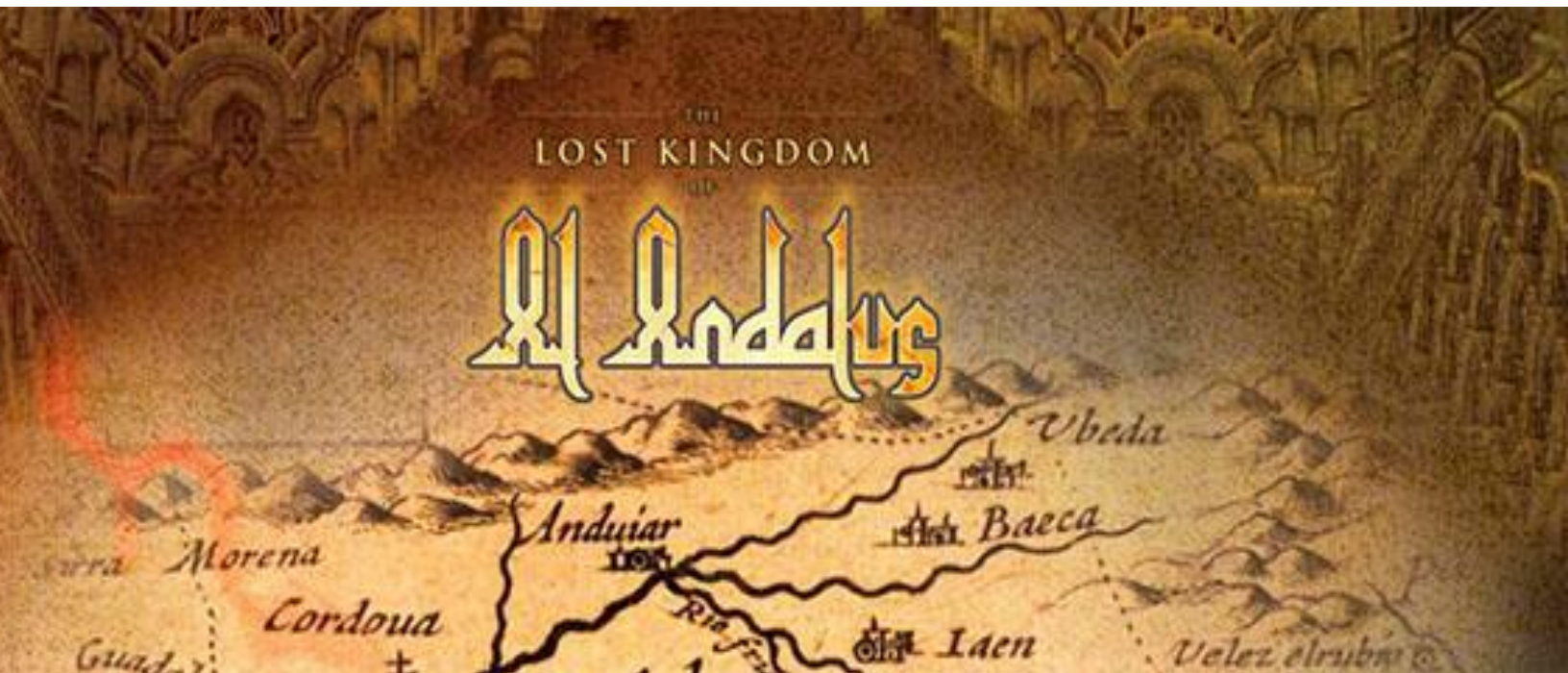
پس منظر

جزیرہ نمائندگی یا قندلش بعد میں اندلس بن گیا کبھی اس کو اسپینا بھی کہا گیا۔ آج کل اس کو اسپین کہتے ہیں جن میں پہلی اباد کار قوم سل سٹ کے کے بعد رومی گاتھ قومیں آباد ہوئی۔ اٹھویں صدی عیسوی میں گاتھ خاندان کے آخری حکمران وٹی زا کے افواج کے کمانڈر راڈرک نے تنیہ الٹ کر اقتدار پر قبضہ کر لیا۔

اندلس میں مسلمانوں کی آمد:

اندلسی معاشرے کے معاشی، معاشرتی، مذہبی حقوق کی پامالی کے شکار غلام سرف اور اقلیتی یہودیوں کی طرف سے شمالی افریقہ کے اموی والی موسی بن نصیر سے متعدد بار امداد کی درخواست کی جاتی تھی جس میں کلیدی اور فوری کردار سابق حکمران وٹیزا کے داماد کاؤنٹ جو لین نے ادا کیا جس کی نو عمر خوبرو بیٹی فلورا کو بوڑھے بد مست بادشاہ راڈرک نے پامال کیا تو اس نے افریقی بازوں کو اندلس پہ حملے پہ قائل کرنے کے ساتھ ساتھ مکمل تعاون بھی فراہم کیا۔ یوں بھی خلیفہ ولید بن عبدالملک کے دور خلافت میں 711ء میں اندلس یہ کامیاب حملہ کیا گیا۔ موسی نے اپنے جنرل طارق بن زیاد کو جبرالٹر اتارا۔ موسی و طارق بہترین سپہ سالار، سخت منتظم، بہترین مومن و خطیب تھے۔ طارق نے اپنے پیچھے کشتیاں ایسے ہی نہیں جلدی تھیں اتارے دو جہاں صلی اللہ علیہ والہ وسلم نے "ہر ملک ملک ماست" کی خوشخبری فرمادی تھی۔

موسی و طارق فتح پہ فتح اور ملک کا بہترین انتظام کرتے ہوئے شمالی اندلس میں فرانس کی سرحدوں پر پہنچ گئے تھے جب انہیں ولید کی طرف سے جلد واپسی کا حکم ملا یہ وہی غلطی تھی جو سندھ میں محمد بن قاسم کو واپسی کا حکم دے کر کی گئی ورنہ آج ہندوستان کے ساتھ یورپ کا نقشہ بھی مختلف ہوتا اسی غلط فیصلے کی وجہ سے شمالی عیسائی ریاستوں کی طرف سے پورے مسلم عہد میں سازشوں اور جنگوں کا سامنا رہا آخر کار انہی کے مسلم مخالف اتحاد کی وجہ سے مسلمانوں کو خاک و خون کا دریا عبور کر کے 800 بعد واپس افریقہ لوٹنا پڑا۔ اندلس کی فتح 711ء تک کا دور دور ولایت کہلاتا ہے جس میں 19 والی آئے۔ "اندلس اسلامی حکومت کے زیر سایہ 50 سال میں تہذیب کے اس نقطے پہ پہنچ گیا جہاں تک پہنچنے کے لیے یورپ کے ماتحت اٹلی کو ایک ہزار سال لگے۔" مسڈسکاٹ 750ء میں دمشق میں اموی خلافت کا مکمل خاتمہ کر کے عباسی حکومت میں آئے تو امویوں کے ہونے والے قتل عام سے بچتے بچاتے خاک و خون کا سمندر عبور کر کے 17 سالہ شہزادہ عبدالرحمن اندلس داخل ہوا اور یہ عالمی تاریخ کا حیرت انگیز کارنامہ ہے کہ اس نے پانچ سال کے قلیل عرصے میں 756ء میں دمشق میں ڈوبی ہوئی حکومت کو اندلس میں زندہ کر دیا۔ یہاں سے اندلس کے دورے امارت یا خلافت کا آغاز ہوتا ہے جو 756ء تا 1031ء تک جاری رہا اس دوران 16 خلفاء آئے ان میں ہشام ثانی اور سلیمان الم ستعین باللہ دو بار خلیفہ بنے بعد ازاں مرکزی حکومت ٹوٹ گئی اور علاقائی حکومتیں جاری رہی جو غرناطہ کی آخری مسلم



Al-Andalus

THE ART OF ISLAMIC SPAIN

ریاست کے خاتمے پہ 1492ء میں ختم ہو گئی۔ امیر عبدالرحمن داخل نے ماش رتی مذہبی معاشی مساوات کا وہ عملی مظاہرہ پیش کیا کہ دور ولایت کے طرح۔ اس دور میں سرف و غلام طبقہ نے تیزی سے اسلام قبول کیا تعمیرات و زراعت کے جدید طریقوں سے یورپ کو آشنا کیا۔ مسجد قرطبہ سادگی مضبوطی اسلام فن تعمیر کا نمونہ آج بھی موجود ہے۔ ”تیراجلال و جمال مرد خدا کی دل وہ بھی حسین و جمیل تو بھی حسین و جمیل“ اقبال ”مسجد قرطبہ“ عرب کے درخت و خصوصاً کھجور کے لیے نہ صرف پودے منگوائے بلکہ افریقہ سے بحری جہازوں میں مٹی منگوا کے اندلس میں کھجور متعارف کروائی۔ ”میری آنکھوں کا نور ہے تو میرے دل کا سرور ہے تو“ اقبال ”عبدالرحمن کا پویا ہوا کھجور کا پہلا درخت“ عبدالرحمن ثانی کا دور ثقافتی ترقی فیشن کے لیے مشہور ہے۔ چھری کانٹے شیشے کے برتنوں کو متعارف کروایا۔ اعراس کی فیاضی اس قدر مشہور تھی کہ لوگ اس کو ابوالمساکین کہتے تھے۔ عبدالرحمن ادیب تھا تا عمر اس کی فیاضی اس قدر مشہور تھی کہ لوگ اس کو ابوالمساکین کہتے تھے۔ ”ابن اثیر“ ”عبدالرحمن طبیعت کا نرم اور دل کا بہت اچھا تھا“ ڈوزی عمرت نامہ اندلس لیکن اس کی نرمی سے فائدہ اٹھا کر بد باطن و بد زبان پادری پولو جمیں، فلور اور میری نے بانی اسلام نبی محترم صلی اللہ علیہ وسلم کے خلاف ناپاک تحریک والدین چلا دی جس کو قرار واقعی سزا نہیں دی گئی۔ عبدالرحمن ثالث النسن ناصر نے 50 سال حکومت کی یہ اندلس میں اموی اقتدار کا عروج تھا اس نے امارت کو خلافت میں بدلہ۔ اس کے شاندار کے کارناموں بے مثال خوشحالی و ترقی سے مرعوب ہو کر قسطنطنیہ جرمنی، اٹلی، فرانس، سسلی وغیرہ نے دوستی کی درخواست بھیجی۔ مضبوط بری بحری فوج کی وجہ بیکرہ روم میں اس کو برتری حاصل تھی اس برتری کو صنعت تجارت زراعت کی ترقی کے لیے استعمال کیا گیا۔ غیر ملکی پودے منگوا کے مقامی پودوں کے ساتھ پیوند کاری متعارف کروائی پہاڑی علاقوں میں اب رسانی کے لیے کاریز کا

استعمال کیا، پتھر پلے زمین پہ لکڑی کے تختے جوڑ کر کئی فٹ مٹی ڈال کر سبزیاں پھل کاش کرنے کا طریقہ یورپ کو سکھایا، ایشیلیہ اور وادی الکیبر پھلوں کی پیداوار کے لیے ضرب المثل تھے سرکاری سرپرستی میں مفت علوم و فنون سکھائے جاتے۔ تعمیرات میں ”قصر زہرا“ آج بھی دنیا میں مشہور ہے۔ قیمتی پتھروں سونے چاندی کا استعمال کیا گیا، سہوت کی وجہ سے اس کو ”مدینۃ الزہرا“ یہ کہا گیا۔ غیر مسلموں کو بھی سیاسی و معاشرتی مجالس میں برابر شریک کیا جاتا تھا۔ ”عبدالرحمن کی حکومت عادلانہ روشن خیال اور متحمل مزاج تھی“، لیکن پول خلیفہ حکم تائی کو مطالعہ کا جنون تھا اس کی ذاتی لائبریری اس وقت دنیا کی سب سے بڑی لائبریری تھی قرطبہ یونیورسٹی اس وقت سب سے بڑی عالمی یونیورسٹی تھی جہاں افریقہ ایشیا یورپ کے طلبہ کو مفت قیام طعام اور تعلیم دی جاتی تھی یا بندے صوم و صلاۃ تھا اس لیے پورے ملک میں شراب پہ مکمل پابندی عائد کر دی۔ اس کے عالمی ذوق، مذہبی طبیعت و سادگی کو سیاسی و عسکری کمزوری تصور کرتے ہوئے اس ای ریاستوں حکمیہ، نوار، قشتالیہ۔ ب رشلونہ، کٹالونیا نے باجگذاری کے سابقہ تمام توڑ دیے حکم نے اس ساری ریاستوں کے خلاف افواج کو خود کمان کرتے ہوئے انہیں معافی مانگنے پہ اگرچہ مجبور کر دیا لیکن مارا آستین کا مسلم دشمن اتحاد اور سازشیں زیادہ تیزی سے کام کرنے لگی۔ یہاں حاجب المنصور کا ذکر بہت اہم ہے وہ خلیفہ تو نہیں تھا مختلف مختلف عہدوں پر کام کرتے ہوئے وزیر اعظم بنا اور اندلس کے سپاہ و سفید کالک بن گیا میدان سیاست اور میدان ازم



کاش شاہ سوار بقبول ابن خلدون اس نے 52 جنگیں لڑی اور سبھی میں کامیاب رہا اور بجا طور پہ المنصور کا لقب اختیار کیا۔ ”اسلام کے دشمن اس کے نام سے تھراتے تھے اس نے صرف ملک کو ہی نہیں بلکہ تہذیب کو بھی اپنا مضمون احسان کیا“۔ ڈوزی۔ ”غربت نامہ اندلس“ منصور کے بعد نابل حکمرانوں اور اقتدار کی رسہ کشی کا سلسلہ طول پکڑ گیا۔ عاقبت نااندیش حکمران، وزیر اور عوام نے حالات کی سنگینی کو نہیں سمجھا 1030ء میں اندلس میں اموی اقتدار کے خاتمے کا اعلان ہوا اور حکومت انتظامی مجلس کے سپرد کر دی گئی پورے اندلس میں علاقائی ریاستیں بن گئی جن کا اپس کا عدم اتحاد و چیلنڈ انہیں عیسائی ریاستوں کے لیے ترنوالہ بن گیا۔ لڑا اور حکومت کرو کی پالیسی کے تحت مسلم ریاستوں کو ہڑپ کرنا شروع کر دیا۔ اب ہم دیکھتے ہیں کہ جس ملک میں مسلمان ایک کروڑ اکثریت کے ساتھ 800 سال تک اقتدار میں رہے ان کو جبری تبدیلی مذہب جبری جلاوطنی اور اذیت ناک موت کیوں دی گئی۔ جس درد و خوف و خون کے دریا کو عبور کر کے کل داخل اندلس آیا اٹھ سو سال بعد اس کی قوم و نسل کی واپسی بھی آگ و خون کے دریا عبور کر کے ہوئی اور انگلش کے مالک اندلس کے لیے ہمیشہ کے لیے اجنبی بن گئے۔ سب سے پہلی غلطی غلط وقت پہ موسی بن نصیر کو فرانس کی سرحد سے واپس کر حکم دینا تھا فران سے برطانیہ داخل ہو کر عظیم فتح کا خواب چکنا چور ہو بعد ازاں انہی شمالی پہاڑی عیسائی ریاستوں نے ہمیشہ درد سر کیے رکھا اور مسلم اقتدار کا دردناک خاتمہ کیا۔ عبدالرحمن دوم نے ناپاک جنونی عیسائی

تحریک مولدین کے ناسور کو مذہبی رواداری کے نام پر جڑ سے نہیں اکھاڑا چنانچہ اسلامو بانی اسلام صلی اللہ علیہ وسلم کے خلاف جنونی مذہبی دہشت گردی کا رواج چل پڑا جس کو مسلم دشمنی و سازش کے لیے استعمال کیا جاتا رہا۔ مسلم ریاستیں آپس کے اختلافات کے لیے دشمنوں کے دست نگر بن گئیں سخت شرائط کے تحت معاہدوں کی روح سے وسیع مسلم علاقے تیزی عیسائی قبضے میں آتے رہیں جہاں مسلم ابادی کا قتل عام کیا جاتا تھا۔ ”عیسائی مسلمان مردوں کو قتل کرتے، عورتوں کو بے عزت کرتے اور کبھی شراب کے ایک منگے کے عوض بیچتے تھے جو فدیہ دانہ کر سکتے ان کی زبان کاٹ دیتے ان کی انکھیں نکال دیتے یا کتوں سے پھڑوادیتے ہیں“ ڈوئی ”عبرت نامہ اندلس“ حاجب المنصور نے اگرچہ برق رفتار متاثر کن فتوحات حاصل کی لیکن استین کے سانپوں کا مکمل خاتمہ نہیں کر سکا جس کا بعد ازاں خمیازہ بھگتنا پڑا۔ خلفاء امراء کی طرف عام عوام نے بھی کثرت سے عیسائی عورتوں سے شادیاں کی جن کی ہمدردیاں اپنی قوم و مذہب کے ساتھ ہیں چنانچہ نازک حالات میں بھی کوئی قومی راز سلامت نہ رہا۔ یوسف بن تاشفین جن کے گھوڑے کے ٹاپ سے چنگاریاں اٹھتی تھی جب مظلوم اندلسی مسلمانوں کی پکار پر افریقہ سے آیا تو بجائے اس کا دست و بازو بننے کہ اسی کے خلاف لیون کے عیسائی حکمران

الفالنسو کے ساتھ متحدہ معاہدہ کر لیا۔ 1212ء میں الدر کو س کے جنگ میں اگرچہ موحدین نے متحد عیسائی لشکر کو شکست فاش تو دی مگر سانپ کا بل تک تعاقب نہیں کیا یہ ایک سنگین غلطی تھی، یہ مسلم فتح تھی اس کے بعد ایک ایک کر کے مسلم ریاستیں پلیٹ میں رکھ کر عیسائیوں کو پیش ہوتی رہی۔ آخری مسلم ریاست غرناطہ کے ابو عبد اللہ نے اقتدار کے لیے اپنے باب ابو الحسن اور چچازغل کے خلاف لیون و قشتالیہ کے عیسائی حکمران فرڈینڈ اور ملکہ ازبیلہ کے ساتھ شرمناک سازش کی اور بالآخر خود ذلت امیز طریقے سے 30 دسمبر 1491ء کو ہونے والی معاہدہ کے تحت 2 جنوری 1492 کو شہر کی چابیاں دشمن کے حوالے کر دی۔ افریقہ جلا وطن ہوئے وقت غرناطہ کی پہاڑی سے شہر پہ آخری حسرتناک نظر ڈالی تو ہونٹوں سے آہ انکھوں سے اشک جاری ہو گئے۔ مادر ملکہ نے بچا طور پر یاد دلا یا کہ جس ”شہر کی مردوں کی طرح حفاظت نہیں کر سکے اس سے عورتوں کی طرح رونے کا بھی حق نہیں“۔ مصلحتوں کے مارے انسانوں کا ہمیشہ سے المیہ رہا ہے کہ محض تماشائی بنے رہتے ہیں آخر میں مصر کے مملوک اور قسنطینہ کے عثمانی خاندان مضبوط تھے مگر صرف زبانی جمع خرچ تک محدود رہے۔ اندلس میں 1499ء عیسائیت اختیار کرنے کا قانون پاس کیا گیا جس کے انکار پہ قتل کیا جاتا تھا۔ قتل و غارت گری، جبری تبدیلی مذہب جیسے درد و اذیت کے سمندر سے گزارنے کے بعد 1 کروڑ ابادی میں سے بچے کچے لوگوں کو 1609ء میں جبری جلا وطن کر



دیا گیا یوں مسلم ابادی کا مکمل خاتمہ ہوا نخلا ہو گیا۔ آج اندلس فضائیں اذان کے صداؤں اور سجدے کرنے والی جمیٹوں سے محروم ہیں یہ دنیا کے تاریخ کا ہولناک واقعہ ہے کہ کسی مذہب کے اکثریتی ابادی کو سازش نفرت اور تعصب کی آگ سے اس طرح صفہ ہستی سے ہٹا دیا گیا کہ آج وہاں ڈھونڈے سے بھی وہ نہیں ملتے جو 800 سال تک روادار حکمران تھے۔ درد کی کہانی سنانے کے لیے تاریخ کے اوراق ہیں یا بے مثال ثقافتی ورثہ ہے ہاں انکھیں کہی کہی کالی انکھوں کالے بالوں والے بھی ہیں جن کی کالی انکھیں بتاتی ہے کہ کبھی وہ ہم میں سے تھے۔

آجھ کو بتاؤں تاریخ امم کیا ہے

شمشیر و سناں اول، طاؤس و رباب آخر

اقبال

The background of the slide features a silhouette of a woman and a young child holding hands, standing against a sunset sky. The woman is on the right, taller, and the child is on the left, shorter. The sky transitions from a deep blue at the top to a bright orange and yellow near the horizon where the sun is setting. The overall mood is peaceful and affectionate.

Blessing of

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Mrs. Afia Batool

Assistant Professor (Economics)

بیٹیاں ایک دعا ہوتی ہیں

تم کیا جانو کیا ہوتی ہیں رب کی خاص عطا ہوتی ہیں
تم کیا جانو کیا ہوتی ہیں غور سے ان کا چہرہ دیکھو
سارے درد بھلا بیٹھو گے گلے لگا کے ماتھا چومو
عشق کا اصل مزہ چکھو گے جنت کی ہوا ہوتی ہیں
بیٹیاں ایک دعا ہوتی ہیں کون کہے یہ مال پر آیا
کون کہے قسمت کی ماری چہرہ ان کا روشن روشن
قسم ہے شفا ہوتی ہیں بیٹیاں ایک دعا ہوتی ہیں
ان کو بس ہمت سکھانا کوئی کہے کچھ ہار نہ جانا
دنیا سے ڈرتے مت جانا سچ میں ٹھنڈی چھاں ہوتی ہیں

بیٹیاں ایک دعا ہوتی ہیں

J. Krishnamurti
Mystery of

THE

BEAUTY



OF

LIFE

Mrs. Rehana Noureen

Krishnamurti's Journal
Assistant Professor (Urdu)



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زندگی اے زندگی

بے شک زندگی اللہ پاک کا حسین تحفہ ہے۔ الحمد للہ ہمیں صحت والی بہترین زندگی ملی۔ بفضل خدا ہمارا شمار پڑھے لکھے باشعور لوگوں میں ہوتا ہے، لیکن ہم میں سے بہت کم لوگ ہیں جو اس بات پر غور کرتے ہیں کہ اس زندگی کا مقصد کیا ہے اور اللہ تعالیٰ نے ہمیں دنیا میں کیوں بھیجا ہے۔ تو ضروری ہے کہ اس پر غور کیا جائے۔ دنیا میں رہتے ہوئے جہاں اس زندگی کو بہتر بنانے کے لیے کوششیں کرتے ہیں، دنیاوی زندگی کو خوب سے خوب تر بنانے کی تگ و دو کرتے ہیں۔ بہت ذوق و شوق سے دنیاوی تعلیم حاصل کرتے اور خوب سے خوب تر کی تلاش میں ساری زندگی صرف کر دیتے ہیں۔ اس مصروفیت میں جس کام کو ہم بیکسر بھلا دیتے ہیں وہ ہماری ابدی اور دائمی زندگی ہے، جس کی تیاری ہم نے اسی دنیا میں رہتے ہوئے ہی کرنی ہے۔ میرے عزیزو! جیسا کہ ہم سب جانتے ہیں کہ اب کوئی نبی، کوئی رسول نہیں آئے گا۔ ہم ہی اللہ تعالیٰ کی آخری اور بہترین امت ہیں۔ ہمارے پیارے نبی آخر الزمان حضرت محمد صلی اللہ علیہ وسلم آچکے اور انہوں نے ہمیں اللہ تعالیٰ کا آخری پیغام بھی دے دیا۔ اب یہ ہماری ذمہ داری ہے کہ رہتی دنیا تک "نیکی کا حکم دینا ہے اور برائی سے روکنا ہے"۔ اس ذمہ داری کو نبھانے کے لیے پہلے ہم اس پر عمل کریں۔ عمل کرنے کے لیے یہی مختصر سی زندگی ہے، اس کے علاوہ کوئی اضافی وقت نہیں ملے گا۔ کالج میں امتحانات کی تیاری کے لیے چھٹیاں مل جاتی ہیں مگر اخروی امتحان کی تیاری کا کوئی اضافی وقت نہیں ملے گا۔ اس لیے ضروری ہے کہ اس امتحان کی تیاری بھی ساتھ ساتھ ہوتی رہے۔ کچھ مشکل نہیں ہے، بس یہ ہے کہ ہم ہر کام کرنے سے پہلے یہ سوچ لیں کہ اللہ تعالیٰ ہمیں دیکھ رہے ہیں، تو ہم سے کبھی بھی کوئی غلط کام نہیں ہو گا۔ پانچ وقت نماز ادا کریں کیونکہ ہمارے پیارے نبی صلی اللہ علیہ وسلم کا فرمان ہے کہ "مومن اور کافر کے درمیان فرق نماز کا ہے"۔ ایک اور حدیث پاک ہے کہ "نماز جنت کی کنجی ہے"۔ اسی طرح دنیا کا ہر کام اللہ اور اس کے رسول کی رضا اور خوشنودی کے لیے کریں تو دنیا اور آخرت دونوں کو سنوار سکتے ہیں۔ قرآن پاک کو پڑھیں اور سمجھیں کیونکہ یہ مکمل ضابطہ حیات ہونے کے ساتھ راہ ہدایت بھی ہے اور اللہ تعالیٰ کا آخری پیغام بھی ہے۔ ہم دوستوں کے SMS تو بڑے شوق سے دیکھتے ہیں، پڑھتے ہیں، جواب دیتے ہیں۔ تو اللہ تعالیٰ کے پیغام کیوں نہ پڑھیں؟ نہ پڑھیں گے تو اس کو کیا منہ دکھائیں گے؟ تو اس کو کیا جواب دیں گے؟ میرے عزیز بچو! زندگی کا یہی بہترین دور ہے جس سے آپ گزر رہے ہیں کیونکہ بچپن نا سمجھی میں گزر گیا اور بڑھاپا بیمار یوں اور کمزوری کی نذر ہو جاتا ہے۔ اس لیے ضروری ہے کہ اسی وقت کو شاندار طریقے سے استعمال کریں کہ دنیا بھی سنور جائے اور آخرت میں بھی پریشانی نہ ہو۔ اور اللہ تعالیٰ نے جو جنت تیار کر رکھی ہے، ہم بھی اس کے وارث بنیں۔ انشاء اللہ اللہ پاک ہم سب کا حامی و ناصر ہو۔ آمین۔

Blessing of



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Miss Jawaria Bashir

Assistant Professor (Zoology)

Sleep: A Blessing

Sleep is a gift from nature, which is more complex than we think. We spend around a third of our lives sleeping. It is vital to our survival, but despite years of research, scientists still aren't entirely sure why we do it. The urge to sleep is all-consuming, and if we are deprived of it, we will eventually slip into slumber even if the situation is life-threatening. Sleep is an essential habit to mammals, birds and reptiles and has been conserved through evolution. It is as important as food and it is experimentally seen in rats that, without it they die within two or three weeks -the same period it takes to die of starvation.

A lack of sleep can actually have severe effects on our mood and performance of everyday tasks, ranging from irritability, through to long term problems such as an increased risk of heart disease and even a higher incidence of road traffic accidents.

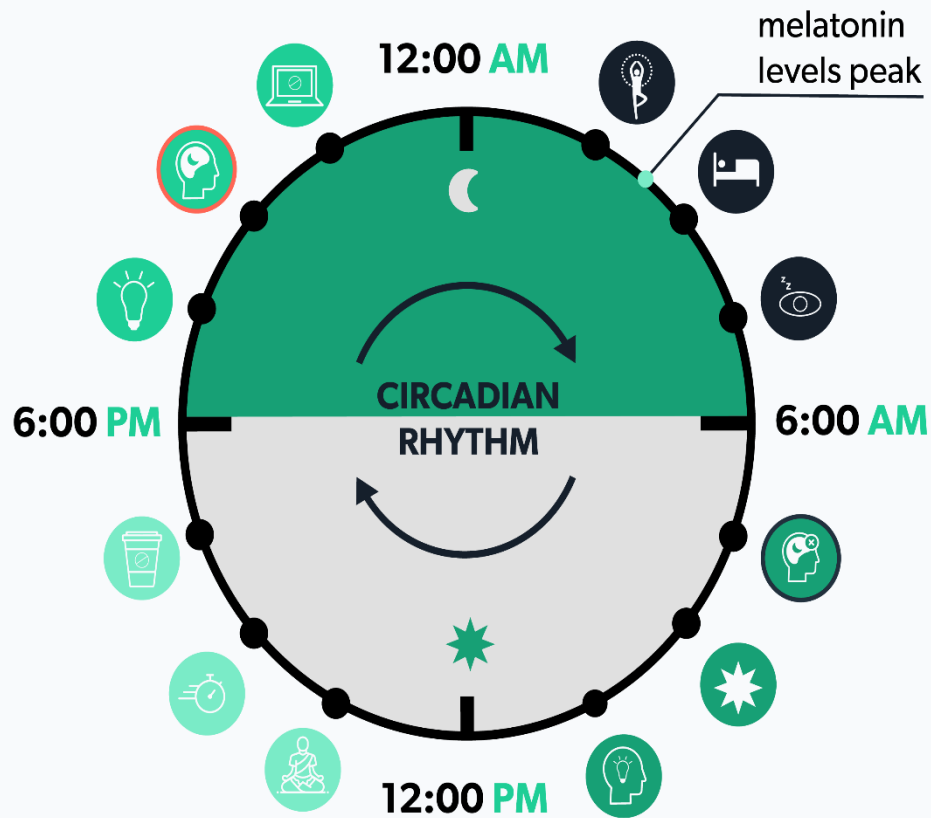
Phases of Sleep

Sleep can be divided into two broad Phases

- ⇒ Non-rapid eye movement (NREM)
- ⇒ Rapid eye movement (REM) sleep.


NREM: The vast majority of our sleep, actually around 75 to 80 per cent of it, is NREM, which is characterized by various electrical patterns in the brain known as 'sleep spindles' and high, slow delta waves. When this is occurring, this is the time when we sleep the deepest. Without NREM sleep, our ability to form declarative memories, such as learning to associate pairs of words, can be seriously impaired. Deep sleep is important for transferring short-term memories into long-term storage. Deep sleep is also the time of peak growth hormone release in the body, which is important for cell reproduction and repair.

REM: The purpose of REM sleep is unclear, with the effects of REM sleep deprivation proving less severe than NREM deprivation; for the first two weeks humans report little in




6:00 PM - 12:00 AM

12:00 AM - 6:00 AM

 Start dimming lights

 Restorative sleep

 Melatonin release starts

 Deep sleep


 Limit technology use


 REM sleep


6:00 AM - 12:00 PM

12:00 PM - 6:00 PM


 Melatonin release stops

 Best coordination

 Start your day by getting some sunlight

 Fastest reaction time

 Highest alertness

 Limit caffeine

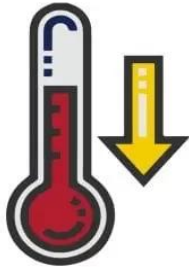
THE 5 STAGES OF

SLEEP

#1

4-5%

Light sleep.
Muscle activity slows down.
Occasional muscle twitching.



#2

45-55%

Breathing pattern and heart rate slows.
Slight decrease in body temperature.



#3

4-6%

Deep sleep begins.
Brain begins to generate slow delta waves.



#4

12-15%

Very deep sleep.
Rhythmic breathing.
Limited muscle activity.
Brain produces delta waves.



#5

20-25%

Rapid eye movement.
Brainwaves speed up and dreaming occurs.
Muscles relax and heart rate increases.
Breathing is rapid and shallow.

the way of ill effects. REM sleep is the period during the night when we have our most vivid dreams, but people dream during both NREM and REM sleep. One curiosity is that during NREM sleep, dreams tend to be more concept-based, whereas REM sleep dreams are a lot more vivid and emotional. Some scientists argue that REM sleep allows our brains a safe place to practice dealing with situations or emotions that we might not encounter during our daily lives. During REM sleep our muscles are temporarily paralyzed, preventing us acting out these emotions. Others think that it might be away to unlearn memories, or to process unwanted feelings or emotions.

Sleep cycle

In the night, you cycle through five separate stages of sleep every 90 to 110 minutes. The five stages of sleep can be distinguished by changes in the electrical activity in brain, measured by electroencephalogram (EEG).

The first stage begins with drowsiness as you drift in and out of consciousness, and is followed by light sleep and then by two stages of deep sleep. Your brain activity starts to slow down, your breathing, heart rate and temperature drop, and you become progressively more difficult to wake up. Finally, your brain perks up again, resuming activity that looks much more like wakefulness, and you enter rapid eye movement (REM) sleep -the time when your most vivid dreams occur. This cycle happens several times throughout the night, and each time, the period of REM sleep grows longer. Low Stages of sleep Not all sleep is the same. There are five separate stages, divided by brain activity Drowsiness During the first stage of sleep you are just drifting off; your eyelids are heavy and your head starts to drop. During this drowsy period, you are easily woken and your brain is still quite active. The electrical activity on an electroencephalogram (EEG) monitor starts to slow down, and the cortical waves become taller and spikier. As the sleep cycle repeats during the night, you re-enter this drowsy half-



awake, half-asleep stage. Light sleep After a few minutes, your brain activity slows further, and you descend into light sleep. On the EEG monitor, this stage is characterized by further slowing in the waves, with an increase in their size known as 'sleep spindles'.

By the time you are in the second phase of sleep, your eyes stop moving, but you can still be woken up quite easily.

Moderate sleep: As you start to enter this third stage, your sleep spindles stop, this in turn is showing that your brain has entered moderate sleep. This is then followed by deep sleep. The trace on the EEG slows still further as your brain produces delta waves with occasional spikes of smaller, faster waves in between. As you progress through stage-three sleep, you become much more difficult to wake up.

Deep sleep: There is some debate as to whether sleep stages three and four are really separate, or whether they are part of the same phase of sleep. Stage four is the deepest stage of all, and during this time you are extremely hard to wake. The EEG shows tall, slow waves which are known as delta waves; your muscles will relax and your breathing becomes slow and rhythmic, which can lead to snoring.

REM sleep: After deep sleep, your brain starts to perk up and its electrical activity starts to resemble the waking brain. This is the period of the night when most dreams happen. Your muscles are temporarily paralyzed, and your eyes dart around, giving it the name rapid eye movement (REM) sleep. You cycle through the stages of sleep about every 90 minutes, experiencing between three and five dream periods each night.

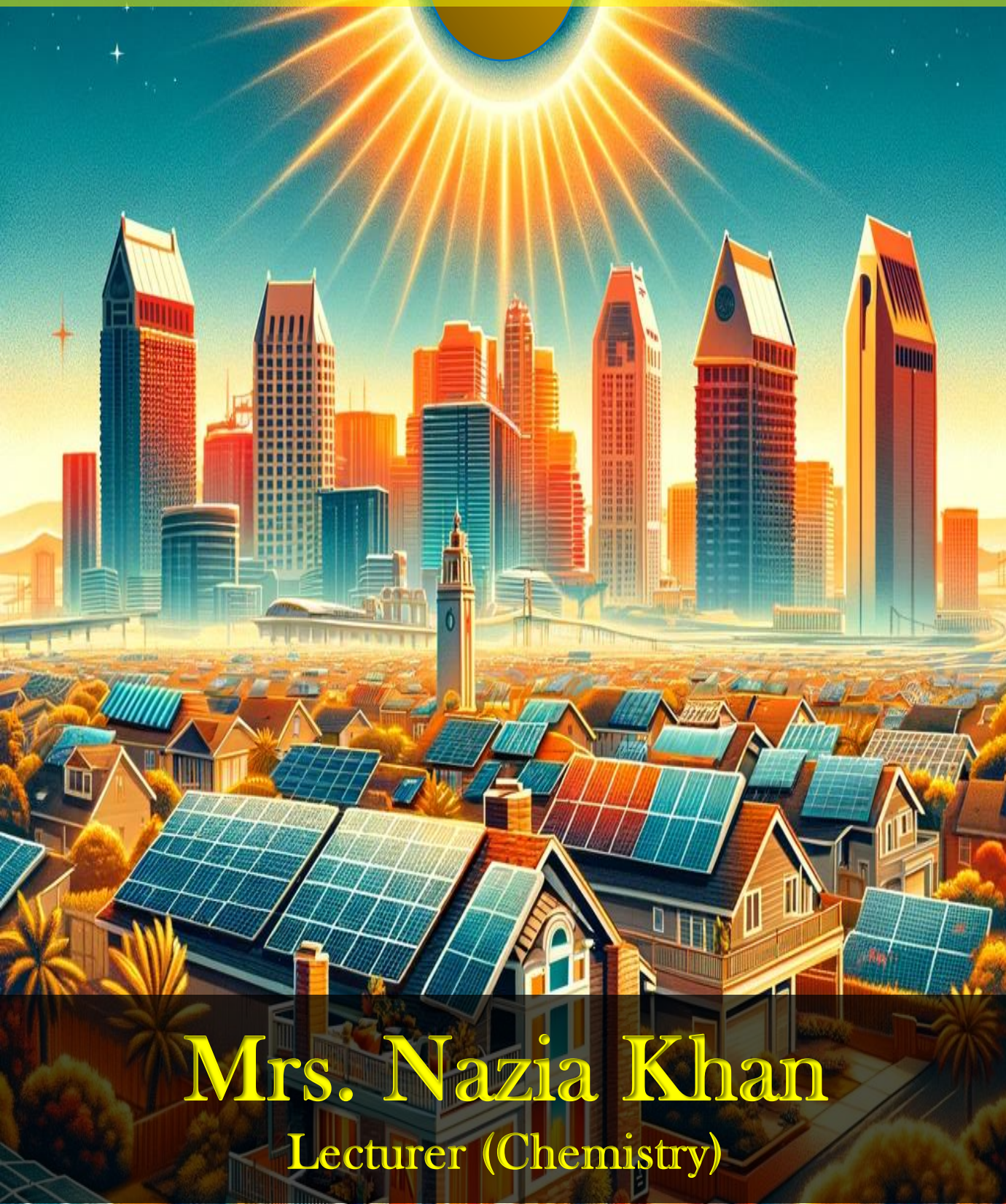
Understanding your biological clock is the key to a healthy night's sleep Your body is driven by an internal circadian master clock known as the



suprachiasmatic nucleus, which is set on a time scale of roughly 24 hours. This biological clock is set by sunlight; blue light hits special receptors in your eyes, which feed back to the master clock and on to the pineal gland. This suppresses the production of the sleep hormone melatonin and tells your brain that it is time to wake up. Disruptions in light exposure can play havoc with your sleep, so it is important to ensure that your bedroom is as dark as possible. Many electronic devices produce enough light to reset your biological clock, and using backlit screens late at night can confuse your brain, preventing the production of melatonin and delaying your sleep. Ensuring you see sunlight in the morning can help to keep your circadian clock in line, and sticking to a regular sleep schedule, even at the weekends, helps to keep this rhythm regular.

Lack of sleep doesn't just make you tired -it can have dangerous unseen effects Sleep deprivation impacts your visual working memory, making it hard to distinguish between relevant and irrelevant stimuli, affecting emotional intelligence, behavior and stress management. Sleep deprivation affects the levels of hormones involved in regulating appetite. Levels of leptin (the hormone that tells you how much stored fat you have) drop, and levels of the hunger hormone ghrelin rise. Poor sleep can raise blood pressure, and in the long term is associated with an increased risk of diseases such as coronary heart disease and stroke. This danger is increased in people with sleep apnea. In the USA it is estimated that 100,000 road accidents each year are the result of driver fatigue, and over a third of drivers have even admitted to falling asleep behind the wheel. Mental health problems are linked to sleep disorders, and having sleep deprivation can play havoc with neurotransmitters in the brain, mimicking the symptoms of depression, anxiety and mania. Severe sleep deprivation can lead to hallucinations - seeing things that aren't really there. In rare cases, it can lead to temporary psychosis or symptoms that resemble paranoid schizophrenia.

Advantages and Disadvantages of



Mrs. Nazia Khan

Lecturer (Chemistry)

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Advantages and disadvantages of solar panel

Solar panel is a device that converts sunlight into electricity by using photovoltaic (PV) cells. PV cells are made of materials that produce excited electrons when exposed to light. The electrons flow through a circuit and produce direct current (DC) electricity, which can be used to power various devices or be stored in batteries. Solar panels are also known as solar cell panels, solar electric panels, or PV module. Solar panels are usually arranged in groups called arrays or systems. A photovoltaic system consists of one or more solar panels, an inverter that converts DC electricity to alternating current (AC) electricity, and sometimes other components such as controllers, meters, and trackers. Most panels are in solar farms, which supply the electricity grid as can some rooftop solar.



Application

There are many practical applications for the use of solar panels or photovoltaics. It can first be used in agriculture as a power source for irrigation. In health care solar panels can be used to refrigerate medical supplies. It can also be used for infrastructure. PV

Advantages

Solar power is pollution-free and causes no greenhouse gases to be emitted after installation

1. Reduced dependence on foreign oil and fossil fuels
2. Renewable clean power that is available every day of the year, even cloudy days produce some power
3. Return on investment unlike paying for utility bills
4. Virtually no maintenance as solar panels last over 30 years
5. Creates jobs by employing solar panel manufacturers, solar installers, etc. And in turn helps the economy
6. Excess power can be sold back to the power company if the grid is tied
7. Ability to live grid free if all power generated provides enough for the home/building
8. Can be installed virtually anywhere; in a field to on a building
9. Use batteries to store extra power for use at night

modules are used in photovoltaic systems and include a large variety of electric devices:

- ✚ Agrivoltaics
- ✚ Solar canals
- ✚ Photovoltaic power stations

10. Solar can be used to heat water, power homes and buildings, even power cars
11. Safer than traditional electric current
12. Efficiency is always improving so the same size solar that is available today will become more efficient tomorrow

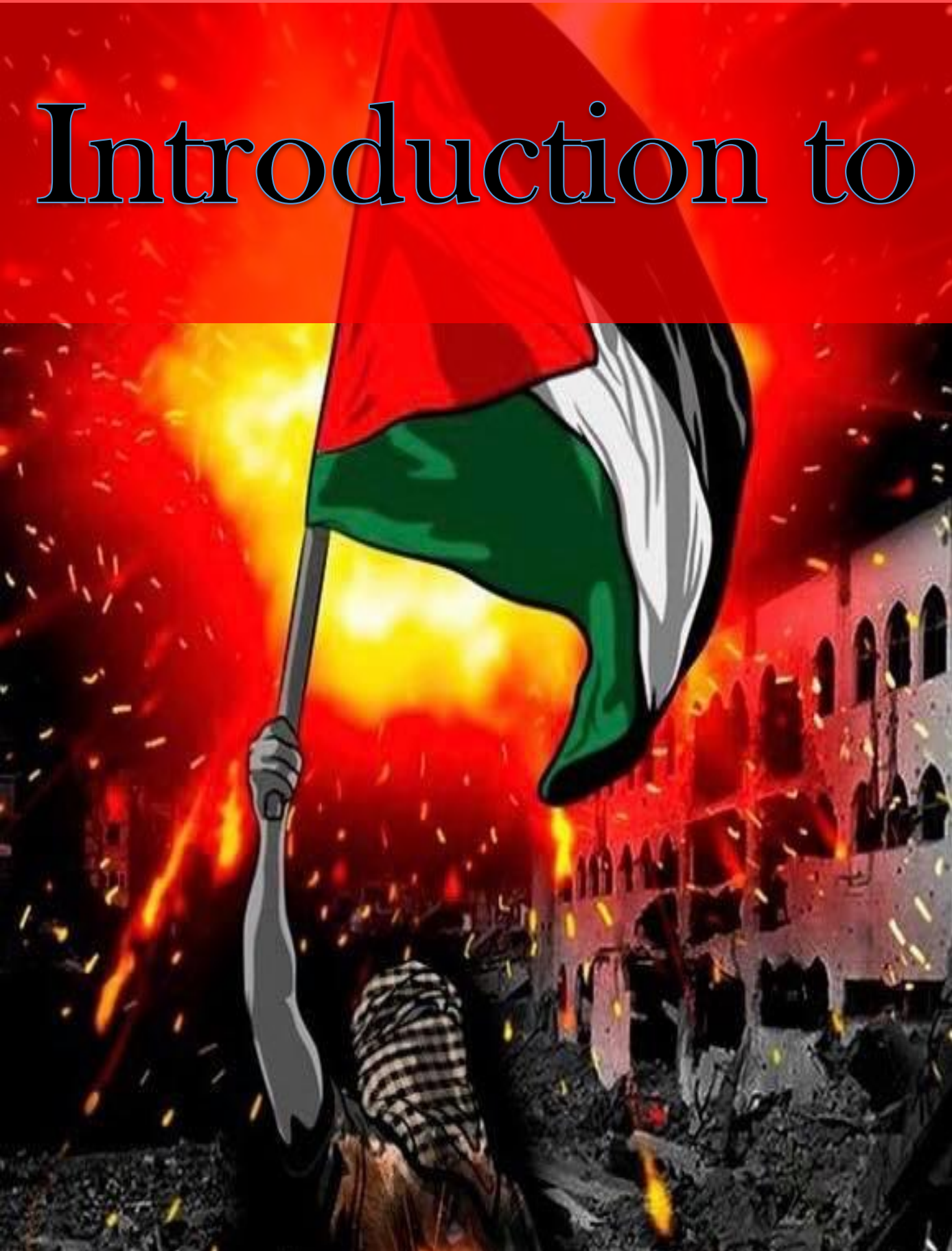
Disadvantages

High initial costs for material and installation and long ROI (however, with the reduction in the cost of solar over the last 10 years, solar is becoming more cost feasible every day)

1. Needs lots of space as efficiency is not 100% yet
2. No solar power at night so there is a need for a large battery bank
3. Some people think they are ugly (I am definitely not one of those!)
4. Devices that run on DC power directly are more expensive

Depending on geographical location the size of the solar panels varies for the same power generation.

Introduction to



Tayyaba Anwar

Roll # 16 - BS Information Technology - 3rd

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Palestine

Palestine, officially the State of Palestine, is a country in the southern Levant region of West Asia. It encompasses the Israeli-occupied West Bank and Gaza Strip, collectively known as the Palestinian territories, within the larger historic Palestine region.

Palestine's special place in history derives from its spiritual significance for the three great monotheistic faiths. Palestine thus should be a land of peace, but, in fact, historical forces, sometimes religious, sometimes political, have brought conflict

Quran says about Palestine

Enter this city and eat from it wherever you will in [ease and] abundance, and enter the gate bowing humbly and say, 'Relieve us of our burdens. Palestine was the birthplace of many Prophets including Hazrat Ibrahim, Ishaq, Dawud, Yaqub, Sulayman, Zakariya, Yahya, Isa and other companions like Irmiya.

Goal of Palestine

The final goal remained "completing the liberation of all Palestinian territory" and "recover all their national rights and, first and foremost, their rights to return and to self-determination on the whole of the soil of their homeland".

What Palestine wants

Further, most Palestinians believe that a two-state solution is unlikely to emerge from the conflict. Instead, a majority of them say they prefer to reclaim all of historic Palestine, including the pre-1967 Israel. A one-state solution with Arabs and Jews holding equal rights comes in second.

Importance

Palestine's special place in history derives from its spiritual significance for the three great monotheistic faiths. Palestine thus should be a land of peace, but, in fact, historical forces, sometimes religious, sometimes political, have brought conflict and conquest.



How to Overcome Anxiety & Stress of

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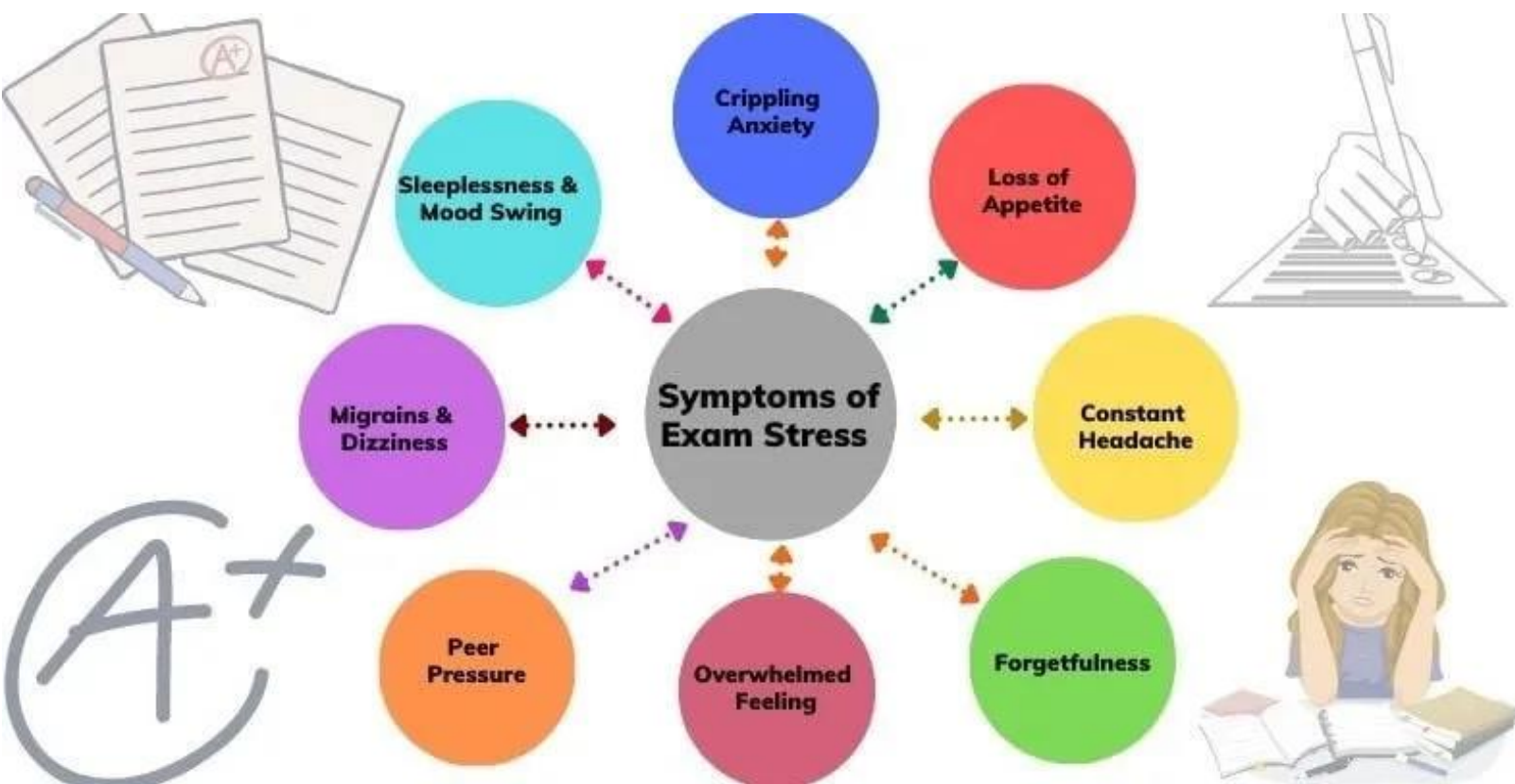
Malaika Khan

Roll # WMGZL-23- 31 BS Zoology - 2nd

How to overcome Exam Anxiety & Stress

Here are some tips to help overcome exam anxiety and stress:

- ⇒ Prepare thoroughly: Study consistently and make a study plan to feel confident.
- ⇒ Time management: Allocate time for studying, relaxation, and self-care.
- ⇒ Relaxation techniques: Practice deep breathing, meditation, or yoga to calm your mind.
- ⇒ Positive self-talk: Encourage yourself with positive affirmations.
- ⇒ Visualization: Imagine yourself performing well in the exam.
- ⇒ Exercise regularly: Physical activity reduces stress and anxiety.
- ⇒ Get enough sleep: Aim for 7-8 hours of sleep before the exam.
- ⇒ Seek support: Talk to friends, family, or a counselor about your concerns.
- ⇒ Stay organized: Keep study materials and notes tidy.
- ⇒ Focus on effort, not outcome: Concentrate on your hard work, not just results.



Remember, it's normal to feel some level of anxiety, but by implementing these strategies, you can manage your stress and perform your best. Good luck!

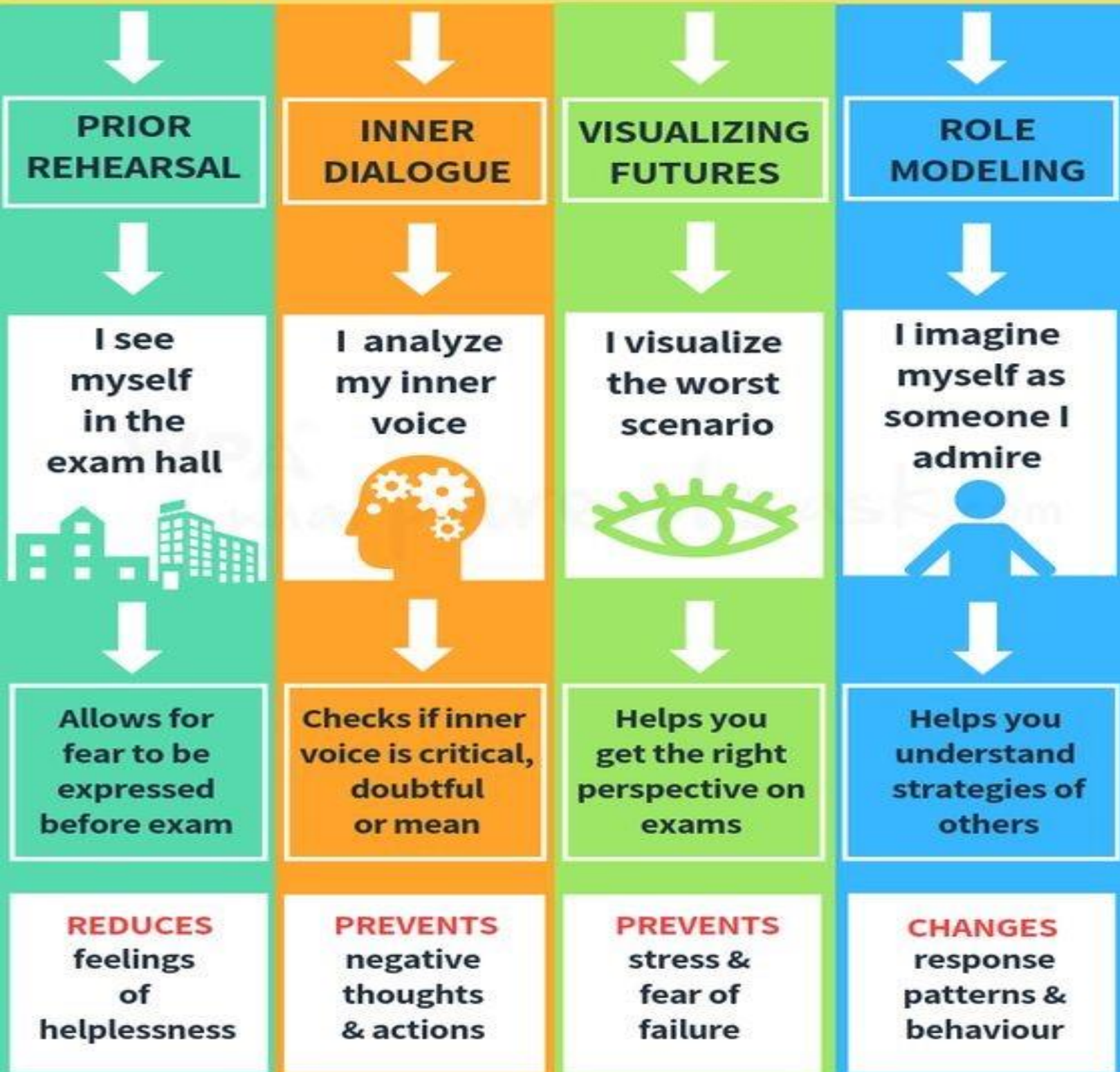
Yahaan kuch aur tips hain exam anxiety aur stress se nipne ke liye:

- ⇒ Self-care: Apne physical aur mental health ka dhyaan rakhen.
- ⇒ Mindfulness: Present moment mein rehna aur apne thoughts ko control karna.
- ⇒ Reframe negative thoughts: Negative thoughts ko positive mein badalna.
- ⇒ Take care of your diet: Healthy food khana aur hydrate rehna.
- ⇒ Get familiar with the exam format: Exam pattern aur format se familiar hona.
- ⇒ Practice with mock tests: Mock tests ke saath practice karna.
- ⇒ Learn to accept imperfection: Apne mistakes ko accept karna aur usse seekhna.

- ⇒ Seek professional help: Agar zaroorat ho to professional help lena.
- ⇒ Stay present: Exam ke din present mein rehna aur apne thoughts ko control karna.
- ⇒ Stay positive: Positive attitude rakhna aur apne goals ko achieve karne ka prayas karna.

In tips ko follow karke aap exam anxiety aur stress se nipt sakte hain aur apne goals ko achieve kar sakte hain.

4 WAYS TO REDUCE EXAM STRESS



Internet

The internet is a global system of interconnected computer networks that use standardized communication protocols to link devices and share information. It's a network of networks that enables data exchange, communication, and access to information across the world.

The internet consists of

- ⇒ Network infrastructure (servers, routers, switches, etc.)
- ⇒ Protocols (TCP/IP, HTTP, FTP, etc.) for data transmission and reception
- ⇒ Devices (computers, smartphones, tablets, etc.) that connect to the internet
- ⇒ Online services (websites, email, social media, etc.) that provide information and functionality

The internet enables various activities, including

- ⇒ Communication (email, messaging, video conferencing)
- ⇒ Information sharing (websites, blogs, social media)
- ⇒ Entertainment (streaming, online gaming, videos)
- ⇒ Education (online courses, tutorials, research)
- ⇒ Commerce (online shopping, banking, transactions)
- ⇒ Social networking (connecting with people, sharing content)

The internet has revolutionized the way we live, work, and interact with each other, offering countless opportunities for connection, collaboration, and knowledge sharing.

Internet Uses and Applications

- ⇒ Instant messaging and video calls connect people globally.
- ⇒ Vast resources for research and news are available online.
- ⇒ Online shopping allows consumers to buy products easily.
- ⇒ Access to courses and educational resources supports remote learning.
- ⇒ Data storage and applications are accessible from anywhere.
- ⇒ Streaming services provide on-demand music and movies.
- ⇒ Remote medical consultations improve healthcare access.
- ⇒ Collaboration tools enable employees to work from anywhere.
- ⇒ IoT technology automates and enhances everyday tasks.

OVERVIEW OF GLOBAL INTERNET USE

A SNAPSHOT OF INTERNET USE AROUND THE WORLD

INTERNET USER NUMBERS NO LONGER INCLUDE DATA SOURCED FROM SOCIAL MEDIA PLATFORMS, SO VALUES ARE NOT COMPARABLE WITH PREVIOUS REPORTS

TOTAL NUMBER
OF GLOBAL
INTERNET USERS



4.72
BILLION

INTERNET USERS AS A
PERCENTAGE OF TOTAL
GLOBAL POPULATION



60.1%

ANNUAL CHANGE
IN THE NUMBER OF
GLOBAL INTERNET USERS



+7.6%
+332 MILLION

AVERAGE DAILY TIME SPENT
USING THE INTERNET BY
EACH INTERNET USER



6H 56M

PERCENTAGE OF USERS
ACCESSING THE INTERNET
VIA MOBILE DEVICES



92.8%

The Sinking of RMS



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Saba Asghar

Roll # WMGZL-21- 36 BS Zoology - 5th

The sinking of RMS Titanic



The Titanic was a British passenger liner that famously sank on its maiden voyage in April 1912 after hitting an iceberg. The disaster resulted in the loss of over 1,500 lives, highlighting the need for improved safety measures in maritime travel.

Construction and Maiden Voyage

Construction: Built by Harland and Wolff shipyard in Belfast, the Titanic was designed by naval architects Alexander Carlisle and Thomas Andrews. It was 882 feet 9 inches (269 meters) long and 92 feet 6 inches (28 meters) wide. The Titanic was considered unsinkable due to its advanced safety features, including 16 watertight compartments.

Maiden Voyage: The Titanic set sail from Southampton, England, on April 10, 1912. It made stops at Cherbourg, France, and Queenstown (Cobh), Ireland, before heading across the Atlantic to New York City.

The Disaster

Iceberg Warning: The Titanic received several iceberg warnings from other ships in the area throughout the day on April 14, 1912. However, these warnings were not adequately heeded.

Collision: At approximately 11:40 PM ship's time on April 14, lookouts Frederick Fleet and Reginald Lee spotted an iceberg directly ahead of the ship. Despite efforts to maneuver around it, the Titanic struck the iceberg on the starboard side. The collision caused a series of ruptures below the waterline, spanning over five of the ship's watertight compartments.

Immediate Aftermath: Water began flooding into the Titanic's lower sections. Captain Edward Smith and Thomas Andrews, the ship's designer, quickly realized that the ship was doomed and began organizing the evacuation.



Evacuation

Lifeboats: The Titanic was equipped with 20 lifeboats, enough to accommodate only about half of the passengers and crew on board. The lifeboats were launched with varying degrees of efficiency, many not filled to capacity due to confusion and lack of proper drill.

Women and Children First: The evacuation protocol prioritized women and children, leading to a higher survival rate among these groups. However, adherence to this rule was inconsistent.

Sinking

Tilting and Breaking: As the bow of the ship filled with water, the stern began to rise out of the water. By around 2:15 AM on April 15, the ship's tilt became severe, and the stress on the structure caused the Titanic to break apart between the third and fourth funnels. The bow section sank first, followed by the stern.

Final Plunge: The stern remained afloat for a few minutes before it too sank into the icy waters of the North Atlantic.

Rescue and Casualties

RMS Carpathia: The RMS Carpathia, about 58 miles away, received the Titanic's distress signal and steamed at full speed to the rescue, arriving around 4 AM. The Carpathia rescued approximately 710 survivors from the lifeboats.

Casualties: Over 1,500 people perished, making it one of the deadliest maritime disasters in history. Many died from exposure to the freezing water, hypothermia, or drowning.



Aftermath

Rescue Efforts: The RMS Carpathia arrived at the scene around 4 AM and rescued the survivors from the lifeboats.

Investigations: Both the United States and the United Kingdom conducted inquiries into the disaster, leading to changes in maritime safety regulations, including the requirement for sufficient lifeboats and the establishment of the International Ice Patrol to monitor iceberg dangers.

Legacy

Cultural Impact: The Titanic has been the subject of countless books, films, and documentaries. The most famous film is James Cameron's 1997 blockbuster "Titanic."

Wreck Discovery: The wreck of the Titanic was discovered on September 1, 1985, by a team led by Robert Ballard. The ship lies at a depth of about 12,500 feet (3,800 meters) in the North Atlantic Ocean.

Conclusion

The sinking of the RMS Titanic stands as a stark reminder of the perils of technological hubris and inadequate safety measures. The tragedy, which claimed over 1,500 lives, led to significant reforms in maritime safety, including the requirement for sufficient lifeboats, continuous radio watch, and the establishment of the International Ice Patrol. The disaster underscored the importance of humility, preparedness, and the enduring human spirit in the face of catastrophe, leaving a lasting impact on both maritime practices and cultural memory.



AMAZON

An aerial photograph of a lush green Amazon rainforest. A wide, winding river with a light blue-green hue flows through the dense canopy, creating a meandering path. The forest is vibrant green, and the river's banks are thick with vegetation. The overall scene is a classic representation of the Amazon basin's biodiversity.

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Sonia Khadim

Roll # 50

World's Largest & Most Diverse Forest: Amazon Rainforest

The Amazon Rainforest, often referred to as the “lungs of the Earth,” is a vast and incredibly biodiverse tropical rainforest located in South America. Here’s a comprehensive overview of its key aspects:

Geography and Size

Location: The Amazon Rainforest spans across nine countries, with the majority situated in Brazil. It also extends into Peru, Colombia, Venezuela, Ecuador, Bolivia, Guyana, Suriname, and French Guiana.

Area: It covers approximately 5.5 million square kilometers (2.1 million square miles), making it the largest tropical rainforest in the world.

Climate

Temperature: The rainforest generally has a hot and humid climate with temperatures ranging from 25°C to 30°C (77°F to 86°F).

Rainfall: It receives high levels of rainfall, typically between 1,500 to 3,000 millimeters (59 to 118 inches) annually. This precipitation is crucial for sustaining the lush vegetation.



Biodiversity

Flora: The Amazon is home to about 390 billion individual trees, with more than 16,000 species of trees and plants. Notable trees include the Brazil nut tree and the rubber tree.

Fauna: It hosts an incredible variety of wildlife, including over 2.5 million insect species, approximately 1,300 bird species, 427 mammal species, and 2,200 fish species. Iconic animals include jaguars, sloths, and various species of monkeys and birds.

Ecosystem

Layers: The rainforest is structured in several layers:

Emergent Layer: The top layer, where trees can reach up to 60 meters (200 feet) tall.

Canopy: This dense layer is formed by the tops of trees and provides a habitat for many animals and plants.

Understory: Below the canopy, this layer is shaded and humid, supporting plants and insects adapted to low light.

Forest Floor: The bottom layer, which is dark and humid, where decomposition of organic matter occurs.

Importance

Carbon Sequestration: The Amazon plays a critical role in absorbing carbon dioxide from the atmosphere, which helps mitigate global climate change.

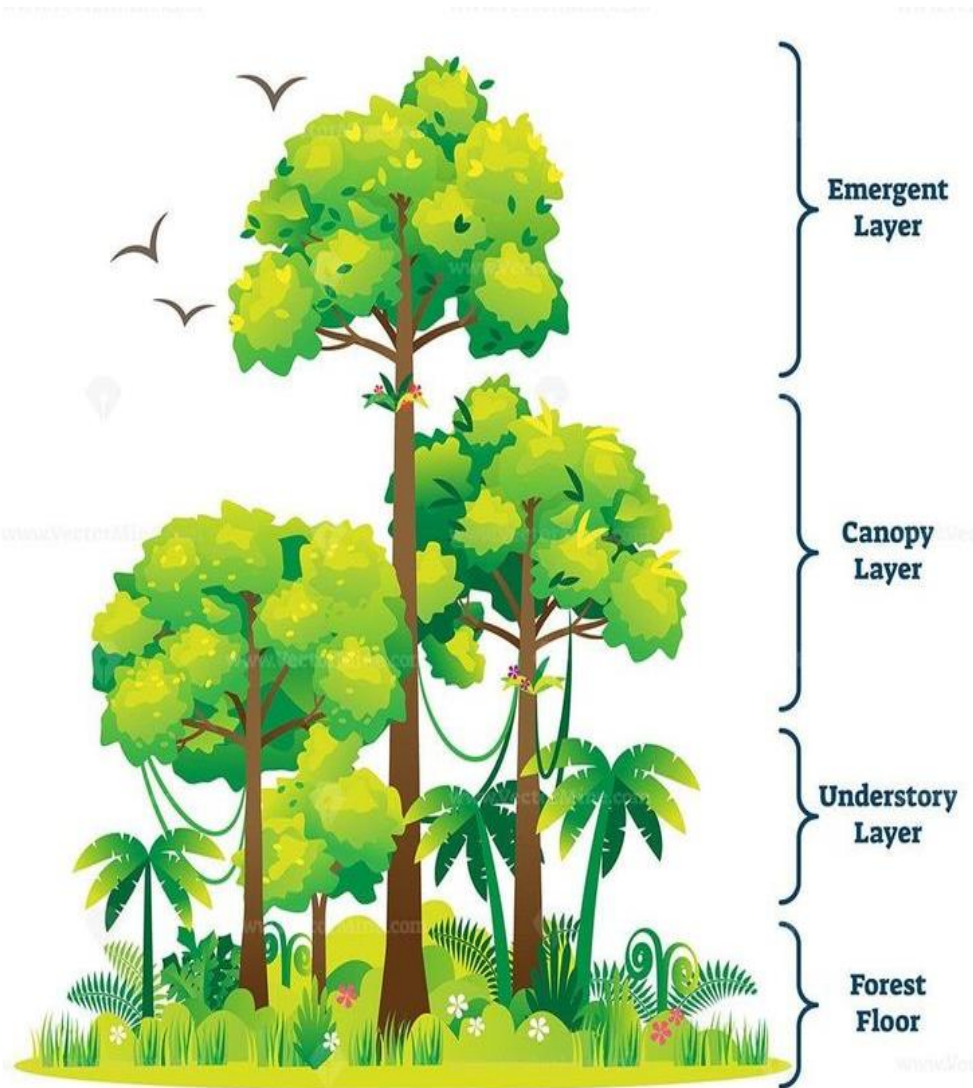
Biodiversity Hotspot: Its rich biodiversity contributes to the stability and health of the global ecosystem.

Indigenous Cultures: Many Indigenous tribes live in the Amazon, relying on its resources for their traditional way of life and cultural practices.

Threats

Deforestation: One of the most pressing issues, driven by logging, agriculture (especially cattle ranching and soy cultivation), and infrastructure development. This leads to habitat loss, reduced biodiversity, and increased carbon emissions.

Climate Change: Global warming affects rainfall patterns and can lead to drier conditions, making the forest more vulnerable to fires.



Why We Need

RAINFORESTS

The world's rainforests are disappearing. Here's why we have to save them.



THE NUMBERS

50 percent

of all plant and animal species on Earth live in rainforests.

40 percent

of the air we breathe is produced by trees and plants in rainforests.

39 million

acres of tropical rainforest were destroyed in 2017.

(That's like losing 40 football fields of trees every minute for a year.)

TOP THREATS

Rainforests are being cleared for:



If deforestation continues at the current rate, rainforests could vanish within the next 100 years.

WHAT RAINFORESTS PROVIDE

WATER

Rainforests play a big role in Earth's water cycle. The trees release water vapor into the atmosphere, forming clouds that carry rain thousands of miles away.



CLIMATE CONTROL

Rainforests help regulate Earth's temperature by absorbing harmful carbon dioxide that would otherwise trap heat in the atmosphere.



FOOD

Rainforests produce many of the foods and flavorings we eat every day, including sugar, cinnamon, bananas, lemons, and vanilla.



MEDICINE

Roughly 70 percent of the plants used in medicines to treat cancer are found only in rainforests.



Mining: Extraction of minerals and oil can lead to environmental degradation and pollution.

Conservation Efforts

Protected Areas: Efforts include establishing national parks and reserves to protect large sections of the rainforest.

Sustainable Practices: Promoting sustainable agriculture and logging practices to reduce environmental impact. The Amazon Rainforest is crucial for the health of our planet, and ongoing efforts are needed to preserve this invaluable ecological treasure.

Cultural

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Hafiza Afshan Munir

Roll # WMGZL-23-02 BS Zoology - 2nd

Cultural Exchange

Cultural exchange refers to the mutual sharing and exchange of ideas, traditions, values, and practices between individuals or groups from different cultural backgrounds. This process can occur through various means and can significantly impact both parties involved by promoting understanding, appreciation, and respect for different ways of life. Here are some key aspects of cultural exchange.

Methods of Cultural Exchange



Education and Study Abroad Programs: Students and educators travel to other countries to study, teach, and learn about different cultures. Examples: Fulbright Program, Erasmus Program.

Travel and Tourism: Tourists and travelers experience new cultures through exploration, leading to greater understanding and appreciation of diversity.

Work and Volunteer Programs: Professionals and volunteers work in different cultural settings, often learning and exchanging skills and knowledge. Examples: Peace Corps, international internships.

Cultural Events and Festivals: Events such as music festivals, art exhibitions, and film festivals that showcase cultural diversity. Examples: World Music Festival, Venice Biennale.

Exchange of Art and Literature: Artworks, books, films, and other cultural artifacts are shared internationally, providing insight into different cultural perspectives.

Digital and Online Platforms: social media, online courses, and virtual events facilitate cultural exchange by connecting people globally.

Benefits of Cultural Exchange

Enhanced Understanding and Respect: Fosters mutual respect and understanding by exposing individuals to different worldviews and practices.

Personal Growth and Development: Encourages open-mindedness, adaptability, and critical thinking through exposure to diverse perspectives.

Cultural Preservation and Innovation: Promotes the preservation of cultural heritage while also encouraging cultural innovation through the blending of ideas.

Peace and Diplomacy: Helps build peaceful and diplomatic relationships between countries by reducing stereotypes and fostering collaboration.

Economic Benefits: Encourages tourism and international collaboration, which can lead to economic growth and development.



The Silk Road

- An ancient network of trade routes that facilitated not only the exchange of goods but also cultural, religious, and technological exchanges between East and West.

Olympic Games

- A global sporting event that brings together athletes from around the world, fostering cultural exchange and unity.



UNESCO World Heritage

- Sites of cultural significance that are preserved and promoted for their historical and cultural value.

Prominent Examples of Cultural Exchange

Challenges of Cultural Exchange

Cultural Misunderstanding: Differences in cultural norms and values can lead to misunderstandings or conflicts.

Cultural Appropriation: The adoption of elements of one culture by another, sometimes inappropriately or without understanding the significance.

Language Barriers: Communication challenges due to language differences can hinder effective exchange.

Economic and Social Inequalities: Imbalances in resources and opportunities can affect the fairness and inclusivity of cultural exchanges.

Preservation vs. Change: Balancing the preservation of cultural heritage with the inevitable changes that occur through cultural interaction.

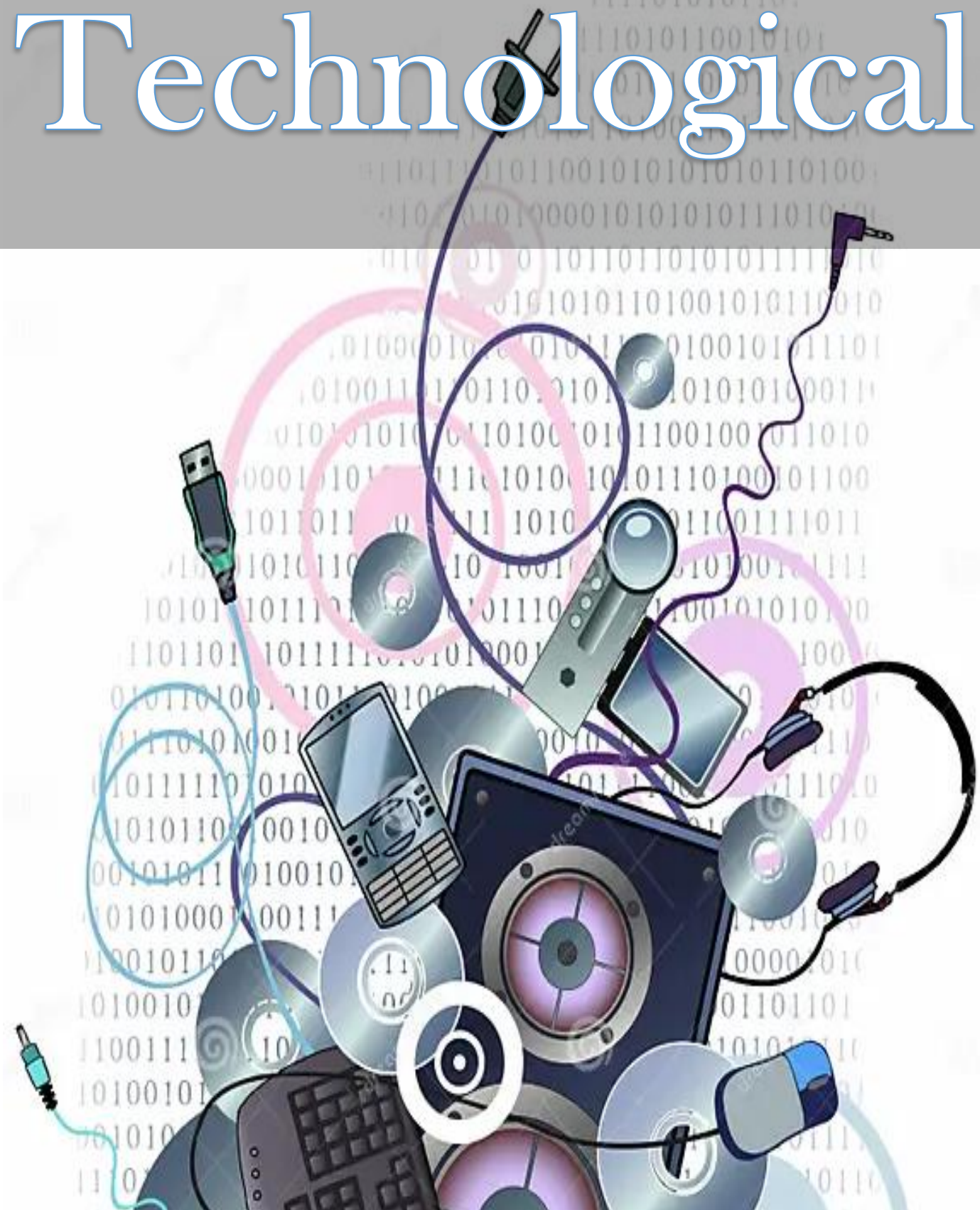


Conclusion

Cultural exchange plays a vital role in building a more interconnected and understanding world. By engaging in cultural exchange, individuals and communities can develop a deeper appreciation for diversity, foster global cooperation, and contribute to a more peaceful and inclusive society.

Technological

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Alisha Bano

Roll # 42 BS Information Technology- 3rd

Technology & Gadgets

The application of scientific knowledge for practical purposes, especially in industry "advances in computer technology". Technology is the use of scientific knowledge for practical purposes or applications, whether in industry or in our everyday lives.

Basic concept of technology

Technology is the application of conceptual knowledge to achieve practical goals, especially in a reproducible way. The word technology can also mean the products resulting from such efforts, including both tangible tools such as utensils or machines, and intangible ones such as software.

Gadgets are small things that improve our lives in small ways - a game or a phone. But technology can be used in ways that improve our lives in big ways - a TV station or medical equipment. The difference depends on the use we make of technology.

Types of technology: Mechanical technology, medical technology, communications technology, electronic technology, and industrial and manufacturing technologies. Examples include: electronic devices, simple machines, and factories.

What is an example of a technological gadget?

Some examples of technological gadgets include smartphones, tablets, smartwatches, fitness trackers, virtual reality headsets, drones, Bluetooth speakers, digital cameras, e-readers, and gaming consoles. These gadgets have transformed the way we communicate, work, exercise, and entertain ourselves.

What is a tech gadget?

An umbrella term for any computer-driven device, which today means thousands of products from tablets to toasters.

What is the work of gadgets?

Information Access: Gadgets provide easy access to a vast amount of information on the internet. This helps in learning, research, and staying informed about various topics. **Productivity and Efficiency:** Electronic gadgets like laptops and tablets enable people to work efficiently, manage tasks, and organize schedules.



Environmental

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Laiba Shahab

Roll # 19 BS Information Technology- 3rd

Environmental Pollution

Environmental pollution is the introduction of foreign and potentially harmful elements into the environment. The consequences are particularly important when they damage ecosystems and human societies, especially with regard to health.

Pollution is the process of making the environment land water and air dirty by adding harmful substances to it. Pollution causes imbalance in the environment. This imbalance has threatened the very survival of all forms of life. It is a threat to the whole

Types of Pollution



Water Pollution



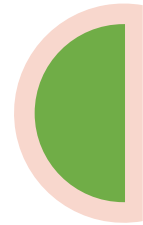
Soil Pollution



Radioactive Pollution



Noise Pollution



Air Pollution

Disadvantages

Environmental pollutants can cause health problems like respiratory diseases, heart disease, and some types of cancer. People with low incomes are more likely to live in polluted areas and have unsafe drinking water. And children and pregnant women are at higher risk of health problems related to pollution.

How to stop pollution



- ⇒ Commute smart by walking or riding to work or the shops instead of driving.
- ⇒ Choose a fuel-efficient vehicle next time you are replacing your car.
- ⇒ Save energy, by turning off the television and make sure you flick the light switch when you leave the room.
- ⇒ Buy energy - efficient appliances.

Mental Health

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Musfera Farooq

Roll # WMGZL-21-05 BS Zoology - 5th

Mental Health & Wellness

A vital aspect of our overall well-being

Mental health and wellness are essential components of our overall health, influencing how I think, feel and act. Good mental health allows us to navigate life's challenges, build strong relationships and pursue our goals with resilience and confidence. In this article, we explore the importance of mental health, common concerns, and practical strategies for cultivating wellness.

The Importance of Mental Health

Mental health affects every aspect of our lives, from personal relationships to academic and professional performance. Good mental health enables us to manage emotions and stress, develop coping skills and resilience, build strong relationships, and enjoy overall well-being.

Common mental health concerns

Many individuals face mental health challenges, including anxiety disorders, depression, stress, trauma, substance abuse and eating disorders



Wellness strategies

Fortunately, there are many effective ways to promote mental health and wellness as

- ⇒ Mindfulness and meditation
- ⇒ Exercise and physical activity
- ⇒ Healthy sleep habits
- ⇒ Social connections and community
- ⇒ Self-compassion and self-care

Additional strategies

- ⇒ Practicing gratitude and positivity
- ⇒ Engaging in creative activities
- ⇒ Setting boundaries and prioritizing self-care
- ⇒ Learning emotional regulation skills

Benefits of prioritizing Mental Health

Improved relationships Increased productivity and focus Enhanced creativity and problem-solving skills Better physical health Increased resilience and stress management Improved overall quality of life

Conclusion

Mental health and wellness are vital aspects of our overall health, deserving attention and care. By prioritizing self-awareness, self-care and seeking support when needed, we can cultivate resilience and fulfillment in our lives.

Remember, mental health matters! Let's work together to create a supportive and inclusive environment for all.

Importance of



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Hafsa Abdul Sattar

Roll # WMGZL-23-07 BS Zoology - 2nd

Importance of Time

Time is a valuable and limited resource that plays a crucial role in our lives. It's scarce, irreversible, and forces us to prioritize tasks, focus on what's important, and avoid procrastination. Time is necessary to set and achieve goals, learn from experiences, reflect, and grow. It allows us to nurture relationships, strike a balance between work and leisure, and seize opportunities. Time also enables self-improvement through self-care, skill development, and personal growth. Most importantly, its limited nature reminds us of our mortality, encouraging us to make the most of life. By recognizing the importance of time, we can optimize our schedules, make conscious decisions, and live a more fulfilling life. Time is limited. We all have a finite amount of time, and it's essential to use it wisely.

Time is precious: Time is a valuable resource, and every moment counts.

Time management is crucial: Effective time management helps prioritize tasks, achieve goals, and reduce stress.

Time is irreversible: We can't turn back time, so it's essential to make the most of every moment.

Time changes everything: Time can bring new opportunities, challenges, and experiences that shape our lives.

Time is a teacher: Time helps us learn from our experiences, make mistakes, and grow.

Time is a healer: Time can help us recover from painful experiences and move forward.

Time is a gift: Time is a present we should cherish and use to create meaningful memories and experiences.

Time is unpredictable: We never know what the future holds, so it's essential to make the most of the present moment.



Value

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Mamona Iqbal

Roll # WMGZL-23-03 BS Zoology - 2nd

Value Yourself



What is meant by value yourself?

It means to give value to yourself and consider yourself everything and believe what you can do, could not be done by others.

You observe something in daily life that when you buy something you give importance to it and you say that I like it then no one dislike this thing it means when you give the value of your things then other people give the value of to that thing. And if you do not give the value to yourself then no one will give respect to you. In addition, if you buy clothes from a local shop The value of the cloth is not very high in your mind but when you buy something from the branded shop then the value is high in your mind. One thing just one thing increases the value which is "brand".

And if you give yourself such a value then you become a brand and when your name stands with thing this become value able when you give importance to yourself then you will weakness become a style just like the "Parizaad", all of us saw his drama when he achieved the success by believe in himself, then is weakness become his style.

This can be further explained by the following example:

A speakers started his seminar by showing \$20. He asked people who want to take this? All of them raised their hands. he said that he will give the money to one but before this he will do something to it. He closed his Palm with money and made a ball of it. Then he asked the same question. All of them raised their hands. Then he put money on to the ground and stepped on it and took the money.

After all the proceeding, everyone was still interested to take that money ignoring that how dirty it was. Then he told the public no matter what I did with this money but all of you wanted to take the money. All of you were in favor of getting that money. In the same way, when you value yourself then your weakness or failure doesn't matter. From the following example we learnt a lesson that we should become just like money, in whatever position we are (weak, failure or fat) our value remains same,

Believe in yourself and achieve your goals if you want to do something then do with such confidence that what you can do could not be done by others.



Beauty of



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Momna Abdul Ghaffar

Roll # WMGZL-23-18 BS Zoology - 2nd

Beauty of Nature

The beauty of nature is a gift that surrounds us, yet often goes unnoticed. From the majestic mountains to the serene oceans, every aspect of the natural world is a masterpiece. Nature's beauty has the power to inspire, soothe, and humble us. The vibrant colors of sunsets, the gentle rustle of leaves, and the sweet songs of birds all contribute to nature's symphony. The intricate patterns on a butterfly's wings, the delicate petals of a flower, and the towering grandeur of trees showcase nature's attention to detail.

Nature's beauty is not just visual; it's also experienced through our senses. The scent of fresh rain, the feel of warm sand between our toes, and the taste of ripe fruit all evoke emotions and create memories. Moreover, nature's beauty has a profound impact on our well-being. Studies have shown that spending time in nature reduces stress, improves mood, and boosts creativity. Nature's beauty is a treasure that deserves our appreciation, respect, and preservation. By embracing nature's splendor, we can find serenity, inspiration, and a deeper connection to the world around us.

The Importance of Preserving Nature's Beauty

As humans, we often take nature's beauty for granted, forgetting that





it's a finite resource that requires our care and protection. The natural world faces numerous threats, including climate change, deforestation, pollution, and species extinction.

Why Preservation Matters

Biodiversity: Nature's beauty is closely tied to biodiversity. Preserve ecosystems ensures survival of countless species.

Climate Regulation: Nature helps regulate the climate by absorbing carbon dioxide and producing oxygen.

Mental Health: Exposure to nature improves mental well-being and reduces stress.

Economic Benefits: Nature-based tourism and recreation generate significant revenue.

Cultural Significance: Nature holds spiritual and cultural value for many communities.

What We Can Do

Reduce, Reuse, Recycle: Minimize waste and reduce carbon footprint.



Support Conservation Efforts: Donate to organizations protecting natural habitats.

Spread Awareness: Educate others about the importance of preserving nature's beauty.

Make Eco-Friendly Choices: Choose sustainable products and practices.

Get Involved: Participate in local environmental initiatives and activism.

By working together, we can ensure that nature's beauty continues to inspire and nourish future generations.

Dishonest Behavior



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Nadia Akram

Roll # 11 BS Information Technology - 3rd

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Corruption

Corruption is a form of dishonest behavior that has a big impact on everyone. It occurs when an entrusted entity abuses its position of power for its own benefit. Corruption can come in many forms including bribes, double-dealing, and fraud by individuals, businesses, and governments.

Pakistan rank in corruption

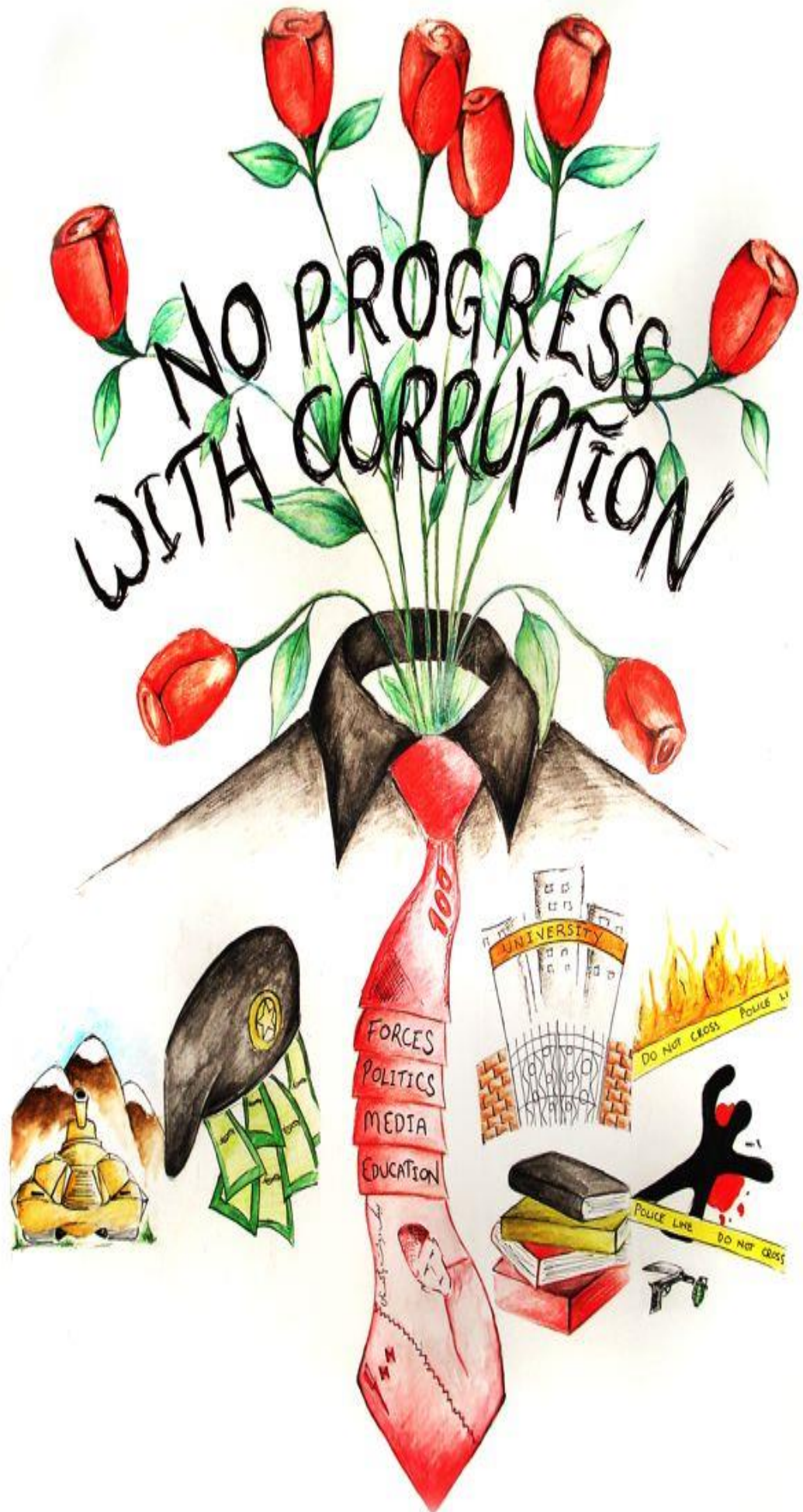
Scoring 180 countries around the world, the Corruption Perceptions Index is the leading global indicator of public sector corruption. Pakistan has a score of 29 this year, with a change of 2 since last year, meaning it ranks 133 out of 180 countries.

Types of corruption

- ⇒ Bribery
- ⇒ Embezzlement, theft and fraud
- ⇒ Graft
- ⇒ Extortion and blackmail
- ⇒ Access money
- ⇒ Influence peddling
- ⇒ Networking
- ⇒ Abuse of discretion

Disadvantages of corruption

- ⇒ Financial loss
- ⇒ Damage to employee morale
- ⇒ Damage to its reputation
- ⇒ Focus and resources being diverted away from delivering core business and services to the community
- ⇒ Increased scrutiny, oversight and regulation



Discover Your

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Shanza Bibi

Roll # WMGZL-23-21 BS Zoology - 2nd

HOW TO FIND A HOBBY THAT'S RIGHT FOR YOU

1 Journaling



2 Practice Yoga

3 Do Puzzles



4 Swimming

5 Cooking



6 Coloring



7 Photography



8 Walking



9 Reading

10 Gardening



11 Go Hiking



Hobby

In today's fast-paced world, it's easy to get caught up in the hustle and bustle of daily routines and forget to make time for the things that bring us joy. However, engaging in hobbies can have a profound impact on our mental and physical well-being, relationships, and overall quality of life.

Discovering Your Hobby

A hobby is an activity or interest that we pursue outside of work or school for pleasure and personal enrichment. It's a way to express ourselves, challenge ourselves, and tap into our creativity. Whether it's painting, playing music, gardening, or cooking, there's a hobby out there for everyone.

Benefits of Hobbies

Research has shown that engaging in hobbies can have numerous benefits, including:

- ⇒ Reducing stress and anxiety
- ⇒ Improving mental and physical health
- ⇒ Boosting creativity and self-expression
- ⇒ Providing opportunities for socialization and community building
- ⇒ Enhancing skills and knowledge

Making Time for Your Hobby

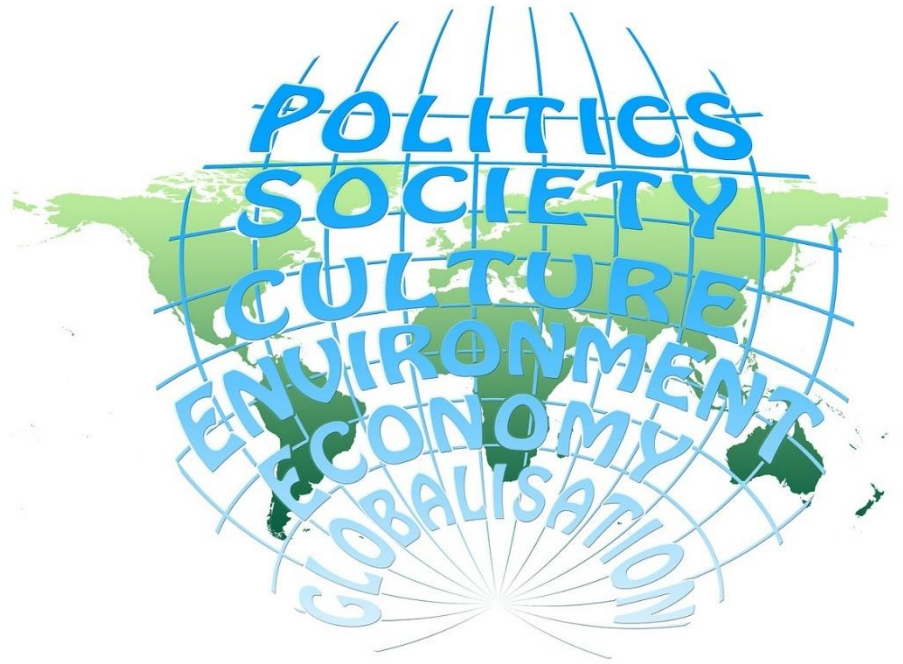
With increasingly busy schedules, it can be challenging to find time for our hobbies. However, it's essential to prioritize our passions and make time for the things that bring us joy.

Conclusion

Pursuing our hobbies can have a transformative impact on our lives. By discovering our passions, making time for our hobbies, and embracing the benefits they provide, we can lead happier, healthier, and more fulfilling lives. So, take the time to explore your interests, and find the hobby that brings you joy!

Globalization as an Ideology

The term globalization comes from Latin 'Globus' which means compact mass referring to the terrestrial globe, the world. And 'iza'- which means "to become". And the suffix -tion means action and effect. Globalization derives from word globalize, which refers to emergence of international network of economic system. It also refers to interconnectedness and interdependence of countries, culture, economies and the need for global response to global problems. The term globalization was introduced by German American Economist Theodore Levitt. Some Economists claims that globalization was first started by discovery of America by Christopher Columbus.



Origin and History

Globalization is a historical process that began with the first movement of people out of Africa into other parts of world. An early form of globalized economics and culture known as Hellenistic Age when commercialized urban centers were focused around the axis of Greek culture over a wide range that stretched from India to Spain with cities as Alexandria, Athens and Antioch at its center. Some world historians attach globalization "Big Bang" significance to 1492 (Christopher Columbus stumbles on America in search of species). The term Globalization first appeared in early era traced between 19th and 20th century (supplanting an earlier French term mundialization), developed its current meaning sometimes in the second half of 20th century and came its popular use in 1990's to describe the unprecedented international connectivity of post-cold world war.



The period from 1870 to the beginning of first world war is commonly referred as first golden era of globalization. The most important manifestation of this wave of globalization can be favored in dramatic intensification of global flows of capital, goods and migrants. Globalization is the process by which the world previously isolated through physical and technological distance become increasingly interconnected.” Awareness, Embrace, independence and integrity are the four foundations of Globalization While Economy,

culture, politics and ecology are basic themes of globalization. It is manifested by increase of interaction between people around the world that involves sharing of ideas, culture, goods, services and investments. Over the years globalization was a buzzword that significant impact human lives. conceptually globalization means integration of all sorts, economic, social, Cultural, financial, technical, etc among nations across world. The word globalization has not only been used too frequently by all sorts of people across societies ranging from hard code academicians and

theorists to corporates and politicians, but it has also been widely misused both knowingly and unknowingly to be a world leader one has to developed a 'global understanding' travel globally and promulgate one's global Vision. The world was often repeated to rise up the ladder and gain mass acceptance. (Article by Rakesh Mohan Joshi)

Early Globalization began in ancient times when people and communities first started exchange of goods sharing knowledge and cultural practices. During Hellenistic Age (323 to 100 b.c.e) the Greek established broad trade and commercial connection. Greek culture and philosophical ideas spread into Europe, west Asia and North Africa around 100 b.c.e, a network of trade routes called the silk road development.

Globalization is an ideology like how trade and technology have made the world into a more connected interdependent place.

Globalization expands business cooperation worldwide and is facilitated by communicating technological advancements political and environmental developments. It gives organizations a superior competitive position.



Economic globalization

It is a historical process the result of human interaction and technological process. The term also sometimes refers to movement of people (Labor) and knowledge (technology) across international borders including cultural political and environmental dimensions of globalization.

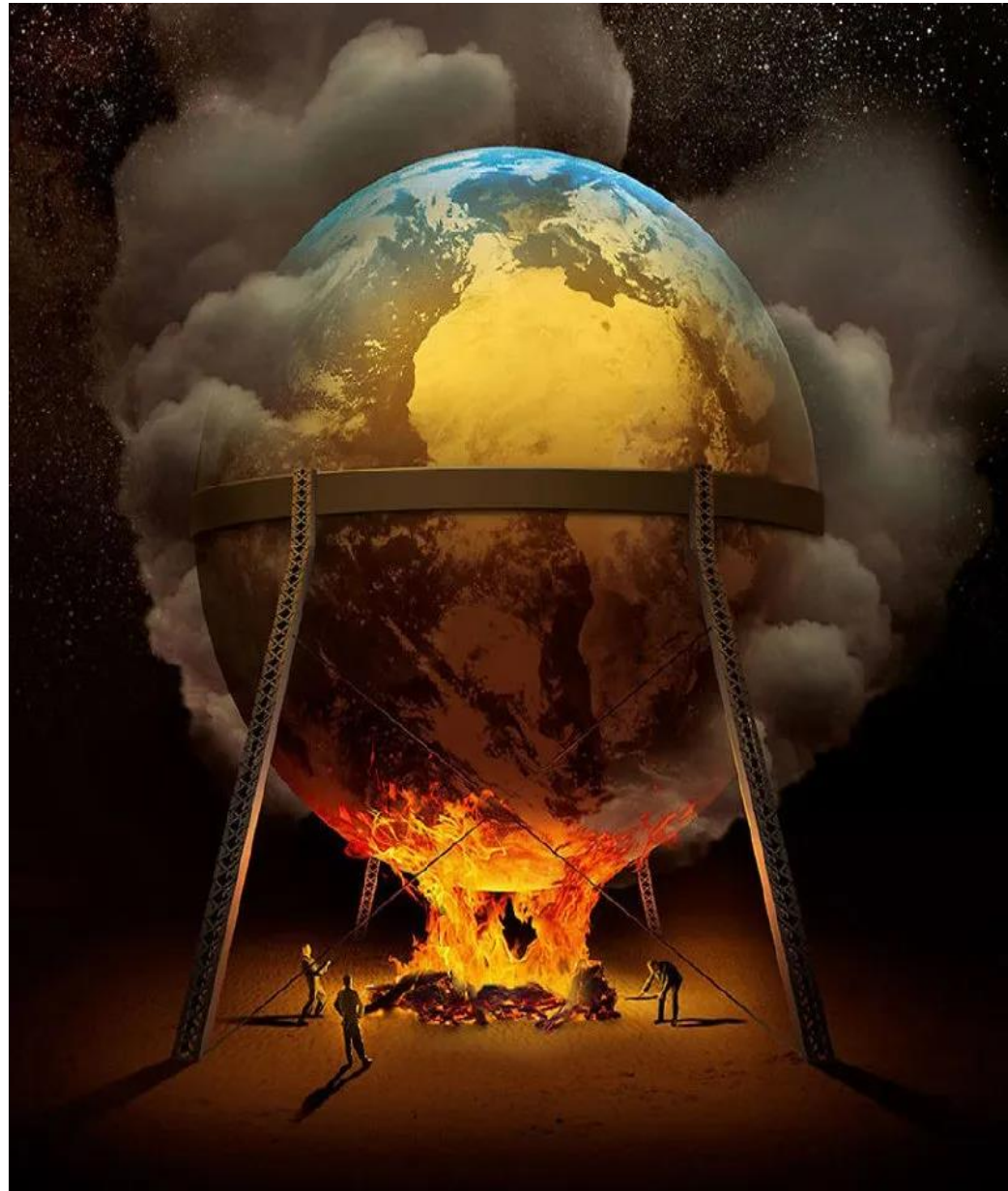
The role of bottom: Globalization has not caused world's multinational corporation to simply score the globe in search of lowest paid Labors.

Globalization is irreversible: In long run globalization is likely to be an unrelenting phenomenon. But for significant period of time, it's momentum can be hindered by variety of factors, ranging from political will to availability of infrastructure. Indeed, the world was thought to be an irreversible path towards place and prosperity in early 20th century until the outbreak of WWI.

Openness of Globalization with on its own, deliver economic growth

Integrating with global economy is, as economists like to say a necessary but not sufficient conditions for economic growth. For globalization to be able to a country county cannot be saddled with problems endemic to many developing countries from a corrupt political class to poor infrastructure and macroeconomic instability.

Future of globalization: Like a snowball rolling down a steep mountain, globalization seems to be gathering more and more momentum. The disparate set of factors will dictate the future direction of globalization but one important entity is sovereign government should not be overlooked. They still have power to react significant obstacles to globalization, ranging from tariffs to immigration to restrictions to military hostiles. Nearly a century ago the global economy operated in a very open environment with good service and people able to move across borders with little if any difficulty that openness began to withdraw away with the onset of WW in 1914 and recovering what was lost along the process government recognized the importance of international organizations and coordination which lead to emergence of numerous international organizations and financial institutions (Among IMF and World bank 1944).

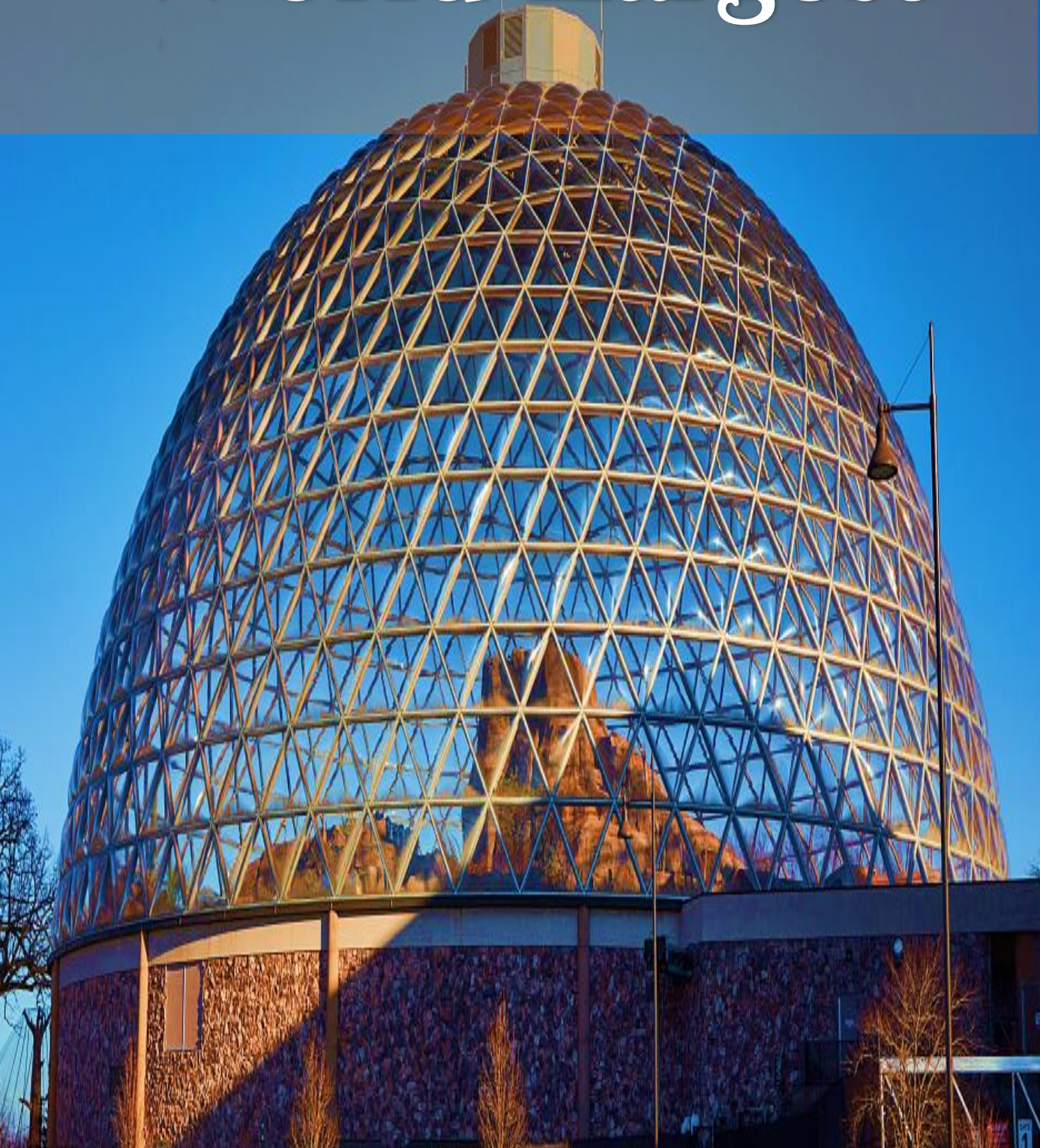


Peter Sutherland is the father of globalization

Conclusion

Globalization brings many advantages including lower price and higher standard of living to some it also has drawbacks including wealth concentrations and cultural homogeneity. It impacts daily lives by increasing consumers demand changing market communication and promoting implementations of circular economy. It is also stretching of economic, political and social relationship in space and time. Globalization has helped nations to integrate their economy with rest of world and it has reduced barriers to trade and increased economic activity manifolds. Raising geopolitical tensions along with supply disruption during COVID-19 pandemic have also promoted many observers to predict a shift from stonier to Regionalization. McDonald's in Japan, French Films being played in Minneapolis and United Nations are all representation of globalization.

World Largest



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Roll # WMGZL-23-10 BS Zoology - 2nd



The World's Largest Zoo

The world's largest zoo is the Henry Doorly Zoo and Aquarium, located in Omaha, Nebraska, United States. It spans over 130 acres and features more than 17,000 animals from around 962 species.



Some fascinating facts about the Henry Doorly Zoo

World's largest indoor rainforest: The Lied Jungle features a stunning indoor rainforest with waterfalls, plants, and animals native to the world's tropical regions.

World's largest aquarium: The Scott Aquarium showcases an incredible array of marine life, including sharks, stingrays, and sea turtles.

Desert Dome: The unique exhibit simulates the world's driest and hottest deserts, featuring animals like monkeys, giraffes, and snakes.



Kingdom of the Night: This exhibit is the world's largest indoor swamp and nocturnal exhibit, featuring animals like tigers and leopards.

Glacier Bay: This exhibit features polar bears, sea lions, and penguins in a naturalistic Arctic environment.

Conservation efforts: The zoo is involved in various conservation programs, including breeding endangered species and supporting research projects.

Educational program: The zoo offers various educational programs for children and adults, promoting awareness and



Effective Methods of



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Taqdees Fatima

Roll # WMGZL-23-20 BS Zoology - 2nd

Effective Teaching Method of Teacher

Teachers are central to the educational process, shaping the minds and futures of students through various methods and approaches. The effectiveness of teaching relies significantly on the strategies employed by educators to engage, motivate, and impart knowledge.

The Role of Teachers

Teachers play a multifaceted role in the classroom. They are facilitators of learning, guides, mentors, and sometimes even counselors. Their primary responsibility is to deliver curriculum content in a manner that is accessible and engaging, while also adapting to the diverse needs of students. In addition to academic instruction, teachers are tasked with fostering a positive learning environment, encouraging critical thinking, and supporting the emotional and social development of their students. The ability to inspire and connect with students is often what distinguishes an exceptional teacher from a good one.



Teaching Methods

Various teaching methods can be employed to cater to different learning styles and objectives. Here are some widely recognized approaches:



Lecture-Based Teaching: Traditional and still prevalent, this method involves the teacher delivering content through direct instruction. It is effective for covering large amounts of material but can be less engaging if not supplemented with interactive elements.

Discussion-Based Learning: Encouraging student participation through discussions fosters critical thinking and deeper understanding. This method is useful for subjects that benefit from multiple perspectives and collaborative learning.

Inquiry-Based Learning: This student-centered approach involves posing questions, problems, or scenarios and guiding students to explore and discover answers independently. It promotes critical thinking and problem-solving skills.

Project-Based Learning: Students work on projects over an extended period, applying knowledge and skills to real-world problems or questions. This method enhances engagement and helps students develop practical, hands-on experience.

Blended Learning: Combining traditional face-to-face instruction with online resources, blended



9 TEACHING STRATEGIES THAT HELP STUDENTS LEARN EFFECTIVELY



INQUIRY-BASED MODEL



- Foster Curiosity
- Engage Students
- Cultivate Inquisitiveness
- Empower Learners

PEER TUTORING AND ASSESSMENT

- Interactive Education
- Self-Assessment
- Collaborative Learning
- Skill Enhancement



STORYBOARDING

- Historical Storytelling
- Effective Education
- Enhanced Learning
- Visual discipline



BRAINSTORMING

- Creative Exploration
- Skill Building
- Idea Generation
- Confidence Boost

REFLECTIONS

- Reflective Learning
- Critical Thinking
- Self-Analysis
- Understanding



STUDENT-LED CLASSES

- Ownership & Growth
- Collaboration
- Active Learning
- Self-Discovery

VISUAL AIDS

- Visual Comprehension
- Educational Tools
- Enhanced Comprehension
- Engagement Boost



INTERDISCIPLINARY APPROACH

- Holistic Education
- Skill Integration
- Cross-Discipline
- Reinforced Learning

FLIP MODELS

- Engaging Media
- Curiosity Spark
- Active Inquiry
- Content Understanding



learning provides flexibility and can accommodate various learning preferences. It allows for a mix of synchronous and asynchronous activities.

Differentiated Instruction: Tailoring teaching methods to meet the diverse needs of students, differentiated instruction involves modifying content, processes, and products to ensure that all students can access the material and demonstrate their understanding effectively.

6 TEACHING STRATEGIES TO PROMOTE DEEPER LEARNING



SOCRATIC SEMINAR

A formal discussion led by the use of open-ended questions to guide inquiry and reveal knowledge gaps and biases.



CLARITY

A teaching strategy that both Hattie and Marzano identify as especially effective, clarity improves learning.



QUESTION FORMULATION TECHNIQUE

Brainstorm questions, then improve those questions through discussion.



RECIPROCAL TEACHING

Structured dialogue with students to help them make meaning of a text.



BLOOM'S TWIST

Start lessons off at lower levels of thinking, then gradually increase.



TIERED LEARNING TARGETS

Create learning targets that capture a range of student abilities--and that challenge all students.

Choosing the Right Method

The choice of teaching method depends on various factors including the subject matter, the age and skill levels of students, and specific learning objectives. Effective teachers often employ a combination of methods to address different learning styles and to keep students engaged.

The Impact of Effective Teaching

Effective teaching methods can significantly impact student outcomes. Engaging teaching strategies not only improve academic performance but also foster a love of learning, develop critical thinking skills, and prepare students for future challenges. Moreover, a supportive and dynamic teaching approach contributes to a positive classroom environment, promoting student well-being and motivation.

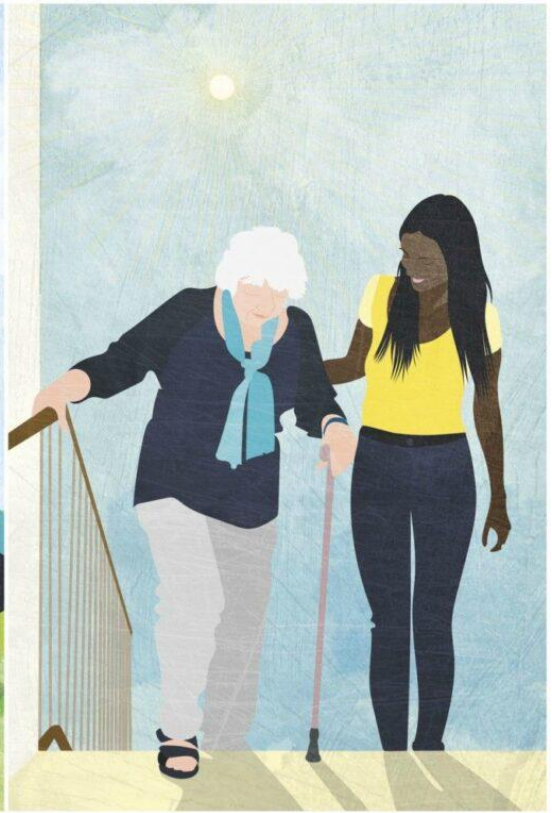
In conclusion, teachers and their methods are pivotal in shaping educational experiences. By continuously adapting and employing a variety of teaching strategies, educators can meet the diverse needs of their students and contribute to their academic and personal growth.

Role in Islam

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Aqsa Rehman

Roll # WMGZL-21-12 BS Zoology - 5th



The Role of Compassion in Islam

Exploring Empathy, Kindness, and Charity

Compassion lies at the heart of Islam, permeating its teachings and practices, influencing both individuals and societies profoundly. This three-page article delves into the multifaceted role of compassion in Islam, particularly focusing on empathy, kindness, and charity, and their transformative impact on both the individual and society.

Understanding Compassion in Islamic Teachings

Islam, as a faith, emphasizes the importance of compassion as a fundamental virtue. At its core, compassion (or 'rahma' in Arabic) is exemplified in the teachings of the Prophet Muhammad (peace be upon him), who embodied mercy and kindness towards all beings. The Quran, considered the holy book of Islam, repeatedly emphasizes God's attribute of being 'Ar-Rahman' (The Most Merciful) and 'Ar-Rahim' (The Most Compassionate), underscoring the divine expectation for believers to reflect these qualities in their lives.



Empathy: Connecting with Others

Empathy, the ability to understand and share the feelings of another, holds a significant place in Islamic ethics. The Quran urges believers to "repel evil with good" (Quran 41:34), promoting a compassionate response to adversity and injustice. The Prophet Muhammad himself demonstrated empathy towards people of all backgrounds, offering support and solace to those in need regardless of their social status or beliefs. This empathetic approach fosters bonds of understanding and solidarity within communities, nurturing a compassionate society where individuals support each other through hardships and celebrations alike.

Kindness: A Universal Language



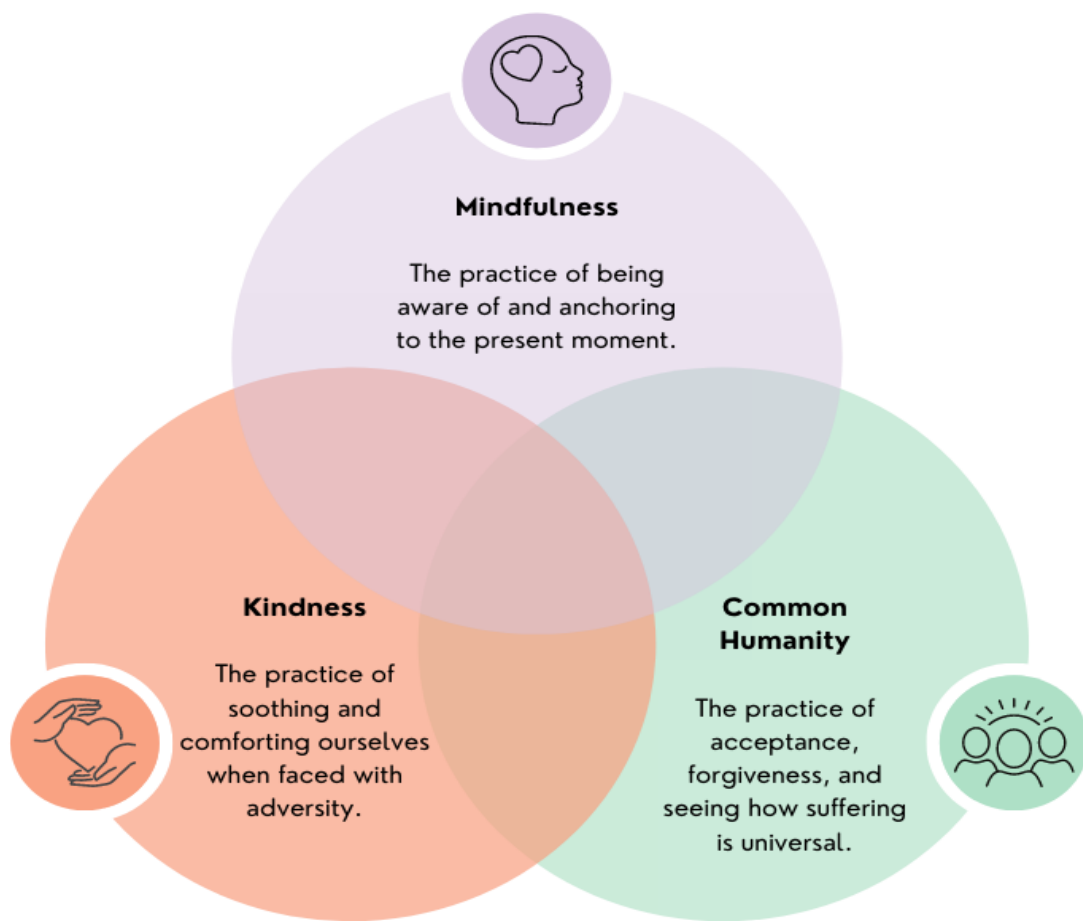
Kindness ('ihsan') is another cornerstone of Islamic teachings, encompassing acts of benevolence, generosity, and respect towards all creations of God. The Quran encourages believers to "speak kindly" (Quran 2:83) and "show kindness to parents, relatives, orphans, and the needy" (Quran 2:83), emphasizing the universal application of kindness in daily interactions. Islamic tradition celebrates acts of kindness as acts of worship ('ibadah'), elevating mundane tasks into meaningful expressions of faith. Such kindness not only strengthens personal relationships but also promotes harmony and cohesion within society, bridging divides and fostering a sense of belonging among individuals.

Charity: Alleviating Suffering

Charity ('sadaqah') holds a central place in Islam, reflecting a profound commitment to social justice and alleviating the suffering of others. The Quran declares, "Believe in Allah and His Messenger and spend out of that in which He has made you successors" (Quran 57:7), emphasizing the duty of believers to share their wealth and resources with those less fortunate. Zakat, one of the Five Pillars of Islam, mandates a portion of one's wealth to be given to the poor annually, ensuring economic justice and solidarity within the Muslim community. Beyond obligatory charity, Islam encourages voluntary acts of giving ('sadaqah'), seen as a means to purify one's wealth and cultivate a compassionate society where no one is left in deprivation.

Impact on Individual and Society

The practice of compassion in Islam extends beyond individual acts of kindness to shape the broader social fabric. By nurturing empathy, kindness, and charity, Islam cultivates a community where mutual respect and support thrive, transcending cultural, ethnic, and socioeconomic boundaries. Individuals empowered by compassion are more inclined to advocate for justice, uphold human rights, and promote peaceful coexistence, contributing to the welfare and prosperity of society at large. Moreover, compassion in Islam serves as a moral compass, guiding believers to embody virtues of humility, forgiveness, and tolerance in their interactions with others. It encourages a holistic approach to personal development, integrating spiritual growth with social responsibility and ethical conduct. Through compassionate living, Muslims strive to emulate the prophetic example of mercy and compassion, thereby fulfilling their role as stewards of God's creation and agents of positive change in the world.



Conclusion

In conclusion, the role of compassion in Islam underscores its transformative power in shaping individuals and societies alike. Through empathy, kindness, and charity, Muslims embody the principles of social justice, solidarity, and moral integrity prescribed by their faith. By cultivating a culture of compassion, Islam fosters inclusive communities where the dignity and well-being of every individual are upheld, advancing a vision of peace, harmony, and prosperity for all. As Muslims strive to embody the teachings of compassion in their daily lives, they contribute to a world where empathy triumphs over indifference, kindness over cruelty, and charity over selfishness—a world where the principles of Islam resonate as beacons of hope and guidance for humanity.

Poem On



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Shumaila Iqbal

2020-2024 BS English - 8th



Women

She rises, a phoenix from the flames,
Unshackling chains, and breaking the games.

A force so fierce, a spirit so bright,
She claims her space, and shines with all her light.

With every step, she paves her own way,
And shatters glass ceilings, day by day.
Her voice echoes loud, her presence bold,
She demands respect, and a story to be told.

She's a warrior, a leader, a heart so true,
A symbol of strength, for me and for you.
She's a mother, a sister, a daughter, a friend,
Together we rise, until the very end.

She's breaking free, from the shackles of old,
And forging a path, where all can be told.
She's unstoppable, untamed, and unapologetic too,
A force of nature, with a power that shines through.

So let's celebrate, this rise to power,
And cheer her on, each and every hour.
For when she's empowered, we all thrive,
In a world where equality, is the ultimate drive.

IMMUNOTHERAPY on

C A N C E R

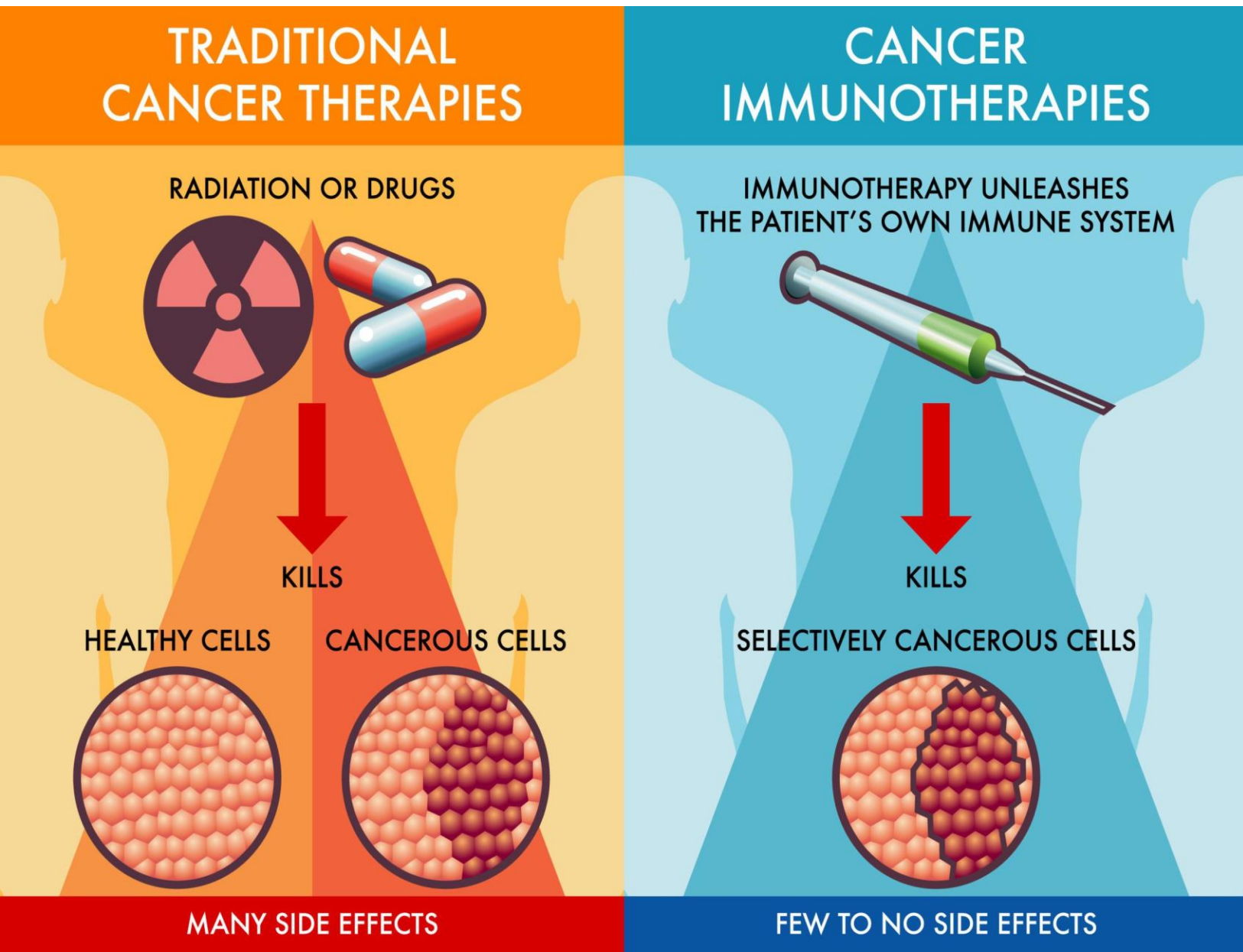
Saira Parveen

Roll # WMGZL-21-35 BS Zoology - 5th



Cancer Immunotherapy

Cancer immunotherapy (immuno-oncotherapy) is the stimulation of the immune system to treat cancer, improving the immune system's natural ability to fight the disease." It is an application of the fundamental research of cancer immunology (immuno-oncology) and a growing subspecialty of oncology. Cancer immunotherapy, also known as immuno-oncotherapy, is a type of cancer treatment that uses the body's immune system to fight cancer.



Types of immunotherapies

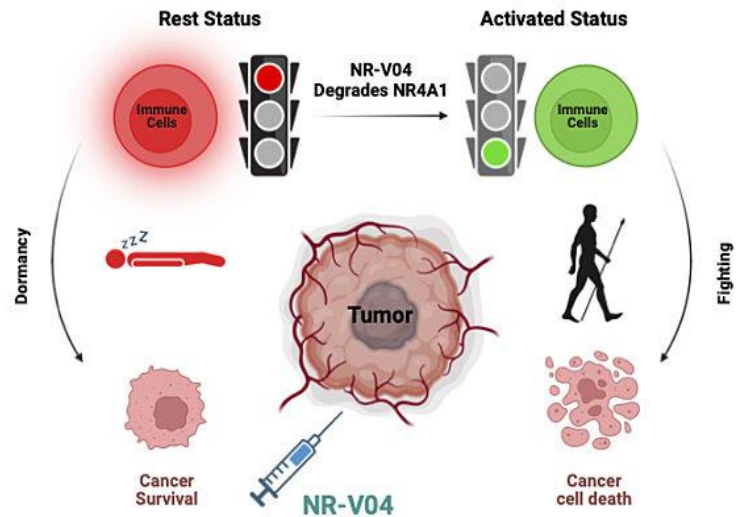
Active immunotherapy: targets tumor cells via the immune system (e.g., therapeutic cancer vaccines, CAR-T cells, targeted antibody therapies)

Passive immunotherapy: enhances the ability of the immune system to attack cancer cells (e.g., checkpoint inhibitors, cytokines)

Immunotherapy work against cancer

As part of its normal function, the immune system detects and destroys abnormal cells and most likely prevents or curbs the growth of many cancers. For instance, immune cells are sometimes found in and around tumors. These cells, called tumor-infiltrating lymphocytes or TILs, are a sign that the immune system is responding to the tumor. People whose tumors contain TILs often do better than people whose tumors don't contain them. Even though the immune system can prevent or slow cancer growth, cancer cells have ways to avoid destruction by the immune system. For example, cancer cells may:

- ✚ Have genetic changes that make them less visible to the immune system.
- ✚ Have proteins on their surface that turn off immune cells.
- ✚ Change the normal cells around the tumor so they interfere with how the immune system responds to the cancer cells.







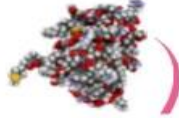
Advantages

- ✚ Improved survival rates
- ✚ Less toxic than traditional cancer treatments
- ✚ Potential for long-term cancer control

Limitations

- ✚ Not effective for all types of cancer
- ✚ Can have significant side effects
- ✚ high cost

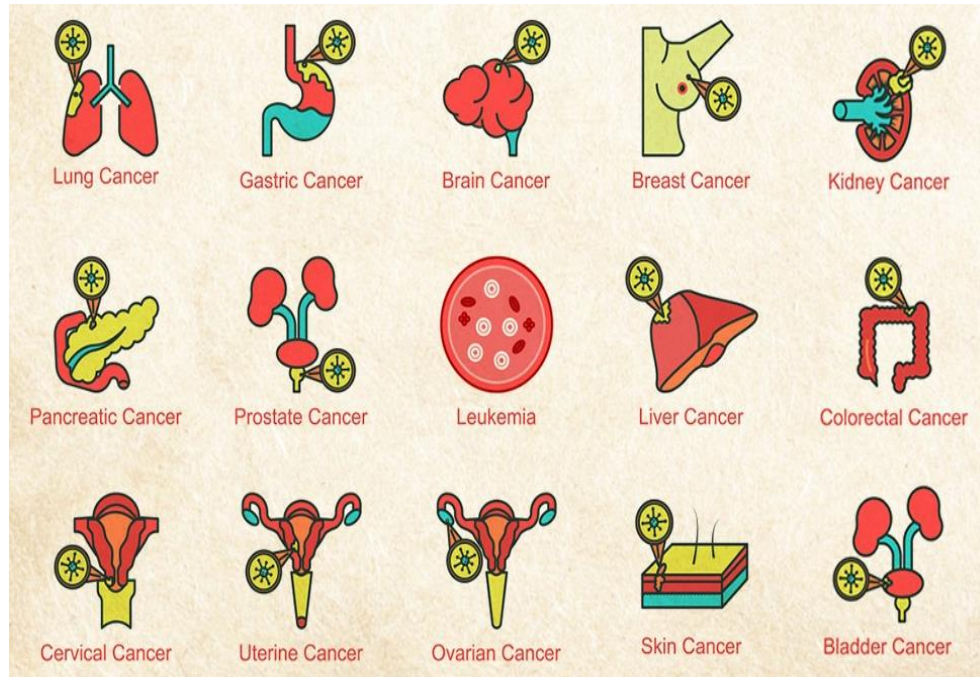
Examples of immunotherapies

 <p>Monoclonal Antibodies (MABS)</p> <p>01</p>	 <p>Immune - Checkpoint Inhibitors</p> <p>02</p>	 <p>Cancer Vaccines</p> <p>03</p>	 <p>Adoptive Cell Transfer (ACT)</p> <p>04</p>	 <p>Cytokines</p> <p>05</p>
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- Immune system can recognize cancer cells that it wasn't able to previously.
- Over 75 drugs approved to date.
- Releases immune system's molecular brakes called "checkpoints".
- At least 6 drugs approved so far
- Two types; Preventative and treatment.
- Possibly will use artificial intelligence for personalized medicine
- Pretty new with only two drugs approved.
- Uses gene editing.
- Man made versions of some proteins that boost immune system.
- Kind of complicated stuff.

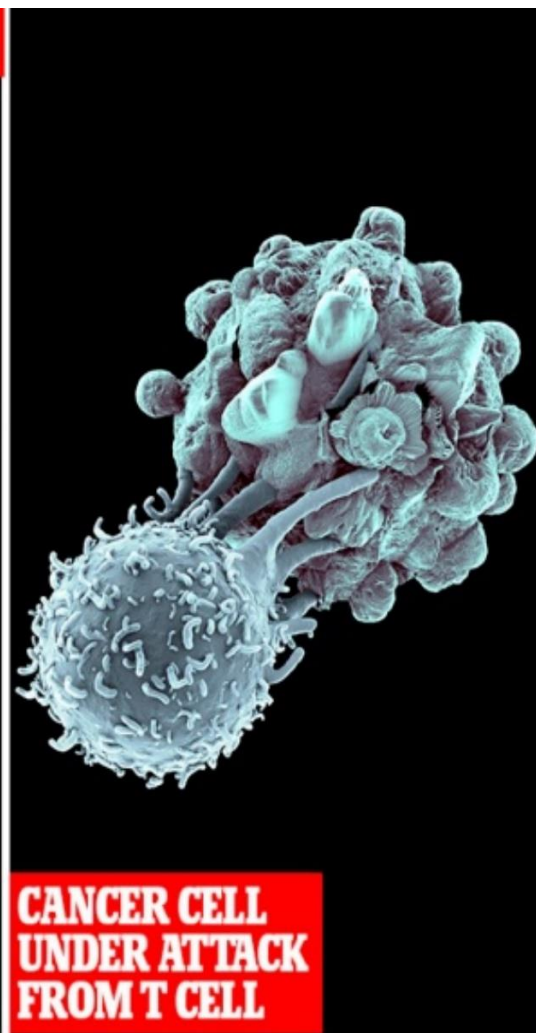
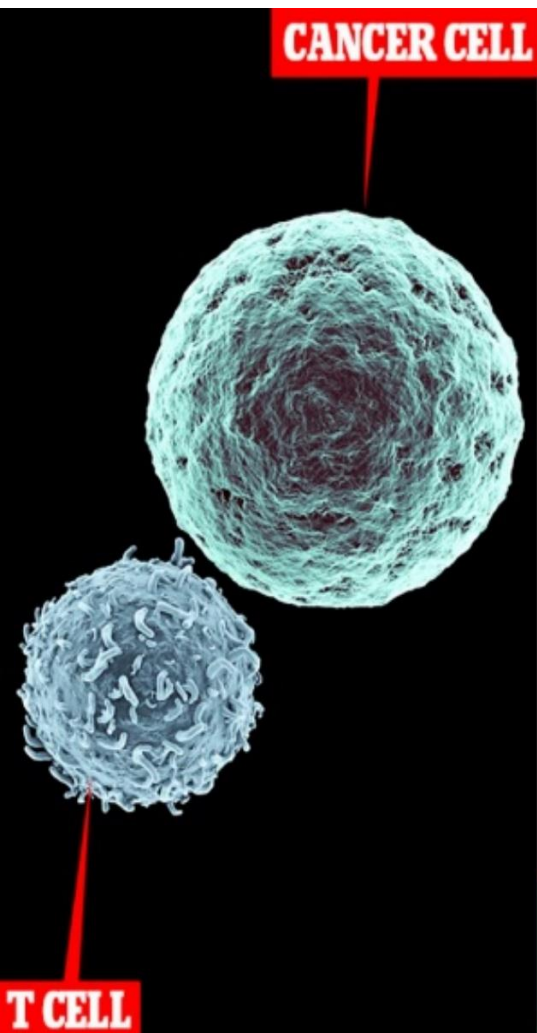
Examples of cancers that can be treated with immunotherapy include:

- ✚ Lung cancer
- ✚ Head and neck cancer
- ✚ Bladder cancer
- ✚ Kidney cancer
- ✚ Hodgkin lymphoma
- ✚ Non-Hodgkin lymphoma
- ✚ Ovarian cancer
- ✚ Melanoma



Conclusion

Cancer immunotherapy has revolutionized the treatment landscape, offering new hope for patients and their families. In conclusion, immunotherapy: Harnesses the power of the immune system to fight cancer, providing a more targeted and sustainable approach. Shows significant clinical benefits, including improved survival rates, response rates, and duration of response. Offers a more tolerable treatment option, with fewer side effects compared to traditional chemotherapy and radiation. Has the potential for long-term cancer control, with some patients experiencing complete remission. Continues to evolve, with ongoing research and development focused on optimizing its efficacy and expanding its reach to more patients and cancer types. Requires a multidisciplinary approach, involving oncologists, immunologists, researchers, and patients working together to advance our understanding.



Science behind

D R E A M S

Ayesha Fiaz

Roll # WMGZL-21-20 BS Zoology - 5th

Science Behind Dreams

“Dreams are the royal road to the unconscious.” - Sigmund Freud

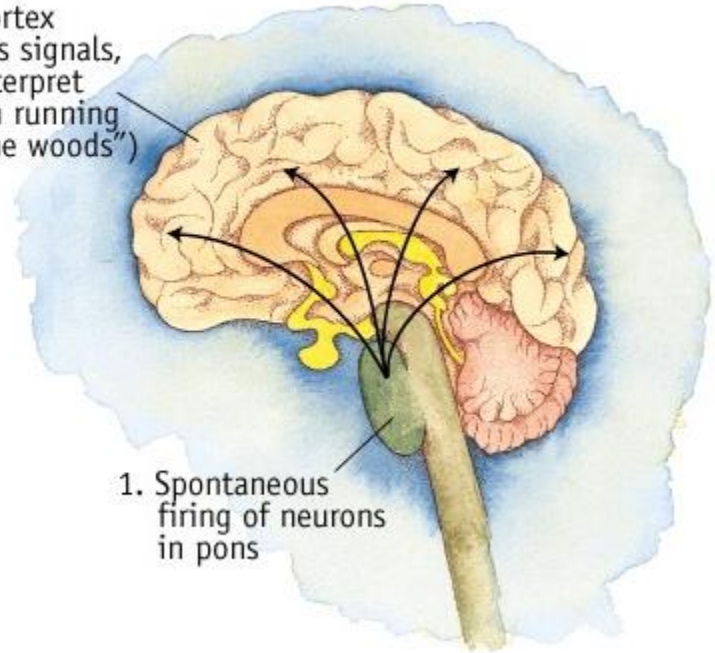
The Nature of Dreams

Dreams have long fascinated humanity, serving as a source of mystery and wonder. Throughout history, they have been regarded as messages from the divine, windows into the subconscious, and even prophetic visions. In the modern era, the intersection of neuroscience and psychology has provided deeper insights into the enigmatic world of dreams, revealing how and why they occur.

Dreams typically occur during sleep, a natural state of rest for the body and mind. Sleep is divided into several stages, with rapid eye movement (REM) sleep being most closely associated with vivid dreaming. REM sleep is characterized by rapid movements of the eyes, increased respiration, and brain wave patterns that mirror wakefulness. The activation synthesis hypothesis suggests that dreams are the brain's attempt to make sense of random neural activity, weaving these signals into a coherent narrative.

ACTIVATION-SYNTHESIS THEORY OF DREAMS

2. Cerebral cortex synthesizes signals, tries to interpret them (“I’m running through the woods”)



1. Spontaneous firing of neurons in pons

The Mechanisms of Dreaming

At the heart of dreaming is the brain's activity during sleep. Sleep is composed of multiple stages, including non-REM (NREM) and REM sleep. NREM sleep consists of three stages, ranging from light sleep to deep sleep. REM sleep, where most vivid dreaming occurs, typically begins about 90 minutes after falling asleep and recurs several times throughout the night, each phase longer than the previous one.

During REM sleep, the brain's electrical activity increases, closely resembling that of an awake state. This heightened activity is believed to be a result of the brain processing information, emotions, and memories from the day. The prefrontal cortex, responsible for rational thought and decision-making, is less active during REM sleep, which may explain the often bizarre and illogical nature of dreams. Conversely, the amygdala, which is involved in emotional processing, remains highly active, contributing to the vivid and emotional quality of dreams.

The Purpose of Dreams

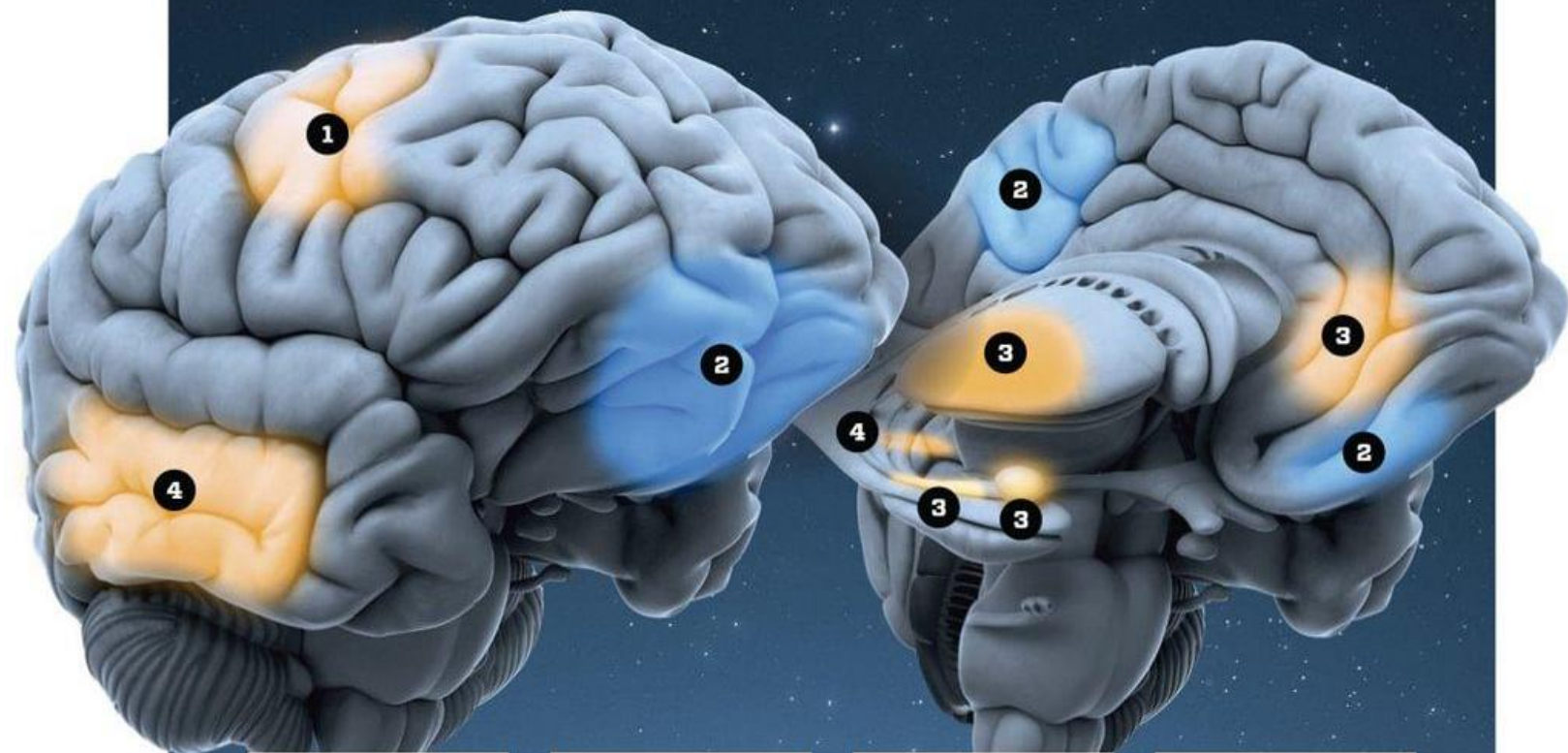
Dreams serve various purposes, although their exact function remains a topic of debate among scientists and researchers. One prevalent theory is that dreams are a form of memory consolidation, helping the brain process and store experiences from the day. This process involves sorting through memories, integrating new information with existing knowledge, and discarding unnecessary details. Studies have shown that sleep, particularly REM sleep, plays a crucial role in strengthening and organizing memories.

Another perspective suggests that dreams play a role in emotional regulation, allowing individuals to work through emotions and stressors in a safe, simulated environment. By reexperiencing and reprocessing emotional events in dreams, individuals may be better equipped to handle these emotions in waking life. This theory is supported by research showing that people who are deprived of REM sleep exhibit increased anxiety and irritability.

Additionally, some researchers propose that dreams contribute to problem-solving and creativity, offering unique solutions and insights that might not be accessible during waking hours. The "creative incubation" theory posits that the brain continues to work on unresolved problems during sleep, leading to moments of insight and inspiration. Many famous discoveries and artistic creations, such as the structure of the benzene molecule and the melody of "Yesterday" by The Beatles, are said to have been inspired by dreams.

The entire brain is active in dreams

The brain does not rest while we dream, indeed it intensifies its activity in areas responsible for conjuring up emotions, images, and motion. In return, it shuts down reason, making dreams often strange and absurd.



The brain tries to activate the muscles

1 The motor centres that control our muscle motion are extra active when we dream. The high level of brain activity causes a sense of motion that makes dreams more vivid, even if the muscles are paralysed.

Reason and judgement are on standby

2 During dream sleep, activity decreases in the frontal lobes and other areas that control logic, judgement, self-control and concentration, causing dreams to become confusing and illogical, often with a constantly shifting focus.

Dreams are full of strong emotions

3 The amygdala, hippocampus, and other brain areas involved in controlling our emotions become particularly active during the dream stage. This tends to make dreams highly emotional, filled with joy, fear, love, and other deep emotions

The centre of vision provides lifelike images

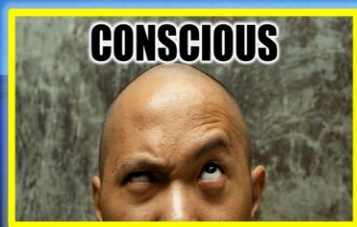
4 Dreams are highly visual and full of powerful images, largely because the centre of vision in the occipital lobes of the brain is strongly activated. The centre of vision creates the vivid images of dreams, and we see them as a film inside our heads.

Dreams and the Subconscious

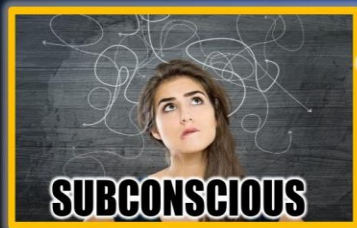
The work of Sigmund Freud brought the concept of dreams as a window into the subconscious into the mainstream. Freud believed that dreams were a manifestation of repressed desires and unresolved conflicts. He theorized that the content of dreams, particularly the latent content hidden beneath the surface, could reveal important insights into an individual's unconscious mind. According to Freud, dreams served as a form of wish fulfillment, allowing individuals to safely explore forbidden desires and thoughts.

Modern psychology continues to explore this idea, examining how dreams can reflect our inner thoughts, fears, and aspirations. Carl Jung further expanded on this, introducing the concept of archetypes and the collective unconscious. Jung suggested that dreams tap into universal symbols and themes shared across humanity, providing a deeper understanding of the self and the human experience. This perspective views dreams as a means of personal growth and self-discovery, offering valuable insights into our inner lives.

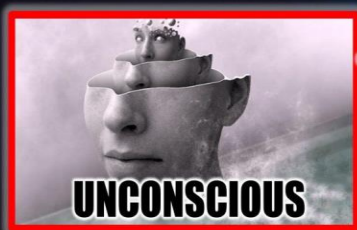
The 3 Layers of the Mind



The Conscious Mind 10%



The Subconscious Mind 50%-60%



The Unconscious Mind 30%-40%

Challenges and Opportunities

Understanding dreams presents both challenges and opportunities for science. The subjective nature of dreams makes them difficult to study objectively. Unlike other areas of neuroscience, where observable data can be collected and analyzed, dream research often relies on self-reported experiences and interpretations. This inherent subjectivity can make it challenging to draw definitive conclusions about the nature and function of dreams.

However, advancements in neuroimaging and sleep studies have provided new tools for exploring the dreaming brain. Techniques such as functional magnetic resonance imaging (fMRI) and electroencephalography (EEG) allow researchers to observe brain activity during sleep, providing valuable insights into the neural mechanisms underlying dreams. These technologies have the potential to uncover the mysteries of dreaming, shedding light on how and why we dream.

Ethical considerations also arise, particularly in the potential use of dream manipulation or interpretation for

therapeutic purposes. While the ability to influence or interpret dreams holds promise for treating conditions like PTSD and anxiety, it also raises questions about privacy and the potential for misuse. Balancing scientific exploration with respect for individual privacy and the complexity of the human mind remains a critical task.

Facts about Dream

zzZ Odor can affect the quality of our dreams. If you smell something lovely rather than something that is foul, you will dream better.

zzZ When we dream it may help our brain to store memories.

zzZ If you take certain medications like antidepressants, narcotics and sleeping aids, they can affect the central nervous system and cause bad dreams.



Dr. Fredda Branyon
My life's mission is to Educate
people about the power of Hope

Power of Dreams

Dreams hold significant power in human experience. They can inspire creativity, as evidenced by numerous artists, writers, and scientists who have drawn inspiration from their dreams. For instance, Mary Shelley's novel "Frankenstein" was inspired by a vivid nightmare, and Salvador Dalí's surreal paintings were influenced by his dream experiences.

Dreams provide a unique lens through which to explore our inner lives, offering insights into our deepest thoughts and feelings. Moreover, dreams can serve as a source of personal reflection and psychological growth. Analyzing and interpreting dreams can help individuals gain a better understanding of their subconscious mind, uncovering hidden fears, desires, and motivations. This process of self-discovery can lead to greater self-awareness and emotional well-being.

Impact on Society

The study of dreams has profound implications for society. It enhances our understanding of the human mind, offering potential therapeutic applications for mental health. Techniques like lucid dreaming, where individuals gain awareness and control within their dreams, are being explored for treating conditions such as PTSD and anxiety.

What Do People Dream About the Most?

These dreams see the most search terms every month.

1 Dreams about teeth falling out

Teeth falling out in your dreams may be reflecting a big life change, a recent loss, or stress.



2 Dreams about snakes

Snakes dreams may be a warning or symbolize a personal transformation.

3 Dreams about being pregnant

Pregnancy dreams may be connected to big developments in your life, especially something new or exciting



Lucid dreaming therapy involves teaching individuals to recognize and alter their dreams, providing a sense of empowerment and reducing the impact of nightmares. Additionally, the universal experience of dreaming connects people across cultures, highlighting commonalities in human experience and fostering empathy and understanding.

Conclusion

In conclusion, the science behind dreams offers a fascinating glimpse into the workings of the human mind. By exploring the mechanisms, purposes, and implications of dreaming, we can better understand ourselves and the world around us. Embracing this knowledge with curiosity and responsibility will be key to unlocking the full potential of dream research, ensuring that it benefits individuals and society as a whole. As we continue to unravel the mysteries of dreams, we open new avenues for scientific discovery, personal growth, and societal advancement.

A Hollow



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Fizza Zahra

Roll # 18 BS English - 8th


A Hollow Heart

I talked to God but the sky was empty
She knew how the world looked at her
She wanted a father and loving mother
Someday she was told God is the one who
Loved to listen to her
She started a deep conversation
Of her little sins
But.... No one was answering better
Except the wild world's wind and wild human
weather
She spoke again and again
As don't want to her faith become shatter
One day, violently she asked "Where are you?"
But there was no disturbance in the sky
She punished herself for her little sins
Picked her soul and make the vomit of tear
Still no hush remained unbroken
Tiny hands on little face adorned with pure Pearls....
while she heard a murmur of Reassurance recalling...
I...The God...is always with you...
But in the shape of a half cloud
But in the form of a warm warbler
In a perfect Bird of paradise
In a child's laugh, perhaps
I make my home in men's heart
Find me in Humans...
The space Of my adore...
The girl finally swiped her tears aside
And rose shimmering... Realizing, it was not the
Empty sky but a Hollow heart
That was not listening clearer.



Salahuddin Ayubi

THE MAN WHO
CONQUER**ED**
MASJID AL AQSA

SALAHUDDIN
AYYUBI | 
©SIRAATEMUSTAQEEMIO

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Mahnoor Aftab

Roll # WMGZL-23-43 BS Zoology - 2nd

صلاح الدین یوسف بن ایوبی

سلطان صلاح الدین یوسف بن ایوبی سلطنت کے بانی تھے۔ وہ نہ صرف تاریخ اسلام بلکہ تاریخ عالم کے مشہور ترین فاتحین و حکمرانوں میں سے ایک ہیں۔ وہ عراق کے شہر تکریت میں پیدا ہوئے۔ انکی زیر قیادت ایوبی سلطنت نے مصر، یمن، شام، عراق، حجاز اور دیار باکر پر حکومت کی۔ صلاح الدین ایوبی کو بہادری، فیاضی، حسن خلق، سخاوت اور بردباری کے باعث نہ صرف مسلمان بلکہ عیسائی بھی عزت کی نگاہ سے دیکھتے تھے۔ صلاح الدین ایوبی کو فاتح بیت المقدس بھی کہا جاتا ہے جنہوں نے یورپ کی متحدہ افواج کو عبرت ناک شکست دے کر بیت المقدس آزاد کروالیا۔ سلطان صلاح الدین ایوبی نے اسلامی تاریخ پر اپنی عظمت و شوکت کے انمٹ نقوش ثبت کیے ہیں کہ اسلام اور مسلمانوں کے لیے غیرت و حمیت کا عالم یہ تھا کہ ابھی نو عمر ہیں عیسائی فوجیں رہا پر قبضہ کر کے مال و اسباب لوٹ کر عورتوں کو پکڑ کر لے جاتی ہیں یہ ظلم دیکھ کر یہ نو عمر صلاح الدین ایک ترکی بوڑھے کو لے کر سلطان عماد الدین ذنگی کے پاس پہنچتے ہیں۔ عیسائیوں کے مظالم سے بادشاہ کو آگاہ کرتے ہیں۔ اسکی اسلامی حمیت اور غیرت کو بیدار کرتے ہیں اور رورو رو کر مدد کے لیے فریاد کرتے۔ نیک دل بادشاہ کو ان حالات کا علم ہوتا ہے تو وہ تمام فوجیں جمع کر تا ہے۔ انہیں رہا کے حالات سناتا اور جہاد پر ابھارتا ہے۔ اور اعلان کرتا ہے کہ کل صبح میری تلوار رہا کے قلعے پر لہرائے گی، تم میں سے کون میرا ساتھ دے گا؟ یہ اعلان سن کر تمام فوجیں حیران رہ جاتی ہیں کہ رہا یہاں سے نوے میل کی دوری پر ہے راتوں رات وہاں کیسے پہنچ سکتے ہیں؟ یہ تمام فوجیں ابھی غور کر رہی ہوتی ہیں کہ ایک نو عمر لڑکے کی آواز گونجتی ہے کہ ہم بادشاہ کا ساتھ دیں گے لوگوں نے دیکھا تو اکیسویں نو عمر لڑکا کھڑا تھا تو کہنے لگے کہ جاو میاں کھیلو دو جنگ ہے کوئی بچوں کا کھیل نہیں سلطان نے جب یہ بات سنی تو غصے سے کہنے لگے کہ یہ بچہ کھتا ہے اسکی صورت بتاتی ہے کہ یہ کل میرا ساتھ دے گا اور یہی وہ بچہ ہے جو رہا سے میرے پاس فریاد لے کر آیا ہے، اسکا نام صلاح الدین ہے۔ یہ سن کر فوجیوں کو غیرت آتی ہے اور سب کل دوپہر تک رہا پہنچ کر حملہ کر دیتے ہیں۔ گھسان کی جنگ ہوئی، عیسائی سپہ سالار بڑی آن بان شان کے ساتھ مقابلے کے لیے آیا۔ سلطان نے اس پر کاری ضرب لگائی مگر لوہے کی زرہ نے وار کو بے اثر کر دیا۔ عیسائی سپہ سالار نے پلٹ کر سلطان پر حملہ کیا اور نیزہ تان کر پھینکنا ہی چاہتا تھا کہ صلاح الدین کی تلوار اٹھی اور زرہ کے کٹے ہوئے حصے پر گر کر عیسائی سپہ سالار کے دو ٹکڑے کر کے رکھ دیے۔ عیسائی سپہ سالار کی موت ہوتے ہی عیسائی فوجیں بھاگ کھڑی ہوئی اور رہا پر مسلمانوں کا قبضہ ہو گیا۔ جو ان ہو کر یہی صلاح الدین مشرق کا وہ سپہ سالار اور جرنیل بنا کہ جسکی تلوار کافروں، اللہ کے باغیوں، ظالموں اور کافروں کی گردنیں اڑاتے ہوئے بلند ہوئی۔ آج پر شخص کی زبان پر صلاح الدین کے نام کے چرچے ہیں اور یہ واقعہ اسلامی تاریخ میں سنہرے الفاظ میں لکھا جاتا ہے۔

پہلی صلیبی جنگ اور سقوط بیت المقدس

پانچویں صدی ہجری کے آخر میں جب کہ خلافت عباسیہ زوال پذیر تھی اور امت مسلمہ مختلف ٹکڑوں میں بٹ کر کمزور ہو چکی تھی مسیحی اقوام کو اپنی ناپاک آرزو کی تکمیل کا موقع مل گیا۔ "میڈیاوار" کے تحت پطرس راہب نے مسلمانوں کے مظالم کی فرضی داستانیں بنا کر پورے یورپ میں اشتعال پیدا کر دیا اور مسیحی دنیا میں ایک سرے سے دوسرے سرے تک آگ لگادی پوپ ار بن دوم نے اس جنگ کو



صلیبی جنگ کا نام دیا اور اس میں شرکت کرنے والوں کے گناہوں کی معافی اور ان کے جنتی ہونے کا مزہ سنایا۔ زبردست تیاریوں کے بعد فرانس انگلینڈ، اٹلی، جرمنی اور دیگر یورپی ممالک کی افواج پر "مشتعل تیرہ لاکھ افراد کا سیلاب عالم اسلام کی سرحدوں پر ٹوٹ پڑا اور برٹ نارمنڈی گاڈ فری اور ریون الطولوزی جیسے مشہور یورپی فرمانروا ان بھری ہوئی افواج کی قیادت کر رہے تھے۔ شام اور فلسطین کے ساحلی شہروں پر قبضہ کرنے اور وہاں ایک لاکھ سے زائد افراد کا قتل عام کرنے کے بعد شعبان ۴۹۲ھ جولائی ۱۰۹۹ء میں صلیبی افواج نے بیالیس دن کے محاصرے کے بعد بیت المقدس پر قبضہ کر لیا اور وہاں خون کی ندیاں بہادیں۔ فرانسیسی مورخ "میشو" کے بقول صلیبیوں نے ایسے تعصب کا ثبوت دیا جس کی مثال نہیں ملتی، عربوں کو اونچے اونچے اور مگانوں کی چھت سے گرایا گیا آگ میں زندہ جلا یا گیا گھروں سے نکال کر میدان میں جانوروں کی طرح گھسیٹا گیا، صلیبی جنگجو مسلمانوں کو مقتول مسلمانوں کی لاشوں پر لے جا کر قتل کرتے کئی ہفتوں تک قتل عام کا یہ سلسلہ جاری رہا ستر ہزار سے زائد مسلمان (صرف اقصیٰ میں) تہ تیغ کیے گئے۔ عالم اسلام پر نصرانی حکمرانوں کی یہ وحشیانہ یلغار تاریخ میں پہلی صلیبی جنگ کے نام سے مشہور ہے۔ عیسائی کمانڈروں نے فتح کے بعد یورپ کو خوشخبری کا پیغام بھجوایا اور اس میں لکھا: "اگر آپ اپنے دشمنوں کے ساتھ ہمارا سلوک معلوم کرنا چاہیں تو مختصر اتنا لکھ دینا کافی ہے کہ جب ہمارے سپاہی حضرت سلیمان علیہ السلام کے معبد (مسجد اقصیٰ) میں آئے تو ان کے گھٹنوں تک مسلمانوں کا خون تھا۔ بیت المقدس کے سقوط کے بعد مسیحی اقوام نے مقبوضہ شام و فلسطین کو تقسیم کر کے القدس طرابلس انطاکیہ اور یافا کی چار مستقل صلیبی ریاستیں قائم کر لیں، حالات نہایت پرخطر تھے عالم اسلام کے اکثر حکمران خانہ جنگیوں میں مست تھے، بعض صلیبیوں کے حلیف بن گئے ان میں سے کوئی بھی نصرانیوں سے ٹکرانے کا حوصلہ نہ رکھتا تھا۔"

حطین میں صلیبیوں پر قہر و غضب

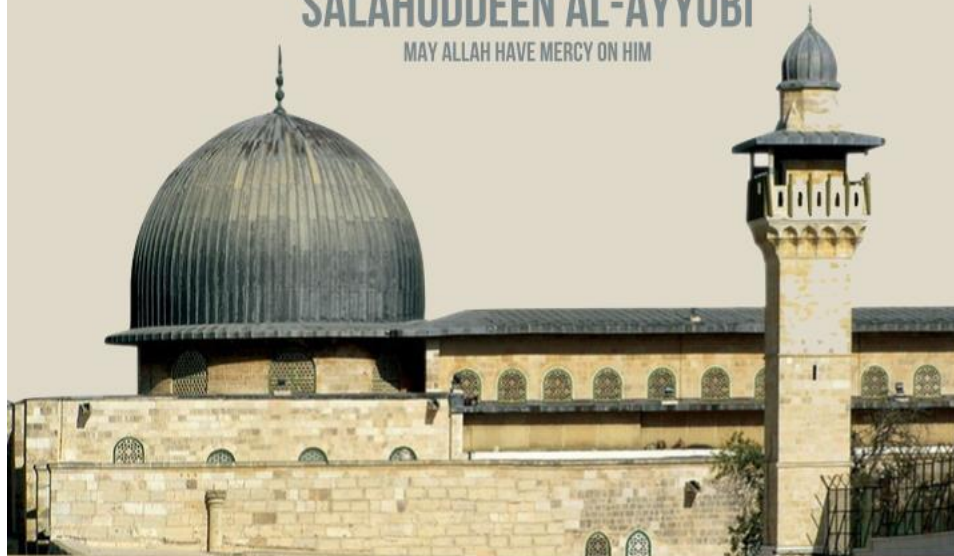
حطین بحیرہ طبرہ کے مغربی جانب واقع ہے جو اب مقبوضہ فلسطین میں ہے۔ یہ ایک سرسبز شاداب بھتی ہے جس میں پانی کی فراوانی بھی ہے۔ اس میں جیسا کہ زبان زد عام ہے۔ کہ شعیب علیہ السلام کی قبر بھی موجود ہے۔ اس بستی کے قریب ہی سلطان صلاح الدین ایوبی رحمہ اللہ کا صلیبیوں سے ایک خونریز معرکہ ہوا تھا وہ کسی طرح ہوا تھا؟ ابھی تاریخ کے اوراق پلٹتے ہیں۔ ۵۸۳ھ میں ماہ ربیع الاول کی ۲۴ تاریخ کو بروز ہفتہ یہ معرکہ پایا ہوا۔ اس معرکہ سے قبل صلاح الدین ایوبی رحمہ اللہ کی حالت مضبوط قوت بازو تو ان لشکر جرار اور لوگوں کا جم غفیر اس کے ایک اشارہ پر آبرو و اسلام پر جانثار ہونے کو تیار تھا۔ سلطان صلاح الدین نے اللہ تعالیٰ کی عطا کردہ ان تمام نعمتوں اور قوتوں کو صلیبیوں کے مقابلے میں کرنا چاہا تا کہ ان کی اینٹ سے اینٹ بجائی جائے۔

فتح بیت المقدس

حطین میں کامیاب و کامران ہونے کے بعد "القدس" کی جانب راستہ بالکل واضح ہو چکا تھا اب یہ بات ممکن تھی کہ صلاح الدین اس کا قصد کرتا اور قدرے کوشش کر کے اس کو اپنے قبضے میں لے لیتا۔ لیکن اس نے عسکری نقطہ نگاہ سے اس کو دیکھا اور یہی بات اس کی اعلیٰ شخصیت اور شانِ عبقریت کو نمایاں کر رہی ہے۔ اس نے یہ سوچا کہ "القدس تو کئی شہروں کے درمیان واقع ہے اور ساحل سمندر پر صلیبیوں کے کئی مراکز قائم ہو چکے ہیں جہاں سے وہ بیرونی دنیا کے ساتھ تعلقات بڑی آسانی سے قائم کر سکتے ہیں۔ خصوصاً عیسائیوں کے وہ ممالک جو ارض فلسطین میں صلیبی ناپاک وجود کو لا کھڑا کرنے میں چشموں کی حیثیت

“HOW CAN I SMILE AND HOW CAN FOOD AND WATER TASTE GOOD TO ME WHEN MASJID AL-AQSA IS IN THE HANDS OF THE CRUSADERS!”

QUOTE ATTRIBUTED TO
SALAHUDDIN AL-AYYUBI
MAY ALLAH HAVE MERCY ON HIM



ایک فریق اس لڑائی کو دین سمجھ کر لڑ رہا ہے اور یہ بات بھی ایسے ہی کہ دین ہی وہ چیز ہے جو انسان کے اندر کو متحرک کرتی ہے، موت کو اس محبوب بنا دیتی ہے اپنا سب کچھ اس پر لٹا دینا اس کے لیے آسان ترین بنا دیتی ہے لوگوں کو اس بات کی ذرہ برابر بھی ضرورت نہ تھی کہ انہیں لڑنے مرنے موت کے دریا میں کودنے پر ابھارا جائے بلکہ شاید انہیں زبردستی بھی روکا جائے تو روکے نہ جا سکیں۔۔۔

سلطان صلاح الدین کی وفات

جہاد کی پر مشقت زندگی اور مسلسل بے آرامی نے سلطان کو مستقل مریض بنا دیا تھا مرض کی شدت میں رمضان کے کئی روزے قضا ہو گئے مگر جہاد نہ چھوٹا۔ اب جو موقع ملا تو قضا روزے ادا کرنا شروع کر دیئے۔ معالج نے ان کی تکلیف کا لحاظ کرتے ہوئے اس سے منع کیا مگر سلطان نے یہ کہہ کر کہ ”نہ معلوم آئندہ کیا حالات پیش آئیں“ تمام قضا روزے پورے کیے۔ وسط صفر ۵۸۹ ہجری میں مرض شدت اختیار کر گیا اور وفات سے تین روز قبل غشی کی سی حالت طاری ہو گئی۔ معلوم ہوتا تھا کہ میں سال کا تھکا ماندہ مجاہد تکان اتار رہا ہے۔ ۲ صفر کی صبح کا ستارہ افق پر نمودار ہوا تو سلطان صلاح الدین کی نبضیں ڈوب رہی تھیں۔ شیخ ابو جعفر رحمہ اللہ نے سکرات موت کے آثار محسوس کر کے سورہ حشر کی تلاوت شروع کی جب آیت ہو الذی لا ایلہ الا اللہ علیم الغیب والشہادہ پر پہنچے تو یکایک سلطان نے آنکھیں کھول دیں، مسکرائے اور تبسم ریز لہجے میں کہا: ”سچ ہے۔ یہ کہہ کر ہمیشہ کے لیے آنکھیں بند کر لیں۔ سلطان کے غم میں ہر آنکھ اشکبار نظر آتی تھی، صلیبی دنیا کے چھکے چھڑا دینے والے اس بطل جلیل کا انتقال اس حال میں ہوا کہ ترکے میں کوئی گاؤں باغ اور مرکان نہ چھوڑا تھا۔

سلطان صلاح الدین ایوبی کے اقوال

- ✚ حکمران جو اپنی جان کی حفاظت کو ترجیح دینے لگے تو وہ ملک و قوم کی آبرو کی حفاظت کے قائل نہیں رہتے۔
- ✚ دشمن سے پہلے غدار کے قتل کرنا ضروری ہے۔
- ✚ جس قوم کے شاعر بھی وظیفہ خور ہو اس قوم کے لئے ذلت و رسوائی ہے۔
- ✚ مجھے نظر آرہا ہے کہ فلسطین کا خطہ امن سے ہمیشہ دور رہے گا۔
- ✚ قوم کے شہیدوں اور قوم کی مظلوم بیٹیوں کو بھول جانے والی قوم کی قسمت میں کفار کی غلامی لکھ دی جاتی ہے۔

اے امت مسلمہ کے نوجوانوں

سلطان صلاح الدین ایوبی رحمہ اللہ کی زندگی کے آخری برسوں پر یہ ملکی سکی مگر واضح جھلک ہے اور درحقیقت یہی موضوع ہی پڑھنے پڑھانے کے زیادہ لائق ہے جو ہر پہلو کو شامل بھی ہے اور مکمل ترین بھی ہے۔ اور خصوصاً

ان کرب ناک اور غم ناک حالات و ظرف کے تناظر میں جن کا ہم مشاہدہ کر رہے ہیں۔ یقیناً صلاح الدین جیسے ”زندہ افراد کی تاریخ پڑھنے سے ہی زندگی مل سکتی ہے، جو عزائم کو زندہ کرتے ہیں اور ہمتوں کو تیز کر دیتے ہیں افراد کو ”ہم مرتبہ ثریا“ بنا دیتے ہیں اور پھر یقیناً افراد کو ”ایک فیصلہ کن زندگی“ کے لیے معرکہ کرنے پر تیار کر دیتے ہیں۔ اللہ کریم ہمیں بھی جہاد و قتال کی تلوار تھام کر پوری دنیا کے مظلوموں کی نصرت و مدد کے لیے کھڑے ہونے کی توفیق بخشے یوں ہم ایک بار پھر صلاح الدین کی سنت پر چلتے ہوئے دنیا بھر کے صلیبیوں اور یہودیوں سے قتال کرتے ہوئے فکرا جائیں تاکہ دنیا پر اللہ کا کلمہ بلند ہو اور صلیبیوں کے ظالم ہاتھ ٹوٹ سکیں۔ ان کی دہشت گردی ختم ہو اور ان کے ناپاک جسموں سے بیت المقدس سمیت دنیا کے تمام مسلمان مخطیے پاک اور آزاد ہوں (آمین ثم آمین۔ یارب المجاہدین والمستضعفین والصلوة والسلام علی القادة والقادة المثلثی للابطال والقادة محمد وعلی وآلہ واصحابہ واتباعہ اور درود و سلام محمد صلی ہم پر آپ کی آل آپ کے صحابہ اور آپ کے پیروکاروں پر وہ محمد صلی الی یہ جو تمام بہادروں اور لیڈروں کے لیے بہترین نمونہ ہیں۔

درحم اللہ صلاح الدین وکن نہ فی جوار الذین انعم اللہ علیہم من النبیین والصدیقین والشهداء والصلحین وحسن اولئک رفیقاً۔ اور رحمت فرمائے اللہ تعالیٰ ”صلاح الدین رحمہ اللہ“ پر اور ان لوگوں کے پڑوس میں اسے جگہ نصیب فرمائے جن پر اللہ تعالیٰ نے انعام فرمایا ہے انبیاء، صدیقین، شہداء اور صالحین میں سے ان لوگوں کی رفاقت اور صحبت کتنی ہی بہترین ہے

Importance of



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Ayesha Sana

Roll # 19 BS Information Technology - 2nd

Team Work

Coming together is a beginning,

Keeping together is progress,

Working together is success

Henry Ford

We often heard this common phrase “**Unity is strength.**” It means that when a group of people work together, stay united then they will become more successful and stronger as compared to those who are working alone.

Definition

The definition of teamwork is also something like that. Teamwork is defined as “The process of working collaboratively and collectively with a group of people in order to achieve a single, specific goal.”

Benefits of Team work

- ⇒ Teamwork is essential for ensuring the success completion of every task, project or idea.
- ⇒ Teamwork is important everywhere either it was fight for independence, or in a school, where students need to work together with their classmates to finish a group project. In sports be it cricket, Football or hockey where all the team members of a certain team must work together and support each other in order to win a match.
- ⇒ In a company, without teamwork nothing is possible.
- ⇒ If a company lacks teamwork, then this will affect its success rate.

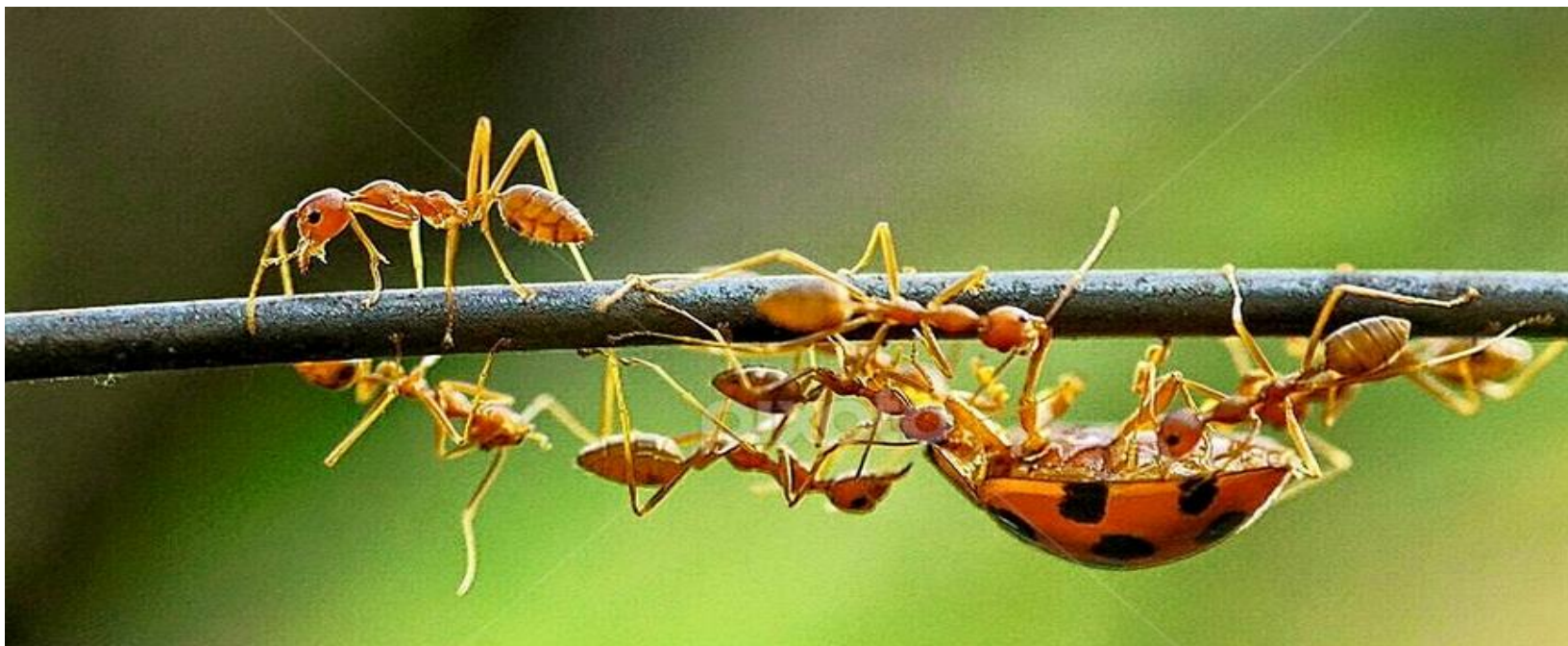




Examples in animals

We can see examples of teamwork even in the animals. Animals are known to live in a group and protect each other and the young ones from predatory attacks. This shows the beauty of teamwork. There are many advantages of teamwork. It helps in achieving common goals. It develops trust and confidence among team members. With teamwork, the work gets done more quickly and with higher quality. Teamwork improves communication and social skills. Teamwork can help people to better utilize and talents. When all the team members work together, they come up with creative solutions. Teamwork also provides learning opportunities.

Steve Jobs stated that **“great things in business are never done by one person, they are done by a team of people.”** Successful people understand the importance of teamwork. Therefore, teamwork is the key to success in any field of life. We should all learn to work together towards a common goal and achieve success.



Child



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Roll # 20 BS Information Technology - 2nd

Child Labour

Child labour is referring where children are forced to work from a very early age. There are certain policies which have put restrictions and limitation on children working. The average age for a child to be appropriate to work is considered fifteen years and more. Children falling below this age limit would not allow to indulge in any type of work forcefully, because child labour takes away the kid's opportunity of having a normal childhood, a proper education physical and mental wellbeing.

Life of little ones are destroyed when child labour is employed

Causes of child labour

Child labour happens due to a number of reasons. The main reason which is common in many countries are as follows:

- ⇒ Lot of poverty
- ⇒ Unemployment
- ⇒ Families would not have enough earnings
- ⇒ When people do not have access to the education
- ⇒ Money saving attitude of various industries
- ⇒ Industries higher children because they pay lesser than adults
- ⇒ Fewer wages

Forms of child labour

There are various forms of child labour in the world due to different factors such as:

- ⇒ Bounded labour
- ⇒ Child soldiers
- ⇒ Trafficking
- ⇒ In Bricking, garment making industries
- ⇒ Domestic services
- ⇒ Agriculture
- ⇒ Mining



How to prevent child labour

To prevent child labour, we need to formulate some very effective solution which will save our children. All the children should be given first priority by their parents to take proper and regular education from their early childhood, every family must earn their minimum income to survive and prevent child labour, family control will also benefit in controlling child labour by decrease the family's burden of child care and schooling, work opportunities should be improved for adults to overcome the problems of poverty and child labour, The

government and people must come together.

Government policies

The Indian government to protect child rights namely the child and Adolescent labour Act 1986, The factories Act 1948, The Mines Act 1952, The Bonded labour system Abolition Act and juvenile Act 2000. As per the children labour Act 1986 children under the age of fourteen years old could not be employed in hazardous occupation. The Right of children to free and compulsory Education Act 2009 mandates free and compulsory education to all children between the age of 6 to 14 years old. UNICEP also work with government and non-profits agencies to put in place the necessary policy framework to end child labour.



Conclusion

Child labour is preventable through integrated approach that strengthen child protection system as well as simultaneously addressing poverty, inequality, improve access to and quality of education and mobilize public sector. For respecting children's right.

I dream for a world which is free of child labour, a world in which every child goes to school, a world in which every child gets his rights.

Future



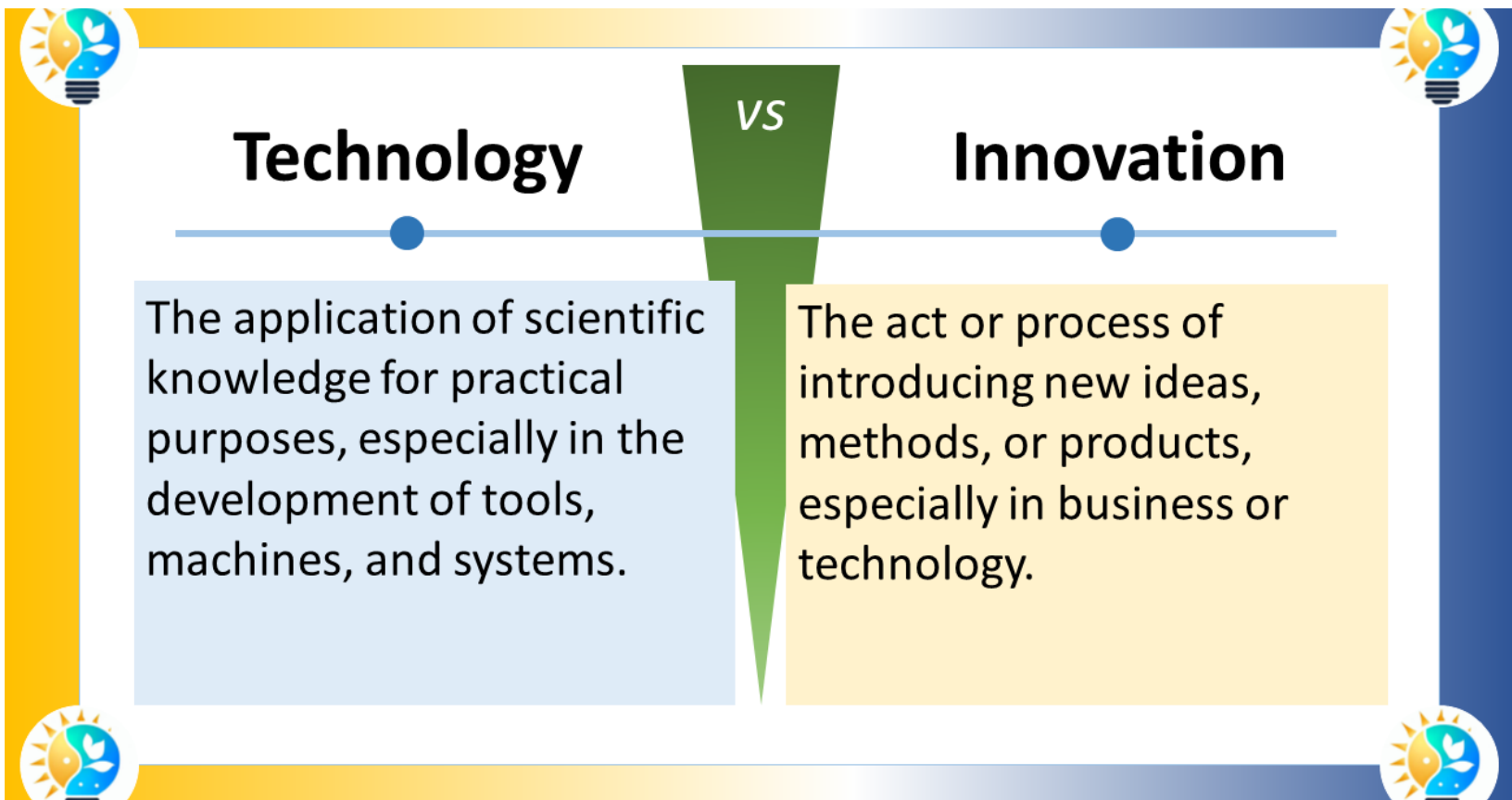
Ishma Gohar

Roll # WMGZL-21-14 BS Zoology - 5th

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Trends Shaping the Future of Technological Innovations

Technology and innovation continue to transform our world at an unprecedented pace, disrupting industries, shaping societies, and redefining how we live, work, and interact. In this article, we will explore some of the most promising technology and innovation trends shaping the future and discuss their potential impact on various domains.



Artificial Intelligence (AI) and Machine Learning

Artificial intelligence and machine learning are at the forefront of technological innovation, enabling machines to learn from data, make predictions, and perform tasks with increasing sophistication. From natural language processing and computer vision to autonomous vehicles and personalized medicine, machine learning is poised to revolutionize numerous industries and improve our everyday lives. As these technologies continue to advance, we can expect to see greater integration of AI into our daily routines, more intelligent automation, and the emergence of new, AI-driven business models.

Internet of Things technology (IoT)

The Internet of Things refers to the growing network of interconnected devices, sensors, and systems that communicate and exchange data with each other. IoT technology has the potential to transform industries such as agriculture, manufacturing, and transportation, as well as improve the efficiency and sustainability of urban environments. As IoT devices become more prevalent and sophisticated, we can expect greater integration of IoT technology into our homes, workplaces, and cities, enabling smarter, data-driven decision-making and enhanced connectivity.

Blockchain and Decentralized Technologies

Blockchain and other decentralized technologies have the potential to redefine how we store, transfer, and verify information, enabling greater transparency, security, and trust in various domains. While most well-known for its role in cryptocurrencies, blockchain technology has far-reaching applications, including supply chain management, digital identity verification, and secure data sharing. As these technologies mature, we can expect to see an increase in the adoption of decentralized solutions that empower individuals and organizations to take greater control of their digital assets and information.

Virtual and Augmented Reality (VR/AR)

Virtual and augmented reality technologies are blurring the lines between the physical and digital worlds, creating immersive and interactive experiences that enrich our lives and enhance our understanding of the world. From gaming and entertainment to education and training, VR and AR hold the potential to transform various industries and change the way we interact with digital content. As these technologies become more accessible and affordable, we can anticipate a growing convergence of the physical and digital realms, opening up new possibilities for creativity, collaboration, and innovation.

Sustainable and Renewable Energy

As concerns over climate change and resource depletion continue to grow, sustainable and renewable energy technologies are becoming increasingly important in addressing our global energy needs. Innovations in solar, wind, hydro, and other clean energy sources are driving down costs and improving efficiency, making renewable energy more accessible and viable for widespread adoption. As the world transitions toward a more sustainable energy future, we can expect to see greater investment in renewable energy technologies, as well as the development of innovative solutions that promote energy conservation and reduce our environmental impact.

Conclusion

The rapid pace of technological innovation and the emergence of new trends hold the promise of a more connected, efficient, and sustainable future. By staying informed about these trends and embracing change, individuals and organizations can better navigate the challenges and opportunities that lie ahead. As we continue to push the boundaries of what is possible through technology and innovation, we can look forward to a future shaped by progress, creativity, and the relentless pursuit of a better world for all.

Gartner's Top 10 Strategic Technology Trends for 2024





Social Media

A computer-based technology that facilitates the sharing of ideas, thoughts, and information through virtual networks and communities. Social media refers to the means of interactions among people in which they create, share, and/or exchange information and ideas in virtual communities and networks. The Office of Communications and Marketing manages the main Facebook, X/Twitter, Instagram, LinkedIn, and YouTube accounts. Social media are interactive technologies that facilitate the creation, sharing and aggregation of content such as ideas Internet and other form of expression amongst virtual communication and networks. Common features are: Online platforms that enables users to create and shares content and participate in social media. Social media help the development of online social networks by connecting a user's profile with those of others individuals or group.

Term of social media

The term social media in regard to media suggest platform enables communal activity. Social media can enhance and extend human network.. Popular social media platforms with over 100 million registered users include Twitter, Facebook, Wechat, sharechat, Instagram, printerst, Qzone, Threads and LinkedIn.

History of social media

The PLATO system was launched in 1960 at the University of Illinois and subsequently commercially marketed by Control Data Corporation it affected early form of social media features with innovations such as Notes Plato's message-forum application Term-talk, it's instant message features. Talkomatic, perhaps the first online chat room. News reports a crowd source online news paper and blog and access list enabling the owner of a note filer or other application to limit access to certain set of users. For example, only friends, class mates or coworkers.

Conclusions

Social media has really made a world smaller place. Now can we do business with people from all over the world so much easier than ever before. Social media has become an integral part of our daily lives. Offering new opportunities for online communications, digital marketing and social networking.

I Am



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Tehreem Mumtaz

Roll # 09 BS Information Technology - 3rd

میں پاکستانی ہوں

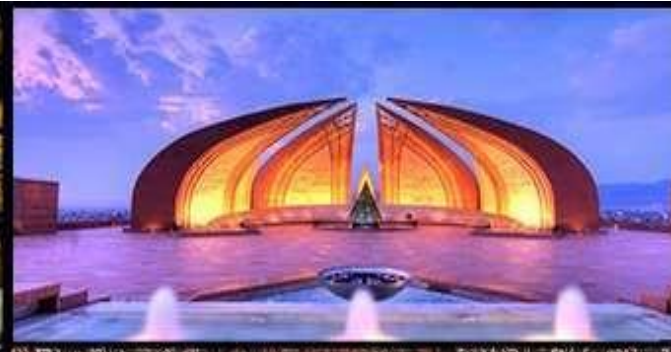
مجھے فخر ہے اس بات یہ کہ میں پاکستانی ہوں۔ میں کوئی دہشتگرد نہیں ہوں، میں کوئی چور نہیں ہوں۔ میں وہ پاکستانی ہوں جس نے پر امن فضا قائم کرنے کی پوری کوششیں کیں۔ میں وہ پاکستانی ہوں جو قاہد اعظم، ڈاکٹر عبدالقدیر خان جیسے لوگوں کی بہت عزت کرتی ہوں کیونکہ انہوں نے پاکستان کے لیے بہت کچھ کیا۔ پھر کیوں مجھے ہر دفعہ دیا جاتا ہے، دہشتگرد بولا جاتا ہے، رسوا کیا جاتا ہے میں تو ڈاکٹر عافیہ صدیقی جیسے لوگوں میں سے ہوں جنہوں نے اپنے ملک کو بچانے کی لیے اپنی جان کا نذرانہ پیش کیا۔ ڈاکٹر عافیہ صدیقی ایک نہایت عظیم سائنسدان تھیں۔ وہ ایک طاقتور ہتھیار بنانا جانتی تھی۔ وہ اپنے ملک کے لیے کام کرنا چاہتی تھیں۔ امریکہ نے ان کو اغوا کر لیا اور چھبیس سال کے لیے قید کر لیا اور آج بھی وہ قید ہیں۔

ہمارا تعلق تو ایسی ہستیوں سے ہے جنہوں نے اپنے ملک کے لیے سب کچھ قربان کر دیا۔ یہ ملک پاکستان جہاں آج ہم آزادی سے سانس لے رہے ہیں آج کل انتہائی نازک صورتحال کا شکار ہے جس کے ذمہ دار ہم خود ہیں۔ جی ہاں! پاکستانی قوم نے اس مقدس سر زمین پر قدم رکھنے کے بعد سے لے کر آج تک اپنی تاریخ کے ہر اہم موڑ پر جہاں ہے مثال قربانیاں دیں وہاں ان قربانیوں پر کبھی لاعلمی، کبھی مصلحت گوشی اور کبھی بے حسی کی چادر ڈال کر خود کو بوتر کی طرح آنکھیں بند کر کے خود کو وہاں لاکھڑا کیا ہے کہ شاید شہدائے پاکستان روز محشر ہمیں آسانی سے معاف نہ کر پائیں مگر شاید قدرت ہمیشہ کی طرح ایک بار پھر ہمیں پلٹنے کا موقع دے اور ہم ایک بار پھر اسے ضائع کر دیں۔

محترم سامعین! آج بتائیں

پاکستان کی عوام کیا چاہتی ہے؟ آج کے دور میں یہاں ہر انسان کو اپنی غلطی کے علاوہ سب کی غلطی نظر آتی ہے۔ یہاں ہر انسان دوسروں کی غلطیوں پر اپنی رائے تو دیتا ہے مگر اپنے بارے میں نہیں سوچتا کہ میں کیسا ہوں۔ میں، آپ اور ہم سب مل کر ایک پاکستانی قوم ہیں۔ ہر انسان کو یہ سوچنا چاہیے کہ میں اس قابل ہوں کہ دنیا کو بتا سکوں کہ میں پاکستانی ہوں۔ آئیے آپ اور میں مل کر عہد کرتے ہیں کہ ہم پاکستان کی دل سے عزت کریں گے اور اپنے مقام ہے رہتے ہوئے اپنے فرائض سرانجام دیں گے۔ ہم سب خود کو بہتر کریں گے تو پورا پاکستان بہتر ہو جائے گا۔ انشاء اللہ

پاکستان زندہ باد.....





Govt. Graduate College for Women Muzaffargarh



**In the garden of
learning, may we
cultivate curiosity,
reap resilience,
and blossom into
our true selves**