



# **YEAR BOOK**

**MIDDLE SECTION**

**2023-2024**

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# MISSION

**To be an exemplary institution,  
providing a balanced education, to  
develop God-fearing leaders.**



# OUR CORE VALUES



## EXCELLENCE

To do everything in the best possible way.



## SHARIAH COMMITTED

To operate within the jurisdictions of Islam.



## TOLERANCE

A wider acceptability of ideas and people and dealing with them in the most appropriate manner.



## SINCERITY

Purely for the pleasure of Allah.



## BALANCED EDUCATION

To provide holistic learning to nurture the body, mind and soul.

# MESSAGE FROM THE PRINCIPAL



**Assalamu alaykum,**

**It is with immense gratitude that I reflect on another year of growth, learning, and community building here at Reflections. Our school is more than just a place of education; it is a place where hearts and minds are nurtured, where values are instilled, and where lifelong bonds are formed. This year has brought its share of challenges, as well as moments of joy. I am continually inspired by the dedication of our students, the support of our families, and the hard work of our staff. I am particularly excited that we inaugurated our swimming pool for middle and senior section students. Insha'Allah, we will see more such inaugurations in the future. As we look back on the memories we have created together, let us also look forward with hope and optimism. May the lessons we have learned and the friendships we have forged sustain us as we embark on new adventures and face new challenges.**

**To the graduating class of 2024, you leave behind a legacy of respect for teachers and exemplary behaviour. You are leaders in every sense. Take the light of faith and excellence you have received from Reflections with you and light up the world with it. I have no doubt that you will go on to achieve great things.**

**To my dearest staff members, thank you for making Reflections what it is today.**

**Wishing you all continued success and happiness.**

**With warmest regards,**

**Fahad Haroon**



# EDITOR'S LETTER OF THANKS



**Dear Reflections Family,**

**Compiling the yearbook for the past two years (this being the third one) has been a most rewarding yet challenging experience.**

**The yearbook in your hands is a little different from previous two years, as this one is theme based giving our young minds a platform to showcase their creativity.**

**The artistic and smooth compilation wouldn't have been possible without the untiring efforts of my valued team members- Mehreen Faraz, Aasma Agha and Sidra tul Muntaha. Ayesha Sultan for her photographic coverage, not to forget our esteemed Principal Mr. Fahad Haroon for his support.**

**Jazak Allah to all my colleagues and management for their cooperation and support all along.**

**I wish these blooming flowers keep adding colour to the yearbook year after year.**

**Any oversights are deeply regretted as the way forward was to be with minimum omissions.**

**Happy Reading !**

**Nazia Asad**

**SRP Reading and Publications, Academic Audit.**



# MESSAGE FROM THE SENIOR LIBRARIAN



**With the grace of Almighty Allah, another exceptional year has come to an end with many achievements, Alhamdulillah!**

**Here, I would like to appreciate my team members, students and teachers for their untiring efforts to make this journey so smooth, joyful and valuable.**

**In addition to our regular reading programmes and events, we introduced few new programmes and organized 2 new events this year:**

- Interschool Megathon Contest**
- Interschool Scrabble Championship 2024 (for females) in collaboration with Pakistan Scrabble Association, which were Alhamdulillah a great success and appreciated by different participating schools.**

**To further motivate our young readers, we awarded badges to the students who achieved the target of 25, 50, 75 and 100 book reviews this year.**

**Wishing all the best to everyone in their future endeavours.**

**Keep Reading and Keep Smiling!**

**Mehreen Faraz**



# MESSAGE FROM THE TARBIVAH INCHARGE



In its unwavering commitment to holistic development, Reflections continues to fortify its Tarbiyah Department with an array of enlightening talks, engaging workshops, and impactful activities aimed at nurturing students into exemplary individuals.

Esteemed speakers Tualha Ibn Jalil and Aiasha Amir graced our institution with their profound insights and wisdom, inspiring students to embark on a journey of self-discovery, reflection, and service to others. Their talks resonated deeply with our students, encouraging them to uphold Islamic values and principles in all facets of life.

Complementing these talks were a series of workshops meticulously designed to address various aspects of character development. From understanding the importance of personal space to guarding one's tongue, and from cultivating haya (modesty) to raising awareness about the dangers of tobacco and smoking, students were equipped with essential knowledge and practical skills to navigate life's challenges with integrity and resilience. Moreover, workshops on cancer and breast cancer awareness, as well as water conservation by Water Wise, underscored the significance of health, sustainability, and social consciousness in our daily lives.

Beyond the classroom, Reflections organized a plethora of engaging activities aimed at promoting well-being and community involvement. Dental check-ups ensured students' oral health, while Ghusl-e-Mayat sessions instilled a sense of reverence and duty towards Islamic rituals among senior students and teachers alike. The "Salah Tracker" initiative encouraged consistent prayer habits, while incorporating Miswak usage into their daily routines, students not only improved their oral health but also deepened their connection to Islamic traditions and teachings. . Sadqa activities, ration drives, and acts of sharing and kindness exemplified the spirit of compassion and empathy that defines our school community.

Venturing beyond the confines of the school premises, students embarked on transformative trips to various destinations, each imbued with its own lessons and experiences. From beach clean-ups fostering environmental stewardship to visits to the Binte Fatima Old Home, Civil Hospital Children's Ward, SIUT, Indus Hospital, SOS Village, and Ayesha Academy, students encountered diverse communities and gained firsthand insights into social issues, healthcare challenges, and the importance of service and empathy.



# MESSAGE FROM THE PHYSICAL EDUCATION INCHARGE (MALE)



**Dear Readers,**

**As I reflect on another thrilling year of sports at Reflections, I am filled with joy and excitement. The dedication, passion, and sportsmanship displayed by our athletes have made this year truly memorable.**

**I would like to extend my heartfelt gratitude to my coaches, whose guidance and leadership have played a pivotal role in shaping our athletes into the champions they are today.**

**As we turn the pages of this yearbook, let us cherish the memories we've created together and celebrate the triumphs, challenges, and unforgettable moments that have defined this year in sports. With 54 diverse sporting events and 17 trophies secured, our dedication and talent shines brightly. Like last year, we also took our students to domestic sports tour where they stayed at SST Public School Rashidabad Tando Allahyar, Sindh.**

**Another significant initiative which the sports department took this year was to begin professional competitions at the primary section. We believe this will improve sports activities from the grassroots level.**

**Here's to another year of camaraderie, competition, and countless memories, on and off the field.**

**Go Reflections!**

**Mahmood Raza**



# MESSAGE FROM THE PHYSICAL EDUCATION INCHARGE (FEMALE)

REFLECTIONS



**ALHUMDUILLILAH**, This year has been an exhilarating journey for Girls sports in which our girls participated in 60 different sports events for unforgettable championships to remarkable individual performances, the year has left an indelible mark on the Reflections girls sporting landscape. The year also saw the commencement of cricket and badminton for girls and swimming gala for grade 1-2. Let's take a comprehensive look back at the highlights, mile-stones, and memorable moments that defined the sports year.

Our team participated in 10 different inter school games and we secured positions in 09 of them. Apart from this our girls played 03 friendly 29 interclass 14 inter house and 01 Alumni as well.

**HIGHLIGHTS OF THE YEAR** Sindh Taekwondo Championship (11-8) (11-10), 1st All Karachi Girls Gymnastics Championship (11-10) (11-12), Swimming Gala (GRADE 1-GRADE 2), 2nd All Karachi Basketball Tournament (11-15)(11-17).

Along with all these events, we organized workshops inside our school for grooming our teachers.

We have also worked on sports curriculum and students assessments.

It has been a year to remember in the world of Reflections female sports, filled with thrilling moments, extra ordinary achievements and impactful developments both on and off the field.

We hope that ALLAH Almighty will bless us with more success in the coming years.  
**INSHA ALLAH**

**Sundas Khalid**



# MESSAGE FROM THE ISLAMIC DEPT. HEAD (FEMALE)

REFLECTIONS



تمام حمد و ثناء اس خالق دو جہاں کے لیے ہے جسکی بیش بہا نعمتوں میں سے ایک عظیم نعمت ہمارے لیے ریفلکشنز بھی ہے۔ اس ادارے کی مثال اس دوست کی سی ہے جسکو مشک سے تعبیر کیا جاسکتا ہے کہ اس ادارے میں موجود ہر فرد اسکی نفع بخش خوشبو سے خالی نہیں ہے۔ ریفلکشنز کا کردار اس پر فتن دور میں صرف درس و تدریس تک ہی محدود نہیں بلکہ اپنے ہونہاروں کو اس جدید دور کے اندر موجودہ فتنوں سے محفوظ رکھ کر اپنے فرائض منصبی کو انجام دینے کی تربیت دینا بھی ہے جسکے لئے وہ مختلف سرگرمیوں سے گزرتے ہیں۔ جیسے سیرہ ایگزیشن جس میں نبی علیہ السلام کی سیرت طیبہ کے مختلف پہلوؤں کو نمونہ کے ذریعہ اجاگر کیا جاتا ہے۔ اور بچوں کی احادیث نبویہ میں دلچسپی پیدا کرنے کیلئے مقابلہ کا انعقاد بھی کیا جاتا ہے اور مزید یہ کہ قرآن کریم کی تفسیر سے متعلق مختلف موضوعات کا انتخاب کر کے اسکے مضامین پر روشنی ڈالی جاتی ہے ساتھ ہی عربی زبان میں مہارت کا ایک ذریعہ حوار بھی ہے، حوار کو دلچسپ بنانے کے لئے مقابلوں کا انعقاد کیا جاتا ہے یہ طلبہ میں شوق و ترغیب کا باعث ہوتے ہیں اس عملی اکتساب کے ذریعے طلبہ کی مہارت دوچند ہو جاتی ہے۔

نازیہ سمیر



# MESSAGE FROM THE ISLAMIC DEPT. HEAD (MALE)

## REFLECTIONS



As the academic year draws to a close, it's time to reflect on the remarkable progress and achievements within the Islamic Department. As the section head, I am honoured to highlight the strides we have made in promoting understanding, engagement, and excellence in Islamic studies.

One of the highlights of this year was our annual Seerah exhibition, a cornerstone event that educates students about the life and teachings of the Prophet Muhammad (peace be upon him). This year, we expanded our focus to include contemporary issues intertwined with Seerah, such as exploring the legacies of Muslim heroes, the history of the Ottoman Empire, and the geopolitical dynamics of Zionism, Israel, and conflicts involving Muslims. Additionally, we delved into Pakistan's advancements in missile technology, fostering discussions that connect past lessons with present realities.

Participation in external events also showcased the talent and dedication of our students. At the LUMS Religious Festival, our boys excelled in Qirat and debate competitions, demonstrating their proficiency and passion for Islamic scholarship. Moreover, our triumph in the Arabic declamation, where we secured the first position among nine schools, underscores our commitment to nurturing linguistic and oratory skills within our students.

Within our own school community, we have fostered a vibrant Islamic atmosphere. Our Hadith students have diligently recited and elucidated Ahadith after Zuhur Salah, deepening their understanding of prophetic traditions. Furthermore, the Grade 11 students have taken on leadership roles, delivering Jummah Bayan, Khutbah, and leading Jumma prayers regularly, setting an inspiring example of spiritual commitment and leadership.

These achievements reflect not only the hard work and dedication of our students but also the unwavering support of our faculty and administration. Together, we have created an environment where Islamic education is not just a subject but a transformative journey that empowers students to excel academically, spiritually, and morally.

Mutee-ur-Rehman Baig



# MESSAGE FROM THE HIFZ HEAD



ریفلیکشنز کا شعبہ حفظ تقریباً گزشتہ 17 سال سے قرآن کریم کی خدمت میں مصروف عمل میں ہے ہر سال بہت سے حفاظ طلباء/طالبات حفظ مکمل کرنے کے بعد وفاق کے امتحان میں شامل ہوتے ہیں اور امتیازی نمبروں کیساتھ کامیابی حاصل کرتے ہیں الحمدللہ اب تک 279 طلباء/طالبات نے حفظ کی سعادت حاصل کی ہے یہ ایک مکمل اور بہترین حفظ پروگرام ہے اس پروگرام میں اوسط استعداد کے حامل طلباء/طالبات عرصہ تین سال میں حفظ مکمل کرتے ہیں اور زیادہ صلاحیت والے طلباء کیلئے کوئی حد مقرر نہیں ہے وہ ایک سال/ڈیڑھ سال اور دو سال میں بھی الحمدللہ مکمل کر رہے ہیں طلباء/طالبات میں تلاوت کا شوق پیدا کرنے اور حفظ کی صلاحیتوں کو مزید نکھارنے کیلئے ادارہ ہر سال انٹر کلاس/انٹر اسکول حفظ و قرأت مقابلوں کا انعقاد کرتا ہے ہم دعاگو ہیں کہ اللہ پاک ہمارے طلباء/طالبات کو قرآن یاد رکھنے اور عمل کرنے والا بنائے والدین، اساتذہ اور معاونین کیلئے ذخیرہ آخرت بنائے آمین۔

فرزانہ خان



# MESSAGE FROM THE COUNSELLOR

REFLECTIONS



**As we reflect on the pages of this yearbook, let's acknowledge the raw emotions, the silent struggles, and the battles fought behind the smiles of each one of you.**

**As your school counsellor, I've witnessed your tears, your fears, and your moments of triumph. I've seen the depth of your pain and the brilliance of your spirit. Whether it was providing guidance through academic struggles, offering a listening ear during times of personal difficulty, or celebrating your achievements, it has been truly inspiring to see the ways in which you have overcome adversity and embraced opportunities for growth.**

**As we look back on the memories we have created together, let us remember the importance of "Personal Space, Respecting Boundaries" a series of lessons initiated in the Pre-Primary section, the aim - to train our young reflectors to respect each other's personal space. "Well-Being Volunteers Club" initiated in the "Senior Section" is a platform where students work for students and teachers' mental health. And let us not forget the power of community and the strength that comes from lifting each other up.**

**To all students, whether you are returning next year or moving on to new horizons, Remember! You are warriors, champions of your own destiny. And I have no doubt that you will conquer whatever challenges lie ahead. It has been a privilege to serve as your school counsellor, and I look forward to seeing the incredible things you will achieve in the years to come.**

**With warmest regards,**

**Anum Mehmood**



# MESSAGE FROM THE ACADEMIC COORDINATOR

REFLECTIONS



**Another year, another milestone achieved,  
One journey completed; on another you will now proceed.**

**You're happy to move on, eager to go one step ahead,  
Your teachers play their part, in helping you climb the steps.**

**There will be hardships and tests in this temporary world,  
Face each one with determination. Eventually, there will be none.**

**Remember your values, never compromise on your deen,  
You will shine brightly as long as you're keen.**

**We are just guides in your school life,  
After this, you're on your own, make sure you're wise.**

**You can make a difference and change people's lives,  
Allah sent you for a purpose, you just have to realize.**

**You're all strong, brave and amazing human beings,  
Never underestimate yourself, just aim for your dreams.**

**May you keep succeeding in every walk of life,  
May Allah keep you steadfast, may you always rise.**

**Sundus Nasir**



# MESSAGE FROM THE HEAD MISTRESS

REFLECTIONS



**Dear Students and Faculty,**

**You all have amazed us with your dedication, creativity, and perseverance. Whether it was in the classroom, on the field, or through various extracurricular activities, your achievements have been nothing short of inspiring. Each one of you has contributed to making our school a place of vibrant learning and growth. Your hard work and enthusiasm have set a high standard, and I am confident that you will continue to soar to new heights.**

**The commitment of teachers to fostering a nurturing and challenging educational environment has been the cornerstone of our success. Your passion, innovation, and tireless efforts have not only imparted knowledge but also instilled a love for learning in our students.**

**JazakAllah khair for your unwavering dedication and for being the pillars of our school community.**

**Wishing you all a safe, restful, and enjoyable summer.**

**Warm regards,  
Hajirah Kashif Fazal**



# Around the World



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# MESSAGE FROM THE CLASS TEACHER 5-A

As we conclude this academic year, I'm immensely proud of your dedication to mastering Mathematics. From fractions to angles, your enthusiasm has been commendable. Our classroom was a space of curiosity and growth. As you move forward, remember that the gift of learning is yours forever, and education is a tool to change the world. Cherish every moment and carry your zest for learning into the future. I believe in each one of you.

Anila Tauseef



# CLASS 5-A

## Monument of Equator

"Mitad del Mundo," is a famous monument and attraction in Ecuador that marks the equator. "Mitad del Mundo" translates to "Middle of the World" in English. It is located just north of the capital city, Quito.

The Mitad del Mundo monument was built to commemorate the exact location of the equator as determined by French geodesic measurements in the 18th century.

It is a popular tourist destination where visitors can stand on the equator line and explore interactive exhibits related to geography, science and indigenous cultures. There's also a distinctive monument marking the equator and many people enjoy taking photos with one foot in the Northern Hemisphere and the other foot in the Southern Hemisphere.

It's important to note that while Mitad del Mundo is a popular tourist attraction, modern GPS technology has shown that the actual equator line is located slightly to the north of the monument.

The deviation is relatively small, but it's worth mentioning for precision. Nevertheless, Mitad del Mundo remains a fascinating place to learn about the equator and its significance.

Amal Fahad

## Dubai

Last year we decided to go to Dubai during vacations. I was jumping up and down with excitement. We all packed our bags and went to the airport.

When we landed in Dubai, I was shocked to see how clean it was. First we ate hot and spicy shawarma, it was the best shawarma of my life. Then we drank coffee. We also went to the top of Burj Khalifa. It is the highest building in the world. My dad told me that Dubai is 75 years old, that the popular animal in Dubai is camel and its popular foods are shawarma, coffee and dates. After that, my family and I went on a desert adventure! We rode in a special car that could zoom over the sandy dunes. We also visited the Palm Jumeirah, an island that looked like a giant palm tree. It wasn't a real palm tree, but it was a magical place with fancy hotels and homes. I also went to Dubai mall for shopping. There was even an aquarium inside with fishes of all colors and sizes.

At last it was time for us to go back. We sat in a plane and went home. My favorite place is Dubai, I wish I can go there every year. It is the best place in the world!

Ayesha Sheikh

## بھار اوطن پاکستان

پاکستان ایک آزاد اور مسلمانوں کا ملک ہے۔ یہاں پر اور بھی مذاہب کے ماننے والے رہتے ہیں جیسے عیسائی، یہودی اور عیسائی وغیرہ۔ اس ملک کا دار الخلافہ اسلام آباد ہے۔ یہاں کے لوگ بہت پیار کرنے والے اور مہمان نوازی ہیں۔ پاکستان کا سب سے بڑا تجارتی شہر کراچی ہے۔ کراچی سے ایک سمندر ٹکراتا ہے جس کا نام بحیرہ عرب ہے۔ پاکستان کی زمین میں بہت سے خزانے چھپے ہیں مثلاً بہت سے معدنیات اور قیمتی پتھر موجود ہیں۔ پاکستان کے پانچ صوبے ہیں۔ سندھ، بلوچستان، پنجاب، خیبر پختونخواہ اور گلگت بلتستان۔ یہاں کا سب سے ٹھنڈا ترین شہر اسکردو ہے۔ پاکستان کی قومی زبان اردو ہے۔ اس کے علاوہ یہاں پر پنجابی، سندھی، سرائیکی، بلوچی، پشتو اور گجراتی وغیرہ بھی بولی جاتی ہیں۔ پاکستان کا قومی جانور مارخور اور قومی پرندہ چکورو ہے۔ پاکستان کے شہر لاہور میں مینار پاکستان، بادشاہی مسجد اور شاہی قلعہ وغیرہ جیسی تاریخی عمارات مشہور ہیں۔ بلوچستان رقبے کے لحاظ سے پاکستان کا سب سے بڑا صوبہ ہے۔ اس کی ایران اور افغانستان کے ساتھ سرحدیں ملی ہوئی ہیں۔ کشمیر میں پہلوں کے بہت سارے کھیت ہیں۔ وہاں پر خوبصورت سے پہوؤں کے باغات سب کو اچھے لگتے ہیں۔ یہاں پر سردیوں کے موسم میں برف باری بھی ہوتی ہے۔ اللہ ہمارے ملک کو ہمیشہ آباد رکھے۔ آمین

فاطمہ ارسلان

## Paris

Knowing about the world is fun, right? Today I'm going to talk about Paris. Paris is a major European city and a global center of art, fashion, gastronomy and culture. They love fine cuisine, art and entertainment. There are many religions in Paris but the most common religion is Roman Catholicism, weird right?

Fun facts, the real name of Paris is Lutetia Parisiorum. That's a way longer name. Do you know from where the name came from? Lutetia came from the Latin word meaning mud or swamp. Paris even has the largest museum in the world and it has more than 450 parks!

Whenever someone talks about Paris, what comes to your mind? Eiffel Tower, right? So, what if I tell you that China, Pakistan and even the United States have copied the Eiffel tower, but not exactly the same weight and height. The Eiffel Tower stands at a height of 324 meters (1,063 feet), making it the tallest structure in Paris. It held the title of the tallest man-made structure in the world at the time of its completion.

Have you ever visited Paris? If not, then please do as it is the best place in the world.

Hania Moonis

## لماذا تكون للسحب أشكال مختلفة ؟

يتوقف شكل السحب على ارتفاعها . فالسحب العالية جدا تشبه في شكلها الریش الأبيض . والسحب المنخفضة تشبه شكلها الصوف الأبيض على جسم الحروف . وليس الارتفاع فقط هو السبب في أشكال السحب ، ولكن الرياح أيضا تجعل للسحب أشكالاً مختلفة .



# CLASS 5-A

## Why is Technology Important in Business?

Technology helps businesses do their work faster and better. Imagine if you had a robot that could do boring tasks for you leaving you time to do fun and important stuff. That's what technology does for business. It makes things easier and faster. Technology helps people in businesses talk to each other and work together even if they are far away with the help of emails, video calls and special tools; everyone can be on the same page. It's like having a big team no matter where people live. Technology helps businesses sell their things to people all over the world. Thanks to website apps and online marketing, now business can reach a lot of customers even if they are in different countries. It's like having a shop that is always open. Businesses want customers to be happy right? Technology helps with that too.

Think about getting fast answers from a computer when you have a question or how businesses remember what you like and give you special offers. That's how technology is making customers smile. Even though technology costs some money at the beginning but it actually saves money in the long run. Machines and computers can do work without needing lots of people which means businesses can save on salaries. Also, using the internet for work is often cheaper than using old fashioned ways.

Imaan Ikhlas Ahmed

## Diseases Around the World

Diseases are like invisible villains that can make our bodies feel unwell. They can be caused by bacteria or viruses. Sometimes it could spread from one person to another person.

Around the world there are different diseases like flu, colds, malaria, hepatitis etc. Some diseases can only be treated through proper medication and some can be prevented through proper diet, hygienic environment and consuming healthy food.

Different climates can foster various diseases; in warmer, tropical regions diseases like malaria and dengue fever are more prevalent. In colder climates, respiratory illness like flu or colds are more common due to closer in door contact.

Here is a list of countries with their prevailing diseases:

Europe: Circulatory diseases and various types of cancer, and respiratory diseases.

Pakistan: Twenty infectious diseases including Tuberculosis, Measles, Rubella, Influenza, RSV, Pertussis, Diphtheria, Leishmania, EBV, Pneumonia, Haemophilus Influenza, VZV, Mumps, Dengue, Malaria, Polio, Typhoid, Hepatitis, HIV and diarrhea.

Warmer climates can contribute to spread of waterborne diseases like cholera while in colder climates we see an increase in diseases like hypothermia. This is a complex interplay between climate and geography and local conditions that influence the prevalence of diseases.

Khadija Faisal

## Fractions Around the Garden



red flowers =  $10/6$       circles =  $1 \frac{4}{6}$   
pink flowers = 1 large whole circle  
and  $5/2 = 2 \frac{1}{2}$  small circles  
purple flowers = 4 circles  
green grass =  $13/16$

Laiba Sohail

## دنیا بھر سے

فرانس براعظم یورپ میں واقع ہے۔ فرانس کا پرانا نام گال تھا۔ یہاں کا دارالحکومت پیرس ہے، جسے خوشبوؤں کا شہر کہا جاتا ہے۔ فرانس کے اہم شہر پیرس، ونیس، مارسیلز وغیرہ ہیں۔ یہاں کی سرکاری زبان فرنچ ہے۔ فرانس میں اکثریت کا مذہب عیسائیت ہے۔ یہاں کی کرنسی یورو کہلاتی ہے۔ دنیا بھر سے لاکھوں سیاح ہر سال فرانس آتے ہیں۔ فرانس میں سیاحت کا شعبہ دنیا بھر میں پہلے نمبر پر ہے۔ ایفل ٹاور، پیرس میں ہے جو کہ ۱۸۸۹ء میں تعمیر کیا گیا۔ ایفل ٹاور کو ۱۹۳۰ء تک دنیا کی سب سے اونچی عمارت کہا جاتا تھا۔ یورپ کا مصروف ترین ریلوے اسٹیشن فرانس میں ہے۔ دنیا کی تیسری تیز رفتار ٹرین فرانس ہی کی ہے۔ فرانس وہ ملک ہے، جس میں سب سے زیادہ ٹائم زون موجود ہیں، ان کی تعداد بارہ ہے۔ مجسمہ آزادی فرانس نے امریکہ کو تحفہ میں دیا تھا۔ فٹ بال فرانس کا مقبول ترین کھیل ہے۔ فرانس کا وقت پاکستان کے وقت سے چار گھنٹے پیچھے ہے۔ یہاں قومی دن ۱۴ جولائی کو منایا جاتا ہے اور یہاں کا جھنڈا تین رنگوں، سرخ، سفید اور نیلے رنگوں پر مشتمل ہے۔

حفصہ علی احمد

## ما هو البرق؟



عندما تكثر السحب الرعدية، يزداد شحنها بالكهرباء تدريجياً.  
والشرارة الكهربائية التي تنفجر من سحابة إلى أخرى تسمى البرق.  
والتي تنفجر إلى الأرض تسمى الصاعقة.

عينة فيصل

الصف الخامس الف



# CLASS 5-A



Hafsa Mangrani

## Ramadan Traditions around the World

*When the moon of the month of Ramadan is sighted, Muslims all over the world start celebrating Ramadan. Firstly, they stay up late for praying Tahajjud. Then they have Suhoor. In Suhoor they eat dates and drink water. After Suhoor they pray Fajr then they sleep. When they wake up, they say their prayers. After a few minutes, they prepare for Iftaar and when the Azan of Maghrib is heard, everyone opens their fast. After that they pray Isha and Taraveeh. And the cycle repeats.*

*I love the month of Ramadan!*

Mahnoor Ather Chawla

## قاهرہ

مصر کو قدیم تہذیب کا گہوارہ کہا جاتا ہے۔ مصر میں موجود تاریخی آثار پوری دنیا سے سیاحوں کو اپنی جانب کھینچتے ہیں۔ مصری جنوب شدہ لاشیں یعنی ”ممیاں“ پوری دنیا میں مصر کی پہچان ہیں۔ اس ملک کو فرعون اور حضرت موسیٰ کے حوالے سے انسانی تاریخ میں بھی خصوصی مقام حاصل ہے۔ یہاں کی قومی زبان عربی ہے۔

قاهرہ مصر کا دار الحکومت ہے، جس کی آبادی دو کروڑ سے زائد ہے۔ قاهرہ دنیا کا ۱۷واں بڑا اور براعظم افریقہ کا سب سے بڑا شہر بھی جانا جاتا ہے۔ قاهرہ مصر کے شمال میں دریائے نیل کے کنارے واقع ہے۔ قاهرہ میں تقریباً ایک ہزار سال پرانی اور مسلم دنیا میں دینی و اسلامی علوم کی سب سے بڑی درسگاہ جامعہ الازہر بھی موجود ہے۔ اس کی تعمیر میں مسلمانوں کے قدیم فن تعمیر کی جھلک نمایاں دکھائی دیتی ہے۔

منال کامران شیخ

## Fractions in the Environment



Sun = 1 yellow circle and  $12/8=14/8$  orange triangles

Tree = 1 large green and 10 small orange circles

Grass =  $3/7$  triangles

House = 3 triangles, 1 circle and 3 rectangles

Sara Hussain Effendi

## Human Anatomies Around the World

We live in a magnificent world. The Creator of this world is ingeniously innovational. We have a variety of human anatomies around the world so let me take you on a world tour.

	Asians	British	Africans	Chinese
Eyes	Big, brown coloured	blue, green, brown	big, dark brown or light brown	small eyes, usually brown
Hair	usually black, brown or dark brown, different types of hair	brown, blonde	black or brown curly hair	black or dark brown coloured, silky hair
Complexion	light brown to dark brown (wheatish)	fair (white)	beige, brown, black (dark)	light, pale, yellow coloured
Height	average	tall	tall	average or small

Rumaisa

5A

# CLASS 5-A

## Italy

The universe, the galaxy, the solar system, the earth, the oceans, the continents and the many countries...Let's squeeze down to Italy.

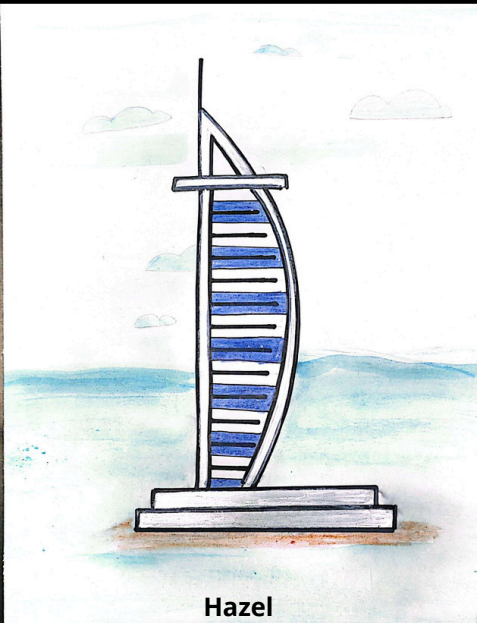
Italy is the world's fifth most visited country. Italy is an amazing country and I love it. When I went to Italy, I was amazed. The country is so peaceful and beautiful. The Italians are so helpful and friendly. When I asked for directions, they guided me so nicely. The environment had a hint of freshness. I was full of joy when one person advised me to have dinner at €10 Pizza Slice where they serve the best Italian food. The menu included risotto, ossobuco, lasagna, focaccia, pasta, pizza and other famous Italian dishes. I ordered pizza and pasta both topped with Italian cheese. It was scrumptious.

Then I ordered an Italian tart that was also delicious. I had €100 left so I decided to visit a museum to learn about Italy's history. There I read that Italy used to be a part of ancient Greece and that Italy is home to Europe's oldest university, The University of Bologna. Italy is famous for its architecture, culture, art, literature and fashion. Rome, the capital of Italy is over 2000 years old. Italy has so many beautiful places; some that I didn't even visit but I know that Italy is the best country to visit and I would definitely go there again.

**Zara Ahmed**

## لماذا تمطر السماء ؟

تمتلئ السحب بالماء ، والسحب  
المطيرة بها ماء أكثر مما تستطيع  
حمله . لذلك ينزل الماء الزائد على  
شكل مطر .



**Hazel**

## **Mosques around the World**

**There are many mosques all around the world. Masjid-e-Aqsa was the first Qiblah of Muslims. It is located in Palestine. Now Israel is attacking them.**

**Masjid-ul-Haram is a very special mosque for Muslims. It is located in Makkah and it is special because Allah's house is there.**

**Rania Rizwan**



# MESSAGE FROM THE CLASS

## TEACHER 5-B

My Darling Students of 5B,

As we come to the end of this term, I would like to pay my gratitude to each one of you for being a wonderful student of my class. It has been a delightful experience for me to be your class teacher, from seeing your beautiful faces in the morning to solving your conflicts and managing your chaos. The time we spent together preparing for different events, gave me a chance to know you better and it amazed me to get to know what kind human beings you are. Your curious minds reflect your deep insights; your generosity towards each other is commendable.

I am blessed to get the privilege of partaking in your journey and I would like to remind you that you have the potential for greatness. You have the ability inside of you to rise above any obstacle, any challenge placed before you. Additionally, you have the power, the strength to be victorious in any situation. May you all have a long and happy life, Aameen.

Sharia Pervaiz

# CLASS 5-B

## Unlocking the Mysteries of the Pyramid of Giza

"Get ready to unlock the mysteries of the incredible Pyramid of Giza! As we go on a journey through time, we'll uncover fascinating truths, dispel myths, and explore the amazing feats accomplished by the clever minds of ancient Egypt."

### History

Dating back to 2580-2560 BCE, the Pyramid was commissioned by Pharaoh Khufu as his eternal resting place. Imagine the dedication it took to construct such a monumental structure without the tools we have today.

### Geometry in Construction

Diving into the past, we discover the vital role of geometry in building this ancient wonder. Great Pyramid is an eight-sided figure, not a four-sided figure. Each of the pyramid's four sides are evenly split from base to tip by very subtle concave indentations.

### Connection to the Modern World

Surprisingly, the Pyramid of Giza still influences modern architecture due to its symmetrical design and stable structure. Scientists study it to understand ancient construction techniques.

### Interesting Myths

The Pyramids were built by skilled workers, not slaves: The people who built the pyramids were not slaves; they were skilled workers who were respected, well-fed, and paid for their work.

### Pyramids Were Not Built by Aliens

Some people think aliens helped build the pyramids, but there is no proof; the ancient Egyptians were very clever and built them using their own skills.

### Pyramids Are Near a City, Not Just in the Desert

Even though pictures show pyramids in a desert, they are actually close to a city with modern buildings, hotels, and restaurants.

### Pyramids Were Not Perfectly Aligned with Stars

Despite what some say, there's no evidence that the pyramids were perfectly lined up with stars; it was probably just a coincidence.

### Pyramids Were Tombs, Not Treasure Vaults

The pyramids were not made to keep treasures; they were built as special tombs for pharaohs, where their bodies and important things were placed for the afterlife.

### The Great Pyramid Has Eight Sides, Not Four

Contrary to what you might think, the Great Pyramid doesn't have just four sides; it actually has eight, and you can see this from the air during sunrise or sunset on certain days.

### Calculating Area of a Square-Based Pyramid

Understanding this formula unveils the mathematical secrets behind the pyramid's structure.

Our journey to the Pyramid of Giza has been extraordinary, from its ancient history and geometrical wonders to its lasting impact on the modern world. As we conclude, we invite you to explore further, spark your curiosity, and embrace the endless wonders our world has to offer. Until our next adventure, happy exploring!

Aazeen

## Muslims Suffering Around the World

Around the world, many Muslims are suffering. It has been 100+ days that the genocide has been going on in Palestine. The Israeli army has killed a lot of children and adults. A lot of people around the world are avoiding products that are supporting Israel. By bombing Palestine, Israel is showing that they have no respect for Muslims or the rules of Allah.

Minahil Sarfaraz Paracha



تحتاج الأسماك إلى الأكسجين لتعيش. وتحصل على هذا الأكسجين من الماء بواسطة أعضاء خاصة، تسمى الخياشيم. وإذا خرجت السمكة من الماء، لا تستطيع الخياشيم أن تمد السمكة بالأكسجين. ولهذا تموت السمكة، إذا تركت خارج الماء بعض الوقت.

بربرة عمر  
الصف الخامس ب

## The Real World

Around the world, as I travelled to different places, I met people of various races. With colours dark, brown and whitish. With unique features and different faces.

I saw crime, greed and oppression, Each country is hungry and full of obsession. They'll become traitors for other countries' riches. They betray their homeland with utmost discretion.

The leader delivers a phony speech And pretends that peace is what they preach. They sign a pact with other states, An accord that they would later breach.

Hania Zainab

## Touch Screen

A touch screen is an electronic screen that is also an input device. The touch screen was invented by Eric Aurther Jhonson. He wrote and published another more detailed and extensive paper about touch screens. In 1969 E.A Jhonson was granted a patent for his invention. A user interacts with the computer, tablet, smart phone or touch controlled appliances by using hand gestures and fingertip movement to tap pictures, moving elements or type work on the screen. The display is often on LCD, AMOLED, or OLED display.

Myesha Naseem

## روحانی سفر - مکہ اور مدینہ

یوں تو میں نے بہت سے جگہیں گھومیں ہیں۔ لیکن ۱۳ نومبر کو اللہ نے مجھے اپنے گھر بلایا۔ میں بہت خوش تھی، میرے ساتھ امی، ابو اور میری دو بہنیں بھی تھیں۔ ہم نے ایئر پورٹ پر جا کر انتظار کیا اور کچھ ہی دیر میں جہاز میں بیٹھ گئے۔ ہماری فلائٹ پہلے ابو طہی کی تھی جہاں 4 گھنٹے رکنے کے بعد جدہ کو روانہ ہوئی۔ جب ہم وہاں پہنچے تو ہم نے احرام باندھ لیا۔ اگلی فلائٹ ہمیں ابو طہی سے لے کر چلی اور عرب کے صحرائوں کو عبور کر کے اس نے شام ۲ بجے جدہ پہنچا دیا۔ جب ہم ایئر پورٹ سے نکلے تو ٹیکسی ہمارا انتظار کر رہی تھی۔ جدہ کی حدود سے نکلنے ہی عرب کی صحرائی زمین شروع ہوگئی۔ سڑک کے دونوں طرف پہاڑ تھے۔ ڈیڑھ گھنٹے کے بعد مکہ مکرمہ کے مضافات شروع ہو گئے۔ کچھ ہی دیر کے بعد ہم بوٹل پہنچے، سامان رکھا وضو کیا اور بیت اللہ کی طرف روانہ ہوئے۔ باب عبد العزیز سے بیت اللہ کے صحن میں داخل ہوئے، جب میری پہلی نظر کعبہ پر پڑی تو میری آنکھوں سے آنسو جاری ہو گئے۔ پھر میں نے بہت ساری دعائیں مانگیں۔ طواف کے سات چکر لگائے اب زم زم پیا، دو نفل ادا کئے پھر سعی کے سات چکر لگائے کے بعد میں نے بال کاٹنے اور اپنا عمرہ مکمل کر لیا، الحمد للہ۔ پھر ہم نے فجر کی نماز ادا کی اور بوٹل چلے گئے۔ آرام کے بعد ظہر کی نماز کے لئے دوبارہ مسجد گئے اور اس کے بعد ساری نمازیں بیت اللہ میں ادا کیں۔ بر نماز کے بعد طواف بھی کیا۔ اس طرح ہم نے پانچ دن مکہ میں گزارے اور اس کے بعد ہم مدینہ کی طرف روانہ ہوئے۔ تین گھنٹے کے سفر کے بعد ہم مدینہ پہنچے۔ مدینہ پہنچنے کے بعد ہم نے سب سے پہلے مسجد نبوی ﷺ میں نماز ادا کی پھر بوٹل جا کر آرام کیا اور اگلے دن زیارت کے لئے نکل گئے۔ ہم نے مسجد قبا میں دو نفل ادا کئے جس کا ثواب ایک عمرہ کے برابر ہے۔ پھر ہم نے حضرت سلیمان فارسی لاکے باغ دیکھے۔ رات نماز عشا کے بعد ریاض الجنۃ گئے اور وہاں نوافل ادا کئے۔ وہاں میں نے اپنے پیارے نبی ﷺ کا روضہ مبارک دیکھا اور ممبر رسول ﷺ بھی دیکھا جہاں ہمارے پیارے نبی ﷺ خطبہ دیا کرتے تھے۔ ہم نے قیام کے دوران حضرت علی ؑ اور حضرت ابو بکر صدیق ؓ کے گھر بھی دیکھے۔ میں اللہ سے دعا کرتی ہوں کہ وہ مجھے دوبارہ اپنے گھر بلائے اور میں شکر کرتی ہوں کہ اللہ نے مجھے اتنی سی عمر میں اپنے گھر بلایا۔ اللہ میرے سب گناہ معاف فرما اور میری دعاؤں کو قبول فرما، آمین!

تیرے حرم کی کیا بات مولا  
تا عمر کردے میرا آنا مقدر

عریشہ رضا



# CLASS 5-B

## BIOMES AROUND THE WORLD

The world is divided into seven major land biomes:

**Tundra:** It is the coldest one, it receives low amount of precipitation, it is found in the regions just below the ice caps of the arctic, extending across North America to Europe and Siberia in Asia. Arctic fox, polar bears, caribou and musk ox live in tundra biome.

**Taiga:** It has been called the "world's largest land biome". Taiga has long, cold winters. They have low to moderate precipitation. Its forests are found within the northern hemisphere and reside within 50 and 60 degree latitude. They exist primarily in Russia and Canada with small pockets of boreal forests existing in Alaska and Scandinavia. Pine marten, moose, bobcats, black bears, Canada lynx and grizzly bears are found in taiga.

**Coniferous Forest:** It is a biome where the conifers live. Most conifers are trees but some are shrubs. They are also called "evergreen". They are found in the middle and upper elevations of the eastern middle Himalayas, north Indian states including Arunachal Pradesh. Black bears, wolves, and mooses live in coniferous forests.

**Deciduous Forest:** It is one of the most interesting biomes of the world because it's always changing. Here the environment goes through the four seasons of winter, spring, summer and autumn. The animals and plants have special adaptation to cope with their habitat. Mammals, rabbits, foxes, squirrels, badgers and chipmunks live there.

**Grasslands:** It consists of large open areas of grass. There are two main types of grasslands: tropical grasslands and temperate grasslands. They can be found in Africa, North America, Australia, Asia and South America. Zebras, giraffes, pronghorn and lions live in grasslands.

**Deserts:** It is an area that receives less than 50 centimeters of rain per year. There are four types of deserts: hot and dry, semi-arid, coastal and cold. Desert form wherever there is no moisture in the air. They are located in every continent. "Antarctic Desert" is the largest desert in the world. Camels and sand rats live in deserts.

**Tropical Rainforest:** It is a hot moist biome where it rains all year long. It is the wettest biome. Tropical rainforests are found in central and south America, western and central Africa, western India, southeast Asia, the island of New Guinea and Australia. Jaguar, okapi, poison dart frog and macaw live in the tropical rainforest.

Two "water biomes" are also added.

1. The Marine Biome which includes all the oceans and seas of the world

2. The Fresh Water Biome.

There are many biomes all around the world but my favorite is Tundra.

Syeda Hanaan Fatima

## Algebra: Unraveling Number Mysteries!

Imagine you have a bag of special marbles. If you share these marbles with your friends, each friend gets 4 marbles. Now, here's the puzzle: if you started with 20 marbles, can you figure out how many friends you have? It's like being a math sleuth on a quest for answers!

Ever wondered how you could be a math detective, cracking number codes and solving real-life puzzles? Well, get ready, because we're diving into the fascinating world of algebra!

### History

A long time ago, really smart people like the Egyptians, Babylonians and Diophantus in Greece started using tricky number ideas to solve tough problems. Later on, a hero named Al-Khwarizmi turned these tricks into something cool - algebra! The word means putting broken parts together.

### How We Use It in Daily Life

Algebra isn't just for school; it's like your secret tool in everyday life! Whether you're figuring out how many cookies to share or how many hours left to go back home, algebra helps you get the answer.

### Implications in the Real World

Algebra is your toolkit in the real world! Engineering, Science, Medicine, Business and Economics all use elementary algebra to solve their problems.

Math is not just in books; it's everywhere around us!

### Interesting Facts

Imagine a time when people didn't have the "=" sign! In 1557, a math whiz named Robert Recorde invented it, making life much easier, before that people wrote long phrases to show one thing is equal to another.

Algebra interestingly represents common life situations as mathematical expressions. So, algebra is like our guide to solve number mysteries! It's not just about numbers; it's about finding hidden patterns in everyday puzzles.

Ayesha Tasneem

## CLIMATES AROUND THE WORLD

Do you know that there are many countries on Earth? All countries have different climates. So, what is a climate? Why are there different climates in different countries?

Well, climate is the usual weather in a place during the year. The climate of each country is specified according to its location and position on Earth and because of Earth's rotation, countries experience different weather and seasons as well.

Even every city in each country could experience a different climate based on its location and several other factors. For example, in Pakistan: Karachi has a hot and humid climate that is tropical climate because it is located slightly above the Tropic of Cancer. There are some deserts in Pakistan like Thar and Cholistan where there is an arid climate that is a dry climate as there is no or very little rain so the land and air get very dry. In some areas, there is a lot of rain which causes the seas to overflow and it causes flood. The Northern areas of Pakistan experience a cold climate because of the altitude and distance from sea. There is snowfall and heavy rain in those areas which is a polar climate.

Ammarah Fawad

## لماذا تسبح بعض الأسماك في مجموعات ؟

بعض الأسماك تكون صغيرة جدا ، وليس لها أسلحة تحميها من أعدائها . ولهذا تسبح في مجموعات لكن يتمكن بعضها من الهرب إذا تعرضت للهجوم .

هورم نور  
الصف الخامس ب



## ترکی کے نظارے

ترکی ایک مسلمان ملک ہے۔ یہ پاکستان کا دوست ہے۔ یہ بہت خوبصورت ملک ہے۔ یہاں کے لوگ بہت محبت کرنے والے ہیں۔ ترکی کا دارالحکومت انقرہ ہے۔ میں گرمی کی چھٹیوں میں خاندان کے ساتھ ترکیہ گئی ، جب میں وہاں پہنچی تو وہاں کی صفائی اور خوبصورتی دیکھ کر حیران رہ گئی۔ ترکیہ میں سب اپنی زبان بولتے ہیں اور کسی کو ہماری اردو سمجھ نہیں آئی۔ اور بھی بہت سے لوگ ترکیہ کی سیر کرنے آئے ہوئے تھے۔ ترکیہ کے قدیم اور جدید حصے ہیں۔ اس کا کچھ حصہ یورپ میں ہے باقی ایشیا میں ہے۔ میں نے وہاں بہت سی تفریحی جگہیں دیکھیں جن میں نیلی مسجد ، تھیم پارک ، عجائب گھر اور بھی بہت سے خوبصورت مقامات دیکھے۔ جس ہوٹل میں ہمارا قیام تھا اس کی کھڑکی سے نیلا اور پیارا سمندر نظر آتا تھا جس کو دیکھ کر مجھے بہت اچھا لگتا تھا۔ ہم وہاں پر تقریباً دو ہفتے رہے اور کسی کا بھی دل واپس آنے کو نہیں تھا۔ ترکی میں میری سہیلی بھی اپنی چھٹیاں گزارنے آئی ہوئی تھی، اس کا بھی دل واپس جانے کو نہیں کر رہا تھا۔ یہ سفر مجھے ہمیشہ یاد رہے گا۔ اگر آپ نے بھی سیر کے لیے جانا ہے تو ترکی جائیں۔

حفصہ حامدظہور

## Hareem Khan



# CLASS 5-B

## گوادر بندرگاہ اور اس کی اہمیت

پہلے گوادر کا علاقہ عمان میں شامل تھا۔ 1998ء میں 10 ملین ڈالر دے کر خریدا گیا تھا۔ 2007ء میں اس بندرگاہ کا افتتاح ہوا۔ یہ شہر گوادر شہر پاکستان کے مغرب میں صوبہ بلوچستان میں ہے۔ یہ شہر اپنے خاص محل و وقوع کی وجہ سے پہچانا جاتا ہے۔ گوادر دنیا میں سب سے بڑی بحری تجارتی راستے پر ہے۔ گوادر ایک چھوٹا سا شہر ہے جس کی آبادی سرکاری اعداد و شمار کے مطابق ایک لاکھ افراد پر مشتمل ہے۔ اس شہر کو سمندر نے تین اطراف سے گھیرا ہوا ہے اور یہاں ہر وقت سمندری ہوائیں چلتی رہتی ہیں جس کی وجہ سے یہاں ہر وقت ایک دلفریب منظر دکھائی دیتا ہے۔ اس شہر کے رہنے والے مچھلیاں پکڑ کے گزارا کرتے ہیں۔ 2015ء میں چین اور پاکستان کے درمیان اس کی تعمیر کا معاہدہ ہوا۔ بندرگاہ کی تعمیر سے چین کو یہ فائدہ ہوگا کہ وہ کم وقت میں یورپی ممالک کو اپنا مال پہنچا سکتا ہے۔ اس کے بننے سے لوگوں کو روزگار میسر آئے گا اور پاکستان دنیا کے ترقی یافتہ ملکوں میں شامل ہو جائے گا۔ پاکستان کا شاندار مستقبل اس کی تعمیر سے جڑا ہے۔ میری دعا ہے کہ یہ بندرگاہ جلد سے جلد مکمل ہو جائے۔ یہ بندرگاہ پاکستان اور چین کی دوستی کی شاندار مثال ہے۔

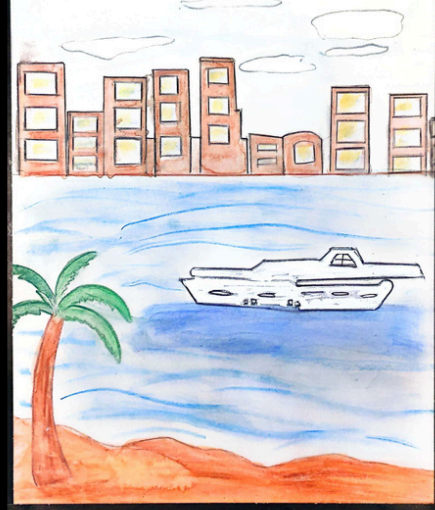
سمعیہ سعد جعفری

## Islamic Clothing around the World

*Muslims around the world wear abaya because hijab is mostly important. Whenever you go outside you wear an abaya. In Palestine, Saudi Arabia and Pakistan, people wear abayas. Some wear half sleeves but Muslims around the world wear abayas.*

Eshal Kashif

Umme-E-Hani



## Leaning Tower of Pisa

*It was initiated in the province of Pisa and reaches the height of 57m. The architect is Bonanno Pisano and Gherardo di Gherardo. It is made up of marbles and lime stone and has eight floors.*

*The tower began to lean during construction in the 12th century, due to soft ground which could not properly support the structure's weight.*

*Pisa tower is famous because it is known worldwide. The city contains more than twenty other historical churches, several medical places and bridges across Arno (a river in central Italy).*

Manahil Noreen

## Cultures Around the World

*In this world, there are seven billion people, each belonging to a different culture and religion.*

*There are different traditions and cuisines belonging to these different cultures.*

*Muslims celebrate traditions such as Eid. Mexico has a special drink made of cocoa beans, spices, chillies and water that is used in their ceremonies.*

*Egypt has a rich culture of art and invented a form of writing called hieroglyphics. China invented a device called a compass to help us navigate.*

*Our world is a hive of cultures and civilizations and it has advanced because of the contributions of these many civilizations.*

Zainab Basit



# MESSAGE FROM THE CLASS

## TEACHER 5-C

Dear 5C,

We have made many memories in this past year; I have joked with you and scolded you, and through it all we have reached the end of the year in the blink of an eye. You held me in high esteem and made me feel so important when you came to me looking for solutions to your small problems which seemed larger than the world to you. I hope in my helping you, I was able to return the same feeling of importance. I am grateful to have had an opportunity to shape great minds such as yours and I am sure you will only continue to become greater. A few years down the road if we ever meet again, I know you will all be doing amazing things and making the world a better place in your own different ways. I am glad I will be able to say that I played a part, however small, in making you into smart and wonderful people.

Keep making me proud!

Afifa Ahmed Ghauri

# CLASS 5-C

## Fractions in Vehicles



The plane has 4 triangles, 4 squares and 1 ellipse  
The car has 1 semicircle, 2 squares and 2 circles  
The train has 1 square, 7 rectangles and 4 circles

**Abdul Rahman Hammad**

## Top Five Least Polluted Cities

Air pollution is a growing global issue that is harmful to human health and the environment. WHO research shows that over 99% of people in the world are breathing unsafe air with high air pollution levels. Air Quality Index is a numerical system that measures the level of air pollution in a given region. The higher the number, the worse the air quality. Now I will tell you about the least polluted cities in the world, their quality level and the main reason they are least polluted.

### 1. Zurich (Switzerland):

Air Quality = Cleanest air in the world - (0.49 µg/m<sup>3</sup>)

Steps Taken to Stay Clear = Effective waste management.

The city focused on policies for promotion of cleaner transportation and effective waste management. Black carbon emission has also decreased due to filter regulations in diesel engines.

### 2. Perth (Australia):

Air Quality = Generally considered good - (1.69 µg/m<sup>3</sup>)

Steps Taken to Stay Clear = Developed a plan to ensure that clean air is achieved called AQMP.

The Government has carried out a plan called Perth Air Quality Management Plan (AQMP), which helped in reducing Perth's air quality over the next 30 years. They carried out awareness cycling and walking and reducing smoke.

### 3. Richard's Bay (South Africa):

Air Quality = satisfactory - (2.38 µg/m<sup>3</sup>)

Steps Taken to Stay Clear = Reducing emissions from factories and transport

They have created systems to ensure clean air to its workers and neighbours. Real-time air quality monitoring helps to inform people in case of any leakage of hazardous gases.

### 4. Hobart (Australia):

Air Quality = 121st cleanest city in the world with acceptable air quality - (2.55 µg/m<sup>3</sup>)

Steps Taken to Stay Clear = Control of gases

Hobart focuses on preserving natural habitats. The city carries out processes to increase recycling rates and wastes sent to landfills. The city has reduced their own greenhouse gas emissions by over 70% since 2000.

### 5. Reykjavik (Iceland):

Air Quality = good - (3.38 µg/m<sup>3</sup>)

Steps Taken to Stay Clear = Control of particles

Reykjavik mainly relies on renewable energy sources. Approximately 85% of the city's total energy consumption comes from renewable resources like geothermal and hydropower. Using locally sourced produce, reducing plastic usage and adopting eco-friendly habits contributes to its environmental cleanliness.

**Ammar Ali**

## Fun Facts about the World

1. Australia is wider than the moon.
2. Scotland chose the unicorn as their national animal.
3. The moon is drifting further away from the Earth.
4. Atacama is the driest place on Earth.
5. Coral reefs are the world's largest living structure.
6. Sudan has the most pyramids in the world (not Egypt).
7. Colombia's brightest rainbow is in its river.
8. The Sahara Desert used to be a tropical rainforest.
9. China has only one time zone.
10. Canada has the most lakes in the world.
11. The world's oldest country is San Marino.
12. In Bangladesh, you can go to prison for cheating in an exam.
13. There are fossilized plants under 1.4 kilometers of ice in Greenland.
14. France is the world's most visited country.
15. Japan is the world's most earthquake-prone country.
16. Only two counties use purple colour in their flag.
17. Africa and Asia are home to nearly 90% of the world's rural population.

**Hadi Abdus Samad**

## فلسطين

فلسطين (القدس) اور حرم کعبہ اپنی عظمت و حرمت کے لحاظ سے مسلمانوں کے لئے غیر معمولی اہمیت کے حامل مقامات ہیں۔ مسلمانوں کے لئے مسجد اقصیٰ محض جذباتی نہیں بلکہ تاریخی ہے۔ قرآن کریم نے القصیٰ کے علاقے کو مبارک قرار دیا ہے۔ یہاں حضرت ابراہیم نے مسجد قائم کی تھی اور نبی اکرم ﷺ کے سفر معراج کا آغاز بھی یہیں سے ہوا تھا۔ سن ۱۰۷۸ میں کئی ممالک کی متحدہ عیسائی افواج نے ملک کو حملہ کیا اور فلسطین پر قابض ہو گئے۔ دوہری جنگ عظیم کے بعد جرمنی سے نکالے گئے یہودیوں نے فلسطین میں پناہ حاصل کر لی جو آج فلسطین کی جگہ اسرائیل بنا کر بیٹھے ہیں اور فلسطینیوں کو وہاں سے نکالنے کا منصوبہ بنا رہے ہیں۔ ۱۹۴۷ میں اقوام متحدہ نے فلسطینیوں کے عربوں اور یہودیوں میں تقسیم کرنے کا منصوبہ بنایا۔ یروشلم کو ایک بین الاقوامی شہر بنا دیا مگر یہودیوں نے اس منصوبے کو ماننے سے انکار کر دیا اور جنگ شروع کر دی اور بہت سے علاقوں پر قبضہ کر لیا۔ اس قبضے کو ختم کرنے کے لئے کئی کوششیں کی گئیں مگر اسرائیل نے فلسطین کے کئی علاقوں پر قبضہ کر رکھا ہے۔ آج کل بھی یہودی فلسطینی لوگوں، بچوں اور عورتوں پر بہت انتہا کا ظلم کر رہا ہے۔ روز بچے، عورتیں اور لوگ شہید ہو رہے ہیں اور ساری دنیا خاموش ہے۔ ہمیں مسلمان ہونے کی وجہ سے اپنے مسلمان بھائیوں کی مدد اور ساتھ دینا چاہیے اور دعا کریں کہ اللہ تعالیٰ مسلمانوں کو فتح نصیب کرے اور مسجد اقصیٰ کی حفاظت فرمائے۔ آمین۔

**میکائیل اطہر**

## Dinosaurs' Tissue Discovery

Scientists from different countries around the world discover something interesting or invent something useful for the rest of the world. Dinosaurs were studied through fossilized bones. Now, within the last 2 decades, researchers have recovered 70 million-year-old soft tissue, including what may be blood vessels and cells, from a Tyrannosaurus rex.

The soft tissues were recovered from the thighbone of a T. Rex, that was found in a sandstone formation in Montana carried out under the lead researcher Mary Schweitzer of North Carolina State University. The dinosaur was about 18 years old when it died. "The vessels and contents are similar in all respects to blood vessels recovered from ... ostrich bone," was published in the journal.

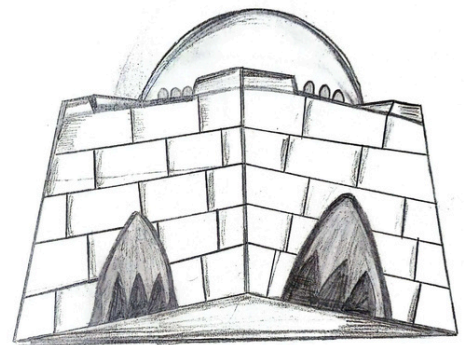
Study shows modern birds came from dinosaurs. Scientist think that they had feathers on some part of their body. To understand her dinosaur bone, scientists studied ostriches and emus. In the summer of 2004, she asked several ostrich breeders for female bones.

Based on the discovery, few interesting facts I found are that they had upto 60 bone crushing teeth and was the biggest carnivore in his habitat. They lived in North America and Asia. They were supposed to be as smart as a baboon and grew up to 40ft tall. Largest T-Rex tooth ever found was of 16inches with arms strong enough to bench press 400+ pounds!

Apart from T-Rex soft bone tissues were obtained from a horn of Triceratops Horridus collected at the Hell Creek Formation in Montana, USA. A complete Triceratops horn was recovered on May 12, 2012, from a sandstone. Recent research confirms that original soft tissues and original molecules do exist in incompletely fossilized remains of extinct animals, including dinosaurs.

**Muhammad Moosa Khan**

## AbuBakr Ahmed





# CLASS 5-C

## پاکستان

پاکستان ہمارا پیارا ملک ہے۔ یہ ۱۴ اگست ۱۹۴۷ کو آزاد ہوا۔ قائد اعظم محمد علی جناح اور لاکھوں مسلمانوں نے بہت کوششیں کیں اور اپنی جانوں کی قربانی دی، تب جا کر یہ ملک بنا۔ پاکستان کے پانچ صوبے ہیں۔ سندھ، پنجاب، بلوچستان، خیبر پختونخوا اور گلگت بلتستان۔ اللہ تعالیٰ نے پاکستان کو ہر نعمت سے نوازا ہے۔ یہاں پر اونچے اونچے پہاڑ، میدان، دریا، سمندر، پھل، سبزیاں اور چار موسم ہیں۔ پاکستان ایک خوبصورت ملک ہے۔ یہاں لوگ بہت محنتی، بہادر اور مہمان نواز ہیں۔ وہ اپنے ملک کی حفاظت کرنا جانتے ہیں۔ اس کی آزادی اور حفاظت کے لئے ہر وقت تیار رہتے ہیں۔ پاکستان ایک اسلامی ملک ہے جو ایٹمی طاقت بھی رکھتا ہے۔ پاکستان دن بدن ترقی کر رہا ہے۔ میں بھی بڑا ہو کر اپنے ملک کی ترقی میں حصہ لوں گا۔ میری دعا ہے کہ پاکستان دنیا کا سب سے اچھا ملک بن جائے، آمین۔

پاکستان زندہ باد، پاکستان یانندہ باد!  
خدا کرے میری ارض پاک پر اترے  
وہ فضل گل جسے اندیشہ زوال نہ ہو

محمد رفیق

## Fractions at the Beach



The Sun has  $1 \frac{2}{4}$  circles  
The boat has 5 triangles  
The car has  $\frac{1}{2}$  blue circle, 2 small black circles and 2 squares  
The umbrella has  $\frac{3}{6}$  circles and 1 rectangle  
The mat has 1 yellow rectangle  
There is 1 colourful ball

Sufyan ur Rehman

## My Journey around the World

During my summer holidays, I decided to go on a trip around the world so that I could learn more about various places. I planned to visit one country from each of the seven continents. I packed my things for my flight to Portugal which was leaving the next day and booked the perfect resort in Portugal from my computer. I was ready to set out on my adventure!

The next day, I boarded the plane and after a long flight, I finally reached Lisbon, Portugal. I hopped in a taxi to my hotel and checked in. After I had dropped my things off, I wasted no time in going out to roam the streets of Lisbon. With the help of a translator, I asked a Lusophone some of the famous places in Lisbon and then I was on my way to explore them. I went to the Vasco De Gamma Bridge and enjoyed the breathtaking view. Then I went to Praça de Comercio where King Charles I and his son, Prince Luis Felipe were assassinated. I went to a coffee shop in the square and had a cup of coffee.

After some rest, I hopped on the flight to Australia. Once I reached Australia, I caught a taxi and went to my hotel to unpack my luggage. Then I set out to explore Australia. I decided to visit the Sydney opera house. On the way there, I saw some kangaroos, which are the national animal of Australia, as well as some koalas. When I finally reached the opera house, I was blown away by the spectacular architecture. I had already bought tickets to the show that was playing so I went inside to enjoy the show. After that, I decided to explore the vast wildlife and interesting animals of Australia. Soon, it was time to move on to my next destination which was South Africa.

When I reached South Africa, I was eager to go on the highest commercial bungee jump, the Bloukrans Bungee. When I actually went to try it, I was terrified that I would fall but I overcame my fear. My heart was pounding like crazy but when I finally jumped off, it was thrilling and I enjoyed it. When I found out that South Africa had three capital cities, I was shocked and decided that I absolutely had to visit all three which were, Pretoria, Cape Town, and Bloemfontein. After I had explored these cities and enjoyed the amazing views and experiences offered by all three, I decided it was time to visit the next country which was Antarctica. Antarctica was freezing, I felt like I would turn into a snowman myself! I saw so many penguins and a few were so friendly and I even played with them. Then I decided to go see one of the world's greatest natural science experiment, Blood Falls. Blood Falls is a glacier that turns red when it melts and flows just like real blood due to a natural phenomenon. Seeing it in person was creepy but astounding at the same time.

I was very excited to visit the next country on my list which was Argentina because I wanted to watch the Portugal versus Argentina football match. Even though I was in Argentina, I was rooting for Portugal because I love Ronaldo more than Messi. When I landed in Argentina, I dropped off my bags at the hotel that I had booked and immediately rushed off to the stadium to cheer for my team. In the end, Portugal won with a staggering 9-0 difference and Ronaldo had even scored a double hat trick. After the match was over, I went to a restaurant because I had heard that Argentina has the best beef. When I tried it, it tasted like heaven. I loved it a lot and I quickly wolfed it down. After visiting some of the historical landmarks of Argentina, like the Obelisk and the Buenos Aires Metropolitan Cathedral, I hopped on the flight to America. I landed in New York and the first place I visited was the Statue of Liberty. I took lots of pictures there. Then I went to a cinema and watched a movie while eating popcorn and drinking soda. After exploring the North American states some more, I boarded the plane to my next and final destination, China.

In China, I visited the Great Wall of China. As I walked along it, the view was superb and I was shocked at how long it was. Then I went to the capital city, Beijing and learned more about the rich Chinese culture and tried the different cuisines. After visiting seven countries and learning about all the diverse cultures of the world, I decided to head back home to Pakistan and share my newfound knowledge with my friends and family.

Muhammad Hayyan Farrukh

## Muslims Around The World

Muslims are people who follow a religion called Islam. They pray, read the Quran, and go to mosques to worship. Muslims celebrate special days like Eid, where they gather with family and friends to eat yummy food and give gifts. They wear beautiful clothes and share kindness with others. Some famous Muslim places include the Blue Mosque in Turkey and Al-Aqsa mosque in Palestine. Muslim culture teaches love, peace, and respect for everyone.

Muhammad Hasan Mangrani

## حول العالم

أُرِيدُ أَنْ أَكْتُبَ قَلِيلًا عَنْ حَوْلِ الْعَالَمِ ، بَعْدَ مَا أَصْبَحْتُ  
الْتِّكْنُولُوجِيَا وَوَسَائِلُ الْإِتِّصَالِ وَسَائِلُ يَوْمِيَّةِ الْتِّفَاعِلِ  
وَتَبَادُلِ الْمَغْلُومَاتِ ، أَصْبَحَ الْعَالَمُ قَرْيَةً صَغِيرَةً وَتَجَاوَزَ  
الْعَالَمُ حُدُودَ الزَّمَانِ وَالْمَكَانِ . إِنَّ حَوْلَ الْعَالَمِ تَعَكُّسُ  
تَكَامُلًا مَتَرَادِفًا بَيْنَ مُخْتَلِفِ الْمُجْتَمَعَاتِ وَالنِّقَافَاتِ ، حَيْثُ  
يُمْكِنُ لِلْأَفْكَارِ وَالْأَحْدَاثِ أَنْ تَنْتَقِلَ بِسُرْعَةٍ فَائِقَةٍ وَتَتَأَثَّرَ  
بِمُخْتَلِفِ الْمَنَاطِقِ الْجُغَرَفِيَّةِ . يَعْكُسُ هَذَا الْمَفْهُومُ التَّنَوُّرِ  
الْبَسْرِيْعِ فِي وَسَائِلِ النِّقْلِ وَالْإِتِّصَالَاتِ ، حَيْثُ يُصْبِحُ  
الْتَّنَقُّلُ بَيْنَ الدُّوَلِ أَمْرًا أَسْهَلُ وَأَسْرِعَ . الطَّيْرَانُ وَوَسَائِلُ  
النِّقْلِ الْبَحْرِيَّةِ وَالْبَرِّيَّةِ تَرْبُطُ بَيْنَ الْقَارَاتِ ، مِمَّا يُسَهِّلُ فِي  
تَبَادُلِ الثَّقَافَاتِ وَالتَّجَارَةِ . تَكْنُولُوجِيَا الْإِتِّصَالَاتِ الْحَدِيثَةِ  
مِثْلُ الْإِنْتَرْنِتِ وَوَسَائِلِ التَّوَاصُلِ الْإِجْتِمَاعِيِّ، تَقَرَّبَ الْأَقْرَادُ  
عَبْرَ الْبَحَارِ وَالْقَارَاتِ ، وَتَسَاهَمُ فِي تَوْسِيْعِ التَّوَاصُلِ  
الثَّقَافِيِّ وَالْإِجْتِمَاعِيِّ .

محمد سليمان

# CLASS 5-C

## Forest Around the World

### What is a forest?

A forest is a large area of land covered mainly by trees, but there is no exact size that makes a group of trees a forest. There are different kinds of forests around the world and not all forests have the same kind of trees. Different regions have different climates and the type of trees growing in a forest depends upon the various climatic conditions of that region.

People plant forests for four main reasons.

- to obtain raw material like wood, rubber etc.
- to protect habitats of plants and animals
- to protect land from erosion and desertification
- to help to reduce climate change

### Types of Forests

**Coniferous Forest:** A coniferous forest contains evergreen trees that bear cones. Coniferous trees have thin, spiky leaves and seeds in cones or berries. Pakistan has coniferous forests in Chitral, Swat, Azad Jammu and Kashmir and Ziarat.

**Deciduous Forests:** Deciduous trees have wide, flat leaves, their seeds are enclosed in cones. These forests receive plenty of rainfall all year round. Maple, oak, and chestnut are examples of deciduous trees.

**Tropical Rain Forests:** Tropical rainforests are found in the regions surrounding the Tropic of Cancer and Capricorn. The climate of a tropical rainforest is hot and humid, it receives rain throughout the year.

Abdur Rehman Husain Ahmed

## Muslim Countries around the World

Pakistan is a Muslim country. There are many historical places like Quaid-e-Azam's Tomb. In Karachi, there is Quaid-e-Azam's grave, many people come and do dua for him.

Yemen is a country in West Asia. It plays an important role in the history of Islam. The Christian Yemini king Abraha is said to have attacked Makkah.

Palestine is also known as the Holy land and is sacred among Jews, Christians and Muslims because of Masjid-e-Aqsa.

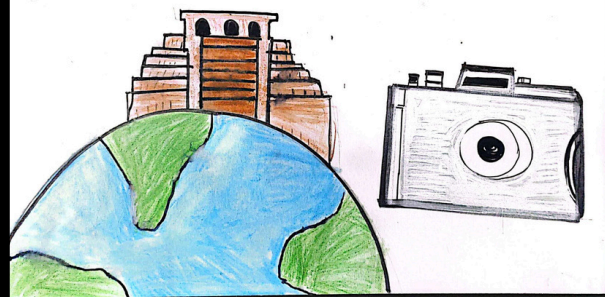
Mustafa

## حول العالم

كَانَ يَوْمًا مَا فِي إِحْدَى الْبُلْدَاتِ الصَّغِيرَةِ ، يَعِيشُ صَبِيٌّ صَغِيرٌ إِسْمُهُ مُحَمَّدٌ . كَانَتْ قَلْبُهُ يَحْمِلُ خُلْمًا صَحْمًا ، الْإِنْطِلَاقُ فِي مُغَامَرَةٍ حَوْلَ الْعَالَمِ لَمْ يَكُنْ يَعْلَمُ مُحَمَّدٌ أَنَّ هَذَا الْحَلْمَ سَيَتَحَقَّقُ قَرِيبًا ، وَأَنَّ رَحْلَتَهُ سَتَكُونُ فِي صَفَحَاتِ مَجَلَّةِ الْمَدْرَسَةِ بِدَأْتِ رَحْلَةُ مُحَمَّدٍ فِي قَلْبِ صَخَارَى نَامِيبِيَا ، حَيْثُ كَانَتْ الرَّمَالُ الذَّهَبِيَّةُ تَتَلَالَا تَحْتَ أَشْعَةِ الشَّمْسِ وَاکْتَشَفَ جَمَالَ الْبَرِّيَّةِ ، حَيْثُ الْتَقَى بِالْأَسْوَدِ وَالْفُهُودِ ، مَا جَعَلَهُ يَشْعُرُ وَكَأَنَّهُ فِي عَالَمٍ سِحْرِيٍّ مِنَ الصَّخَارَى الْقَاجِلَةِ ، انْطَلَقَ مُحَمَّدٌ إِلَى قِمَمِ جِبَالِ الْأَلْبِ السُّوَيْسَرِيَّةِ . تِلْكَ الْجِبَالُ الْمَغْطَاةُ بِالثلُوجِ السَّاجِرَةِ كَانَتْ تَمَثِّلُ تَحْدِيًا قَبْلَ أَنْ يَتَحَوَّلَ إِلَى تَجْرِبَةٍ نَاجِحَةٍ . ثُمَّ ذَهَبَ إِلَى غَابَةِ الْأَمَازُونِ فِي الْبِرَازِيلِ . هُنَا ، انْغَمَسَ مُحَمَّدٌ فِي الْحَيَاةِ الطَّبِيعِيَّةِ ، مُتَمِّعًا بِالنَّبَاتَاتِ وَالْمَخْلُوقَاتِ الْفَرِيدَةِ . كُلُّ لَحْظَةٍ كَانَتْ كَسْبًا ، تَارِكَةً بَضْمَةً لَا تَنْسَى فِي ذَاكِرَتِهِ ثُمَّ كَانَتْ مُحَمَّدٌ فِي مَعَابِدِ كِبُوتُو فِي الْيَابَانِ . هُنَا ، تَعَلَّمَ عَنْ تَارِيخِ الثَّقَافَةِ الْيَابَانِيَّةِ وَشَهِدَ اخْتِفَالَاتٍ وَشَعَرَ بِأَنَّهُ يَعِيشُ دَاخِلَ لَوْحَةٍ فَنِّيَّةٍ وَصَلَ إِلَى مَدِينَةِ نِيُويُورُكْ . رَفَقَتْهُ الْأَضْوَاءُ عَلَى جِسْرِ بُرُوكْلِينَ ، عَادَ مُحَمَّدٌ إِلَى مَسْقِطِ رَأْسِهِ ، خَامِلًا مَعَهُ كَنْزًا مِنْ أَصْدِقَائِهِ وَزَمَلَانِهِ فِي الدَّرَاسَةِ التَّجَارِبِ . أَصْبَحَتْ قِصَّتُهُ حَدِيثَ الْبَلَدَةِ ، حَيْثُ شَارَكَ بِكُلِّ تَفَاصِيلِ رَحْلَتِهِ الْمُثِيرَةِ .

محمد مسعود

Yahya Bin Saad



## Castles Around the World

Castle is a medieval house for royal people, for protection all around them. It can be constructed with stone or normal wall. They were built to defend against attackers as well as for the purpose of displaying wealth and power.

Nowadays, many castles are open to public and are famous tourist attractions and museums. Every castle you visit is unique and gives you a different experience.

We have many historical castles in the world like Alhambra in Spain, Pena Palace in Portugal etc.

Ibrahim Khalil



# MESSAGE FROM THE CLASS TEACHER 5-D

My Beloved 5D Boys,

“The beautiful thing about learning is that no one can take it away from you”.

As we come to the end of this term, I wanted to take a moment to reflect on all the amazing things we've accomplished together. Throughout these past few months, I've witnessed your incredible growth, both academically and personally. From mastering new concepts to overcoming challenges, each and every one of you has shown dedication and resilience. I'm so proud of the progress you've made!

Let's not forget the memorable moments we've shared along the way. From lively classroom discussions to fun group games, we've created a positive and supportive learning environment. I want to commend each of you for your hard work, determination and commitment to learning. Remember education is a lifelong journey, keep pushing yourselves, exploring your passions and never stop seeking knowledge.

Always make this dua for yourself:

اللَّهُمَّ اَنْفَعْنِي بِمَا عَلَّمْتَنِي وَ عَلَّمْنِي مَا يَنْفَعُنِي وَ زِدْنِي عِلْمًا

O Allah, benefit me with what You have taught me, and teach me that which benefit me, and increase me in knowledge.

May Allah guide us all to the straight path and instill in us the love for His teachings. Aameen

# CLASS 5-D

## چلنا ہے تو چین کو چلیے

چھٹیوں سے پہلے آؤ نے چین کی ٹکٹیں کروا لیں اور پھر آؤ نے چھٹیوں میں خوش خبری دی کہ ہم چین جا رہے ہیں۔ ہم سب بہت خوش ہوئے اور ہم سب نے جلدی سے اپنا سامان پیک کیا اور اگلے ہی دن ہم چین کے لیے جہاز میں بیٹھ گئے۔ جہاز نے اڑان بھری اور ایک لمبے انتظار کے بعد ہم چین پہنچ گئے۔ ہمارے پاس ضرورت کا سارا سامان موجود تھا۔ ہم نے ایک ہوٹل میں کمرہ لیا اور سارا سامان رکھ کر وہاں سے باہر آ گئے۔ چین میں بہت سی چیزیں اور جگہیں دیکھنے لائق تھیں۔ کچھ چیزیں تو ایسی تھیں جو پاکستان میں بھی پائی جاتی ہیں کیونکہ چین بہت سی چیزیں بنا کر پاکستان بھی بھیجتا ہے۔ وہاں بہت عجیب سی چیزیں بھی تھیں جیسے کے بچھو، کیکڑا وغیرہ۔

عبدالحنان

## CURRENCIES AROUND THE WORLD

There are 180 currencies in the world, circulating in 197 countries.

The currencies play an important role in communication and cross border relation with in global finance. Currency seamlessly weaves history, culture and finance together.

The concept of paper currency was invented in China as early as 1000 BC. However, in the 21st century, a new concept of virtual currency known as cryptocurrency was invented

The strongest currencies are the US dollars, the euro, the British pound, the Japanese yen, the Swiss franc and Canadian and Australian dollar.

The least valuable currencies in the world are Iranian rial, Vietnamese dong, Indonesian rupiah and Iraqi dinar.

1 US dollar equals 42275 Iranian rial.

Abdullah

## A Trip to Islamabad

Last Sunday, my family decided to go to Islamabad. I was jumping up and down with excitement. All of us were very happy. Our flight was at 4:00 pm. We went to the airport and waited for our flight. Finally, we sat in the plane. The view outside was beautiful. After an hour, we landed in Islamabad.

It was so cold; we all were shivering. Then we went to our hotel and had some rest. Islamabad is so clean and there is a lot of greenery. The houses are also beautiful. First, we visited Faisal Mosque. It was enormous. I learned that it is one of the biggest mosques of the world. Then we visited Daman e Koh. It is a hill with the most amazing view of Islamabad. We also visited a park called Rawal Lake where we took a boat ride. Then we visited Lok Virsa Museum. I had so much fun there looking at the traditional clothes and musical instruments. I know that Islamabad is the capital city of Pakistan. Its population is 1.01 million. I enjoyed a lot. This was the best vacation ever!

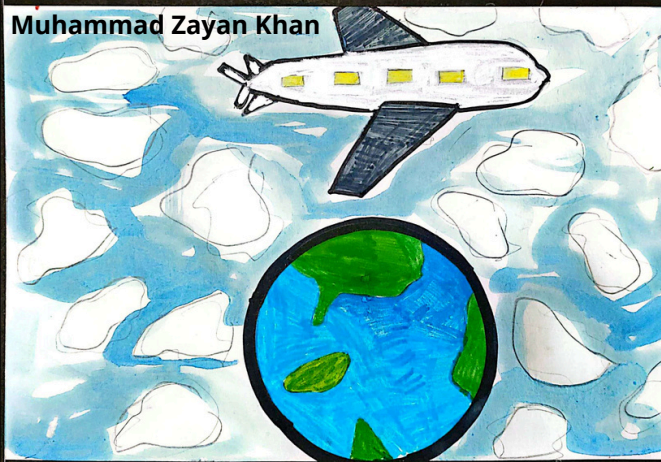
Umer Gul

## A Story from Palestine

*Palestine is occupied by Israel for over 75 years now but their iman is still strong. Once there was a grandfather with his grandchildren. Their father was in another country so the daughter and son stayed with their grandfather. When they were sleeping, Israel bombed their house and the granddaughter whose name was "Reem" and her brother's name was "Tariq", died. When the grandfather was talking about them, he was crying and saying that "She was the soul of my soul!" This was the saddest incident I've seen in my life.*

Hanzalah Tahir

Muhammad Zayan Khan





# CLASS 5-D

## The Amazing World of Zero

In the realm of numbers, a hero stands small,  
not loud in the crowd, it answers the call.  
add it to any number, it stays the same,  
a silent champion with an unspoken name.  
Yes, it is a Zero.

Get ready to uncover the secrets of this tiny but incredible digit!

### **The Secret Identity of Zero:**

You won't believe it, but zero is like a hero in disguise! Imagine being a number so small but making a big impact. I call it the 'Zero Surprise'!

### **Zero's Time-Traveling Adventure:**

Did you know that zero has been around for a super long time? It first appeared around 3 BC in a place called Mesopotamia. Then, it went on a cool adventure, visiting China and other amazing countries by the end of the 8th century.

### **Implications:**

- Math Wonder: Think of zero as a math wonder! In the world of math, it's like a hero representing having nothing or no value. It makes math more exciting and interesting!
- Tech Champion: When zero shows up in technology, it becomes a champion against errors. Zero is like the superhero of perfection, ensuring everything works just right!
- Starting Point Star: Every adventure needs a starting point, and zero is like the hero of starting lines! It marks where things begin and sets the stage for exciting journeys!

### **Zero's Everyday Adventures:**

- Counting Fun: When you're counting things and there's none, that's when zero shines! It's the hero of having none.
- Midnight Mystery: Midnight is represented as Zero in time. Yes, it is the starting of a new day!

### **Tricky Moments or Problems:**

- Counting Tricks: Sometimes, explaining you have none of something can be tricky. Like, how do you say you have zero apples?
- Temperature Fun: Without it, it's like not having a starting point. Brrr, that would be confusing!

### **Mind-Blowing Zero Facts:**

- Math Revolution: Zero played a big role in changing math. It turned boring arithmetic into the exciting world of algebra. Go, zero, go!
- Not Positive, Not Negative: Guess what? Zero is neither positive nor negative. It's the hero of being right in the middle, showing that anything is possible!

So, a small number can have such big adventures and superpowers. Keep exploring, keep counting, and always remember – zero is the hero of nothingness and infinite possibilities!

**Khuzaimah Zaki Usmani**

## Advancement of Technology Around the World

Human beings are social beings. Communicating, passing information and understanding one another are the vital parameters of surviving in this society.

Communication isn't a choice, it's a necessity and so technological advancement in the field of communication has been achieved over time to make it more efficient.

Earliest types of communication include vocal communication (language), signals sent through pigeons, written letters in a more civilized society before technology took its turn.

During 19th century and early 20th century, the radio and television were developed and in the late 20th century the world wide web (www) internet was developed which changed the way of communication once and for all.

Technological advancement occurs when technologies or applied sciences become more precise, accurate, or more powerful and capable.

Scientific and technological advancements have made many significant changes throughout history, some better than others. The effects of technology on society have been both positive and negative. While technology has made it easier to connect with others, access information and improve medical care. It has also led to job loss of humans, cyber bullying and technology addiction.

**Mohammad Essa**

## Oceans Around The World

*Oceans are the largest bodies of water that cover 71% of the Earth's surface.*

*There are five oceans in the world, Atlantic, Arctic, Southern, Indian and Pacific.*

- *Arctic Ocean is the "smallest ocean" of the five major oceans. Most of the Arctic Ocean is covered by ice sheets. Average temperature in winters are -30 degrees. It is the only place where Polar bears live.*

- *Pacific Ocean is the "largest ocean" in the world. It spreads on more than 155 million square kilometers (60 million square miles). Pacific Ocean is 17 times bigger than U.S.A. In this ocean, there are 228,450 known species.*

- *Atlantic Ocean is the "second largest ocean". It covers almost 20% of the Earth's surface. It is spread over 106.5 million square kilometers.*

- *Indian Ocean is the "third largest ocean". It is called the world's best and bluest ocean. It covers 70.56 million square kilometers. 19.8% of the world's water is in it. It's also named after the Country India.*

- *Southern Ocean is the "fourth largest ocean" of the world. It is also called Antarctic Ocean because it touches the Antarctica. It is the coldest ocean from the five oceans. Its area is 20.33 million square kilometers.*

*If I get a chance to visit one of the oceans, I would like to visit the Indian ocean because it's the best and the most beautiful ocean.*

**Mohammad Omer**

حول العالم هو مصطلح يشير إلى الرحلة أو الرحلات التي تمتد عبر مختلف أقطار الأرض، مكملة بالاستكشاف والتعرف على ثقافات متنوعة. يعكس هذا المفهوم رغبة الإنسان في التواصل والتفاعل مع العالم المحيط به، سواء على صعيدين جغرافيًا وثقافيًا. يمكن لرحلة حول العالم أن تكون تجربة مثيرة وتعليمية، حيث يتعلم المسافر الكثير عن تنوع اللغات والتقاليد والعادات. هذا الرحيق الثقافي يثري حياة الفرد ويوسع أفقه، مما يجعل تجربة السفر حول العالم تجربة لا تنسى تحمل في طياتها لحظات تعلم واكتساب مفاهيم جديدة.

غل ريز

# CLASS 5-D

## Sudoku Super Story!

Once upon a time, in Switzerland, there was a puzzling game that started with numbers. People loved it, and it grew to be what we now call Sudoku! But the real adventure began when it moved to Japan and got a cool new look.

The name "Sudoku" is like an amazing word made from two Japanese words: "Su" for numbers and "doku" for single.

Then, a hero named Howard Garns brought Sudoku to America in 1979. It was like a puzzle party, and everyone wanted to join!

But why is Sudoku so awesome? Well, it's not just a game; it's like a brain workout! You use your smart thinking to fill in the numbers and become a puzzle genius.

### Rules

A 9×9 square must be filled in with numbers from 1-9 with no repeated numbers in each line, horizontally or vertically. To challenge you more, there are 3×3 squares marked out in the grid, and each of these squares can't have any repeated numbers either.

Try this out!

### Impact on Thinking Ability

- **Logical Reasoning:** Sudoku requires players to use logical reasoning and deduction to fill in the grid with numbers.
- **Pattern Recognition:** Players develop the ability to recognize and exploit patterns, which enhances problem-solving skills.
- **Critical Thinking:** The game encourages critical thinking as players need to analyze possibilities, eliminate incorrect choices, and make strategic decisions.
- **Memory Improvement:** Repeated engagement with puzzles can improve memory and concentration.

### Implications in the Real World

- **Problem Solving:** Sudoku helps individuals hone their problem-solving skills, which are valuable in various real-world scenarios.
- **Cognitive Function:** Regular engagement with Sudoku is believed to have positive effects on cognitive functions, potentially reducing the risk of age-related cognitive decline.
- **Stress Reduction:** Solving Sudoku puzzles can be a relaxing and meditative activity, helping to improve mental well-being.

### Interesting Facts

- **Sudoku Olympics:** People from all over the world come together to play and show off their Sudoku skills. It's super cool!
- **Cool Versions:** There are mini-Sudoku, irregular Sudoku, and even Samurai Sudoku. Each one has its own twist, making Sudoku a big family of fun puzzles.
- **Brainy Challenge:** Sudoku isn't just a piece of cake! It's a brainy challenge because it's Np-complete, which means it can be a little tricky for computers. It's like Sudoku is saying, "Hey, I'm not just any puzzle - I'm a super puzzle!"

Sudoku is a really cool puzzle that's been here for a long time, making our brains super smart. When you play Sudoku, it's not just a puzzle - you're on a journey through time, unlocking the amazing power of your own brain!

### Muhammad Furqan Qazi

حول العالم هو مصطلح يشير إلى الرحلة أو الرحلات التي تتخذ من مسارات متعددة لاستكشاف مختلف أقطار الأرض. يعبر هذا المفهوم عن رغبة الإنسان في اكتشاف التنوع الثقافي والطبيعي المنتشر في جميع أنحاء الكوكب. خلال هذه الرحلات، يمكن للمسافرين التفاعل مع تحف فنية، والتعرف على لغات جديدة، والاستمتاع بتجارب غنية بالتاريخ والتراث. تكمن جمالية "حول العالم" في قدرة الأفراد على توسيع آفاقهم وفهم تأثيرات الثقافات المتنوعة على حياتهم اليومية. تعتبر هذه التجارب فرصة لبناء جسور التواصل بين الشعوب وتعزيز الفهم المتبادل، مما يجعل الرحلة حول العالم تجربة ثرية ومثيرة تبقى خالدة في ذاكرة المسافر.

عارض

## افغانستان

افغانستان ایک بڑا اسلامی ملک ہے اور پاکستان اس کا ہمسایہ ہے۔ وہاں پر بہت پہاڑ ہیں، وہاں سردیوں میں سخت سردی اور گرمیوں میں سخت گرمی ہوتی ہے۔ یہاں کے لوگ بہت سخت جان اور بہادر ہیں۔ افغانستان نے بہت سی جنگوں کا سامنا کیا اور ان کو فتح حاصل ہوئی۔ جنگوں کی وجہ سے وہاں بہت نقصان ہوا اور بہت سے لوگ بھی مارے گئے اور بہت سے لوگ ہجرت کر کے پاکستان آ گئے اور اپنا کام شروع کر دیا۔ پاکستان نے بھی اپنے مسلمان بھائیوں کی مدد کی۔ ابھی کچھ عرصے پہلے ان مہاجرین کو واپس افغانستان بھیجا گیا ہے۔ آج کل افغانستان کی حالت بہت اچھی ہوتی جا رہی ہے۔ ایک بار پھر افغانستان میں ترقی ہو رہی ہے کیونکہ وہاں کے لوگ نہایت محنتی ہیں اور اپنے ملک سے پیار کرتے ہیں۔ افغانستان ہمارا ہمسایہ ہے، ہمیں چاہیے کہ ہم مل جل کر رہیں۔

### محمد حبیان خان

## Turkey

Last year, my family decided to go to Turkey. I was jumping up and down with excitement because we were going there for the first time. The next day, the weather was so beautiful. We all went to the airport and boarded the plane. I was so tired so I slept. After three hours, we landed in Turkey. First we visited the Grand Bazaar in Istanbul. It was huge with a lot of colorful stalls. There were a lot of things there like lamps, rugs, different spices and delicious Turkish delight. Then we went to see the Blue Mosque. We also visited Cappadocia and took a ride in a hot air balloon. We had so much fun. The view was breathtaking. Then we went to a restaurant and had delicious Turkish food. Then it was time for us to go home. That was the best vacation ever!

### Muhammad Iluzaiifa Khan

## Advancement in Agriculture Around the World

Modern farms and agricultural operations work far differently than those a few decades ago, primarily because of advancements in technology. Today's agriculture routinely uses sophisticated technologies such as robots, temperature and moisture sensors, aerial images and GPS technology. These advanced devices and robotic systems allow business to be more profitable, efficient, safer and more environmentally friendly. Farmers no longer have to apply water fertilizers and pesticides uniformly across entire fields. Instead, they can use the minimum quantities required and target very specific areas, or even treat individual plants differently. Benefits include:

- Higher crop productivity
- Reduced impact on natural ecosystems
- Less runoff of chemicals into rivers and ground water
- Increased worker safety

In addition, robotic technologies enable more reliable monitoring and management of natural resources, such as air and water quality. It also gives producers greater control over plants and animals, production, processing, distribution and storing which results in:

- Greater efficiencies and lower prices
- Safer growing conditions and safer foods
- Reduced environmental and ecological impacts

### Muhammad Rebaal



# CLASS 5-D

## The Brave Palestinians

There were many Muslims in Palestine but Israel has killed most of them brutally. In Palestine, they are still worshipping Allah (S.W.T) and we are in a good condition but still we don't.

They are not asking help from countries, they are only asking help from Allah (S.W.T). One father told his son when his son died, "Complain to Allah and Prophet Muhammad (S.A.W) that your people and your Ummah are not helping us, they are enjoying their world."

Israel's soldiers throw bombs on mosques and think that they cannot pray Salah or recite Quran there, but whatever part is left, the brave Muslims of Palestine listen to Friday Khutbah and offer Salah there and recite Quran too.

One man started to pray Salah on the top of a building while Israel was bombing. One father told his daughter, "When you hear the bomb, laugh at it and I will also."

Israel dropped a bomb on Gaza's biggest hospital and about 500-1000 people died in it.

They are waiting for rain so that they get water; this showed us they are asking help from Allah (S.W.T) not from us. We can make dua, boycott Israeli products for them.

May Allah (S.W.T) destroy Israel and free Palestine. Aameen!

Musab Bin Aman

## ہندوستان

پاکستان بننے سے پہلے مسلمان اور ہندو ساتھ ساتھ رہتے تھے۔ مگر ہندوؤں نے مسلمانوں کو اپنے ساتھ رہنے نہیں دیا۔ وہ ہر وقت مسلمانوں کو تنگ کرتے رہتے تھے۔ قائد اعظم کی کوششوں سے مسلمان الگ ہو گئے۔ مگر ہندوستان نے پاکستان کو کبھی دل سے نہیں مانا۔ ہندوستان اپنے آپ کو بہت بڑا ملک سمجھتا ہے۔ مگر اپنے ملک میں رہنے والے مسلمانوں کو بہت تنگ کرتا ہے۔ ہندوستان کا موسم پاکستان کی طرح ہے۔ مگر وہاں پر بہت سی زبائیں بولی جاتی ہیں اور وہاں پر بہت طرح کے لوگ رہتے ہیں۔ وہاں پر بہت سی مشہور تاریخی جگہیں ہیں۔ جیسے تاج محل، قطب مینار، امیر محل، لال قلعہ۔ ہندوستان ایک بہت بڑا ملک ہے اور وہاں کی آبادی بہت زیادہ ہے اور اسی لئے وہاں غربت بھی بہت ہے۔

حمزہ بن طلحہ

حول العالم هو مصطلح يحمل في طياته سحر الاكتشاف والتنوع، حيث يعبر عن رغبة الإنسان في استكشاف أرجاء الكوكب وتجاوؤه في مختلف قاراته. تلك الرحلات تشكل فرصة للتعرف على ثقافات متنوعة، والتمتع بتجارب فريدة في كل ركن من أركان العالم. يمكن لرحلة حول العالم أن تكون رحلة تعليمية، حيث يتعلم المسافرون لغات جديدة ويشاهدون مناظر طبيعية جميلة. هذا الاكتشاف الشامل يفتح أفقاً واسعاً للفهم والتواصل الثقافي، مما يثري حياة الأفراد بتجاربه المتنوعة حول العالم ويسهم في بناء جسور التواصل بين مختلف الشعوب والثقافات.

محمد ارحم مير

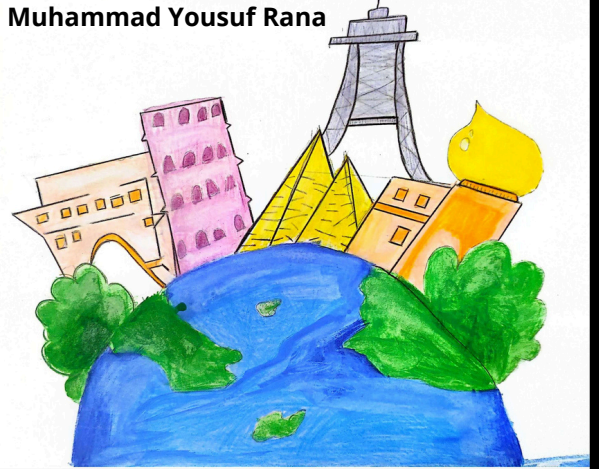
## A Visit to China

Last month, my family decided to go to China. My father bought the tickets and my mother packed the bags. I kept my toys in the suitcase and we went to the airport. We sat in the plane and the plane took off. After two hours, we landed in China.

We started our journey from Beijing, the capital city of China. There I saw how they were celebrating New Year. They had made dragons and put up colourful lights. Then we went to the Great Wall of China. I couldn't even tell how long it was! I saw pandas, they were so cute and soft. I also practiced to eat with chopsticks and tried to learn Chinese. Chinese people are so friendly and helpful. I noticed that their eyes were very small. I also saw snow leopards there. I got to know that the population of China is 1.4 billion. Their currency is Renminbi. Their religion is Taoism. Chinese people like spicy food. They also like noodles, rice and mixed vegetables. China has improved a lot in technology and architecture. I really enjoyed my visit to China. It was an unforgettable trip.

Muhammad Umar

Muhammad Yousuf Rana



# MESSAGE FROM THE CLASS TEACHER DVB

At the start of the year when I entered my class of 17 young learners who were immersed in the divine words of the Quran, I knew that it will be an utterly learning experience. Memorizing the Quran requires rigorous mental exercise, enhancing cognitive abilities and memory retention. The discipline and focus developed through Hifz classes are transferable skills that positively impact academic pursuits and other areas of life. It indeed requires a lot of determination and efforts which I was able to learn from them. The process of memorizing the Quran instills a sense of accomplishment and confidence in the boys. They learn to set and achieve goals, overcome challenges and persevere in the face of difficulties. I wish them a lot of success in the upcoming years, InshaaAllah.

Javeria Saboor



# CLASS DVB

## الرحلة

أَنَا سَافَرْتُ إِلَى السُّعُودِيَّةِ الْعَرَبِيَّةِ مَعَ الْعَائِلَةِ فِي الْعُطْلَاتِ  
الشَّتَوِيَّةِ ثُمَّ أَنَا ذَهَبْنَا إِلَى الْمَطَارِ ثُمَّ أَنَا جَلَسْتُ فِي الطَّائِرَةِ  
كَانَ السَّفَرُ بِرَحْلَةٍ جَوِّيَّةٍ فِي السَّاعَةِ 3:00 تَمَامًا، ثُمَّ أَنَا  
ذَهَبْنَا إِلَى الْمَطْعَمِ وَأَكَلْتُ الْبُزْزَةَ وَشَرِبْتُ قَارُورَةَ الْعَازِيَةِ ثُمَّ أَنَا  
ذَهَبْنَا إِلَى الْمَطْعَمِ (الْبَيْك) ثُمَّ أَنَا أَكَلْتُ قِطْعَاتِ الدَّجَاجِ وَالْبَطَاطَا  
ثُمَّ أَنَا شَرِبْتُ الشَّاي، بَعْدَ ذَلِكَ أَنَا ذَهَبْنَا إِلَى الْمَطْعَمِ الْفَخْمِ (وَي  
اي بي) ثُمَّ أَنَا شَرِبْتُ هُنَاكَ قَهْوَةَ كَانَ السَّفَرُ مُمْتِعًا جِدًّا.

عبد الله رميز

## Turkey

There are many countries in the world, but my favourite country is Turkey. I went there in 2022. I first went to Istanbul for 5 days.

The first day I went to Blue Mosque and returned at 3p.m. We were tired so we slept and woke up on the next day. The second day we went to Hagia Sophia. It is a mosque holding great history. At first it was a mosque then church, after that a museum and finally a mosque again.

The third day we went to a museum where we saw Prophet's things. Then on the fourth and fifth day we stayed at our hotel. Then we went to Anatolia, we spent three days there.

This was the best tour I've ever had.

Abdullah Anas

## Palestine

There are many countries in the world and I'm writing about Palestine. In these days Palestine has been attacked by the Israelis.

Palestinians aren't asking help from us instead they're seeking help from Allah. Most of the northern areas of Gaza have been destroyed.

May Allah have mercy on them. Aameen!

Muhammad Youan Bin Imran

## زيارة الأماكن المشهورة في دبي

فِي الْعُطْلَةِ الْمَاضِيَةِ سَافَرْتُ مَعَ أُسْرَتِي إِلَى دُبَيِّ لِأَنَّ هُنَاكَ أَمَاكِنَ كَثِيرَةً لِلزَّيَارَةِ، إِسْتَقْبَلْتُ قَبْلَ الْفَجْرِ يَوْمَ السَّفَرِ وَصَلَيْتُ صَلَاةَ الْفَجْرِ مَعَ الْجَمَاعَةِ، فِي السَّاعَةِ التَّاسِعَةِ خَرَجْنَا مِنَ الْبَيْتِ، وَوَصَلْنَا إِلَى الْمَطَارِ، بَعْدَ خَمْسِ دَقَائِقَ رَكِبْنَا الطَّائِرَةَ جَلَسْتُ بِالْقُرْبِ مِنَ النَّافِذَةِ بَعْدَ سَاعَتَيْنِ وَصَلْنَا إِلَى دُبَيِّ وَسَكْنَا فِي الْفُنْدُقِ بَعْدَ الْعَصْرِ ذَهَبْنَا إِلَى دُبَيِّ مُوَل (مَجْمَعِ التَّجَارِي) تَجَوَّلْنَا قَلِيلًا ثُمَّ ذَهَبْنَا إِلَى الْمَطْعَمِ الْكَبِيرِ وَأَكَلْنَا الطَّعَامَ ثُمَّ خَرَجْنَا لِرِزْيَارَةِ بَعْدَ الْأَمَاكِنِ الْمَشْهُورَةِ قَضَيْنَا فِي دُبَيِّ أَيَّامًا جَمِيلَةً وَبَعْدَ الْأُسْبُوعِ عُدْنَا إِلَى كَرَاتِيشي.

محمد بلال باواني

## زيارة حرمين شريفين

أَنَا سَافَرْتُ إِلَى السُّعُودِيَّةِ بِرَحْلَةٍ جَوِّيَّةٍ فِي السَّاعَةِ 4:00 لَيْلًا، وَوَصَلْتُ هُنَاكَ فِي السَّاعَةِ 9:00 صَبَاحًا فِي الْمَدِينَةِ الْمُنَوَّرَةِ وَفِي الْمَدِينَةِ الْمُنَوَّرَةِ أَنَا ذَهَبْنَا إِلَى الْفُنْدُقِ الْجَمِيلِ وَهُنَاكَ نَحْنُ أَكَلْنَا الْفُطُورَ ثُمَّ ذَهَبْنَا إِلَى الْحَدِيقَةِ وَفِي الْحَدِيقَةِ رَأَيْتُ زُهْرًا جَمِيلَةً جِدًّا وَفِيهَا كَانَ مَلْعَبًا كَبِيرًا وَفِي الْمَلْعَبِ كَانَتْ الْأَرْجُوحةُ كَبِيرَةً وَفِي حَوْلِ الْحَرَمِ كَانَتْ الْمَحَلَّاتُ كَثِيرَةً أَنَا سَمِعْتُ صَوْتَ الْقَارِي عُبْدِ الرَّحْمَنِ السُّدَيْسِ أَنَا سَمِعْتُ صَوْتَهُ كَانَ صَوْتُهُ جَمِيلًا جِدًّا، وَأَنَا أَحَبُّ سَفَرِي هَذَا وَأَنَا أَرِيدُ الرَّجُوعَ إِلَى السُّعُودِيَّةِ مَرَارًا.

محمد عبد الله

## Palestine

There are many countries in the world, but my favourite country is Palestine. In Palestine there is Masjid-e-Aqsa and that was the first Qibla. Israel is attacking and bombing Palestine and killing innocent children and people. Israel wants to take over Masjid-e-Aqsa. It is still bombing Palestine but they still remember Allah and recite Quran and offer salah five times a day. They have a very strong belief in Allah.

May Allah protect our brothers and sisters in Palestine from Israel and have mercy on them.

FREE PALESTINE!

Muhammad Bin Umair

# CLASS DVB

## زيارة الأماكن التاريخية

أَنَا سَافَرْتُ إِلَى السُّعُودِيَّةِ بِرَحْلَةٍ جَوِّيَّةٍ فِي السَّاعَةِ 4:00 لَيْلًا، ذَهَبْتُ بِالْحَطُوطِ الْجَوِّيَّةِ السُّعُودِيَّةِ، وَصَلْتُ الطَّائِرَةَ فِي السَّاعَةِ 7:00 لَيْلًا، أَنَا اسْتَرَحْتُ فِي الْفُنْدُقِ فِي بُرْجِ السَّاعَةِ أَنَا ذَهَبْتُ إِلَى جَنَّةِ الْبَقِيْعِ. أَنَا تَنَاوَلْتُ الْغَدَاءَ فِي الْمَطْعَمِ الْفَخْمِ، أَنَا ذَهَبْتُ إِلَى غَارِ الثُّورِ وَغَارِ حِرَاءٍ وَزُرْتُهُمَا، ثُمَّ أَنَا ذَهَبْتُ إِلَى جَبَلِ الثُّورِ أَنَا ذَهَبْتُ إِلَى الْعَرَفَاتِ ثُمَّ أَنَا ذَهَبْتُ إِلَى الْفُنْدُقِ وَأَنَا نَمْتُ ثُمَّ أَنَا ذَهَبْتُ إِلَى الْمَشْرِجِ الْكَبِيرِ هُنَاكَ، فِي السُّعُودِيَّةِ مَشْجَرُ السُّعُودِيَّةِ كَانَ كَبِيرًا وَجَمِيلًا، أَنَا جِئْتُ إِلَى بَاكِسْتَانِ بِالْحَطُوطِ الْجَوِّيَّةِ الْبَاكِسْتَانِيَّةِ وَوَصَلْتُ إِلَى الْمَطَارِ فِي السَّاعَةِ 6:00 صَبَاحًا كَانَ السَّفَرُ مُمْتَعًا.

عبد النافع

## Turkey

There are many countries in the world and one of them is Turkey. It is an Islamic country. It has two halves, European and Asian. Its capital city is Istanbul where Hagia Sophia and Blue Mosque are located. Hagia Sophia is one of the oldest mosques in the world. At first it was a church then a museum and now a mosque.

Turkey was used to be ruled by the Ottoman Empire. They conquered almost half of the world, but then they lost to the British Empire. They had the world's biggest diamond. Turkey is one of the strongest countries in Islam.

Muhammad Mustafa Baig

## Pakistan

There are many countries, but the most powerful Islamic country is Pakistan. It's the 4th most powerful country. In Pakistan, there are thousands of mosques. It is the only Islamic country that has nuclear power. Pakistan has 2 top mosques out of 10 in the world, Badshahi Mosque and Faisal Mosque. In Pakistan there are over 24 million people. Pakistan is in the top 5 most safest Islamic countries.

Zayd Bin Obaid

## النزهة الترفيهية

أَنَا سَافَرْتُ إِلَى إِفْلِيمِ بَنَجَابِ بِالْحَافِلَةِ فِي السَّاعَةِ 4:00 لَيْلًا، اسْمُ قَرِيْبَتِي مِيَانَوَالِي فِي مِيَانَوَالِي هُنَاكَ أَصْدِقَائِي كَثِيرُونَ، وَهُنَاكَ حَقُولٌ كَثِيرَةٌ وَخَدَائِقُ جَمِيلَةٌ، أَنَا أَكَلْتُ الْفُطُورَ فِي بَيْتِ خَالِي، وَفِي مِيَانَوَالِي هُنَاكَ جَبَالٌ كَبِيرَةٌ. وَفِي الْقَرْيَةِ كَانَتِ الْبُرُودَةُ شَدِيدَةً. أَنَا ذَهَبْتُ إِلَى الْجِبَالِ مَعَ الْأَصْدِقَاءِ وَمَعَ الْعَائِلَةِ، ذَهَبْتُ إِلَى الْقَرْيَةِ وَالْقَرْيَةِ كَانَتْ كَبِيرَةً وَجَمِيلَةً أَنَا لَعِبْتُ مَعَ الْأَصْدِقَاءِ وَأَنَا مَا دَرَسْتُ فِي الْقَرْيَةِ وَكُنْتُ سَعِيدًا.

ماحين عبد الله

## Saudi Arabia

There are many countries but I'm writing about Saudi Arabia. In Saudi Arabia there is a city called Makkah. Our Prophet Muhammad (S.A.W) lived in Makkah. In Makkah there is Ka'bah and two months ago I went to Makkah to perform Umrah. Our Prophet Muhammad's (S.A.W) grave is in Madinah. There is a peaceful environment in Makkah and Madinah. I went to Masjid-e-Nabwi and I saw Prophet's grave from a window. I went to Riyadhul Jannah in Masjid-e-Nabwi. It was a very beautiful journey.

Mohammad Ahmed

## جولة في المملكة العربية السعودية

أَنَا سَافَرْتُ إِلَى السُّعُودِيَّةِ الْعَرَبِيَّةِ بِرَحْلَةٍ جَوِّيَّةٍ فِي السَّاعَةِ 9:00 لِسَهْرٍ وَاحِدٍ، أَنَا سَاهَدْتُ الْكَعْبَةَ الْمُسَرَّفَةَ، سَهْرًا وَاحِدًا أَنَا سَكُنْتُ فِي الْفُنْدُقِ الْفَخْمِ، وَأَنَا أَكَلْتُ هُنَاكَ اللَّحْمَ الْمُسَفَّدَ وَشَرَبْتُ عَصِيرَ الْمَانْجُو وَالْبُرْتَقَالِ. فِي يَوْمِ الثَّانِي أَنَا ذَهَبْتُ إِلَى الْمَطَارِ وَذَهَبْتُ إِلَى الطَّائِرَةِ وَرَكِبْتُ ثُمَّ رَجَعْتُ إِلَى الْبَيْتِ. وَفِي هَذَا السَّفَرِ أَنَا رَأَيْتُ الْأَمَاكِنَ كَثِيرَةً وَكَمْتَعْتُ فِي هَذَا السَّفَرِ.

محمد أوصاف



# CLASS DVB

## Countries Mentioned in the Quran

There are many Muslim countries in the world and in Surah At-Teen, Allah (S.W.T.) is swearing by two places. First is the mountain Tur which is in Sinai and second one is Makkah which is in Saudi Arabia and Ka'bah is also located there. Prophet Ibrahim (A.S.) had prayed to Allah to make the city of Makkah a peaceful city. Prophet Muhammad (S.A.W.) was born in Makkah and he also received Quran there.

Mohammad Maaz Khan

## رحلة مع الأسرة

أَنَا سَافِرٌ تَالِي السُّعُودِيَّةَ بِرَحْلَةٍ جَوِّيَّةٍ مَعَ أُسْرَتِي لِيُؤْمِنَ (مِنْ يَوْمِ السَّبْتِ إِلَى يَوْمِ الْأَحَدِ). الطَّائِرَةُ قَلَعَتْ فِي السَّاعَةِ 8:00، وَوَصَلَتْ هُنَاكَ فِي السَّاعَةِ 3:00 لَيْلًا، وَوَصَلْنَا إِلَى الْمَطَارِ وَكَانَ الْجَوُّ فِي السُّعُودِيَّةِ حَارًّا جِدًّا، وَفِي بَعْضِ الْأَمَاكِنِ الْبَارِدَةِ كَانَ الْجَوُّ بَارِدًا جِدًّا وَتَسَاقَطَ الثَّلُوجُ هُنَاكَ.  
أَنَا ذَهَبْتُ إِلَى بَيْتِ عَمِّي لِأَنَّ بَيْتَ عَمِّي فِي السُّعُودِيَّةِ وَفِي بَيْتِ عَمِّي الْمَكِّيُّفُ يَعْمَلُ كُلَّ يَوْمٍ لِأَنَّ هُنَاكَ الْجَوُّ حَارًّا. وَأَنَا ذَهَبْتُ إِلَى الْحَدِيقَةِ وَفِي الْحَدِيقَةِ لُعبَاتٌ كَثِيرَةٌ.

محمد إبراهيم إسحاق

## رحلة إلى عاصمة باكستان

أَنَا سَافِرٌ تَالِي إِسْلَامَ آباد، فِي إِسْلَامَ آباد هُنَاكَ أَنَا رَأَيْتُ جَبَلًا وَأَنَا صَلَّيْتُ صَلَاةَ الْفَجْرِ هُنَاكَ، ثُمَّ أَنَا ذَهَبْتُ إِلَى الْمَدْرَسَةِ، وَفِي الْمَدْرَسَةِ أَنَا لَعِبْتُ كُرَةَ الْقَدَمِ وَكَرَةَ السَّلَّةِ وَأَنَا دَرَسْتُ الْأَرَبِيَّةَ وَالْإِنْجِلِيزِيَّةَ وَالْعَرَبِيَّةَ فِي إِسْلَامَ آباد أَيْضًا.  
أَنَا ذَهَبْتُ إِلَى حَدِيقَةِ الْحَيَوَانَاتِ هُنَاكَ وَأَنَا شَاهَدْتُ الْفِيلَ وَالْفَرْدَ وَالْتِمَرَ وَالْأَسَدَ أَنَا لَعِبْتُ فِي السَّاعَةِ 6:00 صَبَاحًا، كَانَ سَفَرُ إِسْلَامَ آباد مُمْتِعًا جِدًّا.

زين العابدين

## Muslims Around the World

Muslims are people who follow a religion called Islam. There are many Muslims all around the world, in different countries and cultures. They believe in one God, called Allah, and follow teachings from a holy book called the Quran. Muslims pray, help others, and try to be kind every day. They celebrate special holidays like Eid, where they gather with family and friends to pray, eat delicious food, and have fun together. Muslims are like a big family, even though they live in different places, they share the same beliefs and values.

Syed Muhammad Affan

## Islamic Values around the World

Islamic values like kindness, honesty and respect for others are important to Muslims all around the world. Kindness means being nice and helping others when they need it. Muslims believe in being honest by always telling the truth and being fair to everyone. Respect for others means treating everyone with kindness and understanding, no matter who they are. These values are practiced by Muslims in their everyday lives, whether it's helping a friend, being truthful with family, or being polite to everyone they meet. By following these values, Muslims try to make the world a better place for everyone.

Syed Muhammad Bin Zia Munir

# MESSAGE FROM THE CLASS TEACHER DVG

This year I was the class teacher of a small yet energetic group of four girls who were enthusiastically moving forward on their journey to memorize the divine words of the Quran. I profoundly appreciate the efforts of these young girls who diligently and devotedly embark on this spiritual journey. I wholeheartedly appreciate your input and pray for your success in the future.

Javeria Saboor



# CLASS DVG

## Around the World

There are many countries in the world and Palestine is one of them. Israel has been attacking Gaza for many years. They are bombing innocent lives.

Most of the population in Gaza are children, more than 8000 people lost their lives last year.

Once Israel bombed a hospital and the road was nothing but blood. Palestine has Masjid-e-Aqsa and Israel has closed it for Muslims, they want to make it a temple for Dajjal.

Palestinians have a very strong Emaan, even little children. I saw a person who was injured badly and he was also bleeding, being rushed to the hospital. May Allah save them from this cruelty of enemies.

Aleeza Abid

## A Visit to Saudi Arabia

I have seen Saudi Arabia with my parents. When I went to Makkah, I saw Khan-e-Kaabah. It's a beautiful black box. I saw people going around Kaabah. We also went around it and performed Umrah. After that, we went to our hotel and we had lunch. My family and I ate macaroni. Then we went to Madina and saw Rozah-e-Rasool. I prayed namaz in Riyaz-ul-Jannah.

Noor Fatima



بلدي پاکستان



اسم بلدي پاکستان و هو بلد جميل، عاصمته إسلام آباد . فيه خمسة أقاليم والدول المجاورة لبلدي هي الصين وأفغانستان وإيران والهند. اللغة الرسمية هي الأردية وعملته المستعملة فيه الروبية. في بلدي الأماكن المشهورة هي مقبرة محمد علي جناح ومنارة پاکستان والمسجد الفيلس وغيرها . في بلدي أسواق مركزية وتجارية كثيرة وشواطئ البحر جميلة وهناك أنهار كبيرة وجميلة.

أرجوكم أن تزوروا بلدي الجميل .

زائنة علي

الصف الخامس (الحفظ)



كنت أسكن في البحرين واليوم سأخبركم عنه .

البحرين هو بلد الأمن و هو بلد جميل ونظيف و سكانه سعداء . عملة البحرين هي الدينار.

مطعم شعبي هو مشهور جدا في البحرين وطعامه يكون لذيذا جدا . وهناك أماكن ترفيهية

كثيرة و جميلة وأسواق مركزية أيضا والمكان المفضل لدي هو حديقة الماء . في البحرين يشتد

الحرارة في الصيف ويكون الطقس معتدلا في الشتاء .

يحب السياحون ويأتون اليه ويستمتعون كثيرا . وأنا سأذهب إلى البحرين في العطلات الصيفية.

هبة سيف

الصف الخامس (الحفظ)

# World of Science & Technology



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# MESSAGE FROM THE CLASS

## TEACHER 6-A

Dear 6A,

As the school year draws to a close, I find myself reflecting on the incredible journey we've shared over the past months. It seems like just yesterday we were starting the academic year, and now, here we are, bidding farewell to a year filled with laughter, learning and growth. Throughout this year, we've created countless memories together—moments of joy, shared accomplishments and even a few challenges that we faced as a united team. I've had the pleasure of witnessing each of you grow not only academically but also as individuals. From the lighthearted jokes that echoed through the classroom to the moments of quiet determination during lessons, each of you has left an indelible mark on our shared experiences. I want to express my gratitude for the respect and trust you've shown me. It has been heartwarming to be a part of your lives, to guide you through your academic endeavours, and to be there for those moments when you sought solutions to problems, big or small. Your eagerness to learn and your resilience in the face of a challenge has been truly inspiring. I have full confidence that you will continue to achieve great things and I am excited to witness the incredible individuals you will become in the years ahead.

You've got this! Keep believing in yourself and chasing those dreams.

Roma Khan

# CLASS 6-A

## الحاسوب المحمول

الحاسوب المحمول (لابتوب) هو جهاز شخصي يتم نقله بسهولة. تستخدم هذه الأجهزة في جميع أنحاء العالم وهي مهمة جداً في الوقت الحاضر للجميع. هذا الجهاز أخف وزناً وأصغر حجماً، يمكن نقله واستخدامه بسهولة في الأماكن المختلفة مثل: الطائرات، وفي المكتبات وفي الاجتماعات المختلفة، هو من التقنيات الحديثة التي ابتكرها الإنسان.

عنبر خان

## سائنس اور ٹیکنالوجی

موجودہ زمانہ سائنس اور ٹیکنالوجی کا ہے اور ہماری زندگی میں اسے کا بڑا دخل ہے۔ سائنس کی ایجاد نے زندگی کو آرام دہ اور سہل بنا دیا ہے۔ ٹیکنالوجی نے دن دگنی اور رات چوگنی ترقی کی ہے۔ بین الاقوامی رابطہ بہت بڑھ گیا ہے اور اسے میل جول سے ایک نئی دنیا وجود میں آئے گی۔ بنی نوع انسان کا ایک دوسرے سے رابطہ کرنا آسان تر ہوتا جائے گا۔ سائنس نے زندگی کے ہر شعبے میں انقلاب برپا کر دیا ہے۔

عروش نورانی

## Maths and Technology

Maths plays a crucial role in shaping the world of science and technology in several ways. Firstly, it enables precise measurements and calculations essential for designing everything from skyscrapers to microchips. Additionally, maths provides the foundation for understanding complex concepts like electricity and gravity, allowing scientists and engineers to develop innovative solutions to real-world problems. Moreover, mathematical language forms the basis of computer language such as 0 and 1. Therefore we can say that it forms the basis of artificial intelligence and computer coding. That is the future of this world. We have to focus and improve the basic of maths in order to see ourselves as a successful being in the near future.

Sereen Ather

## Artificial Intelligence

Our generation has developed a lot. We are now able to make robots, advanced computers etc. that help us do various things such as helping us around the house, entertaining us, giving us solutions to our problems and many more. This also includes Artificial Intelligence (AI). AI can be seen everywhere.

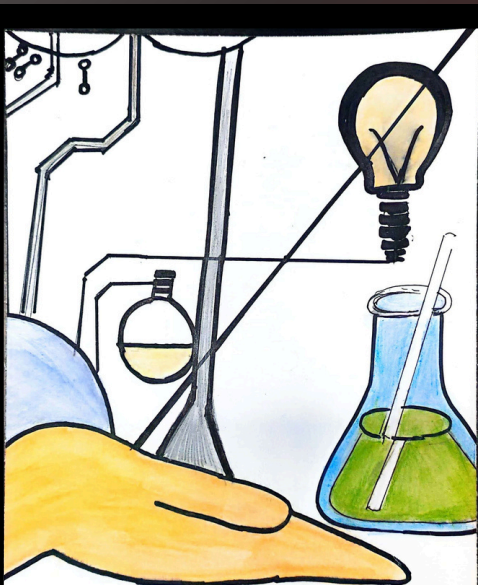
AI is like having a virtual brain in a computer. It can do more than just follow instructions; it can learn and adapt, just like we do. It is more powerful than you think, it is capable of solving problems in minutes that a man would take a few hours to solve. AI is located everywhere, in houses, schools, hospitals and in banks. Have you ever used a voice assistant like Siri or Alexa? They're like AI helpers that can play music, tell jokes and answer our curious questions. We mostly rely on AI but in reality, AI relies on us because we have created them, programmed them and told them the answers too. Some AI are programmed to do special jobs for example money management and security guards.

AI can be dangerous as well. If you make AI have emotions, then if it gets angry, it can also try to harm you. Then you will have to dismantle it because there is no other way to stop it.

AI can find anything; from earrings, glasses, phones to even ores! This technology takes years to master. If one single mishap happens, then all of your time is wasted. AI can do things, replace things and paint them as well.

Various apps like ChatGPT, Snap Chat and YouTube use AI. As we grow up, we'll probably see AI doing even more cool things, making our world an even more exciting place!

Hafsa



Oukasha Hoorain



# CLASS 6-A

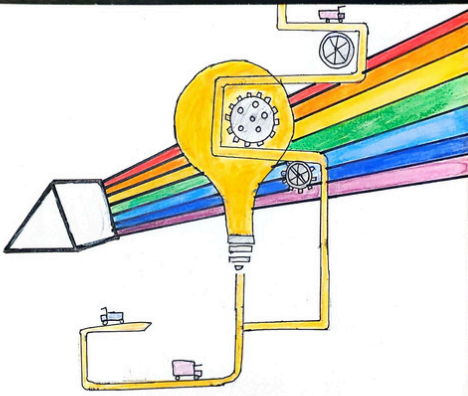
## Robots

Robots are incredible machines that bring science fiction to life! Robots are machines that work like humans. A robot must be programmed by a human to do its job. Once a robot is programmed, it does its job without taking help from humans. A robot does its job automatically unless it breaks down. Robots can do different types of jobs. They perform repetitive tasks. It means a job where an action needs to be done in the same way many times. Robots are used in places where it is dangerous for humans to work. For example, robots are used in space missions. Robots called sojourner and path finder were sent to explore the surface of Mars. They are used under sea where they inspect the sea bed or inspect and repair oil rings. Robots also work in environments where chemicals or radio activity makes it unsafe for humans to work. Some robots are helpers in our homes, like the ones that clean our floors or assist us with chores.

Robots also come in various shapes and sizes. Some are small, perfect for detailed tasks, while others are large and powerful, capable of heavy lifting and building structures. Some even look like animals or people!

Robots are making things easier for us. They help out at home, put together cars, and even go on adventures where we can't go. These smart machines are changing the way we do stuff, making everything a bit cooler.

**Mails Tufail Thara**



**Umama Muhammad Afzaal**

## AI

You might have heard other people say the word "AI", it means "Artificial Intelligence". AI is very useful but it has both, advantages and disadvantages. It comes in many forms and if you look at the forms, you'll notice that almost everyone in the world has it. Most people have it in the form of computers or mobile phones. There are countless forms like phones, computers, robots, etc. In phones and computers, you can find lots of different AI forms like "Google" or "Chat GPT". While in robots there is a separate robot for every task. Robots are also very helpful because they are used for many things like to clean your house, get you whatever you want without you moving or even play with kids. These are the ways in which they are helpful but they make you very lazy because you won't have to do any work by yourself.

**Haya Atif Gaba**

## All about Space

Outer space is beyond our imagination, it is endless! So pack up your things, we're taking a journey through space!

First thing we'll see right after we get out of our planet Earth is our solar system. There are millions and millions of stars and one humongous hot, bright, shining star, the Sun with all eight planets orbiting it. Mercury, Venus, Earth, Mars, are the closest to the Sun. Jupiter, Uranus, Neptune and Saturn are giant planets that mainly consist of gasses or ice, not to mention all the planets and their natural satellites, the moon. You might think all planets have only one moon like our planet Earth, but no! Let's take Uranus for example with twenty seven moons or even Jupiter with ninety five moons and Saturn with one hundred and forty six moons! Isn't that crazy? Our solar system also has an asteroid belt. Asteroids are minor planets, an object that is neither a true planet nor a comet. You can also find lots of comets and several dwarf planets like, Pluto. And if you thought this was big, the solar system is in something bigger, our galaxy, the Milky Way. The Milky Way is a barred spiral galaxy. It is a huge collection of stars, dust and gasses. Why is it called a spiral galaxy? Well, it's because if you could view it from the top or bottom, it would look like a spinning pin-wheel! And just as we thought it ended here... Nope! There is so much more! Just like this galaxy, there are two trillion more galaxies out there! Although scientists have discovered so much about this wonderful universe of ours, there is still so much left to be discovered.

**Maryam Kamran Hashmi**

## سائنس اور ٹیکنالوجی کے فائدے

سائنس ایک منظم طریقہ کار کے تحت کسی بات کو جاننے یا اس کا علم حاصل کرنے کو کہا جاتا ہے۔ ٹیکنالوجی سائنس اور معلومات کے فنی اور عملی استعمال کو کہا جاتا ہے۔ سائنس کا ہدف سائنسی معلومات کا حصول ہوتا ہے جب کہ ٹیکنالوجی کا ہدف ایسی مصنوعات تیار کرنا ہوتا ہے جو مسائل کو حل کرنے اور انسانی زندگی کو بہتر بنانے کے لیے استعمال ہوتی ہیں۔

سائنسی مطالعے کا سلسلہ زمانہ قدیم سے جاری ہے اور زمانے کے ساتھ ساتھ بہتر ہو رہا ہے۔ موجودہ زمانہ سائنس کا ہے۔ آج کی زندگی میں مشین کا بڑا دخل ہے۔ سائنس کی ایجادات نے زندگی کو آرام دہ اور سہل بنا دیا ہے۔ سائنس نے زندگی کے ہر شعبے میں ایک انقلاب برپا کر دیا ہے۔ سائنس ایک ایسی چیز ہے جو ہماری روزمرہ کی زندگی کی ہر چیز میں موجود ہے۔ سائنس نے انسان کو تفریح طبع کے سامان بھی کثرت سے میسر کیے ہیں۔ سائنس نے بیماریوں کے قلع قمع کرنے اور لوگوں کے دکھ دور کرنے میں بڑا کام کیا ہے۔

ٹیکنالوجی کیا ہے؟ ٹیکنالوجی اہلیتوں، طریقوں اور اعمال کے اہداف کے حصول کے لیے استعمال کی جاتی ہے۔ ٹیکنالوجی سائنسی اور تکنیکی ترقی پر مبنی ہے۔ اس سے تعلیم کے میدان میں موجود مشکلات کا پتہ چلا یا جا سکتا ہے، ان کا علاج کیا جاسکتا ہے مختصر یہ کہ تعلیمی نظام کو بہتر بنایا جاسکتا ہے۔ اگر سائنس اور ٹیکنالوجی نہ ہوتی تو انسانوں کے لیے ہر کام بہت مشکل ہو جاتا۔

**ار حاعلی**

# CLASS 6-A

## Use of Technology in the Field of Education

The role of technology in education is significant. It makes this process easier for students because of technologies that are used in schools and colleges, such as having computer labs, high-end devices, makes it easy for students to understand the concepts. Educational technology is important as it helps students in their classroom to grasp and analyze difficult concepts through visual aid and learn it in a more fun way.

It helps teachers to engage students in unique, innovative ways through digital tools. It allows student to explore vast subjects and conduct researches that may not be possible in traditional textbooks.

Syeda Izzah Sherazi

## سائنس اور ٹکنالوجی کے ہماری زندگی پر اثرات

کیا آپ سب جانتے ہیں کہ سائنس اور ٹکنالوجی نے ہماری زندگی کیسے بدل دی ہے؟ چلیں، میں کچھ مثالوں کے ساتھ بتاتی ہوں۔ روبوٹ بھی ٹیکنالوجی کی ایک اہم ایجاد ہے۔ اس کے علاوہ روبوٹک روشنیوں کا استعمال کچھ خصوصی فضاؤں میں ہوتا ہے جہاں روشنی کی ضرورت ہوتی ہے۔ سائنس اور ٹکنالوجی کا استعمال تعلیم میں بھی اہمیت کا حامل ہے۔ سائنسی ترقی نے تعلیمی میدان میں بھی اہم کردار ادا کیا ہے۔ انہیں استعمال کرتے ہوئے ہمیں بہترین تعلیمی آلات میسر ہیں جو طلباء کو بہترین طریقے سے تعلیم حاصل کرنے میں مدد کر رہے ہیں۔ الحمد للہ ہمارے پاس یہ سب کچھ موجود ہیں۔ سائنس اور ٹکنالوجی نے تو سچ میں ہماری زندگی بدل دی ہے۔

مسفرہ مسعود

## القطار الكهربائي

القطارات الكهربائية مركبات سريعة جداً، وهي من أسرع القطارات الموجودة. حيث يمكنها السفر بسرعة تصل إلى 200 ميل في الساعة. اليابان هو مخترع القطارات الكهربائية. لقد أصبحت كثير من الدول تستخدم القطارات الكهربائية وهي من التقنيات الجديدة.

حورين فاطمة

## Amazing Inventions

The first thing that popped into your mind is probably inventions, mobiles and laptops, and that's exactly what we're going to talk about today. Well, of course there are multiple great inventions that many people tried making but I'm going to state my top favourites! I hope you like them as much as I do!

### Playing with the Braille

People have finally released the Lego Braille Bricks. They built these bricks as a learning experience for visually impaired kids and even grownups! For now, the legos have only been printed in English and French but more languages are still on the way! It has modified its knobs to correspond with the braille alphabet, numbers and symbols. The pieces are compatible with all the Lego products so you can play with Braille as well as build long towers just for fun! "We developed these for everyone, so even sighted children and family members can show their interest in learning braille," quoted Rasmus Glostrup Jensen, Lego's creative lead on partnerships and innovation.

### Ditching the Eye Patch

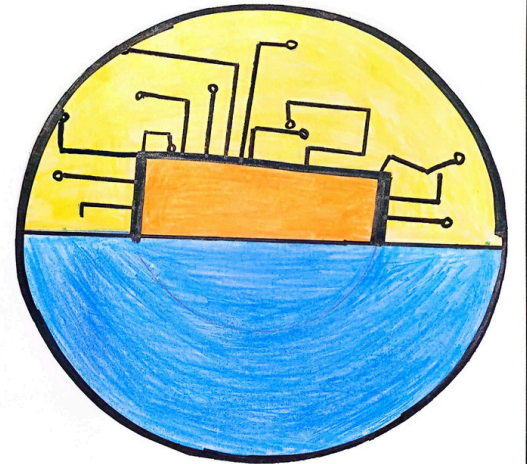
Did you know 3% of the world's children have "lazy eye"? Which basically means one eye focuses more clearly, leaving the other out of focus. The cure is simple: you have to wear a patch over the good eye for at least a few hours a day for weeks or longer to retrain the weaker eye, you look like a pirate! Luckily, Scott Xiao created a virtual reality headset (also known as the VR) that displays cartoons with different portions of the image shown to each eye that are blurred, causing the brain to combine the input from both eyes. Children just have to wear it for an hour a day, six days a week. Imagine watching your favourite shows without worrying that your eye will be harmed! I would love it!

### Sweet Success

The main problem about sugar is that it cracks up spoiling the cake so it's extremely annoying for bakers to decorate the cake, the detailed sugar work usually leads to frustration and burns. So, the Chef Doodler Pen makes it simple, safe, and fun. You can call it a hot glue gun for sugar decorating. Even though it works with real sugar, the device comes with a flavour-neutral, diabetic-friendly sugar substitute called isomalt, which can be extruded in thin, mouldable lines, you're basically drawing sugar! "A gingerbread house maker's dream come true," Daniel Cowen stated.

Well, to me, those were the best inventions of the past year. Now as we step into this new year, I hope to hear many new updates in our knowledge and amazing discoveries!

Elveena Salman Mirza



Khadija Rehman Khan



# CLASS 6-A

## Hydroponics

Have you ever imagined growing crops or plants without soil?  
Can it be possible? Let's go deep into information.

Soil is one of the main things to carry out the process of photosynthesis. But there is one and only technique to grow plants without soil. This technique is called Hydroponics. "Hydro" is the Greek word which means water and "pones" means work. It uses a water - based nutrient solution rather than soil to grow plants.

There are many advantages of hydroponics such as the plants have a faster growth, they use less water, there aren't any weeds etc. Like every technology, this method has a few limitations such as the set-up for hydroponics costs more, there is a big risk of power outages etc.

Maryam Osama Usmani

## Use of Maths in the World of Science and Technology

Maths is like a super glue holding together everything we do in science and technology. It helps us understand how things work and how to make them better. Whether it's figuring out how fast a rocket needs to go to reach space or designing a cool new video game' maths is always there' making it all possible. It's like the secret code that unlocks the mysteries of the universe and powers the gadgets we use every day. So' without maths' our world of science and technology would be like a puzzle missing its most important piece.

When we ask our teacher while doing maths problems' "Miss why in the world are we learning all these difficult problems?" Our teacher with a knowing smile tells us that it is the key that will help us unlock all the locks in our life.

Mishkaat

## Use of Satellites in Agriculture

A satellite is an object in space that orbits or circles around a bigger object. There are two kinds of satellites, natural (such as the moon orbiting the Earth) or artificial (such as the international Space Station orbiting the Earth). As you may know, there are many different types and uses of satellites such as uses of satellites in sports, agriculture, everyday life etc. Today, we will be going deep in the subject of uses of satellites in agriculture.

There are four uses of satellites in agriculture i.e., monitoring crop health, prediction of growth stage and yield, assessing weather patterns and soil monitoring in monitoring crop health. Satellites can capture images of fields, which can be used to monitor crop health overtime. This information can help farmers identify issues early, such as various crop diseases, so they can take corrective action as quickly as possible. In prediction of growth stage and yields, satellite imagery can provide valuable information about crop health and growth, which can be used to predict yield. This can help farmers to plan for harvest and marketing and to make informed decisions about crop management practices like timing for fertilization. In assessing weather patterns, satellites can track weather patterns over large areas, providing valuable information to farmers about upcoming weather events. This can help farmers make better decisions and make them be aware of natural disasters such as floods and droughts. Last but not least, soil monitoring, it can be identified and monitored using satellite images and taking a few other factors into account. In general, satellite imagery can increase the overall profitability of farming; many farms are already making use of satellite data. Farmers can have more healthy crops and can produce more because of these satellites. But this also requires determination and hard work, not everybody can afford satellites, I personally think satellites are very valuable but they may be overpriced and expensive, so I will just stick to the normal way of farming, we all have failures sometimes!

Asiya Farhan Khatri

## المَصْعَد الكهربائي

قبل سنوات نحن ليس عندنا المصعد الكهربائي وكانت حياتنا صعبة ، لأننا نحتاج لحمل كل أشياءنا بأنفسنا في العمارات كثيرة الطوابق فهذا يُتعبنا جداً . المصعد الكهربائي من الاختراعات الجديدة ، لتسهيل نقل الأشياء وتوفير الجهد والوقت. في الوقت الحاضر يوضع المصعد عادة في المباني كثيرة الطوابق يمكن بواسطته نقل الأشياء الثقيلة بسهولة من الأسفل إلى الأعلى و الوصول إلى الطوابق العليا .

حريم فيصل

## Uses of Satellites in Sports

Satellite have revolutionized the sports industry in many ways. The versatility of satellite-based data for a diverse set of sports, both at professional and amateur levels, has enabled the provision of innovative services, including live transmission of sports events and communication within or to remote and sparsely inhabited places, securing the safety of athletes at all times.

Satellites have also enabled the boom in satellite-based tracking devices, which are the second most sold Global Navigation Satellite System (GNSS) devices after smartphones. GPS technology has been used in professional sports for some time, in both training sessions and during competitions. Through the use of Electronic Performance and Tracking System (EPTS) devices, team can track players' movements on the pitch and collect vast amount of data that can be used to prevent injuries, map a player's positioning on the pitch and provide insight on how well varicose areas were utilized.

Satellites play a vital role in monitoring athletes' movements and performance. Through GPS and geo location technologies, they are able to provide real time data on athletes' speed, distance covered and acceleration during training and actual competitive matches. This information helps coaches and sports scientists tailor training programs towards specific athletes, hence being able to adjust their training strategies to address specific injuries or weaknesses.

Satellites have also been used to monitor crowds from space and identify when crowds are building up in and around the football stadiums. When relayed to police forces, this information can enable commanding officers to take informed decision. Overall, satellites have enabled the sports industry to improve performance, prevent injuries and enhance the fan experience.

Yumna Islam

# MESSAGE FROM THE CLASS TEACHER 6-B

ہر صبح جماعت میں داخل ہوتے ہی اپنی طالبات کے ہنستے مسکراتے چہرے اور روشن آنکھیں دیکھ کر مجھے جو دلی سکون اور طمانیت کا احساس ہوتا ہے وہ ناقابلِ بیان ہے۔ ان ہونہار اور باصلاحیت طالبات کے ساتھ مجھے خود بھی اپنے اندر ایک نئی لگن اور توانائی محسوس ہوتی ہے۔

ان طالبات میں جانے اور سیکھنے کی جستجو قابلِ تعریف ہے۔ الحمد للہ اس پورے سال میں ان طالبات نے نصابی و غیر نصابی سرگرمیوں میں پورا سال بڑھ چڑھ کر حصہ لیا۔ اپنی صلاحیتوں اور قابلیتوں کو منوانے کی ہر ممکن کوشش کر کے کامیابی حاصل کی۔ میری دعا ہے کہ ان ہونہار طالبات کے سیکھنے اور آگے بڑھنے کا عمل ہمیشہ جاری و ساری رہے۔ اللہ تعالیٰ انہیں زندگی کے ہر میدان میں کامیابی و کامرانی سے ہمکنار کرے۔ آمین

اپنے طلباء و طالبات کے نام:

خودی کو کر بلند اتنا کہ ہر تقدیر سے پہلے  
خدا بندے سے خود پوچھے بتا تیری رضا کیا ہے

فرح ناز



# CLASS 6-B

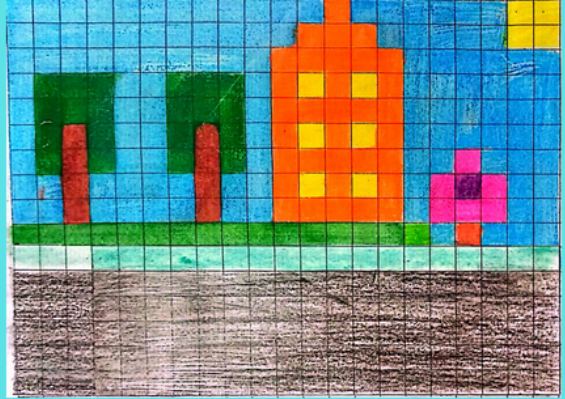
## سائنس اور ٹیکنالوجی کے کرشمے

سائنس کی اہمیت کو ہم ہرگز نظر انداز نہیں کر سکتے۔ ہمارے ارد گرد نظر آنے والی جو بھی ٹیکنالوجی ہے وہ سائنس ہی کی بدولت ہے۔ سائنس ہمارے لیے وہ کرشمہ ہے جس کی وجہ سے ہم اس دنیا میں باآسانی بہت سے وہ کام جو ہمارے لیے مشکل تھے آسانی سے کر سکتے ہیں۔ مثال کے طور پر جیسے پہلے زمانے میں ہم ایک دوسرے سے رابطہ کرنے کے لیے خط و کتابت کے ذریعے اپنے پیغامات پہنچاتے تھے، اب رابطے کے لیے موبائل اور انٹرنیٹ کے ذریعے بات چیت کم وقت میں ممکن ہے۔ اس کے علاوہ بہت سی معلومات ایسی تھیں جو صرف کتابوں سے حاصل ہوتی تھیں مگر اب موجودہ زمانے میں سائنس نے ہمارے ان مسائل کو حل کر دیا ہے۔

ٹیکنالوجی کا صحیح استعمال نہ کرنے سے ہمیں بہت سے نقصانات کا بھی سامنا کرنا پڑتا ہے جیسا کہ پہلا ضرورت استعمال سے ہماری پڑھائی متاثر ہوتی ہے اور صحت پر بھی برا اثر پڑتا ہے۔ ہمیں چاہیے کہ ہم ٹیکنالوجی کا درست استعمال کریں اور اپنے مستقبل کو بہتر بنانے کے لیے فائدہ مند چیزوں کا انتخاب کریں۔

عائشہ خان

## Pixel Art



This grid has  $16 \times 21 = 336$  squares  
The building has covered  $39/336 \times 100 = 11.6\%$  area of the square grid  
Trees have covered  $28/336 \times 100 = 9.3\%$  area of the grid

Areesha Ramir

## شبكة الإنترنت

الإنترنت عبارة عن شبكة عالمية تربط بين آلاف وآلاف الأجهزة المختلفة في جميع أنحاء العالم.

هو نظام اتصال عالمي.

يمكن من خلال شبكة الإنترنت الوصول إلى كمية كبيرة من المعلومات مثل: البرامج، المقاطع الصوتية، مقاطع الفيديو، المملكات النصية، البريد الإلكتروني وغيرها...  
شبكة الإنترنت من أبرز التقنيات الحديثة للمعلومات.

عناية

## Role of Technology in Agriculture

Agriculture is the backbone of an economy of a country. Technology plays a vital role in the agricultural sector because using technology in agriculture can lead to saving time, provide more employment, efficiency in production of food and cost reduction. Major technological innovations include Global Positioning System (GPS) and Graphical Information System (GIS). It has allowed precise agriculture for data collection, farm planning field and yield mapping and gives directions to automated tractors.

Satellites and drones can be used by farmers for analyzing the crops while they are at the comforts of their homes and pesticides and fertilizers can be sprayed using them. Some developed countries are equipping their farmers with smart crop sensors that can sense the health of the crop. The sensors are designed in such a way that they can tell the farmers of how much fertilizers and pesticides are needed. One of the blessings of technology is artificial intelligence. Because of climate change and global warming, it is hard for the farmer to predict when to sow the seed. Artificial intelligence helps farmers to minimize the challenges they face every day. As technology becomes more advanced the agriculture becomes progressively worthwhile.

Maryam Saqib



Omama

## سائنس اور ٹیکنالوجی

سائنس ایک تحقیقاتی عمل کا نام ہے جبکہ ٹیکنالوجی کا مطلب کسی مقصد کو حاصل کر لینے کے لیے ذرائع کو استعمال کرنے کا طریقہ ہے۔ موجودہ زمانہ سائنس اور ٹیکنالوجی کا ہے اور ہماری زندگی میں اس کا بڑا دخل ہے۔ پہلے زمانے میں فون استعمال نہیں ہوتا تھا لیکن آج کے دور میں فون پھیل چکا ہے۔ سائنس کی ایجاد نے زندگی کو آرام دہ اور سہل بنا دیا ہے۔ ٹیکنالوجی نے دن دگنی اور رات چوگنی ترقی کی ہے۔ بین الاقوامی رابطہ بہت بڑھ گیا ہے اور اس میل جول سے اک نئی دنیا وجود میں آئے گی۔ بنی نوع انسان کا ایک دوسرے سے رابطہ کرنا آسان تر ہو تا جائے گا۔ سائنس نے زندگی کے ہر شعبے میں انقلاب برپا کر دیا ہے۔

انفال گل

# CLASS 6-B

## سائنس اور ٹیکنالوجی

اللہ تعالیٰ نے انسان کو لا تعداد ذہنی صلاحیتوں سے نوازا ہے مگر وقت گزرنے کے ساتھ مختلف سائنسی ایجادات نے ترقی کے عمل کو چار چاند لگا دیے ہیں۔ دنیا ابتداء میں کیا تھی؟ اور آج ٹیکنالوجی کی بدولت انسان چاند پر پہنچ چکا ہے۔ آج کے زمانے کا انسان سمندروں، ہواؤں اور فضاؤں کو مسخر کر کے خلا کو مسخر کر رہا ہے۔ آج ہم لوگوں کو ٹیکنالوجی کی وجہ سے کتنی آسانیاں ملی ہوئی ہیں۔

آج ہم اپنے ارد گرد جس سمت بھی دیکھتے ہیں تو ہر شے ٹیکنالوجی کی بدولت کام کرتی نظر آتی ہے۔ ٹیلی ویژن، فریج اور کمپیوٹر وغیرہ سب ہی سائنس کے کرشمے ہیں۔ سائنس کی ایجادات نے فاصلوں کو سمیٹ دیا ہے۔ ہوائی جہاز کے ذریعے چند گھنٹوں میں ہزاروں میل سفر کر کے انسان اپنے پیاروں کے پاس جا پہنچتا ہے۔ اسمارٹ فون کے ذریعے ہم معلومات کا خزانہ حاصل کر لیتے ہیں۔

اللہ تعالیٰ سے دعا ہے کہ وہ ہمیں ان ایجادات کا درست استعمال کرنے کی توفیق عطا فرمائے اور ان کے منفی اثرات سے محفوظ رکھے۔ آمین!

عائشہ جمال

## السَّيَّارات الكهربيَّية

السَّيَّارة الكهربيَّية هي في الأساس مركبة يتم تشغيلها بمساعدة بطارية أو بنزين ، هي من أحدث التقنيات التي ابتكرها الإنسان .

السَّيَّارة الكهربيَّية لها فوائد عديدة منها : توفر فاتورة البنزين ، تقلل من التلوث وخروج غاز الكربون ، لا تحتاج الكثير من الصيانة ، تتميز محركاتها بالهدوء .  
لكن لها عيوب أيضاً لهذا فهي قليلة الاستعمال بأنَّها تقطع مسافات أقل ، تستغرق وقتاً أطول لإعادة الشحن و أسعارها مرتفعة .

خديجة إمام

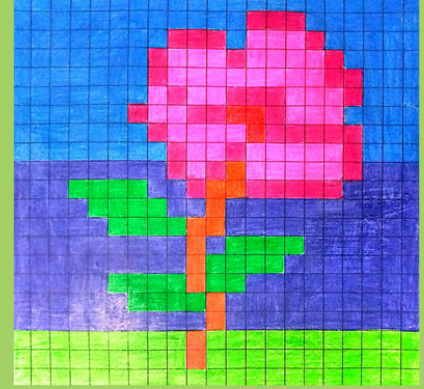
## World of Science and Technology.

Did you really know that the world of science and technology is constantly evolving and shaping our lives? Science enables us to understand the natural world and uncover the mysteries of the universe. It involves conducting experiments, making observations and formulating theories to explain how things work. Science has really interesting theories like the theory of evolution, relativity, plate tectonics, the cell theory, the big bang theory and a lot more. If we pay some attention to science, we'll find out that it is really easy and interesting.

Did you know that light travels about 299,792 kilometers per second? And a DNA molecule can stretch from Earth to the Sun and back more than 600 times! Isn't it interesting? On the other hand, we have technology which is all about application of science from smart phones to medical advancements and renewable energy solutions. Technology has transformed the way we live, work and communicate. It has made the world a smaller place, connecting people from all corners of the globe. There are many useful technologies like renewable energy surfaces, AI, internet, GPS and countless others that make a positive impact in various fields. In this ever-evolving world of science and technology, there's always something new and exciting to discover. As we delve deeper into the realms of science and technology, we uncover the incredible potential they hold for shaping our world. Remember, science is a gateway to endless knowledge and extraordinary advancements. So, let's keep exploring, innovating and pushing the boundaries of what's possible with science and technology and unlock a future full of endless possibilities!

Malaina Hilaly.

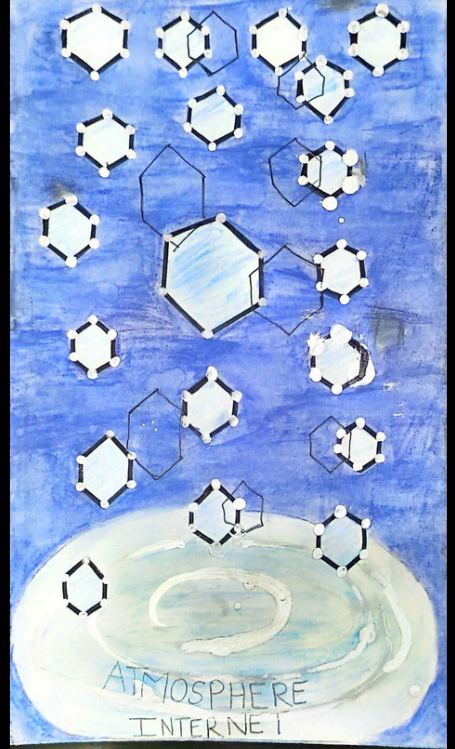
## FLOWER PIXEL



THIS IS A FLOWER PIXEL (OR PICTURE ELEMENT). A PIXEL IS ONE OF THE SMALL DOTS OR SQUARES THAT MAKE UP AN IMAGE ON A COMPUTER SCREEN.

HAANIA AHMED GHOURI

## Zainab Wasif





# CLASS 6-B

## Impact of Science and Technology

The world of science and technology is fascinating! It's a dynamic field that constantly evolves and shapes our lives. From ground breaking discoveries to innovative inventions, science and technology have revolutionized the way we live, work and communicate. It's a realm where curiosity meets creativity, and where new possibilities are constantly being explored. Whether it's advancements in medicine, space exploration, or the development of smart devices, science and technology are driving forces behind progress and improving our quality of life.

Science is all about understanding the world around us through observation and experimentation. It helps us discover new things and improve our lives.

Technology, on the other hand, is the practical application of scientific knowledge to create tools, machines, and systems that make our lives easier and more efficient. It's amazing how science and technology work hand in hand to shape our world!

Science and technology have had a huge impact on various aspects of our lives. In the field of medicine, advancements in science and technology have led to the development of life-saving treatments and improved healthcare. In transportation, we've seen the rise of electric vehicles and the potential for self-driving cars. Communication has been revolutionized with the advent of smartphones and social media platforms. And let's not forget about the incredible progress in space exploration and the development of new materials and energy sources. The possibilities are endless!

Science and technology are constantly evolving, bringing us new discoveries and innovations. In the field of science, we have made incredible strides in understanding the universe, from the smallest particles to the vastness of space. Technology has given us amazing gadgets and tools that make our lives easier and more connected. We have smartphones that can do just about anything, virtual reality that takes us to new worlds, and artificial intelligence that helps us with everyday tasks. It's an exciting time to be alive!

Mayar Khan

## Wonders of Science and Technology

Science is the study of the nature of matter, which involves utilizing or understanding of natural processes to create materials using technology. The use of cutting-edge technologies such as powerful computers and mobile phones has enabled us to conduct research on a wide range of subjects at no cost. We can access information about the world from anywhere and make purchases by simply sitting at home. Furthermore, we can gain knowledge and learn new things through our mobile devices, including conducting research on outer space phenomena.

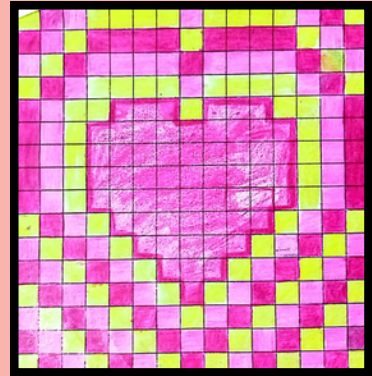
The tremendous advancements in science and technology have completely transformed our world across several fields, resulting in remarkable changes in our daily lives. Take smartphones for instance; these small devices have revolutionized communication by enabling us to connect with anyone anytime, anywhere. Medical science has also made significant strides leading to life-saving treatments and improved quality of life for many people worldwide.

Moreover, space exploration has expanded humanity's knowledge about the universe while opening up possibilities for further discoveries. Renewable energy technologies are addressing environmental challenges while artificial intelligence is reshaping industries and enhancing efficiency levels remarkably.

Overall, science and technology represent a dynamic realm that is ever-evolving constantly pushing boundaries beyond what was previously thought possible. It's an exciting time to be partaking in this incredible journey!

Sania Khan

## Math Pixel



This pixel helps to calculate the percentage of different colours used in this picture.

Yellow squares =  $65/240 \times 100 = 28.08\%$

Dark pink squares =  $1071/240 \times 100 = 29.58\%$

Light pink squares =  $97/240 \times 100 = 40.41\%$

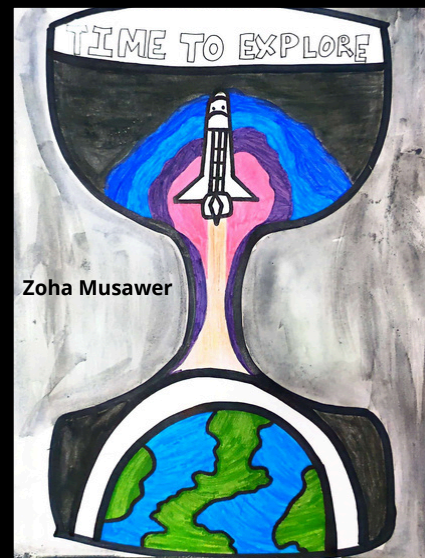
Syeda Haniya Shah

## الهاتف الذكي

الهاتف الذكي ليس اختراعاً قديماً جداً هو من التّقنيات الحديثة الذي يستخدم شاشة اللمس للتشغيل .

يمكن من خلاله إرسال و استقبال رسائل البريد الإلكتروني ، معرفة الأخبار ، مشاهدة مقاطع الفيديو وغيرها ... يحتوي ذاكرة تعمل على تخزين المعلومات ، الصور والملفات هذا ساعد على سهولة استخدامه وانتشاره بسرعة ☑ .  
الهاتف الذكي الآن ضرورة من ضروريات الحياة .

زينب نعمان



Zoha Musawer

# CLASS 6-B

## The Role of Science and Technology in our Lives

Science and technology play an important role in our daily life, from switching off our alarm to watching TV at night after our work is done; we get these luxuries with the help of technology. On the other hand, there is a negative effect on people because of advanced technology. Nowadays we see that cyberbullying has become very common and has become a part of many people's lives. But if we see science and technology in a positive way, we are totally dependent on it.

Technologies like air conditioning and television have made our lives easier. Essentially, science and technology have introduced us to modern civilization. This development contributes greatly to almost every aspect of our daily life. Hence, people get the chance to enjoy these results which make our lives more relaxed and pleasurable. Furthermore, if we look at the transport scenario, we notice how science and technology play a major role here as well. We can quickly reach the other part of the Earth within hours, all thanks to the advancing technology. In addition, science and technology have enabled man to look further than our planet. The discovery of other planets and the establishment of satellites in space is because of the help of science and technology. Science has also made an impact on the medical fields, with the help of science people have made different cures for various diseases and saved millions of lives.

Zainab Batool Warsi

## GMO Food

GMO foods, or genetically modified organisms, are created through a process called genetic engineering. Scientists take the genes from one organism and insert them into the DNA of another to give it specific traits. This can help crops become more resistant to pests, diseases or extreme weather conditions. When it comes to similarities with organically grown food, both GMO and organic crops are grown using agricultural practices. They both provide us with nourishment and contribute to our food supply.

Now, let's talk about the advantages of GMO foods. They can increase crop yields, meaning we can produce more food to feed a growing population. GMOs can also help reduce the use of pesticides and herbicides, which can be better for the environment.

On the other hand, there are some disadvantages to consider. Some people have concerns about the long-term effects of consuming GMOs on human health. There are also worries about the potential for GMO crops to crossbreed with wild plants, possibly impacting biodiversity.

In conclusion, GMO foods have their pros and cons. It's important to continue researching and evaluating their impact on our health and the environment.

Understanding the benefits and potential risks can help us make informed choices about the food we consume.

Maria Ali Godil

## Stem Cell Therapy

Stem cells are primitive cells which have the capability of renewing and forming different types of cells. Blood stem cells can form red blood cells, white blood cells and platelets. Different stem cells are collected through blood, bone marrow or blood from the placenta and umbilical cord of a newborn baby is used as the source of stem cells. These cells can be used for regeneration of damaged cells, replacement of lost cells or to begin the growth of non-regenerating cells such as new blood vessels. While stem cell therapy has potential to cure many diseases and injuries, there are some risks of this treatment too. For example, body's immune system can reject stem cells and collapse or the stem cells can become cancer cells.

Ayat Nabeel Bawani

## 3D Printing in Medical Science

Three-dimensional (3D) printing is an additive manufacturing process that makes a physical object from a digital design. The process works by laying down thin layers of material in the form of liquid or powdered plastic, metal or cement, and then fusing the layers together.

This technology has been widely used in the medical industry for various applications. Some examples include printing prosthetic limbs, surgical guides, customized implants, rapid prototyping medical devices and components and food manufacturing.

3D printing is done by biopolymers and stem cells that are mostly used as bio inks (same as ink for any printer), which are filled into the 3D printer. The 3D printer then uses the ink to print a 3D organ.

Surgeons use 3D printed models to practice complex procedures before performing them on a patient. This reduces the risk of errors during surgery and improves outcomes. Medical devices, such as surgical tools and implants, can be produced with 3D printing machines.

Ayesha Kashif

## Science and Technology in Ancient Greek Civilization

The Ancient Greeks made many advancements in science and technology. Greek philosophers began to look at the world in different ways. They came up with theories on how the world worked and thought that the natural world obeyed certain laws that could be observed and learned through study. Archimedes was a mathematician who applied this knowledge to create complex devices to solve practical problems. The most notable of his inventions is the water screw, a device that rotates using centrifugal force to move water earth.

It is now most recognizable as an auger or drill bit. Archimedes also developed the first mechanical planetarium and applied his mathematical skill to the creation of war machines. Science is just one of many aspects of modern civilization that the Ancient Greek Civilization and thinkers directly influenced.

Barira Abdus Salam



# MESSAGE FROM THE CLASS TEACHER 6-C

**My Vibrant and Lively Students of 6C!**

**I stand before you not just as a class teacher, but as a fellow traveller on the journey of education, dreams and aspirations. Our experiences may vary, but the spirit that unites us is the chase of knowledge and the determination to mold our route in this vast world.**

**It's wonderful to see that despite facing challenges in English language proficiency at the beginning of the term, you demonstrated a positive attitude and a strong willingness to improve. In the midst of our everyday challenges, it is imperative to recognize the unique strength that lies within each one of us. We are bound by a common thread of purpose and resourcefulness.**

**Let us foster a sense of community and support. Our collective strength lies not only in our individual successes but in the uplifting of those around us. Reach out to your peers, lend a helping hand and together we can create an environment where everyone has the chance to thrive. Our potential knows no bounds and our dreams are within reach. Wishing you boundless joy and success.**

**Nabila Pervaiz**

# CLASS 6-C

## USE OF TECHNOLOGY IN MINERAL EXPLORATION

Mineral exploration requires maximum information of a land. Missing out on rare metals and minerals can be costly for economies.

Advancement have made mineral exploration easier like remote sensing technologies: "Geographical Information System", "Environmental Information System" and "Global Positioning System" help locate minerals and other deposits accurately.

**GIS:** A geographic information system, consists of integrated computer hardware and software that store, manage, analyze, edit, output and visualize geographic data. Much of it happens within a statical database, however this is not essential to meet the definition of a GIS. In broader sense, it may consider such a system also includes human users and support staff, producers, relevant concepts, methods and institutional organization.

**ENVIS:** The meaning of ENVIS is "Environmental Information System". It serves as a single-stop web-enabled repository of comprehensive environmental information with collection, collation, storage, retravel and dissention.

It was established as a programmer under the ministry of environment, forest and climate change by the government of India in December, 1982.

**GPS:** The full form of GPS is Global Positioning System. It is a US-owned utility that provides users with positioning, navigation and timing (DNT) services.

GPS is a system of 30+ navigation satellites circling Earth. We know this because they are constantly sending out signals. So, it helps in navigating destinations.

Ali Husain Ahmed

## ویب ۳ کی آمد

جیسے جیسے دنیا ترقی کرتی جا رہی ہے نئی نئی چیزیں ایجاد ہو رہی ہیں، نئی نئی ٹکنالوجی سامنے آرہی ہے۔ اگر میں کمپیوٹر سائنس کے بارے میں بات کروں تو ہم دیکھتے ہیں کہ سب سے پہلے کمپیوٹر ایجاد ہوا اس کے بعد ونڈوز آئیں جس سے ہمیں کاروباری حساب کتاب رکھنے میں آسانی ہوتی تھی۔ اس کے بعد سب سے بڑی ترقی اس وقت نظر آتی ہے جب انٹرنیٹ دنیا میں آیا، جس سے لوگوں کو بہت سے فوائد حاصل ہوئے۔ جس میں سب سے پہلے ویب (۱) آیا جس میں لوگ صرف مختلف چیزیں دیکھا کرتے تھے مگر کچھ اور نہیں کر سکتے تھے۔ اس کے بعد ویب (۲) آیا، جس میں لوگ چیزیں دیکھنے کے ساتھ اپنی چیزیں اپلوڈ بھی کر سکتے تھے۔ مگر اس کے باوجود بھی کچھ کمی محسوس کی جا رہی تھی اس کے بعد ویب (۳) کا انقلاب آیا۔ اس کی خاص بات یہ ہے کہ یہ ڈی سینٹر لائز ہوگا کوئی اسے کنٹرول نہیں کر سکے گا۔ یہی خوبی پہلے انٹرنیٹ میں تھی جسے آہستہ آہستہ ختم کر دیا گیا تھا گویا کہ ویب (۳) کے آنے کے بعد انٹرنیٹ پھر اپنی اصل شکل کی طرف لوٹ آئے گا۔

ویب (۳) میں آئے ان کی بدولت آپ مشینوں سے بات کر سکیں گے، مشینیں آپ کو بہتر نتیجہ دکھا سکیں گی۔ اسی طرح ویب (۳) میں تھری ڈی کا استعمال آسانی سے ہو سکے گا اور ہر چیز اصل کے قریب آسانی سے نظر آنے کی۔ ویب (۳) کب آ رہا ہے؟ یہ ساری تحریر پڑھنے کے بعد آپ کے ذہن میں یہ خیال آنے کا۔ اسے تو فوراً اچانا چاہیے، تو ہماری بھی یہی خواہش ہے کہ آج ہی آجائے لیکن بڑی کمپنیاں، حکومتیں اور بینکر ز اتنی جلدی اور آسانی سے اس ٹکنالوجی کو نہیں آنے دیں گے۔ امید پر دنیا قائم ہے اچھی امید رکھیں اللہ تعالیٰ خیر کرے گا۔

عمار

## GPS

The global positioning system (GPS) is a revolutionary satellite-based navigation system that provides accurate location and time information to users around the world. Developed by United States Department of Defense, GPS consists of a constellation of satellites orbiting the Earth working with ground-based receivers. Each satellite continuously transmits signals containing information about its location and precise time signals. GPS receivers on Earth capture signals from multiple satellites enabling them to triangulate their own position.

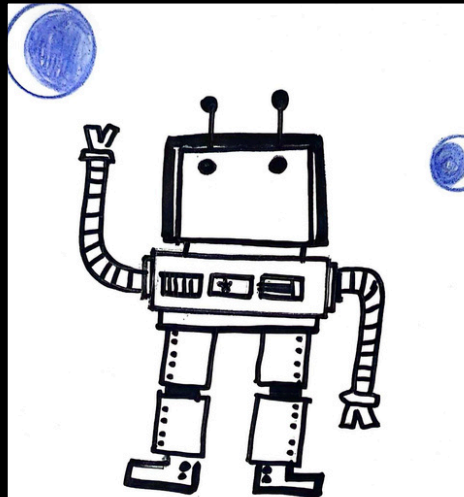
This system was initially made for military purposes and has evolved into an indispensable tool for civilian application. From navigation in vehicles and smartphones to tracking and mapping, GPS has transformed how we navigate and understand special relationship. The accuracy and reliability of GPS have made it an integral part of modern life, enabling not only precise navigation but also facilitating the development of innovative technologies that rely on location-based information. As technologies continue to advance, the role of GPS is likely to expand further influencing our daily lives and contributing to the evolution of various fields.

Mohammad Arzaan Siddiqui

## عَالَمُ الْعُلُومِ وَالْتَقْنِيَّاتِ

كُنْتُ أَفْكُرُ فِي مَوَاضِعٍ عَدِيدَةٍ، لَكِنَّ أَحَدَ الْأَحَادِيثِ كَانَتْ حَوْلَ التَّقْدُّمِ وَالتَّحَوُّلَاتِ فِي عَالَمِنَا. عَالَمِنَا يَتَغَيَّرُ بِسُرْعَةٍ هَائِلَةٍ، الْأَبْتِكَارَاتُ التَّكْنُولُوجِيَّةُ وَالتَّقْدُّمُ الْعِلْمِيُّ غَيْرَ حَيَاتِنَا الْيَوْمِيَّةِ أَعْتَقَدُ أَنَّ التَّطَوُّرَ فِي مَجَالِ الذِّكَاةِ الْأَصْطِنَاعِيِّ مُدْهَشٌ، رَأَيْتُ تَطْبِيقَاتِهِ فِي مَجَالَاتٍ مُتَعَدِّدَةٍ، مِنْ الطَّبِّ إِلَى التَّسَوُّقِ غَيْرِ الْإِنْتَرْنِتِ وَالدِّكَاةِ الْأَصْطِنَاعِيِّ يَفْتَحُ أَفْقًا جَدِيدًا مِنَ الْفُرَصِ وَالتَّحَدِّيَّاتِ. وَمَعَ ذَلِكَ، يَجِبُ عَلَيْنَا أَنْ نَكُونَ حَذَرِينَ فِي اسْتِخْدَامِهِ لِصِمَانِ أَنْ يُخْدِمَ الْإِنْسَانِيَّةَ بِشَكْلِ إِبْجَابِيٍّ وَالتَّحَوُّلَاتِ فِي عِلْمِ الْفَضَاءِ وَاسْتِكْشَافِ الْكَوَاكِبِ إِنَّهُ مُبِيرٌ لِلْعَايَةِ! رَحَلَتْ اسْتِكْشَافُ الْفَضَاءِ نَجْعَلُنَا نَنْظُرُ إِلَى أَفْقٍ جَدِيدٍ وَالْحِفَاطِ عَلَى الْبَيْئَةِ يَجِبُ أَنْ يَكُونَ مِنْ أَوْلَوِيَّاتِنَا، أَنَّ التَّحَدِّيَّاتِ الْبَيْئِيَّةَ تَتَطَلَّبُ جُھُودًا جَمَاعِيَّةً وَتَعَاوُنًا دَوْلِيًّا.

لقمان عابد عمر سن



Syed Ebad Bin Faisal Ali



# CLASS 6-C

## A.I (مصنوعی ذہانت) کا تعلیم میں کردار

ٹیکنالوجی نے ہمیشہ تعلیم و تدریس میں اہم کردار ادا کیا ہے اور اب مصنوعی ذہانت نے تعلیم میں ایک نئے دور کا آغاز کر دیا ہے۔ کیونکہ یہ ہمارے سیکھنے کے طریقے کو تیزی سے بدل رہی ہے۔ اس نے تعلیم کو مزید دلچسپ اور بچوں کو خود مختار بنا دیا ہے۔ یہ ٹیکنالوجی بچوں کو ان کے فہم کے مطابق سیکھنے کا موقع دیتی ہے۔ اس کے ذریعے بچے اپنی دلچسپی کے مطابق سیکھنے کا عمل جاری رکھتے ہیں جو کہ ایک مضبوط تعلیمی عمل کی بنیاد ہے۔ یہ ٹیکنالوجی بچوں کو تعلیمی دشواریاں حل کرنے اور خود سے سیکھنے کے لیے ایک دلچسپ راستہ فراہم کرتی ہے جس راستے پر چل کر وہ خود پریقین کرنے اور مزید ترقی کرنے کے قابل ہو جاتے ہیں۔ ہم اس حقیقت سے انکار نہیں کر سکتے کہ تعلیم و تدریس میں اس ٹیکنالوجی کے کچھ منفی پہلو بھی سامنے آئے ہیں کیوں کہ ایک روبوٹ اتنا اچھا استاد نہیں ہو سکتا جتنا انسان ہو سکتا ہے۔

فرقان فہیم

## The Geometric Blueprint: Shaping Technology and Everyday Life

Geometry is like a secret ingredient in technology that makes cool things happen in our digital world. Imagine your favourite video game or cartoon—it looks so real because of something called geometry. It helps create the 3D shapes and angles that make characters and scenes look amazing. Even when you use your smartphone, the way it feels in your hand and how the screen looks—geometry is behind all of that! Engineers and designers use geometry to make sure our gadgets are not just cool but also easy to use.

Think about it this way: when you draw a square or a circle in your notebook, you're using geometry. Now, imagine that on a computer, but way fancier! That's how they make awesome graphics and design the latest gadgets we all love.

Muhammad Bin Raghib

## USE OF TECHNOLOGY IN WEATHER FORECASTING

In earlier times, they believed that the position of stars and planets could help predict weather patterns. Now, advancement in technology has greatly benefitted in this regard.

Technology helps us to predict weather easily. It can include cameras to take photographs, humidity sensors to measure moisture, thermometers to measure temperature, wind vanes to measure wind speed and sensors to measure air pressure.

The satellite GOES (Geostationary Operational Environmental Satellite) is a weather satellite. It maintains a constant view of the same area of the Earth. GOES gathers images that are useful in forecasting the weather. The Geostationary Operational Environmental Satellite, operated by the United States' National Oceanic and Atmospheric Administration's National Environmental Satellite, Data and Information Service Division, supports weather forecasting, severe storm tracking and meteorology research.

Muhammad Saad

## Decimal Discoveries: Navigating Math and Tech Adventures

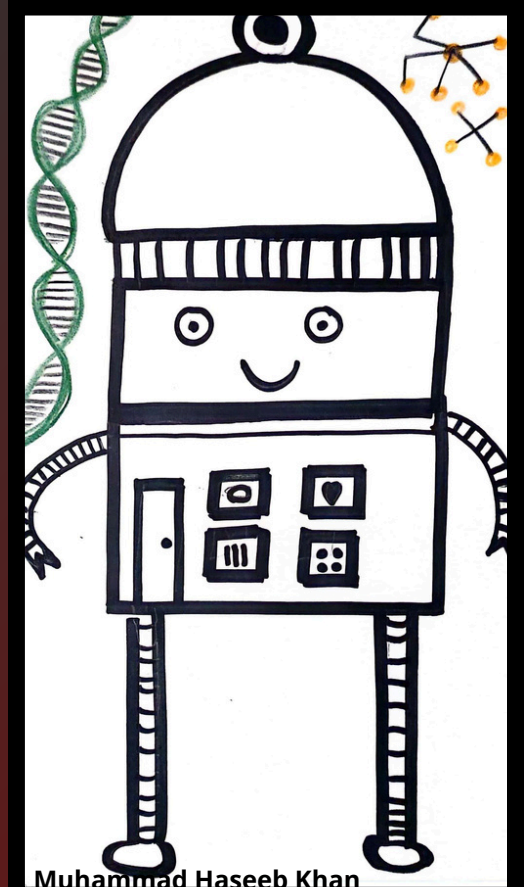
Hey, guess what? Decimals aren't just numbers we use in our maths class - they're like secret agents in the cool world of science and technology! Picture this: you're measuring something super tiny, like the ingredients for a mind-blowing science experiment. Decimals jump in to help, breaking down those tiny amounts into easy-to-understand bits. It's like a decimal magic trick making sure your potion turns out just right!

And get this - when you're coding, which is like telling computers what to do, decimals play a mega-important role.

Computers speak the language of zeros and ones and decimals help them understand the in-between stuff.

Now, let's talk about technology. Ever heard of GPS? That's the amazing system that helps your phone know exactly where you are. Well, decimals are the GPS's best pals! They work behind the scenes, helping the coordinates get super precise. So, the next time you're using a map app to find the coolest ice cream spot in town, thank decimals for guiding you there with pinpoint accuracy. They're like the navigators of the tech world, making sure we never get lost in the sea of awesome discoveries!

Muhammad Abdullah Saleh



Muhammad Haseeb Khan

# CLASS 6-C

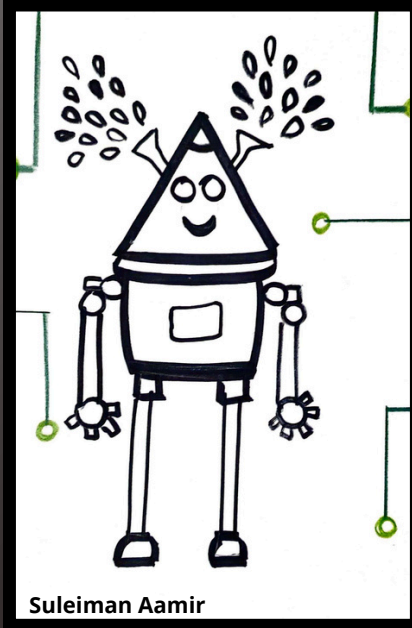
## Unlocking the Tech Code: Numbers in Action!

Did you know that numbers are super cool and important not just for math but also for technology? It's like they're the secret code that makes all our gadgets work! So, let me break it down for you. We use a number system called decimal in everyday life, with numbers like 1, 2, 3, and so on. Think about your favourite game scores or how you count your pocket money – that's all in decimal! But guess what?

Computers, those awesome machines that do so much for us, have their own special number system called binary. It only uses 0 and 1, that might seem a bit strange, but computers are like mathletes that speak this language super-fast to do all the things we need them to do. So, next time you play a video game, just know that behind the scenes, your computer is talking in a language of 0s and 1s!

Now, hold on tight because there are even more number systems out there. There's hexadecimal, which is like a mix of numbers and letters, and octal, which uses only 0 to 7. Imagine you're choosing a paint colour for your room, and instead of saying "blue," you say "3F" (hexadecimal) or "47" (octal). These codes help computers represent colours, and it's like learning different secret codes that help us understand and talk to different parts of technology. Imagine being a number detective and cracking these codes to make awesome things happen on your computer or phone! Numbers are like the superheroes behind the scenes of all our tech adventures, making colours, scores, and all sorts of cool stuff happen!

Muhammad Fuzail



Suleiman Aamir

## 5G کیا ہے؟

ایک وقت ایسا تھا جب انسان پتھر کی دنیا میں رہتا تھا جہاں اسے زندگی گزارنے کے لیے بڑی محنت کرنی پڑتی تھی۔ پھر اللہ کی عطا کردہ عقل سے انسان نے سائنس کی دنیا بسائی، نئے علوم حاصل کیے اور نئی نئی چیزیں بنانا سیکھیں۔ ہم دیکھتے ہیں کہ دنیا میں نئی نئی ٹکنالوجیز سامنے آئیں جیسا کہ کمپیوٹر، موبائل فون اور انٹرنیٹ وغیرہ۔ ان ٹکنالوجیز کی وجہ سے انسان نے اپنے کام کو آسان بنایا۔ پہلے دنیا میں بڑے بڑے کمپیوٹر آئے اور اب یہی کمپیوٹر اسمارٹ فون بن کر ہمارے ہاتھوں میں موجود ہیں۔ اسی فون پر پہلے ویب سائٹ اور ڈیٹا بہت سست روی کے ساتھ چلتا تھا مگر ٹکنالوجی میں ترقی کے ساتھ ٹو جی، تھری جی اور فور جی کے بعد اسمارٹ فون ٹیکنالوجی پانچویں جنریشن میں داخل ہو چکی ہے۔ 5G موبائل نیٹ ورک کی پانچویں جنریشن ہے جسے عملی طور پر ہر کسی اور ہر چیز کو ایک ساتھ جوڑنے کے لیے بنایا گیا ہے۔ وائرلیس کمیونیکیشن کی دنیا میں یہ اس وقت سب سے زیادہ مقبول ہے۔ اس نیٹ ورک میں بہتر رفتار، کم تاخیر، اور ایک ساتھ بہت سارے آلات کو جوڑنے کی صلاحیت شامل ہے۔ توقع ہے کہ مستقبل میں اس میں مزید جدت آتی رہے گی اور یہ ہمارے ارد گرد کی دنیا میں انقلاب برپا کر دے گا۔

محمد عثمان فاروقی

## Advantages and Disadvantages of Science and Technology

Science is the systematic study of structure and behaviour of physical and natural world through observations and experiments whereas technology is the practical implementation of science.

So, science and technology both work hand in hand as one is not possible without the other. If we look around ourselves, we realize that from use of refrigerator and air conditioning to smart phones and flying taxis is all possible because of technological advancement.

Computer, internet and smart phones have revolutionized the traditional way of working. As we had seen in Covid-19 how technology helped us to continue our studies by taking online classes and it introduced the remote style of working. Life would be difficult without the use of science and technology. There are a lot of advantages of science and technology such as Stephen Hawking's invention that when he would blink his eyes, the invention would start typing what he was trying to say. Similarly, robots as waiters in hotels, auto pilot planes and autopilot cars have made life easy.

The disadvantages include excessive screen time that results in weak eyesight, children use Chat GPT and other AI tools to do their assignments that decrease their creativity. There was a time when people used to memorize phone numbers and now it is all on phone contact lists.

The use of technology is beneficial when done within limits as excessive use of anything is bad.

Abdul Rafay

## عَالَمُ الْعُلُومِ وَالتَّقْنِيَّاتِ

عَالَمُ الْعُلُومِ وَالتَّقْنِيَّاتِ يُسَهِّلُ حَيَاةَ الْبَشَرِيَّةِ وَيُطَوِّرُ الْحَيَاةَ وَيُحَدِّدُ مُسْتَقْبَلَنَا. يَشْمَلُ هَذَا الْعَالَمُ الْوَاسِعَ مَجْمُوعَةً مِنَ التَّخَصُّصَاتِ مِثْلَ الْهَنْدَسَةِ، وَالْعُلُومِ الْخَاصَةِ، وَالطَّبِّ، وَالْعُلُومِ الْفَضَاءِ، وَالْإِنْجِنَارَاتِ التَّكْنُولُوجِيَّةِ. مِنْ خِلَالِ التَّقْنِيَّاتِ الْمُتَقَدِّمَةِ، نَشْهَدُ تَحَوُّلَاتٍ هَائِلَةً فِي كَيْفِيَّةِ تَفَاعُلِنَا مَعَ الْعَالَمِ مِنْ حَوْلِنَا. تَقْنِيَّاتِ الذِّكَااءِ الْإِصْطِنَاعِيَّ وَالْعَلْمِ الْإِلَهِيِّ تَحْدُثُ ثَوْرَةً فِي مَجَالَاتٍ مِثْلَ التَّشْخِيصِ الطَّبِّيِّ وَالتَّنْبُؤِ بِالظَّوَاهِرِ الْبَيْنِيَّةِ. فِي مَجَالِ الطَّبِّ، تَقْنِيَّاتِ التَّجَسُّسِ الْحَيَوِيِّ وَالْجِينُومِيكَا تَمْنَحُنَا أَغْمَقَ لِلْأَمْرَاضِ وَتَفْتَحُ أَفْقًا جَدِيدًا لِلْعِلَاجَاتِ الشَّخْصِيَّةِ. وَفِي عُلُومِ الْفَضَاءِ، نَرَى تَقْدُّمًا مُسْتَمِرًّا فِي اسْتِكْشَافِ الْكَوَاكِبِ وَالْفَهْمِ الْأَغْمَقِ لِلْكَوْنِ عَالَمِ الْعُلُومِ وَالتَّقْنِيَّاتِ يَدْفَعُنَا نَحْوَ مُسْتَقْبَلِ مَلِيٍّ بِالْإِنْجِنَارِ وَالتَّحْدِيَّاتِ الْمُثِيرَةِ. يَتَطَلَّبُ اسْتِمْرَارُ هَذَا التَّقْدُّمِ التَّفَاعُلَ الْإِذَائِمَ مَعَ التَّكْنُولُوجِيَا وَالِاسْتِيفَادَةِ مِنْ إِمْكَانِيَّاتِهَا فِي خِدْمَةِ إِنْسَانِيَّةٍ أَكْبَرَ بَيْنَهُ وَأَفْضَلَ.

عمر يوسف



# CLASS 6-C

## Technology

Many people do not like science but love technology because of the fun that they could do but don't know the relation of it with science itself. Well, then technology is the application of science that means it's the result, so if science won't be there then technology won't exist. Here we talk about what main things the mobile phone provides us. Entertainment is one of those and you know if there would be nothing to do so you can end up being sick of depression. When talking about online banking and finance, mobile phones are excellent ways to organize your finance and you can check everything whenever you want. Have you ever wondered how messages were carried in the past? There were postmen who carried the messages and this was the hardest job to do. But after mobile phones became common, the post offices were hardly used as with mobile phones things are just a click away.

**Syed Riaz Qadir Kazmi**

## Easy Walking.

These might look like skates, but they're actually battery powered shoes with wheels. They let you walk normally - just faster and more easily. Moonwalkers are made by shift robotics. They use Artificial intelligence (AI) to sense when you're speeding up or slowing down and you can adjust them accordingly. The wheels lock when you're taking the stairs. With moonwalkers, you can walk up to a speed of 7 MPH. That's more than twice as fast as the average gait. You can go further without tiring out.

**Muhammd Sudaim**

## عَالَمُ الْعُلُومِ وَالتَّقْنِيَّاتِ

سَأَتَنَاوَلُ فِي هَذَا الْمَوْضُوعِ بَعْضَ الْجَوَابِ الْمُهَمَّةِ لِلْعِلْمِ وَتَكْنُولُوجِيَا هُمَا الْمَحْرَكَانِ الرَّئِيسِيَّانِ لِتَقْدَمِ الْبَشَرِيَّةِ وَتَحَوُّلَاتِهَا . فِي هَذِهِ الدُّنْيَا الْمُتَقَدِّمَةِ ، أَصْبَحَ الْعِلْمُ وَالتَّكْنُولُوجِيَا جِسْرًا خَدِيدًا يَرْبُطُ بَيْنَ الْمَاضِي وَالْمُسْتَقْبَلِ ، حَيْثُ يَتَسَارَعُ التَّقَدُّمُ بِخُطَى سَرِيعَةٍ نَحْوَ عَوَالِمٍ غَيْرِ مُتَوَقَّعَةٍ . فِي مَجَالِ الْعِلْمِ ، يَعْمَلُ الْعُلَمَاءُ عَلَى فَتْحِ أَسْرَارِ الْكَوْنِ وَفَهْمِ تَفَاصِيلِ صَغِيرَةٍ جِدًّا مِنْ وَاقِعِنَا . الْبَحْثُ فِي مَجَالَاتِ الْفِيْزِيَاءِ وَالْكِيمِيَاءِ وَالْأَحْيَاءِ يُشَكِّلُ جُهِودًا مُتَكَامِلَةً لِتَطْوِيرِ تَقْنِيَّاتٍ جَدِيدَةٍ وَفَهْمِ غَمِيقٍ لِبُطُوَاهِرِ الْحَيَاةِ . يُظْهِرُ الطَّبِيعِيُّ وَالْإِصْطِنَاعِيُّ بَدَأَ فِي يَدِ لِنَحْسِبِينَ صَحَّةَ الْإِنْسَانِ وَجَعَلَ حَيَاتِنَا أَفْضَلَ . أَمَّا فِي عَالَمِ التَّكْنُولُوجِيَا ، فَإِنَّ الْإِيْكَارَاتِ تَتَلَحَّحُ بِسُرْعَةٍ فَائِقَةٍ . الذِّكَاؤُ الْإِصْطِنَاعِيُّ يُعَزِّزُ مِنْ قُدْرَاتِنَا الذَّهْنِيَّةِ وَيَخْدُثُ تَحَوُّلَاتٍ فِي مَجَالَاتٍ مِثْلِ التَّعْلَمِ الْآلِيِّ وَالتَّخْلِيلِ الصَّخْمِ لِلْبَيِّنَاتِ . يَكْنُولُوجِيَا الْمَعْلُومَاتِ تَغْزُو حَيَاتِنَا الْيَوْمِيَّةَ ، مِنْ الْهَوَاتِفِ الذَّكِّيَّةِ إِلَى الشَّبَكَاتِ الذَّكِّيَّةِ ، مِمَّا يَجْعَلُ الْعَالَمَ أَكْثَرَ انْتِصَالًا وَتَفَاعُلًا . عَلَى الرَّغْمِ مِنْ هَذِهِ التَّحَوُّلَاتِ الرَّائِعَةِ ، عَلَيْنَا أَنْ نَسْتَحْدِمَ الْعِلْمَ وَالتَّكْنُولُوجِيَا بِطَرِيقَةٍ مَسْئُولَةٍ وَمُسْتَدَامَةٍ .

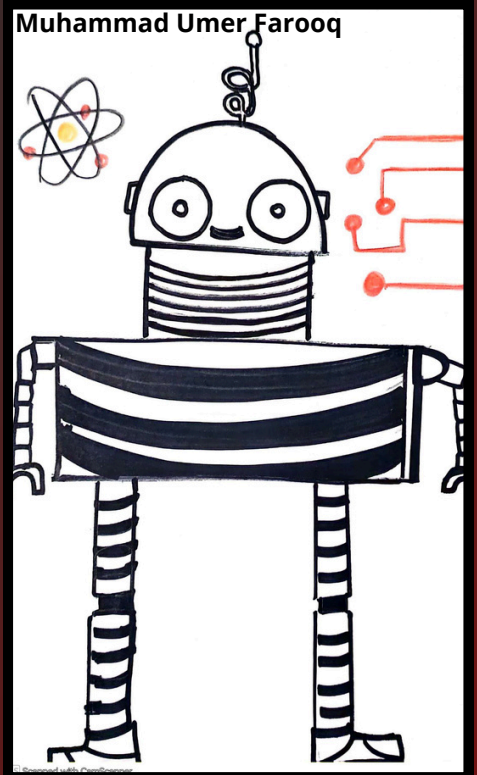
مرزاعبد الاحديبگ

## The World of Science and Technology

The words science and technology themselves are very interesting. Science is the study of nature and of the subjects in my class. Whereas technology is just the branch of science. Half of the world uses technology in literally everything and rest of it are shifting towards it. The use of technology makes life really easy and makes it entertaining. Examples of technology are cars, fans, lights and machines.

Technology is the application of conceptual knowledge for achieving particular goals. If you want to make your name in being one of the greatest in using technology, you will have to invent things. Whereas science it is all about discoveries. The use of science is never harmful. On the other hand, the use of technology can be harmful. I think that we should be careful in using science and technology both.

**Suffiyan Bin Imran**



# MESSAGE FROM THE CLASS TEACHER 6-D

I am writing to express my sincere appreciation to the entire class for your outstanding behaviour and discipline. Your collective commitment to upholding classroom rules and demonstrating respect towards one another has truly made a positive impact on our learning environment. It is evident that each of you takes pride in being responsible and respectful students and I commend you all for your exemplary conduct. Continue to uphold these values, and I have no doubt that you will achieve great things, both inside and outside the classroom.

**Bilal Jilani**



# CLASS 6-D

## جدید ٹیکنالوجی کے فائدے اور نقصانات

ٹیکنالوجی کا سب سے بڑا فائدہ اس کی کارکردگی اور پیداواری صلاحیت کو بہتر بنانا ہے۔ کمپیوٹرز کی مدد سے کاروبار بڑی مقدار میں ترقی کر سکتا ہے۔ پہلے سے کہیں زیادہ تیزی سے فیصلے کر سکتے ہیں۔ اس سے کمپنیوں کو اپنے منافع کو بڑھانے میں مدد مل سکتی ہے۔ ٹیکنالوجی نے ملازمین کے لیے دور سے کام کرنا اور ورچوئل میٹنگ سوفٹ ویئر اور دیگر تعاون کے ٹولز کے ذریعے اپنے ساتھیوں کے ساتھ جڑے رہنا ممکن بنا دیا ہے۔ یہ لچک کو بڑھانے اور کاروبار کے اخراجات کو کم کرنے میں مدد کر سکتا ہے۔ ٹیکنالوجی لوگوں کے معیار زندگی کو بہتر بنانے میں بھی اہم کردار ادا کر سکتی ہے۔ جدید ٹیکنالوجی نے جس طرح سے ہمارے لیے آسانیاں پیدا کی ہیں، اسی طرح اس کے نقصانات بھی بڑی تعداد میں دیکھنے کو ملتے ہیں۔ جہاں ایک چیز کے فائدے ہوتے ہیں، وہیں اس کے نقصانات بھی ہوتے ہیں۔ ماضی میں جو مشکلات ٹیکنالوجی نہ ہونے کی وجہ سے درپیش تھی، وہ اب کافی حد تک حل ہو چکی ہے۔ ٹیکنالوجی نے ہماری بہت سی مشکلات کو آسانی میں تبدیل کر دیا ہے۔

محمد عمار

## The World of Science and Technology.

Science and technology play an important role in our daily lives. The pursuit of scientific knowledge and its application to achieve practical ends, makes us surrounded by technology. So much that it feels like we cannot deal without it in our everyday life. Emerging branches of information technology like educational technology that allows distance-learning (such as Google Classrooms), communication technology (like mobile phones and social media apps), operational technology (used in large-scale manufacturing factories and oil refineries), Robotics and last but not the least, artificial intelligence (AI) are taking over the world by storm. Science and technology not only increase our productivity and efficiency, but have also ground-breaking advances in health sciences, they have also increased our life expectancy.

Now, if we talk about out of our planet Earth, then science and technology has helped us to make great discoveries in the universe, like previously with the help of Hubble Telescope and now with the new-age James Webb Space Telescope.

While Science and Technology has brought great benefits to humankind, we should also be aware of their abuse and misuse which can cause critical situations for us humans and our environment. They are a tool, like a hammer. You can build beneficial things with a hammer, but the same things can also be destructive. Similarly, if you misuse them, they can cause great destruction in a society. For example, you can either utilize science and technology to build nuclear power plants and treat patients with nuclear medicine, or you can misuse them to make nuclear weapons which causes death and destruction at a very large scale.

In the end, I would like to conclude with the message of the very first 'Wahi' that says "Read! In the Name of your Lord Who Created". (Surah Al-'Alaq -Verse 1)

All scientific knowledge and technological advancement should be subservient to the Guidance of our Lord, which would benefit the humanity at large instead of causing us harm.

Affan Ahmed Usmani

## Science and Technology.

In this day and age, science and technology has taken over the world. Artificial intelligence has helped overcome numerous obstacles in a man's life. Science and technology go hand in hand by doing things man never knew were possible. Over the years it has advanced a lot.

Man has been able to develop autonomous cars by combining the knowledge of sensors, cameras, radar and AI, all of which are the fruits of science and technology. Science and technology have improved healthcare over the past decades and has introduced innovative patient care machines such as MRIs. Science and technology are providing access to infinite sources of material in education. Through a click of a single button, a student can research about anything and everything.

On the other hand, we cannot ignore the negative impacts of science and technology on our society. Blackmailing, cyber bullying and misuse of internet have led to corruption and increase in disconnection to the real world. It has made a person's life sedentary which leads to physical and mental illnesses.

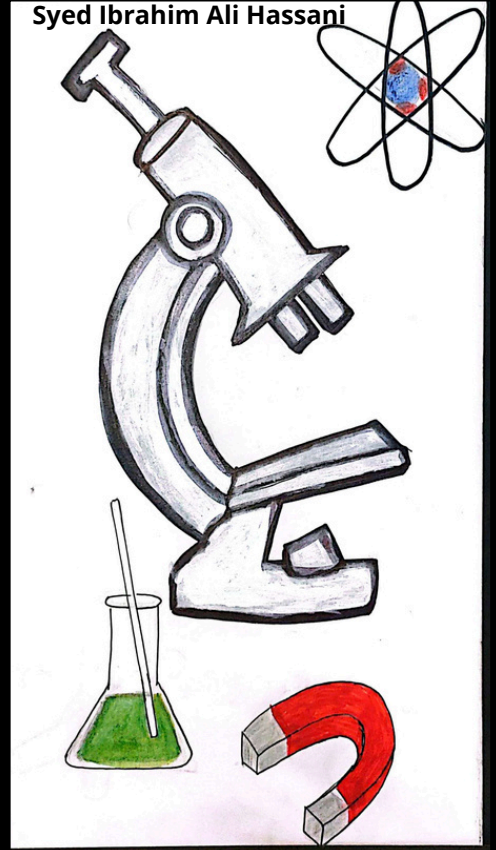
Anas Khalid

## Technology

Science is the study of nature by making observation and doing experiments. It includes biology, astronomy, physics, chemistry and geology. The application of science is known as technology. It includes bio-technology, food technology, space technology, medical technology and rail technology. My favourite form of technology includes mobile, different gadgets and television.

Syed Ibadullah

## Syed Ibrahim Ali Hassani



# CLASS 6-D

## Science and Technology

Science is the backbone of every single thing we see around us, be it the appliances, gadgets, machinery or cars. It has evolved so rapidly that every human being is now dependent on science and its inventions. Science has contributed so much in the development of a nation and it plays a significant role in our daily lives as well.

With the help of science and technology, we're able to live easily and freely. Nowadays, our lives are completely going easily with the help of both these things. Phones, which are now a necessary part of our life, are the creation of science and technology. Earlier, it used to take days and nights to travel from one place to another but now with our inventions of airplane and vehicles, we can travel to any place in a couple of hours.

In addition, Science has impacted the education sector such as, smart learning and the inventions of computers has made the studies effective and easier. On the other hand, there are some abuses and misuses of science and technology. Cyber-bullying by gadgets can affect our brain and it could mentally torture us. We could pollute our Earth by machines like coal-mining and manufacturing industries. But there are some limitations of science and technology like, it can't prevent earthquakes and disasters.

Muhammad Taimoor

## How Science and Technology Helped in Advancement of

### Mankind

We all know that we live in the age of science and technology. The life of every one of us is highly dependent on scientific inventions and modern-day technologies. It has made life easy, simple and fast. Science is the systematic study of the natural world and it's a process that expanded our knowledge dramatically over the last 400 years.

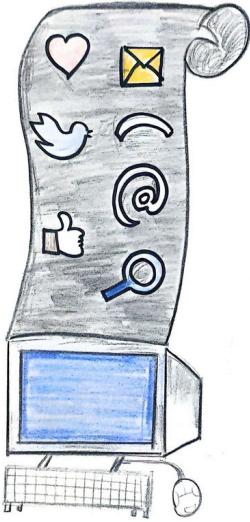
Technology is when we apply our scientific knowledge to achieve a particular goal.

In the new era, the development in science has become a necessity to end the era of bullock carts and start the trend of motorized vehicles. One of the most basic technologies, the wheel, has one of the biggest impacts. The wheel has allowed us to transport goods and people from one place to another place making trade easy and communication quicker. Similarly, advancement in medical technologies have saved thousands of lives by introducing the first antibiotics called Penicillin in 1928.

Communication technology such as the telephone have completely reshaped human history. Today, we can communicate by telephones, mobiles and the internet.

Kanwar Abdul Rafay

Haider Ali



## عالم العلوم والتكنولوجيا

عالم العلوم والتكنولوجيا هو عالم مدهش يعبر عن تفوق الإنسان في استكشاف أعماق المعرفة وتقديم حلول مبتكرة للتحديات الحديثة. يتسارع التقدم العلمي والتكنولوجي بسرعة هائلة، حيث يتكامل الباحثون والمهندسون لابتكار أدوات وتقنيات جديدة تغير وتحسن حياتنا اليومية. يساهم العلم في كشف أسرار الطبيعة وتفسير ظواهرها، بينما تقوم التكنولوجيا بتشكيل مستقبلنا وتحسين أدائنا في مختلف الميادين. من الذكاء الاصطناعي إلى الاستدامة والطاقة النظيفة، يعتبر هذا العالم مصدرًا حيويًا للابتكار والتطوير، يساهم في تحقيق تطلعاتنا نحو عالم أكثر تقدمًا وتنوعًا.

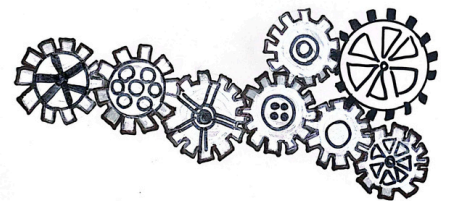
محمد حاشر خان

## ٹیکنالوجی اور ہماری زندگی

ٹیکنالوجی ہماری روزمرہ زندگی کا لازمی حصہ بن چکی ہے۔ اسمارٹ فونز سے سوشل میڈیا تک، ٹیکنالوجی نے ہمارے رابطے اور معلومات حاصل کرنا بہت آسان کر دیا ہے۔ جیسے جیسے ٹیکنالوجی آگے بڑھ رہی ہے، اس نے ہماری زندگی کے مختلف پہلوؤں کو بھی متاثر کیا ہے، جس طرح ہم کام کرتے ہیں اور کاروبار کرتے ہیں، جس طرح سے ہم سیکھتے ہیں اور تفریح حاصل کرتے ہیں۔ تاہم، جیسا کہ ہم ٹیکنالوجی پر زیادہ انحصار کرتے ہیں، ٹیکنالوجی پر ہمارے انحصار کے ممکنہ نتائج اور فوائد پر غور کرنا ضروری ہے۔

جدید ٹیکنالوجی کے استعمال نے روزمرہ کی زندگی کے تقریباً ہر پہلو کو بدل دیا ہے۔ تفریح سے لے کر صحت کی دیکھ بھال تک، ٹیکنالوجی نے لوگوں کے لیے اپنی ضرورت کی معلومات اور خدمات تک رسائی کو آسان بنا دیا ہے۔

محمد ذویب



Muhammad Usman Majid



# CLASS 6-D

## Disadvantages of Cell Phones

Nowadays cell phones are seen in everybody's hands. We use cell phones very much as we know that it's essential for us these days. Despite its benefits, it has harmful effects on our health as well. We are using cell phones in the dark which can affect our eyesight. People now listen to music while driving and it's a dangerous thing which causes a lot of accidents. WhatsApp is becoming a new trend and because of it we don't have time to meet relatives. So, we simply make a call and ask about their updates which means that cell phones have created distance between people. Apart from this, students' study time is reduced because of browsing, chatting and scrolling Facebook and Instagram. Students waste hours on cell phones in useless things which makes them cell phone addicts and they cannot spend their day without it. There are also many security problems in cell phones which can leak the private information, photos and videos on the phone.

Khizar Raheel

## Science Explorers: Solving Mysteries with Maths!

Hey there! Let's go on an adventure into the world of science and maths! Imagine you're playing with a spinner toy. You know, the ones with different colours? Well, when you spin it, you're discovering chances! Scientists use similar ideas to guess what might happen in experiments, like whether a plant will grow tall or stay small.

Now, think about a weather report you see on TV. Ever wondered how they know if it'll be sunny or rainy? They use math to make guesses, kind of like how you might guess if it'll rain based on the clouds outside your window.

And have you heard about robots? They're like helpers we can teach to do tasks for us. But before they can do anything, we have to guess what might happen next in a situation. That's where math helps! It's like solving a puzzle to figure out the best way for the robot to do its job.

Math helps us make guesses and solve mysteries in science and technology!

Muhammad Saim

## ٹیکنالوجی کے انسانی زندگی پر اثرات

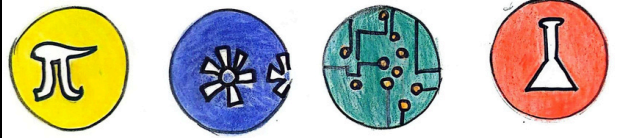
ٹیکنالوجی کے استعمال سے ہر میدان میں زبردست تبدیلی دیکھنے میں آئی ہے۔ ایک اہم ترین طریقہ جس میں ٹیکنالوجی نے روزمرہ کی زندگی کو متاثر کیا ہے وہ اسمارٹ فونز اور انٹرنٹ کا استعمال ہے۔ ان ٹولز نے لوگوں کے لیے ایک دوسرے سے جڑے رہنا اور کسی بھی وقت کہیں سے بھی معلومات تک رسائی کو ممکن بنایا ہے۔ سوشل میڈیا پلیٹ فارم لوگوں کے دوستوں اور کنبہ کے ساتھ جڑے رہنے کے ساتھ ساتھ خبروں اور معلومات کا اشتراک کرنے کا ایک اہم طریقہ بھی بن گیا ہے۔

ٹیکنالوجی سے مریضوں کے لیے دور دور سے صحت کی دیکھ بھال کرنے والوں سے مشورہ کرنا بھی ممکن بنا دیا ہے، جو خاص طور پر ان لوگوں کے لیے فائدہ مند ہو سکتا ہے جو گاؤں میں رہتے ہیں۔

ٹیکنالوجی ایک معلومات اور علم حاصل کرنے کی صلاحیت ہے۔ انٹرنیٹ اور آن لائن پڑھائی نے لوگوں کے لیے کسی بھی موضوع پر معلومات حاصل کرنے کو ممکن بنایا ہے، جو اپنے ارد گرد کی دنیا کے بارے میں ان کی سمجھ اور معلومات کو بہتر بنانے میں مدد کر سکتے ہیں۔ ٹیکنالوجی سے لوگوں کے معیار زندگی کو بہتر بنانے میں مدد ہو سکتی ہے۔

عمر آفاق صدیقی

## Science & Technology

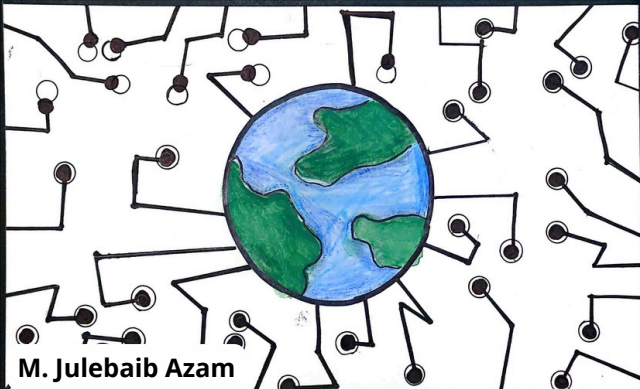


Muhammad Ibrahim

## عالم العلوم والتكنولوجيا

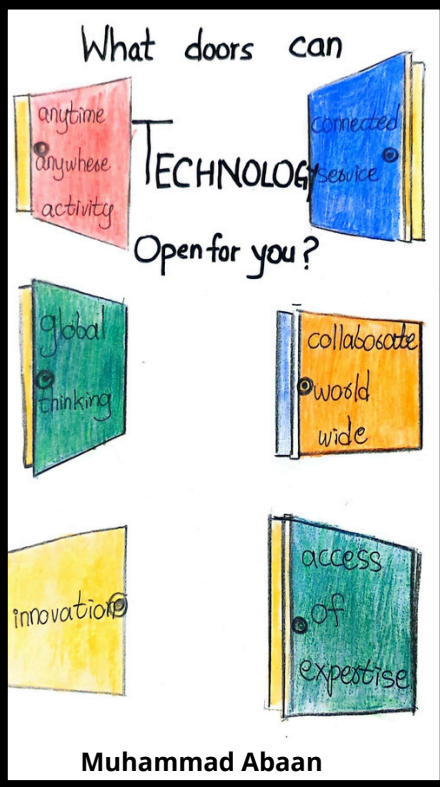
عالم العلوم والتكنولوجيا يشكل مجالاً مثيراً ومتطوراً حيث تتلاقى الابتكارات والاكتشافات لتحقيق تقدم هائل. يتسارع التطور التكنولوجي بشكل متسارع، مما يفتح أفقاً جديداً لفهمنا واستكشافنا للعالم من حولنا. في هذا العالم المثير، تتلاعب العلوم بالقوانين الطبيعية لتحل الألغاز وتوفر حلاً للتحديات التي تواجه البشرية. التكنولوجيا، من جهة، تنقلنا إلى عصر الاتصالات والتفاعل الرقمي، حيث تحدث الابتكارات التقنية تغييرات جذرية في حياتنا اليومية. إن هذا العالم المثير يعكس إرادة الإنسان في تحسين وتسهيل حياته من خلال العلم والتكنولوجيا، ويمثل محطة مهمة في تطور المستقبل.

گل محمد



M. Julebaib Azam

# CLASS 6-D



Muhammad Abaan

## Numbers: The Cool Sidekicks of Science and Technology!

Did you know numbers are like superheroes in the world of science and technology? Let's think about when you're counting the number of stars in the sky or petals on a flower. Numbers help us understand and describe the world around us!

Now, let's talk about something you might use every day - a clock! Numbers on a clock help us tell time and plan our day. When you see the numbers on the clock, they're like little guides helping you stay on track.

Have you ever played with a thermometer? It measures temperature using numbers! It tells us how hot or cold something is. So, when you check the thermometer before heading outside to play, you're using numbers to help you dress just right.

Next time you're exploring science or using technology, remember: numbers are there to help us understand and enjoy the amazing world we live in!

Umer Jamal

## عالم العلوم والتكنولوجيا

عالم العلوم والتكنولوجيا يمثل واحدة مذهلة للابتكار والتقدم الذي يشكل عمقاً لتطور الإنسان. في هذا العالم المثير، تتسابق الأفكار الرائدة والاكتشافات الهائلة لتحقيق طفرات في مجالات متعددة. العلم ينظر بعمق إلى أسرار الطبيعة، مساهماً في فهمنا لظواهر غامضة وتوفير حلولاً للتحديات الكبيرة. من جهة أخرى، تنطلق التكنولوجيا بقوة لتحول حياتنا وتجعلها أكثر فعالية وراحة. من التطورات الطبية إلى الذكاء الاصطناعي والطاقة المستدامة، يشكل هذا العالم المتقدم مركزاً حيوياً للتطوير والتحسين المستمر، يعكس تفاني الإنسان في بناء مستقبل أكثر إشراقاً وتقدماً.

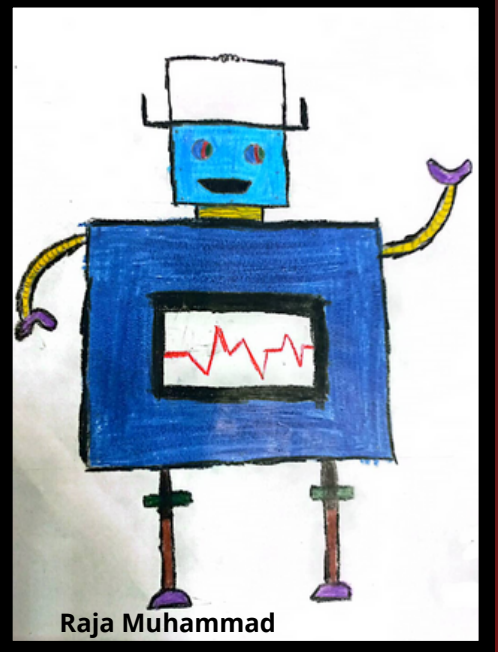
أويس شاه

## Maths: The Silent Force in Science and Technology Explorations

Maths, which is all about numbers, is like the secret code that helps scientists and technologists understand and do cool things. Imagine you're a scientist studying how things move. To figure that out, you use maths like adding, subtracting, multiplying and dividing. These tricks help scientists make predictions and understand how the world works. For example, if you throw a ball, maths helps us calculate how fast it's going to fly and where it will land.

Now, let's talk about technology, like the smart devices we use every day. Maths is the superhero behind the scenes. When you ask a computer to find something on the internet, it uses maths to search super fast. In video games, maths helps create characters and make them move. Even in money matters, like when your parents plan a budget, maths is there to help them add up expenses and make smart decisions. So, whether you're exploring the mysteries of science or enjoying the wonders of technology, maths is your trusty sidekick, making everything work smoothly.

Bazil Khan



Raja Muhammad



# Climate Change



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# MESSAGE FROM THE CLASS TEACHER 7-A

نئی نسل کے ذہنوں اور کردار کی تشکیل میں استاد نمایاں کردار ادا کرتے ہیں۔ وہ طالب علم کی زندگی پر ان مٹ نقوش چھوڑ جاتے ہیں۔ اپنی لگن، خلوص اور جذبہ ہمدردی کے ذریعے وہ اپنے طلبہ کی کامیابی کو تشکیل دیتے ہیں۔ لیکن ایک استاد کا تعلیمی سفر اس وقت تک ادھورا ہے جب تک اسے ایک اچھا طالب علم نہ ملے۔ ایک ایسا طالب علم جو بے پناہ صلاحیتوں کا مالک ہو، اس میں آگے بڑھنے کا جذبہ ہو، جو زندگی کی مشکلات کو اپنے پیروں تلے روند کر کامیابی کی سیڑھیاں چڑھنے کا فن جانتا ہو۔

الحمد للہ! میری جماعت میں وہ تمام خوبیاں موجود ہیں جو ایک بہترین طالب علم میں ہونی چاہئیں۔ وہ تمام طالبات مستقبل کی معمار ہیں۔ ہر موقع پر میں نے انہیں اپنی صلاحیتوں کے جوہر دکھاتے ہوئے دیکھا ہے۔ نصابی سرگرمیاں ہو یا غیر نصابی، انہیں ہر دفعہ میدان مارنے دیکھا ہے۔ وہ زندگی میں چیلنجز کا ڈٹ کر سامنا کرنا جانتی ہیں، ان کے مقاصد متعین ہیں، وہ ایک مثالی طالب علم کی طرح پڑھائی میں پیش آنے والی مشکلات سے گھبرانے کی بجائے ان کے حل کی جانب غور کرتی ہیں۔ وہ "مجھ سے نہیں ہو سکتا" کے بجائے "میں یہ کر سکتی ہوں" کے فارمولے پر عمل کرتی ہیں۔ وہ اپنے مسائل کے حل کے ساتھ ساتھ دوسروں کی بھی بہترین راہنمائی کرتی ہیں۔ ان کی یہ ہی خصوصیات انہیں اساتذہ کا پسندیدہ، دوستوں کے لیے بہترین، والدین اور اسکول کے لیے باعث فخر بناتی ہیں۔

میری دعا ہے کہ اللہ ان تمام طالبات کو دین کی سمجھ اور عافیت نصیب فرمائے۔ اپنے والدین اور اساتذہ کے لیے صدقہء جاریہ بنائے۔ آمین

شگفتہ جاوید



# CLASS 7-A

## آلودگی سے بچاؤ کے طریقے

موسمیاتی تبدیلی سے مراد مختلف موسموں کے لیے زمین کے معمول کے موسمی انداز میں تبدیلی ہے۔ یہ بہت سے اندرونی اور بیرونی عوامل کی وجہ سے ہوتا ہے۔ گزشتہ چند دہائیوں میں موسمیاتی تبدیلی ایک عالمی تشویش بن گئی ہے۔ اس کے علاوہ یہ موسمی تبدیلیاں زمین پر زندگی کو پورے طریقے سے متاثر کرتی ہے۔ موسمی تبدیلیوں کی وجہ سے پودوں اور جانوروں پر بہت زیادہ اثرات مرتب ہوتے ہیں۔ ان تبدیلیوں کی وجہ سے پودوں اور جانوروں کی بہت سی انواع معدوم ہو چکی ہیں۔ انسانی سرگرمیوں کی وجہ سے آب و ہوا بہت پہلے ہی تبدیل ہونا شروع ہوئی لیکن ہمیں اس کا علم پچھلی صدی میں ہوا۔ پچھلی صدی کے دوران ہم نے موسمیاتی تبدیلیوں اور انسانی زندگی پر اس کے اثرات کی تعریف کرنا شروع کی۔ ہم نے موسمیاتی تبدیلیوں پر تحقیق شروع کی اور ہمیں معلوم ہوا کہ گرین ہاؤس گیس کی وجہ سے زمین کا درجہ حرارت کم ہو رہا ہے۔ زمین کی سطح کے گرم ہونے سے ہماری زراعت، پانی کی فراہمی، نقل و حمل اور دیگر کئی ادارے متاثر ہوتے ہیں۔ تو اگر ہم حیاتیاتی ایندھن کا استعمال کریں، ری سائیکل شدہ میٹریل کا استعمال کریں، جنگلات کی کٹائی کو کنٹرول کریں تو ہم گرین ہاؤس گیسوں کو کم کرنے کے قابل ہو سکتے ہیں جس سے پودوں جانوروں اور انسانوں پر اثر کم پڑے گا۔

فائزہ طاہر

## Climate Change- Causes & Solutions

Climate change is the long-term shift in temperatures and weather patterns. The causes of climate change are usually heat-trapping greenhouse gases and the Earth's climate, changes in the Earth's orbit and rotation. Climate change causes more frequent wildfires, longer periods of drought in some regions and an increase in the wind intensity and rainfall including tropical cyclones. All of this is global warming.

Global warming has a lot of effects on us and animals as it causes glaciers to melt resulting in no homes for polar bears and highwater levels, forests burn down (deforestation) which leaves no home for birds and forest animals. There are less trees meaning less oxygen which causes breathing problems and the increasing of ozone gasses.

What can we do to reduce climate change? We can save energy at home. Much of our electricity and heat are powered by coal, oil and gas, lots of harmful gasses are produced because of vehicles so we can try to walk or take public transport. To stop excessive greenhouse gasses, we can plant more trees around us so that there is more oxygen and less breathing issues. We can also debate and post on social media about climate change so people will be more aware about Earth and our surroundings. The stark warning comes from ex-NASA scientist James Hansen, who is the lead author of the report. In 1988, he famously and accurately warned that human-caused warming would soon emerge from the background noise of natural variability. His study finds that global warming has been accelerating since 2010 and that this will soon become clear in the data. Specifically, it notes that a warming rate of  $0.18^{\circ}\text{C}$  ( $0.32^{\circ}\text{F}$ ) per decade, recorded between 1970-2010, will spike to  $0.27^{\circ}\text{C}$  ( $0.48^{\circ}\text{F}$ ) per decade after 2010.

Edeenah Salman Mirza

## WHY IS MATHS USED IN CLIMATE CHANGE?

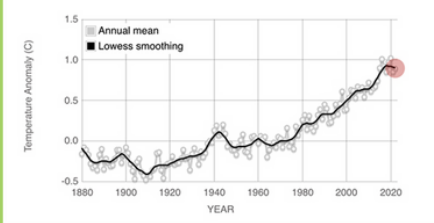
It allows us to quantify and predict the effects of external, natural and anthropogenic perturbations on the climate system.

The Melting Artic:

Mathematic is used to predict how much longer the ice will be around and assessing the impact of ice on the rest of the planet, this may affect the melting of ice in a glacier. The melting of a glacier may increase the levels of water and cause climate change.

Global Temperature:

The temperature in 2022 was 1.55F warmer than the 20th century, average of 57.0F



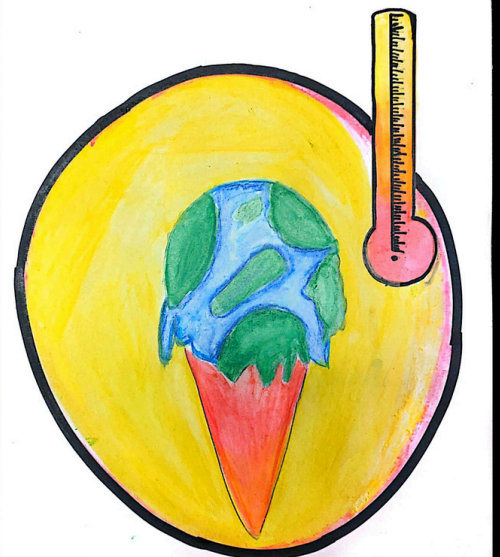
Huma Danish

## تغییر المناخ

المناخ هو الطقس الذي يستمر لفترة طويلة في مكان معين ونحن نعيش تحت المناخ ولكن في بعض الأحيان يحدث تغيير فيه، هناك أربعة فصول في السنة ويختلف المناخ خلال هذه الفصول ويتغير المناخ ببطء.

يتغير المناخ بسبب ممارسة الأنشطة اليومية الإنسانية والأسباب الرئيسية لتغيير المناخ عديدة سأكتب بعض منها هنا: 1: أننا نستخدم الكثير من الطاقة، الكهرباء والوقود في قيادة السيارات والمصانع فيتسارع الدخان السليبي منها فهذا الدخان يجعل الجو أكثر حرارة فهذا العمل يؤدي إلى تغيير المناخ. 2: وكذلك نرمي النفايات في الهواء فيصبح الهواء غير نظيف فيتسبب في تغيير المناخ. 3: وعندما نقوم بقطع الأشجار التي تساعدنا في تنظيف الهواء وإزالة ثاني أكسيد الكربون ولكن عندما نقطعها فيزيد الغاز الحار ويتغير بذلك المناخ. 4: المصانع التي تصنع الكثير من الأشياء تستخدم الكثير من الكهرباء والوقود مما يجعل المناخ يتغير. 5: عندما نسافر كثيرا بالطائرات فيطلق الطيران الغازات الكثيرة التي تجعل الجو أكثر حرارة. لا بد لنا أن نستخدم الكهرباء بحذر وأن نتخلص من النفايات بشكل صحيح ونزرع الأشجار الكثيرة مما تساعدنا في تنظيف الهواء والبيئة.

ماریة میسیاء



Aqsa

# CLASS 7-A

## Bearing the Change

Another cold wintery night engulfed the icy landscape in a harsh frost. My mother came back with a huge grey seal on her back, walking triumphantly yet slowly as her padded feet made small thuds on the thin ice. It was getting harder and harder for her to catch prey, but finally we had been blessed after days of going without food. After filling our stomachs, she lifted me up and put me on her furry back, it was as warm as always, just the way I liked it. Her fur was soft but she herself was worn out. We were at the start of another long journey to find more land as ours was getting more and more unstable and began to disappear.

This was a common practice that we were forced to do because our land {the ice} slowly kept disappearing and as for the temperature, it kept getting hotter. It resulted in our prey getting harder to catch by the day. I heard that during this journey, many times other bears like us went under the water and never came back up, others went days without food and fell into what was like an internal slumber. I did ask my mom of what happened to them but she just looked at me and turned away. I leaves dropped on the puffins and found out that the long journey was due to a thing caused by the nasty humans, called climate change.

It was them and their horrifyingly weird objects that they referred to as technology that heated up our planet and made the ice melt. Like the bears, the ice too went into the water, more like it became water but it's the same thing. My sister mentioned that the humans are trying something to fix their wrongs but it is a slow process and many of them aren't even trying.

Meerum FaZal

## What is Climate Change?

Climate change is a natural process where temperature, rainfall, wind and other elements vary over decades or more.

Its occurrence has many causes, such as burning down of fossil fuel, deforestation, food production etc.

Climate change is a threat that should not be taken lightly. If ignored, deaths can happen and animal extinction can be common in the future.

Therefore, first world countries have decided to take immediate action and have united together to stop this threat by reducing the use of greenhouse gases and starting the usage of renewable resources.

Mairah Sharif



Mominah Fahad

## گلوبل وارمنگ کیا ہے؟

گلوبل وارمنگ، ہر جگہ ہمیں یہ نام سننے کو مل رہا ہے مگر اس کا مطلب کیا ہے؟ گلوبل وارمنگ ہے جب زمین کا درجہ حرارت زیادہ ہوتا ہے۔ گلوبل وارمنگ سے درختوں پودوں جانوروں اور انسانوں کو نقصان پہنچتا ہے۔ گرمائی کی وجہ سے کچھ پودے پہلے پھولوں کی کلیاں پیدا کرتے ہیں لیکن رات کی ٹھنڈ انہیں مار دیتی ہے اور پودوں کی آبادی کو متاثر کرتی ہے۔ کچھ جانور جیسے کے ویل اپنا کھانا ٹھنڈے پانی میں ڈھونڈتی ہے لیکن گلوبل وارمنگ کی وجہ سے پانی گرم ہوتا جا رہا ہے۔ اس لیے ویل کو اپنا کھانا تلاش کرنے میں مشکل ہو رہی ہے اور وہ بھوک کی وجہ سے مر رہے ہیں۔ گلوبل وارمنگ جراثیم کے جلنے اور گازیوں کے بہت زیادہ استعمال سے ہوتی ہے لوگوں کو چاہیے کہ ان کا استعمال کم کریں تاکہ مستقبل میں پریشانی نہ آئیں۔

بادیہ کاشف

## تغییر المناخ

المناخ هو نمط الطقس الطويل في منطقة معينة لقد لاحظت بعض التغيرات في درجة الحرارة خلال السنوات الماضية مثل الأنهار الجليدية تذوب بسرعة ولا تمطر السماء فيزداد الجفاف الشديد وكذلك ندرة المياه والحرائق الشديدة وغير ذلك. الاحتباس الحراري هو التسخين الطويل على سطح الأرض بسبب الأنشطة البشرية فالتناس يلعبون دورا في تغيير المناخ مثل يسببون توليد الكهرباء و حرق الوقود مما يزيد من مستويات الغابات الدفينة المسببة للاحتباس الحراري من تزايد حالات الجفاف والعواصف وموجات ارتفاع درجة الحرارة من علامات تغيير المناخ لأن له علاقة كبيرة بارتفاع الحرارة. وبه تدمير الأماكن التي تعيش فيها البشر والحيوان وتلحق الضرر بسبب كثير من الناس. ما عندنا الحل من وقاية تأثير تغيير المناخ إلا أن نستبدل الوقود بالطاقات الشمسية واستخدامها في المنزل والمشي أو ركوب الدراجة.

فاطمة دانش

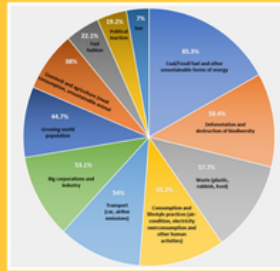
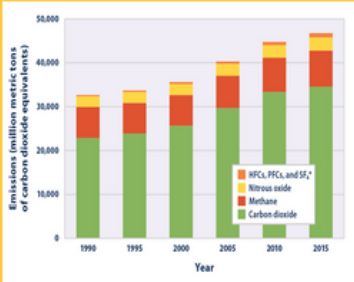


# CLASS 7-A

## FACTS ABOUT CLIMATE CHANGE

Climate change is the biggest challenge our planet faces today. Here are some mind-blowing facts regarding climate change. Did you know?

- 10% of global carbon emissions are caused by tropical deforestation.
- Earth's temperature has risen by an average of 0.14° Fahrenheit (0.08° Celsius) per decade since 1880.
- Research shows that 3.6 billion people already live in areas highly susceptible to climate change. Between 2030 and 2050, climate change is expected to cause approximately 250,000 additional deaths per year, from undernutrition, malaria, diarrhea and heat stress alone.
- According to the European Union's Copernicus Climate Change Service, average global temperatures in July 2023 were higher than any other month on record.
- The concentration of carbon dioxide (CO<sub>2</sub>) in our atmosphere, as of May 2022, is the highest it has been in human history.



Shazmah Faizan

## ماحولیاتی تبدیلی اور ہمارا کردار

دنیا بھر میں ماحولیاتی تبدیلی کے باعث درجہ حرارت میں بتدریج اضافہ ہو رہا ہے۔ سائنس دانوں نے خبردار کیا ہے کہ زمین کو موسمیاتی تبدیلی کے باعث ہونے والی تباہی سے بچانے کے لیے فوری اقدامات کرنے کی ضرورت ہے۔ یہ بھی جاننے کی ضرورت ہے کہ ماحولیاتی تبدیلی کیا ہے اور ہمارے ماحول پر یہ کیسے اثر انداز ہو رہی ہے؟ انسانی سرگرمیوں نے کاربن ڈائی آکسائیڈ کے اخراج میں اضافہ کیا ہے جو درجہ حرارت کو بڑھاتا ہے موسم میں شدت اور قطبی برف کو پگھلانا اس کے ممکنہ اثرات میں شامل ہیں۔

### ماحولیاتی تبدیلی کیا ہے؟

کسی ایک علاقے کی آب و ہوا اس کے کئی سالوں کے موسم کا اوسط ہوتی ہے، ماحولیاتی تبدیلی اس اوسط میں تبدیلی کو کہتے ہیں۔ زمین اب بہت تیزی سے ماحولیاتی تبدیلی کے دور سے گزر رہی ہے اور عالمی درجہ حرارت بڑھ رہا ہے۔ آب و ہوا کی تبدیلی ہمارے طرز زندگی کو بدل دے گی۔ جس سے پانی کی قلت پیدا ہوگی اور خوراک پیدا کرنا مشکل ہو جائے گا۔ کچھ خطے خطرناک حد تک گرم ہو سکتے ہیں اور دیگر سمندر کی سطح میں اضافے کی وجہ سے بھی رہنے کے قابل نہیں رہیں گے۔

### لوگ کیا کر سکتے ہیں؟

سفر کے لیے پبلک ٹرانسپورٹ یا سائیکل کا استعمال کر کے گاڑیوں پر انحصار کو کم کریں۔ اپنے گھروں کو صاف ستھرا رکھیں، ہوائی سفر کم کریں اور دودھ اور گوشت کے استعمال میں کمی کریں۔

راحہ عبدالسلام

## تغییر المناخ

المناخ هو الطقس الذي يتغير بعد 30 إلى 40 سنة فتزداد شدة الحرارة في المناطق. الاحتباس الحراري يحدث بسبب الغازات الدفيئة و بحرق الوقود و بإقلاع الأشجار و قتلها في البرية. يؤثر تغير المناخ أيضا على البيئة والحياة البرية لأن سبب هذا تموت المحاصيل ولا تستطيع الحيوانات التي تعيش في المناخ البارد العيش في المناخ الحار لذلك يموتون. يلعب البشر دورا كبيرا في تغير المناخ لأنهم يحرقون الوقود الأحفوري ويقومون بإزالة الغابات بقطع الأخشاب من الأشجار لاستخدامها في بناء الأثاث. يؤثر الاحتباس الحراري على نمط الطقس أيضا ولهذا السبب نواجه المزيد من المزيد من حرائق الغابات وفترات أطول من الجفاف وزيادة في كثافة الطقس. يمكننا أن نتخلص أنفسنا من تغير المناخ بعدم إزالة الغابات الكثيفة و أن نقلل استخدام الوقود و نستخدم الطاقات الطبيعية مثل طاقات شمسية، الهواء و الماء. ثم يجب على الحكومة أيضا أن تتخذ خطوة للتخلص من أضرار تغير المناخ و لتوقفه.

عرشيه بنت ياسر

## Our Planet is Dying.

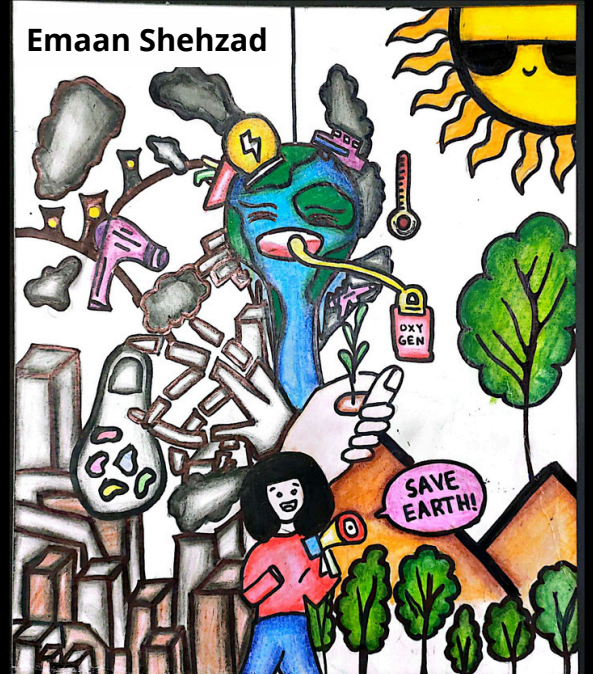
"Climate change" is a term we all are well aware of. Climate change defines a sudden change in the Earth's normal weather patterns. The main cause for climate change is heat transferred from oceans, increase in volcanic eruptions and the amount of different gases in the atmosphere.

If things remain how they are and an action is not taken for them, it can be very hard for us to imagine our future. We won't be able to conduct any of our outdoor activities and will be affected with a lot of health problems. There will be severe drought and not enough supply of food and water. Furthermore, animals and plants will die on a large scale, may be even humans!! Glaciers will start to melt and there will be floods and many other natural disasters.

Now, as they say every problem has a solution, let's discuss what can be done to decrease climate change. Our every little step matters a lot. We can start with reducing the use of fossil fuels which means that we can decrease the use of cars in our daily life, instead start using bicycles and walk. We can use solar panels and start using the three R's (reduce, reuse and recycle), control deforestation and use biofuels.

I hope together we can work on these and make our planet a better place to live in.

Bareera Kashif



# CLASS 7-A

## Importance of Maths in Climate Change

Mathematics is the language of science and climate change is a physical phenomenon which is the result of a lot of interlinked physical processes. The science of climate change can be expressed, predicted and studied with the help of mathematics. Mathematicians can use data and modelling to assess the consequences of global warming. In order to predict future trends, scientists look to the past. We can now use mathematics to systematically analyze and quantify climate change and its global impacts.

Zainab Salman

## أسباب تغيير المناخ

المناخ هو مختلف عن الطقس، الطقس يبقى ليوم أو ليومين ولكن المناخ يبقى لسنة أو لسنتين وهذا اختلاف كبير بين المناخ والطقس وهناك أسباب كثيرة التي يحدث بها تغيير المناخ السبب الرئيسي هو أننا عندما نستخدم الوقود للسيارات ولصنع الكهرباء، ينطلق الدخان الذي يجعل الجو أكثر حرارة وكذلك عندما نلقي النفايات في الهواء، فيصبح الهواء غير نظيف ويساهم في تغيير المناخ. عندما نقوم بقطع الأشجار التي تنظف الهواء وتذخر غاز ثاني أكسيد الكربون فيزيد الغاز الحار وتنسب هذه الغازات الدفينة للاحتباس الحراري. فالسؤال المهم ما يجول في مخنا هذا: كيف يمكننا أن نتخلص من الاحتباس الحراري؟ فها هي طرق عديدة للتخلص منه: علينا أن نستخدم الكهرباء بحذر وبشكل ذكي عدم تشغيلها عندما لا نحتاج إليها وأن نستخدم الألواح الشمسية لتوليد الكهرباء. ولا بد لنا من إعادة تدوير النفايات ولا نرميها في الهواء وعلينا هذا يساعد في الحفاظ على نظافة البيئة أيضا. ويلزم على كل إنسان أن يزرع المزيد من الأشجار لأنها تساعد في تنظيف الهواء وتبريد الأرض. وعلينا بإدخال المياه بإغلاق الحنفيات عندما لا نحتاج إليها وكذلك بإدخال الطاقة بإيقاف الأجهزة الكهربائية عند عدم استخدامها. وبذلك يمكننا أن نتصف بالعبادات الجيدة، ونجعل عالمنا أفضل

تنيشة حسين

## آب و هوا کی تبدیلی

دنیا بھر میں تبدیلی آب و هوا ایک بڑا مسئلہ بن چکا ہے جو زمین کے لیے خطرناک ہے۔ تبدیلی آب و هوا نے دنیا بھر میں موسمی تبدیلیوں کو تیز کر دیا ہے۔ بڑھتی ہوئی گرمی اور برفانی ہوائیں ایک عام معمول ہو رہی ہیں۔ صنعتی ترقی، جنگلات کی کٹائی اور فضائی گیسوں کی بڑھتی مقدار تبدیلی آب و هوا کی بڑھتی ہوئی وجوہات ہیں۔ بڑھتے ہوئے دھوئیں سے معاشرے میں بہت سے مسائل پیدا ہو رہے ہیں۔ پانی کی کمی اور برف کا پگھلنا ہر سال کا مسئلہ بنا ہوا ہے۔ ہمیں بھی اپنی سرگرمیوں میں تبدیلیاں کرنی چاہیے۔ درختوں کی کٹائی کی بڑھتی ہوئی مقدار، دھواں چھوڑنے والی گاڑیوں کا استعمال کم کرنا اور صاف فضائی میں اضافہ کرنا ایک بہترین مستقبل کی طرف لے جا سکتا ہے۔ تبدیلی آب و هوا ہم سب کے لیے ایک جدوجہدی مسئلہ ہے اور ہمیں مل کر اس کا حل نکالنا ہو گا۔ ہمیں اپنی ذمہ داریاں سنبھالنی ہوں گی تاکہ یہ مسئلہ حل ہو جائے اور ہمارا ملک ترقی کر سکے۔

سدرہ بتول

## What is Climate Change?

**Climate change is one of those common, yet big changes that are happening to the Earth through the years. It is the extreme change of temperatures of certain areas. Some areas are affected more while some are affected less.**

**Causes: Increase in population (more demands of water and land), burning fossil fuels, pollution and greenhouse effect are some of the main causes of climate change.**

**Effects: Effects of climate change include flooding, less or scarce rain, melting glaciers and melting ice in the poles. In some situations, there are extreme weathers too.**

### How To Stop Climate Change?

**We can plant more trees. We need to follow the path of sustainable development and minimize the use of fossil fuels. We must also adopt alternative energy as hydropower, solar and wind energy.**

Umme Habiba

## Climate Change, A Route Cause of our Destruction

We have seen alot of changes around us nowadays, like changes in the environment and our health and many people hate these changes but nobody works to stop these. In fact, we increase the cause of these changes by polluting the environment. The main major factor of climate change by humans is global warming. Some natural causes of climate changes are volcanic eruptions, flooding forest fire etc. Recent research report of United Nations says that because of these reasons, Earth's temperature can increase up to 6° Celsius.

My opinion is to decrease climate change, which can be achieved by using less fossil fuels for example, instead of using cars and motor bikes, we can use bicycles. If we let the global warming happen, it increases climate change which can be the cause of not a single life alive on Earth because there would be no clean water to drink and no fresh oxygen. Please don't wait for others to initiate the steps required to decrease global warming to live a healthier life.

Urooj Arsalan



# CLASS 7-A

## Climate Change

In this world now, climate change is very common. Basically, climate change means a change in temperature on a global level. It has many causes and effects, for example pollution, burning fossil fuels and more demand in foods and water.

Now let's talk about effects, in effects there is melting of glaciers, less rain, flooding and extreme weather are the major effects and causes of climate change.

We can initiate "Green Pakistan" programme where we can plant more trees just like Imran Khan did in his government. Mahatma Gandhi once said that "Earth provides enough to satisfy man's need, but not for man's greed". With this view, I would like to conclude that we should adopt the approach to sustainable development which addresses the issues of climate change.

Adeena Fatima

## Climate Change

Summers are getting hotter,  
Faced with spells of drought,  
Our climate is now changing,  
It's true without a doubt.

Forest fires are burning,  
A threat to wildlife there,  
Leaving a scorched and barren  
land,

Looking sad and bare.  
We think about our future,

And wonder,  
What can be done?  
This is the world we live in,  
It is our only one.

Hafsah Ashfaq

## WHAT IS CLIMATE CHANGE?

What is Climate change? Although different experts tend to have different definitions, the Australian Government defines climate change as the weather pattern observed for several years. These changes are mainly caused by human activities, which leave a negative impact on our environment.

Recently, scientists have predicted that the global average temperature is expected to increase at least twice as much in the next hundred years. This further implies the fact that climate change is no longer a myth, rather a sad reality the impact of which has continually escalated from the 1950s. Thus, goes to show that human activities have significantly contributed to this environmental crisis.

One important fact to note about climate change is that it involves the rising temperatures of the climate system holistically, including all the oceans, atmosphere and the cryosphere. It is also fundamental to note that climate change is more than mere global warming as perceived by most people, and it's finally time we take action, every individual from every nation. "Individually, we are one drop, together, we are an ocean."

Maria Navaid

*Since decades Earth has been seeing an abnormal change in climate throughout centuries called climate change. It has been a threat to the environment and all living organisms on land.*

*Today, human beings are the main culprits. It is mainly driven by human activities such as the burning of fossil fuels, urbanization, deforestation, agriculture and construction of industries. This has caused the climate to change more over time which has led to consequences that are droughts, rising sea levels, rising global warming, loss of land, scarcity of water and food, lessening of population and many other challenges for humans and animals to face.*

*The Earth's abysmal has motivated some countries to resolve this problem. They have transitioned to renewable energy resources, reforestation, international collaboration and maintainable agriculture. These are the various ways that will set and achieve carbon reduction goals, but they will not be that effective not until everyone works together to conserve and save resources*

Haya Raheel

# MESSAGE FROM THE CLASS TEACHER 7-B

Dear Students,

As I reflect on this academic year, my heart is filled with immense joy and gratitude. Teaching each one of you has been an incredibly rewarding journey and I can't help but express my love for this remarkable class. Your laughter and humour have turned our classroom into a vibrant haven of positivity, making every lesson a delightful experience. Your unique personalities, from the mischievous to the obedient, create a dynamic environment that keeps me on my toes, and I wouldn't have it any other way. I have cherished every moment spent imparting knowledge and witnessing the growth in each of you has been both fulfilling and heartwarming. I'm not just a teacher; I am an observer of your transformations, both academically and personally. Some of you have become more confident, while others have embraced the value of hard work. I want you to know that my concern for your well-being extends beyond the academic realm and I am always here to support you. Thank you for making this year memorable and I am genuinely excited to see the incredible individuals you will continue to become. Here's to a fantastic journey of growth, learning and laughter.

**Roohina Sheeraz**



# CLASS 7-B

## Effects of Climate Change

Climate change is a change in the weather. It occurs because of human activities, the greenhouse effect and toxic gases. There are a huge number of human activities that cause climate change due to which global warming occurs. There are some human activities like, industrial use, car fumes etc. Toxic gases like carbon dioxide, methane and nitrous oxide also cause adverse climate change.

Climate change affects all animals and people. It affects people because we can face drought and famine if the temperature rises. Also, glaciers are melting which causes sea levels to rise and floods to occur. Climate change affects animals by destroying their habitats. Like polar bears face melting of ice from which their homes are ruined and destroyed. Here is another example about turtles: When there are turtle hatchlings, female turtle babies need a warm weather to hatch but male turtle babies need a colder weather to hatch. So that is why there are more female turtles than male turtles as male turtles are not hatching. In the same way, many animal species can become extinct from our planet!

We should try not to affect our climate more or we will face destruction and challenges and harm human civilization and our planet. STOP POLLUTION, SAVE LIVES!

Ayesha Shoaib Chawla

## A Tale of Healing

In a world where oceans meet the sky  
A tale of change, let's not deny  
Climate whispers, a shifting breeze  
A call to action, an urgent plea

Fires rage with people in vain  
In lands where greenery did once reign  
Glaciers melting in a warming sea  
From their habitats, polar bears flee

Rising tides, a silent cry  
Oceans weep, while seabirds fly  
A disaster brought upon us  
Our world now in ruckus

Yet in the chaos, a chance to mend  
To break the cycle, Earth's misery to end  
Reduce our footprint, plant the seed  
Embrace the Earth, fulfill the need

Let's inscribe a new chapter's birth  
Some hope and love for our Earth  
For in our hands, the power to weave,  
a tale of healing, if we believe.

Haniya Adnan Kherati

## موسم کی تبدیلی

موسمیاتی تبدیلی ہمارے وقت کے سب سے اہم ماحولیاتی مسائل میں سے ایک ہے۔ موسمیاتی تبدیلی کے اثرات دنیا بھر میں دیکھے جاسکتے ہیں۔ یہ تبدیلی ایک ایسی تبدیلی ہے جو ۲۰ سال تک ایک ہی رہتی ہے۔ مخصوص فصلوں کو اگانے کے لیے زراعت کے ماہرین شیشے اور پلاسٹک کے ایسے گھر بناتے ہیں جن میں درجہ حرارت اور نمی کو کنٹرول کر کے مطلوبہ موسمی ماحول پیدا کیا جاسکتا ہے، ان گھروں کو "گرین ہاؤس" کہا جاتا ہے۔

اسی طرح زمین کو بھی قدرتی طور پر گرین ہاؤس اثرات کے ذریعے ایک گرم کمبل میں لپیٹ دیا گیا ہے۔ زمین کے ارد گرد موجود ہوا اس کے لیے کمبل کا کام کرتی ہے۔ ہوا میں کاربن ڈائی آکسائیڈ، آکسیجن، نائٹرس آکسائیڈ اور بعض ایسی ہی دوسری گیسیں تھوڑی سی مقدار میں موجود ہوتی ہیں۔ یہ ماحول انسانی صحت کے لیے ناگزیر ہے کیونکہ اسی ماحول میں انسان پروان چڑھتا ہے اور زندگی کے مراحل طے کرتا ہے۔ اگر ایک نظر اپنے آس پاس کے ماحول پر ڈالی جائے تو یہ بات فکر سے خالی نہیں کہ انسان اپنے ہی ہاتھوں اپنی بیماریوں کا سامان کر رہا ہے، اپنے فضول اور ذاتی مفادات کے لیے وہ اپنے ہی ہاتھوں خود کو نقصان پہنچانے کے لیے تیار کھڑا ہے۔ جس کا منہ بولنا ثبوت موسم میں رونما ہونے والی تبدیلیاں ہیں۔ آج کل گرمی اتنی بڑھ گئی ہے کہ گلیشیرز تیزی سے پگھل رہے ہیں اور دیکھتے ہی دیکھتے کہیں پر بھی سیلاب کا خطرہ منڈلانے لگتا ہے جبکہ اس سے پہلے سیلاب بارشوں کی زیادتی کی وجہ سے نمودار ہوتے تھے مگر موجودہ دور کے بڑھتے درجہ حرارت نے اس صورتحال کو بدل ڈالا۔ عالمی گرمائش کی ایسی صورتحال ہے جس میں زمین کا درجہ حرارت بتدریج بڑھتا چلا جا رہا ہے۔ ایک سروے کے مطابق آنے والے ۵۰ برسوں میں دنیا شدید گرمی سے متاثر ہوگی جن میں خلیج فارس کا نام قابل ذکر ہے۔ گیسوں کے اخراج سے گرمی بڑھ جائے گی اور زمین نوڑ پھوڑ کا شکار ہو جائے گی جس سے بے شمار اموات واقع ہوں گی۔ ایران، دبئی، عراق، سعودی عرب اور ابو ظہبی کے علاوہ ہمسائے ممالک میں اس قدر شدید گرمی ہو گی کہ چھ گھنٹے کا درجہ حرارت ۱۶ سے ۱۷ سیٹی گریڈ تک جا پہنچے گا۔

ایمل آصف

Noor Faisal



## إجائیات تغییر المناخ

الطقس نعمة كبيرة من نعم الله تعالى و الطقس يتغير في السنة أربع مرات أما المناخ فيتغير في السنة مرة واحدة و يكون تغيير المناخ التحذ العالمي لا شك أن للمناخ تأثير سلبي على البيئة لأن بتغييره ينفجر البركان وتزيد هطول الأمطار التي تسبب الفيضانات و ممارسات بشرية يرتفع مستوى درجة حرارة الأرض ثم تحدث كارثة طبيعية و تتلوث البيئة فعندئذ لم نحصل الهواء الطلق و الماء النقي و لا كل ما خلق الله له فوائد أيضا ها أنا اليوم سناقش عن تأثيرات المناخ.

المناخ يجعل لدينا أربعة فصول مختلفة، مثل الصيف الحار والشتاء البارد والربيع والخريف. يمكننا أن نستمتع بتجارب مختلفة في كل فصل و بتغيير المناخ تهطل الأمطار، وهي مهمة لنمو النباتات المخضرة والأشجار الكثيفة والزهور مختلفة الألوان. بالأمطار تخضر الأرض و يبدو كأنها ارتدت رداء الخضرة. أيضا تغيير المناخ يوفر بيئة ملائمة للحيوانات والطيور والحشرات عندما تذوب الثلوج بسبب تغير المناخ على أعلى الجبال في المناطق الشمالية فتتحول الثلوج إلى الشلالات و تساعد في تنظيف الهواء. الأشجار تمتص ثاني أكسيد الكربون وتعيد لنا الهواء النقي للتنفس وكذلك بتغيير المناخ يزداد جمال العالم و يجلب الكثير من الجمال والتنوع لحياتنا، ويجعل العالم مكانا رائعا للاستكشاف ولعيشة راضية .

مریم جنید

# CLASS 7-B

## ہماری زمین

جل رہی ہے زمین تپ رہی ہے زمین  
ہوا کرتی تھی کبھی یہ بے حد حسین  
کہیں فیکٹریاں دھواں چھوڑتی ہوئی  
کہیں لکڑیاں جلتی ہوئی  
برف جابجا پگھلتی ہوئی  
اور آلو دگی ہے بڑھتی ہوئی  
جنگل کے جنگل کٹتے ہوئے  
سمندر میں دور ہوتے ہوئے  
موسم کے تبور بدلتے ہوئے  
ہواؤں کے رخ ہیں بدلتے ہوئے  
یہ سب نظر انداز کرنا کتنا مشکل ہے  
اپنے ہی کارناموں کا یہ حاصل ہے  
لیکن ابھی دیر نہیں ہوئی اپنی اغلاط کو سدھارنے کے لیے  
اپنے سیارے کو بچانے کے لیے اور مل کر کام کرنے کے لیے  
لالچ سے نہیں بلکہ محبت سے بچائیں  
اپنے مستقبل کو ہی نہیں زمین کو بھی برا بھلا بنائیں۔

## فاطمہ طارق

## Climate Change and its Effects

As these days we are all facing the effects of climate change, I would like to share some information about it. Climate change refers to long-term changes in the average weather patterns that have come to define Earth's climate. It involves shifts in temperature, precipitation, and other atmospheric conditions over an extended period, typically decades to millions of years. While natural factors can influence climate, the term "climate change" is commonly used to refer to the current changes occurring largely as a result of human activities. The cause of climate change is the increase in greenhouse gas emission, particularly carbon dioxide (CO<sub>2</sub>), methane (CH<sub>4</sub>), and nitrous oxide (N<sub>2</sub>O), largely due to the burning of fossil fuels (coal, oil and natural gas), deforestation, and industrial processes. These gases trap heat in the Earth's atmosphere, leading to a warming effect commonly referred to as the greenhouse effect.

This enhanced greenhouse effect is causing global temperatures to rise, resulting in a variety of environmental changes. Climate change is primarily caused by human activities that release large amounts of greenhouse gases into the Earth's atmosphere. The most significant contributors to climate change are burning of fossil fuels, deforestation, industrial processes, livestock agriculture, land use changes and waste management. Climate change has a wide range of effects on the Earth's environment, ecosystems, and human societies. These effects manifest in various ways, impacting different regions differently. Climate change has a wide range of effects on the Earth's environment, ecosystems, and human societies. These effects manifest in various ways, impacting different regions differently. Some of the key effects of climate change are rising temperatures, melting ice and rising sea levels, extreme weather events, ocean acidification, disruption of ecosystems and biodiversity, impact on agriculture and health risks. I hope this information has been very helpful and might be able to reduce climate change!

Falisha Sifat

## تغییر المناخ

شاهدت العديد من الأماكن تتغير في هطول الأمطار مما يؤدي إلى المزيد من الفيضانات أو حالات الجفاف. أدت الأنشطة البشرية إلى إطلاق كميات كبيرة من ثاني أكسيد الكربون والغازات الدفيئة تولد بسبب ممارسات بشرية مثل الدخان المتصاعد والتلوث بسبب استخدام الوقود. فالأرض تحبس هذه الغازات داخلها و يتغير بهذا العمل جو الأرض من الداخل في الزمن الماضي كان الناس يقطعون مسافات بعيدة راكبين على الفرس والحمر وما كانت في ذلك الزمن المصانع مما يتصاعد بها الدخان فيتلوث البيئة فكان الناس في وقاية من الاحتباس الحراري وما كانت تزداد الحرارة إلا بعد فترات طويلة وسنوات عديدة ولكن الناس الآن لا يتجنبون من بناء المصانع فيرتفع الدخان ويتأثر سلبا على البيئة ويستخدمون الوقود فتولد الغازات الدفيئة مما تسبب لارتفاع حرارة الطقس و يؤدي ذلك إلى الاحتباس الحراري و به تهطل الأمطار و تهب العواصف الجافة والدافئة مما لا يلائم البشر.

ایمن

Fatima Nasreen





# CLASS 7-B

## Rope Around the Earth

Consider the Earth as a perfect sphere. Now, let's tightly tie a rope around its equator. Untie the rope and add an extra meter of rope, transforming it into a perfect circle placed concentrically around the Earth's equator. Due to the additional meter of rope, a gap forms between the Earth's surface and the rope.



Out of the following options, which is the largest object that can pass through the gap?

- a. an elephant
- b. a rabbit

- c. a needle
- d. Burj Khalifa

The answer is a rabbit.

This math problem presents a surprisingly simple solution. The unexpected result can be derived using nothing more than basic geometry and algebra.

$$\text{circumference}_{\text{new}} = \text{circumference}_{\text{Earth}} + 1\text{m}$$

$$2\pi r_{\text{new}} = 2\pi r_{\text{Earth}} + 1\text{m}$$

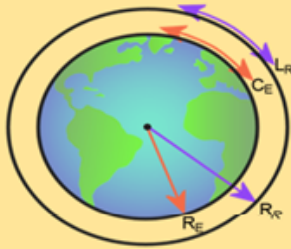
$$2\pi r_{\text{new}} - 2\pi r_{\text{Earth}} = 1\text{m}$$

$$2\pi (r_{\text{new}} - r_{\text{Earth}}) = 1\text{m}$$

$$(r_{\text{new}} - r_{\text{Earth}}) = \frac{1\text{m}}{2\pi}$$

$$(r_{\text{new}} - r_{\text{Earth}}) = \frac{1}{2(3.14)} = 0.16\text{m}$$

$$\text{Gap} = 0.16\text{m} = 16\text{cm}$$



i.e. enough to pass a rabbit.

The most astonishing aspect is that, regardless of the circle's size, an increase of one meter in circumference consistently results in an approximate 15 cm increase in radius. Try tying a rope around a golf ball or even attempting the same around the sun. It always holds true – a one-meter increase in circumference consistently raises the radius by approximately 15 cm.

Laila Khalid

## Changing Climate

**Climate change is not funny,  
All people care about is their money.  
From digging up oil,  
We need more soil.  
Let's keep our world clean,  
Not an ozone hole to be seen!  
More electric type of cars,  
We need more by far.  
Let's work as a team,  
And easy will it seem,  
to tackle through climate change!**

**Tahoora Fawad**

## Rising Sea Level

**Sea level rise is the base for measuring elevation and depth on Earth. Global warming is one of the problems that causes the sea level to rise. The sea level is changing at a very rapid rate. Most of the water is stored by ice which is mostly in Antarctica and Greenland. Rising sea level has affected many living things.**

**It has caused destructive erosion, wetland flowing, loss of plants, animals and habitats as well. The only way we stop this is to reduce greenhouse gas emissions and stop the root causes of enhanced coastal erosion and flooding.**

**Bareera Fahad**

## عالمی گرمی / گرمائش کے اثرات

عالمی گرمی ہمارے لیے معاشرتی اور ماحولیاتی لحاظ سے ایک بڑا بڑھتا ہوا مسئلہ ہے جس نے ہماری زندگیوں کو متاثر کر رکھا ہے۔ انسانوں اور گاڑیوں کی بڑھتی ہوئی تعداد کی وجہ سے ہوا میں کاربن ڈائی آکسائیڈس اور میتھین سب سے زیادہ شامل ہوتی ہے۔ گاڑیوں کے انجنوں کا استعمال، جنگلات کی بے تحاشہ کٹائی اور کچھ غیر متوازن زرعی وجوہات ہے جو کہ گرمائش کا سبب ہیں۔

یہ عالمی گرمی ہماری زمین اور ہمارے لیے ایک بہت بڑا خطرہ ہے اور اسے ٹالنے کے لیے ہمیں جنگلات کی حفاظت کرنی چاہیے اور زیادہ سے زیادہ درخت اگانا چاہیے اس کے علاوہ ہمیں اپنی ذاتی گاڑیوں کی بجائے پبلک ٹرانسپورٹ کا زیادہ استعمال کرنا چاہیے تاکہ ہم آنے والی نسلوں کو صحت مند اور تازہ ماحول دے سکیں۔

**زییدہ سجّاد**

# CLASS 7-B

## The Lily Pond Parable: A Reflection on the Urgency of Climate Change

Every day, imagine a small area in a pond with water lilies that doubles in size. If it takes 10 days for this area to cover the whole pond, how long would it take for it to cover just half of the pond? Is your answer 5??

Well, because the water lily area gets bigger each day, it actually covers half of the pond on the day before it covers the whole pond. So, after 9 days, half of the pond is covered.

Now, let's think about this on a larger scale. If we pretend the pond is the Earth and the growing lily area is like how our environment is changing, it helps us understand something important about our planet. Similar to our little pond, the way our environment changes might seem slow at first, but over time, the changes get faster and more serious.

This is why it's so important for us to do something about it before it's too late. These changes occur due to human activities, such as burning fossil fuels, cutting down trees and industrialization, which release gases into the air and affect our climate.

By looking at this lily pond story, we can see that if we wait until the whole pond is covered, it might be too late. Understanding that things can grow really fast, like the lily patch, reminds us that we need to take action now to ensure our planet stays healthy.

In conclusion, it's like we're making choices every day, just like the lily pond is growing. The choices we make can either help or hurt our planet. By making good choices now, we can work together to slow down the changes and keep the Earth a nice place for us and the generations to come.

Izma Ebrahim



## Climate Change

Climate change happens because people do things that release gasses into the air. These gasses, like carbon dioxide, come from burning fossil fuels, cutting down forests and making things in factories. They make the Earth warmer over time, which messes up our weather all around the world.

One big problem with climate change is that it makes the Earth too hot, which melts ice in cold places like the North Pole. This makes the sea level rise, which is dangerous for places near the ocean. It also causes extreme weather like storms, heatwaves and floods, which can be really bad for people and nature.

Climate change not only affects the environment but it also affects our lives. It can make it harder to grow crops because of the weather that gets too hot. This can lead to not having enough food and prices going up. It can also force people to move from their homes because of floods or heat that's too much to handle. A few measures can be taken in order to reduce climate change. Using less energy, like turning off lights and using bikes instead of cars can help. We should also use clean energy from the sun and wind more because it doesn't make the air dirty. Protecting forests and planting more trees can also soak up some of the bad gasses in the air.

Learning about climate change and how to help is important for everyone. We can do small things like recycling and using less plastic to make a difference. Big actions like using clean energy and protecting nature can also help a lot. If we work together, we can make sure our planet stays healthy for us and future generations.

Amina Saad Aslam

## Agriculture and Climate Change

Did you know that agriculture helps feed more and more people as the world's population grows? It also plays a significant role in climate change. Today, let's explore how agriculture contributes to environmental challenges and how it affects the world around us and what can we do about it?

Agriculture can contribute to greenhouse gas emissions as livestock farming, especially cattle farming. Farming produces greenhouse gases, it also needs a large amount of land. Deforestation means clearing forests for agriculture, which releases carbon dioxide into the atmosphere, which can cause climate change and global warming which can eventually lead to natural disasters. Farmers use fertilizers as they increase agriculture productivity that can be very harmful to the environment and can cause greenhouse emissions which contribute to climate change and global warming. Using fertilizers can cause health risks because of the harmful chemicals. Transporting agricultural products is bad for our Earth as the vehicles that are used to transport food, run on fuel and produce harmful gases.

Lastly, tractors can cause greenhouse emissions as they also work on fuel. While tractors are essential for farming, we can reduce their impact on the environment by using newer and more efficient tractors. Or we can use biogas or wind to produce fuel as they both are environmentally friendly. We can do organic farming, as it is way healthier and environmentally friendly: we should ban cutting forests and we should do reforestation. This will help our Earth and us to live better lives.

Javeria Rehman Khan

## سليبات تغيير المناخ

يتغير المناخ بسبب أنشطة بشرية مختلفة في العالم. المناخ الجيد رائع، ولكن في بعض الأحيان يمكن أن يكون له تأثيرات سلبية على البيئة وعلى حياة الناس بعد تغيير المناخ ترتفع درجات الحرارة بشكل كبير و بذلك تحدث العديد من التغييرات المختلفة على الأرض، على سبيل المثال، يمكن أن يؤدي ذلك إلى المزيد من الفيضانات أو حالات الجفاف أو الأمطار الغزيرة وهذا ما يسمى الاحتباس الحراري وهذا أمر طبيعي و ضروري على الأرض رغم ذلك له سلبيات عديدة بعضها ما تلي: 1: في بعض الأماكن، يمكن أن ترتفع درجات الحرارة كثيراً في الصيف، مما يجعلها حارة جداً وتسبب الإجهاد. 2: عندما تمطر السماء كثيراً، يمكن أن تحدث الفيضانات وتغمر الماء بعض المناطق، مما يسبب المشاكل للناس والحيوانات. 3: تحدث العواصف والرياح الرعدية مع البرق والرعد، فتسبب بذلك خطراً على الناس والأماكن. 4: في بعض الأحيان، يمكن أن يتغير الطقس فجأة، وبذلك يصعب التخطيط للأنشطة الخارجية. 5: تغير المناخ يؤثر على بيئة الحيوانات والطيور، وقد يكون ذلك غير مريح لها. 6: في بعض الأماكن، تصبح الغابات جافة جداً، وهذا يزيد من احتمال حدوث الحرائق، مما يتسبب في فقدان الأشجار والحياة البرية. 7: ترتفع درجة حرارة البحار وتصبح أكثر حموضة فتذوب الأنهار الجليدية و ترتفع مستويات سطح البحر.

فيجب على كل إنسان أن يتجنب من استخدام الوقود والكهرباء و يستعمل الطاقات الطبيعية مثل أشعة الشمس، الهواء والماء بدلاً منها كي لا يحدث الاحتباس الحراري.

أم أبيها



# MESSAGE FROM THE CLASS TEACHER 7-C

Dear 7C,

I want to express my heartfelt gratitude to all of you. As your teacher, I feel incredibly fortunate to have such a bright and motivated group of boys dedicated to their studies and sports. Keep up the great work and continue to strive for excellence. You make teaching a joy and I'm grateful to have such an amazing group of young minds in my class.

Best Wishes,

Sana Saeed (Late)

# CLASS 7-C

## Every Action Matters

In the heart of the Green Valley, where the sun painted the sky with vibrant shades every morning, there lived a curious and adventurous girl named Mia. She was a nature explorer, always eager to discover the secrets.

One day, she noticed something strange that the weather was getting very hot and some animals she loved seeing, started to disappear. The curious girl asked her grandma the reason why this was happening.

She explained that the Earth was getting warmer because people were hurting it by using too much fuel and cutting down trees.

Mia decided to help the Earth. She started using less electricity, planting trees with friends and telling everyone at school how important it is to take care of our planet. Mia learnt that even small actions can make a big difference in protecting our Earth and all the wonderful creatures living in it.

**Muhammad Ibrahim Kadri**

## زمینی تپش میں اضافہ

میرے دادا جان بتاتے ہیں کہ ان کے زمانے میں بہت تازہ ہوا کرتی تھی۔ ان کے گاؤں میں کبھی فصلوں کی پیداوار میں مشکل پیش نہیں آئی نہ کبھی آلودگی ہوئی اور نہ ہی صاف پانی کی کمی ہوئی۔ لیکن افسوس کے ساتھ آج ایسا نہیں ہے اور ہر جگہ آلودگی پھیلی ہوئی ہے۔

جیسا کہ ہم سب جانتے ہیں کہ درختوں کے بڑے پیمانے پر کٹاؤ سے جنگلات کی کمی واقع ہو رہی ہے اور جنگلات نہ ہونے کے باعث دریا اپنے ساتھ ریت اور مٹی کی بڑی مقدار بھا کر لے جا رہے ہیں، جس سے ہمارے ڈیم اور مصنوعی جھیلیں بھر جاتی ہیں اور زراعت و صنعت کے لیے کم پانی ذخیرہ ہوتا ہے۔ تیل کو جلانے سے ایک گیس پیدا ہوتی ہے، جس کو کاربن ڈائی آکسائیڈ کہتے ہیں، یہ گیس سورج کی شعاعوں کو واپس خلا میں جانے سے روکتی ہے جس کی وجہ سے گلوبل وارمنگ میں اضافہ ہوتا ہے۔ گلوبل وارمنگ بنیادی طور پر زمین کی موسمی حالتوں میں تبدیلی ہے جو کہ زمینی سیارے کے قریب سورج کے درجہ حرارت میں اضافے کی وجہ سے ہوتی ہے۔ انسانی سرگرمیوں کی وجہ سے ہی درجہ حرارت میں اضافہ ہوتا ہے۔ گلوبل وارمنگ کی وجہ سے بہت سے منفی اثرات زمین پر پڑتے ہیں۔ گلوبل وارمنگ سے فصلوں کی پیداوار میں مشکل ہوتی ہے جس سے ہمیں کھانا کم ملتا ہے۔ اس کی وجہ سے جانور بھی متاثر ہوتے ہیں، انسانوں کو صاف پانی نہیں ملتا اور پھر سیلاب بھی آتے ہیں اور بہت سی بیماریاں پھیل جاتی ہیں۔ ہمیں چاہیے کہ گلوبل وارمنگ کو کم کریں یعنی درجہ حرارت کو ختم کرنے کی کوشش کریں ہمیں چاہیے کہ ہم گاڑی کا استعمال کم سے کم کریں اور پیدل، چلیں تیل نہ جلائیں اور درخت نہ کاٹیں اس سے ہمیں ہی فائدہ ہوگا۔

انیس الرحمن

## تَغْيِيرُ الْمَنَاحِ

أَحْمَدُ: السَّلَامُ عَلَيْكُمْ، يُوسُفُ! كَيْفَ خَالِكَ؟  
يُوسُفُ: وَعَلَيْكُمْ السَّلَامُ، أَحْمَدُ! أَنَا بِخَيْرٍ، وَلَكِنَّ أَجْسُ يَقْلِقُ بِسَبَبِ تَغْيِيرِ الْمَنَاحِ الَّذِي نَسْمَعُ عَنْهُ كَثِيرًا فِي الْأَخْبَارِ.

أَحْمَدُ: نَعَمْ، فَعَلًا. تَغْيِيرُ الْمَنَاحِ أَصْبَحَ قَضِيَّةَ هَامَّةٍ جَدًّا فِي الْعَالَمِ الْيَوْمِ.  
يُوسُفُ: مَا رَأَيْكَ فِي هَذَا الْأَمْرِ؟

أَحْمَدُ: أَعْتَقِدُ أَنَّ تَغْيِيرَ الْمَنَاحِ يُمَثِّلُ تَحْدِيًا حَقِيقِيًّا لَنَا. الْأَزْتِفَاعُ فِي دَرَجَاتِ الْحَرَارَةِ، وَالْفَيْضَانَاتُ، وَالْجَفَافُ يُؤْثِرَانِ عَلَى الْبَيْئَةِ وَحَيَاةِ النَّاسِ.  
يُوسُفُ: بِالتَّكْيِيدِ، وَالْأُمُورُ لَيْسَتْ جَيِّدَةً. هَلْ تَعْتَقِدُ أَنَّ هُنَاكَ خَلًّا لِهَذِهِ الْمَشْكِلةِ؟

أَحْمَدُ: نَعَمْ، يُوجَدُ. يَجِبُ أَنْ نَعْمَلَ عَلَى تَقْلِيلِ انْبِعَاثَاتِ الْغَارَاتِ الدَّفِيعَةِ وَاسْتِخْدَامِ مَصَادِرِ الطَّاقَةِ الْمُتَجَدِّدَةِ. كَمَا يَجِبُ عَلَيْنَا الْجَفَاطُ عَلَى الْغَابَاتِ وَتَعْزِيزِ الْوَعْيِ بِأَهْمِيَّةِ جَمَاعِيَّةِ الْبَيْئَةِ.

يُوسُفُ: صَحِيحٌ، يَبْدُو أَنَّ هُنَاكَ حَاجَةً مَاسَّةً لِلتَّحَرُّكِ هَلْ فَكَّرْتَ فِي تَغْيِيرِ عَادَاتِ حَيَاتِكَ الشَّخْصِيَّةِ لِتَكُونَ أَكْثَرَ اسْتِدَامَةً؟

أَحْمَدُ: نَعَمْ، أَخَاوُلُ قَدَرُ الْإِمْكَانِ التَّقْلِيلِ مِنْ اسْتِهْلَاكِ الْمَوَارِدِ وَفَضْلِ التُّفَاتِ. كَمَا أَنِّي أَفَكِّرُ فِي اسْتِخْدَامِ وَسَائِلِ التَّقْلِيلِ الْعَامَّةِ بَدَلًا مِنَ السَّيَّارَةِ.

يُوسُفُ: زَائِعٌ! أَنَّ التَّغْيِيرَ يَبْدَأُ مِنَّا. لَتَقُمْ بِدَوْرِنَا فِي الْجَفَاطِ عَلَى كُوكِبِنَا.  
أَحْمَدُ: بِالصَّبْرِ.

گل زیب خان

Yusuf Usman Mazhar



## Climate Change

Climate change is a headache for most of the people as one heatwave can destroy people's lives. It destroys habitats and when the Arctic ice melts, floods and tsunamis occur which don't just destroy places, but even sometimes make a country lose its land. One major example is Australia where for many years, there has been a major change in climate. These circumstances can become worse and the next seventy years can result in the end of life on Earth.

All of this needs to be stopped and there are many ways to do so such as, practicing the 3Rs, reducing the waste of energy, imitating substances, using, promoting and supporting eco-friendly products and last but not the least, educating others about these ways. Earth is our home and if we don't save it, no one will.

**Syed Ebaad ur Rahman Kazmi**

# CLASS 7-C

## ماحولیاتی آلودگی سے متاثر ہونے والے بے زبان جاندار

آلودگی لفظ سے کون واقف نہیں ہے۔ اب تو پوری دنیا کے ہر خطے میں ہر حصے کو اس آلودگی نے متاثر کیا ہوا ہے۔ جگہ جگہ ہمیں زمینی آلودگی نظر آتی ہے۔ زمین پر کچرے کے ڈھیر پڑے ہوئے ہوتے ہیں اور وہی کچرا جب جلایا جاتا ہے تو اس سے ہوائی آلودگی پیدا ہوتی ہے۔ غرض آب و ہوا کے بدلاؤ نے ہر جگہ ماحولیاتی آلودگی میں اضافہ کیا ہے۔ اس آلودگی نے بہت سی جاندار چیزوں کو متاثر کیا ہے، یہاں میں کچھ ایسے ہی جانداروں کا ذکر کروں گا۔

### ۱۔ وہیل

وہیل جس کا شمار دنیا کی تیزی سے ختم ہونے والی مخلوقات میں ہوتا ہے، اس کی تباہی کا باعث بھی انسان ہے۔ ماحولیاتی آلودگی سے سمندروں کا درجہ حرارت بڑھ جاتا ہے۔ سمندر کے گرم پانی کی بدولت وہیل مچھلیوں کو خوراک کی تلاش میں مشکلات پیش آتی ہیں اور اس کے باعث ان کی تعداد میں کمی پیدا ہو رہی ہے۔

### ۲۔ کچھوا

کچھوے اپنے انڈے ساحل پر دیتے ہیں جو کہ زیادہ تر برازیل میں دیکھے جا سکتے ہیں۔ پھر جب سمندر کی برف پگھلتی ہے تو پانی کے زیادہ ہونے کے باعث جب وہ ساحلی پٹی کو پار کرتا ہے تو کچھووں کے انڈوں کو بھی متاثر کرتے ہوئے اپنے ساتھ بھا لے جاتا ہے اور یہ سب ماحولیاتی آلودگی کے باعث ہوتا ہے۔

### ۳۔ برفانی ریچھ

برفانی ریچھ سمندر کے اوپر جو برف کی تہ بنتی ہے اس پر رہتے ہیں اور جب ماحولیاتی آلودگی کی وجہ سے وہ برف پگھلتی ہے تو ان جانوروں کو دوسری جگہ سفر کرنا پڑتا ہے اور جو برفانی ریچھ مادہ ہوتی ہے ان کو اپنے بچوں کے ساتھ سفر کرنا اور بھی مشکل ہو جاتا ہے اور کچھ برفانی ریچھ تو بھوک کی وجہ سے مر جاتے ہیں۔

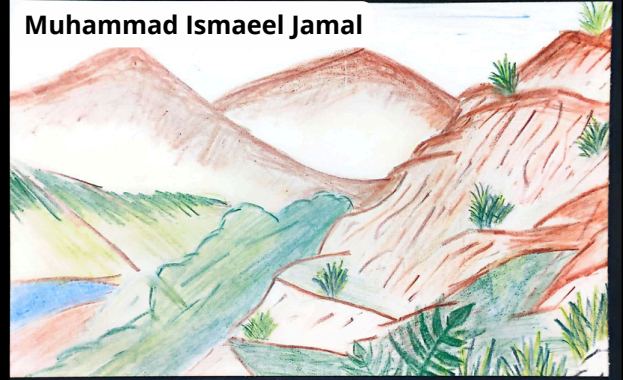
بڑے بڑے عالمی پلیٹ فارمز پر ہر سال یہی عہد کیا جاتا ہے کہ ہمیں اپنے سمندر کو آلودگی سے بچانا ہے، یہ کرنا ہے وہ کرنا ہے وغیرہ۔ میں جب اپنے سمندر کو اس طرح تباہ ہوتے دیکھتا ہوں تو میرا دل بھر آتا ہے۔ جب تک انسان خود کو مجرم نہیں ٹھہرائے گا اور اپنی لاپرواہیوں سے باز نہیں آئے گا، تب تک سمندری حیات کو بچانا کافی مشکل ہوگا۔

## فصیح الحسن

Fossil fuels - coal, oil and gas are by far the largest contributors to global climate change. According to facts, 75 percent of global greenhouse gas emissions and nearly 90 percent of all carbon dioxide emissions is due to fossil fuels. It affects humans and animals; it can overflow seas and oceans and it leads to deforestations which destroys habitats of animals. Effects of climate change can be reduced by using hydroelectric power station, bio gas and solar panels. We should turn off lights when they are not in use. We should use public transport and use cycles when the destination is closer to our home. This can help reduce impact of climate change on our planet Earth.

Huzaiifa Bin Talha

Muhammad Ismaeel Jamal



## Earth's Struggle for Life

Beneath the sun's warm glowing light

Our Earth faces a challenging fight

Ice melting; seas on a rising spree

Nature's balance; a mystery to see

Forests whisper; leaves in dismay

Humans play a role in nature's display

Plastic floats in rivers and in oceans wide

A harmful sight; a troubled tide

But hope remains in every tide

Let's join hands; be Earth's guide!

Mohammad Uzair Khan

## تَغْيِيرُ الْمَنَاحِ

التَّغْيِيرُ الْمَنَاحِ هُوَ أَحَدُ أَكْبَرِ التَّحْدِيَّاتِ الَّتِي تَوَاجَهُ الْعَالَمُ فِي الْوَقْتِ الْحَالِي. يَتَسَبَّبُ الْإِنْسَانُ بِشَكْلِ رَئِيسِيٍّ فِي هَذَا التَّحَوُّلِ الْبِئْسِيِّ مِنْ خِلَالِ انْتِغَابِ الْغَازَاتِ الدَّفِئَةِ وَتَدْمِيرِ الْبَيْئَةِ الطَّبِيعِيَّةِ. سَأَتَنَاوَلُ فِي هَذَا الْمَوْضُوعِ بَعْضَ الْجَوَابِ الْمُهَمَّةِ لِتَغْيِيرِ الْمَنَاحِ. أَوَّلًا وَقَبْلَ كُلِّ شَيْءٍ، يُعَدُّ إِرْتِفَاعُ دَرَجَاتِ الْحَرَارَةِ فِي جَمِيعِ أَنْحَاءِ الْعَالَمِ أَحَدَ أَكْبَرِ أَلْعَلَامَاتِ عَلَى التَّغْيِيرِ الْمَنَاحِيِّ وَتَأَثِيرَاتِ هَذَا التَّغْيِيرِ تَتَضَمَّنُ إِرْتِفَاعَ مُسْتَوَيَاتِ سَطْحِ الْبَحْرِ بِسَبَبِ ذَوْبَانِ الْأَنْهَارِ الْجَلِيدِيَّةِ وَإِرْتِفَاعِ حَرَارَةِ الْمِيَاهِ يَعْنِي ذَلِكَ تَهْدِيدًا كَبِيرًا لِلْمَدُنِ السَّاحِلِيَّةِ وَالْجَزَرِ. مِنَ الْأَثَارِ الْآخَرِ لِتَغْيِيرِ الْمَنَاحِ يَشْمَلُ تَقَلُّبَاتٍ فِي نَمَطِ الطَّقْسِ، مَعَ زِيَادَةِ فِي تَكَرُّرِ وَشِدَّةِ الْأَحْدَاثِ الْمَنَاحِيَّةِ الْمُنْتَظَرَّةِ مِثْلَ الْأَعاصِيرِ وَالْفَيْضَانَاتِ وَالْجَفَافِ. يَلِكُ الظَّوَاهِرُ تَوَثُّرُ بِشَكْلِ كَبِيرٍ عَلَى الزَّرَاعَةِ وَالْأَنْشِطَةِ الْاِقْتِصَادِيَّةِ، مِمَّا يَهْدِّدُ الْأَمْنَ الْغِذَائِيَّ وَالِاسْتِقْرَارَ الْاِقْتِصَادِيَّ.

محمد سديس



# CLASS 7-C

**Throughout the 19th century, the onset of the industrial revolution spurred a dramatic escalation in human activities such as burning fossil fuels and wide spread of deforestation, those actions released mathematically substantial amount of greenhouse gases, containing carbon dioxide into the atmosphere. As a consequence, the Earth's natural greenhouse effect, which help regulate the planet's temperature by trapping heat, was significantly amplified. 19th century scientists indicated that global temperature had approximately risen by 0.721 degree Celsius or 1.3 to 1.8 degree Fahrenheit.**

**Abdur Rahman**

ماحولیاتی آلودگی ہماری آنے والی نسلوں کی تباہی کا باعث ہو سکتی ہے

ہم سب اس حقیقت سے آگاہ ہیں کہ ماحولیاتی آلودگی ہمارے ماحول کو متاثر کر رہی ہے اور اس کا اثر ہماری آنے والی نسلوں پر بھی ہو گا۔ ہمیں اس مسئلے کو سنجیدگی سے لینا چاہئے تاکہ ہماری آنے والی نسلیں بھی صحت مند ماحول میں سانس لے سکیں۔

پہلا اہم قدم ہے پلاسٹک کے استعمال کو کم کرنا اور پلاسٹک کا دورانیہ کم کرنے کے لئے اقدامات اٹھانا۔ پلاسٹک کی تدابیر سے متعلق عوامی آگاہی بڑھانا چاہئے تاکہ پلاسٹک کا زیادہ سے زیادہ استعمال کم کیا جا سکے۔

دوسرا اہم قدم ہے زیادہ تعداد میں درخت لگانا اور ہر شہری علاقے میں سبزہ بڑھانا۔ یہ نہایت ضروری ہے کہ ہر شہری علاقہ اپنے ماحول کی حفاظت میں مدد فراہم کرے تاکہ آنے والی نسلوں کو صحت مند ماحول ملے۔

تیسرا اہم قدم ہے تعلیمی اداروں میں ماحولیاتی تعلیم کو شامل کرنا اور بچوں کو ماحولیاتی مسائل کے حوالے سے آگاہ کرنا۔ اسکولوں میں ماحولیاتی تعلیم کی مدد سے بچے ماحول کی حفاظتی کاروائیوں میں مشغول ہوں گے اور ہماری آنے والی نسلیں بہترین ماحول میں بڑھیں گی۔

محمد حسن

## Climate Change

climate change has led to global warming which has changed the whole scenario of the world today. Because of it, there are droughts and floods at some places and this climatic imbalance is the result of global warming. This phenomenon has been observed over the past one or two centuries.

**Anas Faisal**

## Effects of Climate Change

Climate change has different negative effects on the environment, ecosystem and humans. Here are some numerical things and data related to the negative effects of climate change:

• **Rising of Global Temperature:** The global normal temperature has risen by maximum 1-2 degrees celsius since the late 19th century. The last decade (2011-2020) was recorded as the hottest, with each year ranking between the warmest on record.

• **Rising Sea level:** Global sea levels have risen by about 20 cm since the late 19th century. The rise in sea-level has accelerated and it is expected to continue to rise, threatening coastal communities.

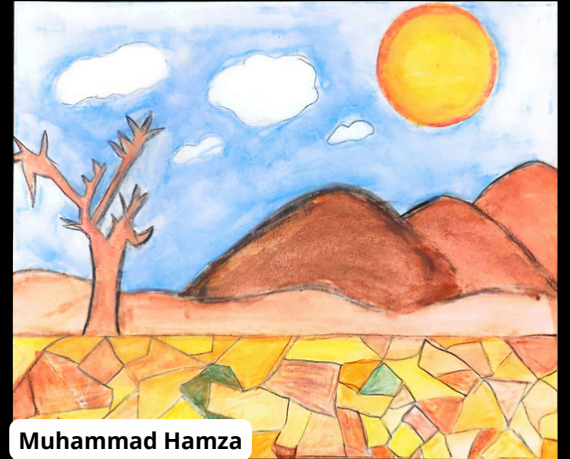
• **Melting Ice Caps and Glaciers:** The Arctic Sea ice has decreased normally, with a rate of about 13.1% per decade. Glaciers worldwide are losing weight, contributing to rising sea levels.

• **Extreme Weather Events:** The frequency of extreme weather events, such as hurricanes, heat waves, droughts and flood has increased. There is an increased risk of wildfires due to the higher temperatures and changing rain patterns. In order to solve these problems, a conference was held in Dubai known as COP28.

## Dubai Climate Conference (COP28)

Delegates from 200 countries, leaders of business and finance and representative of civil society gathered in Dubai from November 30th to December 12th for the COP 28 climate conference with the aim of fast tracking the transition to clean energy future. Different countries sent a delegation of senior representatives to play an active role in discussion.

**Mohammad Murtaza**



# CLASS 7-C



Muhammad Tayyab

## Impact of Waste on Climate Change and Numerical Facts

The amount of waste produced daily varies significantly by region, country and individual lifestyle. Waste generation is typically measured in terms of kilograms or pounds per person per day. Here are some general global and regional estimates:

### Global Municipal Solid Waste (MSW) Generation:

According to the World Bank, the world generated approximately 2.01 billion metric tons of municipal solid waste in 2016.

### Global Per Capita Waste Generation:

The global average per capita waste generation is estimated to be around 0.74 kilograms (1.63 pounds) per person per day, according to the World Bank.

### High-Income Countries:

High-income countries tend to generate more waste per capita. In countries like the United States, Canada and those in Western Europe, individuals may produce over 2 kilograms (4.4 pounds) of waste per person per day.

### Low and Middle Income Countries:

Low and middle income countries generally produce less waste per capita. However, rapid urbanization and population growth can contribute to increasing waste generation in these regions.

### Impact:

Solid waste contributes directly to greenhouse gas emissions through the generation of methane from the anaerobic decay of waste in landfills, and the emission of nitrous oxide from our solid waste combustion facilities. Therefore, it is quite necessary to reduce, reuse and recycle the solid waste to make our Earth a clean and green living place. Make it a better place for you and for me.

## Climate Change

Climate change is like the Earth is getting damaged because of too much pollution. Like if we keep our room very dirty, it will make us feel bad. The Earth feels the same when we fill the air with dirty gases from cars, factories and cutting down trees. These gases make a blanket around the Earth. This blanket traps the heat from the sun and makes the Earth warmer. This is not good because it changes the weather in ways that can hurt plants, animals and even us.

Because of climate change, some places get very hot, some places get more storms and some places might not get enough rain. This makes it hard for farmers to grow food, for animals to find places to live and it can even make people sick.

However, we can fix this problem. We should use less electricity by turning off lights when we don't need them, walk or use bikes instead of cars sometimes and recycle things instead of throwing them away, we can help the Earth feel better. Even planting trees helps because trees are like the Earth's lungs, they breathe in the bad air and breathe out good air.

We all live on the Earth together, so it's important that we take care of it by doing small things to help the environment and we can make the Earth a happier and clean place for everyone.

Muhammad Ibrahim Yousuf

Muhammad

## تَغْيِيرُ الْمُنَاخِ

أَحْمَدُ : مَرْحَبًا ، هَلْ لَاحَظْتَ كَيْفَ أَصْبَحَتْ دَرَجَاتُ الْحَرَارَةِ أَكْثَرَ حَرَارَةً فِي الْفَتْرَةِ الْأَخِيرَةِ ؟  
يُوسُفُ : نَعَمْ ، صَحِيحٌ ! الظَّفْسُ بَدَأَ يَكُونُ غَرِيْبًا ، أَخْيَانًا بَارِدًا وَأَخْيَانًا حَارًّا جَدًّا . مَاذَا تَعْتَظِدُ سَبَبَ ذَلِكَ ؟  
أَحْمَدُ : أَعْتَظِدُ أَنَّ التَّغْيِيرَاتِ الْمُنَاخِيَّةَ لَهَا دَوْرٌ فِي ذَلِكَ . هَلْ قَرَأْتَ شَيْئًا عَنِ تَأْثِيرِ الْإِنْسَانِ عَلَى الْبِيئَةِ ؟  
يُوسُفُ : نَعَمْ ، دَرَسْتُ فِي الْمَدْرَسَةِ عَنْ ذَلِكَ . إِنْبِعَاثَاتُ الْكَرْبُونِ وَاسْتِخْدَامُ الْوَقُودِ يَبْدُو أَنَّ لَهَا تَأْثِيرَ كَبِيرٍ .  
أَحْمَدُ : صَحِيحٌ ، وَنَحْنُ بِحَاجَةٍ لِاتِّخَاذِ خُطَوَاتٍ لِلْمَحَافَظَةِ عَلَى الْبِيئَةِ . مَا رَأَيْكَ أَنْ نَشْجَعَ النَّاسَ عَلَى اسْتِخْدَامِ وَسَائِلِ النُّقْلِ الْخَضِرَاءِ ؟  
يُوسُفُ : فِكْرَةٌ رَائِعَةٌ ! يُمَكِّنُ أَنْ تُسَاعِدَ فِي تَقْلِيلِ الْإِنْبِعَاثَاتِ . وَلِنَحَاوِلَ أَيْضًا تَقْلِيلَ اسْتِثْلَاكِ الْمَوَارِدِ غَيْرِ الْمُسْتَدَامَةِ .  
أَحْمَدُ : نَعَمْ ، يَبْدُو أَنَّ هُنَاكَ الْكَثِيرَ يُمَكِّنُ فِعْلَهُ مِنْ قِبَلِنَا .

زعيم بٹلا

# CLASS 7-C



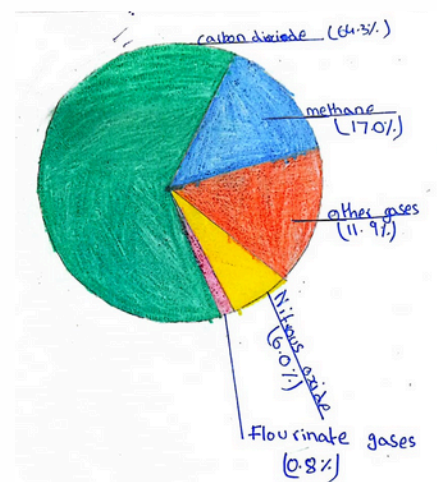
## Climate Change

Climate change, a pressing global issue, refers to long-term shifts in temperature, precipitation and other atmospheric patterns. These alterations are largely attributed to human activities specifically the release of greenhouse gasses such as carbon dioxide and methane. The consequences of climate change encompass a broad spectrum of environmental, social and economic impact. One of the most profound effects of climate change is the alteration of weather pattern, leading to more frequent and severe natural disasters such as hurricanes, droughts and floods. These events result in the loss of lives, displacement of communities and extensive damage to infrastructure. Furthermore, rising global temperatures contribute to the melting of polar ice caps and glaciers, leading to sea level rise, which poses a significant threat to low lying coastal regions.

Ultimately, addressing climate change demands collective action and innovative solutions to safeguard the planet for current and future generations.

Muhammad Hassan Mundiya

## Major Greenhouse Gases from People's Activities



Huzaifa Umair



# MESSAGE FROM THE CLASS TEACHER 7-D

This year has been filled with growth, laughter, challenges and triumphs. It's truly inspiring to see how far each student has come.

In our classroom, I've witnessed countless moments of collaboration, creativity and kindness that have enriched our learning environment and strengthened our sense of community. Whether it was working together on group projects, supporting one another through academic challenges or simply sharing a smile and a word of encouragement, your camaraderie and compassion have made our classroom a truly special place to be.

As we bid farewell to Grade 7, I want to leave you with a parting thought. Continue to embrace curiosity, embrace challenges and embrace each other. Remember that the greatest lessons in life often come from the journey itself, and with perseverance and a positive attitude, there's no limit to what you can achieve.

Wishing you all the best for the future,  
Jawairiah Rafay

# CLASS 7-D

## آب و ہوا کی تبدیلی

آب و ہوا کیوں تبدیل ہو رہی ہے؟ یہ اس لیے ہے کہ ہم انسان اس دنیا میں فیکٹریوں سے اور اپنی گاڑیوں سے دھواں اور آلودگی پھیلای رہے ہیں۔

آب و ہوا کی دن بدن تبدیلی میں سب سے بڑا ہاتھ گلوبل وارمنگ یعنی عالمی گرمائش کا ہے۔ یہ چیز کاربن ڈائی آکسائیڈ سے بنتی ہے جو ہم انسان بہت بنا رہے ہیں۔ کاربن ڈائی آکسائیڈ فیکٹریوں، گاڑیوں کے دھوئیں، کچرے جلانے اور کٹی اور اسی طرح کی چیزوں سے پیدا ہوتی ہے۔ کاربن ڈائی آکسائیڈ گیس ہماری صحت کے لیے بہت نقصان دہ ہے کیونکہ اس گیس کی وجہ سے انسان پھیپھڑوں اور جگر کی موزی بیماریوں میں مبتلا ہو جاتے ہیں۔ کاربن کی زیادہ مقدار زمین کے اطراف ایک سطح سی بنا دیتی ہے جو گرمی آنے کے بعد باہر نکلنے نہیں دیتی اور یوں آب و ہوا پر اثر انداز ہوتی ہے۔

ہم کاربن کو کم کرنے کے لیے درخت کم کٹیں کچرا کم جلائیں اور فیکٹریوں میں جو دنیا کے لیے خراب چیزیں ہیں ان کا کم استعمال کریں اور اگر ہم نے یہ سب کر لیا تو اس دنیا میں رہنا زیادہ آسان ہو جائے گا۔ ہم صرف اپنے گھر کی نہیں بلکہ گھر کے باہر کی بھی صفائی رکھیں اور اس کے لیے پوری دنیا کو ایک ساتھ ہونا پڑے گا۔

عاشم اشتیاق

## Climate Change

Climate change is a very curious yet horrifying topic. Climate change is known well around the world but have you ever wondered if it was as dangerous 30 years ago? Did people worry as much as they do today?

Climate change 30 years ago was not as dangerous as it is today, but that does not mean it had no real effect. It began nearly 200 years ago, in the 1830s, right in the midst of the industrial revolution. The introduction of steam engines and such is largely attributed to changes in climate speeding up and taking more effect around the globe. Due to these changes, global temperatures have risen by about 1°F. The many factors affecting climate include large amounts of methane being present in the atmosphere and the biggest factor of all being huge amounts of carbon dioxide being released into the atmosphere.

30 years ago, people believed that climate change could not get much worse than it was at that time, and during present time most people follow the same thought process. However, if we do not do something to change the rate at which it is going, our planet will get much much worse in 30 years, almost doubling the rate at which it has taken hold in the past 50 years altogether.

We have to stop ourselves from making the same mistakes that we are currently making and have made in the past, so that we can be proud of ourselves and our achievements in the near future. We need to change our ways to protect our planet and its inhabitants from dying.

Huzaifa Atif Gaba

## Climate Change

Climate change is when the Earth's weather gets messed up over a long time. It's mostly because people are doing things that make the planet too hot. When we use stuff like gas and oil for energy, it lets out gases that trap heat from the sun. Cutting down trees also makes it worse because trees take in some of those bad gases. This messes with the weather, making things like floods, droughts, storms, and heatwaves more common. Ice is melting, which makes the sea levels go up and puts animals in danger.

But, we can help! We can do small things like using less energy, using clean energy like wind or sun power, planting trees, and recycling. It's important to tell others about why it's crucial to take care of the Earth and make smart choices. If we all work together and make little changes, we can keep the Earth healthy for the future.

M. Sunaif Saqib

## The Effects of Climate Change

Climate change is an issue we are all aware of and cannot stop just by simply ignoring. I'm here to spread the word and to tell you why climate change is getting serious these past few decades and how to reduce the impact of climate change.

Climate change has become apparent ever since the late 1990's. It makes the climate different after centuries where it can be either colder or warmer, but recently it has been getting warmer and only warmer, we call this phenomenon global warming. You may ask why we don't let nature take its place, well, if we did then the fishing and many other industries would be at stake and affected.

Climate change has its fair share of disadvantages, such as putting the fishing industry on the line. If water heat levels rise 50C more (it is currently 27.40C in Jawani), 60% of all marine life will become extinct, which will corrupt the food chain and cause a major disaster, and poses a danger to all of marine life as well, even the ones that aren't affected of the heat. Another thing is that heat waves have become a lot more common, as well as droughts. In Europe, it got hit with a drought as well as a heat wave. An activist claims that it was Europe's worst year in 500 years. Animals such as whales' populations are dwindling, due to them moving to the arctic and washing up on shores. Polar bears and other various animals are also affected due to the ice caps melting, which causes even more global warming as white reflects light from the sun. The ozone is also depleting with many other different disadvantages.

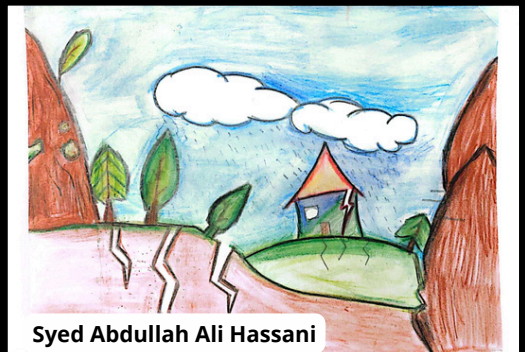
We can reduce this by reducing use of electrical appliances, reusing and preventing usage of disposable cups, plates etc. Maybe share a car, or go by bus to certain places, that way not a lot of carbon can go up into the atmosphere. Just by doing these few easy steps, you, yes you! Could make a big difference.

Please do take this essay into consideration and do take some action against climate change.

Abubakar

تعدّ تغيرات المناخ ظاهرة عالمية تثير القلق وتنتشر بسرعة، حيث تنعكس تأثيراتها بشكل ملموس على البيئة وحياة الإنسان. يرتبط تغير المناخ بزيادة درجات الحرارة العالمية والتقلبات الجوية المتطرفة، مما يسفر عن ذوبان الأنهار وارتفاع مستويات البحار وفقدان التنوع البيولوجي. تسهم الأنشطة البشرية بشكل كبير في هذه الظاهرة، من خلال انبعاثات الغازات الدفيئة واستغلال الموارد الطبيعية بشكل غير مستدام. يتطلب التصدي لتغير المناخ جهوداً جماعية على مستوى العالم، بما في ذلك تبني أساليب حياة أكثر استدامة وتعزيز مصادر الطاقة النظيفة. يجب علينا أن نعمل معاً للحفاظ على كوكبنا وتوفير بيئة صحية ومستدامة للأجيال القادمة.

معاذ احمد سهيل



Syed Abdullah Ali Hassani

# CLASS 7-D

## موسمیاتی تبدیلیاں

موسمیاتی تبدیلی ایک پیچیدہ عالمی چیلنج ہے جو مختلف عوامل نمایاں طور پر کاربن کے اخراج، آتش فشاں کے بھٹنے اور شمسی تابکاری کے ذریعے کار فرما ہے۔ انسانی سرگرمیاں خاص طور پر فوسل فیول کا جلانا جنگلات کی کٹائی اور گاڑیوں کی آلودگی نے اس مسئلے کو تیز کر دیا ہے۔ یہ تبدیلیاں زیادہ، بار بار اور شدید موسمی واقعات کا باعث بنتی ہیں جو ہر قسم کی حیات کے لیے شدید خطرہ ہیں۔

جنگلات، جو کاربن جذب کرنے کے لیے اہم ہیں، بڑے پیمانے پر انہیں کمی کا سامنا ہے۔ قطبی علاقے خاص طور پر کمزور ہیں اور وہاں زندگی کو خطرہ ہے۔ بارش کی کمی بیشی کے نتیجے میں سیلاب اور خشک سالی پیدا ہوتی ہے، پانی کے نظام میں خلل پڑتا ہے۔ نایاب جانور جیسے قطبی ریچھ اور شبر جیسے مشہور جانور بدلتے موسم کی وجہ سے کمی کا شکار ہیں۔ موسمیاتی تبدیلیوں سے نمٹنے کے لیے فوری اور ٹھوس کوششوں کی ضرورت ہے۔ اس میں کاربن کے اخراج کو کم کرنا اور پائیدار طریقوں کی طرف منتقلی کرنا شامل ہے۔ زمین کی آب و ہوا کا تحفظ ایک اجتماعی ذمہ داری ہے جو ایک پائیدار مستقبل کو یقینی بنانے کے لیے عالمی تعاون کا مطالبہ کرتی ہے۔

محمد احسن داؤد

## Let's Help the Earth

Sunshine bright and skies so blue  
Let's help the earth, me and you  
It feels different, can't you see  
Time to plant some trees, you and me.

Climate is changing oh, so fast  
Animal friends are losing their habitats  
Melting ice faster than flash  
Polar bears losing their icy land.

Turn off lights when you're not there  
Revise the three R's, show that we care  
Pick up trash, keep the oceans clean  
A happy Earth, we all have seen.

So, let's be helpers, big and small  
For a world that's clean, safe for all  
Brighten the sky that's above  
While spreading kindness and love.

Mujtaba Hassan Jamal

تعتبر ظاهرة تغير المناخ تحدياً عصبياً يستوجب انتباهاً فورياً وتحركاً فعالاً. يشهد العالم تغيرات جووية متسارعة، حيث تظهر آثار ارتفاع درجات الحرارة بوضوح من خلال ذوبان الأنهار وتسارع ارتفاع مستويات البحار. يرتبط تغير المناخ بظواهر مدمرة مثل الأعاصير والفيضانات، ويهدد التوازن البيئي والحياة البرية. يعزى هذا التغير بشكل كبير إلى الأنشطة البشرية، مع انبعاث الغازات الدفيئة واستنزاف الموارد الطبيعية. يتطلب مواجهة تحديات تغير المناخ تبني استراتيجيات مستدامة وتعزيز الوعي بأهمية الحفاظ على بيئتنا. على مستوى دولي، يجب علينا اتخاذ إجراءات جادة لتقليل الانبعاثات الضارة والسعي نحو مستقبل بيئي أكثر استدامة وتوازناً.

محمد ابتسام خان

## Anna's Efforts to Make Our Earth a Better Place

Once in a village, lived a child whose name was Anna. She loved flowers and nature.

One day, her teacher, Mrs. Smith told them that with the rise of pollution our Earth is suffering. Glaciers are melting, the sea levels are rising, there are more extreme weather events like storms and heatwaves, and changes in rainfall patterns. These changes can harm ecosystems, make it harder to grow food and cause problems for people and animals all around the world. It's important to take action to slow down climate change and adapt to its effects.

So, Anna thought to create awareness about climate change so that everyone including her can make a difference in controlling the effects of climate change. She started a campaign where people were encouraged to plant trees. She also encouraged others to use less vehicles and enjoy their small rides on foot or bicycles. Due to this campaign, many people in Anna's town started planting trees and avoided more usage of vehicles. She was successful in bringing about a positive change.

Muhammad Huzaifa



Uzail Khanzada



# CLASS 7-D

## Climate Change, Is It Really Happening?

A common topic being discussed nowadays is climate change. But first, let's discuss; what is climate change?

Climate change is an occurring phenomenon which is harming the environment. It is caused by human related issues, ranging from overpopulation to pollution. 20 years ago, the effects of these activities were not as consequential, but now the issues created by such activities are starting to unfold.

Climate change is when the usual climate of a place changes drastically, for example;

If a place was cold in the past, it is probably not as cold or warm in the present. A few places being affected by climate change are Pakistan, India and Antarctica. Concerns are being raised by the native populations of most affected areas, but still a large number of people throughout the world continue to deny the phenomenon as a whole. It is important to note that this change in global temperatures is very much real and it is most important to take action before its effects become permanently irreversible.

A common question asked among people is;

"How can we prevent climate change?"

Some simple solutions to this are:

Decreasing levels of pollution

Using eco-friendly products

Condemning deforestation

Condemning the hunting of animals in the wild

We should all try our best to prevent climate change from causing too much damage to our world, to protect its human and animal populations from going extinct, and I pray that everyone is educated about this and contributes to this cause.

Yahya Safwan

Since 1960, the climate has changed significantly due to various reasons and has become a problem for humanity.

The reasons include inadequate sewage systems, air pollution from industrial waste and deforestation. The CO<sub>2</sub> recorded in Pakistan was 200 million metric tonnes, with forests covering only 4.91% equivalent to 4.57 million hectares. The annual mean temperature increase was around 0.63 degrees celsius. Deforestation causes climate change, desertification, soil erosion, fewer crops, flooding, increased greenhouse gasses in the atmosphere and problems for indigenous seeds.

Muhammad Mustafa Zohaib

تعتبر ظاهرة تغير المناخ تحديًا عالميًا يستدعي الاهتمام الفوري والجهود المشتركة. يتسبب ارتفاع درجات الحرارة العالمي وتغيرات الطقس الشديدة في تأثيرات كبيرة على البيئة والحياة البشرية. يُربط تغير المناخ بظاهرة مثل ارتفاع مستويات البحار، وزيادة في التقلبات المناخية، وتهديد التنوع البيولوجي. تُسهم الأنشطة البشرية، مثل انبعاثات الغازات الدفيئة واستنزاف الموارد الطبيعية، في تفاقم هذه الظاهرة. يتعين علينا العمل بشكل جاد لتبني أساليب حياة مستدامة وتعزيز استخدام الطاقة النظيفة. بالإضافة إلى اتخاذ إجراءات دولية للحد من انبعاثات الكربون. إن مكافحة تغير المناخ تتطلب تعاونًا عالميًا والتزامًا جادًا للحفاظ على صحة واستدامة كوكب الأرض.

محمد عبد الله حسن

## آب و ہوا کی تبدیلی کا انسانوں پر اثر

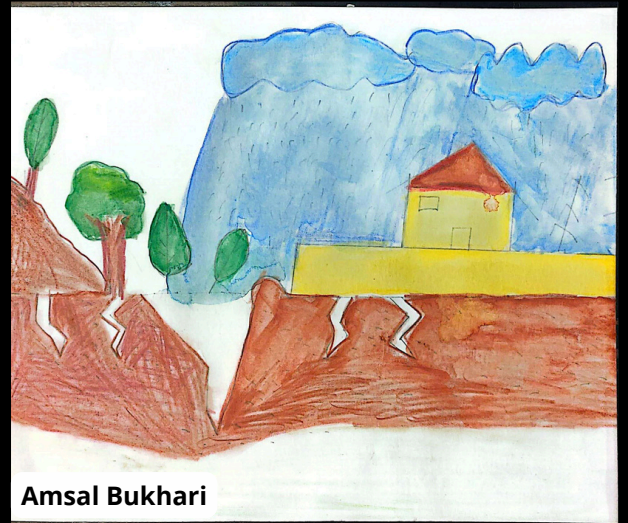
آب و ہوا کا مطلب ارد گرد کے موسم کا بدلنا ہے ہماری دنیا کا موسم بھی آہستہ آہستہ بدل رہا ہے۔ یعنی موسموں کے آنے جانے میں گرمی کے موسم کا دورانیہ کافی بڑھ گیا ہے جس کی وجہ سے انسان اور جانور سبھی تنگ ہو رہے ہیں۔

زیادہ گرمی کی وجہ سے دریاؤں میں پانی کی مقدار بدل رہی ہے یعنی کم ہو رہی ہے، کچھ جگہوں میں پانی بالکل ختم ہو رہا ہے۔ کچھ جگہوں میں گرمی اتنی زیادہ ہو جاتی ہے کہ وہاں فصلیں بھی نہیں اگائی جا سکتیں۔

جنگلات کی کمی کی وجہ سے زیادہ خطرناک بارشیں ہوتی ہیں جس سے سیلاب کے خطرات بڑھ گئے ہیں۔

ہم اپنے ماحول کو درختوں کو کاٹنے میں کمی کر کے اور کچرے کے ذریعے زیادہ بجلی بنا کر آلودگی کے پھیلاؤ کو کم سے کم کر سکتے ہیں۔

محمد ایان



Amsal Bukhari

# CLASS 7-D

## Climate Change

*Climate change is one of the world's leading problems. It is caused by many things but one of the biggest things is the greenhouse effect which is caused when the percentage of greenhouse gases such as carbon dioxide and methane is increased in the atmosphere. This causes extra heat to be trapped into the atmosphere which leads to global warming. Global warming affects things like weather, agriculture and environment. Climate change is an indirect effect of negative human activities such as pollution, burning fossil fuels etc. The increased earth's temperature causes floods and drought, side by side.*

*We can stop climate change by not burning fossil fuels and other man-made products. Reforestation can also help to reduce the percentage of carbon dioxide and bring the Earth's temperature back to normal.*

*Humans should learn to care about their environment and not be ignorant. Because of negative human activities, basic necessities of life that humans use might be lost and living could be a challenge for the coming generations.*

**Muhammad Kaab Siddiqui**

## CLIMATE CHANGE

Climate change is the term to describe the change in the weather and temperature patterns of the world. Natural incidents such as volcanic eruptions or change in Sun's activity are usually the cause of climate change. However, since the industrial revolutions of the 18th century, the volume of burning fossil fuels expanded rapidly causing emission of hazardous gases. Similarly, deforestation, expansion in human population and pollution have played significant and rapid change in the climate change of the world.

Climate change can also be referred to as global warming due to its adverse effect on global temperatures.

### Causes of Climate Change

The human population has expanded quickly in the last 200 years which has encouraged deforestation to gain more and more land for habitation and agriculture. Forests are referred to as the lungs of the world as they absorb carbon dioxide and provide the atmosphere with a necessary supply of oxygen. However, deforestation has caused more emission of gases and less extraction of oxygen

### Burning of Fossil Fuel

Fossil Fuel is the main source of energy to produce electricity, run industries, automobiles and machines. Over the last century, the consumption of fossil fuel has expanded rapidly which has caused a rapid increase in greenhouse gases, carbon dioxide and methane in our environment causing rise in global temperature.

Since the 18th century industrial revolution, the global production of greenhouse gases such as carbon dioxide and methane has increased. It has also resulted in the pollution of the oceans and rivers. Acid rains are also increasing due to rapid expansion of industries.

### Industrialization

Pollution on land such as toxic wastes, pesticides and in water such as industrial waste and sewerage are causing adverse effects on the climate of the world. Plastic wastes are doing significant damage to the ecosystem and burning of litter makes the air not breathable.

## Effects of Climate Change

### On Living Beings

Living beings such as humans, animals and plants are equally affected due to climate change. Increase in the greenhouse gases has resulted in the hole in the ozone layer which protects us from the hazardous rays. It is causing an increase in certain diseases such as skin cancer. Similarly, the rise in global temperature has badly affected the life cycle of small creatures such as bees and even large animals such as bears. Many animals and plant species are at the brink of extinction due to climate change, notably polar bears and seals due to melting of glaciers.

### On Environment

Rise in floods, droughts, tornadoes. Sudden rise in temperature at various places and similarly unexpected cold winters in some places are the reason for climate change.

### Measures to Minimize Effects of Climate Change

Convert from fossil fuel to more environment friendly resources such as wind power and solar power. Increase afforestation and plantation of trees. Minimize the production of greenhouse gases. Decrease the levels of pollution in the ocean and lands.

**Sheikh Abdul Karim**

## Importance of Getting Aware about Climate Change

Climate change is a very serious problem that is rising. Climate change is the significant variation of average weather conditions. It can harm our Earth in many different ways such as 30% of the world's population is exposed to deadly heat waves more than 20 days a year. Climate change has led to global warming which disturbs the cycles for humans and animals. A lot of animal habitats are destroyed because of global warming. It is threatening different animal species around the world to go extinct. We should all take action before the climate change situation gets out of hand.

We can also try to stop this by many ways such as educating our children about this and spreading awareness about the problem. We can start using renewable energy so there will be a lot less CO<sub>2</sub> in the air. We should get access to clean water. If we have clean water, not only does it stop children getting ill from drinking dirty water, but it means that we do not need to cut down trees to burn wood to boil water.

**Ibrahim Adnan**

Since 1960, climate change has become a significant problem for humanity. In 1960, there was only a little CO<sub>2</sub> in the air, only 317 ppm, but now it's 414.24 ppm. This increase is because of human activities such as urbanization, deforestation, burning of fossil fuels and many others. 200 million acres of forests have been destroyed since 1960. Because of this, CO<sub>2</sub> is released, and the greenhouse effect increases, resulting in climate change. Due to climate change, 85% of the world suffers from droughts, tsunamis, landslides and many other natural disasters. We can reduce climate change by using eco-friendly methods.

**Muhammad Umar Alam**

# Voice Against Tobacco



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# MESSAGE FROM THE CLASS TEACHER 8-A

Dear 8A,

I am so proud to have all of you in my class. You have such kind hearts and are always polite to each other, creating a very friendly and respectful environment. You are really smart and love learning, always trying to understand and ask questions to expand your knowledge. Moreover, you already have knowledge of the referring topic whether it is related to subjects or the political world. I appreciate how you follow the teachings of Islam and show good values like compassion and being fair. It's also great to see you taking part in extracurricular activities, showing how well-rounded you are. Let me share two quotes that remind me of your amazing qualities: "Being polite makes people happy" and "Education can help you change the world." Keep up the fantastic work, my wonderful students, and keep being kind, curious, and involved.

Huma Irfan

# CLASS 8-A

## TOBACCO

In the year 2018, there were over 7.5 billion people on this earth, WHO stated that 1.1 billion people consumed tobacco regularly. It really makes one wonder how this single plant influenced over 1/7 of our world. In 2022, an estimated 1.3 billion people worldwide consumed tobacco and these numbers were increasing rapidly.

There are 4000 chemicals in a single puff of cigarette. Out of this 60 of them are carcinogens which increase the count of abnormal cells in the human body and cause cancer. Other chemicals that are found in tobacco are nicotine which causes addiction and acrolein which are possibly human carcinogens and there is around 69.305g per cigarette.

For every person who dies due to smoking, 30 people live with a serious smoking related illness. Estimates show smoking increases the risk for coronary heart disease by 2 to 4 times and prevalence of TB is more in smokers. Smoking also doubles the risk of respiratory disease.

However, over the course of 2023 many people have been unified by a shared goal, to reduce the use of tobacco and to fight this lethal drug which has claimed countless lives throughout the years.

Aisha Basit

## A Voice Against Tobacco

*As Muslims, our first priority should be our religion, Islam. These days, many Muslims justify smoking by stating that it is infact 'makrooh' (disliked) and not 'haraam' (forbidden) in our deen. Even if this was true, in Islam, we are ordered by Allah to not purposely do something that harms us.*

*Tobacco contains an addictive chemical called nicotine. Nicotine makes you feel happy and energetic, gives you energy and helps you concentrate, but within seconds of your first puff, the tobacco reaches your heart, brain and other organs.*

*Tobacco also prematurely ages your skin 10 to 20 years!*

*When smoking, your brain releases a chemical called 'dopamine' which makes you feel good and when not smoking, your body craves more tobacco as it becomes more dependent on nicotine for energy. Tobacco reduces human life expectancy and while some might argue that since everyone has to die at some point either way, smoking also results in other people's deaths due to passive smoking.*

*Second hand smoke is lethal and causes many diseases such as asthma in children. Inhaling smoke from another's cigarette is almost as harmful as actually smoking yourself. According to some estimates, passive smoking causes around thirty three thousand deaths a year and if the current trend continues, it will cause many more.*

*These days, teens, specifically young men and boys, feel peer pressure and try smoking or vaping to 'look cool' but in the long run, they become addicts, which is why you should refrain from ever trying a cigarette. As responsible and practicing Muslims and Muslimahs, we must refrain from the use of tobacco in every shape and size because all it does is harm our lives, health and relationships. So friends, stay away from smoking and vaping no matter who tells you to try one puff!*

Fatemah Marfani

## خبردار!

تمباکو نوشی آپ کے لیے جان لیوا ثابت ہو سکتی ہے۔۔۔

تمباکو (سگریٹ، پان، چھالیا، گٹکا، ای سگریٹ وغیرہ) کا استعمال ایک وبا کی طرح مسلسل بڑھ رہا ہے۔ عالمی ادارہ صحت کے ایک اندازے کے مطابق دنیا میں ایک ارب آبادی تمباکو نوشی کی عادت میں مبتلا ہے۔ (منقول)

یہ ایک حقیقت ہے کہ تمباکو استعمال کرنے والے کو تو نقصان پہنچتا ہی ہے، اس کے ساتھ ساتھ یہ اس کے خاندان اور ساتھ رہنے والے لوگوں کے لیے بہت نقصان دہ ہے۔ تمباکو نوشی صرف بڑوں پر ہی نہیں بلکہ بچوں پر بھی منفی اثر کرتی ہے۔ تمباکو نوشی کی وجہ سے صرف کینسر ہی نہیں بلکہ بہت سے دوسرے امراض ہو سکتے ہیں جیسے خون کا جمنا، سانس لینے میں تکلیف، اندھے ہونے کا خطرہ اور ہماری ہڈیاں بھی کمزور ہو سکتی ہیں۔ تمباکو نوشی کرنے سے جان جانے کے خطرات بڑھ جاتے ہیں۔ آج کل کے دور میں تمباکو نوشی بہت عام ہے اور ہر سال لاکھوں جانیں جا رہی ہیں۔ یہ اتنا خطرناک ہے کہ یہ جو شخص نہ بھی کر رہا ہو وہ بھی اس کا شکار ہو جائے گا جیسے اگر ایک بندہ تمباکو نوشی کر رہا ہو تو دوسرے کی سانس کے ساتھ اس کے پھیپڑوں میں جا کر اس کو نقصان پہنچاتی ہے۔ ہمیں اس کا خاتمہ کرنا ہو گا کیوں کہ اگر موجودہ صورتحال برقرار رہی تو ۲۱ ویں صدی میں تمباکو نوشی کئی گنا زیادہ اموات کا سبب بنے گی۔ اس واضح خطرے کے پیش نظر دنیا بھر میں ۳۱ مئی کا دن تمباکو نوشی سے چھٹکارے سے منسوب کیا گیا ہے۔

عدینہ جاوید



Khadija Siddiqui

# CLASS 8-A

## تمباکو نوشی

"تمباکو نوشی صحت کے لیے مضر ہے" یہ نصیحت تمباکو کے ہر ڈبے پر لکھی ہوتی ہے، مگر اس کے باوجود لاکھوں لوگ تمباکو نوشی کی بری عادت میں مبتلا ہیں۔ تمباکو نوشی صرف تمباکو استعمال کرنے والوں کو ہی نقصان نہیں پہنچاتی بلکہ ارد گرد بیٹھے تمام لوگوں کی صحت اور ماحول کو متاثر کرتی ہے۔

تمباکو نوشی کے بے تحاشہ نقصانات ہیں، جن میں سے چند کے بارے میں ہم بات کریں گے۔ مثلاً تمباکو نوشی کے صحت پر بہت برے اثرات مرتب ہوتے ہیں یعنی یہ انسانی پھیپھڑوں کو تباہ کردیتی ہے جس کی وجہ سے انسان کو دل کے امراض لاحق ہو جاتے ہیں اور انسان اکثر بلند فشار خون کا بھی شکار ہو جاتا ہے۔ ذرا سادہ چلے یا کوئی چڑھائی چڑھے اس کی سانس پھول جاتی ہے اور انسان بھری جوانی میں جسمانی کمزوری کا شکار ہو جاتا ہے۔ تمباکو نوشی زیادہ عرصے کرنے کی وجہ سے کینسر جیسا موذی اور جان لیوا مرض بھی لاحق ہو جاتا ہے۔ غرض یہ کہ تمباکو نوشی کی لت صرف نقصان ہی پہنچاتی ہے لہذا ہمیں اس برائی سے نہ صرف خود بچنا چاہیے، بلکہ لوگوں کو بھی اس سے روکنا چاہیے۔ حکومتی سطح پر بھی تمباکو نوشی کے خلاف بھرپور مہم چلائی جا رہی ہے جس کے تحت تمام عوامی مقامات پر تمباکو نوشی ممنوع قرار دی جا چکی ہے جیسے پارک، ہوٹل، ریلوے اسٹیشن جیسے عوامی مقامات پر تمباکو نوشی کرنے پر بھاری جرمانہ عائد کیا جاتا ہے۔

## آثرہ سلمان

## الصوت ضد التبغ

في عالمنا اليوم ، يواجه الشباب معركة كبيرة وهي معركة ضد التبغ. يبدو أن هذه معركة صعبة ولكنّها مهمة للغاية. ها أنا سأستكشف اليوم في مقالي أضرار التبغ بحقائق علميّة وكيف يمكننا أن نمنع الشباب من التدخين.. أ تعرفون ما هو التبغ؟ إنه نوع من النباتات الذي يذخنه بعض البالغين و لكنّه سيئ و مضر لصحة الإنسان و لصحة المجتمع. بالرغم من التّقديم العلمي حول أضرار التدخين لا يزال التبغ يمثّل تهديدا خطيرا في مجتمعنا و لكن معظم الشباب يستخدمونه و هم تعودوا هذه العادة السيئة بسبب التّوتّر و الإزعاج و القلق .

يعتبر الصوت ضد التبغ واحداً من الأصوات المهمّة في عصرنا الرّاهن. النّاس الذين يستهلكون أموالهم في السجائر يعانون كثيرا من الأمراض الخطيرة مثل: سرطان الفم و أمراض القلب و أمراض الجهاز التنفسي فهذه الأمراض تجعل الرئتين ضعيفتين و يصعب على المدخن التّنفّس و القفز و حمل الأثقال و اللعب و غير ذلك من الأعمال المهمّة في حياته. و كذلك تصفّر الأسنان و تنبعث رائحة كريهة من الفم فعندئذ لا يصاحب النّاس المدخن بل يتعدون من صحبته. في الواقع ، التبغ و التدخين يقتل أكثر من ١٦٣,٦٠٠ شخصا كلّ عام في باكستان ما يقرب من ٣١٠٠٠ من الوفيات بسبب الدخان السّليبي ما يتصاعد من السجائر العامّة و الإلكترونيّة. و قليل من النّاس رفضوا أن يكونوا أضحوكة و اختاروا الحياة و الصحة بدلا من الإدمان و المخاطر فقالوا بصوت قويّ ضدّ هذا العدو الخفي: "لا شكرا ، لن ندخن"

## قدسية مؤنس

## Harmful Effects of Tobacco

### Tobacco and Its Components

Think of the chemicals in tobacco as numbers in a maths problem. Nicotine, being highly addictive, is like a big positive number that keeps growing. It's like adding more and more to the equation. The other chemicals, such as tar and carbon monoxide, are like negative numbers, making the overall result even more harmful.

The maths lesson here is that when you use tobacco, you're dealing with a complicated equation where the negatives far outweigh any potential positives.

### Health Risks of Smoking

Now, let's talk about the health risks associated with smoking. Imagine each puff of tobacco smoke as a unit in a mathematical series. The more you smoke, the longer the series becomes, increasing the risk of lung problems, heart diseases and other health issues. It's like a mathematical sequence where each term represents a potential health problem. The more terms you add, the worse the outcome becomes. Quitting tobacco is like stopping this series before it gets out of control, minimizing the risk and bringing the equation back to a healthier balance.

### Risks of Chewing Tobacco

It introduces a different set of variables into the equation. It's like choosing a different path in the math problem. The variables in this path represent the risks of oral cancer, gum disease, and tooth loss. Each decision to use chewing tobacco adds more variables to the equation, making the overall result less favourable. Avoiding chewing tobacco is like simplifying the equation by removing these risky variables and keeping the math of your health simple and clean.

### Second-hand Smoke and the Solution

Now, let's consider second-hand smoke as a mathematical concept. It's like dealing with variables that aren't directly under your control but still affect the outcome. If you're around someone who smokes, you're involuntarily adding these variables to your health equation. Quitting tobacco not only removes the direct impact but also eliminates the indirect effects on those around you. It's like solving a system of equations where you not only solve for your own health but also contribute to a healthier environment for others. In summary, the decision to use or quit tobacco can be seen as a complex mathematical equation, where each component contributes to the overall result. Quitting tobacco is like simplifying this equation, minimizing the negative factors and ensuring a healthier outcome for yourself and those around you.

### Maniha Imran



Aizah Naveed



# CLASS 8-A

## Facts about Tobacco Use

Dear Friends,

I have compiled a list of important facts that each one of us need to be aware of regarding tobacco and its dangers. Please read and do share them with your family members and friends, especially those who smoke! Hope you will find these facts interesting:

1. Cigarette smoking harms nearly every organ of the body.
2. Tobacco is a plant that contains nicotine, an addictive substance that can cause many diseases and deaths.
3. Tobacco kills more than eight million people each year, including non-smokers who are exposed to second-hand smoke.
4. Tobacco use is the leading preventable cause of death in the world and the most littered item on Earth.
5. Tobacco is used in various ways, such as chewing, drinking, inhaling, vaping and smoking.
6. Tobacco has a long history of culture and medicinal uses, some of which were harmful or hallucinogenic.
7. Passive smoking can cause premature death in non-smokers.
8. Passive smoking increases the risk of coronary disease by 25-40 % almost the same level as a smoker.
9. Passive smoking increases the risk of respiratory illness in children, including asthma, bronchitis and pneumonia among others.
10. Second hand smoke contains over 4000 chemicals, many of which are carcinogenic, and 85 % of cigarette smoke is invisible.
11. There is no safe level of passive smoking and the harmful chemicals in tobacco smoke can linger in the air for hours.
12. Tobacco smoking can lead to a variety of health problems including chronic bronchitis, emphysema, heart disease (which can lead to stroke or heart attack, lowered immune system function), decreased sense of smell, gum disease, tooth loss, type 1:-leukemia, type 2:- diabetes and pneumonia.
13. Chewing tobacco contains more than two times the nicotine that an average pack of cigarettes has, making it highly addictive.
14. Tobacco is derived from the leaves of the genus nicotiana, a plant from the night-shade family, indigenous to North and South America.
15. Chewing tobacco is used by more than 300 million people in 70 countries, mostly in Southeast Asia.
16. Chewing tobacco also contains many known cancer-causing substances, such as nitrosamines and arsenic.
17. Around 80 % of the world's 1.3 billion tobacco users live in low and middle-income countries.
18. Smokers have ten times as many wrinkles than a person who does not smoke.
19. Tobacco seeds are very tiny. One flower has about 3000 seeds.
20. The oldest tobacco company in the world, Tabacalera, was established in Spain in 1636.
21. Tobacco corporations pay for most, if not all, of the anti-tobacco advertisements you see on television and all other media including social media.
22. Tobacco was once believed to cure all and was used to dress wounds and even as a painkiller!
23. Tobacco and tobacco-related products have a long history that stretches back to 6000 BC.
24. Vaping and electronic cigarettes as well as the flavoured shisha/ hookah/ hubble bubble / water pipe and even gutka are new forms of smoking and tobacco use. They are in fact more dangerous than smoking because they get a person addicted and contain more nicotine than a cigarette.

Friends, please think twice before smoking, vaping or even using a flavoured hookah or Shisha and tell others to create a change in the society so that you can gain Sadqa e Jariah.

Munazzah Amir

## الصوت ضد التبغ

مرحباً يا أحبائي، اسمي رامين حسن من الصف الثامن "ألف" اليوم سوف أكشف أمامكم في مقالي أنواع التبغ وأضراره وأثاره الجانبية التي تقع على صحة المدخن مباشرة وعلى مجتمعنا.

كثير من أجيال الشباب لا يعرفون أضرار التبغ ويدخنون بكثرة وأصيلاً دون أن يفكروا مرة عن أثاره الجانبية وألقوا بأيديهم إلى التهلكة وخسروا في الدنيا والآخرة هناك آثار ضارة للتدخين على نفس المدخن تصيبه أمراض عديدة وخطيرة مثل: أمراض الجهاز التنفسي، أمراض الجهاز الهضمي، قرحة المعدة، سرطان الحلق، سرطان الفم واللسان، سرطان البنكرياس، حموضة مريئية وكذلك يؤثر التدخين على بشرة الإنسان و أيضاً يعاني المدخن من أمراض القلب وغير ذلك من الأمراض التي تسبب الوفيات والأموات. والتبغ يؤثر على الأسرة وخاصة على البيئة بسبب الدخان السليبي المزيج غير الصحي والتفائات والكيميائية الضارة تنتقل السلوكيات السلبية في الذين يصاحبون المدخنين وتزداد نسبة المصاصات في البيوت لأن المدخن يضيّع أمواله في شراء السجائر بدلاً من الإنفاق على أهله وهو يكلف الكثير من المال التبغ له أنواع شتى كالتبناك، التبغ الدخان، التبغ السوداني، التبغ المضغوط، التبغ الشجري ويسمى بالتبغ البري والتبغ الإلكتروني كالفيب. هيا نرفع أصواتنا ضد التبغ ونقول: "دعونا نختار الصحة ونبتعد عن التبغ".

رامين حسن

## Effects of Smoking

As the population is increasing, there are many health issues as well. The most major global health disease is cancer which is spreading and more causes are being registered day by day. There are many causes but main is tobacco. Tobacco is dangerous to our health. Tobacco products contain unsafe substances from tar to nicotine and carbon monoxide.

In today's world, smoking is very common and it's one of the problems that we are facing. Smoking kills a lot of people. The teenagers that are in college are adopting this habit. Even girls! The major problem of tobacco is its highly addictive nature. This nature is because of the presence of a substance called nicotine which is carcinogenic in nature. The government should take serious steps to minimize tobacco smoking as it is dangerous for health.

Tobacco causes lung cancer, heart diseases and dental problems. Smoking leads to diseases and disabilities and harms nearly every organ of the body. Nicotine damages brain tissues and hardens the walls of the arteries. Tobacco increases the risk of blindness, premature aging of skin by 10 to 20 years and increases blood pressure. It increases the risk of stroke and heart attack. Smoking also increases risk of tuber colossus and problems of the immune system. We should avoid and not use tobacco in any form throughout our life.

Aiman Fahad

# CLASS 8-A

## Let us Unite for a Smoke-Free Future

The "Voice against Tobacco" movement has emerged as a powerful force in raising awareness about the detrimental effects of tobacco on individuals and society as a whole. Let me shed some light on the significance of this movement and the actions taken to combat the tobacco epidemic.

**The Health Hazards of Tobacco:** Tobacco consumption has been linked to numerous health issues, including lung and throat cancer, cardiovascular diseases, respiratory problems, and compromised immune systems. By highlighting these dangers, the "Voice against Tobacco" movement aims to educate individuals about the severe health risks associated with tobacco use.

**Raising Awareness:** The movement utilizes various platforms, such as social media, educational campaigns, and community initiatives, to spread awareness about the harmful effects of tobacco. By sharing compelling stories, statistics and testimonials, the movement encourages individuals to make informed decisions and reject tobacco use.

**Government Regulations:** Stricter government regulations play a crucial role in curbing tobacco consumption. The "Voice against Tobacco" movement advocates for policies such as increased taxes on tobacco products, graphic warning labels, and restrictions on tobacco advertising. These measures aim to discourage tobacco use and protect individuals, especially the youth, from falling prey to its addictive nature.

**Support Systems:** Recognizing that quitting tobacco can be challenging, the movement emphasizes the importance of support systems. Counseling, nicotine replacement therapy, and support groups are readily available to assist individuals in their journey towards a tobacco-free life. The "Voice Against Tobacco" movement ensures that no one has to face this battle alone.

**Benefits of a Smoke-Free Lifestyle:** Quitting tobacco brings numerous benefits, both physical and psychological. Improved health, increased energy levels, reduced risk of diseases and enhanced overall well-being is just a few of the positive outcomes of embracing a smoke-free lifestyle. The "Voice against Tobacco" movement emphasizes these advantages to motivate individuals to take action.

**Conclusion:** We all need to support the "Voice against Tobacco" movement against the tobacco epidemic and try our best as responsible citizens to create a smoke-free future for all. By raising awareness and providing support, we can empower individuals such as our family and friends to make healthier choices and protect ourselves from the harmful effects of tobacco use in every form. Let us join forces with the "Voice against Tobacco" movement and become catalysts for change in our communities.

Rumaisa Shakil

## Voice Against Tobacco

In every breath, a cry is heard,  
Against tobacco's lethal word.  
With words we speak, with passion fight,  
To shield our lungs, with all our might.

Through whispers soft, or shouts so clear,  
We raise our voice, dispelling fear.  
For every puff, a life at stake,  
We stand united, no mistake.

In schools and homes, we spread the word,  
The dangers of this habit absurd.  
With every rhyme, with every verse,  
We strive to break this deadly curse.

So let our voices strong and true,  
Echo against tobacco's deadly brew.  
For in our words, our strength prevails,  
Against the smoke, our spirit sails.

Aiman Fazal

## الصوت ضد التبغ

يعتبر التبغ من أضر الأشياء التي تضر الصحة وهو يحصل من أوراق النباتات حيث يستخدم أساس أوراق التبغ المجفف للتدخين في السجائر والسيجار والأنابيب وأقلام الشيشة. دخان التبغ هو عبارة عن رزاز يتكون من جزئيات صغيرة تطفو في أساس من النيتروجين والأكسجين والثاني أكسيد الكربون وأول أكسيد الكربون. يضر التدخين الأطفال ويزداد خطره لإصابتهم بمشاكل التنفس والمشاكل السلوكية. النساء الحوامل اللاتي يتدخن يعرضن أنفسهن لخطر الإجهاض والولادة المبكرة وتشوهات الولادة في أطفالهن مع آثار صحية طويلة خطيرة الأمر على الطفل. يسبب التدخين بشكل شائع السرطان الرئوي وأمراض القلب والأوعية الدموية والانسداد الرئوي والسكتات الدماغية. يؤدي التدخين إلى زيادة تكاليف الرعاية الصحية وتقليل الإنتاجية. الإقلاع عن التدخين يحسن الصحة ويوفر المال ويزيد من مدة العمر. يجب على الأشخاص إقلاع التدخين لتجنب الدخان الثانوي ودعم الأماكن الخالية من الدخان. على كل المدخن أن يتخلص نفسه من هذه العادة وأن نقول: اختر الصحة على الدخان. الرئتان ستشكرك على الهواء النقي.

عليه أشفاق

## تمباکو نوشی

آج کے نوجوانوں کی کم عمری میں موت کی سب سے عام وجہ سگریٹ نوشی ہے۔ آج کی دنیا میں ہم جن مسائل کا سامنا کر رہے ہیں ان میں سے ایک سب سے عام مسئلہ جو لوگوں کو نقصان پہنچا رہا ہے وہ ہے سگریٹ نوشی۔ بہت سے لوگ یہ عادت ذہنی تناؤ، ذاتی مسائل اور بری صحبت کی وجہ سے اپنا لیتے ہیں۔ درحقیقت، وجہ کچھ بھی ہو جب کوئی سگریٹ پیتا ہے تو وہ نہ صرف اپنے آپ کو بلکہ اپنے آس پاس کے ہر فرد کو نقصان پہنچاتا ہے۔ اس کے انسانی جسم پر بہت سے برے اثرات مرتب ہوتے ہیں۔

اناب انس چاولہ

# CLASS 8-A

Tobacco is a plant. Its leaves are smoked, chewed, or sniffed for a variety of effects. Tobacco contains the chemical nicotine, which is an addictive substance. Tobacco smoke contains more than 7,000 chemicals, at least 70 of which are known to cause cancer. People smoke when they feel irritable, anxious or depressed. It's the carbon monoxide, tar and other toxic chemicals in tobacco smoke that will cause serious damage to your health.

Younger children are more attracted to tobacco due to peer pressure. Their friends encourage them to try cigarettes and to keep smoking. They see smoking as a way of rebelling and showing independence. They think they should also start smoking as everyone else is too. Tobacco industries also target teenagers. People get addicted to tobacco as the nicotine causes the release of dopamine in the brain, which gives people a good feeling, to keep that feeling going, they get used to smoking.

We can reduce the use of tobacco by inventing laws that reduce the ability of youth to get tobacco, by taxes that increase the cost of tobacco, by school policies about tobacco use, by regulations about tobacco advertising and by strong tobacco-free role models. When you avoid tobacco, your risk of coronary heart disease becomes half that of someone still using tobacco. Your heart attack risk drops dramatically and your circulation improves and lung function increases.

**Zahra Muzammil Merchant**

## **E-cigarette and their Harmful Effects**

As our world evolves, so do the challenges we face. Among the most pressing issues is the escalating trend of e-cigarettes. Once marketed as a safer alternative to smoking, vaping now poses a significant threat, especially to our youth. Despite efforts to regulate its usage, e-cigarettes continue to entice young individuals with their appealing flavours and perceived coolness.

However, the risks associated with e-cigarettes are far-reaching and often underestimated. According to the Centre for Disease Control and Prevention (CDC), e-cigarette use among high school students increased by 78 % between 2017 and 2018 alone. This trend is deeply concerning as vaping poses significant health risks. It contains harmful chemicals such as nicotine, which is highly addictive and can harm adolescent brain development, affecting attention span, learning and impulse control. Moreover, the inhalation of aerosol produced by vaping exposes users to chemicals such as formaldehyde that can cause lung damage, wheezing etc.

In conclusion, the rising prevalence of e-cigarettes among youth demands urgent action. We can prevent our people from falling into the trap of vaping addiction.

Saying no to vapes is not just a matter of personal choice, it is a collective responsibility to protect the well-being of our youth.

**Manha Yasir**

## **Tobacco and its Harmful Effects**

Tobacco is a plant that is commonly used to make cigarettes and other tobacco products. It contains nicotine, which can be addictive and many more harmful substances including tar, carbon monoxide and various carcinogens. Tobacco is a very harmful and dangerous substance therefore, smoking tobacco can cause a range of health issues. It can increase the risk of developing various types of cancers of organs like lungs, mouth, throat, oesophagus, bladder, kidney and pancreas. It can also lead to respiratory problems like chronic bronchitis and emphysema making it harder to breathe.

Smoking can also lead to dental problems, weakened immune system, and premature aging. It can damage your cardiovascular system, increasing the risks of heart attacks and strokes.

Tobacco products which are used in a way other than smoking are known as smokeless tobacco. The most common smokeless tobaccos are chewing tobacco, naswar, snuff, snus, gutka, and topical tobacco paste. Any product which contains tobacco is not safe for human health. There are more than twenty-five compounds in smokeless tobacco which can cause cancer. Use of smokeless tobacco has been linked with risk of oral cancer.

Taking care of our health by avoiding tobacco is crucial. There are ways to quit smoking for example, we could seek support, use nicotine replacement therapy, use prescription medications and find healthy alternatives.

**Zaynab Muzammil Merchant**

## **Effects Of Tobacco on Human Health**

Tobacco a plant known for its addictive properties, manifests detrimental effects on human health. When smoked it releases over 7,000 chemicals. These substances including nicotine, tar and carbon monoxide pose great risks to human health. Nicotine addiction perpetuates the cycle of smoking leading to increased risk of lung cancer, heart disease, and respiratory ailments. There are different forms of tobacco use and all are harmful, and there is no safe level of exposure to tobacco. Cigarette smoking is the most common form of tobacco use worldwide. Other tobacco products include waterpipe tobacco, cigars, cigarillos, heated tobacco, roll-your-own tobacco, pipe tobacco, bidis and kreteks, and smokeless tobacco products. The detrimental effects extend beyond the smoker to affect those exposed to the second-hand smoker. Tobacco use remains a global public health challenge necessitating comprehensive prevention and cessation efforts to mitigate its devastating impact. Other forms of tobacco such as chewing it and snuff also possess significant health risks including oral and pancreatic cancer.

Tobacco usage can be controlled and reduced if tobacco products import and advertisement is banned and measures such as tobacco taxes, anti-tobacco mass media campaign are practiced.

**Aiza Adeel**



# MESSAGE FROM THE CLASS TEACHER 8-B

I would like to acknowledge as well as express my pleasure on my students' hard work this year. This is my third year with you and I've observed you grow, fumble and get back on your feet. Your accomplishments inspire me and this makes me confident that each one of you is capable of achieving anything you set your mind to, but always remember the golden rule - be kind to yourself and others.

*This year had its highs and lows,  
and I must say you kept me on my toes.  
But each day I learnt new things about you,  
or about the world around, through you.*

**Every challenge is an opportunity to become stronger, so believe in yourself in order to succeed.**

**Try to give in your best, aim for Kai-zen: Continuous Improvement! not just during school, but in all walks of life!  
The ending of a year is like closing a window. Even though it is shut, fresh light will still shine through. Take a moment to reflect and look back, but only for an instant, because new possibilities are just over the horizon.**

**To conclude. "It is in your hands, to make a better world for all who live in it."**

**-Nelson Mandela.**

**Sitaish Ansarie**

# CLASS 8-B

## تمباکو نوشی نوجوان نسل کو تاریک بنا رہی ہے

تمباکو ایک مہلک ترین چیز ہے جس کی عادت پاکستان میں اکثر لوگوں کو ہو چکی ہے۔ کچھ لوگ اس کو سگریٹ میں استعمال کرتے ہیں اور کچھ حقہ پی کر اپنے دل کی تسکین کرتے ہیں۔ مہمن اور ہندوستانی تمباکو والا پان کھاتے ہیں۔ اکثر پٹھان نسوار کی شکل میں تمباکو کا استعمال کرتے ہیں۔ کچھ سالوں سے تمباکو کی ایک نئی شکل پیدا ہو گئی ہے جس میں نوجوان ہی نہیں بلکہ بوڑھے بھی ملوث ہو چکے ہیں۔ امیر تو امیر غریب طبقے میں بھی یہ بہت عام ہو چکا ہے اور بہت سستے داموں میں بکتا ہے جس کو عام زبان میں گھٹکا کہتے ہیں۔

یہ تمباکو نوشی ایک بہت ہی بری عادت ہے جو انسان کو تباہی اور بربادی کی طرف لے جاتی ہے۔ کیا ہی عجیب بات ہے کہ انسان اپنی ہی بربادی اور ہلاکت کو خریدنے کے لیے روزانہ کئی روپے خرچ کر دیتا ہے۔ تمباکو نوشی کی جس کولت پڑ جاتی ہے اس کا پیچھا چھڑانا مشکل نہیں بلکہ محال ہو جاتا ہے۔

غرض یہ ہے کہ یہ ایک چھری ہے جو انسان کو کاٹ رہی ہے، دل انجن کی طرح آواز دیتا ہے، جسم میں آگ سی معلوم ہوتی ہے۔ تمباکو نوشی کے مضر اثرات بے شمار ہیں۔ جتنا زیادہ انسان تمباکو نوشی کرتا ہے اتنا ہی وہ نفسیاتی امراض میں مبتلا ہو جاتا ہے۔ جیسے بے چینی، ڈپریشن اور بات بات پر غصہ اور لوگوں کو مارنا پیٹنا۔ اس کے علاوہ جسمانی بیماریوں کا تو کوئی حساب ہی نہیں۔ سب سے بری بیماری کینسر ہے۔ نظریں کمزور ہو جاتی ہیں، ہڈیاں شیشے کی طرح نازک ہو جاتی ہیں، جلد کی بیماریوں میں مبتلا ہو جاتا ہے، دانت پیلے ہو کر خراب ہو جاتے ہیں، بالوں کی جڑیں کمزور ہو جاتی ہیں جس سے بال گرنے لگتے ہیں، کھانسی کی شکایت، خون کا خراب ہونا وغیرہ۔ دنیا بھر میں تمباکو نوشی سے ہونے والی بیماریوں میں مبتلا ہو کر سالانہ 40 لاکھ افراد موت کے منہ میں چلے جاتے ہیں، جس میں سے چھ لاکھ سے زیادہ افراد تمباکو نوشی نہیں کرتے بلکہ تمباکو نوشی کے ماحول میں موجود ہونے کے سبب اس کے دھوئیں کا شکار ہو جاتے ہیں۔

والدین سے گزارش ہے کہ اپنے بچوں کو تمباکو نوشی کے قریب نہ جانے دیں۔ چند لمحات کی تفریح ان کے آنے والے مستقبل کو تاریک کر رہی ہے۔

بریرہ عابد عمر سن

## Say No to Smoking and Vaping!

In a world where choices abound,  
There's one that brings us down.  
Tobaccos' tempting, but let's be wise,  
Unveiling the truth behind the lies.

They advertise with fancy tricks,  
But tobacco is a harmful mix.  
Coughing and wheezing, it takes a toll,  
Our health is worth more than a nicotine stroll.

Say no to tobacco, it's time to take a stand,  
Protect our bodies, it's in our hands.  
We'll rise above the smoke, break free,  
Together we can be tobacco-free.

Let's breathe in fresh air, feel alive,  
Breaking the chains, we will survive.  
Empower ourselves, make a choice,  
Say no to tobacco, raise your voice.

We're the generation that breaks the mould,  
Choosing health and stories yet untold.  
With knowledge and strength, we'll pave the way,  
A future without tobacco, starting today.

Barakah Muhammad Afzaal

## Tobacco and Maths

When people use tobacco, it's like adding more and more problems to the equation, making it challenging to find a positive solution. For instance, statistics tell us that tobacco is a major risk factor of cancer. According to the World Health Organization, about 1 in 3 cancer deaths globally are linked to tobacco use. Here's where maths comes in handy, researchers and scientists use numbers and data to figure out these connections. They contain information from many people who use tobacco and those who don't crunch the numbers, see the patterns. It's like solving a big math puzzle to understand how using tobacco affects our health.

As we delve into the realm of health, the analogy of smoking as a mathematical game becomes evident. The more one smokes, the higher the mathematical odds of encountering severe illnesses. This analogy emphasizes the tangible and quantifiable nature of the risks associated with tobacco use. Therefore, the logical solution lies in the mathematical certainty that avoiding or quitting tobacco contributes to a healthier equation for individuals and society as a whole. By understanding and acting upon these mathematical facts, one can make a positive impact on their well-being and reduce the burden of health problems associated with tobacco.

Maria Hamid Rana



Zunaira Musawer

# CLASS 8-B

## تمباکو نوشی کے معاشرے پر اثرات

تمباکو ایک انتہائی نشہ آور مادہ ہے جس میں نیکوٹین پایا جاتا ہے۔ تمباکو نوشی صحت کے لیے بہت خطرناک ہے جس کی وجہ سے پھیپھڑوں کا کینسر، دل کی بیماری، فالج، سانس کی بیماریاں اور کئی قسم کے کینسر جیسے منہ اور گلے کا کینسر شامل ہے۔ تمباکو نوشی کا استعمال ذہنی بیماری جیسے ڈپریشن اور اضطراب کا سبب بن سکتا ہے، اور تو اور تمباکو کا استعمال سانس کی بدبو، پیلے دانت اور جلد کی قبل از وقت عمر بڑھنے کا سبب بن سکتا ہے۔

تمباکو کی پیداوار اور استعمال کے ماحول پر منفی اثرات مرتب ہوتے ہیں۔ وسیع پیمانے پر جنگلات کی کٹائی تمباکو کے باغات کے لیے راستہ بناتی ہے، جس سے زمین کی تنزلی اور حیاتیاتی تنوع کا نقصان ہوتا ہے۔ تمباکو کی کاشتکاری کے لیے کیڑے مار ادویات اور کھادوں کے استعمال کی بھی ضرورت ہوتی ہے جو مٹی اور پانی کے ذرائع کو نقصان پہنچا سکتا ہے۔ تمباکو کی کاشت اور پروسسنگ جنگلات کی کٹائی، مٹی کے انحطاط، پانی کی آلودگی، اور کیمیائی کھادوں اور کیڑے مار ادویات کے وسیع استعمال میں معاون ہے۔

تمباکو کے استعمال کا معاشرے بوجھ، افراد اور مجموعی طور پر معاشرے دونوں پر کافی ہے۔ تمباکو سے متعلقہ صحت کی دیکھ بھال کے اخراجات، پیداواری نقصانات اور قبل از وقت اموات دنیا بھر کی معیشتوں پر ایک اہم مالی بوجھ ڈالتی ہے۔ تمباکو نوشی کرنے والا شخص اپنے علاوہ ارد گرد لوگوں کو بھی متاثر کرتا ہے۔

حوربہ سعید

## A Voice Against Tobacco

In recent years tobacco has become one of the biggest health threats the world has ever faced. Over the course of the twentieth century, it has killed approximately a hundred million people. Tobacco can be found in various forms such as cigarettes, cigars and smokeless tobacco and they all contain a number of toxic chemicals like tar, nicotine, carbon monoxide and ammonia which are poisons for the human body. Each puff takes a person a step closer to respiratory afflictions and the ominous specter of cancer and a painful death.

Tar is a sticky, brown substance, which stains teeth, fingernails and lung tissues. Nicotine is another very harmful chemical present in tobacco. It is an addictive drug that causes people to continue to smoke. Along with nicotine and tar, people who smoke inhale about 7000 other chemicals in cigarette smoke. Many of these come from burning tobacco leaves.

Therefore, you should quit smoking to embrace a healthier life. The best thing, of course is to always say no to all kinds of tobacco and for young people especially in schools, colleges, universities and offices to not succumb to peer pressure and say no to smoking in all its forms. Let us all break free from the chains of tobacco smoking and view every smoke-free day as progress towards a vibrant future.

Emaan Rameez.

## الألغاز

1. شيء يُؤخذ منك قبل أن يُعطى لك، فما هو؟
2. شيء كلما تحرك خطوة فقد شيئاً من ذيله، فما هو؟
3. ما هو الشيء الذي يحمل طعامه فوق رأسه، فإذا مشى أكل منه وإذا سكن غطى رأسه ونام؟
4. شيء إذا سقط على رأسك بقوة لا يجرحك، فما هو؟
5. عضلة تشبه الآلة إذا توقفت عن الحركة يموت صاحبها، فما هو؟
6. ما هو الشيء الذي يتكلم بكل اللغات في العالم؟
7. في الصيف يقوم بحمايتك وفي الخريف يطعمك وفي البرد يدفئك فما هو؟
8. ما هو الشيء الذي يوصلك من بيتك إلى عملك دون أن يتحرك؟
9. شيء لا يمكنه المشي إلا إذا ضربته على رأسه؟
10. ما هو الشيء الذي يفرصك دون أن تراه؟

## الأجوبة

1. الصورة الفوتوغرافية.
2. إبرة الخياطة.
3. قلم حبر.
4. المطر.
5. القلب.
6. صدى الصوت.
7. الشجرة.
8. الطريق.
9. المسمار.
10. الجوع.

خديجة جمال



Ayesha Khurram



# CLASS 8-B

## Impact of Smoking on Individuals & Society

In the world of maths, we're tackling the issue of tobacco smoke by looking at it through a numerical lens. Picture bar graphs and pie charts illustrating the sad reality of smoking-related deaths across different age groups. This isn't just about learning graphs; it's a way for us to truly grasp the consequences of smoking and become more aware.

Now, let's talk about probability – a fancy word for the chances of getting sick from smoking. By digging into stats, we can figure out how likely it is for health problems to happen because of smoking. This turns abstract numbers into something concrete, helping us see the real risks of personal choices. We're also getting into algebra, using equations to understand how much money is spent on things like medical costs and lost productivity because of smoking. This shows us the bigger picture of how smoking affects both individuals and society as a whole.

And hey, geometry isn't left out. We're looking at the spaces where people smoke, thinking about how it affects public places. Calculating the sizes of smoking zones compared to non-smoking areas gets us thinking about city planning and the choices we make as a society. So, while we're sharpening our maths skills, we're also learning about the actual impact of smoking and gearing up to make smarter decisions for a healthier future.

Eshaal Shoaib

## Tobacco – A Lethal Weapon

Starting with the million dollar question, what is actually tobacco? Tobacco are nicotine-rich leaves of an American plant, which go through the process of drying and fermentation for smoking or chewing. But what is it that actually makes tobacco harmful to the environment and to the smokers?

Experts say that a tobacco smoke contains thousands of chemicals, including 70 of those causing cancer and 250 of those harmful to human health. As we know, almost 70 chemicals found in tobacco smoke cause cancer or in specific terms, they are carcinogens: substances that cause or aggravate cancer. This includes:

benzene: used in gasoline

nickel: known to cause bronchial asthma and upper respiratory irritation

acetaldehyde: which is used in resin and glue

Other than carcinogens, there are also other harmful substances such as:

arsenic: a deadly poison

acetone: nail polish remover

hydrogen cyanide: industrial pollutant

formaldehyde: preserves dead bodies

ammonia: cleaning fluid

Next in the list of harmful substances, we have the main body of the current working tobacco industry, nicotine. Nicotine is a very highly addictive substance and due to its addictiveness, it is the main reason for the high number of smokers. Nicotine acts extremely fast, reaching the brain in just 15 seconds of being inhaled. Without the Nicotine, the tobacco industry will be bound to fail. Other than its addictiveness, its other factors can be causing the blood to clot more easily leading to heart diseases, damaging brain tissue and hardening the wall of arteries. Next, we have carbon monoxide, in simpler words, a poisonous gas. Humans actually find it difficult to differentiate carbon monoxide and oxygen which eventually absorb into the blood stream, preventing the red blood cells from combining with hemoglobin and transporting oxygen around the body. If enough carbon monoxide surrounds, there is a high chance of you falling into coma and dying. It also decreases muscle and heart function, causes fatigue, weakness and dizziness.

Tar is also present in tobacco smoke or much specifically is the residue of tobacco made by the burning of it in the act of smoking. There are certainly many effects of tar in the human body, all of them certainly harmful. It causes lung cancer, damages the cells in the air passage and lungs, affects the function of the lung by increasing the amount of mucus and phlegm in the lungs and also damages the mouth by rotting the teeth and damaging the gums etc. One of its many prominent effects is also third-hand smoke, which is residue of smoke that sticks onto the surrounding bodies and can be inhaled by people causing harm to their health.

Tobacco pretty much affects the whole human body from the brain to bones of your toes, it harms the human body. In the brain it increases the risk of a stroke, in the eyes it increases the risk of cataracts (blurred vision) and blindness, in the heart it increases the risk if heart attack and disease and increases the heart rate. It causes the aging of skin, causes bad breath and sore mouth and also increases the risk of cancer in lips, tongue, throat and voice box, increases the risk of respiratory illnesses and shortness of breath, smokers cough, wheezing, chest pain and tightness. It causes poor blood circulation and increases blood pressure, increases the risk of stomach cancer and ulcers (an open sore), it causes the bones to be weak and brittle and increases the risk of osteoporosis. Tobacco kills more than 8 million people each year, it is in no case good for your health nor for the health of peace people surrounding you.

We have discussed that there is a high number of people dying from tobacco but did you know that almost 15% of these people aren't even the direct smokers, meaning that smoking is harmful to people whether they are smoking or not. Most of the people affected by it are children who breathe in smoke known as environmental tobacco smoke or second-hand smoke. Second hand smoke is smoke from burning tobacco or smoke exhaled by the original smoker. The people who breathe the second-hand smoke are known as passive smokers which is harmful to their health and can worsen the existing illnesses such as asthma, allergies, heart and lung diseases etc. As mentioned before, children exposed to second-hand smoke are more likely to have poor lung growth and lung function and are likely to develop cough, asthma, wheezing and lung diseases. Other than children, second hand smoke can increase sudden death in infants. We also have third hand smoke, which has also been discussed earlier. Therefore, due to its spillover effect on active smokers and passive smokers, smoking should be banned at all costs.

Hunaina Yasir

## مقال

إلى مدير جريدة المستقبل.

اكتب هذه الرسالة لأخبرك وأقدم شكوى بشأن إغلاق المكتبة.

المكتبة من أهم معالم الرقي والحضارة فالمكتبة تؤدي دوراً رئيسياً وفعالاً في ثقافة المجتمع، مكتبة حيناً واسعة المساحة، بها العديد من الطوابق وآلاف من الكتب من ثقافات مختلفة وبلغات مختلفة. فيها كثيراً من الكتب النادرة محفوظة في رفوف خشبية أو في خزانات. ما يميز المكتبة هو الصالات الواسعة والمكيّفة، والأرائك المريحة، وجوها الهادئ. يأتي الناس إلى المكتبة لإجراء الأبحاث العلمية أو لاستعارة الكتب.

توجد هناك عدد من الكتب لمصنفين جدد كما توجد هناك مجموعة واسعة من الجرائد اليومية والمجلات. زيارة المكتبة وقراءة الكتب تزيد من ثقافة الشعب ويمكننا التواصل مع الناس وتبادل الآراء.

دائماً أذهب إلى المكتبة لمطالعة الكتب إذ رأيت لافتة تعلن بإغلاق المكتبة عند البوابة ولقد اضطربت كثيراً من هذا الخبر وناقشت الأمر مع أهل المنطقة.

إغلاق المكتبة يسبب أضراراً كثيرة بالمجتمع فهم ينشغلون بأمور تافهة ويقل مستوى معرفتهم وثقافتهم، لمنع هذه العيوب يجب أن يكون لدينا مكتبات كثيرة، وأنا وأهل المنطقة نحتج ونعارض بشدة ونرفض هذه الفكرة كلياً ونطالب بإعادة فتحها فوراً.

أخيراً أطلب من رئيس البلدية أن يعيد النظر في هذا القرار.

سيدة أبيها فاطمة

## Smokeless Tobacco

Smokeless tobacco has a rich historical background, dating back centuries. It was used by ancient people in North America even before the arrival of Europeans. Chewing tobacco and snuff became popular in Europe in the 17th century. In the 19th and early 20th century, snuff and chewing tobacco were widespread with various concerns, smokeless tobacco products are still used globally, with variations in forms and preferences across different regions. Necklace tobacco takes various forms, including chewing tobacco, snuff and dissolvable products.

In the 17th and 18th centuries, chewing tobacco gained popularity in Europe and became associated with various social rituals. Snuff, favourite of European Nobleman, was finally powdered tobacco and inhaled through the nose.

Chewing tobacco became White spread in the United States during the 19th century, gaining popularity especially in the southern states. It was culturally enduring and associated with activities like baseball. Its use declined in the 20th century, but smokeless tobacco persisted. In recent decades, products like snacks gained popularity in Scandinavia.

Despite being smokeless, these products carry health risks, including pancreatic cancers. Public health affairs continue to address the use of smokeless tobacco and its associated health concerns.

Hiba Ali Ahmed

# MESSAGE FROM THE CLASS TEACHER 8-C

Dear 8C

**“All good things come to an end.” -Geoffrey Chaucer**

**Everything we experience and encounter will never last forever, though there are times it does feel like it lasts forever. So was our journey from day one till the time we say good bye.**

**I remember the first day of our class, the smiles, curiosity, there were countless expressions and each was different. It was a great pleasure to have you all in my classroom this year. We learned and experienced so many things together. You made me feel proud with your organizational skills in the Bake Sale for a Cause. Your performances were outstanding in the event, Wheels-Then & Now. Your growth was amazing between these challenges. I will miss your stories, your jokes, your out of box thinking, your thoughtful questions and your desire to be the best. Thank you for just being yourself.**

**Nazia Sadaf**

# CLASS 8-C

## تمباکو نوشی مضر صحت ہے

تمباکو کہنے کو تو ایک معمولی چیز ہے جو سگریٹ میں بھی موجود ہوتی ہے لیکن اس کا استعمال بہت زیادہ ہے جو کے بالکل بھی معمولی نہیں ہے۔

تمباکو ہماری صحت کے لیے بہت خراب چیز ہے۔ جو لوگ روز مرہ زندگی میں تمباکو نوشی کرتے ہیں ان کے بدن میں بہت سی خطرناک بیماریاں جنم لے سکتی ہیں۔ تمباکو کا زیادہ استعمال کرنے سے ایک انسان کو کینسر اور پھیپھڑوں کی لاعلاج بیماریاں ہو سکتی ہیں۔ اس کی زیادتی سے دل کا دورہ بھی پڑ سکتا ہے۔

تمباکو ایک پودے سے حاصل کیا جاتا ہے۔ لوگوں کو اس کی اتنی طلب نیکوٹن کی وجہ سے ہوتی ہے جو سگریٹ میں پایا جاتا ہے۔ تمباکو نوشی کے باعث انسان اپنی زندگی خاصی کم کر لیتا ہے۔ اس کے خرید و فروخت کو روکنے کے لیے حکومت پاکستان کو قدم اٹھانا چاہیے اور اس پہ بھاری رقم کے جرمانے بھی لگانے چاہیے جس سے سگریٹ بہت مہنگی ملے اور ہر کسی کی پہنچ میں نہ ہو تاکہ اس کے نقصانات سے زیادہ سے زیادہ بچا جاسکے۔

محمد بن عبداللہ

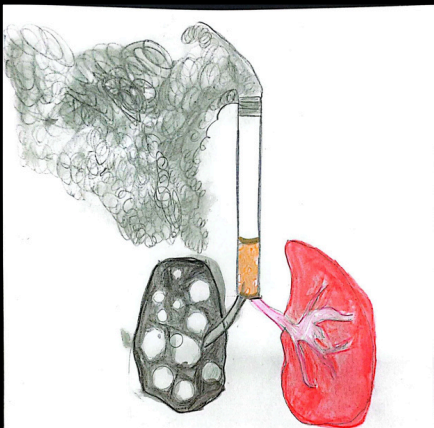
## التدخين: آثاره الضارة على الصحة وكيفية الإقلاع عنه

التدخين يعتبر ضارًا للغاية حيث يسبب العديد من الأمراض. يزيد من خطر إصابة العدسة العينية والشيخوخة المبكرة للجلد. كما يسبب رائحة الفم الكريهة وتقرحات في الفم، ويزيد من خطر الإصابة بأمراض الجهاز التنفسي وارتفاع ضغط الدم والسكتة الدماغية وسرعة ضربات القلب وسرطان المعدة وهشاشة العظام.

يمكن الإقلاع عن التدخين وتشجيع الآخرين على ذلك من خلال وضع ملصقات توعوية وإشارات التحذير من السجائر على عبواتها، وعمل حملات توعية للشباب، واستخدام العلاج النفسي للمدمنين، وتقديم الدعم اللازم للمتوقفين عن التدخين.

ويجب التنبيه إلى أن دخان التدخين يحتوي على أكثر من 7000 مادة كيميائية، ومعظمها ضارة. ويؤدي دخان التدخين إلى وفاة أكثر من مليوني شخص غير مدخن، بما في ذلك حوالي 65000 طفلًا.

عيان عمران



Ali Fahad

## Evolution of Tobacco and Tobacco Smoking

Tobacco is a plant (nicotiana tabacum and nicotiana rustica) that contains nicotine, an addictive drug with both stimulant and depressant effects. Tobacco leaves are used to make products that can be consumed in different ways: smoked in cigarettes, cigars or pipes or smoked in loose form in hookahs (water pipe).

Tobacco started in the first century BC, when Maya people of Central America used tobacco leaves for smoking in sacred and religious ceremonies. It then later spreading as far as high up to the Mississippi Valley with the Maya community migrating from South of America between 470 AD and 630 AD. It was then adopted by neighbouring and native tribes. Native Americans 'Shamans' developed use of tobacco for religious rites. Then people started using it to cure illness such as asthma, ear aches, bowel problems, fever, sore eyes, depression, burns etc. Products made from the leaves were applied externally for boils or skin infections and sores, as well as for bruises and sprains. Teas made from tobacco leaves were used against intestinal worms, as a laxative, to induce vomiting, as an expectorant, for fainting and dizziness, as well as for headaches. Tobacco leaves were also applied to cuts as an antiseptic and to stop bleeding. Ground tobacco leaves were also used to inhale through the nose for medicinal purposes.

By the time Columbus and his successors documented tobacco, in other countries, Portuguese and Spanish sailors helped to spread different forms of tobacco to be used around the world. Today it is used almost in every country and is used as a cash crop by farmers. The most growing states are China, USA, Soviet States, India and Brazil. Tobacco industry provides jobs and decreases rate of poverty and joblessness. John Rolfe is the father of tobacco as he planted the first tobacco plant in the history of the world. He obtained it from Caribbean, possibly from Trinidad.

Although tobacco has been part of ceremonial and healing practices for many centuries by various indigenous peoples, its "recreational" or habitual use poses serious risks for health. The main addictive substance contained in tobacco is a substance known as nicotine. Nicotine is a highly poisonous substance that is also used as an insecticide. Smoking tobacco is associated with various serious health problems including emphysema, lung cancer, heart disease, stroke, lung diseases, diabetes, and COPD diseases like Emphysema and Bronchitis. Chewing tobacco is associated with cancer of the mouth, esophagus, throat, tongue, larynx, and pharynx.

This dreadful substance is also being used by adolescents in their early youth. Cigarette smoking during childhood and adolescence causes significant health problems among young people, including an increase in the number and severity of respiratory illnesses, decreased physical fitness and potential effects on lung growth and function. Most importantly, this is when an addiction to smoking takes hold, often lasting into and sometimes throughout adulthood. Among adults who have ever smoked daily, 87% had tried their first cigarette by the time they were 18 years of age, and 95% had by age 21. If current tobacco use patterns persist, an estimated 5.6 million of today's youth under age 18 eventually will die prematurely from a smoking-related disease.

To identify a smoker you have to observe the following:

### Stains

**Nails and fingers:** Nails and fingers of smokers may take a yellow stain due to repeated exposure to smoke and tar in smoke.

**Moustaches:** Moustaches, especially in elderly with white hair show a clear pattern of yellowing in the center showing chronic exposure to smoke.

**Lips:** lips have a bluish black discoloration in heavy smokers.

**Teeth:** show brownish black staining from inside and yellow discolouration from outside.

### Burns

**Clothes:** Clothes of smokers have numerous holes due to sparks arising from burning of cigarettes over many months.

**Fingers:** Fingers of smokers may show burn marks due to repeated exposure to matchsticks used to burn cigarettes.

### Skin Changes

**Dryness of skin, and premature wrinkling** can be observed on the skin. This includes wrinkles originating from the sides of eyelids running up to cheek, wrinkles in front of the ears, and wrinkles running down the neck behind the ears. Wrinkles in the side and back of the neck of a smoker, is a feature of heavy smoking over prolonged duration.

### Smell of Smoke

Heavy smokers have a typical smell of smoke in their clothes, breath, hands and can easily be detected by this smell. The smell may vary depending on the type of cigarette they use.

Thus, to conclude we should ban sale of tobacco to children under 18 years old and parents should avoid to allow them to use tobacco. Laws should be designed that reduce the ability of youth to get tobacco. Increased taxes on the cost of tobacco and regulations about tobacco advertising is important. Strict school policies about tobacco use should be implemented. Education about the risks and consequences of using tobacco, media messages that discourage tobacco advertising and promoting strong tobacco-free role models will also help in reducing smoking.

**Daeyan Muneer**



# CLASS 8-C

**Smoking is detrimental, not just for the person doing it but for everyone around. Inhaling harmful substances is inevitable when someone picks up smoking. Common after-effects of smoking are lung cancer, heart problems, diabetes, and chronic obstructive pulmonary disease (COPD), which includes emphysema, chronic bronchitis and other problems all around the body. Even people who don't smoke but are near someone who does can get sick from breathing in the smoke. This is considered second-hand smoking.**

**Smoking also costs a lot of money because people who smoke end up needing more help with their health, and they might miss work, which ends up affecting their mental and physical health. This affects not only the person smoking but also the whole community because we all share the costs.**

**People are trying to stop smoking by making rules and programmes to help. But it's not easy because smoking is addictive.**

**In summary, smoking is a big problem for the society as a whole and we should work together to put an end to it. It makes people sloppy, sick, costs a lot of money and affects everyone, not just the person smoking. We need to keep teaching people about how bad smoking is, make strict rules and help those who want to quit so that we can all be healthier.**

**Syed Usman Hasan**

## تمباکو نوشی ایک خطرناک عادت

تمباکو ایک ایسی چیز ہے جو نوجوانوں کو اپنی طرف بہت زیادہ متوجہ کرتی ہے پھر انہیں اپنی عادت لگا لیتی ہے مگر انہیں جب اس کی عادت لگ جائے تو اسے بڑھا ہے تک بھی چھوڑنا ناممکن ہو جاتا ہے۔ نوجوانوں کو یہ عادت خود ہی نہیں لگ جاتی بلکہ وہ اس پاس کے لوگوں کو اسے نوش کرتا دیکھ کر شروع کرتے ہیں اور آہستہ آہستہ یہ ان کی عادت بن جاتی ہے۔ صبح شام اٹھتے بیٹھتے سوتے جاگتے انہیں صرف تمباکو نوشی ہی کرنی ہوتی ہے۔

اب یہ سوال اٹھتا ہے کہ آخر یہ عادت ہر نوجوان کو آسانی سے کیوں لگ جاتی ہے؟ تو اس کا جواب یہ ہے کہ آج کل کے ماحول میں تمباکو نوشی ایک بہت ہی عام چیز ہو گئی ہے اور ہر جوان بوڑھے کے ہاتھ میں سگریٹ نظر آتی ہے۔ اب ہم یہ سوچتے ہیں کہ یہ بچہ اتنی کم عمری میں تمباکو نوشی کر رہا ہے تو اس کے والدین بیچارے کیا سوچیں گے، مگر پھر پتہ چلتا ہے کہ اس کے والد تو خود سگریٹ نوشی کرتے ہیں۔ اب جس کے والد ہی ایسے ہوں تو پھر ہم بچے کو کیا کہیں۔ آج کل جو لوگ یہ استعمال کرتے ہیں وہ بولتے ہیں کہ اس سے دماغ تیز ہوتا ہے، کام میں دھیان لگتا ہے وغیرہ وغیرہ، حالانکہ وہ جانتے ہیں کہ اس سے کتنی جان لیوا بیماریاں پیدا ہو سکتی ہیں مگر پھر بھی باز نہیں آتے پھر آخر میں نتیجہ برا ہی ہوتا ہے۔ کسی کے پھیپھڑے کالے ہو جاتے ہیں، کسی کو کینسر ہو جاتا ہے اور کسی کو دماغی مسائل کا سامنا کرنا پڑتا ہے۔ اب شاعر ان لوگوں کے لیے بھی کیا خوب کہتے ہیں۔

ویسے تو دن رات موت سے ڈرتا پھر تا ہے

اور استعمال جان لیوا تمباکو کا کرتا ہے

اگر زندگی پانے کے لیے استعمال کیا ہے اسے

تو پھر وقت سے پہلے ہی وقت پہ کیوں مرتا ہے

شہپر احمد

**Tobacco is a disease that's so addictive; lured by the mafia's very attractive  
People lost in their addiction; their lives lacking conviction**

**The situation today is so grave; sheesha, vape, cigar and cigarettes the youth craves  
Their harmful effects often neglected; young people's health badly affected**

**Smoking is such a bad thing; its practice really deadly  
Smokers' lives lost, their parents and children crying sadly.**

**A cheerful, joyful happy family; devastated by a tiny pack of plastic  
It is garbage, yet appeased are people by this delightful carnage**

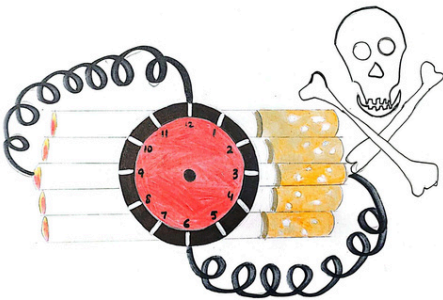
**Tobacco is not your friend; it only leads you to a bitter end  
You have the power to say no and let your true self glow  
So let's come together and rejoice; smoking going away amid a strong voice**

**Muhammad Shaan Khan**

## Say No to Tobacco!

Tobacco, derived from the nicotiana plant, has a long history dating back to ancient civilizations such as the Mayans and Aztecs who used it for ritualistic and medicinal purposes. Its commercialization and widespread use began in the 16th century after the arrival of Europeans in America. Analytical data reveals the stark reality of tobacco consumption. According to the World Health Organization (WHO), tobacco kills more than 8 million people globally each year, with over 7 million of those deaths being the result of direct tobacco use and around 1.2 million due to non-smokers being exposed to secondhand smoke. Furthermore, tobacco use is a leading cause of preventable diseases such as lung cancer, heart disease and respiratory disorders. The harmful effects of tobacco on humans are extensive. Smoking tobacco exposes individuals to over 7,000 chemicals, many of which are toxic and carcinogenic. Nicotine, the addictive component of tobacco, increases heart attack.

**Syed Abdur Rehman Kazmi**



Muhammad Ahmed Dawood

# CLASS 8-C

## التبغ عادة سيئة

في مدينة صغيرة، كان هناك شاب يُدعى عمر يعيش حياةً صحيةً ومنتجةً. واجه عمر تحديًا كبيرًا عندما بدأت عادة التدخين تنتشر بين أصدقائه. فقرر عمر الانخراط في هذه العادة الضارة. لكن عمر قرر أن يكون صويًا مدرّسًا، فبدأ عمر حملة توعية في مدرسته وفي مجتمعه المحلي حول مخاطر التدخين.

استخدم عمر صوته لنشر الوعي حول الأمراض المزمنة والمشاكل الصحية التي يمكن أن يسببها التدخين. نظم ورش عمل ولقاءات لشرح الآثار السلبية لهذه العادة. تعاون عمر مع الشباب الآخرين الذين شاركوا نفس الرأي، ومعا أسسوا فريقًا قويًا يعمل على نشر الوعي.

قاموا بإطلاق مبادرات إبداعية مثل مسابقات الرسم والمسرحيات لجذب انتباه الناس بطرق مبتكرة. كان صوت عمر يصل إلى قلوب الناس، وكانت رسالته واضحة: التدخين يضر بصحتنا وبصحة مجتمعنا.

تحول عمر إلى رمز للشباب الراض لهذه العادة الضارة، وبفضل جهودهم المشتركة، بدأت نسبة التدخين في المدينة تنخفض. وهكذا، بفضل صوت عمر وشجاعته في الوقوف ضد التدخين، تغيرت حياة الكثيرين، وأصبحت المدينة مكانًا أكثر صحة ووعيًا.

محمد أبان خان

*Tobacco is like a sneaky villain that tries to trick you into doing something harmful. But guess what? You have the power to say NO! Let's explore why saying no to tobacco is a smart move for your health' your wallet and everyone around you.*

### Why Say No to Tobacco

- 1. Health Matters:** Smoking is like inviting trouble to your doorstep. It causes serious health issues' including heart disease' lung problems and cancer. Imagine a superhero shield—saying no to tobacco is your shield against these dangers.
- 2. Addiction Alert:** Did you know that about 1 out of 3 people who try smoking get addicted? It's like falling into a trap. But you're smarter than that! Say no to tobacco' and you won't be caught in its sticky web.
- 3. Coolness Myth:** Some people think smoking makes them cool or independent. But here's the truth: real friends like you for who you are' not for the smoke you blow out. So be true to yourself and skip the smoke rings.

### How to Say No?

- 1. Stand Tall:** When someone offers you a cigarette' stand tall' hold your head high and say' "No' thanks!" Confidence is your secret weapon.
- 2. Walk Away:** If you feel uncomfortable' walk away. You don't need to be part of the smoking crowd to fit in. Real coolness comes from being true to yourself.
- 3. Remember the Risks:** Picture this: smoking can damage your lungs' your heart and even your wallet. Remind yourself of these risks whenever temptation knocks.

### Final Thoughts

Tobacco might try to lure you in' but you're smarter than that. Say no' protect your health' and be the hero of your own story. Remember: Saying no to tobacco is like putting on your superhero cape—it keeps you safe and strong!

Muhammad Shiraz

## Take Action

These days, e-cigarettes or vaping has become another menace. Four years ago, the United States experienced an outbreak of e-cigarettes or vaping product use-associated lung injury (EVALI). According to the Centers for Disease Control and Prevention (CDC), there were 2,807 hospitalized cases reported from all 50 states, the District of Columbia and two U.S. territories.

There were 68 confirmed deaths in 29 states and the District of Columbia. The prevalence of e-cigarette use among youth has surged. According to the National Youth Tobacco Survey (NYTS) conducted by the CDC and the U.S. Food and Drug Administration (FDA), more than 5.4 million middle and high school students reported using e-cigarettes, including 27.5% of high school students and 10.5% of middle school students.

E-cigarettes often contain nicotine, which is highly addictive and can have detrimental effects on adolescent brain development. Pediatrics' study found that a significant number of adolescents who use e-cigarettes are exposed to high levels of nicotine, with some devices delivering nicotine more efficiently than traditional cigarettes.

Tobacco, a silent killer that has plagued societies for centuries, continues to cast its dark shadow on public health. Despite widespread awareness of its detrimental effects, the battle against tobacco remains an ongoing struggle. In this article, we will delve into the imperative need for a collective voice against tobacco, exploring its adverse impact on health, society and the steps we can take to create a tobacco-free world.

### The Global Menace of Tobacco:

Tobacco consumption is a global health crisis, responsible for an alarming number of deaths annually. According to the World Health Organization (WHO), tobacco use kills more than 8 million people each year, with over 7 million of those deaths attributed to direct tobacco use and around 1.2 million resulting from non-smokers being exposed to secondhand smoke.

### Educational Initiatives:

Empowering individuals with knowledge is a fundamental step in combating tobacco use. Educational initiatives targeted at schools, workplaces and communities can provide information on the risks associated with tobacco, highlight the benefits of a smoke-free lifestyle and debunk myths perpetuated by the tobacco industry.

### Supporting Cessation Efforts:

Creating a supportive environment for those trying to quit is paramount. Offering resources such as counseling services, quit lines and access to nicotine replacement therapies can significantly increase the chances of successful cessation. Communities can organize events and programmes to encourage and celebrate those who have successfully quit tobacco.

Umer Raheel

## Taking Part in Raising Voice against Tobacco

**Awareness:** Raise awareness of the dangers of tobacco or the problems caused by tobacco in your community.

**Reject:** Encourage youth to reject the tobacco industry's deceptive marketing and stay tobacco-free.

**Take Action:** Urge your elected officials to take action to protect kids from tobacco.

**Ways to Take Action:** You can help to raise awareness and advocate for policies that can include smoke-free parks, smoke-free housing, stronger tobacco licensing laws or any other number of tobacco-free policies. Although you may need little to no help from a mentor to plan, we recommend that you conduct activities under a mentor's supervision. You can also check-out the materials in libraries for props and materials to help support your activity.

M. Fardeen Abbasi

# MESSAGE FROM THE CLASS TEACHER 8-D

Dear 8D,

As we stand at the threshold of a new chapter, I find myself reflecting on the incredible journey we've shared this school year. Your camaraderie, infectious enthusiasm and the symphony of laughter echoing through our classroom have turned ordinary moments into extraordinary memories. With you all, I unintentionally deviated from my usual strict demeanour and your gracious response not only fostered an atmosphere of mutual respect but also enriched our interactions.

As we part ways, I am profoundly grateful for the depth of connection we've established. Thank you for making this year a harmonious blend of friendship, occasional strictness and countless moments of joy. I have immense confidence in the bright futures awaiting each one of you. Here's to the memories we've created and the exciting paths ahead!

**Wajiha Shams**



# CLASS 8-D

## Tobacco and its Harmful Effects

Tobacco can cause different types of cancer such as lung cancer, throat cancer and mouth cancer which can be fatal. Tobacco also causes respiratory diseases including emphysema, asthma and chronic bronchitis which can be deadly. Tobacco smoke raises the risk of heart attack and it can even damage the blood vessels. It can build up plaque in the arteries.

The Tobacco industries still sell tobacco openly because people are addicted to it. This addiction is caused by a chemical called nicotine which attracts people to tobacco smoking. Tobacco contains carcinogens which can damage your cells and cause the growth of cancer.

In order to reduce or even quitting the use of tobacco, more and more people should be aware of its harmful effects and the government should ban and close all the factories selling tobacco and should print warning everywhere about tobacco's negative effects.

Mohammad Rayaah Siddiqui

## Tobacco is Bad

Against the smoke that's not okay,  
I write a poem to have my say.  
Tobacco's bad, it hides in the mist,  
But we won't be fooled, we'll resist.

Ads may try to make it seem cool,  
But we know better, we're no fool.

No to smoking, no to its lies,  
We want clear air, under the skies.

From morning light till the stars appear,  
We'll say no to smoking, loud and clear.  
Together we stand, strong and bright,  
Saying no to smoke, doing what's right.

For every puff that fills the air,  
We say No!" with courage, we care.  
Even if we're just thirteen,  
Our voices count, our message keen.

Momin Ahmed Qureshi

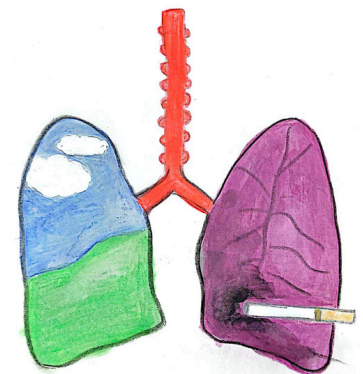
## Teen Smoking: A Rising Problem

Teen's smoking is a big problem, with 90 % of adult smokers starting as teens. It often begins casually, but soon becomes a habit, leading to addiction. Tobacco companies profit a lot from teen smokers, using ads that make smoking seem cool and rebellious. Even though it's illegal for under-18s to buy cigarettes, many still do, and companies make billions from underage sales.

Smoking is harmful, not only physically but also psychologically, affecting decision-making and causing stress. Smokers may think it helps with stress, but they actually have higher stress levels than non-smokers. Governments worldwide should take action to ban smoking in public places and provide quitting treatments.

In conclusion, smoking harms not only the smoker but also those around them. It increases the risk of heart diseases and lung cancer. It's crucial for teens to understand the dangers and prioritize a healthy life overlooking cool. Secondhand smoke affects others, especially kids, causing asthma and other diseases. Quitting is never too late, and with support, anyone can kick the habit and see benefits within days.

Muhammad Faris Alam



Musab Bin Umair

## التبغ: تأثير الضار على الصحة والاقتصاد

يعد موضوع تعاطي التبغ قضية حساسة تؤثر على الناس جميعاً أنحاء العالم. الأمر لا يتعلق فقط بالتدخين، بل يتعلق أيضاً بالمشاكل الصحية الخطيرة التي يسببها، مثل لسرطان وأمراض القلب. وبعبارة أخرى، يؤثر التدخين أيضاً سلباً على الاقتصاد إذ تمنح لاسمتهن أقالموارد وتقليل الإنتاجية.

ومع ذلك، هناك أصوات كثيرة تدعو إلى الصبر وتؤيد فرض قوانين أكثر صرامة وتقديم المساعدة للأشخاص الذين لا يستطيعون التوقف عن التدخين. يمكننا جميعاً أن نضرباً لهذا المعركة من خلال التوعية واتخاذ القرارات الصحيحة، حيث يمكننا جميعاً خلق عالم أكثر صحة وخلوً منا لتبغ الأجيال القادمة. دعونا نقف معاً ضد التبغ ونحافظ على قنا.

محمد عمر فاروقي

# CLASS 8-D

## كافحة التبغ: صوت واحد يجب أن يُسمع

استهلاك التبغ ليس مجرد عادة ضارة، بل يُعتبر واحدًا من أكبر التهديدات للصحة العامة في العالم. يعاني المدخنون والمعرضون من مخاطر عديدة، بما في ذلك الإصابة بالسرطان وأمراض القلب والجهاز التنفسي.

لنجعل صوتنا مسموعًا. فهذا الصوت الواعي هو الذي يمكن أن يحقق التغيير ويحمي صحتنا وصحة الأجيال القادمة.

التبغ يشكل تهديدًا كبيرًا للصحة العامة، حيث يسبب العديد من الأمراض المزمنة والمميتة مثل السرطان وأمراض القلب والشرابيين. يجب علينا جميعًا رفع صوتنا ضد التبغ والدعوة إلى التوعية حول مخاطره.

على الحكومات اتخاذ إجراءات صارمة للحد من استهلاك التبغ، مثل فرض ضرائب عالية وتشديد الرقابة على الإعلانات. يتحمل كل فرد مسؤولية اتخاذ قرار مسؤول بالابتعاد عن التدخين والحفاظ على صحته وصحة الآخرين.

صوتنا الموحد ضد التبغ هو السلاح الأقوى في مكافحة هذا الوباء الهالك.

عمر سعد جعفري

In today's world, where health is paramount, it's crucial to make choices that promote well-being. One such decision is to say no to tobacco.

Tobacco use not only affects the individual but also impacts those around them. From causing various cancers to respiratory diseases, tobacco poses a significant threat to our health and quality of life.

By choosing to abstain from tobacco, we not only safeguard our own health but also contribute to a healthier environment for everyone. Let's make a conscious effort to prioritize our well-being and say no to tobacco.

Together, we can create a healthier, smoke-free future for ourselves and generations to come.

Khubaib Mustafa Durrani

## Use of Tobacco is a Menace

**Mortality Rates:** According to the World Health Organization (WHO), tobacco use is responsible for more than 8 million deaths each year. This includes approximately 7 million deaths from direct tobacco use and around 1.2 million deaths from non-smokers being exposed to secondhand smoke.

**Cancer Risk:** Tobacco use is a leading cause of cancer. The International Agency for Research on Cancer (IARC) estimates that tobacco smoking is responsible for approximately 25% of all cancer deaths worldwide. It is a major risk factor for lung cancer, as well as cancers of the mouth, throat, esophagus, pancreas, bladder and more.

**Economic Burden:** The economic burden of tobacco use is substantial; the global economic cost of smoking-related diseases exceeds \$1.4 trillion dollars annually. This includes health care expenditures and lost productivity due to illnesses and premature deaths. To reduce the use of tobacco, the local communities are also speaking up on the ban of usage of tobacco in Pakistan. I, as a student also second the thoughts of these people, may Allah keep our nation away from this menace.

Syed Husain Ahmad

## Tar the Roads, Not Your Lungs

When it is mentioned that "tobacco is injurious to health," it actually means that it is dangerous for humans! People need a wake-up call! Serious consequences include cancer, chronic respiratory diseases and breathing issues, heart disease, stroke, blood circulation problems, diabetes, infections, dental issues, hearing loss and vision loss. As everyone is aware, smoking is one of the biggest global causes of avoidable mortality, thus it's critical to comprehend the terrible consequences it has on our health. Smoking affects not just the smoker but also everyone in their immediate vicinity, such as friends, family and coworkers. It is challenging to stop since it has an impact on both our emotional and physical wellbeing. Smoking has far-reaching and dangerous impacts, making it one of the world's leading preventable causes of death. It takes a lot of work and dedication to stop smoking, and it's not simple. On the other hand, there are numerous short- and long-term advantages of stopping. Above all, stopping smoking is better for our health. Numerous health issues, including lung cancer, heart disease, stroke and respiratory ailments are brought on by smoking. We can lower our chance of acquiring these health issues and enhance our general health and wellbeing by giving up smoking.

Our finances are also immediately affected when we stop smoking. It costs money to smoke and the cost of cigarettes adds up rapidly. We can save a substantial sum of money by giving up smoking, money that we can use for other worthwhile endeavours like retirement, vacation or education. Our social lives benefit from quitting smoking as well. Given that so many individuals these days choose to stay away from locations where smoking is permitted, smoking can be a socially isolating habit. We can engage in more social activities and spend more time with our friends and family if we stop smoking. Ultimately, giving up smoking is a responsible decision that can aid in safeguarding the health of those in our vicinity. Many health issues can arise from secondhand smoke, especially for young people and those who do not smoke. We can lessen the chance of exposing others close to us to the negative effects of secondhand smoke by giving up smoking.

Abdul Samad



Usman Bin Salman

# CLASS 8-D

## تمباکو نوشی کے مضر اثرات

پاکستان سمیت دنیا بھر میں ۳۱ مئی کو ہر سال دنیا بھر میں لوگوں کو تمباکو نوشی کے مضر اثرات کی آگاہی دی جاتی ہے۔ عالمی ادارہ صحت کی رپورٹ کے مطابق تمباکو نوشی کے باعث ہر سال دنیا میں تقریباً ساٹھ لاکھ افراد موت کے منہ میں چلے جاتے ہیں۔ سگریٹ میں موجود نکوٹین انسان کے اعصاب پر اس طرح سوار ہوتی ہے کہ وہ سگریٹ پٹے بغیر رہ نہیں سکتا، یا دوسرے الفاظ میں انسان نشے کا عادی ہو جاتا ہے۔ اس عادت کو ترک کرنا کسی بھی فرد کے لیے بہت مشکل ہو جاتا ہے کیونکہ جسم میں نکوٹین کی کمی کے باعث طبیعت میں پریشانی، بے چینی، ڈپریشن رہنے لگتا ہے۔ تمباکو نوشی بہت آہستگی کے ساتھ جسم کے مختلف اعضاء کو نقصان پہنچانا شروع کرتی ہے اور متاثرہ افراد کو کئی سالوں تک اپنے اندر ہونے والے نقصانات کا علم ہی نہیں ہو پاتا ہے، اور جب یہ نقصانات واضح ہونے لگتے ہیں تو انسان تمباکو نوشی کا مکمل طور پر عادی بن جاتا ہے۔ اگر سگریٹ نوشی کی بات کی جائے تو وہ نہ صرف اپنی زندگی بلکہ دوسروں کی صحت کو بھی نقصان پہنچاتا ہے۔ بد قسمتی سے پاکستان میں تمباکو نوشی کرنے والوں کی تعداد روز بروز بڑھ رہی ہے۔ بہت سارے لوگوں کو تمباکو نوشی کے باعث مالی طور پر بے حد نقصان ہوتا ہے۔ تمباکو نوشی کے خلاف عالمی دن کے موقع پر ہمیں یہ عہد کرنا چاہیے کہ ہم ہمیشہ سگریٹ، تمباکو نوشی کی پیشکش سے دور رہیں گے، اور سگریٹ نوش افراد اپنے بے حد نقصان دہ عادت کو ترک کرنے کی بھرپور کوشش کریں گے۔

حاشر محمود

## VOICE AGAINST TOBACCO

Tobacco consumption remains one of the leading preventable causes of death worldwide, causing millions of deaths annually due to its association with various cancers, respiratory diseases and cardiovascular ailments. About 1,200 children in Pakistan between the age of 6-15 years start smoking every day.

Tobacco use can cause severe health issues, from nicotine addiction to impaired lung growth and even cases of heart disease. These health concerns can follow young people for the rest of their lives. Tobacco products are cheap, easily available and sometimes thought to be 'cool' which makes them both accessible and desirable for young people.

'Voice against Tobacco' is an initiative aimed at controlling tobacco use and empowering Pakistan's youth to take ownership of their health and future. VAT provides a platform for the community to support positive policy change against tobacco use and raise awareness on tobacco control measures.

Several Campaigns are run by Tobacco Free Kids, various organisations and Health Networks. These campaigns aim to engage policy makers to work on meaningful changes to improve tobacco control measures and also address Pakistani youth directly to promote change in tobacco culture in their peers and communities.

Hisham Ali Ahmed

## Smoking: Understanding its Impact and Protection

**Introduction:** Smoking remains a global concern, causing 8 million deaths yearly.

Despite efforts, its prevalence persists, especially in emerging economies. This report explores smoking's harmful effects, causes, dangers and protective measures, focusing on students.

**1. The Current Situation:** Globally, approximately 1.3 billion people smoke, contributing to 8 million deaths annually due to smoking-related illnesses. While smoking rates have declined in some regions due to anti-smoking campaigns and policies, they continue to rise in emerging economies, posing a significant future challenge.

**2. Harmful Effects of Smoking:** Smoking leads to various serious health issues, including lung cancer, heart disease, chronic obstructive pulmonary disease (COPD), and respiratory infections. Moreover, secondhand smoke exposure poses significant risks to non-smokers, causing respiratory issues, cardiovascular diseases and even lung cancer.

**3. Causes and Dangers of Smoking:** Several factors contribute to the prevalence of smoking, including social, cultural, economic and psychological influences. Peer pressure, stress and addiction play crucial roles in initiating and perpetuating smoking habits, often exacerbated by aggressive tobacco marketing targeting young adults and adolescents. Smoking dangers extend beyond individual health consequences to broader societal impacts, including increased healthcare costs and environmental pollution.

**4. Protection and Prevention Strategies:** It is crucial for students to understand the risks associated with smoking and make informed choices. Educational campaigns, school intervention and comprehensive tobacco control policies, including the establishment of smoke-free environments and taxation on tobacco products are essential for reducing smoking rates and protecting public health. Smoking cessation programs and support services help individuals overcome nicotine addiction, while promoting healthy behaviours such as regular exercise and stress management mitigates smoking-related risks.

**5. Future Outlook:** Without concerted action, smoking-related deaths and disabilities will continue to rise, particularly in low- and middle-income countries where tobacco consumption is increasing. Emerging trends such as the use of electronic cigarettes (e-cigarettes) among youth pose new challenges, with uncertain long-term health effects.

**Conclusion:** Addressing smoking requires a comprehensive approach involving government policies, community engagement and individual behaviour change. Prevention, education and regulation are crucial for creating a tobacco-free future, safeguarding the health and well-being of current and future generations.

Hamdan Ali

## تمباکو نوشی

پاکستان سمیت دنیا بھر میں تمباکو نوشی کی روک تھام کے لیے عالمی دن منایا جاتا ہے۔ ۳۱ مئی کو ہر سال دنیا بھر میں لوگوں کو اس عمل کے مضر اثرات کی آگاہی دی جاتی ہے۔ جس میں مختلف سماجی تنظیموں کے زیر اہتمام تمباکو نوشی کے خلاف سیمینارز اور مختلف تقاریب کا اہتمام کیا جاتا ہے۔ مجھے حیرت ہے کہ دنیا بھر کی ایک ارب سے زائد آبادی سگریٹ و تمباکو نوشی کی لت میں مبتلا ہے۔ عالمی ادارہ صحت کی رپورٹ کے مطابق تمباکو نوشی کے باعث ہر چھ سیکنڈ میں کوئی شخص موت کو گلے لگا رہا ہے۔ اسی طرح ہر سال دنیا میں ساٹھ لاکھ افراد موت کے منہ میں چلے جاتے ہیں۔ سگریٹ میں موجود نکوٹین انسان کے اعصاب پر اس طرح سوار ہوتی ہے کہ وہ سگریٹ پٹے بغیر رہ نہیں سکتا، یا دوسرے الفاظ میں انسان نشے کا عادی ہو جاتا ہے۔ تمباکو نوشی میں موجود نکوٹین دماغ میں موجود کیمیکل مثلاً ڈوپامائن اور اینڈروفائن کی سطح بڑھا دیتا ہے جس کی وجہ سے یہ عادت لوگوں میں پڑتی ہے۔ ان عادات کو ترک کرنا کسی بھی فرد کے لیے بہت مشکل ہو جاتا ہے کیونکہ جسم میں نکوٹین کی کمی کے باعث طبیعت میں پریشانی، اضطراب، بے چینی، ڈپریشن کے ساتھ ذہنی توجہ کا فقدان رہنے لگتا ہے۔ تمباکو نوشی بہت آہستگی کے ساتھ جسم کے مختلف اعضاء کو نقصان پہنچانا شروع کرتی ہے اور متاثرہ افراد کو کئی سالوں تک اپنے اندر ہونے والے نقصانات کا علم ہی نہیں ہو پاتا ہے، اور جب یہ نقصانات واضح ہونے لگتے ہیں تو انسان تمباکو نوشی کا مکمل طور پر عادی بن جاتا ہے۔ تحقیق کے مطابق تمباکو اور اس کے دھوئیں میں تقریباً چار ہزار کیمیکل موجود ہوتے ہیں جن میں ڈھائی سو کے قریب انسانی صحت کے لیے نہایت نقصان دہ پائے گئے ہیں اور پچاس سے زائد ایسے کیمیکل موجود ہوتے ہیں جو کینسر کا باعث بن سکتے ہیں۔ اس کے ساتھ اور بھی مختلف بیماریاں جیسے برونکائٹس اور ایف ایف ایف زیمیا کا باعث بن سکتے ہیں۔ اگر سگریٹ نوش کی بات کی جائے تو وہ نہ صرف اپنی زندگی بلکہ دوسروں کی صحت کو بھی نقصان پہنچاتا ہے۔ بد قسمتی سے پاکستان میں تمباکو نوشی کرنے والوں کی تعداد روز بروز بڑھ رہی ہے۔ بہت سارے لوگوں کو تمباکو نوشی کے باعث مالی طور پر بے حد نقصان ہوتا ہے۔ تمباکو نوشی کے خلاف عالمی دن کے موقع پر ہمیں یہ عہد کرنا چاہیے کہ ہم ہمیشہ سگریٹ، تمباکو نوشی کی پیشکش سے انکار کریں گے، اور سگریٹ نوش افراد اپنے بے حد نقصان دہ عادت کو ترک کرنے کی سنجیدہ کوشش کریں گے۔

محمد ابراہیم



# Down Memory Lane



## BAKE SALE



## GARDENING





# SPORTS EVENTS (FEMALE)

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# SPORTS EVENTS (MALE)

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# INTERSCHOOL MEGATHON CONTEST

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N  
E





# IN-HOUSE MEGATHON CONTEST



# INTERSCHOOL SCRABBLE CHAMPIONSHIP





# BEACH CLEANING ACTIVITY



# BAIN UL MADARIS (ARABIC DECLAMATION COMPETITION)



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# INTERSCHOOL HIFZ & QIRAT COMPETITION



## EID PARTY



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# SEERAH EXHIBITION

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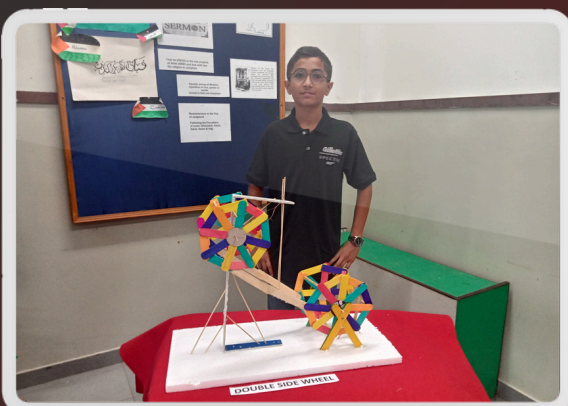




# EMERGENCY EVACUATION DRILL



## MEGA EVENT- WHEELS THEN & NOW



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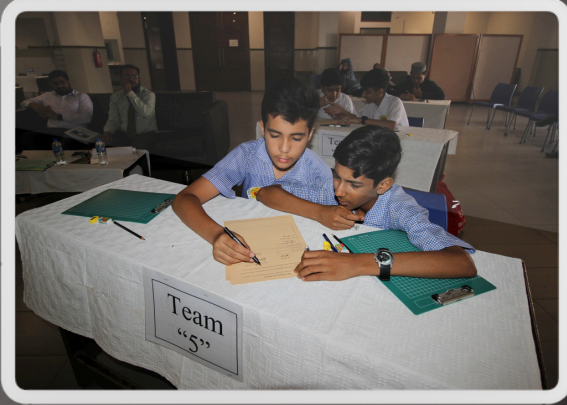


# INTERSCHOOL MATH MASTER COMPETITION

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# RESULTS OF CHECKPOINTS 2023-2024

## Excellence Awards for the Highest Scorers



Students who secured the Highest Scores

- Sunayna Sufyan 4A
- Aisha Basit 8A



Students who secured the 2nd Highest Scores

- Noor Fatima 4A
- Maniha Imran 8A



Students who secured the 3rd Highest Scores

- Syedah Momina Kazmi 4A
- Daeyan Muneer 8C

## Certificates of Excellence for the Highest Scorers Subject Wise

### ENGLISH

- Maryam Jamal 4A
- Aisha Basit 8A
- Hunaina Yasir 8B

### URDU

- Noor Fatima 4A
- Muhammad Bin Abdullah 8C

### MATH

- Syed Hammadullah 4D
- Aisha Basit 8A

### ARABIC

- Dua 4A
- Aisha Basit 8A





# OUR HUFFAZ, OUR PRIDE

1. Aleeza Abid - DYG
2. Hiba Saif Shamsi - DYG
3. Noor Fatima - DYG
4. Zynah Ali - DYG
5. Abdul Nafey - DYB
6. Abdullah Rameez - DYB
7. Mahin Abdullah - DYB
8. Mohammad Ahmed - DYB
9. Mohammad Abdullah - DYB
10. Mohammad Bilal Bawany - DYB
11. Mohammad Maaz Khan - DYB
12. Muhammad Ausaf Majid - DYB
13. Muhammad Bin Umair - DYB
14. Muhammad Ibrahim Ishaqi - DYB
15. Muhammad Mustafa Baig - DYB
16. Muhammad Youan Bin Imran - DYB
17. Syed Muhammad Affan - DYB
18. Syed Muhammad Bin Zia Munir - DYB
19. Zain ul Abidin - DYB
20. Zayd Bin Obaid - DYB
21. Muhammad Maaz - 4E

