



YEAR BOOK

**MIDDLE
SECTION
2024-25**

INDEX

Content	Page #
-Mission	4
-Core Values	5
-Message from the Principal	6
-Message from the Vice Principal	7
-Editor's Letter of Thanks	8
-Message from the Senior Librarian	9
-Message from the Head Mistress	10
-Message from the Academic Coordinator	11
-Messages from the Incharges	12-18
-Class 5-A	20-26
-Class 5-B	27-31
-Class 5-C	32-35
-DYB	36-40
-DYG	41-42
-Class 6-A	44-50
-Class 6-B	51-55
-Class 6-C	56-61
-Class 6-D	62-68

INDEX

Content	Page #
-Class 7-A	70-76
-Class 7-B	77-82
-Class 7-C	83-88
-Class 7-D	89-93
-Class 8-A	95-101
-Class 8-B	102-106
-Class 8-C	107-111
-Class 8-D	112-116
-Down Memory Lane	117-126
-Results of Checkpoints 2024-25	127
-Our Huffaz, Our Pride	128

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 Alaikum wa Rahmatullahi wa Barakatuh,

Alhamdulillah, as we approach the conclusion of this academic year, we find ourselves reflecting on a journey rich with the countless blessings of Allah (SWT). At Reflections, our mission remains unwavering: to nurture students who are not only academically competent and morally upright but also spiritually grounded.

We strive to develop learners who practice Islam sincerely and share its values with others. Our vision is to cultivate confident individuals who can navigate the world with clarity, communicate effectively, collaborate as team players, and build strong academic habits that foster a lifelong love for learning. We also encourage our students to excel in sports, promoting physical well-being, discipline, and a balanced lifestyle.

This year, we have seen these attributes come to life across our classrooms, hallways, playgrounds, and arenas. Our students' achievement as the 2nd Best Delegation at the LUMS Religious Festival 2025 is a testament to their confidence, communication, and collaboration. Likewise, our first-ever Umrah excursion to Saudi Arabia was a spiritual milestone—an immersive learning experience rooted in the legacy of our beloved (peace be upon him).

To our students: think of yourselves as explorers. Throughout this year, we've worked to instill in you the curiosity to discover, the tools to excel, and the moral compass to stay true to your values. These are your essentials for navigating the ever-changing, complex terrain of life—bi'idhnillah.

To our teachers and staff: your commitment is the heart of our school. As the saying goes, "A school is only as good as its teachers." Your tireless dedication and sincere efforts are the foundation of all that we have achieved. May Allah reward you abundantly and continue to bless our community with unity, growth, and excellence.

May Allah (SWT) make Reflections a beacon of excellence.

Wassalamu Alaikum wa Rahmatullah,

Fahad Haroon

MESSAGE FROM THE VICE PRINCIPAL



Dear Students and Respected Faculty,

As we close another enriching chapter of our academic journey, I extend my deepest gratitude to each of you for making this year truly memorable.

To our students - your spirit, curiosity, and commitment have been nothing short of inspiring. From your efforts in the classroom to your accomplishments beyond it, you have brought energy, excellence, and heart to our school community. You've not only met expectations - you've redefined them. Thank you for embracing challenges, lifting one another, and growing with such grace and purpose.

To our faculty - your dedication is the quiet force behind every success we celebrate. With wisdom, compassion, and creativity, you have shaped minds, nurtured talents, and sown seeds of lifelong learning. Your role extends far beyond instruction - you are mentors, motivators, and role models. Your contributions are seen, valued, and deeply appreciated.

Jazakum Allahu Khairan for your steadfast commitment, your patience, and the care you pour into everything you do. You are the anchors of our shared mission.

As we step into the summer months, I wish you all a well-deserved season of rest, reflection, and renewal. May it be filled with peace, joy, and blessings.

**With heartfelt appreciation,
Hajirah Kashif Fazal**

EDITOR'S LETTER OF THANKS



Dear Reflections Family,

Alhumdulillah 4th year of being a part of the team responsible for bringing out the school Yearbook. This one being the edition for 2024-2025.

Second year of a theme based yearbook, this year focus being on EMOTIONS.

Our students assisted by their teachers have contributed some really heart felt pieces of writing based on emotions. You will be enthralled to see the creative art work of our tiny tots.

My heartfelt gratitude to all involved in any way big or small to make this unique yearbook seen the way it is here in your hands, specially Mehreen Faraz, Maymoonah Ahmed and Naheed Noman. Class group pictures courtesy Ayesha Sultan.

I'm grateful to Mr.Fahad Haroon for his support.

JazakAllah Khair to everyone here at Reflections for doing their part that enabled us to do ours.

Any oversights are deeply regretted as we wanted minimum omissions to keep the originality of each student's input.

Happy Reading !

Nazia Asad

Senior Resource Person

Reading, Publications and Academic Audit

MESSAGE FROM THE SENIOR LIBRARIAN



Assalam o Alaikum,

Alhamdulillah, another remarkable year has come to a close, filled with numerous achievements and cherished memories. I extend my heartfelt gratitude to my incredible team members, students, and teachers for their tireless efforts in making this journey so enjoyable and rewarding.

This year, we successfully continued our programs and hosted two exciting events:

- 1. Interschool Megathon Contest**
- 2. Interschool Scrabble Championship 2025, in collaboration with the Pakistan Scrabble Association**

Both events received overwhelming appreciation from participating schools, Alhamdulillah.

To motivate our young readers, we awarded badges to students who achieved remarkable milestones in book reviews during Winter Break as Winter Star Reader. This recognition celebrates their love for reading and encourages them to continue exploring new worlds.

As we bid farewell to this year, I wish everyone all the best in their future endeavors. May your love for reading continue to grow, and may your smiles never fade.

Keep Reading, Keep Smiling!

**Warm regards,
Mehreen Faraz**

MESSAGE FROM THE HEAD MISTRESS



**You're the reason we stand strong each day,
With values close, you pave the way,
Don't stray from your path, stay true,
Distractions and obstacles will try to break through.**

**Be the light in the darkest night,
A guide for those in need, shining bright,
You have potential, yet to unfold,
Your strength and beauty, a story to be told.**

**Believe in yourself, we've got faith in you,
Depend on yourself, but seek Allah's aid too,
You're the hope of a brighter day,
With strength that takes you all the way.**

**You have it in you, though you may not see,
The power within, waiting to be free,
Seek Allah's guidance, trust His plan,
Know that with time, the struggles will end.**

**Don't let burdens weigh you down,
You can and you will, wear your crown,
Leave hardships behind and find your way,
We believe in you, come what may.**

**We're here for a while, but soon we'll part,
Leaving footprints and a mark on the heart,
Make the most of the time you have,
Strive to make a difference, before we depart.**

**May Allah keep you on the right path,
Away from the pain and sorrows that last,
Guiding you towards peace and light,
Filling your heart with joy and delight.**

Sundus Nasir

MESSAGE FROM THE ACADEMIC COORDINATOR



To my dear Students and Teachers,

As we glance through our entire journey this year - we go through a roller coaster ride - with ups and downs, excitements and disappointments, some bumpy rides but also soaring heights!

To each of my students, dive fearlessly into the depths of the sea of knowledge and embrace the power of curiosity, for within every question lies the key to unlocking new worlds of understanding. We want our classrooms to not be just a place to learn but to unearth your potential and become the best version of yourself! *Dream big*!

Use your mind to create and innovate, leaving positive footprints in this world.

Take challenges as stepping stones to success and growth. Be kind as empathy is something we need today for our better tomorrow!

To all my teachers, Jazakumullah Khair for your hard work and dedication - From preparing your lessons effectively to delivering them beautifully to the seeds of our youth—who will one day grow into strong, steadfast, yet humble and fruitful trees of our community at large—your dedication extends far beyond the classroom. Through your tireless efforts, mentorship, and unwavering commitment, you nurture minds, shape character, and inspire a lifelong love for learning. Keep guiding, nurturing and empowering these young minds.

To each and every one of you, may you embrace *Sabr* in challenges, uphold *Adl* in your actions, and practice *Afw* in your hearts, for these virtues will guide you toward true success! Together, we look forward to future years of learning, growth, hope, and happiness—keeping the end in mind - being *Muflihoon* in this world and the Hereafter!!

Sitaish Ansarie

MESSAGE FROM THE TARBIYAH INCHARGE



At Reflections, our vision remains rooted in nurturing students who embody the qualities of God-Fearing leaders - Da'ees of Islam - who serve as role models for the Muslim community.

To fulfill this mission, the Tarbiyah Department has implemented a comprehensive, three-tiered program that works simultaneously with students, parents, and teachers. This holistic approach aims to build character, instill values, and strengthen Islamic identity through thoughtful engagement and purposeful action.

This academic year was vibrant with impactful Tarbiyah-based activities, ranging from classroom discussions and hands-on projects to enlightening workshops and community service opportunities. Students participated in a variety of initiatives, including the Ramadan Sadqa Drive, Ration Distribution Campaign, and sessions on health and hygiene, Haya (modesty), and guarding one's speech. Dedicated workshops were conducted on topics such as music, birthday celebrations, and awareness about cancer and breast cancer, equipping students to critically reflect on contemporary social issues through an Islamic lens.

In line with our commitment to fostering compassion and empathy, students from class 5 onwards actively engaged in community service. Visits were organized to Indus Hospital, SIUT, SOS Village, Aisha Academy, Manzil Educational Organization, the Edhi Orphanage and Deaf Reach, providing valuable insight into the lives of those less privileged. These experiences not only deepened students' understanding of social responsibility but also encouraged them to become agents of positive change.

Guest speaker sessions further enriched our students' learning journey. Esteemed scholars like Ustaaz Yasin (Naseeha Institute) and Ustazah Huma Najam (Al Ilm Institute) delivered powerful talks, addressing challenges faced by youth today and offering practical guidance rooted in Islamic teachings.

Beyond student engagement, the department also hosted workshops for parents and teachers, fostering a unified approach to Tarbiyah across all touchpoints of a child's life. A standout event was the parenting workshop by Mr. Salman Asif Siddiqui from ERDC, which was both insightful and empowering.

This year, Reflections also participated in the INDUS Hospital and SIUT Volunteer Program for senior students. Students from the middle section participated in a special awareness campaign organised by Shaukat Khanum Memorial Cancer Hospital, further emphasizing our commitment to service and health education.

Indeed, it has been a fulfilling year of growth, reflection, and purpose for the Tarbiyah Department. As we look forward to the coming year, we remain steadfast in our goal - to see our students grow into individuals who embody Islamic values with sincerity, wisdom, and compassion.

Ambreen Malik

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 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 50 diverse sporting events and 10 trophies secured, our dedication and talent shine brightly. Like last year, we also took our students to domestic sports tour where they stayed at SST Public School Rashidabad Tando Allahyar, Sindh and played a friendly match in Hyderabad.

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

Allhumdulillah, our swimming classes and competitions were carried out smoothly, marking this year as the first full year of swimming.

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)



The past year has been an exciting one for school sports, with 52 events and competitions taking place throughout the School Year 2024-25. Here are some of the highlights:

Team Achievements

- Our school's basketball team won both categories in the '3rd All Karachi Basketball Tournament (U-15, U-17)' and the 'TIS Inter-School Basketball Tournament (U-15, U-17)', defeating their arch-rivals in a thrilling finale.
- The throwball team won the 'Throwball Cup' and the 'TIS Throwball Tournament', showcasing their skills and teamwork.
- Our school's gymnastics team won the '2nd All Karachi Gymnastics Championship'.
- The taekwondo team brought home more than 30 gold medals in different weight categories.
- The athletics team were gold, silver, and bronze medalists in inter-school track events.

Sports Day and Inter-House Competitions

- Our Annual Sports Day was a huge success, with students participating in various track events.
- The inter-house competitions were fiercely contested, with Abu Bakr House emerging as the overall champions.

Coaching and Training

- Our experienced coaches provided expert guidance and training, helping students develop their skills and reach their full potential.
- The school invested in new sports equipment and facilities, enhancing the overall sports experience, Alhamdulillah.

The past year has been an incredible journey for school sports, with numerous achievements and milestones. We look forward to another exciting year, with new challenges and opportunities for our student-athletes.

My message for all is to always remember that your effort, dedication, and teamwork are what truly matter in sports. Don't just strive for winning, but for playing with character and respect. Push yourself to your limits, embrace challenges, and learn from every game, whether you win or lose.

MESSAGE FROM THE ISLAMIC DEPT. HEAD (MALE)



Assalam o Alykum

Alhamdulillah, this year was full of learning, achievements and meaningful experiences in the Islamic Department.

A highlight was our spiritually enriching Umrah trip with students, a journey of deep reflection, learning and tarbiyah that left lasting impressions on all involved.

Our annual Seerah Exhibition continued with great success. We added new topics like the key events in Pakistan's history, Indus Water Treaty and issue of Palestine. For the first time we welcomed alumni to take part in an academic event at Reflections.

Our students shone brightly in many external events. At the LUMS Religious Festival, they won 2nd place in Naat, 2nd Best Short Film, and 2nd Best Delegate award. In the Inter-School and Madaris Arabic Declamation, we proudly secured 1st position and the overall team trophy, a big achievement! Alhamdulillah

Within school, students gave regular Zuhr bayans, and boys from Grades 10 and 11 led the Jumu'ah khutbah and prayers with confidence and sincerity.

We thank Allah for all these blessings and pray for more barakah and success in the years ahead. Ameen.

Mutee Ur Rehman

MESSAGE FROM THE ISLAMIC DEPT. HEAD (FEMALE)



کسی بھی تعلیمی ادارے کی کامیابی کا دارومدار اس کے افراد کے اخلاص اور جہدِ مسلسل پر ہوتا ہے۔ ریفلیکشنز محض ایک عام تعلیمی ادارہ نہیں جو مروجہ نصاب پر ہی اکتفاء کر کے اس میدان میں مصروف عمل ہو بلکہ نونہالانِ ملت کو ایک ایسی مضبوط و مستحکم تربیت کی راہ پر گامزن کرنا چاہتا ہے جو دین پر فخریہ انداز میں قائم رہیں

ہماری کوشش ہے کہ کتاب اللہ اور سنتِ نبوی صلی اللہ علیہ و سلم سے نسلِ نو کو عربی زبان سکھا کر ان کو اسلامی آداب و اخلاق سے جوڑا جائے اور ہم عربی زبان کے سکھانے کے لئے فقط نصابی تعلیم سے استفادہ کے قائل نہیں بلکہ پورے تعلیمی سال میں وقتاً فوقتاً غیر نصابی سرگرمیوں کا تسلسل بھی جاری رہتا ہے تا کہ طلباء دلچسپی اور دلجمعی کے ساتھ اللہ کے کلام کی زبان کو سمجھنے کا سلسلہ بشوق و رغبت جاری رکھیں۔

شعبہ عربی کے تحت مختلف پروگراموں کا سالانہ بنیاد پر اہتمام کیا جاتا ہے جو کہ طلبہ کے عربی مستوی کی بہتری میں انتہائی معاون ثابت ہوتے ہیں۔ پرائمری کے لئے عربی بول چال کو مزید دلچسپ بنانے کے لئے "سوق" کی اپنے لحاظ سے منفرد ایکٹیوٹی رکھی جاتی ہے۔ اسی طرح فراستِ عربی کے نام سے عربی حوار کو مزید مضبوط کرنے کے لئے مڈل کی طالبات کے لئے پروگرام کا انعقاد کیا جاتا ہے۔ اسی سلسلے کی ایک کاوش بین المدارس مقابلہ خطابت بھی ہے۔

اللہ رب العزت سے دعا ہے کہ ہماری کوششوں اور اخلاص کو اپنی بارگاہ میں شرف قبولیت بخشے اور اس کو امت کے لئے اور ہمارے ادارے کے لئے مزید نافع بنائے۔

نازیہ سمیر

MESSAGE FROM THE HIFZ HEAD



ریفلیکشنز حفظ پروگرام ایک معیاری حفظ پروگرام ہے جس میں ایک سال طلباء کی بنیاد یعنی قاعدہ ناظرہ اور تجوید کراوائی جاتی ہے اور پھر تین سال میں مکمل حفظ مع اکیڈمک کراویا جاتا ہے ماشاء اللہ تقریباً اٹھارہ (18) سال سے ہمارے سینئر اساتذہ اور انچارجز کی ٹیم ہر سال حفظ کا بیج/دستہ تیار کرتے ہیں جو مکمل حفظ قرآن وفاق امتحان میں امتیازی نتائج حاصل کرتے ہیں۔ تلاوت کا شوق بڑھانے کیلئے حفظ وقرات کے مقابلے منعقد کیئے جاتے ہیں اس کے علاوہ زیادہ صلاحیت والے طلباء کو ایک سے ڈیڑھ سال کے چیلنجنگ وقت میں بھی قرآن کریم مکمل حفظ کراویا جاتا رہا ہے یہ کہنا بالکل بجا ہے کہ یہ ایک کامیاب حفظ پروگرام ہے۔ دعاگو ہیں کہ اللہ پاک ہمارے طلباء/طالبات کو قرآن یاد رکھنے اور عمل کرنے والا بنائے والدین، اساتذہ اور معاونین کیلئے صدقہ جاریہ بنائے آمین۔

فرزانہ خان

MESSAGE FROM THE COUNSELLOR



As we approach the end of the year, it is heartening to see how our teachers have played a significant role in shaping our students' personalities through the values of Salamah, Adl, and Afw. Our students, too, have embraced these concepts with sincerity, reflecting them in their actions and attitudes.

This year, we have also witnessed a positive shift among our parents, who are more attuned to their children's emotional and mental well-being. Together, they are helping to nurture a strong and supportive bond. For those among us who are emotionally broken, mentally exhausted, or still healing from grief, please remember: healing takes time. Be gentle with yourself and the one around you, lean on Sabar and Dua, and trust in the promise that "Allah does not burden a soul beyond what it can bear."

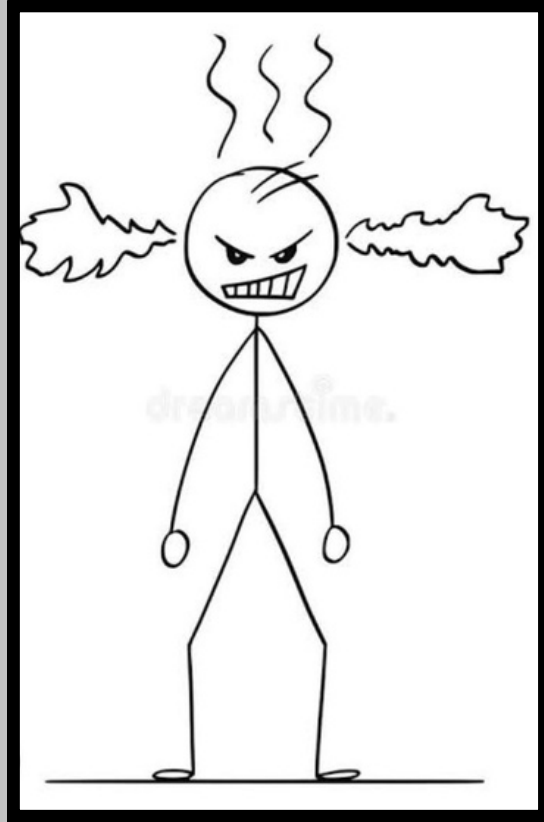
To our dear students, know that it's okay to seek help, to feel things, and to take your time in finding your path. Every experience, whether smooth or challenging, is an essential part of your growth. As you develop your personality with confidence, love, respect, and empathy, every obstacle becomes an opportunity to learn, and every mistake, a building block for strength.

Our younger learners are also beginning to understand the importance of respecting boundaries through the concept of Personal Space. As they continue to embody Salamah, Adl, and Afw, they are recognized and encouraged through the "Salamah Star," a symbol of their efforts and growth.

Let's continue to spread positivity and respect. May Allah Subhanahu wa Ta'ala help us become a Salamah—a source of peace and safety for others. Wishing everyone an even brighter year ahead.

**Warm regards,
Anum Mehmood**

ANGER



EMOTION FOR GRADE 5

MESSAGE FROM THE CLASS TEACHER 5-A

Dear 5A,

As you move on to new adventures, remember the friendships, laughter and memories you've shared. You've grown into kind, thoughtful and talented individuals. Wishing you happiness, success, and all the best!

Afra Ansari

CLASS 5 - A

إِصْلَاحُ الْعَصَبِ

أَحْمَدُ يَلْعَبُ بِالْعَبْتِيَةِ فِي غُرْفَتِهِ. فَجَاءَهُ دَخَلَتْ أَخْتُهُ الصَّغِيرَةُ فَاطِمَةُ الْغُرْفَةَ
وَأَخَذَتِ اللَّعْبَةَ بِدُونِ إِذْنِهِ.
أَحْمَدُ: لِمَاذَا أَخَذْتَ لَعْبَتِي؟ أَعْطَيْتَنِي إِيَّاهَا الْآنَ!
فَاطِمَةُ: أَنَا آسَفَةٌ. أَرَدْتُ فَقَطُّ أَنْ أَلْعَبَ بِهَا قَلِيلًا.
أَحْمَدُ: لَكِنَّكَ كَسَرْتَهَا! هَذِهِ لَعْبَتِي الْمُفْضَلَةُ.
(دَخَلَ الْوَالِدُ الْغُرْفَةَ)
الْأَبُ: مَا هَذَا الصَّرَاحُ؟ مَا الَّذِي حَدَّثَ؟
أَحْمَدُ: يَا أَبِي! فَاطِمَةُ أَخَذَتْ لَعْبَتِي وَكَسَرَتْهَا، وَالْآنَ أَنَا غَاضِبٌ جِدًّا!
الْأَبُ: الْعَصَبُ لَنْ يُصْلِحَ اللَّعْبَةَ.
أَحْمَدُ: فَمَاذَا أَفْعَلُ إِذَا؟
الْأَبُ: تَحَدَّثْ مَعَ أَخْتِكَ بِهَذِهِ، يُمَكِّنُكَ إِصْلَاحُ اللَّعْبَةِ مَعًا.
فَاطِمَةُ: نَعَمْ، أَنَا آسَفَةٌ جِدًّا يَا أَحْمَدُ. سَأُسَاعِدُكَ فِي إِصْلَاحِهَا.
أَحْمَدُ: حَسَنًا، لَكِنَّ لِي لَا تُفْعَلِي هَذَا مَرَّةً أُخْرَى.
الْأَبُ: عِنْدَمَا نَغْضِبُ فَالشَّيْطَانُ يَلْعَبُ بِنَا. فَهَلَيْتَنَا أَنْ نَتَحَدَّثَ بِلُطْفٍ أَوَّلًا.
أَحْمَدُ: قَهْمْتُ يَا أَبِي! الْعَصَبُ مِنَ الشَّيْطَانِ.
الْأَبُ: أَحْسَنْتَ يَا بَنِي. الْآنَ ابْدُؤُوا فِي إِصْلَاحِ اللَّعْبَةِ مَعًا.
الْعَصَبُ لَا يَجَلُ الْمَشَاكِلَ، لَكِنَّ التَّفَاهُمَ وَالْهَذُوءَ يُسَاعِدَانِنَا فِي إِيجَادِ الْحُلُولِ.

أُنَابِيَةِ ظَفَر

Talking it Out: Key to a Strong Friendship

Dear Diary,

Today, my friend pranked me, and it made me really angry. She gave me a letter as a gift, but when I read it, my feelings were hurt. The letter said, "Hello Ayesha, I know it's hard to say, but I don't want to be your friend because I have a better friend than you."

At first, I felt like yelling at her and telling her how mean she was being. But then I took a deep breath and remembered what my mom always says: "When we're angry, it's best to take a step back, calm down, and think before reacting."

So, I decided to calm down and think about why my friend might have done this. Maybe she was trying to be funny, or perhaps she's going through something difficult and didn't know how to express herself. I realized that getting angry wouldn't solve anything, and it might even make things worse. Instead, I decided to talk to my friend about how her prank made me feel. We had a good conversation, and she apologized for hurting my feelings.

I'm proud of myself for managing my anger and handling the situation in a positive way. It's not always easy, but it's worth it.

Thanks for listening, dear diary. You always help me process my emotions and learn valuable lessons.

Good night!

Ayesha Fawad

Controlling Anger

Dear Diary,

Today was a tough day. Anger crept up on me, and before I knew it, I was consumed by it. It started with a small frustration - I couldn't find my helmet for horse riding class, and I was running late. But that tiny issue snowballed into a big, angry storm.

I got into arguments with my driver and coach, and the words that came out of my mouth were hurtful. As soon as I said them, I regretted it. I wished I could take them back.

But here's the thing: I know I can do better. I need to learn how to manage my anger, take a step back, and breathe before reacting. I don't want my emotions to control me.

So, I'm making a promise to myself: I'll try harder to stay calm, even when things don't go my way. I'll practice taking a deep breath and counting to ten before speaking. I'll remind myself that everyone makes mistakes, and it's okay to apologize.

I know it won't be easy, but I'm determined to find a better way to deal with my anger. I want to be in control of my emotions, not the other way around.

Thanks for listening, dear diary. You always help me see things more clearly.

Good night!

Barakah Rehan

Angry Day Turned into a Happy Day

Dear Diary,

Today was a challenging day! I lent my notebook to my friend so she could copy the work she missed. But when I asked her for it, she told me she left it at home.

I was so angry! My face felt hot like a tomato, and my heart was racing. But then I remembered anger is haraam as said by Allah (swt) and I also remembered what my mom told me about managing anger. I took a few deep breaths and drank a cold glass of water. It really helped calm me down!

My friend apologized, and that made me feel better. Later, I found out that our teacher was absent too! Suddenly, my angry day turned into a happy day!

Thank you, dear diary, for listening to my story and keeping my secrets. I'm feeling sleepy now. Sweet dreams!

Good Night

Dua

CLASS 5 - A

"الْغَضَبُ مِنَ الشَّيْطَانِ"

يَوْمًا مِنَ الْأَيَّامِ مَرَّيْنَةُ طَلَبَتْ مِنْ فَاطِمَةَ كُرَّاسَهَا لِتُكْمَلَ عَمَلُهَا الْتَاقِصَ. أَعْطَتْهَا فَاطِمَةُ الْكُرَّاسَةَ وَقَالَتْ: لَا بُدَّ أَنْ تُخْضِرَ الْكُرَّاسَةَ عَدَا. فِي الْيَوْمِ الثَّانِي رَدَّتْ مَرَّيْنَةُ الْكُرَّاسَةَ فَتَحَيَّرَتْ فَاطِمَةُ أَوَّلًا ثُمَّ غَضِبَتْ، لِأَنَّ كُرَّاسَهَا قَدْ خَرِبَتْ. أَخَذَتْ فَاطِمَةُ كِتَابَ مَرَّيْنَةَ وَقِيلَ أَنْ تُخْرِشَ كِتَابَهَا أَيْضًا دَخَلَتْ الْمُعَلِّمَةُ الصَّفَّ. اشْتَكَتْ مَرَّيْنَةُ إِلَى الْمُعَلِّمَةِ بِأَنَّ فَاطِمَةَ أَخَذَتْ كِتَابَهَا وَلَا تَرُدُّ. سَأَلَتِ الْمُعَلِّمَةُ فَاطِمَةَ فَأَرَاهَا كُرَّاسَهَا وَبَدَأَتْ تُبَيِّنُ مِنَ الْحُزَنِ. ثُمَّ أَخْبَرَتْ الْمُعَلِّمَةَ عَنْ مَا حَدَثَ. فَهَمَّتِ الْمُعَلِّمَةُ الْقِصَّةَ وَجَلَسَتْ عَلَى مَكَانِهَا أَجْلَسَتْهُمَا بِجَوَارِهَا. ثُمَّ قَالَتِ الْمُعَلِّمَةُ: يَا حَبِيبَتِي! إِنَّ الْغَضَبَ مِنَ الشَّيْطَانِ وَأَنَّ الشَّيْطَانَ يَلْعَبُ بِالْإِنْسَانِ عِنْدَمَا هُوَ غَاضِبٌ، وَأَنَّ الْغَضَبَ يَأْكُلُ عَقْلَ الْإِنْسَانِ. لِهَذَا أَوْصَانَا النَّبِيُّ مُحَمَّدٌ ﷺ "إِذَا غَضِبَ أَحَدٌ فَلْيَسْكُتْ" وَ يَتَوَضَّأْ وَيَقْرَأْ "لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ". وَعَلَيْكَ يَا مَرَّيْنَةُ أَنْ تَعْتَذِرِي إِلَى فَاطِمَةَ ثُمَّ تَشْتَرِي لَهَا كِتَابًا جَدِيدًا. اِئْتَدِرْثِ مَرَّيْنَةَ وَقَالَتْ سَأَخْضِرُ لَكَ عَدَا كِتَابًا جَدِيدًا. سَامَحَتْهَا فَاطِمَةُ وَبَدَأَتْ الْمُعَلِّمَةُ تَدْرُسُ الطَّلَابَاتِ. أَنْعَمَ أَصَف

Anger

One sunny morning, it was a mathematics class. The whole class was doing Maths word problems, but I was confused and stuck on the first problem. I was very overwhelmed when I saw that the whole class was already on the seventh word problem. I was still trying and called the teacher, but she was busy explaining to the whole class. Everyone just wanted their work to be completed on time. I got so angry that I threw my book on the shelf and went to the washroom. I washed my face with cold water and drank the cold water to cool down. After a while, I managed to handle my anger and understood all the word problems. Although it took me a while to understand them, but I did it eventually and got relaxed.

Fareeda Raheel

Controlling Anger with Reflection

Dear Diary,
Do you know what happened today? My cousin came over to play, but she sneaked upstairs into my room and accidentally broke my favorite eye palette. I felt a surge of anger and frustration. My face turned red, and I couldn't hide my emotions. I really wanted to express my anger, but I knew Allah (swt) dislikes anger and also my mom wouldn't be happy if I lost my temper. So, I took a deep breath and decided to calm down. It wasn't easy, but I'm proud of myself for not lashing out. Writing in you, dear diary, really helps me process my feelings. It's like having a friend who listens without judgment. I'm grateful for you!
Now that I've shared my feelings with you, I feel more relaxed and calmer. It's a great reminder that taking a moment to breathe and reflect can make all the difference.
Good night, dear diary. I'll see you tomorrow.

Eshal Fatima Imran

Karachi's Prevailing Conditions

Dear Sindh Governor,
My name is Filza and I live in Karachi. We are facing problems such as electricity breakdowns, water and gas shortages, roads and traffic jams and therefore we are very upset and angry. When we are cooking something, the gas goes off and due to power failures, we can't do much work or any activity. Roads are damaged and we can't drive properly.
Please solve this problem, so that we have a better lifestyle. We don't want people to get angry and react by protesting on roads and throwing stones at the office. Kindly solve these issues..

An Annoyed Citizen
Filza Aamir

الْغَضَبُ وَ عِلَاجُهُ



قَالَ رَسُولُ اللَّهِ ﷺ:
إِنَّ الْغَضَبَ مِنَ الشَّيْطَانِ وَإِنَّ الشَّيْطَانَ خُلِقَ مِنَ النَّارِ، وَإِنَّمَا تُطْفَأُ النَّارُ بِالْمَاءِ، فَإِذَا غَضِبَ أَحَدُكُمْ فَلْيَتَوَضَّأْ.

أفراح خان

"غصه حرام ہے"

کل آمنہ نے مجھ سے کاپی لی اور اس نے میری کاپی نہیں دی اور جب میں نے کاپی لی تو اس کی حالت دیکھ کر مجھے اتنا غصہ آیا کیوں کہ اس نے کاپی پر نشان لگا دیئے تھے۔ میں نے اسے مارنا شروع کر دیا اس نے امی اور ابو کو کہا کہ عتیبہ مجھے مار رہی ہے۔ میں نے امی ابو کو کہانی سنائی اور وہ آمنہ کو غصہ سے دیکھ رہے تھے۔ لیکن میں نے اس کو بچانے کے لیے دونوں سے جھوٹ بول دیا۔ میں نے آمنہ کو سچے دل سے معاف کر دیا۔ ہمیں غصہ نہیں کرنا چاہیے، غصہ حرام ہے۔

عتیبہ فرخ عالم

CLASS 5 - A

Humans can get angry at anytime. It was Monday, I was tired but still I had to go to school. My first period was of Mathematics. I was very angry because I was sleepy. I did not want to do any work. My teacher told me to open the book. My teacher started to explain on the board. I was not able to understand anything. I wanted to throw my book out of the classroom. I was very angry and not listening to anyone in my classroom. It was a boring period. My teacher came to me and made me understand but I was not able to understand a single word. I was only waiting for the bell to ring, so I can go my home. I like Mathematics, but when I am tired or sleepy, I am not able to do anything and when I am attentive, I can do my work easily.

Haya Zohaib

Controlling Anger

Every human has emotions but anger is an emotion that is hard to control. When I do word problems, sometimes I get frustrated when I cannot understand anything. I want to tear or burn my book but then I try to get calm and drink water and take a break from word problem. After a short three (3) minutes break, I ask my teacher to help me in that word problem. Then at home, I again do that word problem in my practice workbook. It is true what someone said that, "Maths depends on our emotions!"

Khadija Hussain

عِلَاجُ الْعَصَبِ

- إِذَا عَصَبَ أَحَدٌ فَعَلَيْهِ أَنْ.....
- يَتَوَضَّأَ بِاللَّهِ مِنَ الشَّيْطَانِ
- يَسْكُتَ
- يَجْلِسُ إِذَا هُوَ وَاقِفٌ
- يَضْطَجِعُ إِذَا هُوَ جَالِسٌ
- يُكْرِّرُ "لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ"

عائشة

Problems of our City

Dear Sindh Governor,
I hope you are fine. I live in Karachi and my name is Hiba. I'm writing a letter to you about some of the problems of my city Karachi. There are some problems like broken roads, electricity, load shedding, gas problems, and too much traffic. I feel very upset about it. Due to these problems people get frustrated and they fight with each other and take out their anger on other people. My purpose of writing this letter is that the authorities should fix these problems that we are facing. Since we don't have gas most of the time, we cannot make our school lunches or lunch and dinner. Ordering from outside is expensive and unhealthy. The heavy rains cause our roads to break down which then causes accidents.
I hope you look into this matter and work on it. The people who are living here are very angry and facing all these problems every day.

A Concerned Citizen

Hiba Saif Shamsi

Karachi's Situation and Anger

Dear Sindh Governor,
I am writing a letter to you as we are very angry with some problems our city is going through. The roads are not fixed, there is a water shortage and there is an electricity breakdown after every hour. We are very disappointed with the authorities as no action is being taken despite many requests.
If these issues get fixed, we will be thankful to you for providing us with a comfortable life. Otherwise, there will be continuous complains which will be an insult and embarrassment for you.
Now is the last chance for your government to take productive steps or we will leave this city and move to another city. We will not just leave but hold peaceful protests in front of your offices and inform the media. Kindly look into this matter as we do not want the public to take out their anger which you will regret later.

A Disappointed Citizen

Mariam Zareen

ANGER

Last month I had an evaluation in Mathematics. I studied a lot but when I had my evaluation in front of me, I did not get a word. I got furious. Then, I wrote my name and sat blank for a couple of minutes. I then read the maths problems carefully and to control my anger, I recited:

A'udhubillahi min ash-shaytaan-ir-rajeem -

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

After that, I felt a little calm and started solving the maths problems. After I got done with that evaluation, I hoped that I would pass my Mathematics exam. At first, I was hopeless about my evaluation but when I got my result, I had passed the exam. I learnt that anger is a major problem for everyone but it is not a solution of everything.

Laiba Adeel

CLASS 5 - A

Anger and Science

There are certain hormones released into your body when it's angry:

1. Adrenaline; also known as epinephrine, is responsible for the emotional state such as fear, anger and fight-or-flight responses such as rise in blood pressure and increased rate of heart beat. It is normally produced by adrenal glands and as well as small numbers of neurons in the medulla oblongata.
2. Noradrenaline; also known as norepinephrine, plays role in the body's response to anger. It can enhance the memory, decrease pain sensitivity, stimulates aggression.
It is also released by the adrenal glands.
3. Cortisol; it contributes to heightened alertness and arousal. It is also released by the adrenal glands.

Maryam Shoaib Chawla

Controlling Anger to Solve Problems

Dear Sindh Governor,

Hope you are fine. My name is Maryam and I live in Karachi. My family is facing some problems and due to this we are really tensed and angry. I am writing this letter to tell you about the problems we are facing in Karachi.

There are many problems such as electricity, roads, too much traffic, gas etc. We are really sorry but it is really hard to manage. First of all, the electricity breakdown is so frequent that it is really hard to do any work, as some people don't have UPS or generator. Secondly gas shortage makes it really hard to cook food or make lunch in the morning, even to heat up food because if electricity is out too, those who have microwaves even won't be able to use it.

Coming to roads, it's really hard to travel on broken bumpy roads even for short distances. The roads condition is getting worst day by day because of rain or drainage water, as mostly they are never repaired or reconstructed.

I hope that you will understand and work on these things and make some changes. Karachi would definitely be a lot better with these changes Insha'Allah, and I would be really thankful to you.

Jazak'Allah

A Hopeful Citizen

Maryam Jamal

Negative Effects of Anger

Anger! A natural emotion, can have several negative effects if it is excessive, unmanaged, expressed in unhealthy ways. These effects can be categorized into the physical, mental, emotional, and social impacts;

1. Physical health issues: anger increases stress levels. It causes heart problems and weakens our immune system.
2. Emotional and mental issues: it increases stress and anxiety disorder. Anger can contribute to the feelings of sadness, helplessness or depression. It can lead to regret or feeling of guilt.
3. Social and relationship issues: it can hurt trust and intimacy in personal and professional relationship.

Methods to manage anger: it's important to recognize and address anger constructively. Techniques like deep breathing, mind fullness, regular exercise, and seeking therapies or anger management counselling can help mitigate its negative effects.

Muzainah

Anger and Misunderstanding

Today I will tell you a story of two friends who untied the knots of their friendship just because of ANGER! Anaya and Amna used to be best friends.

One day Anaya invited Amna to the park for playing and having fun. Anaya was early so she waited for her in the park for a very long time. Suddenly she saw her with some one else in the park. Anaya stood up angrily from the bench and started shouting at Amna and being very rude to her. She was so angry that she slapped her best friend! Amna was shocked and very hurt that her friend misunderstood her. The girl she was coming with was her cousin. Facing this reaction from Anaya, Amna also got very angry and she also shouted and disconnected with Anaya.

So, my friends now you know that anger can lead to many problems such as breaking friendship, health problems, brain problems, anxiety, stress, and much more!

Never let anger ruin your friendship!

Minaal

A Powerful Emotion

Anger is a powerful emotion that can be triggered by our feelings of frustration or being misunderstood. It can cause a surge of energy; sometimes makes you do things that you won't do in a normal state or say mean things to the people you love.

Everyone gets angry, but if you don't control it, it can hurt you and the people around you.

Constant anger can damage your relations with people, makes it hard for you to think clearly, and might lead you to do things that aren't good for you. But if you use your anger in a good way, it can push you to make changes and fix problems. It's really important to know why you are getting angry so you can deal with it in a better way.

Basically, it's normal to feel this emotion and everyone feels it, but it's important to deal with it carefully!

Mayeda Hassan

"اور جو غصے کو پی جاتے ہیں"

کل آمنہ نے مجھ سے میری کاپی لی اور میں نے اسے دے دی اور جب میں نے آج اسے اپنی کاپی واپس لی تو اس کی حالت دیکھ کر مجھے اتنا غصہ آیا کہ سب پیچھے دیکھ کر ڈر گئے اور میں نے اسے پیچ کر کہا کہ یہ کیا کیا ہے تم نے میری کاپی کے ساتھ؟ کسی کی دی امانت کا ایسا حال کرتے ہیں؟ میں نے تو یہ سوچا بھی نہیں اب تم مجھ سے بات نہیں کرنا۔ اور پھر اس کے بولنے سے پہلے ہی میں وہاں سے رفو چکر ہو گئی۔ اچانک سے میرے پیچھے سے کوئی چیخا مومنہ! آگ تو جاؤ میری بات تو سنو۔ میں نے جب پیچھے مڑ کر دیکھا تو مجھے آمنہ نظر آئی لیکن میری آنکھوں میں خون اثر آیا تھا تو میں نے اسے زور سے دھکا دے کر نیچے گرا دیا اسی وقت مس مریم ایک ہماری انسانی صاحبہ چوتھی جماعت سے نکل رہی تھیں انہوں نے جب یہ دیکھا اور مجھے ڈانٹیں لگیں کہ مومنہ! یہ تم کیا کر رہی ہو؟ کسی کو گرانا اچھی بات ہے؟ میں کانپتے ہوئے کہنے لگی کہ مس مریم۔۔۔ میں تو اس کہنے لگیں "میں تو کیا؟ مجھے ابھی بتاؤ کیا ہوا ہے ورنہ میں تمہیں آفس آئے جاؤں گی، جلدی بتاؤ یہاں کیا معاملہ ہے۔؟" آمنہ اٹھی اور مس کو سارا واقعہ سنایا کہ کاپی کی خراب حالت دیکھ کر میں آگ بگولا ہو گئی تھی۔ مس کہنے لگی - مس کہنے لگیں "اچھا تو یہ بات ہے اور آمنہ کی طرف مڑیں" پہلے تو یہ مومنہ کی امانت تھی آپ کے پاس، میں نے ٹھیک بولا نا۔ آمنہ نے سر ہلایا۔ "پھر آپ کو اسے سنبھال کر رکھنا چاہیے تھا۔" مس پھر سمجھانے لگیں اس بار وہ مجھے دیکھ رہیں تھیں کہ اگر اس نے اسے خراب کر بھی دیا تھا تو آمنہ کا جواب سننے بغیر آپ کو اتنا غصہ کیوں آیا؟ میں کہنے والی تھی کہ وہ پھر برسین کہ آپ کو پتہ ہے اسلام یعنی ہمارے دین میں غصہ حرام ہے؟ اور ویسے بھی ایسی چھوٹی باتوں پر غصہ آنا بھی نہیں چاہیے۔ آپ کو پتہ ہے کہ ہمارے پیارے نبی صلی اللہ علیہ وسلم نے فرمایا "طاقت ور وہ نہیں جو لڑائی میں ہرا دے بلکہ وہ جو اپنا غصہ قابو میں کر سکے۔" تو آپ دونوں کو سمجھ آ گیا ہو گیا۔ ہم دونوں نے سر ہلا دیا اور ایک دوسرے سے معافی مانگی عین اسی وقت گھنٹی بجی مس مریم غصے میں تھیں کیوں کہ ان کا پرینڈ ہمیں سمجھانے میں لگا تھا۔ میں نے انہوں کیا مس غصہ حرام ہے اور ہم سب بہت ہنسے۔ اس کہانی سے ہمیں یہ سبق ملتا ہے کہ غصہ حرام ہے اور ہمیں اس سے بچنے کی کوشش کرنی چاہیے تاکہ ہم کوئی غلط فیصلہ نہ کریں۔

سیدہ مومنہ کاظمی

CLASS 5 - A

Tackling Anger with Patience

It was a beautiful day and we were in a hurry. It was morning time and I was getting late for school. Me and my sister had a deal that one day I'll sit in the front seat and the next day she would, means alternate days.

So, it was my turn but we went in another car because the car in which we regularly used to go was gone for service. I said to my father that it's my turn but my sister said that it wasn't my turn and she wanted me to sit in the back seat. But this was wrong so I complained to my dad but he scolded me. I got very angry but I controlled it and recited aaozubillah, and while reciting dua I reached school.

Noor Fatima

Who is Strong?

Anger is a strong feeling that happens when something goes wrong with us. Allah also gets angry when the humans break the boundaries set by Allah. These are called fujjar in the eyes of Allah. They do not follow the messages that Allah has given and do not believe in Allah's books, angels, prophets and the day of judgement. The holy Prophet ﷺ also said against acting out of anger. In a hadith, he said that the strong is not the one who overcomes people by his strength, but the strong is the one who controls himself while in anger.

Omamah Azam

Allah's Anger

One thing which Allah dislikes is being angry on someone but there are some reasons when He himself get angry and that includes disrespecting His stories, beliefs and prophets. When we do not pay zakah in full to the poor. Making fun of the 99 names of Allah and words like bismillah, auzubillah. When we lie to our elders about offering prayer, Allah looks down in anger at us. If we steal from people we will get punished on the day of judgement if not in this world. Being angry at other people on personal things is haram.

Sarah Khalid

Tips to Control Anger

Anger is an emotion, which the Prophet said everyone feels. So, I am giving some tips on how to control anger. When a person gets angry, he should recite

أعوذ بالله من الشيطان الرجيم

Then we'll do wudhu. If we are still hyper, then we can drink water, and we can lie down for 15 20 minutes. We can also stay away from that place where we are getting angry. If a person is making you angry, then you can stay away from that person

Noor Fatima

"غصہ کو اپنے پاس سے بھگائو"

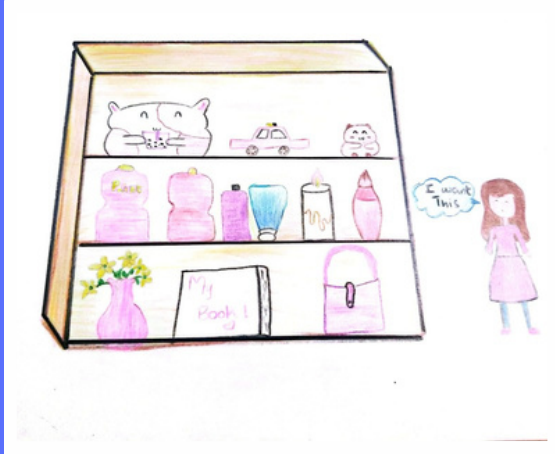
غصہ ایک خوفناک چیز ہے۔ غصہ کرنے کی وجہ سے آپ کی صحت اور حالت خراب ہو جاتی ہے۔ اس کی وجہ سے آپ کا خون جلتا ہے جو حمزہ نہیں جانتا تھا۔

حمزہ اور علی اچھے دوست تھے مگر حمزہ ایک ٹھنڈے مزاج کا لڑکا تھا اور علی تھوڑا غصے والا لڑکا تھا مگر وہ اپنی اس عادت کو ٹھیک کرنا چاہتا تھا۔ ایک روز حمزہ اور علی اسکول میں جہاں وہ ہر روز بیٹھے تھے وہاں بیٹھنے لگے تو وہاں ایک دم سے ایک لڑکا آکر بیٹھ گیا علی کو بہت غصہ آیا لیکن حمزہ نے اس کو روک دیا اور کہا کہ چھوڑ دو ہم کہیں اور بیٹھ جاتے ہیں علی اس کی بات مان کر دوسری جگہ بیٹھ گیا۔ اسی دن بریک ٹائم تھا حمزہ اور علی اپنا لंच بکس لے کر جارہے تھے کہ وہی لڑکا اپنے دوست کے پاس سے اٹھا اور حمزہ اور علی کا مذاق اڑانے لگا اور پیچھے سے اس کے دوست بھی بنسنا شروع ہو گئے اب علی تو آگ بگولا ہو گیا اور اس نے اس بچے کو پیٹنا شروع کر دیا، حمزہ نے علی کو روکنے کی بہت کوشش کی مگر اس نے حمزہ کو پیچھے دھکیل دیا اور لڑائی بہت خطرناک ہو گئی تو ایک استانی اگتیں اور لڑائی رکوا کر دونوں لڑکوں کو پرنسپل کے پاس لے گئیں۔ علی کے والدین کو اسکول بلوایا گیا کیونکہ دوسرے بچے کو بہت بری چوٹ لگی تھی۔ دوسرے دن علی اسکول آیا تو اس کا منہ لٹکا ہوا تھا اس کو کل کی بات پر بہت افسوس تھا۔ اس دن اسکول کے بعد حمزہ علی سے ملنے اس کے گھر گیا تو اس نے کل ہونے والے جھگڑے پر حمزہ سے معافی مانگی، پھر حمزہ نے علی کو سمجھایا کہ غصہ ہمارے لیے نقصان دہ ہوتا ہے۔ اور ہم اس پر کیسے قابو پاسکتے ہیں۔ علی نے اس کے بعد سے پھر کبھی غصہ نہیں کیا اور دعا کی کہ اللہ تعالیٰ اسے غصہ پر قابو پانے کی توفیق دے۔ آمین

اس کہانی سے پتا چلتا ہے کہ غصہ کرنے سے دوسروں کو اور جی ہاں ہمارے لیے بھی نقصان دہ ہوتا ہے غصہ کرنے سے ہمارا خون کا پریشر بڑھ جاتا ہے اور سانس تیز ہو جاتی ہے اور ہمارے دماغ کے ایک حصہ کو متاثر کرتا ہے اور پریشان مت ہوں آپ اپنے غصے پر قابو پاسکتے ہیں۔ جب بھی آپ کو غصہ آئے تو آرام سے بیٹھ جائیں اور گہرے سانس لیجئے یا ٹھنڈا پانی پیجئے، آپ کا غصہ کچھ ہی دیر میں ختم ہو جائے گا، انشا اللہ

سنینہ صفیان

CLASS 5 - A



ZYNAH ALI



ZAINAB FATIMA



ZARA ATIF

MESSAGE FROM THE CLASS TEACHER 5-B

Dear Class 5B,

As the academic year comes to a close, I want to take a moment to express how proud I am of each and every one of you. Your kindness, respect and eagerness to learn have made our time together truly unforgettable.

I've had the pleasure of sharing interesting stories with you and I've been delighted by your enthusiastic participation and the stories you've shared with me in return. Your creativity, imagination and curiosity have made our lessons come alive!

Our snack-time games have been the highlight, filled with laughter and camaraderie. I've loved watching you work together, support each other and have fun.

I'll always cherish the memories of our class discussions, debates and presentations. Your thoughts, ideas and perspectives have enriched our classroom and made learning a joyful experience.

Your smiles, laughter and kindness have brightened up my day, every day. You've made our classroom a happy, inclusive and supportive space where everyone feels valued and respected.

As you move forward, I wish you all the very best. May your future be bright, filled with joy, and marked by continued growth and success. Remember to always be kind, respectful and true to yourselves.

Keep shining, boys! You will always hold a special place in my heart. I have no doubt that you will go on to achieve great things and make a positive impact on the world.

Mahrosh Azam

CLASS 5 - B

الغضب

الغضب صفة من الصفات المذمومة، علينا أن نسيطر على الغضب في حالة الغضب ونقرأ أعوذ بالله من الشيطان الرجيم، وفي حالة الغضب علينا أن نصلّي الصلاة وكذلك نشرب الماء البارد حتى يفر الشيطان وينتهي الغضب، جاء في الحديث قال النبي صلى الله عليه وسلم لا تغضب فردد مرارا لا تغضب، أما غضب المعلم يكون لفائدة الطلاب ولتأديبهم، كثير من الناس لا يسيطرون على غضبهم وهؤلاء يدخلون النار يوم القيامة، أنا لا أغضب لماذا؟ لأنني سمعت في القرآن الكريم أن المسلم يكون لنا، الناس الذين يغضبون كثيرا هم يدخلون جهنم يوم القيامة.

أحيانا بسبب الغضب الإنسان يخسر وفي مسابقة السليمان هو خسر لأنه كان يغضب كثيرا. سمعت هناك مكي (مكي لتخفيف الغضب) وهذا المكي يخفف غضب الإنسان، كثير من الناس يغضبون كثيرا جدا لأنه لا يفهمون القرآن والحديث، الغضب حرام وكذلك الغضب مضر جدا للصحة أيضا، ينبغي لنا أن لا نغضب على الآخرين.

عبد الله عدنان پٹیل



An interview with Ausaf Majid, a fifth grader on understanding anger and how to manage it.

Interviewer: What is anger?

Ausaf: Anger is a strong feeling of upset or annoyance when something or someone bothers me.

Interviewer: Why do we feel anger?

Ausaf: Allah created us with different emotions, including happiness, sadness, and anger. We feel angry when someone or something disturbs or upsets us.

Interviewer: How do you manage your anger?

Ausaf: I manage my anger by practicing self-control and following the Sunnah, which teaches me ways to stay calm and patient.

Interviewer: What advice will you give to the students who are struggling with anger?

Ausaf: I would advise them to learn self-control, be patient, and have tolerance when listening to harsh words. When feeling angry, take a deep breath, say "Bismillah," and try to calm down. Performing ablution or taking a break can also help. Remember, Allah dislikes unnecessary anger, so let's strive to control our emotions and treat others kindly.

Muhammad Ausaf Majid

Pretend you are a freedom fighter during the War of Independence

My name is Azaan Qasmi and I am a very good fighter. I was getting angry day by day because the British were taking more and more of our land every day. The people were also getting angry because their land was being taken. We then gathered in one place and made a plan.

The plan was to go fight the British ten days later so they will not remember about it. It was the last day and we were ready with our guns. I threw rockets at the British headquarters.

Next, we started firing at them too. We burnt the gardens, houses, and land that belonged to the Rulers. We made sure that the women, children and animals were not harmed during this war. After some days the British left our subcontinent, we were happy and grateful.

Muhammad Azaan Qasmi

غصے کے نقصانات

میں اور سبطین بہت اچھے دوست تھے اسکول میں ساتھ کھیلتے، ساتھ کھاتے اور ساتھ ہی پڑھائی کرتے تھے۔ آج کل سبطین مجھے نظر انداز کر رہا تھا اور کچھ دنوں بعد میں نے دیکھا کہ وہ علی کے ساتھ باتیں کر رہا تھا۔ میں سمجھ گیا کہ علی نے میرے خلاف کان بھرے ہیں مجھے بہت غصہ آیا اور علی اور میری زبردست لڑائی ہوگئی لیکن وہاں ہمارے استاد آگئے اور ہمیں آفس لے گئے اور انہوں نے کہا کہ اگر اب تمہاری کوئی اور شکایت آئی تو مجھے سے برا کوئی نہیں ہو گا اور ہمیں دھمکی دے کر چھوڑ دیا۔ یہی نہیں ایک دن میری پنسل کسی نے چوری کر لی اور جب مجھے پتہ چلا کہ چوری کس نے کی ہے تو میں نے اس کے ساتھ پھر لڑائی کی تو وہی استاد آگئے۔ انہوں نے کہا کہ تم نہیں سدھرو گے تو میں نے انہیں ساری بات بتا دی تو انہوں نے کہا کہ بیٹا اس نے چوری کی تو یہ غلط بات ہے۔ غصہ کرنا ہمارے نبی اکرم ﷺ کو بالکل پسند نہیں آپ یہ بات بیٹھ کر آرام سے بھی کر سکتے تھے اور پھر مجھے جانے دیا۔

اخلاقی سبق: تو دوستوں غصہ کرنا اچھی بات نہیں ہے اور چون غصہ کرتا ہے اور جس پر کرتا ہے ان دونوں کا ہی نقصان ہے کیونکہ اس سے لڑائی ہوگی اور ہمیں اس سے چوٹ بھی لگ سکتی ہے اور اگر اس کی جگہ ہم آرام سے بیٹھ کر بات چیت کر کے معاملہ حل کر لیں تو یہ زیادہ بہتر ہوگا کیونکہ اس سے لڑائی ہونے سے بھی بچ جائے گی اور غصہ کرنے اور لڑائی کرنے کا گناہ بھی ہمیں نہیں ملے گا۔ میری دعا ہے کہ اللہ تعالیٰ ہمیں غصے پر قابو پانے کی توفیق عطا فرمائے۔ آمین

نواب اکبر خان

CLASS 5 - B

"الغضب"

الغضب صفة من الصفات المذمومة بسبب هذا علينا أن لانغضب، في وقت الغضب على الرجل أن يشرب الماء البارد، ويقرأ أعوذ بالله من الشيطان الرجيم، بعد قراءة التعوذ يذهب الشيطان بعيدا عنه كأنه ضرب الشيطان بهذه الأسلحة.

نبينا الكريم صلى الله عليه وسلم علمنا أن لا نغضب على أي واحد، الأب والأم والأخ الكبير والأخت الكبيرة يغضبون أحيانا على أطفالهم وإخوتهم ولكن هذا الغضب لفائدتهم وعندما نغضب على الآخر بعد ذلك علينا أن نتلطف معه أيضا ثم نعطيهم شيئا، لو ماغضبنا فنسكن سعداء كل يوم، نبينا الكريم صلى الله عليه وسلم علمنا أن لا نغضب على إخواننا المسلمين أبدا.

أحمد مجتبى

An interview with Hassan Ali, a fifth grader on understanding anger and how to manage it

Interviewer: What is anger?

Hassan: To me, anger is a powerful emotion that arises when we feel wronged, threatened, or frustrated

Interviewer: Why do we feel anger?

I think we all experience anger differently, but common triggers include unfair treatment, physical harm, or emotional distress.

When someone disrespects me or disrupts my sense of safety, I feel angry.

Interviewer: How do you manage your anger?

For me, following the Sunnah, as taught by our Prophet (peace be upon him), is incredibly helpful. This includes practices like taking a break, engaging in physical activity, or seeking guidance from a trusted adult. I also try to reflect on the situation and identify ways to resolve the issue peacefully.

Interviewer: What advice will you give to the students who are struggling with anger?

I would suggest to follow sunnah like I do or do something to cheer you up like talking to a trusted friend or family member.

Hassan Ali

My feelings as an Indian during War of Independence

I would feel really angry because people from the British army were causing trouble and would be slandering, mocking and killing the people from my religion or country by using bullets, bombs and other weapons that would really hurt.

I would have the same amount of anger as someone put ketchup on biryani and I'd be going crazy. I would be inspired to kill the British in order to save the people of my religion and the country citizens.

The first thing I would think of is to pick the guns of the dead and use them to fire quickly on the British. The I would find a sniper and hide in a bush to kill the British. And finally, I would look for bombs, light them up and throw it at the British.

Muhammad Faiq

How our Body Reacts when its Angry!

When we are angry our sympathetic nervous system gets activated! 'Fight or flight system' gets triggered and adrenal glands secrete STRESS HORMONES.



Too much anger can lead to serious health issues and weakens our immune system leading to mental disorder like anxiety.

Shaheer-ur-Rehman

Anger

Anger is an emotion, an inbuilt feeling that cannot be bought from a shop or anywhere. It makes me annoyed or irritated because when I am angry, I just want to hit something really hard, like a brick. Anger triggers me when I feel bad or when others do not understand me. I have friends in my class, and because of that, my friends sometimes fight with each other because of me, which makes me angry at myself.

I also get angry when we are winning a football match but end up losing in the end.

When my mother takes my blanket away so that I can wake up for school, I get angry. Anger can be harmful to our family relationships. When I am angry, I feel tense and frustrated, and it feels like I am in hell. I don't like this experience at all. We can control our anger in many ways through science. However, in Islam, it is advised that if you are standing, you should sit down, and if you are sitting, you should lie down. Additionally, it is recommended to recite the prayer

: أعوذ بالله من الشيطان الرجيم (I seek refuge with Allah from the accursed devil). The Prophet Muhammad (peace be upon him) said, "The strong person is not the one who wrestles, but the strong person is the one who controls their anger."

Shamsuddin Khan

CLASS 5 - B

One day, there was an assessment of Mathematics. I like Maths but that time I did not understand. I was angry and then when my marks were announced, they were eleven, so I was angry. I tried to control it, I sometimes get a glass of water and drink it, But when it does not work then I have to do something when I get home I searched on google that how can I control my anger then I saw that you can control your anger by lying down then next time, I did not get good marks then I was angry and drank water and lied down.

Muhammad Yahya Zuberi

Pretend you are a freedom fighter during the War of Independence

This is the second day of the war of independence in 1857. I am a freedom fighter and I am very sad because my uncle died recently and he did not have a son, so the state took his land. Now his wife and daughter do not have any money which is not fair.

I am also angry because the British army is killing our people.

They even don't leave the women and the kids. Also, their Christian priests were going to our schools and telling the students their culture. But enough is enough! My plan is to take help from all Indians and make an army. I gathered my army to fight against the British army. We defeated the British army and I managed to get my uncles land also.

Muhammad Rayyan

"الغضب"

قال النبي صلى الله عليه وسلم ومفهوم الحديث أن الغضب من الشيطان وهذا ليس بجيد، أما غضب الأستاذ والأب والأم يكون لفائدة الأولاد وتأديبهم، إنسان أحياناً يغضب لأنه بشر. الغضب من الشيطان بعضهم يقولون في هذا الحال علينا أن نشرب الماء البارد كي ينتهي الغضب، وبعضهم يقولون فيوقت الغضب على الواقف أن يجلس وعلى الجالس أن ينام. علينا أن لانغضب على الآخر، الذي يغضب عليك أنت لاتغضب عليه لأنه صديقك. كل واحد يقول أنه لا يحب الغضب ولكن مع ذلك هم يغضبون على الآخرين، المسلم الذي يفهم كلام النبي صلى الله عليه وسلم والقرآن الكريم هو لا يغضب أبداً، بسبب الغضب يرتفع ضغط الدم ويصبح الانسان مريضاً ويؤثر الغضب على صحته أثراً سيئاً.

أنس بن أمان

One day there was assessment of Mathematics, and I enjoy Mathematics. So, I recited dua and started the assessment. The questions were so hard that I could not do the paper. I left most of the paper unattended, and was very angry because I had left the paper. I drank cold water and started doing my paper again. Then I completed my paper. I was feeling better from before and then the result of that assessment was announced. I was feeling so terrified and afraid and angry when the result was announced, my total marks were 8.75. I was very angry then one of my friends asked me to not be so angry. I scribbled on paper drank cold water and ate ice cream.

Muhammad Sulaiman

HOW I CONTROL MY ANGER?

- What triggers my anger?

I get angry when I am playing football and the opposite team scores the goal and just in time our coach whistles about the match being over! I get very upset and angry.

- What do I do?

So, I go into my class and sit down on the chair and drink some water and then go to washroom to wash my face and like this I control my anger so the hormones subside in my body that have triggered my anger.

Nihaal Aamir Silat

CLASS 5 - B

Sometimes, I get angry because I think that I am very slow and very weak in Mathematics but I cannot control that my anger sometimes I even throw my books when I cannot solve it. I throw them very hardly on the shelf that I got sad because my teacher scolded me. I act like a body builder, and throw things everywhere when I get sad. My teacher explained to me that anger is not a good thing. And it is Haraam in Islam too. Now I control my anger but still sometimes I cannot do so.

Muhammad Umar Majid

Anger

Anger is an emotion. We get angry when we feel irritated, annoyed, or uncomfortable. We usually get angry when we feel bad, when someone ignores us, or when we get into a fight.

Everybody gets angry. Once, when I was studying, my brother kept teasing and hitting me. I got very angry and hit him very hard. He started bleeding, and he told my parents, who scolded me. Luckily, my brother was fine.

The Prophet (SAW) said that when you are angry, if you are standing, sit down; if you are sitting, lay down; and if you are lying down, sit up. We can also recite Tasbeeh. We should drink water and perform wudu according to Sunnah.

We can walk and practice breathing therapy.

If we don't control our anger, it can break relationships because the person you let it out on will be very upset with you.

Hadith: The strong person is not the one who wrestles, but the one who controls his anger.

Syed Hammadullah

Anger is an emotion. I get angry when I am imitated, when someone is annoying, when others don't understand my work, when I am ignored, and when we fight. When my mom gives me a hard slap, I get angry. I also get angry when my brother laughs at me, teases me, or steals anything from me. When I talk to my brother and he talks badly to me or refuses to play football or any sport with me, I get angry. I get very angry when my mom doesn't allow me to go outside or play with my friends. When there is an emergency at school and the teacher doesn't let me go to the washroom, I get really angry. When the period ends at school and I am still writing, and another student steals my book, I get extremely angry.

Anger can affect our health. It can also affect our religion and hurt our family. To control it, Prophet Muhammad (PBUH) said we can perform wudu (ablution), drink water, or go outside.

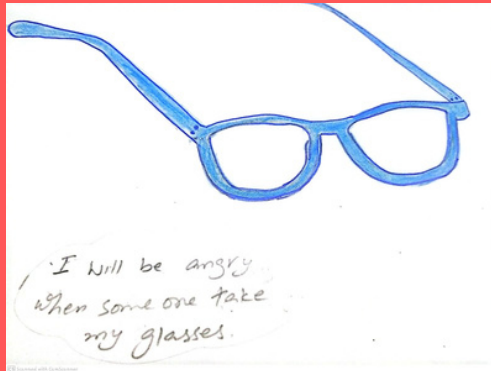
Sibtain Ahmed Abbasi

غصے کا پچھتاوا

آج میں اپنے بھائی کے ساتھ کھیل رہا تھا تو اچانک اذان بوگئی تو میں نے اپنے بھائی سے کہا تھوڑی دیر رک جاؤ جب اذان ختم ہو جائے گی تو پھر کھیلیں گے۔ جب اذان ختم ہوگئی تو میں نے اپنے بھائی سے کہا کہ نماز پڑھنے چلتے ہیں میرے بھائی نے کہ نہیں پہلے میرے ساتھ کھیلو میں نے اسے بہت سمجھایا لیکن وہ نہیں مانا۔ پھر میں غصے سے لال ہو گیا اور اسے ڈانٹ کر مسجد لے گیا۔ میں نے اپنے بھائی کو تعوذ اور تسمیہ پڑھانے کے بعد مسجد میں داخل ہونے کی دعا پڑھائی اور خود بھی پڑھی۔ پھر میرا بھائی آگے چلتا گیا اور میں دروازے کے پاس کھڑا رہا۔ میرے بھائی نے پیچھے مڑ کر دیکھا تو میں رو رہا تھا۔ میرے بھائی نے آکر مجھے چپ کرایا اور کہا کہ کوئی بات نہیں آپ تو میرے اچھے کے لیے ہی بول رہے تھے۔ اب آجائو وضو کریں پھر میں نے بھائی کے ساتھ وضو کر کے نماز پڑھی۔ نماز کے بعد ہم دونوں خوشی خوشی کھیل رہے تھے۔ اچانک میں بھاگتے بھاگتے مولوی صاحب کے پاس گیا اور پوچھا غصہ حرام ہے کیا؟ مولوی صاحب نے جواب دیا کہ ہاں! غصہ حرام ہے۔ میں مسجد سے بھاگنے ہو واپس آ رہا تھا۔ پھر میرے بھائی اور میں کھیل کر گھر میں چلے گئے اور کھانا کھا کر ایک ساتھ خوشی خوشی سو گئے۔ مجھے اس دن پتہ چلا کہ جب ہم غصہ کریں گے تو بعد میں بہت پچھتاوا ہوگا۔

اخلاقی سبق: ہمیں کبھی بھی غصہ نہیں کرنا چاہیے اور اس سے ہمیں پچھتاوا ہوتا ہے اور غصے کے بہت زیادہ نقصانات ہیں اس لیے ہمیں غصہ نہیں کرنا چاہیے۔

زین العابدین



Zayan Abdullah

MESSAGE FROM THE CLASS TEACHER 5-C

میرے ہر دل عزیز طلباء!

وقت واقعی تیزی سے گزرتا ہے ، یہ یقین کرنا مشکل ہے کہ تعلیمی سال ختم ہو گیا ہے۔ آپ جیسے ہونہار اور با صلاحیت طلباء کے درمیان گزشتہ چند مہینوں پر غور کروں تو میں بے حد فخر محسوس کرتی ہوں کہ آپ نے جو کچھ بھی حاصل کیا ، چاہے وہ نئی مہارتیں سیکھنا ہوں، چیلنجز کا مقابلہ کرنا ہو یا صرف ایک فرد کے طور پر آگے بڑھنا ہو، آپ سب نے واقعی کچھ خاص کیا ہے۔ جب آپ چھٹی جماعت میں داخل ہوں گے اور اس سے آگے بڑھیں گے، ہمیشہ یاد رکھیں کہ سیکھنے کا سفر کبھی نہیں رکتا۔ ہمیشہ جاننے کا شوق رکھیں، سوالات پوچھیں اور اپنے آپ پر یقین رکھیں۔ چاہے زندگی آپ کو کہیں بھی لے جائے، یاد رکھیں کہ آپ عظیم کاموں کو حاصل کرنے کے قابل ہیں، اور مجھے کوئی شک نہیں کہ آپ ہمیشہ چمکتے رہیں گے۔ میں آپ کے ہر کام میں کامیابی کی دعا گو ہوں۔ نیک تمناؤں کے ساتھ

فرح ناز

CLASS 5 - C

الغضب

كَانَ هُنَاكَ شَابٌ صَغِيرٌ اسْمُهُ عُمَرُ. كَانَ عُمَرُ يَلْعَبُ مَعَ أَصْدِقَائِهِ فِي الْحَدِيقَةِ. وَلَكِنْ فِي يَوْمٍ وَاحِدٍ جَاءَ شَخْصٌ غَرِيبٌ وَأَخَذَ كُرَةً عُمَرُ. غَضِبَ عُمَرُ جَدًّا وَذَهَبَ لِيُرْجِعَ كُرَتَهُ. قَالَ لَهُ الشَّخْصُ الْغَرِيبُ: "هَذِهِ كُرَتِي، لَا أُعْطِيكَ إِيَّاهَا." اَزْدَادَ غَضَبُ عُمَرُ أَكْثَرَ وَأَكْثَرَ حَتَّى كَادَ أَنْ يَضْرِبَ الشَّخْصَ الْغَرِيبَ.

وَفَجْأَةً جَاءَ وَالِدُ عُمَرُ وَقَالَ لَهُ: "عُمَرُ، مَاذَا يَحْدُثُ هُنَا؟ قَالَ عُمَرُ: "هَذَا الشَّخْصُ أَخَذَ كُرَتِي!"

قَالَ وَالِدُهُ: "حَسَنًا، دَعْنَا نَجِدَ حَلًّا لِهَذَا الْأَمْرِ." ذَهَبَ وَالِدُ عُمَرُ وَالشَّخْصُ الْغَرِيبُ إِلَى مَكَانٍ قَرِيبٍ وَوَجَدَا كُرَةً أُخْرَى.

قَالَ وَالِدُ عُمَرُ: "يُمْكِنُكَ يَا عُمَرُ أَنْ تَأْخُذَ هَذِهِ الْكُرَةَ بَدَلًا مِنْ كُرَتِكَ." قَالَ عُمَرُ: "حَسَنًا، شُكْرًا يَا أَبِي."

فِي ذَلِكَ الْيَوْمِ تَعَلَّمَ عُمَرُ أَنَّ الْغَضَبَ لِأَيِّ مُشْكَلَةٍ يَزِيدُ مِنْ سُوءِهَا، وَتَعَلَّمَ أَنَّ الصَّبْرَ وَالتَّفَكُّرَ يُؤَدِّيَانِ إِلَى الْحَلِّ الْأَفْضَلِ.

عبد الرحمان طارق

My vacations have finished and from tomorrow I must go to the school. Therefore, I will sleep early tonight and now I know that I am going to lose interest in studies right after my vacations since I don't want my vacations to end yet. However, in the early morning, I will prepare myself for school physically as well as mentally. When I will arrive at school and enter in my class, I will meet with my friends and a new teacher, who will be teaching me Mathematics. My first period will be of Maths too. I will take interest in Maths as long as I understand it but when it comes to doing word problems, I get irritated since I don't understand how to solve word problems which gives me anxiety and I start getting angry because of it. My previous teacher told me to work hard when I don't understand things so that I get good marks in Mathematics. It really seems easy sometimes and I believe that I am good at it. But in Maths we might not be good at everything so we can always work hard and not react when we cannot do Maths.

Ayan Ahmed

Allah (S.W.T) says in the Quran:
"Those who restrain from anger and pardon people, Allah loves those who do good." (Surah Aale-Imran)

When someone insults me, calls me bad names, or hurts me, and I cannot take revenge, my anger rises, but I control myself and practice patience, tolerating a lot.

However, when my mom scolds me, it hurts the most. One day, I was watching my phone when my mom came and got angry. She said, "You use the phone every day; today I will not allow you." I responded by saying, "No," which made her scold me even more. Then, I realized that I was wrong. I immediately apologized to her, and she smiled, and we became friends again. I did this because keeping patience and obeying parents makes Allah happy.

Farhan Junaid Maya

A Young Rebel in the War of independence 1857
During the war of independence 1857, I was very young boy but I understood what British was doing. One day I went to Amritsar with my parents who were soldiers in British army. My father's friends and other soldiers were protesting. Suddenly I saw British shooting at the people. But the soldiers their got angry and started protesting violently. I was not so old but I realized British was doing wrong. Then blood rushed in my veins I was thinking that how people felt if they are treated bad. I was planning to fight against British. I along with my father rushed and joined the group of people rushing towards the Delhi fort to capture it. We succeeded in taking over the fort because we got determined and angry at British.

Muhammad Hashir

غصہ پی جاتو

میرا بھائی کئی دنوں سے گم تھا ہم نے مسجد میں اعلان کروایا کہ میرا بھائی کئی دنوں سے گم ہے پھر سب لوگوں نے اسے ہر جگہ تلاش کیا مگر وہ کسی کو بھی نہ مل سکا، پھر میرے ابو نے دوبارہ اعلان کروایا کہ جو بھی میرے بچے کو ڈھونڈ کر لائے گا تو میں اسے دس ہزار روپے انعام دوں گا۔ تو پھر میرے دوست نے میرے بھائی کو آخر ڈھونڈ بی لیا اور میرے ابو نے وعدے کے مطابق اسے انعام دے دیا پھر میں نے دیکھا کہ وہ اور میرا بھائی ایک کونے میں جا کر چپکے چپکے باتیں کر رہے ہیں میں نے سنا کہ میرا بھائی اسے کہہ رہا تھا کہ مجھے آدھا حصہ تو دو جو میں تمہارے لیے بستر کے نیچے لیٹا ہوا تھا۔ کیونکہ میں نے تو سب سن لیا تھا میں نے ابو کو بتا دیا تو ان کو بہت غصہ آیا لیکن انہوں نے اعوذ باللہ پڑھی، نماز کا وقت تو وہ مجھے اور بھائی کو بھی ساتھ لے گئے۔ واپس آکر بھائی کو سمجھایا کہ دوبارہ ایسا نہیں کرنا ورنہ ہمارے لیے بہت مشکل ہوگی اور ہم سب بہت پریشان ہوگئے تھے۔ بھائی شرمندہ ہوا اور وعدہ کیا کہ آئندہ وہ کبھی ایسا نہیں کرے گا۔ اللہ تعالیٰ ہمیں جھوٹ بولنے اور غصہ کرنے سے بچائے آمین۔

محمد مہد

An Interview with Yahya Arif, a Fifth Grader about Anger

Interviewer: What is anger?

Yahya Arif: Anger is a strong emotion that we feel when we're unhappy or upset about something. It's like a big storm in our heart. We might feel angry when someone treats us badly, takes something that belongs to us, or doesn't play fair.

Interviewer: Why do we feel anger?

Yahya Arif: We feel anger for many reasons, for instance being treated unfairly or badly by others, having difficult experiences in our daily life, seeing unfair things happening in the world around us or feeling attacked, powerless, embarrassed, or soared

Interviewer: How do you manage your anger?

Yahya Arif: I always take a moment to reflect before reacting to a situation. This helps prevent hurtful words and actions. I also try to stay calm and recite "Bismillah" (In the name of Allah) as it helps calm the mind and heart. Sometimes, taking a break from the situation can help calm down and regain control.

Interviewer: What advice will you give to the students who are struggling with anger?

Yahya Arif: Practice patience in difficult situations, and remember that Allah (SWT) rewards those who are patient. Seek Help from Allah (SWT) and make dua (supplication) to Allah (SWT) for help in managing anger. Study the life of Prophet Muhammad (SAW) and follow his example in managing anger. Remember his teachings, such as "Anger is a piece of coal that burns the heart." Focus on the blessings and good things in life. Practice gratitude by making shukr (thanking Allah) a habit.

Mohammad Yahya Arif

CLASS 5 - C

An Interview with Hassaan Ahmed, a Fifth Grader about Anger

Interviewer: What is anger?

Hassaan: Anger, also known as rage, is a strong feeling we experience when we're annoyed, disturbed, or treated unfairly.

Interviewer: Why do we feel angry?

Hassaan: We feel angry due to various reasons, such as: when we are treated unfairly or disrespectfully. When we are feeling frustrated or helpless, experiencing physical or emotional pain or seeing injustice or wrongdoings.

Interviewer: How do you manage your anger?

Hassaan: Drinking water helps me calm down. Not keeping grudges and forgiving others also helps reduce anger and promotes peace. Stepping away from the situation gives me time to calm down and reflect.

Interviewer: What advice will you give to the students struggling with anger?

Hassaan: I would suggest to follow the Prophet's advice on managing anger, such as drinking water and changing position. Let go of grudges to reduce anger and promote inner peace. They can also talk to a trusted teacher, parent, or counselor about struggles with anger.

Hassaan Ahmed

الغضب

كَانَ هُنَاكَ صَبِيٌّ يُدْعَى عُمَرُ. كَانَ عُمَرُ يَلْعَبُ مَعَ أَصْدِقَائِهِ فِي الْفَتَاءِ. جَاءَ صَبِيٌّ آخَرٌ وَأَخَذَ لُعْبَةَ عُمَرُ دُونَ أَنْ يَسْتَأْذِنَهُ. غَضِبَ عُمَرُ وَقَالَ: "هَذِهِ كُرَّتِي، لَا تَأْخُذْهَا." وَلَكِنَّ الصَّبِيَّ الْجَدِيدَ لَمْ يُصْغِ، وَمَضَى مُخْتَفِظًا بِالْكُرَّةِ. اشْتَدَّ غَضَبُ عُمَرُ، وَلَكِنَّ وَالِدَهُ كَانَ يَرَاهُ. فَسَأَلَهُ وَالِدَهُ: "مَا الْمَشْكِلَةُ، يَا عُمَرُ؟" فَأَجَابَ عُمَرُ: "هَذَا الصَّبِيُّ أَخَذَ كُرَّتِي دُونَ إِذْنِي." فَقَالَ وَالِدُهُ: "لَا تَغْضَبْ، يَا عُمَرُ. إِنَّ الْقَضْبَ لَيْسَ خَيْرًا لِهَذِهِ الْمَشْكِلَةِ. بَدَلًا مِنْ ذَلِكَ، اسْأَلِ الصَّبِيَّ الْجَدِيدَ إِذَا كَانَ يُرِيدُ أَنْ يَلْعَبَ مَعَكُمْ." فَعَلَّ عُمَرُ نَصِيحَةَ وَالِدِهِ، وَسَأَلَ الصَّبِيَّ الْجَدِيدَ: "هَلْ تُرِيدُ أَنْ تَلْعَبَ مَعَنَا؟" فَوَافَقَ الصَّبِيُّ الْجَدِيدُ. بَدَأَ عُمَرُ يَلْعَبُ مَعَ الصَّبِيَّ الْجَدِيدِ وَمَعَ أَصْدِقَائِهِ، وَغَادَرَ الْقَضْبَ قَلْبَ عُمَرُ. تَعَلَّمَ عُمَرُ فِي ذَلِكَ الْيَوْمِ أَنَّ الْقَضْبَ لَيْسَ خَيْرًا. وَأَذْرَكَ أَنَّهُ مِنَ الْأَفْضَلِ أَنْ تَتَعَلَّمَ كَيْفِيَّةَ التَّحْكُمِ فِي غَضَبِنَا وَالتَّفَكُّيرِ فِي حُلُولٍ لِلْمَشْكِلَةِ.

عفان بن سلمان

Anger

What is anger?

Anger is a strong emotion characterized by feelings hostility, frustration or antagonism towards someone or something. It's a natural human emotion that can range from mild irritation to intense range. Anger can be triggered by various factors such as:

Frustration: When we are unable to achieve our goals or meet our expectations.

Threats: Threats to our well being, safety or self-esteem.

Injustice: When we feel we are treated unfairly or witness injustice happening to others.

Disrespect: Feeling disrespected, insulted by someone.

Anger can be physically or emotionally. Common symptoms include:

*Increased heart rate or blood pressure

*Tightened muscles

*Raised voice on aggressive tone

*Mood swings

*Impulsive behaviour

There are many experiments to control anger like slime making and balloon blow up.

We should surround ourselves with people who have a positive and calm approach towards situations so that we can also control this negative emotion called anger which can effect our health and wellness.

Sheikh Muhammad Ahmad Mustafa

غصہ حرام ہے

غصے کی بہت بڑی سزا ہوتی ہے جیسے کہ میں ایک دفعہ کلاس میں بیٹھا ہوا تھا تو میرے دوست کو ایک بچہ مار رہا تھا۔ مجھ سے اپنا غصہ قابو نہیں ہو سکا اور میں اٹھا اور پھر میری آنکھ غصے سے لال ہو گئیں اور میں اسے مارنے پہنچ گیا اور اسے مارنے لگا، میں اسے مارنے میں اتنا مگن تھا کہ اچانک آفس سے مس آگئیں اور انہوں نے مجھے اس بچے کو مارنے بوئے دیکھ لیا وہ ہمیں پکڑ کر آفس لے گئیں۔ جب میں آفس گیا تو میں شرم سے پانی پانی ہو گیا اور مس باجرہ نے ہمارے گھر فون کر دیا، پھر آدھے گھنٹے بعد ہمارے امی ابو بھی آگئے اور ہم نے جو کہانی مس باجرہ کو سنائی تھی وہی کہانی مس نے ہمارے امی ابو کو بتادی اور پھر اسکول میں ڈانٹ پڑی اور گھر جا کر امی ابو نے الگ ڈانٹا اور ہمیں کچھ دنوں کے لیے اسکول سے سسپنڈ کر دیا گیا۔ یہ سب کچھ غصے کی وجہ سے ہوا تھا۔ پھر مجھے پتہ چلا کہ ہمارے بڑے صحیح کہتے ہیں کہ ہمیں غصہ نہیں کرنا چاہیے اور حضور اکرم ﷺ نے بہت پہلے کہا تھا کہ غصہ حرام ہے اور اس کی بہت بڑی سزا ہے۔ اس کہانی سے ہمیں یہ سبق ملتا ہے کہ ہمیں غصہ نہیں کرنا چاہیے کیونکہ شیطان غصہ دلاتا ہے۔

محمد معاذ

How to Combat Anger?

Anger forms a part of our instinct to fight of threats, to complete and to enforce social norms.

We can manage anger by slow deliberate breathing to calm the body and mind, engage in exercises like running, yoga, swimming or team sports to release endorphins. Endorphins are natural chemicals that release a feeling of well being, happiness and relaxation, which can help reduce stress and uplift our mood.

We can also calm our mind and practise effective communication by expressing your feelings, clarifying misunderstandings, setting boundaries and take time carrying out time outs.

Use non verbal communication and seek medication when necessary. Using these effective strategies one can benefit from these and make life peaceful and serene.

Syed Muhammad Affan

CLASS 5 - C

A Journey to Freedom: My Fight Against British Rule
In 1921, I was walking on the streets of Delhi until I noticed that the streets of Delhi were deserted and everyone was staying inside their homes. They were in their homes and where outraged. They were upset because the British were exploiting them. The unfair British rule made the citizens upset. They didn't come out of their homes. But people of India gathered to show that they will never accept this government and they gathered to protest under the leadership of my father who was the member of Congress. When I saw this determination in my father's eyes, this inspired me to fight for justice and freedom. I was so determined because I was angry about what British did to the citizens in Jallianwala Bagh. Laws like Rowlatt act were unacceptable. The anger in me inspired me to become a freedom fighter. I stood against the British. Then finally in 1947 Pakistan came into being and got independence, one day later India also became separate nation. My dream finally had come true and we were free from the cruel British rule. Finally, the people came out of their homes and celebrated happily.

Muhammad Ali Faruki

Anger is an emotion that happens when someone does not obey you. In anger, a ten-year-old boy can hit his things, throw them, and disobey his parents.

When we are angry, our blood pressure rises, and we may do things we don't want to. For example, if Ali asked Hassan, "Can you explain this science question to me?" Hassan agreed and explained it to Ali. However, when Ali still didn't understand and asked again, Hassan got angry and started using harmful language, throwing pencils everywhere, pouting, and hitting Ali.

Ali tried to defend himself, but Hassan became even angrier. However, Ali then called the science teacher. The teacher explained to Hassan that being angry is not a good thing.

Our Prophet (PBUH) taught us that if we ever get angry, we should recite Ta'awwuz. If the anger remains, we should sit down, and if we are already sitting, we should lie down, drink water, and perform wudu (ablution).

Muhammad Tayyab Iqbal

الغضب

في يوم من الأيام، كنتُ أَلْعَبُ تأكيدًا مع طلابِ المدرسة. في البداية، كان لي الدَّور في الضَّرْب، فقممتُ بتسجيل 115 نقطة في نصف ساعة، وفريقي بالكامل تمكن من تسجيل 200 نقطة.

عندما جاء دور الفريق الآخر، هم سجلوا 100 نقطة في نصف ساعة أيضًا. ولكن، عندما جاء دور الفريق الثالث، بدؤوا بتجادلوا معنا، وتضاعف الخلاف حتى أصبحت المناقشة تشمل المضاربة.

في تلك اللحظة، تدخل أحد الأسيادة ليهدئ الأخوة، وقال لنا: "يا أبنائي، الرياضة ليست للسُّجَّار أو الخلاف. هي للتَّرفيهِ وتعليمنا التَّعاون والتَّخيم بالقوانين." فتذكرنا أنَّ الهدف من اللعبة ليس الفوز فقط، بل أيضًا الاشتمتاع وتعليم النفوس القيم النبيلة. بعد ذلك، قررنا أن نعيد اللعبة بدون خلاف، وانتهى اليوم بصحابة وصداقات جديدة. في تلك التجربة، تعلمتُ أنَّ الجلم والتَّفاهُم أفضل من الغضب والخلاف، وأنَّ الرياضة تُقرَّب النفوس إذا عرَفنا كيف نديرها بحكمه وأخلاق.

محمد مصطفى

Today, it was Monday. We get homework of Mathematics every Monday and Wednesday. So, I had one. I was weak in Mathematics. When I did the first word problem, I thought it was easy but when I did the second word problem, it was very hard. I could not even think what to do. Then I was so angry that I tore the page, when my mother got to know she scolded me and then I realized that I should not have reacted the way I did. Then I started practicing more and more word problems and now even if I could not solve any of them, I don't react but learn how to do them with the help of my teacher and my mother.

Muhammad Musaab Arshad

MESSAGE FROM THE CLASS TEACHER DYB

A special acknowledgement to a group of bright, inquisitive, and energetic students. Their thirst for knowledge and enthusiasm for sports have made them a delight to teach.

We're proud of their remarkable achievement in completing their Hifz of Quran. As they move forward, we wish them all the best. May they grow into exceptional individuals, balancing their academic pursuits and athletic passions with ease.

May they excel in all aspects of life and achieve the best of both worlds!

Saher Khanum

CLASS DYB

Anger Is Unhealthy

Anger is an emotion that arises because of frustration.

I get angry when no one listens to me or when someone, like my brother, is bothering me. Sometimes, I regret my actions after getting angry.

Yes, anger is unhealthy, but if I don't express it, it gives me negative psychological effects.

To control anger, we can follow the advice of the Prophet (peace be upon him):

- If you are standing, sit down.
- If you are sitting, lie down.

Saarim Talha

Allah commands us to control anger, but how? Anger is an in-built feeling.

Uncontrolled anger can destroy relationships.

To control anger, recite the following:

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الشَّيْطَانِ الرَّجِيمِ

If you can't control your anger, drink water. If anger persists, lie down and do wudu.

Anger is a natural emotion, but it is essential to channel it in a healthy way. It can cause regret, especially when we use bad words, it is unhealthy if not controlled.

Muhammad Qasim Kadri

Anger is an emotion that arises when we are irritated by someone, and when someone annoys us, doesn't listen to us, blames us or treat us unfairly.

I get really angry when someone makes fun of me.

Yes, I often regret my actions after my anger subsides.

Anger can be healthy if managed according to the ways taught by Allah (S.W.T) directing towards the disbelievers oppressing Muslim all over the world.

Muhammad Hijazi

CLASS DYB

"الغضب"

الغضب صفة مذمومة جداً، والغضب من الشيطان، أحياناً أبي يغضب علي ليفهمني ويؤدبني وأنا أغضب على صديقي لأن الشيطان يحثني على هذا العمل المذموم، الغضب صفة سيئة أحياناً أمي أيضاً تغضب وجدتي أيضاً تغضب علي ولكن هذا الغضب لفائدتي فقط، وأحياناً أنا أغضب على ابن خال وابن العم وابن الخالة وهذا الغضب من الشيطان لأن الشيطان هو يسوسني ثم أنا أقرأ أعوذ بالله من الشيطان الرجيم وأتوضأ بالماء البارد كي ينتهي الغضب الشديد.

الغضب من الشيطان هو صفة سيئة وكذلك الغضب مضر لصحة الإنسان ينبغي لنا ألا نغضب على الآخرين.

محمد أيان عمران

Controlling Anger

Anger is a controllable emotion, and it is often considered a bad one. Anger is normal and healthy when it is channeled properly. According to Quran and Sunnah, but if we let our anger outburst on everyone and everywhere, it can break relationships and friendships. We can control our anger by practicing yoga, deep breathing, and going for a walk or writing down the issue.

Syed Mohammad Mohiuddin Askari

ANGER

Anger is an emotion opposite of calmness.

If someone doesn't understand us, we get angry and frustrated.

I get angry when my brother teases me.

I often regret it when my mood calms down

because, in anger, I hurt my loved ones.

I should control my anger to make ALLAH S.W.T happy.

Prophet (S.A.W) suggested ways to control anger:

if you are standing, sit down; if you're sitting, lie down; drink water or perform wudu.

Muhammad Maaz Usman Khalid

Allah (S.W.T) says in Quran:

"those who restrain anger and pardon people – Allah loves the doers of good."
(Surah Aal-e-Imran)

The Prophet (SAW) said:

● "If you are angry while standing, sit down."

● "If you are sitting, lie down."

● "Drink water."

● If the anger persists, recite:

أعوذ بالله من الشيطان الرجيم

Anger can break relationships and cause harm to friendships.

The Prophet (SAW) also said:

"The strong person is not the one who can wrestle, but the one who can control their anger."

Muhammad Essa Siddiqui

CLASS DYB

Allah (S.W.T) says in Quran:

"those who restrain anger and pardon people – Allah loves the doers of good."

(Surah Aal-e-Imran)

The Prophet (SAW) said:

- "If you are angry while standing, sit down."
- "If you are sitting, lie down."
- "drink water."
- If the anger persists, recite:

أعوذ بالله من الشيطان الرجيم

Anger can break relationships and cause harm to friendships.

The Prophet (SAW) also said:

"The strong person is not the one who can wrestle, but the one who can control their anger."

Muhammad Azaan

"الغضب"

الغضب صفة مذمومة جداً، أنا ضربت صديقي مرة بسبب الغضب، الشيطان حثني على هذا العمل وأنا قلت له أنت مجنون لأن الشيطان حثني على هذا العمل ثم أنا تبت إلى الله سبحانه وتعالى، صديقي أيضاً ضربني أمس، وكنت غضبان جداً ثم أنا فكرت الغضب ليس بجيد وأنا تبت إلى الله سبحانه وتعالى وقرأت أعوذ بالله من الشيطان الرجيم لأن الشيطان يفر ويبتعد عني بعد قراءة هذا الدعاء، بعد ذلك اليوم أنا ما غضبت على صديقي أبداً، الغضب على الأصدقاء هذا العمل ليس بجيد لأن أبي يقول أنا طالب جيد والطالب الجيد لا يغضب على الآخرين وكذلك أمي وجدي وجدتي أيضاً يقولون أنا طالب جيد وممتاز إذا ينبغي لي ألا أغضب على الآخرين.

محمد عيسى جواد

الغضب

الغضب صفة مذمومة، والغضب من الشيطان، الأب يغضب أحياناً كي يؤدبني، منع رسول الله صلى الله عليه وسلم عن الغضب، الغضب ليس بجيد، الغضب حرام في الإسلام، مرة صديقي ضرب الآخر لأن الشيطان أغضبه، أحياناً يحث الشيطان على هذا العمل، أحياناً أخي أيضاً يضرب الآخرين لأن الشيطان يحثه على هذا العمل، المعلم يغضب أحياناً ليفهمنا وأمي أيضاً تغضب ليؤدبني وهذا الغضب لفائدتنا.

الشيطان يوسوسنا ونحن نغضب على الآخرين وعلينا في هذا الوقت أن نقرأ أعوذ بالله من الشيطان الرجيم حتى يبتعد الشيطان عنا، أنا لأحب الغضب أبداً.

أحمد اشفاق

"الغضب"

الغضب صفة مذمومة، نبينا الكريم محمد رسول الله صلى الله عليه وسلم منع عن الغضب، أحياناً يغضب والدان وهما يغضبان عليك ليفهمك ولفائدتك فعليك ان تسمع كلام والديك، جاء في القرآن الكريم في سورة البني إسرائيل (وقضى ربك ألا تعبدوا الا اياه وبالوالدين احساناً) يا أخي الغضب ليس بجيد في حالة الغضب لو أنت قائم فعليك أن تجلس لو أنت جالس فاستجع واشرب الماء الباردة وإما تغتسل وتقرأ أعوذ بالله من الشيطان الرجيم الشيطان يفر لأن الشيطان يريد منك أن تغضب فعليك ألا تغضب يا أخي، الغضب حرام.

محمد أيان الحق

CLASS DYB

"الغضب"

الغضب صفة مذمومة، أحيانا الأب يغضب على الأولاد وأحيانا تغضب الأم على أطفالهم وأحيانا المعلم والمعلمة يغضبان على الطلاب وهذا الغضب لفائدة الأولاد أما الغضب المذموم هو غضب شديد على الآخرين دون أي سبب.

الغضب من الشيطان هو يغضب الإنسان إذا جاء الغضب فعلى الرجل أن يقرأ أعوذ بالله من الشيطان الرجيم، بعد هذا الشيطان يفر بعيدا عنه، الشيطان يوسوس في قلب الانسان أيضا ثم هو يغضب. أحيانا أنا أغضب على ابن العم وأحيانا هو يغضب علي وأحيانا يغضب القاري علي وأحيانا القارية تغضب علي وهما جيران وهما يغضبان علي لفائدتي فقط، الغضب عادة سيئة، أنا لا أحب الغضب أبدا، الشيطان يغضبني أحيانا وأنا أقرأ أعوذ بالله من الشيطان الرجيم.

عبد الهادي خان

"الغضب"

الغضب صفة مذمومة والغضب من الشيطان، الأب يغضب أحيانا ليؤدبني ويفهمني، جاء في الحديث مفهومه الذي يغضب هو ليس بالشجاع أنا لا أغضب على الأصدقاء، أحيانا يحثني الشيطان على هذا العمل بعده أنا أتوب إلى الله تعالى، أحيانا تغضب الأم علي وغضبها يكون لفائدتي، ربما يوسوس الشيطان في الدماغ والقلب ثم يغضب الإنسان، إذا جاء الغضب فعلي الإنسان أن يقرأ أعوذ بالله من الشيطان الرجيم، ثم يفر الشيطان ويتعد عنه والغضب أيضا ينتهي ويصبح الإنسان فرحان.

عندما يغضب صديقي أنا أقول له اقرأ يا أخي أعوذ بالله من الشيطان الرجيم تصبح فرحان وينتهي غضبك أيضا.

آدم سلمان

"الغضب"

الغضب صفة مذمومة، الغضب من الشيطان، الرجل يغضب أحيانا لأن الشيطان هو يغضب الإنسان، أنا غضبت مرة على صديقي غضبا شديدا، لأن الشيطان حثني على هذا العمل، بعد ذلك أنا تبت إلى الله سبحانه وتعالى وقرأت أعوذ بالله من الشيطان الرجيم وشربت الماء الباردة، صديقي غضب علي غضبا شديدا يوم الجمعة وأنا قلت له أقرأ يا أخي أعوذ بالله من الشيطان الرجيم حتى يفر الشيطان وينتهي غضبك.

عادتي عندما أنا أغضب غضبا شديدا، مباشرة أقرأ التعوذ وأتوب إلى الله سبحانه وتعالى.

أفنان أنس

MESSAGE FROM THE CLASS TEACHER DYG

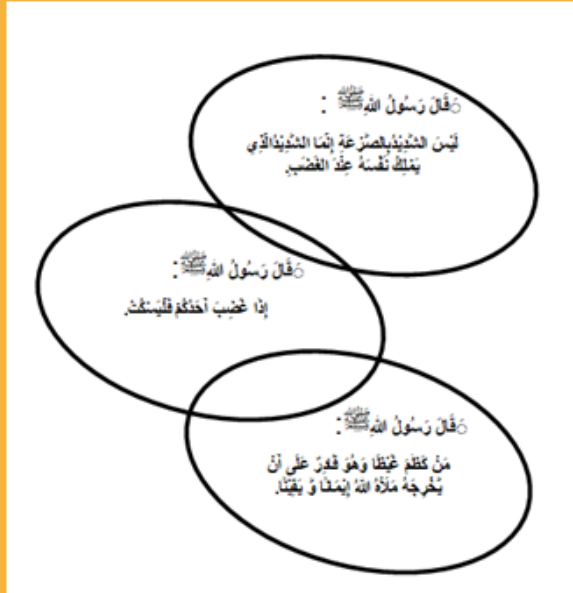
A special recognition to three exceptionally responsible and diligent students. You have demonstrated outstanding commitment and dedication by completing the Hifz of Quran. It has been an absolute pleasure to teach and guide you. Your exemplary behaviour, enthusiasm and kindness have made you a joy to be around.

Congratulations on your remarkable achievements!

Saher Khanum

CLASS DYG

زَهْرِيَّةُ الْأَخَادِيثِ النَّبَوِيَّةِ عَنِ الْعَصَبِ



هاجرة عمران

الْقَوِيُّ الْحَقِيقِيُّ

كَانَ مُوسَى أَقْوَى ظَالِمٍ فِي مَدْرَسَتِهِ، لِأَنَّهُ يَسْتَنْقِطُ قَبْلَ الْفَجْرِ وَ يَذْهَبُ إِلَى الْحَدِيقَةِ يَوْمِيًّا أَوْ يَقُومُ بِالرَّبَاطَةِ هُنَاكَ. فَلِأَجْلِهِ لَا يَسْتَطِيعُ أَحَدٌ صِرَاعَهُ. يَوْمَ الْخَمِيسِ كَانَ مُوسَى وَ صَدِيقُهُ عِيسَى يَصْرَعَانِ فِي الْإِسْتِرَاحَةِ. فَشَلَّ عِيسَى فَغَضِبَ وَدَخَلَ الصَّفِّ وَمَرَّقَ كِتَابَ مُوسَى. بَعَثَ الْإِسْتِرَاحَةَ وَجَدَ مُوسَى كِتَابَهُ مُمَرَّقًا، فَأَخْبَرَ مُعَلِّمَتَهُ. نَادَتْ الْمُعَلِّمَةُ عِيسَى وَسَأَلَتْهُ. فَقِيلَ خَطَاؤُهُ.

قَالَتِ الْمُعَلِّمَةُ: الْعَصَبُ مِنَ الشَّيْطَانِ وَ الْإِنْسَانُ الْقَوِيُّ يُصْبِرُ عَلَى غَضَبِهِ. وَ قَالَ نَبِيُّنَا عَلَيْهِ السَّلَامُ "لَيْسَ الشَّدِيدُ بِالصُّرْعَةِ إِنَّمَا الشَّدِيدُ الَّذِي يَمْلِكُ نَفْسَهُ عِنْدَ الْغَضَبِ".

إِعْتَذَرَ عِيسَى صَدِيقُهُ مُوسَى وَأَصْبَحَا صَدِيقَانِ.

خديجة إبراهيم

مَاذَا أَفْعَلُ عِنْدَمَا أَغْضَبُ

- 1- أَقْرَأُ "أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ".
- 2- أَشْرَبُ الْمَاءَ.
- 3- أَتَوَضَّأُ.
- 4- أَغَيِّرُ مَكَانِي.
- 5- إِذَا كُنْتُ جَالِسًا فَأَقُومُ، وَإِذَا كُنْتُ قَائِمًا فَاجْلِسُ.
- 6- أَسْكُتُ وَلَا أَتَكَلَّمُ.
- 7- أَقْرَأُ "لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ الْعَلِيِّ الْعَظِيمِ".

زينب بنت أشهد

HAYA



**E
M
O
T
I
O
N

F
O
R

G
R
A
D
E

6**

MESSAGE FROM THE CLASS TEACHER 6-A

**Nineteen shining stars, so bright and bold,
grade 6's finest gems, with hearts of gold.**

**We've laughed, we've learned, we've grown with glee,
through trials and triumphs, you've made your own spree.**

**From maths to science, to languages so fine,
you've mastered the skills and made them truly shine.**

**Your kindness, empathy and teamwork on display,
have made our classroom a warm and welcoming way.**

**As you move on to new adventures and new-found might,
remember the lessons, the laughter and the light.**

**Keep shining your lights and never lose your way,
for you are the future and a brighter day.**

**I'm honored to have been your guide,
and I'll cherish the memories, we've created with pride.**

**Farewell, dear students, may your dreams unfold,
may your hearts remain curious and your spirits bold.**

Sharia Parvez

CLASS 6 - A

Positive Effects of Haya on Human Hormones
Being a Muslim, we need to look after our etiquettes and behavior, along with that Haya is also very important, for both male and females!

Haya, often referred to as modesty or shyness is Islamic tradition, it is a concept that deeply connects human nature and emotions. It can be influenced by various factors, including hormones, which play a significant role in shaping human behavior.

Human hormones like estrogen and testosterone affect how individuals express emotions, interact socially, and even feel about their self-image. These hormonal changes can influence feelings of modesty, self-consciousness, and social behavior, with varying effects at different stages of life.

Thus, Haya can be seen as reflection of both cultural teachings and the natural biological responses driven by human hormones.

What positive effects does haya have on our hormones?

Having Haya or being modest can help us feel calm and happy which help us control emotions such as rage and anger which is also very good for our health. If we live with Haya, we feel less stressed reducing depression and we feel more at peace and rest, which helps our body stay balanced, this helps us reduce stress hormones like cortisol and makes our body produce peace hormones like oxytocin that makes us feel love and connected to others. So being modest and respectful not only helps us feel good inside but it can also help our body stay healthy!

Sara Hussain Effendi

عالیہ درخت کے نیچے بیٹھی کتاب کا مطالعہ کر رہی تھی کہ کچھ شرارتی لڑکیاں بنا دوپٹے کے وہاں سے گزر رہی تھیں۔ وہ اسے دیکھ کر اس کا مذاق اڑانے لگیں، کیونکہ سخت گرمی میں اس نے دوپٹہ پہنا ہوا تھا۔ وہ لڑکیاں مسلمان تھیں تو عالیہ نے کہا، کہ آپ لوگ مجھے تنگ مت کریں مجھے اپنی کتاب کا مطالعہ کرنے دیں۔ لیکن وہ لڑکیاں نہیں مانیں، اسے اور بھی زیادہ تنگ کرنے لگیں۔ اور کہنے لگیں کہ، "اسے دیکھو تو اس نے اتنی سخت گرمی میں دوپٹہ پہنا ہوا ہے۔" تو عالیہ نے کہا، "ہم لڑکیوں کو سر ڈھانپ کر کہیں جانا چاہیے ہم سب اللہ تعالیٰ کے ماننے والے ہیں۔ ہمیں قیامت والے دن شرم و حیا کا بھی جواب دینا پڑے گا۔ ہمیں دوپٹہ ہمیشہ پہن کے رکھنا چاہیے۔ ہمیں سنتوں پر عمل کرنا چاہیے اور اللہ تعالیٰ نے جو حکم دیا ہے ہمیں اسے ماننا چاہیے۔ جیسے کہ ہمیں شرم و حیا کرنی چاہیے اور ہمیں یہ نہیں سوچنا چاہیے کہ کوئی ہمارا مذاق اڑائے گا۔ اسی لیے میں یہ خیال نہیں کرتی کہ کوئی میرا مذاق اڑا رہا ہے۔ میں بس اللہ تعالیٰ کا حکم مانتی ہوں۔"

Zunaira

الْوَلَدُ الصَّادِقُ

كَانَ هُنَاكَ وَلَدٌ اسْمُهُ يُوسُفُ يَعِيشُ فِي قَرْيَةٍ صَغِيرَةٍ، كَانَ يُوسُفُ طَيِّبًا وَيُسَاعِدُ الْآخَرِينَ دَائِمًا، وَفِيهَا الْحَيَاءُ. ذَاتَ يَوْمٍ أُعْلِنَ فِي الْقَرْيَةِ عَنْ مُسَابَقَةِ إِخْتِيَارِ أَفْضَلِ مَشْرُوعٍ لِلْبَيْئَةِ. فَكَرَّ يُوسُفُ أَنْ يَشَارَكَ فِيهَا لِأَنَّ عِنْدَهُ أَفْكَارَ كَثِيرَةً فِي زَرْعِ الْأَشْجَارِ فِي مَكَانٍ لَيْسَ فِيهِ شَجَرٌ... عِنْدَمَا جَاءَ يَوْمُ الْمُسَابَقَةِ، وَقَفَ يُوسُفُ مُسْتَحْيًا وَخَائِفًا أَمَامَ اللِّجْنَةِ وَقَالَ: هَذَا الْمَشْرُوعُ يُسَاعِدُ فِي أَنْ تَكُونَ الْقَرْيَةُ جَمِيلَةً، وَأَنَا مَا فَعَلْتُ كُلَّ هَذَا فِي زَرْعِ الْأَشْجَارِ بِنَفْسِي، أَصْدِقَائِي أَيْضًا سَاعَدُونِي. فَأَعْجَبَتْ اللِّجْنَةُ مِنْ إِجَابَةِ يُوسُفُ فَقَارَ بِالْجَائِزَةِ بِسَبَبِ صِدْقِهِ وَأَخْلَاقِهِ وَحَيَايِهِ، فَفَرَّحَ كَثِيرًا.. فَقَالَتِ اللِّجْنَةُ: (الْحَيَاءُ لَا يَأْتِي إِلَّا بِخَيْرٍ)

زینب باسط

CLASS 6 - A

Hazrat Usman (RA) Modesty and Haya

Hazrat Usman (ra) was the third Caliph of Islam. He was known for his modesty and haya. When taking a bath he used to sit in the corner, quickly bathe and change clothes. He used to talk very slowly and kindly, never scream or talk loudly as he didn't like to talk in a loud voice.

He was named Dhul-Nurayn as well. He showed a lot of haya while changing his attire. He had a very soft nature and talked gently with people. He avoided harsh and bad language. Angels would follow him everywhere to protect him.

Hazrat Usman (ra) is remembered as a pious, gentle and a kind man. He was a generous leader who often gave his wealth for the benefit of the people, such as building mosques and helping people in need. He was also known for his intelligence, generosity and unwavering faith in Allah (swt).

Rumaisa

A Conflict between Fame and Shame

One day, in a bustling university lab, young researcher "Sara" made a ground breaking discovery about potential cancer treatment. However, during her final tests, she noticed an unexpected problem that could cause harm to some patients! Despite the excitement surrounding her discovery, Sara felt a deep sense of Haya, at the thought of rushing the research for fame or funding without ensuring the treatment's safety.

Guided by her values, she chose to report the issue and delay the release of her findings until she could guarantee the cure would not cause harm. While her decision meant sacrificing immediate recognition, it ultimately earned her respect and admiration for her integrity.

Years later, her method was perfected and widely used, saving countless lives and Sara's commitment to ethical science became a lesson in the importance of responsibility over haste!

Laiba Sohail

Haya

Amina, a young fine girl, was known for her beauty, but what really set her apart was her haya. She'd dress simply even though lots of people who passed her would laugh.

One day, as Amina walked from her Madrassah to home, she saw two girls approaching her. Amina waved at the two girls, but all they did was make mean comments like "She's an Alien!" and make weird faces at Amina, and she shook her head in disappointment. That night, Amina thought about those girls, but soon had a brilliant idea.

The next day, Amina returning home, met those girls again, but before they could say anything she stood up for herself, "hey, I know you're going to make fun of me, but before that let me tell you a thing or two about Haya," Amina said. She talked to them about Haya, until they realized about it and apologized to Amina. That day onwards the two girls would wear scarf and show haya. Amina was really proud of herself that day.

Haya is an important quality that reflects respect and dignity. Embracing haya can lead a more compassionate and understanding society.

Manaal Kamran Shaikh

CLASS 6 - A

Hazrat Usman (RA) and Haya

Hazrat Usman (RA) was the third Caliph of Islam. He was a person who was renowned for his modesty and humility. He also earned the title of Dhul-Nurayn. There was also a hadith about him which said, "Should I not feel shy of a man whom the angels feel shy off?" (Sahih Muslim).

He was also known for his soft-spoken nature and avoided harsh speech. There was also an incident when Prophet Muhammad's (SAW) lower leg was exposed, he adjusted when Hazrat Usman entered. So, his friends asked him why he covered his leg on which he answered, "why shouldn't I to the one who the angels feel shy off?" Also, his humility did not hinder in his leadership. There was always a balance between haya and courage. Modesty doesn't mean weakness but a strength that refines one's character. He was also mindful of others, Hazrat Usman (RA) was considerate of others feelings which is also an aspect of haya.

His life tells us about maintaining dignity. His life is reminder to uphold dignity in behaviour, speech and attire. True modesty is not only clothes but also inner purity and respect of others. This tells that Hazrat Usman (RA) was a great, kind and a modest person who should be our role model in life.

Khadija Faisal

ایک درخت کے نیچے بیٹھی عالیہ کتاب کے مطالعے میں مصروف تھی۔ اچانک وہاں سے کچھ شرارتی لڑکیوں کا گزر ہوا۔ اسے دیکھ کر وہ لڑکیاں عالیہ کا مذاق اڑانے لگیں۔ "دیکھو اس نے اتنی سخت گرمی میں دوپٹہ اوڑھا ہوا ہے۔" جب عالیہ نے انہیں یہ کہتے ہوئے سنا تو وہ شرمندہ ہو گئی۔ لیکن بعد میں اس نے سوچا کہ، میں تو اللہ کے حکم کو پورا کر رہی ہوں۔ یہ بات سوچ کر وہ مطمئن ہو گئی اور ان شرارتی لڑکیوں کو جواب دیا۔

تم لوگ نہیں چاہتے کہ قیامت کے دن اللہ کے سامنے خوشی اور فخر سے سر اٹھا کے کھڑے ہو؟" بلکہ مجھے تو لگتا ہے کہ تم لوگ تو شرم کے مارے اللہ کے سامنے سر جھکا کے کھڑے ہو گے۔ تم لوگوں کو اتنا معلوم نہیں کہ اسلام نے عورتوں کو دوپٹہ اوڑھنے کا حکم دیا ہے۔ اب تو آپ لوگوں کو دوپٹہ نہ اوڑھنے کا گناہ مل رہا ہے۔ اور میرا مذاق اڑانے کا گناہ الگ ملا ہے۔ میں چاہتی ہوں تم لوگ اس بات پر شرمندہ ہو اور اللہ سے معافی مانگو۔" عالیہ کی بات سن کر ساری شرارتی لڑکیاں شرمندہ ہو گئیں۔ اور عالیہ خوش ہو رہی تھی کہ اس کی وجہ سے کسی کو ہدایت ملی۔

Harmeen Khan

When we do something wrong, we naturally realize it isn't right because of the haya in our hearts, given by Allah (SWT) as a gift. This happened to me once. I wanted to buy 10 packs of chips, and I estimated that I would need more than 500 but less than 600 rupees. I decided to ask my mother for the money, but it felt as difficult as solving an algebraic equation or performing complex calculations.

Instead, I took the money from my mother's purse without her permission, thinking it would be as easy as finding the LCM or HCF in math. But I was wrong. My mom saw me while I was committing this bad act.

I felt deeply embarrassed and ashamed because my mother told my father about what I had done. I went to my room and couldn't face them for 2 to 3 hours. Later, my mother came to my room and shared some ahadith about good and bad deeds and their consequences.

It was one of the worst days of my life. I couldn't even face my siblings because of the shame and embarrassment. I promised my mother and gave her a 100% guarantee that I would never do such below-average things again. I also requested her not to tell anyone else about my behaviour.

Imaan Ikhlas Ahmed

CLASS 6 - A

الْفَرْقُ بَيْنَ الْخَجَلِ وَالْحَيَاءِ

الْخَجَلُ: هُوَ الْخَوْفُ فِي قَلْبِ الْإِنْسَانِ، وَيَخَافُ أَنْ يَقِفَ أَمَامَ النَّاسِ وَيَتَكَلَّمَ، لِأَنَّ لَيْسَ فِيهِ الثَّقَّةُ بِالنَّفْسِ. فَالْخَجَلُ غَيْرُ جَيِّدٍ لِلْإِنْسَانِ وَالشَّخْصُ يَكُونُ دَائِمًا قَلَقًا .

الْحَيَاءُ: هُوَ شُعُورٌ دَاخِلُ الْقَلْبِ، يَمْنَعُ الْإِنْسَانَ مِنْ أَنْ يَفْعَلَ الْأُخْطَاءَ، وَيَقْوِيَ مِنْ شَخْصِيَّةِ الْإِنْسَانِ. هُوَ يَتَعَامَلُ مَعَ الْآخَرِينَ بِاحْتِرَامٍ وَهَذَا مِنَ الْأَخْلَاقِ الْحَسَنَةِ. وَالْإِنْسَانُ الَّذِي لَا يَقُولُ كَلَامَ غَيْرِ مُفِيدٍ أَوْ يُؤْذِي الْآخَرِينَ هُوَ الشَّخْصُ الَّذِي فِيهِ الْحَيَاءُ . قَالَ النَّبِيُّ ﷺ: (الْحَيَاءُ لَا يَأْتِي إِلَّا بِخَيْرٍ)

هانية مونس

Haya is a Part of Our Faith

Tania's father was waiting for her outside the house because he had to go to work and her mom wasn't home.

"Come faster," he said. Tania came out wearing her hijab and abayah. Soon, they were at the farm where her father worked. Her father started working while he told her to sit on the bench nearby.

Over there, the farm owner's daughter Asia was also sitting.

She was wearing clothes which enhanced her body's shape and didn't look decent. Suddenly, she mocked Tania for wearing too covering and old-fashioned clothes. Tania felt sad but confident, so she told Asia that the clothes Asia was wearing were very inappropriate as per Islam.

She explained to Asia everything about haya and she also told Asia the Hadith. "Haya is a part of our faith!" After that Asia felt ashamed and said sorry to Tania. Later they became best friends.

Hafsa Ali Ahmed

Hazrat Usman (ra) and Modesty

Hazrat Usman (ra) was known for his modesty. When Hazrat Umar was martyred, Hazrat Usman (ra) was elected as the third caliph. He showed modesty in every aspect of his life so much so that even the angels respected it. He continued dressing simply, despite being one of the wealthiest even as a Caliph and avoided public praise. He continued living a simple life and never misused his authority. During the Battle of Tabuk he donated three hundred camels for the army, ten thousand gold dinars in charity and further provided thousand more camels and seventy horses. He also purchased a well from a Jew for twenty thousand dirhams and made it free for everyone. Hazrat Usman (ra) serves as a great example of haya (modesty) in Islam, where modesty reflects not just in dressing but also in behaviour, speech and actions.

Hafsa Mangrani

Haya

Sharm and haya are two things that everyone should take care of, especially girls. Once there was a girl named Ayesha. She was a Muslim girl but she was very careless in her acts. She used to wear short shirts and jeans which would not cover her ankles and did not cover her head and face.

One day Ayesha went to a party and did a few inappropriate things over there. That night when she came home and slept, she had a dream. In the dream she saw that in front of her there was a hot fire and she was about to enter it. She shouted and asked, "Why is it there? What is happening with me?"

Ayesha heard a voice saying, "This fire will burn the areas you used to not cover properly". After hearing this voice Ayesha woke up. She heard the Fajr Adhaan. She prayed Salah and sought forgiveness. After this dream she started to cover herself properly. The Prophet said, "Every religion has an innate character; the character of Islam is Haya."

Fatima Arsalan

CLASS 6 - A

الْبِنْتُ الشَّجَاعَةُ

يَوْمَ الْجُمُعَةِ بَعْدَ صَلَاةِ الظُّهْرِ، جَلَسْتُ مَارِيَّةَ تَحْتَ الشَّجَرَةِ
تَقْرَأُ الْكِتَابَ فِي مَدْرَسَتِهَا. جَاءَتْ بَعْضُ الطَّالِبَاتِ
الْمُشَاغِبَاتِ وَبَدَأْنَ يَضْحَكْنَ عَلَيْهَا. مَارِيَّةَ سَأَلَتْ الْبَنَاتِ :
لِمَاذَا تَضْحَكْنَ ؟ فَقَالَتِ الْبَنَاتُ: لِمَاذَا أَنْتِ فِي الْحَرِّ الشَّدِيدِ
تَلْبَسِينَ الْخِمَارَ ؟ فَقَالَتْ مَارِيَّةُ: أَنَا أَلْبَسُ الْخِمَارَ لِرَبِّي وَلَا
أَلْبَسُهُ لِلنَّاسِ. فَالْبِنْتُ الَّتِي تَلْبَسُ الْخِمَارَ فِيهَا الْحَيَاءُ، وَالْحَيَاءُ
شُعْبَةٌ مِنَ الْإِيمَانِ. فَقَالَتْ الْبِنْتُ: مَا مَعْنَى هَذَا ؟ فَقَالَتْ
مَارِيَّةُ: الْجَبَابُ فِيهِ الْحَيَاءُ. فَقَالَتْ الْبِنْتُ: مِنَ الْعَدُوِّ سَأَلَيْسُ
الْجَبَابُ مِثْلُكَ جَزَاكَ اللَّهُ خَيْرًا يَا مَارِيَّةَ.

عائشة شيخ

ایک دن احمد اسکول میں تھا۔ وہ نماز پڑھنے کے لیے تیار ہو رہا تھا اور وہ وضو کرنے جا رہا تھا۔ اس نے اپنی پینٹ کے پائنجے اوپر کر لیے اور وضو کر کے جماعت میں چلا گیا۔ اس کے دوستوں نے اس کو دیکھ کر اس کا بہت زیادہ مذاق اڑایا کیونکہ اس کے پینٹ کے پائنجے اوپر تھے۔ اس نے خود اعتمادی سے کہا اب وضو کے بعد ہمیں ہمیشہ اپنے پائنجے اوپر کرنے ہوتے ہیں تو اس میں اتنا ہنسنے کی کیا ضرورت ہے بھائی۔ اور ویسے بھی شلوار کے پائنجے اوپر کرنا ایک سنت ہے۔ آپ سب کو اس بات کا احساس ہونا چاہیے کہ آپ میرا نہیں بلکہ نبی ﷺ کی سنت کا مذاق اڑا رہے ہو۔ صرف نماز پڑھنا ہی اسلام نہیں ہوتا بلکہ سب سنتوں پر عمل کرنا بھی اسلام ہوتا ہے۔ ان سب باتوں پر عمل کرنے سے ہمارے اندر تمیز پیدا ہوتی ہے۔ اور اصل شرم و حیا تو یہ ہوگی جب قیامت کے دن ہم اپنے رب کے سامنے کھڑے ہونے سے شرمندہ نہ ہوں۔

Eesha Faisal

It was Friday night, and I was reading a book. The time was 9 o'clock. My mom had plans to go out with her friends. Before leaving, she came to my room and said not to use the computer and to sleep on time. I nodded my head to show I understood.

After she left, my brother gave me ramen noodles, my favorite noodles. I knew my mom would never allow me to eat them because of my upset stomach, but since she wasn't home, I decided to eat them anyway. After finishing half the bowl, my tongue was on fire, and my stomach started to hurt.

Ignoring my mom's advice, we decided to watch a movie—not an ordinary one, but a scary one. My mom never allows us to watch these types of movies, especially at night. But since she wasn't present, we thought it would be fine to watch for an hour because she told us she would return in two hours. So, we turned on the AC, switched off the lights, and started watching the movie.

My screaming was at its peak—beyond 100%! The windows were closed, so we didn't even realize it was raining cats and dogs outside. We had no idea my mom would come home early. Suddenly, she walked in and saw us watching the scary movie. She got really upset. Her anger reached 100 degrees.

She had two cones of ice cream that she had brought for us, but she didn't give them to us anymore. Her facial expression clearly said that she was furious and disappointed. It felt like she would kill us 100%!

She screamed at us and told us to get out of the room. I felt ashamed because my mom always trusts me. I couldn't sleep properly that night—not only because I had done something wrong but also because of my stomach ache.

The next morning, I wasn't fresh and had difficulty facing my mom. To make up for my behavior, I made a sorry card for her and apologized sincerely.

Amal Fahad

CLASS 6 - A



Rania Rizwan



Mahnoor Ather Chawla



Hazel

MESSAGE FROM THE CLASS TEACHER 6-B

It's hard to believe that the school year has come to an end. Time truly flies when you're surrounded by such bright, kind and inspiring students like all of you. As I reflect on the past months, I can't help but feel so proud of everything you have achieved. Whether it was mastering new skills, tackling challenges or simply growing as individuals, you've all done something truly special.

As you move on to 7th grade and beyond, always remember that the journey of learning never stops. Keep being curious, asking questions and believing in yourselves. No matter where life takes you, remember that you are capable of accomplishing great things and I have no doubt you'll continue to shine.

Though our time together in class has ended, I hope you'll carry the memories and lessons with you. I'll always remember you all fondly and will be cheering you on from afar as you take the next steps in your journey.

**I wish you all the best in everything you do.
Huma Alvi**

CLASS 6 - B

Modesty in Science

Throughout history, many scientists have shown modesty by recognizing that their discoveries are built on the work of others. They also acknowledge that their knowledge is limited. One example of such scientist is Albert Einstein who was known for his ground-breaking theories. Despite his major work in physics he remained humble, emphasizing the importance of learning from mistakes. He acknowledged the work of other scientists like Isaac Newton and referred to himself as “the student of nature”. Modesty in science is not only about humility but it also helps scientists work together, stay open-minded, and realize that scientific research is a team effort. Scientist who show modesty often inspire others and help to create better community.

Aazeen

Talking behind a friend's back is a common thing. Most people don't realize that they are doing something wrong and often justify it by saying, "We're just talking." One day, I did the same thing to my best friend.

However, someone told her about the things I said behind her back. I remember how awkward and ashamed I felt in that situation.

One day, my mother was sick, and I didn't have a proper lunch. I saw my friend eating my favourite pizza. I asked her to share one-fourth of her pizza with me, but she refused. I remembered how I had always shared my lunch with her, so I got angry and started shouting at her for 10 minutes straight. In my frustration, I said, "I will not share anything with you next time!"

After this incident, we stopped talking to each other for a week. During that time, I told three to four classmates about the situation. One of them told my friend that I had been saying bad things about her. Later, when we started talking again, she told me how much I had hurt her by backbiting about her to others. She was very upset because of my behaviour and my words.

I felt extremely guilty and ashamed in front of her. I didn't even have the words to explain myself. I remembered something my father had said a few days earlier:

"The one who hears any backbiting about a Muslim should refute it and rebuke the one who says it." I couldn't say anything due to embarrassment. I was so ashamed that I apologized to her sincerely.

Ammarah Fawad

تَصَرُّفٌ حَكِيمٌ

عائشة طالبة مَهَذَّبَةٌ وَخُلُقٌ كُلُّ يَجِبُهَا فِي الْمَدْرَسَةِ، هِيَ تَذْهَبُ إِلَى الْمَدْرَسَةِ وَتَهْتَمُّ بِحَاجَاتِهَا. الطَّلَابُ وَالطَّالِبَاتُ يَأْتُونَ إِلَيْهَا وَيَسْأَلُونَهَا : الْجَوْ حَارٌّ لِمَاذَا لَا تَخْلَعِينَ جَبَابَكَ؟ كُلُّ يَوْمٍ عَائِشَةُ كَانَتْ تَسْمَعُ هَذَا الْكَلَامَ مِنَ الطَّالِبَاتِ، لَا تَسْمَعُ إِلَى كَلَامِهِمْ. فَكَدَّرَتْ عَائِشَةُ وَطَلَبَتْ مِنَ الطَّالِبَاتِ أَنْ يَجْتَمِعْنَ فِي بَيْتِهَا، أَخْبَرَتْهُنَّ عَنِ الْحَيَاءِ وَلَيْسَ الْجَبَابُ مِنَ الْحَيَاءِ. بَعْضُ الطَّالِبَاتِ فَهَمْنَ وَقُلْنَا عَفْوًا يَا عَائِشَةُ... لَنْ نَضْحَكَ عَلَيْكَ مَرَّةً أُخْرَى، لَقَدْ فَهِمْنَا أَنَّ الْجَبَابَ جُزْءٌ مِنَ الدِّينِ وَالْحَيَاءُ شُعْبَةٌ مِنَ الْإِيمَانِ.

عليزة عابد

What is Modesty?

Modesty or Haya means being down to earth, humble, and simple in our words and actions. A modest person does not show off, even when they do something great or achieve something big, they do not brag or act proudly!

What does Modesty look like?

Let's say you win a race or a contest. Instead of saying "I am the best! I beat everybody!" a modest person would say "I tried my best and feel so grateful to have won! Allah is the Greatest! He helped me win!" Such modest people stay calm, humble and feel grateful instead of making others feel awkward.

A Real-Life Example:

For example, my friend Amna got the highest marks in our English test. Everyone was happy and rooting for her but she did not show off or brag about her marks! Later, she also helped one of her classmates understand the difficult questions she got wrong. This is what makes Amna so special! She is both intelligent and modest!

Why is Modesty Important?

Modesty is an important quality. Most people like to be friends with kind, simple and modest people. No one likes arrogant or proud people who only show off or talk about themselves all the time. Modesty helps us stay thankful and you know what? It makes Allah (SWT) happy with us too. Our Holy Prophet (PBUH) was very modest, even though he was the best person who ever existed!

We should all try to follow his example to live a happier and better life.

Areesh Raza

CLASS 6 - B

الصَّدَقُ مِنَ الْحَيَاءِ

فِي يَوْمٍ مِنَ الْأَيَّامِ كَانَتْ هُنَاكَ مُسَابَقَةٌ فِي
كِتَابَةِ الشَّعْرِ. قَالَ الْمُعَلِّمُ: مَنْ شُرُوطُ
الْمُسَابَقَةِ أَنْ يَكْتُبُوا الشَّعْرَ بِأَنْفُسِهِمْ. وَأَنَا
كَتَبْتُ الشَّعْرَ بِمُسَاعَدَةِ جُوجِلْ (Google)
وَفَزْتُ بِالْجَائِزَةِ، وَشَعَرْتُ بِأَنَّ هَذَا خَطَأٌ. بَعْدَ
أَيَّامٍ فِي حِصَّةِ التَّفْسِيرِ الْمُعَلِّمُ شَرَحَ لَنَا دَرَسَ
عَنِ الْحَيَاءِ وَكَانَ مِنْهَا قَوْلُ الصَّدِيقِ، فَتَذَكَّرْتُ
فِي الْجَائِزَةِ الَّتِي حَصَلْتُ عَلَيْهَا. دَهَبْتُ إِلَى
الْمُدِيرِ وَقُلْتُ لَهُ الْحَقِيقَةَ، فَشَعَرْتُ بِالرَّاحَةِ
وَسَامَحَتِي الْمُدِيرُ عَلَى قَوْلِي لِلصَّدِيقِ. قَوْلُ
الصَّدِيقِ مِنَ الْحَيَاءِ قَالَ النَّبِيُّ ﷺ (الْحَيَاءُ لَا
يَأْتِي إِلَّا بِخَيْرٍ)

عائشة تسنيم

دوپہر کا وقت تھا۔ گرمی کا موسم اپنے عروج پر تھا۔ عائشہ کی سہیلیاں حسب معمول اسے پارک میں کھیلنے کے لیے بلا رہی تھیں۔ لیکن عائشہ کو یہ ڈر تھا کہ تیز کرکٹی بوٹی دھوپ میں اس کی جلد نہ جل جائے۔ تو عائشہ نے تھوڑا سا حوصلہ کیا اور اپنے دوستوں کے ساتھ کھیلنے کی حامی بھر لی۔ اس نے جلدی سے دوپٹوں والا ڈپہ نکالا اور پہن لیا اور عائشہ تیار ہو گئی۔ عائشہ نے کچھ ہی دیر میں گھر میں قیامت برپا کر دی کیونکہ اسے اپنے جوتے نہیں مل رہے تھے۔ جب امی نے سمجھایا تو تو عائشہ دوسرے جوتے پہن کر چلی گئی۔ محلے میں عائشہ کی تین سہیلیاں ہیں۔ فاطمہ، حیا اور شگفتہ۔ شگفتہ بولی چلو عائشہ جلدی سے کھیلیں تو عائشہ نے تھوڑی دیر ان کے ساتھ کھیلا پھر گرمی کے مارے درخت کے سائے میں بیٹھ گئی۔ تھوڑی دیر بعد محلے کی جو مغرور لڑکیاں، زینب اور ماہ نور آکر اس پر ہنسنے لگیں۔ تھوڑی دیر تک تو وہ سمجھ ہی نہ سکی کہ یہ کیا ہو رہا ہے۔ پھر زینب بولی، "اوہ بو دیکھو تو کتنی دین دار لڑکی ہے، یہ اتنی گرمی میں بھی پردہ کرتی ہے۔" میری آنکھوں میں آنسو آگئے۔ شگفتہ میری سب سے اچھی دوست تھی وہ اکثر مجھے سمجھاتی تھی کہ ان کی باتوں پر دھیان نا دیا کرو۔ وہ آکر مجھے حوصلہ دیتے ہوئے کہنے لگی، "چھوڑو کیوں ان کی باتوں کو دل ہے لبتی ہوا۔ ان کی تو عادت ہے۔ ایک پل کے لیے تو مجھے لگا کہ پردہ کر کے میں نے اپنے ہی پاؤں پر کھلاڑی مار دی لیکن شگفتہ کی باتیں سن کر میری حوصلہ افزائی ہوئی۔ میں نے زینب کو منہ توڑ جواب دیا میں غصے سے لال پیلی ہو چکی تھی۔ میں نے کہا حجاب اور عیایا میں نے پہنا ہے نا تمہیں کون پہنا رہا ہے۔ اور اتنی اچھی تم ہو بھی نہیں کہ تمہیں کوئی پہنائے گا۔ پھر اس کے بعد سے زینب کی کسی بھی ایسی بات پر بگڑنے کے بجائے میں اسے منہ توڑ جواب دیتی۔ کیونکہ میرے ماں باپ نے یہ سکھایا تھا کہ عورت کو پردہ کرنا چاہیے اور دوسروں کی باتوں کو نظر انداز کر کے نیک عمل کرنے چاہیے اور ان کے لیے بھی ہدایت کی دعا کرنی چاہیے۔

Barira Umer

Modesty in Research

Once I was part of a group project at school where we had to present on a difficult topic. I had done a lot of research and felt confident about my part. During the presentation, my classmates praised my contribution, but instead of taking all the credit, I made sure to highlight the hard work everyone else put in. I explained how their ideas shaped the final project. It felt good to share the spotlight and acknowledge the teamwork that made our presentation outstanding.

Modesty in research is very important. It fosters collaboration, encourages open-mindedness, and acknowledges the collective nature of scientific progress.

Hania Zainab

Modesty and Honesty

Once Mehar and her friend Fatima were playing in the school hallway. Fatima went to drink water and Mehar accidentally hit the fire alarm. Mehar panicked but went along with everyone to the ground. It was announced there that a student had put it off. The school asked that person to confess and explain what happened but Mehar said she knew nothing about it. When she reached home, she found out that a notice had been shared to the parents about the incident at school. No matter how hard her parents tried, she wouldn't confess.

Eventually the alarm became the talk of the school and Mehar felt the guilt rising inside her. That night her parents read her a book about how truthfulness is a part of modesty and after that, she teared up and confessed crying.

She was scolded a little but comforted afterwards. The school suspended her for a day and when she returned, the class was proud of her for doing a brave thing by telling the truth.

She learned that honesty plays a huge rule in modesty and we should never lie because one lie leads to another.

Hafsa Hamid Zahur

CLASS 6 - B

Hazrat Usman (RA): An Example of Modesty in Everyday Life

Hazrat Usman ibn Affan (RA) was a true embodiment of modesty in both personal and public life. Known for his humility, he dressed simply and avoided extravagance despite his great wealth. He was soft-spoken, kind, and approachable, always treating others with respect and dignity. Hazrat Usman (RA) taught that modesty is not just about appearance but also about one's behavior, speech, and interactions. His life reminds us to stay humble, use our blessings for good, and live with sincerity and simplicity in our daily lives.

Hareem Khan

Hazrat Usman (RA): A Modest Ruler

Hazrat Usman ibn Affan (RA), the third Caliph of Islam, was known for his modesty, generosity, and just leadership. Despite his immense wealth, he lived a simple life, using his resources to support the needy and strengthen the Muslim community. He financed the expansion of the Prophet's Mosque and oversaw the compilation of the Holy Quran, ensuring unity among Muslims. Hazrat Usman (RA) governed with patience and compassion, embodying humility even in the face of challenges. His legacy as a modest and selfless ruler continues to inspire Muslims worldwide.

Manahil Noreen

عائشہ ایک ذہین اور اچھی بچی تھی۔ گرمی کا موسم تھا اور وہ ہمیشہ کی طرح اپنے حجاب میں تھی۔ وہ ایک ام کے درخت کے نیچے بیٹھی اپنی پسندیدہ کتاب کا مطالعہ کر رہی تھی۔ اتنی دیر میں باغ میں کچھ لڑکیاں اس کے پاس سے گزریں اور عائشہ کی طرف ہنستے ہوئے دیکھا اور اسے کہا کہ اچھی کتاب پڑھ رہی ہو، لیکن یہ تو بتاؤ کہ اتنی گرمی میں تم نے حجاب کیوں پہنا ہوا ہے، تمہیں گرمی نہیں لگ رہی۔ عائشہ نے جواب دیا۔ بات تو تم نے بالکل ٹھیک کی ہے کہ گرمی تو ہے لیکن حجاب پہننا تو میرا فرض ہے۔ اور یہ چیز آپ لوگوں پر بھی فرض ہے کیونکہ ہمارے نبی صلی اللہ علیہ وسلم نے فرمایا ہے۔ یہ کہہ کر وہ اپنے مطالعے میں پھر سے مصروف ہو گئی۔ وہ لڑکیاں واپس گھر لوٹیں اور تھوڑی دیر بعد وہ بھی حجاب میں واپس آئیں۔

Hooram Noor

Hazrat Usman (RA): The Modest Emperor

Hazrat Usman ibn Affan (RA), the third Caliph of Islam, is remembered as a paragon of modesty, generosity, and righteousness. Known as "Ghani" (the Generous), his life and leadership epitomized simplicity and humility, even during his tenure as the ruler of the vast Islamic empire. As a Caliph, Hazrat Usman (RA) led with a profound sense of responsibility, always prioritizing the welfare of his people over personal comfort. Despite his immense wealth, he lived a modest life, often spending his riches to support the less fortunate and to strengthen the Muslim community. One notable example is his financing of the expansion of the Prophet's Mosque in Madinah to accommodate the growing number of Muslims, a testament to his vision and selflessness.

His modesty was not limited to his personal lifestyle; it extended to his governance. Hazrat Usman (RA) was approachable and soft-spoken, embodying a leadership style rooted in compassion and justice. He emphasized consultation (Shura) and sought advice from companions of the Prophet (PBUH) to ensure fairness in decision-making.

One of his most significant contributions was the compilation and standardization of the Holy Quran. This initiative preserved the sanctity of the Quranic text and prevented divisions among Muslims regarding its recitation—a monumental act of foresight and unity.

Despite his noble efforts, Hazrat Usman (RA) faced opposition and challenges during his caliphate, yet he remained steadfast and refused to retaliate against dissenters violently. His patience and adherence to Islamic principles, even in the face of adversity, highlight his unwavering faith and humility.

Myesha Naseem

CLASS 6 - B

Namaz (prayer) keeps us away from bad and shameful acts. My mother always wants me to stay far from doing anything wrong, which is why she constantly asks me to pray namaz.

One day, I was using my mobile phone and didn't pray. My mother asked me if I had offered my namaz or not. I lied and said, "Yes, I have prayed." I was 100% sure my mother wouldn't find out. However, my heartbeat was racing, like the highest common factor increasing rapidly, as I was lying about my prayer.

My mother then asked me, "Where did you pray namaz?" I became a little nervous, but I thought I could get out of trouble just as easily as I solve math problems. So, I lied again and said, "In the TV lounge."

My mother immediately replied, "I was sitting in that room for more than an hour, and you didn't come to pray." She scolded me, and I felt deeply ashamed in front of her and my younger sister, who was watching the situation unfold. My mother then told me some ahadith about lying.

I was so ashamed of myself for lying about namaz. I recalled a hadith about liars:

"Lying leads to wickedness, and wickedness leads to Hell. A man may continue to tell lies and endeavour to tell lies until he is recorded with Allah as a liar."

I couldn't face my mother because of the embarrassment and promised myself that I would never lie again.

Syeda Hanaan Fatima

Modesty in Science

Modesty in research is very important. Many clinics and researchers say they can "cure" serious conditions like spinal cord injuries and other diseases using stem cell therapies.

Some of these claims are made without strong scientific proof or peer-reviewed studies. Researchers may act like they are close to a big breakthrough, overlooking the complexities and ethical issues involved. Patients looking for hope may choose these unproven treatments, which can be very expensive and may pose health risks. This shows how a lack of modesty in scientific research can lead to significant consequences, including public health risks, misinformation, and a decline in trust in science.

Umm-e-Hani

Allah has given everyone the element of shame and haya (modesty). This element stops us from doing anything bad, even lying.

One day, I was doing my math homework, but I couldn't understand the concept even after my teacher had explained it six times. Frustrated, I decided to copy the answer from the back of the book. After writing it down, I closed the book and packed it away.

My mother was surprised and asked how I was able to complete my work so quickly after the last explanation. She asked me to show her the work. When she saw it, she asked about the steps to solve the problem. I lied and told her I had done all the working but erased it. She trusted me and said, "Okay."

A little while later, I was using my tablet and came across an ahadith: "Haya is a part of Iman (faith)."

I felt so ashamed and thought, "Why didn't I feel haya when I lied?"

The next day, when my teacher checked my homework, she wrote "-1.5" on my assignment because the working steps were missing. At that moment, I realized that I could have earned one mark by simply writing down the only part I understood. That day, I told my mother everything, apologized, and promised myself that I would never do anything shameful again that would upset me or others.

Zara Ahmed



Eshal Kashif



Hareem Mudassir

MESSAGE FROM THE CLASS TEACHER 6-C

As we close this chapter, I'm filled with pride and joy, thinking about the incredible journey we've shared. Your curiosity, creativity and enthusiasm have made our classroom a vibrant and engaging space.

From exploring the wonders of science to mastering new languages, you've demonstrated remarkable growth and resilience. Your kindness, empathy and teamwork have inspired me every day and I'm grateful to have been a part of your educational journey.

As you move forward, remember that the world needs your unique perspectives, talents and passions. Keep exploring, learning and growing. Never be afraid to take risks and try new things.

I'll always treasure the memories we've made together and I wish you all the best as you embark on your next adventures.

Muhammad Tayyab

CLASS 6 - C

Haya and Islam

Haya is one of the basic rules of Islam. Once, a boy named Saqib, who studied in high school and wasn't a very well-behaved student, and mimicked his teacher. But he always got good marks and cleared his matriculation with flying colours. To celebrate, he threw a big party for his friends.

On his way to the party, he met with a terrible accident. He was on his bike and was hit by a fast-moving truck.

He was hospitalized and his leg was amputated. He was bedridden for years. When he finally started moving with the help of crutches, he started looking for a job. He got a job in a government school. On the first day, when he entered his class, the students started mimicking his walk.

At that moment, he got flashbacks of the time he mimicked his teacher and didn't even feel sorry for it. He realized what haya really meant. He understood that his difficult life was because of lack of haya in his character in the past.

May Allah keep us all on the right path, which is the path that leads to jannah.

Abdul Nafey

What is Haya?

Haya is a thing that a man has inside his heart. Haya is being mindful of the content you watch, it's in the way you dress up and carry yourself. Haya is caring for your brothers and sisters in Palestine and avoiding all the products that are on the boycott list.

Abdullah Rameez

Haya and Science

Science is a system of observations and experiments used to gain knowledge about how the universe works.

Haya means modesty, shyness, bashfulness or decency.

Science has contributed to many wonderful inventions out of which some are; television, cell phone, computer, and ear pods. Some people use these inventions in positive ways but other use it in haram ways such as listening music and watching inappropriate movies.

We should use these inventions according to the light of Islamic Shariah, keeping the concept of Haya in mind and should avoid using these amazing scientific gadgets in indecent manner.

Abdul Rahman Hammad

Hazrat Usman (RA) as Role Model of Haya and Modesty

Hazrat Usman is the third caliph of Islam. He was known for his shyness and modesty. Holy prophet (saw) said "that the most modest person between us is Usman." He maintained a humble attitude and passion for learning. He avoided looking at other people directly unnecessarily.

"Why should I not feel shy from the person from who Angels are shy." He was a wealthy person but he spent a modest life. He donated money and profit for the construction of a mosque; His clothing reflected his inner purity and commitment to Islamic values. He talks with care and respect and avoided show off in his life with maintaining humility. Hazrat Usman stood as a role model of modesty and shines in Islam and "Allah love's those who constantly reflect purify themselves."

Abdur Rehman Husain Ahmed

CLASS 6 - C

Hazrat Usman (RA) as Role Model of Haya and Modesty

Hazrat Usman ibn Affan (RA), the third Caliph of Islam, is a role model of haya (modesty) and humility. Renowned for his soft-spoken nature and generosity, he lived a life of simplicity despite his immense wealth, sharing freely with those in need. His deep sense of modesty was so profound that even angels were said to feel shy before him. As a leader, he embodied patience and justice, always prioritizing the welfare of others while maintaining humility. Hazrat Usman's life teaches us that true modesty lies in inner purity and self-restraint, inspiring us to lead lives of righteousness and compassion.

Muhammad Hasan Mangrani

Modesty with Science

“Modesty with Science” emphasizes a balanced approach to knowledge, combining intellectual humility with scientific inquiry. While science encourages discovery and the pursuit of understanding, modesty reminds us that our knowledge is always incomplete and that we must remain open to new evidence or perspectives. This creates curiosity and care along with caution and recognition of the limitations in our understanding of the world. It helps to create collaboration, critical thinking, and ethical responsibility within scientific fields.

Mahin Abdullah

Today, I borrowed my friend's fancy pen during an exam. After the exam, I forgot it was still in my pocket and walked home. Later, my friend messaged me: Hey, did you see my pen?

I panicked. I thought, If I say no, maybe he won't notice. But I checked my pocket, and there it was. Out of guilt, I decided to look up the pen's price—1,200 rupees!

I quickly did the math. If I returned it late and it broke, I'd owe him 1,200 rupees. If I waited two more days, it would be two times the shame and double the trouble.

No way. I returned it the next morning, pretending I had just found it. Still, the calculation stayed with me: 1 lie could multiply into 10 times the regret.

Mohammad Belal

Hazrat Usman (Ra) as Role Model of Haya and Modesty

Hazrat Usman (ra) serves as a perfect role model for children to develop haya and modesty. His life teaches us that being humble and respectful is a source of strength and away to gain Allah's love and pleasure.

Hazrat Usman would always lower his gaze to maintain purity of heart. He spent his wealth for Allah's blessings to help poor and deserving. He was so humble in living that he never wasted money in pomp and show off. His glory as a leader reflects teachings of prophet (saw).

Muhammad Moosa Khan

CLASS 6 - C

الحياء

الْحَيَاءُ خُلِقَ جَمِيلٌ بِحُجَّتِهِ اللَّهُ وَرَسُولُهُ. وَهُوَ أَنْ يَخْجَلَ
الْإِنْسَانُ مِنْ فِعْلِ الْأَشْيَاءِ الْفَبِيحَةِ أَوْ قَوْلِ الْكَلَامِ الَّذِي
يُغْضِبُ اللَّهَ أَوْ يُرْجِعُ النَّاسَ.
"النَّبِيُّ مُحَمَّدٌ ﷺ قَالَ: "الْحَيَاءُ شُعْبَةٌ مِنَ الْإِيمَانِ
وَهَذَا الْحَدِيثُ يُظْهِرُ أَنَّ الْحَيَاءَ جُزْءٌ مِنَ الْإِيمَانِ بِاللَّهِ
إِذَا كَانَ لَدَيْنَا حَيَاءً، فَإِنَّا لَا نَكْذِبُ، وَنَحْتَرِمُ وَالِدَيْنَا
وَمُعَلِّمَيْنَا، وَنَتَعَامَلُ مَعَهُمْ بِالْأَدَبِ
الْحَيَاءُ لَا يَغْنِي أَنْ نَخَافَ أَوْ نَتَرَدَّدَ دَائِمًا، بَلْ هُوَ أَنْ نَكُونَ
مُهَذِّبِينَ وَمُؤَدِّبِينَ
الْحَيَاءُ أَيْضًا يَظْهَرُ فِي تَعَامُلِنَا مَعَ الْآخَرِينَ، حَيْثُ يَمْنَعُنَا
مِنَ التَّحَدُّثِ بِكَلَامٍ سَبِيٍّ أَوْ التَّصَرُّفِ بِطَرِيقَةٍ غَيْرِ لَائِقَةٍ
وَهُوَ يَجْعَلُنَا مُحْبُوبِينَ عِنْدَ النَّاسِ، لِأَنَّ الشَّخْصَ الَّذِي
يَتَحَلَّى بِالْحَيَاءِ لَا يَتَحَدَّثُ بِكَلَامٍ سَبِيٍّ وَلَا يَتَصَرَّفُ بِشَكْلِ
يُرْجِعُ الْآخَرِينَ
عَلَيْنَا أَنْ نُرَبِّيَ أَنْفُسَنَا عَلَى الْحَيَاءِ، وَأَنْ نَتَعَلَّمَ مِنَ النَّبِيِّ
مُحَمَّدٍ ﷺ الَّذِي كَانَ قُدُوةً فِي الْحَيَاءِ
إِذَا تَحَلَّيْنَا بِهَذَا الْخُلُقِ الْعَظِيمِ، سَتَكُونُ مُحْبُوبِينَ فِي
الدُّنْيَا، وَنَتَّالِ رِضَا اللَّهِ فِي الْآخِرَةِ
عَلَيْنَا أَنْ نَتَمَسَّكَ بِهَذَا الْخُلُقِ الْجَمِيلِ وَنُعَلِّمَهُ أَوْلَادَنَا،
لِيَكُونَ أَسَاسًا فِي حَيَاتِهِمْ وَنُسْهِمَ فِي بِنَاءِ مُجْتَمَعٍ أَفْضَلَ

محمد بن عمير

الحياء

الْحَيَاءُ صَرُورِيٌّ فِي حَيَاةِ الْإِنْسَانِ، وَبِالْحَيَاءِ تَكْتَمِلُ شَخْصِيَّةُ
الْفَرْدِ . وَمَعْنَى الْحَيَاءِ أَنْ يَتَعَلَّمَ الْإِنْسَانُ كَيْفَ يَقْضِي حَيَاتَهُ
بِالْكَرَامَةِ وَالْإِحْتِرَامِ. وَإِذَا فَقَدَ الْحَيَاءَ فَقَدْ كَلَّ شَيْءٌ، كَمَا قَالَ
النَّبِيُّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ: "إِذَا فَاتَكَ الْحَيَاءُ فَافْعَلْ مَا
شِئْتَ"، وَقَالَ أَيْضًا: "الْحَيَاءُ شُعْبَةٌ مِنَ الْإِيمَانِ".
فَالْحَيَاءُ فِي جَمِيعِ شُؤُونِ الْحَيَاةِ صَرُورِيٌّ، فَالْإِحْتِرَامُ وَالْأَدَبُ
وَالْكَرَامَةُ مَظَاهِرُ الْحَيَاءِ. وَلَيْسَ الْحَيَاءُ أَنْ تَسْتُرَ الْعَوْرَةَ فَقَطْ،
لَكِنَّ الْحَيَاءَ أَنْ تَبْتَغِدَ عَنِ الذُّنُوبِ كُلِّهَا.
لِذَلِكَ، عَلَيْنَا جَمِيعًا أَنْ نَتَعَلَّمَ هَذَا الْخُلُقَ الْعَظِيمَ وَنُرَبِّيَ أَوْلَادَنَا
عَلَيْهِ، لِيَتَّالِ الْحَيَاءُ زِينَةً لَنَا فِي الدُّنْيَا، وَسَبَبًا لِرِضَا اللَّهِ عَنَّا فِي
الْآخِرَةِ.

محمد حيان خان

Importance of Haya in Islam

Haya is very important in Islam. It is how you dress up and spend life. Boys are not supposed to wear clothes above the knees and girls have to wear clothes covering their ankles. But boys wear above the ankles and knees nowadays.

We should remember that this world is a test for us, we must spend time worshipping Allah and following his commands. A modest life is the way to Jannah

Muhammad Burhan

Showing Haya in Everyday Life

My friend and I were playing cricket when somebody came and kicked the ball. My friend got angry and punched him in the eye. His eye got swollen.

I told my friend that he should not have done it and should be shameful of his act. My friend said, "I got angry and punched him."

I told my friend to control his anger. My friend said, "You're a good person. I feel ashamed of my actions."

I said, "Let's go to him and say sorry." That day, my friend understood the meaning of haya.

Muhammad Furqan Qazi

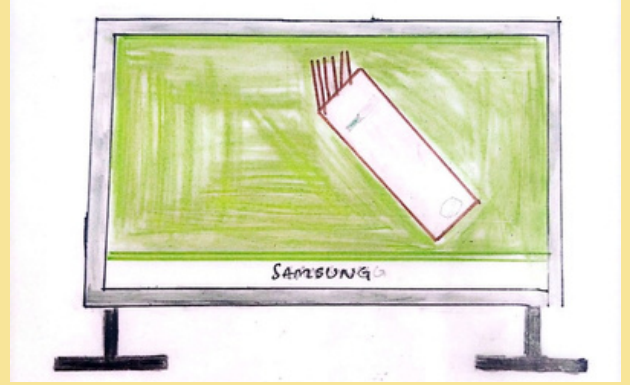
CLASS 6 - C

Today, my mom gave me 100 rupees before I left for school. Later, when I checked my pocket, I found only 20 rupees. I froze. Did my mom give me just 20? No, that couldn't be right.

The whole day, I felt uneasy. I even thought about asking my mom if she'd made a mistake. Then, while packing my bag in the afternoon, I found a snack inside. That's when it hit me—I had bought snacks for 80 rupees in my morning rush. I didn't even remember doing it.

I felt a wave of shame. I had doubted my mom over my own carelessness.

Muhammad Rafiq



Mohammad Ammar Abdullah

I borrowed 50 rupees from my friend, and the next day, when he returned it, I found only 40 rupees in my wallet. I confronted him in front of everyone, accusing him of stealing 10 rupees. Despite his protests, I embarrassed him publicly. A few days later, while cleaning my bag, I found the missing 10 rupees tucked inside. I realized I had made a mistake and wrongly blamed my friend. The shame of what I had done overwhelmed me, and I knew I couldn't undo the hurt I caused.

Mustafa

کھیل کے میدان میں کچھ بچے کھیلتے ہوئے ایک دوسرے کا مذاق اڑا رہے تھے۔ ایک بچہ جس کا نام محمد تھا وہ ان سب میں شامل نہیں تھا۔ کیونکہ اس کو اپنی امی ابو کی بات یاد تھی۔ اس کی والدہ نے ایک دن کہا تھا کہ، "میرے پیارے بیٹے شرم و حیا کا مطلب صرف یہ نہیں کہ پردہ کیا جائے اور اپنے جسم کو کپڑوں سے چھپایا جائے، بلکہ شرم و حیا کا مطلب تو یہ ہے کہ انسان کسی سے بدتمیزی نہ کرے۔ کسی کو تنگ کر کے پریشان نہ کریں۔ گندی محفلوں سے دور رہے۔" محمد ان بچوں کے پاس گیا اور ان کو اپنی والدہ کی بات بتائی۔ اور کہا کہ سوچو کہ اگر تم ایسی حرکتیں کرو گے تو تمہارے والدین کو کتنی شرمندگی ہوگی۔ حالانکہ تمہارے والدین تو بہت اچھے اور مہذب لوگ ہیں۔ محمد نے ان بچوں کو بہت سمجھایا کہ جاؤ اس بچے سے معافی مانگو اور دوست بنو۔ لیکن وہ نہیں مانے۔ لیکن علی ان کو ہر روز اس بات کی تلقین کرتا رہا۔ آخر کار ان بچوں کو شرم و حیا آگئی۔ اور انہوں نے ایک دوسرے کا مذاق اڑانا چھوڑ دیا۔ کچھ ہی دنوں میں ان کی دوستی ہو گئی۔ محمد کو اس بات کی بہت خوشی تھی کہ اس نے ایک انسان کی عزت بچائی اور لوگوں کو سیدھی راہ دکھائی۔

شیخ محمد ابراہیم

CLASS 6 - C



Syed Muhammad Bin Zia Munir

کھیل کے میدان میں کچھ بچے ایک دوسرے کا مذاق اڑا رہے تھے۔ ایک بچہ جس کا نام علی تھا وہ ان میں شامل نہیں تھا۔ کیونکہ علی باقی بچوں جیسا نہ تھا۔ اس وقت چھوٹا تھا اور وہ تھوڑا سا موٹا تھا اس وجہ سے سب اس کا مذاق اڑاتے تھے۔ اور اس کو اپنے ساتھ بہت کم کھیلنے کا موقع دیتے۔ وہ بہت شریف تھا اس وجہ سے وہ دوسروں کا مذاق نہیں اڑاتا تھا۔ علی کو اس کے والدین نے شرم و حیا کے بارے میں بتایا ہوا تھا اور سمجھایا تھا اس کو پتہ تھا کہ مذاق اڑانے سے دوسرا انسان شرمندہ ہوتا ہے۔ کیونکہ جب وہ اس کا مذاق اڑاتے ہیں تو علی کو بھی شرم آتی۔ علی کو شرم و حیا کی اہمیت کے بارے میں پتہ تھا۔ سب لوگ کلاس میں برے ناموں اور القابات سے پکار کر لوگوں کا مذاق اڑاتے تھے۔ وہ جانتا تھا کہ ان کے پاس شرم و حیا کی کمی تھی۔ علی نے ایک بار ان کو شرم و حیا کے بارے میں بتانے کی کوشش کی لیکن ان لوگوں نے اس کو بہت مارا۔ علی نے اللہ سے دعا کی کہ وہ ان کو ہدایت دے۔

Yahya Bin Saad

ایک دفعہ ایک کھیل کے میدان میں کچھ بچے کرکٹ کھیل رہے تھے۔ اور کھیل کھیل میں ایک دوسرے کا مذاق اڑا رہے تھے۔ ایک بچہ جس کا نام سفیان تھا۔ وہ ان سب میں شامل نہیں تھا۔ کیوں کہ اس کو پتہ تھا کہ اس کو کبھی نہ کبھی شرم و حیا آئے گی۔ کہ اس نے کسی بچے پہ ہاتھ اٹھایا ہے یا کسی کا مذاق اڑایا۔ اس کو پتہ تھا کہ شرم و حیا کا مطلب اپنے جسم کو ڈھانپنا نہیں بلکہ اپنی عزت کو قائم رکھنا ہے۔ اس سے اس کا وقار مجروح نہیں ہوتا۔ وہ قیامت کے دن سب سے بڑی شرمندگی سے بچ جائے گا جو تب ہوگی جب وہ اپنے رب کے سامنے کھڑا ہوگا۔

Sufyan Ur Rehman



Ammar Ali

MESSAGE FROM THE CLASS TEACHER 6-D

It is said that the wonder of teaching is like nurturing tiny seeds into flourishing trees. That's how I welcomed you all a few months ago in my classroom as curious and energetic, little seeds full of potential. Every bright day, you were encouraged to challenge yourselves and explore new concepts. Whether it was cracking the mysteries of integers, rational and real numbers, discovering how to calculate linear equations or simple inequalities or mastering the algebraic manipulation, you all tackled these mathematical puzzles with remarkable curiosity and enthusiasm.

With a lot of determination, teamwork and focus, you consistently gave your best. Watching you grow steadily, whether solving problems in groups or independently, and achieving those small everyday milestones made me immensely proud. It was a joy to see you all transform into strong, confident and admirable trees ready to withstand any challenge.

May you continue to grow, thrive and reach greater heights in the coming years, attaining a lifetime of success and fulfilment.

Anila Tauseef

CLASS 6 - D

The Harmony between Anger and Haya

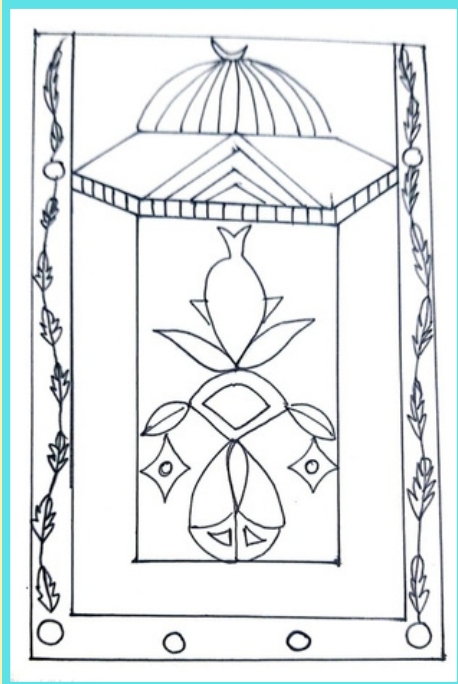
In a world driven by rapid technological growth, Haya serves as a moral compass, ensuring that science remains humane, ethical and purposeful. This harmony encourages sustainable development and progress for greater good. Haya fosters a sense of humility in the scientific process.

It acknowledges the limits of human understanding and the responsibility to approach discovery with respect for the creation. This humility ensures that science is not used as a tool for dominance or exploitation but as a means to serve humanity and the environment.

Muhammad Mustafa Baig



Muhammad Youan Bin Imran



Muhammad Umar

شرم و حیا

کھیل کے میدان میں جیتنے والے گروہ کے بچے شور مچاتے ہوئے دوسرے بارنے والوں کا مذاق اڑا رہے تھے۔ وہ بچہ دور کھڑا ہے اور ان سب کو حیرت سے دیکھ رہا تھا کیونکہ اسے معلوم تھا کہ ہم سب مسلمان ہیں۔ اللہ اور اس کے رسول صلی اللہ علیہ وسلم نے دوسروں کا مذاق اڑانے سے منع فرمایا ہے۔ اس بچے کا تعلق ایک اچھے گھرانے سے تھا۔ وہ آج صبح بہت خوشی خوشی سکول آیا تھا کیونکہ اس کے سکول میں آج فائنل میچ تھا اور بار جیت کا فیصلہ آج ہو جانا تھا، مگر یہاں بجائے میچ دیکھنے کے وہ تو کچھ اور ہی سوچ رہا تھا۔ میدان میں موجود زیادہ تر بچے شرعی ستر سے چھوٹے کپڑے پہنے ہوئے تھے اور وہ ایک دوسرے کا مذاق بھی اڑا رہے تھے جبکہ ہمارے پیارے نبی صلی اللہ علیہ وسلم نے شرم و حیا سے متعلق ان دونوں ہی کاموں سے منع فرمایا ہے۔ ہمیں بھی ہمیشہ اپنے ستر اور شرم و حیا کا خاص خیال رکھنا چاہیے۔

آریز

CLASS 6 - D

جَوَازُ بَيْنَ طَالِبَيْنِ عَنِ الْخِيَاءِ

عَلَيْهِ: *مُرَحَّبًا يَا أَحْمَدُ، لَدَيْ سَوَالٍ. سَمِعْتُ أَسْتَاذَنَا يَتَحَدَّثُ عَنِ الْخِيَاءِ الْيَوْمَ، لَكُنِّي لَمْ أَفْهَمْ جَيِّدًا. مَاذَا يَفْعِي الْخِيَاءُ بِالصَّبُطِ؟
أَحْمَدُ: *الْخِيَاءُ يَا عَلِيُّ يَفْعِي أَنْ تَشْعُرَ بِالْخَجَلِ مِنْ فِعْلِ الْأَشْيَاءِ الَّتِي تُخَالِفُ الْإِخْلَاقَ أَوْ تُغَضِبُ اللَّهَ عَلَيْهِ.
عَلَيْهِ: *وَهَلِ الْخِيَاءُ مُهِمٌّ؟
أَحْمَدُ: *بِالطَّبَعِ! الْخِيَاءُ مِنْ أَجْمَلِ الْإِخْلَاقِ. النَّبِيُّ مُحَمَّدٌ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ قَالَ: "الْخِيَاءُ شُعْبَةٌ مِنَ الْإِيمَانِ".
عَلَيْهِ: *هَلْ يُمَكِّنُ أَنْ تُعْطِيَنِي مَثَلًا عَنِ الْخِيَاءِ؟
أَحْمَدُ: *نَعَمْ، مِثْلًا. عِنْدَمَا تَرَى أَحَدًا يَخْتَانِجُ إِلَى مُسَاعَدَةٍ، تَشْعُرُ بِالْخَجَلِ إِنْ لَمْ تُسَاعِدْهُ، أَوْ عِنْدَمَا تَحْرُسُ عَلَى ارْتِدَاءِ مَلَابِيسٍ مُخْتَشِمَةٍ لِأَنَّكَ تَحْتَرِمُ نَفْسَكَ وَالْآخَرِينَ.
عَلَيْهِ: *هَلْ تَعْرِفُ قِصَّةً عَنِ الْخِيَاءِ؟
أَحْمَدُ: *نَعَمْ، هُنَاكَ قِصَّةٌ عَنْ عُثْمَانَ بْنِ عَفَّانَ رَضِيَ اللَّهُ عَنْهُ. كَانَ شَدِيدَ الْخِيَاءِ، حَتَّى أَنَّ النَّبِيَّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ قَالَ: "أَلَا أَسْتَحْيِي مِنْ رَجُلٍ تَسْتَحْيِي مِنْهُ الْمَلَائِكَةُ؟" تَخَيَّلْ كَمْ كَانَ خَيَاؤُهُ عَظِيمًا.
عَلَيْهِ: *هَذَا جَمِيلٌ جِدًّا. وَكَيْفَ يُمَكِّنُنِي أَنْ أَتَخَلَّى بِالْخِيَاءِ فِي حَيَاتِي؟
أَحْمَدُ: *تَسْتَطِيعُ ذَلِكَ بِالتَّصَرُّفِ بِأَدَبٍ وَاحْتِرَامٍ مَعَ الْجَمِيعِ، وَتَجَنُّبِ التَّصَرُّفَاتِ السَّيِّئَةِ، وَالتَّفَكُّيرِ قَبْلَ أَنْ تَفْعَلَ شَيْئًا يُغَضِبُ اللَّهَ أَوْ يُزَعِّجَ الْآخَرِينَ.
عَلَيْهِ: *فَهَمْتُ الْآنَ. سَأُحَاوِلُ أَنْ أَكُونَ أَكْثَرَ خِيَاءً فِي حَيَاتِي. شُكْرًا لَكَ يَا أَحْمَدُ.
أَحْمَدُ: *الْعَفْوُ يَا عَلِيُّ، هَذَا وَاجِبُنَا أَنْ نَذْكُرَ بَعْضَنَا دَائِمًا بِالْإِخْلَاقِ الْجَمِيلَةِ.

عبد الحنان

The Weight of Shame/ Haya

I was scared when my teacher announced the date of the tests. I hadn't studied at all because I spent most of my time playing video games and watching TV for three and four hours, respectively. I knew I would fail if I didn't study.

The exams started on Monday at 8:40 a.m. The duration of the paper was two periods, which equals 1 hour and 20 minutes. When I got the paper, I realized I didn't know so many answers. Without thinking about the consequences, I decided to cheat by looking at the papers of my friends who were sitting around me. I managed to copy 70% of the answers and felt happy and proud at that moment. However, when I reached home, a sense of guilt and embarrassment overwhelmed me. I realized that although no one else had noticed, Allah SWT was watching me. I couldn't sleep properly that night as I kept thinking about what I had done. I realized this wasn't success but just dishonesty.

I felt very guilty and ashamed of myself. I couldn't stop questioning why I had cheated and lied to both my teacher and myself. I had taken the easy way out, even though I knew it was wrong. Finally, I decided to tell my mom about what I had done. I was scared, but I knew I had to be honest.

She listened to me carefully and explained the consequences of cheating. That day, I learnt a valuable lesson: cheating is never the solution. It's always better to work hard and do your best, even if it feels tough. I promised myself that I would study hard for the next paper and give it my best effort. I know I can do it.

Abdullah

Technology and Modesty

In my opinion, we can relate technology and modesty in many ways; like we shouldn't use technology for any bad purpose for example, cyber bullying, scamming, trolling, name calling, disrespect, and spreading hatred. Instead, we can use the technology:

- for spreading Islam.
- give Dawah to people (Tabligh).
- spread awareness regarding our religion using channels of social media.
- answer the questions of people they have in mind.
- we should develop websites for good cause like planting trees, donating, charity etc.
- we can use the technology for teaching online.
- Use this tool to show a positive side of Muslim ummah

Abdullah Anas

Importance of Haya

Haya is a big property in Islam. We need to have Haya because it's an important thing usually in life. Also we need to have Haya for everyone because it gives respect to us and make us a well person. Haya also include not making a fun of someone because he is made by Allah (S.W.T). And if we are making fun we need to think that we are making fun Allah (S.W.T) and this is not a good think. Allah will be.

Hamza bin Talha

CLASS 6 - D

شرم و حیا

ہمیں اپنی زندگی میں بہت سی چیزوں کا خیال رکھنا ہوتا ہے اور ہمارے دین اسلام نے بھی بہت سی چیزوں کا خیال رکھنے کا حکم دیا ہے۔ اس میں سے ایک شرم و حیا بھی ہے۔ آج کل کے مرد حضرات جہاں گرمی کا موسم شروع ہو جائے اپنی ستر یعنی گھٹنے سے اوپر تک کا لباس پہنے پھرتے ہیں۔ اس سے متعلق نبی پاک ﷺ کا ایک واقعہ ہے۔ ایک بار نبی پاک ﷺ اپنے بستر پر لیٹے ہوئے تھے تو اتنے میں حضرت ابوبکر رضی اللہ تعالیٰ عنہ آئے تو وہ ویسے ہی بیٹھے رہے۔ یہ ماجرا حضرت عمر رضی اللہ تعالیٰ عنہ کے آنے پر بھی ہوا مگر جب حضرت عثمان رضی اللہ تعالیٰ عنہ کمرے میں داخل ہوئے تو نبی کریم صلی اللہ علیہ وسلم نے فوراً اپنے کپڑوں کو ٹھیک کیا۔ حضرت عمر اور حضرت ابوبکر رضی اللہ تعالیٰ عنہما کے پوچھنے پر آپ ﷺ نے فرمایا کہ حضرت عثمان رضی اللہ تعالیٰ عنہ کی شرم و حیا سے فرشتے بھی حیا کرتے ہیں۔ ہمیں بھی ایک مسلمان ہونے کی حیثیت سے ان باتوں کا خاص خیال رکھنا چاہیے، نہیں تو اس کا بہت بڑا گناہ ہے۔ اللہ تعالیٰ ہماری حفاظت کرے۔ آمین

حنظلہ طاہر

شرم و حیا

ارحم ایک اچھا بچہ تھا لیکن وہ اپنے دوستوں سے ناراض تھا کیونکہ اسے ان کی عادتیں پسند نہیں تھیں۔ وہ چاہتا تھا اس کے دوست ایسے ہوں جو کہ کسی پر آوازیں نہ کسین، کسی کا مذاق نہ اڑائیں۔ اب بھی وہ کھیل کے میدان میں انہیں ہی دیکھ رہا تھا کہ وہ سب ایک دوسرے کا مذاق اڑا رہے تھے۔ اس نے اللہ سے ان کی بدایت کے لیے دعا کی۔

دوسرے دن دوپہر میں وہ بازار سے سبزیاں لینے گیا تو اس نے دیکھا کہ کافی لوگ گرمی کی وجہ سے نیکر پہن کر بازار آئے ہوئے ہیں اور ان کا ستر یعنی گھٹنوں کے پاس سے کھلا ہوا ہے۔ اسے کافی شرم محسوس ہوئی۔

شام میں وہ اپنے دوست کے گھر گیا تو اسے اندر سے اپنے دوست کی آواز سنائی دی کہ وہ اپنے ابو سے کوئی فرمائش کر رہا تھا تو اس کے ابو اسے منع کر دیتے ہیں۔ جس سے وہ اپنے ابو سے بدزبانی کرنے لگتا ہے۔ یہ سب سن کر ارحم ایک بار پھر اداس ہوا کہ بڑے چھوٹے کا لحاظ بھی تو ”حیا“ کا ہی حصہ ہے، اور جو لوگ اسلام کے ان احکام کا خیال رکھتے ہیں۔ وہی لوگ بازی لے جاتے ہیں۔

محمد ارحم میر

Relation between Haya/Shame to Science

The concept of Haya can be related to science in various ways. As both provide understanding of human behavior, ethics, and the pursuit of knowledge.

1. Modesty in the use of knowledge: science equips humanity with powerful tools, but Haya reminds us to use knowledge responsibly. For example, ensuring that scientific progress respects cultural and spiritual values.
2. Pursuit of beneficial knowledge: Haya inspires individuals to seek knowledge with the intention of serving humanity, aligning well with the ethical application of science.
3. Integrity in scientific practice: Haya promotes honesty, transparency and accountability, which are fundamental to the scientific method. A modest and ethical approach ensures that research findings are reliable and contribute positively to the body of knowledge.
4. Medical ethics: In fields like bioethics Haya aligns with principles such as patient confidentiality and respect for life.

Khuzaimah Zaki Usmani

Modesty in Technology

- We should use technology for beneficial purposes not in an inappropriate way.
- We shouldn't shame others using technology.
- Remember your limits as a Muslim and a human while using technology.
- Avoid accessing haram content.
- We should have respectful online conversations on social media.
- Maintain modesty in online relationships.
- Encourage an online modest community.
- Modestly guard against negative influence.

Mohammad Abdullah

CLASS 6 - D

Haya is inborn in our hearts, given by Allah, and it prevents us from committing any evil acts.

Two years ago, I saw a Rubik's cube in my friend's hand, and I admired it so much that I wanted to take it at any cost. At that time, it seemed as easy as solving an algebraic expression. When my friend went down for a snack, I took the cube from his bag and started to play with it. At first, I thought I would return it, but my greediness convinced me to take it home. In that moment, I forgot that Allah is always watching me.

Deep inside, my haya was urging me to quietly put it back, but it felt as difficult as solving a reverse percentage. I ended up hiding the cube in my bag. When the children came back and my friend noticed that his Rubik's cube was missing, he started looking for it, but he couldn't find it.

When the teacher came, she also asked who had taken the cube and began checking everyone's bags. Unfortunately, my mistake was revealed as the cube was still in my bag. I felt deeply ashamed in front of my entire class.

I promised my teacher and Allah that I would never commit such bad acts again.

M. Julebaib Azam

I cannot forget the day when I felt extremely embarrassed and ashamed in front of my class.

When I was in grade 5 during the mid-term exams, I got average and below-average marks in most of the subjects. When my friends asked about my marks, I lied and told them that I had scored more than 18 marks in most of the subjects. All my friends, and even the teachers, appreciated me. I felt proud of my words, but I was also very anxious because I was lying. My heartbeat kept increasing rapidly, as if it was racing at 10 beats per second.

During the break, some mischievous students took my papers out of my bag, saw my actual below-average marks, and showed them to everyone. I felt deeply ashamed and wanted to hide somewhere as they made fun of me.

From this incident, I learnt that it is a very shameful situation when people catch us in a confident lie. I decided to work hard next time and try my best to get good marks. Even if I don't score well, I will never lie again.

Mohammad Omer

Haya, in my Opinion!

H= heaven is waiting for us

A= all humans have Haya

Y= you all are Muslims

A= Allah will open gates of Jannah

Haya means shame and modesty.

If I relate it with science, it would include technology. So, while using technology we should be careful that we aren't bullying others, body shaming, name calling or trolling anyone on social media. We shouldn't judge anyone by their colour, facial features, clothes, status, height or profession.

Scientists should also not kill animals unnecessarily for their scientific research, experiments, and data collection. They kill animals to study them which is also against the Haya!

Muhammad Yousuf Rana

Hazrat Usman Ibne affan was the third caliph of Muslims.

He stands as a shining example of haya (modesty) and humility. He was known as "Dhul-Nurain" (the Possessor of Two Lights) because he married two daughters of the Prophet Muhammad (PBUH) in succession, his life was a beacon of moral excellence and self-restraint. He lived a simple life despite his wealth. He often spent nights in prayer and fasted frequently.

Despite of a wealthy background he spent a humble life. He slept on the sand of the mosque wrapped in a blanket which showed that he was a very simple and down to earth person. He liked to trade which made him wealthy at a very young age. He was given the title of ghani which means generous.

One of the most remarkable traits of Hazrat Usman was his deep sense of haya in his personal life. Even when alone, he maintained the highest standards of modesty, aware of Allah's constant presence. By emulating his qualities of haya and humility, we can strive to lead lives that please Allah and benefit those around us.

Mohammad Essa

CLASS 6 - D

الحياء

فِي زَمَنِ النَّبِيِّ مُحَمَّدٍ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ، كَانَ هُنَاكَ شَابٌّ يُدْعَى عُثْمَانُ بْنُ عَفَّانٍ رَضِيَ اللَّهُ عَنْهُ، وَهُوَ أَحَدُ الْخُلَفَاءِ الرَّاشِدِينَ، وَكَانَ مَعْرُوفًا بِصِفَةِ الْحَيَاءِ. فِي إِحْدَى الْمَرَّاتِ، كَانَ النَّبِيُّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ جَالِسًا مَعَ أَصْحَابِهِ، وَعِنْدَمَا دَخَلَ عُثْمَانُ رَضِيَ اللَّهُ عَنْهُ، جَلَسَ النَّبِيُّ مُعْتَدِلًا وَعَطَى جُزْءًا مِنْ جَسَدِهِ يَتَوَبُّهُ تَعَجَّبَ الصَّحَابَةُ مِنْ هَذَا التَّصَرُّفِ وَسَلَّوُوا النَّبِيَّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ: "يَا رَسُولَ اللَّهِ، لِمَ فَعَلْتَ هَذَا وَنَحْنُ أَيْضًا هُنَا؟" فَقَالَ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ: "أَلَا أَسْتَجِي مِنْ رَجُلٍ تَسْتَجِي مِنْهُ الْمَلَائِكَةُ؟"

هَذِهِ الْقِصَّةُ تُظْهِرُ لَنَا مَكَانَةَ الْحَيَاءِ عِنْدَ عُثْمَانَ رَضِيَ اللَّهُ عَنْهُ، لِذَرَجَةِ أَنَّ الْمَلَائِكَةَ كَانَتْ تَسْتَجِي مِنْهُ. كَانَ حَيَاؤُهُ يَجْعَلُهُ يَتَصَرَّفُ بِأَدَبٍ وَاخْتِيَارٍ فِي كُلِّ مَوْقِفٍ، حَتَّى أَصْبَحَ مَثَلًا يُحْتَذَى بِهِ الْحَيَاءُ صِفَةً تَعْبَرُ عَنْ جَمَالِ الْأَخْلَاقِ، وَهُوَ دَلِيلٌ عَلَى قُوَّةِ الشَّخْصِيَّةِ. كُلَّمَا زَادَ حَيَاؤُكَ، زَادَ اخْتِيَارُكَ النَّاسَ لَكَ، وَرِضَا اللَّهِ عَنْكَ. فَلَتَتَعَلَّمْ مِنْ عُثْمَانَ رَضِيَ اللَّهُ عَنْهُ وَنَجْعَلِ الْحَيَاءَ جُزْءًا مِنْ حَيَاتِنَا.

محمد حذيفة خان

Hazrat Uthman and Modesty

Hazrat Uthman ibn Affan (RA), the third Caliph of Islam, is renowned for his exemplary modesty, generosity, and steadfast faith. Despite his immense wealth, Hazrat Uthman (RA) lived a simple and humble life, using his riches to serve Islam and support the needy. He financed critical projects, such as the expansion of Masjid al-Nabawi and the purchase of the Well of Rumah for public use.

Lessons for Everyday Life: Humility in Wealth

Even if blessed with abundance, remain humble and use resources for the greater good, as Hazrat Uthman (RA) did.

Muhammad Ibrahim Ishaqi

HAYA

Haya is a thing that every person should have.

In Islam, Haya is a big thing. There was an Islamic leader called Hazrat Usman. He was known for his respect for others and Haya.

Haya is a big thing for him. Haya could be anything, like respect towards elders.

Today's generation wears short pants that are above their knees which is strictly wrong in Islam. Allah (SWT) will not give any rewards if you will pray namaz in shorts that is above your knees. So be careful not to wear shorts above your knee. Try to get haya in yourself.

Mohammad Maaz Khan

Hazrat Usman bin affan (ra) was the Third Caliph of Islam and he was known for his modesty and shyness.

Sunan ibn Majah narrated in a hadith, "that the most modest of my follower is Usman."

He was a businessman but he lived a very simple and humble life which reflects that he was amongst the outstanding followers of Rasool Allah (saw). As a leader, Hazrat Usman demonstrated humility and justice. He remained patient and forgiving in the face of criticism and challenges, always prioritizing the well-being of his people. His modesty was not a sign of weakness but a powerful expression of strength, self-control, and unwavering faith. Hazrat Usman's life teaches us that true modesty comes from a pure heart and a strong connection with Allah.

Muhammad Rebaal

CLASS 6 - D

Known for his softness and generous heart, he lived a life of simplicity, despite being one of the wealthiest companions of the Prophet Muhammad (PBUH). His modesty was unparalleled, evident in both his public and private life, as he remained deeply conscious of Allah's presence. Even the angels were said to be shy in his company. Hazrat Usman's life reminds us that true greatness lies in humility, selflessness, and unwavering moral integrity.

Mohammad Suleman

Haya is a thing which is important in our daily life and Haya shows our behavior and respect with our elders and younger. Haya teaches us to not be selfish, not to make fun of anyone who cannot do their task or he cannot do any race or who lose. It also includes that we don't make fun of anyone who doesn't look good. We should respect everyone because it is a good thing.

Muhammad Zayan Khan

الْحَيَاءُ

الْحَيَاءُ هُوَ قِيَمَةٌ اخْلَاقِيَّةٌ عَظِيمَةٌ، يَجْمَعُ بَيْنَ التَّوَاضُّعِ وَالْاِحْتِرَامِ لِلنَّفْسِ وَالْآخَرِينَ، وَشُعُورٍ بِالْحَيَاءِ يَمْنَعُ الْفَرْدَ مِنَ التَّصَرُّفِ بِطَرِيقَةٍ سَيِّئَةٍ أَوْ غَيْرِ لَائِقَةٍ، وَيُعَزِّزُ السُّلُوكَ الْاَخْلَاقِيَّ النَّبِيلَ. وَبَيْنَمَا الْحَيَاءُ فَضِيلَةٌ اِسْلَامِيَّةٌ، فَإِنَّ لَهُ مَكَانَةً عَظِيمَةً فِي مُعْظَمِ الثَّقَافَاتِ وَالْاُذْيَانِ. فِي الْاِسْلَامِ، يُعْتَبَرُ الْحَيَاءُ جُزْءًا مِنَ الْاِيْمَانِ، كَمَا وَرَدَ فِي حَدِيثِ النَّبِيِّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ: "الْحَيَاءُ لَا يَأْتِي إِلَّا بِخَيْرٍ".

يُعْتَبَرُ الْحَيَاءُ أَحَدَ الْعَوَامِلِ الْمُهْمَّةِ الَّتِي تُسَاهِمُ فِي اسْتِقْرَارِ الْمُجْتَمَعِ وَتَحْقِيقِ التَّوَازُنِ. فَمِنْ خِلَالِ الْحَيَاءِ تَتَبَنَّى الْعِلَاقَاتُ قِيَمَ الْاِحْتِرَامِ الْمُتَبَادَلِ، مِمَّا يُعَزِّزُ الْوَحْدَةَ وَالتَّفَاهُمَ بَيْنَ أَفْرَادِ الْمُجْتَمَعِ الْحَيَاءِ لَيْسَ مُجَرَّدَ شَكْلِ خَارِجِيٍّ، بَلْ هُوَ شُعُورٌ دَاجِلِيٌّ يَعْكِسُ شَخْصِيَّةَ الْفَرْدِ وَاهْتِمَامَهُ بِالْآخَرِينَ، وَقُوَّةَ دَاجِلِيَّةَ تُمْكِّنُ الشَّخْصَ مِنْ اتِّخَاذِ قَرَارَاتٍ اخْلَاقِيَّةٍ سَلِيمَةٍ تَقُودُ إِلَيْهِ وَإِلَى الْمُجْتَمَعِ بِالْفَائِدَةِ.

فِي عَالَمِ مِلْيٍ بِالتَّحَدِّيَّاتِ وَالتَّعْجِزَاتِ، يَظَلُّ الْحَيَاءُ قِيَمَةً ثَابِتَةً تُقَوِّي رَوَابِطَ الْاِنْسَانِيَّةِ، وَتُبْنِي مُجْتَمَعَاتٍ قَائِمَةً عَلَى الْاِحْتِرَامِ وَالتَّقْدِيرِ.

زيد بن عبید

شرم و حیا

آج کل انسان خود کو مسلمان تو کہہ لیتا ہے لیکن عمل بہت کم لوگ کر پاتے ہیں۔ کچھ لوگ مسلمان ہوتے ہوئے بھی شراب، ویب، گھٹنوں سے اوپر کی نیکر کا استعمال کرتے ہیں۔ نبی پاک صلی اللہ علیہ وسلم کی ایک حدیث ہے جس کا مفہوم یہ ہے کہ "مسلمانوں اور غیر مسلم میں صرف ایک فرق ہے اور وہ ہے نماز"

نماز کے لیے پہلے پاکی اور پھر شرم و حیا شرط ہے۔ اس میں آپ صلی اللہ علیہ وسلم کی حدیث بھی ہے جس کا مفہوم ہے کہ "شرم و حیا کیا کرو اگر تمہارے اندر حیا نہیں تو پھر جو چاہے کرو"

اللہ تعالیٰ ہمیں ایمان والی سنتوں پر عمل کرنے کی توفیق عطا فرمائے۔ امین

مصعب بن امان



EMOTION FOR GRADE 7

MESSAGE FROM THE CLASS

TEACHER 7-A

As we conclude this school year, I want to take a moment to celebrate the incredible journey we've shared. It has been a privilege to be your teacher and I will always cherish the outstanding presentations you delivered, showcasing your creativity and hard work.

Your commitment to social justice was evident during the protest for Palestine, where you united for a cause with compassion. The projects, community donations and successful bake sale highlighted your generosity and teamwork, proving that small actions can make a significant impact.

Our field trip was filled with laughter and learning, creating unforgettable memories, while your sportsmanship demonstrated the power of collaboration. Your dedication during Seerah lessons showed your maturity and understanding of important values.

As you move forward, remember the lessons we've learned and the bonds we've formed. Each of you has the potential to achieve greatness and I have no doubt you will continue to shine.

Thank you for being such an amazing group of students. I will carry these memories in my heart forever. Wishing you all the best in your next adventures!

Warmest Regards,
Esha Fatima

CLASS 7 - A

قِصَّةُ أَهْمِيَّةِ مُسَاعَدَةِ الْأَصْدِقَاءِ

الصَّدَاقَةُ نِعْمَةٌ كَبِيرَةٌ مِنْ نِعَمِ اللَّهِ تَعَالَى، عِنْدَمَا نُوَاجِهُ الْمُسْكَلَاتِ، يَكُونُ الْأَصْدِقَاءُ الْحَقِيقِيُّونَ بِخَانِنِينَ، يُسَاعِدُونَنَا وَيُخَفِّفُونَ عَنَّا. فِي أَحَدِ الْأَيَّامِ، جَاءَتْ إِلَى صَفْنَا طَالِبَةٌ جَدِيدَةٌ، كَانَتْ ضَعِيفَةً فِي اللُّغَةِ الْعَرَبِيَّةِ، فَلَمْ تَفْهَمْ الدُّرُوسَ وَالْقَوَاعِدَ بِشَكْلٍ جَيِّدٍ. شَعُرْتُ بِالْمَسْئُولِيَّةِ تَحَايَهَا، وَقَبَّرْتُ مُسَاعَدَتَهَا. كُنْتُ أَجْلِسُ مَعَهَا كُلَّ يَوْمٍ، أَسْرَحُ لَهَا الْقَوَاعِدَ وَأَفْهَمُهَا الدُّرُوسَ، وَأُسَاعِدُهَا فِي الْوَاجِبَاتِ الدِّرَاسِيَّةِ. ذَاتَ يَوْمٍ، غَابَتْ الظَّالِمَةُ عَنِ الْمَدْرَسَةِ. شَعُرْتُ بِالْقَلْقِ عَلَيْهَا، فَذَهَبْتُ إِلَى مَنَازِلِهَا. وَجَدْتُ أَنَّهَا مَرِيضَةٌ، وَلِذَلِكَ لَمْ تَتِمَكَّنْ مِنْ الْحُضُورِ. بَدَأَتْ أَزُورُهَا يَوْمِيًّا، وَأَعْطَيْتُهَا كُلَّ وَاجِبَاتِ الصَّفِّ، وَأَشْرَحُ لَهَا مَا فَاتَنَا مِنْ دُرُوسٍ فِي جَمِيعِ الْمَوَاقِدِ. اسْتَمَرَّتْ هَذِهِ الْحَالَةُ حَتَّى شَفَتْ وَعَادَتْ إِلَى الْمَدْرَسَةِ. عِنْدَمَا رَجَعْتُ، شَكَرْتَنِي قَائِلَةً: "لَقَدْ سَاعَدْتَنِي كَثِيرًا، وَلَنْ أَنْسَى فَضْلَكَ أَبَدًا." وَمُنْذُ ذَلِكَ الْيَوْمِ، أَصْبَحْنَا صَدِيقَتَيْنِ مُقَرَّبَتَيْنِ.

فِي يَوْمٍ آخَرَ، كُنْتُ أَرْكَبُ الْحَافِلَةَ الْمَدْرَسِيَّةَ، وَلَاحِظْتُ فَتَاةً تَجْلِسُ وَجِدَةً وَصَامِتَةً دَائِمًا. قَرَّرْتُ أَنْ أَسْأَلَهَا: "لِمَاذَا لَا تَتَحَدَّثِينَ مَعَ أَحَدٍ فِي الْحَافِلَةِ؟" أَجَابَتْ بِخُرْنٍ: "لَيْسَ لَدَيَّ صَدِيقَاتٍ." ابْتَسَمْتُ لَهَا وَقُلْتُ: "أَنَا صَدِيقَتُكَ مِنَ الْآنِ فَصَاعِدًا."

مَرَّتِ الْأَيَّامُ، وَكُنْتُ أَجْتَاجُ إِلَى شَرْحِ أَحَدِ الدُّرُوسِ الَّتِي لَمْ أَفْهَمْهَا جَيِّدًا. تِلْكَ الْفَتَاةُ الَّتِي أَصْبَحْتُ صَدِيقَتِي بَادَرَتْ بِمُسَاعَدَتِي، وَشَرَحَتْ لِي الدُّرُسَ بِطَرِيقَةٍ زَائِقَةٍ. جِئْتُ أَذْكُرْتُ أَهْمِيَّةَ الصَّدَاقَةِ الْحَقِيقِيَّةِ، فَهِيَ تَبَادُلُ لِلْعَطَاءِ وَالْمُسَاعَدَةِ. عَلَيْنَا دَائِمًا أَنْ نُسَاعِدَ أَصْدِقَاءَنَا فِي أَوْقَاتِ الْحَاجَةِ، وَأَنْ نَكُونَ بِجَانِبِهِمْ كَمَا يُحِبُّ أَنْ يَكُونُوا بِجَانِبِنَا. الصَّدَاقَةُ لَيْسَتْ مَجْرَدَ كَلِمَاتٍ، بَلْ هِيَ أَفْعَالٌ تَغْيِرُ "عَنِ الْحَبِّ وَالْأَهْتِمَامِ." الصَّدِيقُ وَقْتُ الصِّبْقِ

أَقْصَى

صبح کے دس بجے ہی سورج کی چلچلاتی کڑک دھوپ کی کرنیں شہر پر چمک رہی تھیں۔ عفان اپنے گہرے بھورے ریشمی بالوں کو ٹھیک کر رہا تھا اور پھر افس کے لیے نکل پڑا۔ اس کے افس کا نام میٹا ہائے تھا۔ جہاں ڈیوں کا کام اور ایمپو لیز کا کام ہوتا تھا۔ آدھا دن کام پر گزر گیا اور دوپہر کے کھانے کا وقت ہو گیا تھا۔ عفان کو کام کے دوران ایک ضروری فائل نہیں مل رہی تھی پھر اسے یاد آیا کہ اس نے وہ فائل گھر پر چھوڑ دی ہے۔ عفان اس فائل کو لینے کے لیے نکل ہی رہا تھا لیکن اس سے پہلے اس نے اپنے دوست عبداللہ سے پوچھا کہ "کیا وہ بھی ساتھ چلے اور عفان کے گھر پر کھانا بھی کھا لے۔"

عبداللہ بھی عفان کے ساتھ نکل گیا ان کو راستے میں بیچ میں بہت گاڑیاں ملیں جس کی وجہ سے شدید ٹریفک جام تھا۔ بالکل مچھلی بازار لگ رہا تھا۔ غصے میں عفان کی نس اس کے لال مانتھے پر پھول رہی تھی۔ اس جذباتی لڑکے نے غصیلے انداز میں کہا کہ "اسے جگہ دیں۔" بہت شور شرارے سے ہوتا ہوا وہ آخر کا ر گھر پہنچ گیا۔ گھر پہنچ کر عفان نے اپنی امی کو کھانا نکالنے کا کہا۔ اس کے امی نے گھر کا بنا گرم گرم لوکی کا سالن دسترخوان پر رکھا۔ عفان نے اس بات پر پھر ناراضگی کا اظہار کیا اور رونا مچایا کہ سبزی کیوں پکائی؟ عبداللہ پورا وقت عفان کے نخرے دیکھ رہا تھا اور اسے افسوس ہوا۔ اس نے عفان کو سمجھایا کہ "اس کا ایک دوست ہے جو آنکھوں سے دیکھ نہیں سکتا اور اس کے بیٹے کا ابھی حادثہ بھی ہوا ہے۔ بہت مدت سے اور اللہ کی شکر گزاری کرتے ہوئے وہ زندگی گزارتا ہے۔" اس نے عفان کو مزید بتایا کہ شکر گزاری اللہ کو بہت محبوب ہے قرآن مجید میں ہے۔ "اگر تم ناشکری کرو گے تو یقیناً اللہ تم سے ناراض ہوگا۔ اللہ تم سے بے نیاز ہے اور وہ اپنے بندوں کے لیے ناشکری کو پسند نہیں کرتا اور اگر تم شکر ادا کرو گے تو وہ اسے تمہارے لیے پسند کرتا ہے۔"

حدیث شریف میں بھی آتا ہے کہ نبی اکرم صلی اللہ علیہ وسلم نے فرمایا کہ "کھانے پر شکر کرنے والا درجے میں صبر کرنے والے روزے دار کے برابر ہے۔" یہ سب باتیں سن کر عفان شرمندہ ہو گیا۔ اس نے اپنی امی سے معافی مانگی اور پھر وہ دونوں کھانا کھا کر اپنے افس کی طرف چل پڑے۔

ان سب باتوں سے ہمیں بھی یہ سبق ملتا ہے کہ ہمیں ہر حال میں اللہ کا شکر ادا کرنا چاہیے اور زبان کے ساتھ ساتھ اپنے عمل سے بھی ہمیں شکر گزار ہونا چاہیے۔ شکر گزاری سے اللہ خوش ہوتا ہے اور اس کی دی ہوئی نعمتوں میں اضافہ ہوتا ہے اور انسان کا دل بھی سکون پاتا ہے۔

عیمبر خان

GRATITUDE: YOUR PATH ON THE NUMBER LINE OF LIFE

Imagine a number line stretching infinitely in both directions. In Islam, the right side leads to Jannah, while the left side leads to Jahannam.

Gratitude is the key to moving right on this number line, bringing us closer to Jannah. The center of the number line is the starting point, where a person hasn't practiced gratitude or committed sins, meaning they have neither gained nor lost anything.

Now ask yourself,

Where do you think you are on this number line?

Where do you want to go?

Why is gratitude important?

Gratitude increases happiness, strengthens relationships, improves mental and physical health, and helps us stay resilient during hard times. Without it, emotions like jealousy, stress, and anxiety take over, pushing us further left on the number line. Subtracting blessings by being ungrateful leads us closer to Jahannam.

Practicing gratitude is simple and life changing. Small acts like saying 'thank you,' smiling, reflecting on your blessings, and helping others can make a big difference. These habits not only improve your life but also bring you closer to the ultimate reward—Jannah!



Asiyan Farhan Khatri

Gratitude for Pakistan's Beauty: A Call to Protect Our Homeland
Have you ever wondered about the scenic beauty of Pakistan? We always ignore the view that's right outside our window and instead ponder over the historical artefacts of other countries and cities.

What we don't realize is that our own home land grasps more beauty than we ever thought it could. Whether it is the large rocky yet peaceful landscape of the gigantic mountains in the Himalayas or the crashing crystal blue waves at the local Seaview in Karachi, each of them holding its own form of memories and a breath-taking site. It's an honor to hold the responsibility of preserving this admirable country and each of us should take part in it as this is our only home and every tract of land we own, is a form of sacrifice from our ancient Muslim leaders.

The problem here, as you all know, is the harmful effects of climate change that seeps into our nation as well as others due to the selfish and ignorant acts of mankind. Instead of being grateful and preserving the lovely surroundings we find ourselves in, we tend to exploit it and thus destroy it! Our ungratefulness is as much of a threat to our world as pollution and the loss of biodiversity is. You must have heard about the situation of Lahore which was caused due to air pollution and smoke. This caused not only car accidents but also affected the people there with lung cancer and many other deadly diseases. The Indus Delta dolphin are also endangered because of water pollution, reduced habitat by the setting of barrages, and are largely poached down for their skin. Mangrove trees are also being reserved because they are reducing in number due to deforestation. Our atrocious acts will not only badly affect our land but can also be the death of our neighboring countries.

Some schemes have been organized to help our land, including Climate Smart Agriculture (CSA) which manages croplands, livestock and forests, focusing on reforestation. Pakistan's Snow Leopard and Ecosystem Protection program, Living Indus Initiative, and Pakistan Wildlife Foundation are all working on protecting wildlife and ecosystem. Changa Manga, Kamalya, Chicha Watni and Khipro reserve are all man-made forests in Pakistan. Did you know that Thar Desert has some parts of it afforested? Sindh Solid Waste Management Board is also working effortlessly to conserve and clean ocean water and manage floods. As you have read above, some of us are trying our best and it is now up to us to work as a community to take a step forward and learn to feel grateful towards this dazzling country that we all belong to.

Elveena Salman Mirza

CLASS 7 - A

دَرْسُ الشُّكْرِ وَالْإِمْتِنَانِ

كَانَتْ أَمْنَةً وَطَارِقُ أَخُوَيْنِ يَحْسَبَانِ مَعَا فِي بَيْتٍ مَلِيٍّ بِالْمَحَبَّةِ، لَكِنَّهُمَا كَانَا كَثِيرًا مَا يَتَسَاجَرَانِ. اعْتَادَتْ أَمْنَةُ أَنْ تُلْقِي وَرَرَ أَخْطَانَهَا عَلَى طَارِقٍ، بَيْنَمَا كَانَ طَارِقُ يَزِدُّ عَلَيْهَا بِغَضَبٍ وَنَزَرٍ وَرَرَ أَخْطَانَهَا عَلَيْهَا. مَعَ مَرُورِ الْوَقْتِ، أَصْبَحَتْ مُتَسَاجِرَاتِهِمَا تَزْدَادُ يَوْمًا بَعْدَ يَوْمٍ، وَنَدَا سَلُوكُهُمَا بِتَغْيِيرٍ، لَمْ يَقْعِدَا بِتَعَامُلِنِ يَوْمًا كَمَا كَانَا فِي السَّابِقِ، وَأَصْبَحَ كُلُّ مَنْهُمَا يَشْعُرُ بِالضَّيْقِ تَجَاهِ الْآخَرِ. لَاحِظْ وَالْهُمَا هَذَا التَّغْيِيرَ، فَقَرَّرَ التَّدْخُلَ. جَمَعَهُمَا وَالْهُمَا وَقَالَ لَهُمَا: "يَا أَمْنَةُ وَطَارِقُ، هَلْ تَذَرِكُنِ الْبَقْعَ الَّذِي أَنْعَمَ اللَّهُ بِهَا عَلَيْنَا؟ أَنْظِرْنَا حَوْلَكُمَا. لَدُنَّائِ بَيْتٌ دَافِيٌّ، وَطَهَارٌ لَذِيذٌ، وَعَائِلَةٌ نَجِبٌ تَغْضُوهُمُ الْبَقْعُ. هُنَاكَ أَطْفَالٌ فِي هَذَا الْعَالَمِ لَا يَجِدُونَ مَا تَأْكُلُونَهُ وَلَا مَنْ يَهْتَمُّ بِهِمْ، وَمَعَ ذَلِكَ يَشْكُرُونَ اللَّهَ عَلَى مَا لَدَهُمْ." ثُمَّ أَضَافَتْ وَالْهُمَا: "اللَّهُ سُبْحَانَهُ وَتَعَالَى يَقُولُ: لَنْ شُكْرْتُمْ لِأَزِيدَنَّكُمْ. عِنْدَمَا تَشْكُرُ اللَّهَ عَلَى نِعْمِهِ، يُبَارِكْ لَنَا فِيهَا وَيَزِيدُهَا. وَلَكِنْ عِنْدَمَا تَتَسَاجَرُ وَتَتَجَاهَلُ هَذِهِ النِّعَمَ، فَإِنَّا نَضَيِّعُ هَذِهِ الْبَرَكَةَ." شَعَرَ طَارِقُ وَأَمْنَةُ بِالْخَلَلِ مِنْ تَصَرُّفَاتِهِمَا. أَذْرَكَ أَنَّ شَجَارَاتِهِمَا كَانَتْ بِسَبَبِ أُمُورٍ ضَعِيفَةٍ لَا تَسْتَحِقُّ. وَأَنْهَمَا كَانَا يَنْتَسِيَانِ النِّعَمَ الْعَظِيمَةَ الَّتِي لَدَهُمَا. فِي نَهَائَةِ ذَلِكَ الْيَوْمِ، اتَّفَقَ طَارِقُ وَأَمْنَةُ عَلَى أَنْ يَغْيِرَا سَلُوكَهُمَا. قَالَ طَارِقُ: "أَسِفٌ يَا أَمْنَةُ، لَنْ أَلْوَمَكَ بَعْدَ الْآنِ، وَسَأَحَالُ أَنْ أَكُونُ أَخًا أَفْضَلَ." وَرَدَّتْ أَمْنَةُ: "وَأَنَا أَيْضًا أَسِفُ يَا طَارِقُ. أَعَدْتُ أَنْبِي لَنْ أَكْثَرَ أَخْطَائِي وَسَأُكُونُ أَخْتًا مُمْتَنَّةً." وَمُنْذُ ذَلِكَ الْيَوْمِ، نَبَذَتْ أَمْنَةُ وَطَارِقُ فِي شُكْرِ اللَّهِ عَلَى كُلِّ نِعْمَةٍ ضَعِيفَةٍ وَكَبِيرَةٍ، وَأَصْبَحَا أَكْثَرَ تَقْدِيرًا لِنِعْمَتِهِمَا الْبَقْعُ. تَعَلَّمُ كِلَاهُمَا دَرْسًا مَهْمًا: أَنَّ الشُّكْرَ وَالْإِمْتِنَانَ يُجْلِبَانِ السَّعَادَةَ، بَيْنَمَا الشَّجَارُ يُضَيِّعُ النِّعَمَ.

حَفَظَةُ

Showing Gratitude to Earth: A Call for Climate Action

The Earth's climate is getting worse because we don't show enough gratitude towards it. Our planet provides us with all our needs like water resources, rich soil to grow crops, a life and many more things. We should be thankful for those resources and not misuse them. There are lots of ways to avoid misusing these resources. Recently, there has been a case of extreme smog in Lahore, Pakistan which was caused by mixing emissions from industrial factories, vehicle exhaust and agricultural burning. To combat that, government of Pakistan has initiated closure of some factories and lock down of schools for a few days. The government also contributes in solving this problem by installing free solar panels to reduce the release of greenhouse gases. They are also reducing coal fired power plants and embracing renewable energy. We can show gratitude by planting more trees, conserving water, using bicycle or walking instead of driving and doing so much more as a community to solve the bigger problem of global warming.

Haya Atif Gaba

الشُّكْرُ وَالْإِمْتِنَانُ عَلَى نِعَمِ اللَّهِ تَعَالَى

قَالَ اللَّهُ تَعَالَى: "وَإِذْ تَادُّنَ رَبُّكُمْ لَنْ شُكْرْتُمْ لِأَزِيدَنَّكُمْ وَلَنْ تَقْرَرْتُمْ إِنَّ عَذَابِي لَشَدِيدٌ" (إِزْهَابِ: 7). إِنَّ الشُّكْرَ نِعْمَةٌ عَظِيمَةٌ أَمَرَنَا اللَّهُ بِهَا، فَهُوَ اعْتِرَافُ بِفَضْلِ اللَّهِ وَإِمْتِنَانِهِ عَلَى عِبَادِهِ. قَالَ النَّبِيُّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ: "مَنْ لَا يَشْكُرُ النَّاسَ لَا يَشْكُرُ اللَّهَ". مِمَّا يَدُلُّ عَلَى أَنَّ شُكْرَ الْبَشَرِ عَلَى مَغْرُوفِهِمْ جَزَاءٌ مِنْ شُكْرِ اللَّهِ عَزَّ وَجَلَّ، اللَّهُ سُبْحَانَهُ وَتَعَالَى مَتَحَنَا نِعْمًا لَا تُحَدُّ وَلَا تُحْصَى، وَمِنْ أَرْزَرِ هَذِهِ النِّعَمِ: نِعْمَةُ الْإِسْلَامِ، نِعْمَةُ الْعَقْلِ، نِعْمَةُ الصِّحَّةِ وَنِعْمَةُ الْأَشْرَةِ، حَبِثْ وَهَبْنَا اللَّهُ عَائِلَةً نَحْيُشْ مَعَهَا فِي مَحَبَّةٍ وَسَلَامٍ، وَنَسْأَلُ اللَّهَ أَنْ يُجْعَلَهَا نِعْمَةً دَائِمَةً. عَلَيْنَا أَنْ نَشْكُرَ اللَّهَ عَلَى كُلِّ هَذِهِ النِّعَمِ يَقُولُنَا: "الْحَمْدُ لِلَّهِ"، وَبِالْعَمَلِ الصَّالِحِ، وَبِطَاعَةِ اللَّهِ وَتَسْلُوبِ صَلَواتِ اللَّهِ عَلَيْهِ وَسَلَّمَ. فَمِنْ صُورِ الشُّكْرِ: الصَّلَاةُ عَلَى أَوْفَائِنَا، فَيُظَاهِرُ بِهَا حُبَّنَا وَطَاعَتَنَا لِلَّهِ وَإِعْظَامُ الْفُقَرَاءِ وَعَدْمُ التَّفَاخُرِ بِالنِّعَمِ حَتَّى لَا نُصَابَ بِالْغُرُورِ أَوْ تَسْتَبِيحُ فِي خُسَارَةِ الدُّنْيَا وَالْآخِرَةِ. نَسْأَلُ اللَّهَ أَنْ يَزِدَّنَا قُلُوبًا شَاكِرَةً وَالسَّيِّئَةَ ذَاكِرَةً. "الْحَمْدُ لِلَّهِ عَلَى كُلِّ نِعْمَةٍ، ضَعِيفَةٍ كَانَتْ أَوْ كَبِيرَةٍ."

مَرِّمُ كَامِرَانِ بِاشْمِي

وہ ایک گرم اگست کا دن تھا اور سورج کی دھوپ کی شدت سے سب ہی پریشان تھے، سب لوگ سورج کے غصے سے بچنے کی کوشش کر رہے تھے۔ محمود بھی ان ہی لوگوں میں سے تھا۔ وہ ذرا غصیلی طبیعت کا آدمی تھا۔ وہ کوئی بھی کام غلط ہو جانے پر جلد ناراض ہو جاتا یعنی جب کبھی صورتحال اس کے قبا ہوسے باہر نکلتی تو وہ پریشان ہو جاتا تھا۔ محمود ایک انجینئرنگ کمپنی میں کام کرتا تھا۔ ایک دن محمود دیر سے سوکراتھا تھا۔ اس کا الارم نہیں بجا تھا تو اسکو وقت گزرنے کا پتہ ہی نہ چلا۔ اس نے جلدی جلدی ایک سینڈ وچ لیا اور پچھلے دن کے ہی کپڑے پہن کر باہر دوڑا۔ باہر نکل کر اس کو پتہ چلا کہ گاڑی میں گیس نہیں ہے تو اسے سی این جی اسٹیشن پہلے جانا تھا اور اپنا ٹینک بھروانا تھا۔ اسے پہلے ہی آپس کے لیے دیر ہو رہی تھی۔ وہ جلدی سے اپنی گاڑی چلانا شروع ہو گیا۔ اچانک پولیس آفیسر نے اسے اوور سپیڈنگ پر روکا اور اس کو ایک چالان دیا۔ محمود کو غصہ آنے لگا تھا کیونکہ آج ہی اس کی میٹنگ بھی تھی اور بہت دیر ہو چکی تھی۔ جیسے ہی آپس پہنچا اس کے پاس سامنے سے کھڑے تھے۔ انہوں نے محمود سے پوچھا تم آج اتنی زیادہ دیر سے کیوں آئے ہو؟ محمود ایک دم بوکھلا گیا اور کہنے لگا کہ "وہ جناب بات یہ تھی کہ۔۔۔" اس سے پہلے کہ محمود کچھ کہہ پاتا، باس نے فوراً کہا کہ "چلو کام شروع کر دو، اندر

سب لوگ میٹنگ روم میں انتظار کر رہے ہیں۔" محمود بھاگتا ہوا جب اندر گیا تو سب نے اسے گھورتے ہوئے دیکھا۔ محمود شرم سے پانی پانی ہو گیا اور اپنی سیٹ پر آ کر بیٹھ گیا میٹنگ شروع ہوئی جب وہ اپنے آپس بیگ سے لیپ ٹاپ نکالنے لگا تو اسے احساس ہوا کہ لیپ ٹاپ تو گھر پر ہی بھول گیا ہے۔ اب تو وہ اور زیادہ شرمندہ ہو گیا اور بغیر لیپ ٹاپ کے اپنی سیٹ پر بیٹھ گیا۔ احمد منیجر تھا، وہ کہنے لگا کہ "محمود آپ کا لیپ ٹاپ کہاں ہے؟" محمود نے سر جھکاتے ہوئے کہا کہ "میں لیپ ٹاپ گھر بھول آیا ہوں۔" احمد نے کہا کہ آج ہمیں آپ کے کام کی زیادہ ضرورت تھی اور آج آپ کا لیپ ٹاپ ہی نہیں ہے۔" میٹنگ دو بجے قریب ختم ہوئی، محمود نے ارادہ کیا کہ اپنے لنچ بریک میں گھر جا کر وہ لیپ ٹاپ لے کر آئے گا۔ کوریڈور میں اسے اپنا ایک دوست حسین مل گیا۔ حسین نے کہا "چلو میں بھی تمہارے ساتھ ہی چلتا ہوں، گھر پہ ہی کھانا کھائیں گے۔" وہ دونوں آفس سے نکلے۔ محمود گاڑی چلا رہا تھا، ایئر کنڈیشن آن تھا۔ اچانک ایک بندہ اس کے گاڑی کے آگے آئے بچا۔ اس نے جلدی سے بریک لگایا۔ پھر اس نے اس کو برا بھلا کہنا شروع کر دیا وہاں کافی سارے لوگ جمع ہو گئے اور ایک ہنگامہ سا ہو گیا۔ اس بندے نے معذرت کی اور جلدی سے چلا گیا۔ محمود کو بہت غصہ آ رہا تھا آخر کار گھر پہنچا تو اس نے دیکھا کہ وہاں کھانا لگا ہوا تھا اس نے اپنی امی سے پوچھا "کھانے میں کیا ہے؟" جب اس نے آلو بیگن دیکھے تو اس کا منہ بن گیا کہ ابھی پچھلے دنوں تو میں نے یہ کھایا تھا محمود غصے سے میز پر بیٹھا کھانا کھانے لگا۔ حسین کافی دیر سے غور کر رہا تھا۔ اس نے محمود سے پوچھا کہ "آج تو آپ بہت زیادہ ہی غصہ کر رہے ہو، غصہ صحت کے لیے اچھا نہیں ہوتا اور ہمارے نبی صلی اللہ علیہ وسلم کو بھی یہ بات اچھی نہیں لگتی تھی۔" محمود اپنے دوست کی بات سن کر چپ ہو گیا پھر کہنے لگا "آج صبح سے ہی کچھ بھی ٹھیک نہیں ہو رہا۔" حسین نے کہا "محمود ادھر دیکھو تمہارے پاس اللہ نے بے شمار نعمتیں دی ہیں تمہارے پاس ایک پیاری امی جان ہیں جو تمہیں کھانا بنا کر دیتی ہیں۔ اگر کافی عرصے سے تم یہ کھانا کھا بھی رہے تھے تو کوئی مسئلہ نہیں ہے اللہ کے شکر گزار رہو۔ دیکھو ہمارے ارد گرد کتنے مسلمان پریشان حال ہیں، فلسطین میں لوگ بھوک سے مر رہے ہیں۔ تمہارے پاس ایک اچھا گھر ہے، جہاں تم سکون سے رہتے ہو۔ تمہارے پاس نوکری ہے، جس سے تم حلال پیسے کماتے ہو۔ تمہارے پاس صحت مند بچے ہیں، تمہارے گھر والے تم سے اتنا پیار کرنے والے ہیں اور پھر بھی تم ناراض اور ناشکرے ہو رہے ہو، آخر تمہیں اللہ سے اور کیا چاہیے؟" یہ باتیں سن کر محمود شرمندگی سے اپنی نظریں نیچے جھکا لیں۔ "حسین نے اپنی بات جاری رکھتے ہوئے کہا کہ" میں بھی پہلے غصیلہ آدمی تھا ایک دن میں گھر سے واپس جا رہا تھا اور غصے میں ہی تھا۔ راستے میں مجھے چند بچے اور ان کے ماں باپ سڑک کے کنارے نظر آئے۔ انہوں نے پرانے اور گندے کپڑے پہنے ہوئے تھے اور وہ سب باسی روٹیوں کو شوق سے کھا رہے تھے جیسے ان کو بہت زیادہ کھانا مل گیا ہو۔ چھوٹے بچے خوشی سے ناچ رہے تھے کہ جیسے انہیں بہت مزہ کا کھانا مل گیا ہو۔ میں نے جب ان کی حالت زار دیکھی تو میں بہت اداس اور شرمندہ ہو گیا کہ میں اپنی اتنی نعمتوں پر ناشکری کر رہا ہوں۔ اس دن سے میں نے ارادہ کیا کہ میں بھی اپنی ساری نعمتوں پر شکر گزار رہوں گا اور تم جانتے ہو کہ اگر ہم شکر گزار رہیں گے تو اللہ تعالیٰ ہماری نعمتوں میں اضافہ کرے گا۔" محمود ساری باتیں بہت غور سے سن رہا تھا وہ کہنے لگا "صحیح کہنے ہو جزاک اللہ میرے پیارے دوست تم نے میری آنکھیں کھول دی ہیں آج سے میں وعدہ کرتا ہوں کہ میں بھی اپنی نعمتوں کا شکر گزار رہوں گا۔ اچانک محمود کو یاد آیا۔ وقت تو ذرا دیکھو مجھے میرے لیپ ٹاپ کی ضرورت ہے۔ محمود نے جلدی جلدی اپنا کھانا ختم کیا لیپ ٹاپ اٹھایا اور اپنی امی جان کا شکریہ ادا کر کے انہیں پیار کیا اور واپس آفس روانہ ہو گیا۔ محمود نے اس وعدے کو پورا بھی کیا اور وہ ایک بہت اچھا صبر کرنے والا اور نیک انسان بن گیا۔

حارم فیصل

CLASS 7 - A

Gratitude for Nature: Preserving Pakistan's Scenic Beauty

As we all know, Pakistan is home to some of the most beautiful natural landscapes in the world. One of the many examples is the Hunza Valley. It is known for its breathtaking views of lush greenery, serene lakes, and snow-covered peaks. There is another significant valley, the Swat Valley, often known as the "Switzerland of Pakistan." Its stunning landscapes of mountains, hills, rivers, and valleys make it a popular tourist destination. While these scenic beauties make Pakistan a popular country and a destination to visit, most of them are facing threats. For example, Hunza Valley faces threats from climate change, particularly the melting of glaciers that leads to floods and landslides. It is also currently facing increased pollution due to improper waste management and over-population. The Swat Valley has been affected a lot by deforestation and overdevelopment, which highly threatens its natural beauty. To keep Pakistan safe from these threats, the government has taken several steps. Many environmental protection laws have been introduced, such as the "Pakistan Environmental Protection Act (PEPA) in 1997, which aims to control pollution and promote sustainable development. This is enforced by the Environmental Protection Agencies (EPAs). We, as the public of Pakistan should be thankful to the government for trying to keep our country away from difficulties like these and we should help them in these missions as well.

Maryam Osama Usmani

Gratitude: The Multiplier of Blessings in Islam

"If you are grateful, I will surely increase [My blessings] upon you" (Surah Ibrahim, 14:7)

This verse reminds us that gratitude acts as a multiplier, it increases the blessings in our lives.

Gratitude works like multiplying numbers—it makes blessings grow. When we thank Allah for what He has provided, it increases our happiness and inspires us to share our blessings through acts of charity, kindness, and helping others.

Gratitude is like a habit. The more we practice it, the more aware we become of the countless blessings in our lives.

"And whatever you have of favor – it is from Allah" (Surah An-Nahl, 16:53)

If we think of blessings as numbers, counting them helps us realize how much Allah has given us. As we continue to practice gratitude, we will see how it multiplies in our lives, just like a simple equation becoming stronger with each step.

Let us always remember to be thankful and watch how it transforms our lives, filling them with even more joy and abundance.

Syeda Izzah Sherazi

صبح کا وقت تھا اور محمد دیر تک سوتا رہ گیا۔ جب وہ اٹھا تو اس نے جلدی جلدی تیاری کی اور بس سٹاپ پہنچ گیا۔ وہ وہاں پہنچا تو پتہ چلا کہ بس ڈرائیور اسے چھوڑ کر نکل گیا ہے۔ محمد غصیلہ تو تھا، ابھی بھی اس کا چہرہ غصے سے لال ہو گیا۔ وہ جلدی سے گھر آیا اور اس نے جلدی جلدی اپنی گاڑی گھیرا سہ نکالی۔

پھر اپنے آفس کی طرف روانہ ہوا۔ آفس میں پہنچا تو اس کے پاس نے اسے بے نقط سنائیں کیونکہ اس نے آنے میں دیر لگائی تھی اور وہ شرمندگی سے پانی پانی ہو گیا۔ محمد نے دل ہی دل میں اپنے پاس کو کوسٹے بوٹے آنکھیں چڑھائیں۔ ان سارے واقعات کے بعد وہ اپنی جگہ پر بیٹھا اور کام کرنا شروع ہو گیا۔ کام کرنے کرتے اسے یاد آیا کہ وہ اپنا لیپ ٹاپ تو گھر بھول آیا ہے۔ اس نے سوچا وہ ابھی گھر جا کر لے آئے گا مگر اس کا پاس اس سے ناراض تھا خیر اس نے لنچ کے وقفے تک صبر کیا اور جب کھانے کا وقفہ ہوا تو اپنے دوست کے پاس آیا اور اس سے کہا کہ "حمزہ تم میرے ساتھ گھر چلنا پسند کرو گے؟ میں اپنا لیپ ٹاپ بھول گیا ہوں، وہیں کھانا بھی کھا لیں گے۔" حمزہ نے جواب دیا "کیوں نہیں، چلو چلتے ہیں۔"

یہ کہہ کر دونوں پارکنگ کی طرف روانہ ہوئے۔ محمد نے اپنی گاڑی نکالی اور اس میں بیٹھ گیا۔ گاڑی ٹھنڈی کرنے کے لیے اس نے ایئر کنڈیشنن چلا دیا۔ حمزہ بھی اس کے ساتھ گاڑی میں تھا۔ گاڑی چلانے کے تھوڑی دیر بعد ہی محمد رش میں پہنچا۔ گاڑی کے آگے بہت سے لوگ گزر رہے تھے، محمد کو سخت کوفت ہو رہی تھی۔ وہ طیش میں آگیا، اس نے گاڑی کی کھڑکی نیچے کی اور لوگوں کو برا بھلا کہنے لگا۔ حمزہ نے اسے سمجھانے بولے کہا کہ "بھائی غصہ نہ کرو، بس گاڑی چلاؤ۔" محمد پھر گاڑی چلانے میں مصروف ہو گیا۔ تھوڑی دیر بعد وہ محمد کے گھر پہنچ گئے۔ محمد نے اپنے گھر کے اندر قدم رکھا اور کہنے لگا "امی کھانا لگا دیں، مجھے غصہ کی بھوک لگی ہوئی ہے۔" یہ کہہ کر وہ اپنے کمرے کی طرف گیا اور لیپ ٹاپ لینے لگا۔ حمزہ نے اس کی امی کو سلام کیا اور کھانے کی میز پر بیٹھ گیا۔ محمد کی امی نے سبزی نکال کر رکھی۔ تھوڑی دیر میں محمد اپنا لیپ ٹاپ لے کر کمرے سے باہر آیا۔ اس نے میز پر سبزی رکھی دیکھی تو اپنی ماں کی طرف غصے اور تند مزاجی سے مڑا اور کہنے لگا "یہ کیا ہے؟ میں تنگ آگیا ہوں آپ کی بددعا سے سبزی کھا کھا کر۔" یہ سن کر اس کی ماں کا مزاج خوشی سے ناراضی میں بدل گیا، انہوں نے کچھ نہیں کہا۔ حمزہ سے اپنے دوست کے بدتمیزی اور نہ سہی گئی۔ حمزہ نے کہا "محمد تمہیں ایسا نہیں کہنا چاہیے تھا میں صبح سے دیکھ رہا ہوں اور آج مجھے محسوس ہوا کہ تم بہت ناشکر ہو۔ محمد نے کہا کیا مطلب حمزہ نے کہا جب وقفہ شروع ہوا تھا اور تم نے مجھ سے یہاں لانے کی درخواست کی میں نے تو ہاں کہا کہ یہ دیر مگر تم نے میرا شکریہ بھی نہیں کیا۔ گاڑی چلاتے ہوئے جو تمہاری گاڑی کے سامنے لوگ آئے جو جلدی میں تھے وہ بھی ہماری طرح دوسری جگہ جانا چاہتے تھے تم انہیں کوسنا شروع ہو گئے تمہیں ذرا احساس نہ ہوا کہ تم ایک ٹھنڈی گاڑی میں بیٹھے ہو اور تمہارے سر کے اوپر چھت بھی ہے مگر وہ لوگ تو تپتی ہوئی گرمی میں گرم سڑک پر پیدل تھے اور جب ہم تمہارے گھر آئے اور تمہیں پتہ چلا کہ تمہاری امی نے کھانے میں سبزی بنائی ہے تم نے غصے میں اپنی ماں کو برا بھلا کہنے شروع کر دیا وہ بہت ناراض ہوئی مگر تمہیں یہ پتہ نہ چلا کہ انہوں نے کتنے دل سے تمہارے لیے کھانا بنایا۔ خیر اس کو چھوڑو یہ تو سوچو کہ کتنے لوگوں کے پاس ماں ہی نہیں تم آج بہت ناشکر رہے۔ محمد یہ سب سن کر شرمندہ ہو گیا اسے احساس ہوا کہ اسے اللہ کا شکر ادا کرنا چاہیے اور اللہ کے بندوں کی شکر گزاری کرنا بھی بہترین عمل ہے۔

حورین فاطمہ

شُكْرُ الْوَالِدَيْنِ

الْوَالِدَانِ رِزْقَةٌ عَظِيمَةٌ مِنْ نِعَمِ اللَّهِ شُبْحَانَهُ وَتَعَالَى، وَهُوَ مَا أَكْبَرُ النِّعَمِ الَّتِي مَنْ اللَّهُ بِهَا عَلَيْنَا. لَقَدْ أَغْطَانَا اللَّهُ وَالْوَالِدَيْنِ يَحْرُسَانِ عَلَيَّ سَعَادَتَنَا وَرَاحَتَنَا، وَتَذَلُّونَ كُلَّ مَا فِي شَوْعِهِمَا مِنْ مَالٍ وَجُهِدٍ لِحَقْلِ خِيَاتِنَا مِلَّةً بِالشَّعَادَةِ وَالْهَنَاءِ. الْوَالِدَانِ هُمَا سَبَبُ وَجُودِنَا فِي هَذِهِ الدُّنْيَا، وَهُمَا دَائِمًا يُقَدِّمَانِ لَنَا الْخُبْرَ وَالزَّعَايَةَ دُونَ أَنْ نَنْتَظِرَ أَوْ مُقَابِلَ. يَدْرُسَانِي فِي أَفْضَلِ الْمَدَارِسِ، وَهُمْ يَتَرَبَّعَانِ بِتَرْبِيَّتِنَا عَلَى الْأَخْلَاقِ الْحَسَنَةِ، وَيُعَلِّمَانِي الْفَرْقَ بَيْنَ الصُّوَابِ وَالْخَطَا. عِنْدَمَا نَمْرُضُ، يَسْهَرَانِ اللَّيَالِيَ فَلْيَقِينَ عَلَيْنَا، وَعِنْدَمَا نَفْرَحُ، يُشَارِكَانِي فِي أَفْرَاحِنَا وَيُجْعَلَانِ أَوْقَاتِنَا مُمِيزَةً. إِنَّ شُكْرَ الْوَالِدَيْنِ وَاجِبٌ عَلَيْنَا، وَلَيْسَ مُجَرَّدَ كَلِمَاتٍ نَقُولُهَا. يَقُولُ اللَّهُ تَعَالَى: "وَقَضَى رَبُّكَ أَلَّا تَعْبُدُوا إِلَّا إِيَّاهُ. وَالْوَالِدَيْنِ إِحْسَانًا" (الإِسْرَاءُ: 23). فَعَلَيْنَا أَنْ نُحْسِنَ إِلَيْهِمَا وَنُطِيعَهُمَا فِيمَا يَرْضَى اللَّهُ، وَأَنْ نَقْدِمَ لَهُمَا الْخُبْرَ وَالْإِحْتِرَامَ.

نَشْكُرُ الْوَالِدَيْنِ بِالْأَعْيَانِ لِهَذَا نَدْعُو لَهُمَا دَائِمًا بِالصَّخَّةِ وَالْعَافِيَةِ وَالْمَغْفِرَةِ، كَمَا قَالَ اللَّهُ تَعَالَى: "رَبِّ ارْحَمْهُمَا كَمَا رَبَّيَانِي صَغِيرًا". نَطِيعُهُمَا وَنُحْنَرُهُمَا نَلْتَزِمُ إِحْتِرَامَ أَوَامِرِهِمَا، وَنَتَحَنَّنُ كُلَّ مَا قَدْ سَبَّبَ لَهُمَا الْخَيْرَ. وَنَتَحَدَّثُ إِلَيْهِمَا بِاللِّطْفِ كَحَاطَتِهِمَا بِالْكَلَامِ الْجَمِيلِ وَالْمَهَذَّبِ، وَنَتَحَنَّنُ رَفْعَ الصُّوَبِ عَلَيْنَهُمَا. وَنَسَاعِدُهُمَا فِي الْأَعْمَالِ النَّوْمِيَّةِ وَنُخَفِّفُ عَنْهُمَا أَغْيَاءَ الْحَيَاةِ وَكَمَا سَهَرْنَا اللَّيَالِيَ لِأَجْلَانَا. نَحِبُّ أَنْ نَكُونَ بِجَانِبِهِمَا فِي أَوْقَاتِ خَاجِهِمَا، سَوَاءً كَانَ ذَلِكَ فِي كِبَرِهِمَا أَوْ مَرَضِهِمَا وَنُكْمِنُهُمَا إِذَا ضَعُفَتْ جَارِيَةُ أَوْ أَعْمَالُ خَيْرِيَّةٍ نَوَاتِيهَا لِهَذَا وَنَهْدِي إِلَيْهِمَا هَذَا تَبْسِيطًا.

مَائِلَةُ طِفِيلٌ تَهَارَا

CLASS 7 - A

Gratitude

With every dawn, my heart does rise,
In quiet thanks beneath the skies.
For simple gifts, both small and true,
I greet the day with gratitude anew.
In moment still, I find my peace,
A whispered thanx that will not cease.
Like rain that falls, soft and divine,
Blessings wash over and I am fine.
Gratitude wraps me, warm and near
A gentle hug that calms all fear
With grace I walk, my heart aligned.
Aware of miracles ever kind.
I stand in awe, with eyes so wide,
Grateful for the beauty by my side.
Gratitude sparks a fire bright,
A hope that shines through the darkest night.
It marks each step along my way,
A tribute to the gifts every day.
With faith to guide and love to show,
Gratitude helps my spirit grow.
May light from thanks be ever true,
Illuminating the paths I pursue.
Through shadows deep, its glow will lead
And in the warmth, my soul is freed.

Musfirah Masud

ابراہیم اور اسماعیل دونوں ایک گلی کے رہنے والے تھے اور دونوں ایک ہی کمپنی میں کام کرتے تھے۔ ابراہیم ایک نرم مزاج سمجھدار لڑکا تھا، وہ بمشکل پیچیس یا چھبیس سال کا ہوگا، وہ بہت محنتی تھا۔ اسماعیل بڑا ہی غصیلہ اور جذباتی لڑکا تھا وہ لگ بھگ بیس سال کا ہوگا مگر دونوں ہی دل کے بہت اچھے تھے۔ جب بھی اسماعیل غصے میں کسی کو برا بھلا بولتا تو ابراہیم اس کو سمجھاتا۔ ان کی کمپنی سافٹ ویئر کمپنی تھی۔ وہ گلستان جوہر میں واقع تھی۔ دونوں دوست ایک ساتھ آفس آئے جاتے تھے۔ ایک دن وہ دونوں جب آفس پہنچے تو اسماعیل کو احساس ہوا کہ وہ آج اپنا لنچ باکس اور اپنی کچھ ضروری چیزیں گھر ہی بھول آیا ہے۔ اس نے اپنے دوست سے کہا کہ "چلو گھر چل کر یہ چیزیں بھی لے لیتے ہیں اور کھانا بھی کھا لیں گے۔" ابراہیم مان گیا۔ راستے میں اتنا ٹریفک جام تھا اور اسماعیل کو بہت بھوک بھی لگ رہی تھی، اس سے صبر نہ ہوا اور اسماعیل لوگوں کو برا بھلا کہنے لگا۔ ابراہیم اس کی حرکت دیکھ کر ہکا بکا رہ گیا۔ اس نے اسے خاموش کروایا۔ آخر دونوں گھر پہنچے۔ وہ دونوں کھانا کھانے کے لیے بیٹھے۔ کھانے میں کرپے بنے دیکھ کر اسماعیل کا منہ بن گیا۔ اس نے دلی سے کھانا ختم کیا۔ ابراہیم نے کہا "تمہیں کیا ہو گیا ہے؟ کیوں اتنا چڑچڑا رہے ہو؟ پہلے تم راستے میں غصے میں تھے، اب تم کھانے پہ اپنا غصہ نکال رہے ہو، دیکھو اس طرح تم اپنا ہی نقصان کر رہے ہو۔ تم ایسا نہیں کرو، اللہ کا شکر ادا کرو، جو اللہ نے تمہیں نعمتیں دی ہیں اس کی شکر گزاری کیا کرو۔ اپنے ارد گرد غور کرو گے تو تمہیں احساس ہوگا کہ کتنے لوگ بہت سی نعمتوں سے محروم ہیں۔" اسماعیل شرمندہ ہو گیا۔ اسے احساس ہوا کہ واقعی وہ بہت نا شکری کیے جا رہا ہے۔ اس نے ابراہیم کا شکریہ کیا اور اپنا ضروری سامان لے کر آفس کی طرف دونوں روانہ ہو گئے۔

عکاشہ حورین

Gratitude: A Tool to Turn Negatives Into Positives

Gratitude is like a number line in math, where positives represent happiness and blessings, and negatives symbolize challenges. But here's the beauty: gratitude is a tool that can change negatives into positives. For example, if you don't do well on a test, instead of feeling upset, think, What can I learn from this? This attitude turns a setback into a step forward, adding growth and positivity to your life. When we focus on gratitude, it's like adding positive numbers to our total. It spreads joy, strengthens relationships, and makes people feel drawn to us. On the other hand, dwelling on negatives is like subtracting—it drains energy and pushes others away. Gratitude helps us appreciate what we have, even during tough times, making our social connections stronger. Using gratitude as a tool allows us to handle challenges better and enjoy life more. It shifts our focus to the good, helping us grow and spread positivity. After all, gratitude doesn't just add value—it transforms negatives into positives, making life brighter and better.

Yumna Islam

A Heart Full of Gratitude

Kevin was a spoiled boy. He had everything he could ever want. He was always given his own way in everything because his mom didn't get upset when he would shout, whine, and throw a tantrum until his demand was fulfilled.

One day, the school announced a trip to a children's shelter. Kevin was furious! "Why should I go to a place like that? They have nothing!" But his parents insisted he go in the hope that he would learn something. So, Kevin joined his class on the bus. At the shelter, they met a boy named James who had a small room that he shared with two other children. Kevin was surprised to see how cheerful Sam was despite having so few things. "This is my home," said Sam with a wide smile. "I'm lucky to be here. I have all I need: friends, a bed, and food." Kevin frowned, flabbergasted. "Lucky? You don't even have your own room or toys!" Sam, however, shrugged, simply unbothered. "Before I came here, I used to sleep on the streets and beg for food. I had nothing. Now, I have people who love me and a place to sleep. That's something to be thankful for!"

Kevin didn't know what to say. He felt the rest of the trip pass in silence, feeling embarrassed by his recent behavior. For the first time, Kevin saw the world differently. He realized that he had taken everything he ever had for granted. The next morning, Kevin told his mother, "Thank you for everything, Mom. Tell Dad I love him when he gets back from work." "You're welcome, Kevin. I'll tell your dad." From that day onwards, Kevin changed. He understood now that being grateful meant appreciating what you do have, not feeling sorry for what you don't have.

Aroush Noorani

CLASS 7 - A

Gratitude in Science

Dear young scientist (Sarah Qureshi), I hope this letter finds you well. I am writing to express my heartfelt gratitude for ground breaking work in aerospace engineering. Your dedication to developing environmentally friendly aircraft engines is an inspiration. At the time when climate change threatens our planet, an innovative contrail free engine is a sustainable solution in aviation. This achievement proves that Pakistani scientists can lead in global innovation. Beyond technical brilliance, she serves as a role model for aspiring scientists, especially women in STEM. Thank you, our young scientist for your reliance and contribution to a greener future. Your work is shaping a better world for generations to come.

Barirah Sharjeel

The Story of Gratitude

On a hot sunny day, Ali, a software worker, arrived at his office only to realize that he had forgotten an important file at home. He didn't think that going back home was possible as he knew his boss was a very fierce and impertinent man. He thought that he could retrieve his file during the lunch break. When lunchtime came around, he asked his boss for permission to go get lunch, and using this excuse, he went to get his file from his house. On the way, Ali stumbled upon his friend Faisal. He called his friend over and asked, "Faisal! Would you like to accompany me to my house? I need to retrieve an important file. After that, we can eat lunch at my place." Faisal replied, "Yeah sure, this way we will be able to catch up!"

They sat in Ali's car and headed to his house. It was two in the afternoon, and there was a lot of traffic on the road. While Ali was driving, two children ran across the road. Ali got mad and screamed at them, "Are you mad, blind?" he shouted.

Faisal noticed Ali's harsh behavior towards the children. Later, when they sat down to eat lunch at home, Faisal gently said, "You live a wonderful life, Ali, and I'm sure you're grateful for it. It's just that sometimes things don't go the way we want them to, and we get deeply upset easily. Try to forgive people for their mistakes and let things go."

"Yeah, I guess I was too harsh with those kids. I'll be careful next time," mumbled Ali sheepishly. That simple conversation made Ali think deeply. He realized that even unexpected events can carry powerful lessons. True happiness, he understood, doesn't come from perfect days, but from being thankful for every small blessing, even during difficult times. At that time, Ali made a quiet promise to himself: he would always try to be grateful and turn every disappointment into a chance to learn and grow.

Khadija Binte Nabeel

The Grateful Heart

A grateful heart is like the sun,
It shines on everyone
It warms the cold, it lights the dark
And brighter days begin.
It doesn't need a reason big,
Or something new or grand,
It finds the joy in some simple things
And lends a helping hand.
Gratitude's a gentle power,
It lifts us when we fall
It turns the "not enough" around
And shows us we have it all.
So hold your heart wide open -
Let thankfulness begin,
And you might find that everyday
Feels brighter from within.
So take your time and remember all the blessings
which you got
And don't forget to be grateful -
For everything you have!

Irha Ali

Gratitude through Practical Steps

Pakistan is blessed with beautiful scenic view. Like K2, the Himalayas, people from all over the world visit these places. We have desert areas, the Indus River, towards the south western part of Pakistan. And the Indus River which flows down the majestic mountains towards the south and drains joining into the Arabian Sea. We also have plateaus which gives us variety of landscape.

But these things are getting destroyed because of global warming. The ice caps in the northern areas are melting and causing floods, destroying crops, and houses. The Indus River is also drying because of high temperatures, global warming and droughts. The Thar desert is also facing droughts. The climate and temperatures are rising the temperatures are soaring high.

This land has given us so much now it's our time to show gratitude towards it. We can use alternative energy resources so that we make energy but not harm the environment. We can reduce green-house gases by better management of drainages, fertilizers, manure and other waste products. We can solve the problem of water scarcity by storing water, controlling the flow of water, reduce wastage of water and stopping pollution. We can build dams. We can save our land by rehabilitation of land after using and using the three R's.

Khadija Rehman Khan

CLASS 7 - A

I never knew how gratitude can change way I feel until I started practicing it. According to scientific research, giving away makes people feel good and I have experience it personally.

I have noticed that when I focus on gratitude my mind feels lighter and my body feels relaxed and my social connection with others gets stronger.

Over time I have realized that gratitude isn't just about feeling good but it's also about staying positive.

Mishkaat

Lack of Gratitude

Lack of gratitude can significantly impact both mental and physical health, leading to increased stress and anxiety as individuals struggle to focus on positive aspects of life, which can result in chronic stress and related health issues like cardiovascular problems and weakened immunity. It can also lower mood and contribute to depression, causing physical symptoms such as fatigue and sleep disturbances. Additionally, a deficiency in gratitude decreases resilience, making it harder to cope with challenges, and can damage relationships, fostering feelings of loneliness and isolation. Furthermore, neglecting gratitude may lead to unhealthy lifestyle choices, impair immune function, and contribute to cognitive decline. Overall, individuals who lack gratitude often report lower life satisfaction, perpetuating negative thinking and emotional distress. Cultivating gratitude through practices like keeping a gratitude journal or expressing appreciation can help mitigate these negative effects and enhance overall well-being.

Umama Muhammad Afzaal

Alexander Fleming's discovery of penicillin showcases gratitude in science. Returning from vacations, Fleming found that a mold had contaminated the bacterial culture. After keen observations and team work, the group of researchers found out that the mold had killed the bacterial cell in the petri dishes.

Fleming was thankful to his colleagues Howard Florey and Ernest Boris Chain for helping develop penicillin and appreciated its profound impact on medicine, saving countless lives. His story highlights embracing serendipity, collaboration, and appreciations demonstrate vital role of gratitude in scientific discovery and improving lives.

Sereen Ather

MESSAGE FROM THE CLASS TEACHER 7-B

As the school year draws to a close, I find myself filled with a mix of emotions – joy, pride and a touch of sadness. Teaching you and being your class teacher has been an incredible experience. Your enthusiasm, unique perspectives and your unwavering support for one another have made this year truly special.

Dear girls, I've been consistently impressed by your intellectual curiosity and your willingness to embrace challenges. You've tackled complex concepts with impressive dedication and have consistently strived for excellence. But more importantly, you've cultivated a classroom environment that is both supportive and inspiring.

I'm confident that each of you has the potential to achieve great things. Continue to nurture your curiosity, pursue your passions and never be afraid to step outside your comfort zone. Remember the valuable lessons you've learned this year – about teamwork, resilience and the importance of embracing your unique voice.

Thank you for making this year so rewarding. I will cherish the memories we've created together. I wish you all the very best in your future endeavours.

Wajiha Shams

CLASS 7 - B

Gratitude is for every thing such as for food, money, family and things we have. Gratitude means being thankful. Can you tell one thing which you are thankful for?

Let me tell you mine. I am thankful for food and every thing that others don't have but I have. One day I saw a blind man selling pop corn. I was then thankful for the gift of sight. We should be thankful for every thing that we have. I am thankful that I have a family. I cant imagine the life of a child who doesnt have parents, What would be their life like?

Like yesterday, my mom made my favorite dinner, macaroni and cheese. I was super hungry and it tasted so good! I was really grateful that my mom took the time to make it for me, and that we had food to eat. Even though it seems like a small thing, it made me really happy. So, yeah, gratitude is like, super important. It means being happy for all the stuff you have, even the little things. It's like saying 'thank you' to the world for everything good. And when you're grateful, you feel happier and nicer, and it makes other people happy too. So remember to be grateful.

Aisha Khan

Dear Martin Cooper,

I am writing this letter to thank you for inventing the mobile phone. Nowadays your invention is being used all over the world, making our life easier.

This invention has changed the world in various ways. It has made it easier for us to communicate with our relatives who live far away in other countries. We can check the news from all around the world in a few seconds, check the weather forecast before going anywhere, and quickly find important information. With the help of the phone, we can also manage our work, such as emails, schedules, and tasks.

In case of an accident or medical emergency, we can instantly call for help. The phone also has GPS, which helps us with navigation and finding safe routes. When we are bored and have nothing to do, we can play a game or watch any video on it. We can do online shopping, transfer money, pay bills, and manage our accounts easily. It also helps us track our fitness goals. Additionally, we can watch educational videos and improve our skills through it.

Mobile phones have transformed the way we live, work and communicate. They have made our life convenient by providing instant access to information, improving communication, enhancing productivity, and even ensuring safety in emergencies. From staying connected to our loved ones and relatives to managing work and education, mobile phones have become an essential part of modern life. As technology continues to evolve, mobile phones will only become more advanced, making our lives even easier and more efficient.

Amina Saad Aslam

Protecting the Beauty of Pakistan: A Call to Preserve Our Natural Heritage

Pakistan is rich in variety of natural resources for example minerals, agriculture land, water resources, forests, fisheries,

hydro power potential, marble and granite. Let's move toward the scenic beauty of Pakistan which is rich in cultural history and blessed with a variety of natural landscapes which stretch from towering mountains to serene beaches, lush valleys, vast deserts and more. It's kind of beauty that feels like hidden treasure waiting to be discovered. Everybody knows that half of the beauty of Pakistan is the lush green valley like swat valley which is called "Switzerland of Pakistan". This valley is also known for its beauty, crystal like river and rolling hills. This scenic beauty is breathtaking but it faces various challenges and threat which include deforestation. It can cause destruction and its impact can be loss of biodiversity which leads to the destruction of habitat.

We are also facing climate change due to the changing weather pattern.

It is also causing glacier to melt which brings flood to the low land areas. The Indus dolphins are the endangered species which face multiple threats such as they lost their habitat due to construction of dams, barrages and canals.

The government of Pakistan take various measures to save the country scenic beauty. The government launches several tree planting initiative like "billion trees tsunami" project in KPK. Government has implemented various environmental protection laws like "Pakistan environmental protection act" to reduce pollution under protect natural resources. Pakistan also adopted national climate change policy which includes measures to decrease impact of climate change on the country's landscape. Lastly, Pakistan launches name and green Pakistan movement to reduce pollution and promote planting trees across the country. Let us continue to appreciate and protect our natural resources, acknowledging the irreplaceable role they play in our lives. With collective effort and gratitude, we can preserve the beauty and wonder of Pakistan for years to come.

Areesha Aamir

Gratitude can boost our ability to learn and make smart decisions & balance out our negative emotions. Also the people who are happy are not stressed and it leads to a caring action and helps us build better relationship. Gratitude is appreciating and acknowledging the good things in life. Gratitude can be expressed towards people, nature or life. Gratitude can make others happy. For example, I can be grateful for my family, friends, and even my pet cat. They make me feel happy and loved. I can also be grateful for the food I eat, the clothes I wear, and the warm home I have. These are all things that I take for granted sometimes, but they are important to me.

In conclusion, gratitude is a powerful emotion that can make us feel happier and more positive. It can help us to appreciate the good things in our lives and to build stronger relationships with the people around us. So next time you're feeling down, take a moment to think about all the things you're grateful for. You might be surprised at how good it makes you feel.

Anfal Gul



Maryam Saqib

CLASS 7 - B

Protecting Pakistan's Scenic Beauty: A Call for Climate Action

The scenic beauty of Pakistan comprises of majestic mountains to the north and lush green forests of mangroves and Indus delta to the south. There are threats which these scenic beauties are facing but it is majorly formed with human activities like when we cut down mangrove trees the temperature and sea level rises, which threaten water situation in the region. The country has seen an annual main temperature increase of around 0.63 °C over the past century, with sea levels along the Karachi coast rising by approximately 1.1 millimeter per year. Pakistan's precipitation has been complex with a decline in annual rainfall in the early 20th century followed by a slight increase in 1960. However, this trend hides considerable regions variation, with some areas experiencing decreased rainfall and others facing more frequent heavy rainfall. The Pakistani government has taken several measures to address climate change impacts on countries scenic beauties. In 2012, the government launched the National Climate Change policy, which aim to address health related climate change issues. The government has also initiated reforestation programs to combat environmental degradation. For instance, the "Ten Billion Trees Tsunami Program" aims to promote ecosystem-based adaptation and increase the county's forest cover. Additionally, the government established protected areas such as national parks and wildlife sanctuaries, to conserve biodiversity and promote sustainable tourism. To combat plastic pollution, the government has undertaken initiative like balance single use plastics and promoting eco-friendly alternative. However, true change begins with each of us. By adopting sustainable practices, reducing pollution, and showing gratitude to nature through responsible actions, we can ensure that future generations continue to witness and benefit from Pakistan's natural beauty. Let us appreciate and safeguard the precious environment that sustains us all

Ayat Nabeel Bawani

Gratitude is the right attitude
Gratitude's a golden key;
Unlocking joy for you and me.
A simple thanks, so soft and true,
Can change the world and brighten view.
For love, for song, for stars so bright,
For little things that brings delight.
A grateful heart spreads joy each day,
So count your blessings on the way.

Ayesha Jamal



Zoha Musawer

The Thing I'm Thankful About?

I'm thankful to Hipparchus of Nicaea (c. 120 BCE) to invent this helpful science invention called "Astrolabe". The astrolabe is an early scientific instrument that is essentially a two-dimensional projection of the three-dimensional sky. These include observing the positions of the sun and stars as well as estimating one's latitude. This device was invented in the 2nd century BCE. It is also noted that it's probable that Hipparchus devised the planispheric astrolabe, the purpose of which was to tell the time at night from the stars' position. It also helps us tell the position of Qibla when praying. It is also helpful to see time in this because it also tells the time. It is also used for the compass. Muhammad al-Fazari is the first person to be credited with building the astrolabe in the Islamic world. The name is derived from the Greek astro + labos (star-taker), which points to the fact that they were probably invented in ancient Greece. The most fun part is they're still in use. I'm thankful to Hipparchus to invent this because it has so many uses in history, science and Islamic world. This astronomical instrument dating to ancient times which also serve as a star chart and physical model of a visible half-dome of the sky, still helps many Muslims, Abbasids and Greeks.

Ayesha Kashif

Gratitude: The Mathematics of Happiness

Gratitude is like a beautiful equation—when applied correctly, it always leads to a positive result. Just as mathematics provides structure and balance to the world, gratitude brings harmony and fulfillment to life.

Think of gratitude as an addition operation:

$$H = G + P$$

H (Happiness) increases when you add gratitude (G) to your perspective (P).

Like in math, when you focus on the positives, no matter how small, your overall sum of happiness grows.

Multiplication Effect

Gratitude doesn't just add value—it multiplies it. The more you practice gratitude, the more it expands, just like how multiplying positive numbers always results in a greater value.

Barira Abdul Salam

CLASS 7 - B

احمد ایک بہت بڑی کمپنی میں کام کرتا تھا۔ اس کے آفس کے لوگ بہت سے پروجیکٹس پر کام کیا کرتے تھے۔ اس کا دوست عامر اس کے ساتھ اسکول سے پڑھتا آ رہا تھا۔ وہ بھی اس کے ساتھ ہی اسی کمپنی میں تھا۔ جمعے کے دن کی بات ہے وہ آفس کے لیے بہت لیٹ ہو گیا تھا۔ اس نے ناشتہ بھی صبح سے نہیں کیا۔ اس کی امی اس کو پکارتی ہوئی باہر تک کہتی ہوئی گئیں کہ "احمد تم اپنا لیپ ٹاپ بھول گئے ہو۔" لیکن وہ تو اتنی جلدی میں تھا کہ اس نے ان کی بات ہی نہ سنی۔ تیز رفتاری سے گاڑی چلاتا ہوا آفس پہنچا تو اس کو یاد آیا کہ وہ اپنا لیپ ٹاپ تو گھر پر بھول گیا ہے۔ اب وہ بیٹھا افسوس کر رہا تھا اس نے اپنی امی کی بات ہی نہیں سنی تھی۔ اس نے لنچ ٹائم کا انتظار کیا اور لنچ بریک میں اپنے باس سے اجازت لے کر وہ اپنے گھر کے لیے روانہ ہوا۔ ساتھ میں اپنے دوست عامر کو بھی کہا کہ "میرے ساتھ گھر چلو گے کیا؟" عامر نے کہا "ہاں چلو ساتھ ہی چلتے ہیں۔" جب وہ راستے میں تھے تو سگنل پر بہت زیادہ رش تھا۔ ایک کے بعد ایک بھکاری بھی بھیک مانگنے آ رہے تھے اور گاڑی کا شیشہ پیسے مانگنے کے لیے بجا رہے تھے۔ احمد کو بہت غصہ آیا۔ اس نے ان کو دس بانٹیں سنائیں۔ ایک بوڑھے آدمی کو اس نے بری طرح جھڑکا۔ اس کے دوست نے اس کو سمجھایا کہ تم اچھا نہیں کر رہے ہو تو احمد فوراً بولا "تم اپنے فلسفے کسی اور کو بتانا۔" راستے میں بات کرتے کرتے پتہ ہی نہیں چلا کہ وہ گھر کب پہنچ گئے۔ گھر میں داخل ہوتے ہی اس نے سب سے پہلے امی کو کھانا لگانے کے لیے کہا۔ کھانے میں ٹینڈے کی سبزی بنی تھی۔ وہ بہت غصہ ہو گیا اور کہا "امی آپ کو اس کے علاوہ کچھ اور پکانا نہیں آتا کیا؟" باپھر آپ کھانا پکانے سے جان چھڑانا چاہتی ہیں؟ میں نہیں کھاؤں گا یہ کھانا۔" احمد بیچ میں بول پڑا "تم کیا کہہ رہے ہو؟ کتنے مزے کی سبزی پکی ہوئی ہے تم کھا کر تو دیکھو پہلے، آٹلی آپ نے کتنا وقت لگا کر یہ کھانا بنایا ہوگا؟ بہت شاندار سبزی پکی ہے۔" احمد کی امی دکھی ہو کر وہاں سے چلی گئیں۔ عامر نے احمد سے کہا کہ "تم کو شرم نہیں آتی؟ اپنی امی سے کس طرح کی بات کرتے ہو؟ ہمیں اللہ کی بر نعمت کا شکر گزار ہونا چاہیے، کیا پتہ کہ ایک دن وہ سب نعمتیں واپس چلی جائیں۔ دولت، صحت یہ صرف نصیبوں سے ملتی ہے۔ ہر حال میں اللہ کا شکر ادا کرنے والا ہی پکا مومن ہوتا ہے۔" احمد نے کہا "ہاں صحیح کہہ رہے ہو ہاں مجھے ایسے بات نہیں کرنی چاہیے تھی۔ اللہ مجھے معاف کر دے، میں آئندہ کبھی ایسی حرکت نہیں کروں گا۔" اس نے اپنی امی سے بھی معافی مانگی اور اس کے بعد پھر وہ دونوں اپنا لیپ ٹاپ لے کر آفس کی طرف روانہ ہوئے۔

فاطمہ دانیال

Letter of Gratitude

Dear Mr. Thomas Edison,

I want to thank you for inventing the light bulb. It is a simple but life-changing invention which is still used by people now all around the world. Before your invention, people had to use candles, oil lamps and other similar things to light up their houses which gave little light and were dangerous as they could cause fires, but now we can use the light bulb, which is brighter, easier and safer to use, just by flipping a switch.

Light bulbs are used in houses, schools, hospitals, offices, stores and other places which allows people to do multiple things at any time of the day or night. Light bulbs are also used on streets. Streetlights help people to walk or drive at night without worrying about accidents. Bright streets help people feel safe and allow cities to stay active even after the sun goes down.

Your invention was also the reason for many other life-changing inventions. Without the light bulb, it would be hard to use many tools and machines that need light to work. Technology is an example for this, and light powers almost everything related to it.

Thank you for giving us a safe, simple and powerful way to light up our homes, streets and the world.

Khadija Imam

Dear Alexander Flemming and Louis Pasteur,

I hope this letter finds you soundly in your graves. I just want to thank you both, one for his discovery that saved thousands, and the other who also invented something equally mind-blowing and astonishing (at least for his peers). I thank you Alexander Flemming for discovering Penicillin (Penicillium), however accidentally it may be. It has saved many in both World Wars and personally, I myself have managed to recover from all types of illnesses with the help of anti-biotics. Ranging from fevers to coughs, stomach aches even, I want to express my immense gratitude to Louis Pasteur also, the discoverer of pasteurization (a process that kills any harmful microbes in milk), who discovered micro-organisms, and the most important of all, invented vaccines. I was injected with all the vaccines that were utmost necessary at birth, and thus I am safe of fatal or life-threatening diseases so far. Vaccines have also saved many lives since its invention. Once more I'd like to thank both of you for saving so many lives and probably continuing to save them in the future.

A grateful child,

Haania Ahmed Ghauri

الْوَالِدَانِ: أَعْظَمُ نِعْمَةٍ مِنَ اللَّهِ تَعَالَى

الْوَالِدَانِ هُمَا أَعْظَمُ نِعْمَةٍ مِنَ نِعَمِ اللَّهِ تَعَالَى، وَهُمَا السَّبَبُ بَعْدَ اللَّهِ فِي وُجُودِنَا فِي هَذِهِ الدُّنْيَا. إِنَّهُمَا مَتَّبِعُ الْحَبِّ وَالرَّحْمَةِ، وَقَدْ أَوْصَانَا اللَّهُ تَعَالَى بِشُكْرِ الْوَالِدَيْنِ وَجَعَلَ حَقَّ الْوَالِدَيْنِ بَعْدَ حَقِّهِ مُبَاشَرَةً، حَيْثُ قَالَ اللَّهُ تَعَالَى: "وَوَصَّيْنَا الْإِنْسَانَ بِوَالِدَيْهِ إِحْسَانًا حَمَلَتْهُ أُمُّهُ وَهْنًا عَلَى وَهْنٍ وَفِصَالَهُ فِي غَامِمْ أَنِ اشْكُرْ لِي وَلِوَالِدَيْكَ إِلَيَّ الْمَصِيرُ" (لَقْمَانُ: 14).

هُنَاكَ الْعَدِيدُ مِنَ الطَّرِيقِ لِشُكْرِ الْوَالِدَيْنِ عَلَى تَضَجُّعَاتِهِمَا: طَاعَتُهُمَا وَبِرُّهُمَا، الدُّعَاءُ لَهُمَا، الْعِنَايَةُ بِهِمَا، وَغَيْرُ ذَلِكَ. حَقُّ الْوَالِدَيْنِ عَلَيْنَا عَظِيمٌ، وَشُكْرُهُمَا وَاجِبٌ شَرْعِيٌّ وَأَخْلَاقِيٌّ. إِذَا شَكَرْنَا الْوَالِدَيْنِ وَأَحْسَنَّا إِلَيْهِمَا، فَإِنَّ اللَّهَ يُبَارِكُ فِي رِزْقِنَا وَيَبْزِصِي عَنَّا فِي الدُّنْيَا وَالْآخِرَةِ. كَمَا أَنَّ بَرَّ الْوَالِدَيْنِ سَبَبٌ لِدُخُولِ الْجَنَّةِ، فَقَدْ قَالَ النَّبِيُّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ: "رِضَا اللَّهِ فِي رِضَا الْوَالِدِ، وَسَخَطُ اللَّهِ فِي سَخَطِ الْوَالِدِ". عَلَيْنَا أَنْ نَتَذَكَّرَ دَائِمًا أَنَّ الْوَالِدَيْنِ هُمَا نِعْمَةٌ عَظِيمَةٌ يَجِبُ شُكْرُهَا. شُكْرُهُمَا لَيْسَ بِالْكَلِمَاتِ فَقَطْ، بَلْ بِالطَّاعَةِ، وَالْبِرِّ، وَالدُّعَاءِ، وَالْعِنَايَةِ بِهِمَا. بِذَلِكَ نَكُونُ قَدْ أَدَيْنَا حَقَّهُمَا كَمَا أَمَرَنَا اللَّهُ تَعَالَى، وَنَحْظِي بِرِضَا اللَّهِ فِي الدُّنْيَا وَالْآخِرَةِ.

مَلَائِكَةُ هَدَايِي

CLASS 7 - B

الشُّكْرُ وَالْإِمْتِنَانُ: مِفْتَاحُ الْخَيْرِ وَالْبَرَكَةِ

الشُّكْرُ وَالْإِمْتِنَانُ مِنْ أَهَمِّ الصِّفَاتِ الَّتِي يَجِبُ أَنْ يَتَخَلَّى بِهَا كُلُّ إِنْسَانٍ. وَقَدْ أَكَّدَ الْقُرْآنُ الْكَرِيمُ أَهَمِّيَّةَ الشُّكْرِ، حَيْثُ قَالَ اللَّهُ تَعَالَى: "لَئِنْ شَكَرْتُمْ لَأَزِيدَنَّكُمْ وَلَئِنْ كَفَرْتُمْ إِنَّ عَذَابِي لَشَدِيدٌ" (إِبْرَاهِيم: 7). وَبَيَّنَ لَنَا أَنَّ الشُّكْرَ لَا يَكُونُ فَقْظَ فِي أَوْقَاتِ الرِّخَاءِ، بَلْ فِي الشَّرِّاءِ وَالضَّرَّاءِ، حَيْثُ قَالَ سُبْحَانَهُ: "فَكُلُوا مِمَّا رَزَقَكُمْ اللَّهُ خَلَالًا طَيِّبًا وَاشْكُرُوا يَغْفِرَ اللَّهُ إِنْ كُنْتُمْ تَعْبُدُونَ" (النَّحْل: 114).

الشُّكْرُ طَرِيقُ السَّعَادَةِ وَالرِّضَا، وَهُوَ الْمِفْتَاحُ الَّذِي تَفْتَحُ بِهِ أَبْوَابَ الْخَيْرِ وَالْبَرَكَاتِ. إِنَّ شُكْرَ اللَّهِ تَعَالَى عَلَى نِعَمِهِ فِي كُلِّ وَقْتٍ يُعَمِّقُ إِيمَانَنَا وَيَزِيدُ مِنَ النِّعَمِ الَّتِي نَتَمَتَّعُ بِهَا. وَيَقُولُ النَّبِيُّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ: "مَنْ لَا يَشْكُرُ النَّاسَ لَا يَشْكُرُ اللَّهَ"، مُشِيرًا إِلَى أَهَمِّيَّةِ شُكْرِ النَّاسِ عَلَى أَعْمَالِهِمُ الطَّيِّبَةِ. وَفِي حَدِيثٍ آخَرَ قَالَ: "اغْتَنِمْ خُمْسًا قَبْلَ خَمْسِينَ: حَيَاتِكَ قَبْلَ مَوْتِكَ، وَصِحَّتَكَ قَبْلَ سَقَمِكَ، وَغِنَاكَ قَبْلَ فَقْرِكَ..."، مُوَضِّحًا أَهَمِّيَّةَ تَقْدِيرِ النِّعَمِ وَشُكْرِ اللَّهِ عَلَيْهَا قَبْلَ زَوَالِهَا. الشُّكْرُ سَبَبٌ لِيَزَادَةَ النِّعَمِ، كَمَا وَعَدَ اللَّهُ سُبْحَانَهُ وَتَعَالَى فِي قَوْلِهِ: "لَئِنْ شَكَرْتُمْ لَأَزِيدَنَّكُمْ".

عِنْدَمَا نَشْكُرُ اللَّهَ وَالنَّاسَ، نَشْعُرُ بِرَاحَةٍ نَفْسِيَّةٍ وَسَكِينَةٍ دَاخِلِيَّةٍ. الشُّكْرُ يَزِيدُ مِنْ قُوَّةِ الْعَلَاَقَاتِ الْاجْتِمَاعِيَّةِ وَيَجْعَلُ النَّاسَ يَتَّقَرَّبُونَ مِنَّا بِمَحَبَّةٍ. الشُّكْرُ عِبَادَةٌ عَظِيمَةٌ تَقَرَّبُنَا إِلَى اللَّهِ وَتَزِيدُ مِنْ رِضَاهِ عَنَّا. لِيُخْرِصَ دَائِمًا عَلَى شُكْرِ اللَّهِ تَعَالَى فِي الشَّرِّاءِ وَالضَّرَّاءِ، وَشُكْرِ النَّاسِ عَلَى أَعْمَالِهِمُ الطَّيِّبَةِ. نَشْكُرُ اللَّهَ بِذِكْرِ اللَّهِ دَائِمًا وَقَوْلِ "الْحَمْدُ لِلَّهِ" فِي كُلِّ حَالٍ وَبِاسْتِخْدَامِ النِّعَمِ فِي طَاعَةِ اللَّهِ وَنَشْرِ الْخَيْرِ. وَبِالدُّعَاءِ لِلَّهِ بِالشُّكْرِ وَالنَّيِّاءِ عَلَى عِظَائِهِ. نَشْكُرُ النَّاسَ بِالْكَلَامِ الطَّيِّبِ وَبِالْقَوْلِ "شُكْرًا" وَالْإِعْرَافِ بِحُمُلِهِمْ وَبِالْمَعَامَلَةِ الْحَسَنَةِ وَمُكَافَأَةِ الْإِحْسَانِ بِالْإِحْسَانِ وَبِالدُّعَاءِ لَهُمْ بِالْخَيْرِ وَالْبَرَكَاتِ.

مِيَاؤُ خَانَ

پاکستان کے شہر کراچی میں ایک لڑکا رہتا تھا جس کا نام حاذق تھا وہ بہت زیادہ عقلمند تھا۔ وہ اپنا ہر کام سوچ سمجھ کر کرتا تھا لیکن ساتھ ساتھ میں بہت غصیلہ بھی تھا۔ اس کو بالکل اچھا نہیں لگتا تھا کہ کوئی اس کے بارے میں کوئی برائی کرے یا پھر اس کے ساتھ کوئی بدتمیزی کرے۔ اس کی اچھی عادت تھی کہ بہت صاف ستھرے کپڑے پہنتا تھا۔ اس کی چمکتی آنکھوں میں ایک الگ ہی روشنی نظر آتی تھی وہ ایک ٹیلی کمیونیکیشن کمپنی میں کام کرتا تھا۔ وہ کمپنی میں ایمانداری کی وجہ سے بہت مشہور تھا۔

ایک صبح کی بات ہے وہ اٹھا۔ جلدی جلدی ناشتہ کیا اور گھر سے آفس جانے کے لیے نکلا۔ ٹھنڈی ٹھنڈی ہوائیں چل رہی تھیں۔ حاذق کو ایک ضروری میٹنگ میں آفس جلدی پہنچنا تھا لیکن کراچی میں ٹریفک کا رش کسی کو کہیں جلدی پہنچنے کہاں دیتا ہے؟ اسی رش کی وجہ سے وہ بہت لیٹ ہو گیا۔ اس کے ساتھ اس کا دوست بھی تھا۔ وہ ہمیشہ اس کو اچھی باتیں سمجھاتا تھا اس کا نام حنظلہ تھا جیسے ہی وہ کمپنی میں پہنچا تو اس کی ٹکر اس کے پاس سے ہو گئی۔ حاذق نے تھوڑی دیر پہلے ہی ایک کافی شاپ سے کافی لی تھی اس کے ہاتھ میں جو کافی تھی۔ وہ اس کے اوپر گر گئی جب اس نے اپنے پاس کو دیکھا تو وہ اس حرکت پر بہت آگ بگولا تھے انہوں نے حاذق اور حنظلہ کو اپنے آفس آنے کا کہا۔ وہ دونوں بہت ڈرے ہوئے تھے اور پریشان تھے۔ کہیں پاس انہیں کمپنی سے نہ نکال دے وہ تھوڑی دیر تک ایک دوسرے کی شکل ہی دیکھتے رہے۔ بہر حال پاس کا آرڈر تھا کہ آفس آنے کا تو ان دونوں نے اپنا سامان اپنی اپنی میزوں پر رکھا اور پھر پاس کے آفس چلے گئے۔ جب وہ اندر آئے تو پاس نے ان دونوں کو کہا کہ "آج سے میں تم لوگوں کی بیٹھنے کی جگہ تبدیل کر رہا ہوں۔ آج سے تم دونوں جہاں نئے لوگ جس کین کے پاس بیٹھتے ہیں۔ وہاں تم دونوں بیٹھو گے اور تم لوگ اپنا آفس آج ہی خالی کر دو۔" وہ دونوں حیران رہ گئے کہ ان سے الگ کمرے کیوں چھینے گئے۔ بہر حال ان کے پاس بات ماننے کے علاوہ کوئی اور چارہ نہ تھا۔ بنظر نے اسے سمجھایا کہ آج جو ہمارے ساتھ ہوا ہے ہمیں خاموش رہنا چاہیے۔ شکر کرو کہ انہوں نے ہمیں نوکری سے نہیں نکالا۔ حاذق خاموش رہا اور اپنی چیزیں سمیٹ کر کے دوسری جگہ کی طرف بڑھ گیا وہ واقعی یہی سوچ رہا تھا کہ اسی میں ہی شکر ادا کرنا چاہیے انشاء اللہ ایک دن حالات بہتر ہو جائیں گے۔

امامہ

Here is a diagram showing how gratitude and mathematics connect through examples like time management, natural patterns, and data representation.

Clock (Time Management)

o The clock represents how mathematics helps us manage time. For example, understanding hours, minutes, and seconds allows us to schedule our day, attend events on time, and organize tasks efficiently. Without math, we wouldn't have the precise system of time measurement we rely on.

o Gratitude here means appreciating how math enables us to live in a structured and organized world.

Honeycomb (Natural Patterns)

o The honeycomb shows the beauty of mathematical patterns in nature. The hexagonal shape of honeycomb cells is a perfect example of how nature uses geometry efficiently. This shape minimizes the amount of wax needed while maximizing storage space for honey.

o Being grateful for math in this context is about recognizing its role in helping us understand and admire the wonders of the natural world.

Pie Chart (Data Representation)

o The pie chart represents how mathematics helps us interpret and present data. It is a common tool to visualize proportions, making it easier to understand complex information at a glance. For example, a pie chart can show how much time we spend on activities like studying, playing, or sleeping.

o Gratitude here is about appreciating how math simplifies complex ideas and helps us make better decisions.

All these examples are connected by the idea of Gratitude, placed in the center of the diagram. It shows that mathematics is not just a subject in school but a vital tool that shapes how we live, work, and understand the world.



ZAINAB BATOOL WARSİ

الِإِمْتِنَانُ هُوَ طَرِيقُ النَّجَاحِ

كَانَ هُنَاكَ وَلَدٌ يُدْعَى أَحْمَدُ يَعِيشُ فِي قَرْيَةٍ صَغِيرَةٍ. أَحْمَدُ كَانَ قَتِي طَيِّبًا وَذَكِيًّا، وَلَكِنَّهُ كَانَ يُعَانِي مِنْ عَادَةِ سَيِّئَةٍ، وَهِيَ الْحَسَدُ. كَانَ دَائِمًا يَنْظُرُ إِلَى مَا يَمْلِكُهُ الْآخَرُونَ وَلَا يُعَدِّرُ الْأَشْيَاءَ الَّتِي لَدَيْهِ. فِي يَوْمٍ مِنَ الْأَيَّامِ، قَرَّرَ الْوَالِدُ أَنْ يُعَلِّمَهُ دَرْسًا مُهِمًّا. أَرْسَلَ الْوَالِدُ أَحْمَدَ إِلَى جَدِّهِ الْكَبِيرِ، الَّذِي كَانَ مَعْرُوفًا بِحِكْمَتِهِ وَنَصَائِحِهِ الْمُفِيدَةِ. قَالَ الْجَدُّ لِأَحْمَدَ: "يَا بَنِي، الْيَوْمَ سَتَعْمَلُ مَعِيَ فِي الْبُسْتَانِ." فَرِحَ أَحْمَدُ كَثِيرًا وَذَهَبَ مَعَ جَدِّهِ إِلَى الْبُسْتَانِ. أَشَارَ الْجَدُّ إِلَى شَجَرَةٍ مَلِيئَةٍ بِالثَمَارِ وَقَالَ: "انْظُرْ إِلَى هَذِهِ الشَّجَرَةِ. إِنَّهَا تَشْكُرُ اللَّهَ يَوْمِيًّا، وَلِذَلِكَ أَعْطَاهَا اللَّهُ هَذِهِ الثَّمَارَ الْكَثِيرَةَ." تَعَجَّبَ أَحْمَدُ وَسَأَلَ: "كَيْفَ يُمَكِّنُ لِلشَّجَرَةِ أَنْ تَشْكُرَ اللَّهَ؟" ابْتَسَمَ الْجَدُّ وَقَالَ: "هَذِهِ الشَّجَرَةُ تَمْتَصُّ الْمَاءَ مِنَ الْأَرْضِ عَبْرَ جُذُورِهَا، وَتَسْتَفِيدُ مِنْ نُورِ الشَّمْسِ، وَتَأْخُذُ الْهَوَاءَ مِنَ الْجَوِّ لِتُنْتِجَ الثَّمَارَ. إِنَّهَا تَقْبَلُ كُلَّ نِعْمَةٍ أَعْطَاهَا اللَّهُ لَهَا بِقَلْبٍ رَاضٍ وَشَاكِرٍ. وَإِذَا تَوَقَّفتْ عَنِ الشُّكْرِ، سَتَذْبُلُ وَتَجِفُّ."

فَكَرَّ أَحْمَدُ فِي كَلَامِ جَدِّهِ وَشَعَرَ بِتَأْيِيدِهِ فِي قَلْبِهِ. قَرَّرَ مِنْ ذَلِكَ الْيَوْمِ أَنْ يَكُونَ شَاكِرًا فِي حَيَاتِهِ، وَأَنْ يَتَخَلَّصَ مِنْ عَادَةِ الْحَسَدِ وَهِيَ التَّفَكُّيرِ السَّلْبِيِّ. مُنْذُ ذَلِكَ الْيَوْمِ، بَدَأَ أَحْمَدُ بِشُكْرِ وَالِدَيْهِ وَمُعَلِّمِيهِ وَكُلِّ نِعْمَةٍ أَعْطَاهَا اللَّهُ لَهُ. وَمَعَ مُرُورِ الْوَقْتِ، أَصْبَحَ أَحْمَدُ أَكْثَرَ نَجَاحًا وَسَعَادَةً فِي حَيَاتِهِ.

نَائِيَةُ خَانَ

CLASS 7 - B

احمد ایک چوبیس سالہ لڑکا تھا۔ وہ سخت مزاج تھا، بہت جلد غصے میں آجاتا تھا جب کہ اس کا دوست محمد اس کا بالکل الٹ تھا۔ وہ دھیمے مزاج کا مالک تھا۔ احمد کا حلیہ کچھ ایسا تھا کہ وہ ہر روز پینٹ شرٹ پہن کر آتا تھا۔ اس کا اپنے آفس والوں پر اور گھروالوں پر بھی بہت روعب تھا۔ ویسے تو احمد ایک تمیزدار اور اچھے خاندان سے تعلق رکھتا تھا لیکن اس کی ایک بری عادت بھی تھی اور وہ یہ کہ وہ بہت ناشکری کرنے والا اور انتہائی مغرور طبیعت کا مالک تھا۔ ایک دن احمد کو ایک ضروری کام سے گھر جانا تھا۔ اپنے آفس سے گھر جانے کے لیے نکلنے لگا تو اس نے وہ وقت مناسب نہ سمجھا اور لنچ بریک میں اپنے باس سے اجازت لے کر محمد کو بھی اپنے ساتھ چلنے کو کہا راستے میں احمد کی جھڑپ رابگیروں سے ہو گئی۔ وہ اپنی گاڑی میں بیٹھ کر ان کے اوپر چیخنے چلانے لگا "تم لوگوں کو کوئی اور جگہ نہ ملی تو یہاں ہمارا راستہ روک لیا اور کام تو بے نہیں تم لوگوں کو ہمیں آفس جانا ہوتا ہے بٹو میرے راستے سے" وہ ان کے اوپر خوب برسنا بہر حال جیسے تیسے وہ گھر پہنچ گیا کھانے کی میز پر بھی کھانا دیکھ کر منہ بنانے لگا تو محمد نے کہا اس وقت تو میں چپ تھا لیکن تم نے جو کچھ بھی کیا اچھا نہیں کیا۔ احمد نے اس کی بات کو نظر انداز کرتے ہوئے اپنی امی سے کھانا مانگا اور اے سی آن کر کے بیٹھ گیا۔ محمد یہ جانتے ہوئے کہ احمد کو اس کی بات نہیں سنتی، سوچنے لگا کہ کیسے اسے سمجھائے۔ احمد کو کافی عرصے سے اپنے باس سے تنخواہ میں اضافہ چاہیے تھا اور وہ اکثر پریشان رہتا تھا کیونکہ وہ چاہے جو بھی کر لے اسے اس کا باس کبھی منہ نہیں لگاتا تھا۔ احمد ایک بچے کی کہانی سنانے لگا ایک یتیم بچہ تھا وہ بہت محنت کر کے پیسے کماتا تھا۔ ایک دن جب وہ سڑک پر پھول بیچ رہا تھا ساتھ ہی پیسے بھی مانگ رہا تھا کہ کہ پھول نہیں لینے تو پیسے ہی دے دو تو ایک بڑے شیخ صاحب نے اسے کہا "لوگوں کے آگے ہاتھ پھیلانے کے بجائے اللہ سے مانگو جو نعمتیں تمہارے پاس ہیں ان کا شکر ادا کرو اللہ اور دے گا۔" اس دن کے بعد اس بچے نے ہر لمحے اللہ کا شکر کیا اور جو کچھ بھی اس کے نصیب میں نہیں تھا وہ بھی اللہ نے اسے دے دیا۔ احمد اس کی بات سے کافی متاثر ہوا اور ظاہری طور پر تو اس نے کوئی رد عمل ظاہر نہیں کیا مگر اس دن کے بعد احمد نے اللہ کا بہت شکر کیا اور جب بھی وہ آفس جانے لگتا ہے اور سڑک پر لوگوں کو دیکھتا تو سوچتا۔ ان کی بھی کیا غلطی ہے کہ یہ لوگ اس حال میں پیدا ہوئے میں بھی تو ایک دن ایسے ہی بن سکتا ہوں احمد نے یہ سوچ کر ساری نمازیں پڑھنی شروع کر دیں اور ہر چھوٹی سی بات پر بھی اللہ کا شکر ادا کرنے لگا کچھ عرصے کے بعد اس کا باس اس کے کام سے بہت خوش ہوا اور اس کی پہلی تنخواہ سے ڈبل پیسے ملنے لگے۔ احمد نے محمد کا شکریہ ادا کیا کہ اس نے وقت پر اس کے نصیحت کی جس کی وجہ سے اس کی زندگی بدل گئی شکر گزاری ہماری زندگی بھی بدل سکتی ہے اور اللہ نے قرآن میں بھی فرمایا ہے کہ اگر تم شکر ادا کرو گے تو میں تمہاری نعمتوں میں اضافہ کروں گا اور اگر تم ناشکری کرو گے تو میرے عذاب کے مستحق ہو گے۔ اللہ ہمیں بھی شکر گزار ہونے کی توفیق عطا فرمائے اور ناشکری سے بچائے۔ آمین

زینب واصف



Inayah

Gratitude in mathematics is the role it plays in money management. When we calculate our savings, expenses, or discounts while shopping, we use math. For instance, if an item is on sale for 25% off, we can use basic percentage calculations to know the discounted price. Similarly, creating a budget to manage pocket money or allowances involves simple addition and subtraction. Without math, handling money would be chaotic, and we wouldn't be able to plan for our future needs effectively. Gratitude here means recognizing how math empowers us to make wise financial decisions. It helps us understand the value of saving, spending, and investing, making life easier and more secure.



Zainab Habib

Our beloved Pakistan is blessed with immense and diversified natural beauty. From towering mountainous regions in the north to the mesmerizing Arabian Sea in the south, we can find all types of natural landscapes. Deserts of Cholistan to plateaus of Balochistan play a vital role in cultural diversification. Mangroves are essential for many sea creatures and enhance the beauty of our coastal areas. Pakistan's natural beauty and landscape is under serious threat due to deforestation, urbanization, pollution, and climatic changes. Each year our rivers are dumped with tons of industrial waste which is threatening to the ecosystem. Similar case is with untreated sewage water and household waste dumped in the sea. Every year a big part of land is consumed for human settlement causing scarcity of natural environment for our wildlife population. Government is taking necessary measures for protection of the natural beauty of our beloved country. The heavily pollution spreading factories are being sealed. Each year government launches campaigns for tree plantation to increase the forest density. Similarly, treatment plants are being setup to reduce the waste in our rivers & oceans. In this regard government also launches public awareness campaigns as well. These natural beauties are valuable gifts and we should preserve and cherish them rather than spoil them. Each & everyone has to play role on an individual basis and as a nation as well so we can preserve the natural beauties for generations to come.

Zainab Nooman

MESSAGE FROM THE CLASS TEACHER 7-C

ہر سال کی طرح اس سال بھی گھبراہٹ، مسکراہٹ اور تجسس سے بھرپور 20 طلبا اس تعلیمی سفر کے آغاز میں میرے ہم قدم تھے۔ انجانے سے شناسائی تک، ناکامی سے کامیابی تک اور سیکھنے سے خود عمل تک کا یہ راستہ آسان نہیں تھا اور اس میں بہت سے اُتار چڑھاؤ تھے، ناکامی کا خوف، کامیابی کا فخر اور ٹیم ورک۔ آپ سب نے ایک دوسرے سے بہت کچھ سیکھا۔ آپ کی جماعت کا اتحاد اور فوری ایک دوسرے کا مسئلہ حل کرنے والا عمل قابلِ تحسین ہے۔ یہ سفر یہاں ختم نہیں ہوتا بلکہ ہمیں ٹیم کی اہمیت کا سبق سکھاتا ہے جہاں ہر رکن اہم اور قابلِ قدر سمجھا جاتا ہے۔ یہ وہ خوبصورت ذہین دماغ ہیں جو سیکھنے سے محبت کرتے ہیں، بڑے خواب دیکھنے سے نہیں ڈرتے، بلند امیدیں اور خوبصورت تخیل رکھتے ہیں۔ آپ نے مجھے کئی بار بے حد فخر محسوس کروایا اور ہمیشہ مجھے ایک ایسی شخصیت کے طور پر دیکھا جو آپ کے مسائل کا حل جانتی ہے۔

صرف ایک چیز ہے جو کسی خواب کو حاصل کرنے کو ناممکن بناتی ہے: ناکامی کا خوف تو کبھی ہمت نہ ہارنا۔ مجھے یقین ہے کہ آپ میں سے ہر ایک وہ سب کچھ حاصل کر سکتا ہے جس پر آپ کا ذہن مرکوز ہو۔

میں چاہتی ہوں کہ آپ یاد رکھیں کہ آپ کے ارد گرد کچھ ایسے لوگ ہیں جو آپ کے پاس موجود صلاحیتوں سے مستفید ہونے کی ضرورت رکھتے ہیں۔ بس مولانا رومی کے مطابق:

اپنی مہربانی کو بارش کی طرح بنے دو، جو یہ نہیں دیکھتی کہ یہ کس پر پڑتی ہے
اللہ تعالیٰ آپ سب پر اپنی خاص برکات نازل فرمائے۔ آمین

ام سلمہ

CLASS 7 - C

One day, I went to buy groceries from a nearby store. My list included bread, biscuits, eggs, and some stationery. After collecting all the items, I went to the counter, and the shopkeeper told me that my total bill was Rs. 780.

When I checked my wallet, I realized that I only had Rs. 600 with me. I felt a bit embarrassed and politely asked the shopkeeper if he could give me a discount.

The shopkeeper, with a kind smile, agreed to help me and offered a 25% discount on my total bill.

Calculate the discount amount:

$$= (25/100) \times 780 = \text{Rs. } 195$$

Calculate the final amount after the discount:

$$= 780 - 195 = \text{Rs. } 585$$

The final amount came down to Rs. 585, which was within the Rs. 600 I had.

I gratefully paid the amount and left the store feeling touched by the shopkeeper's generosity.

Ali Hussain Ahmed

Thank You, Dr. Zakir Naik!

I'm writing about someone I'm really thankful for: Dr. Zakir Naik. He's an amazing speaker, and I've learned a lot from him, even though I'm just in seventh grade. I'm thankful for him because he teaches people about important things in a way that's easy to understand.

I'm thankful for his knowledge. He knows so much about Islam and other religions too! It's like he has a giant library in his brain. When he talks, he shares all this knowledge with everyone. I'm really thankful that he teaches people the truth, even when it's hard. He's not afraid to talk about difficult stuff, and that's really brave.

I'm also thankful for how kind he is. Even though he's famous, he's still nice to everyone. He treats everyone with respect, and that's how everyone should be. He makes people feel good about themselves. I'm thankful for his patience too. He answers tons of questions, and he never gets mad, even if the questions are tricky. He always takes time to explain things.

Dr. Zakir Naik makes me want to be a better person. He inspires me to learn more about my religion and be kinder to others. I'm thankful that he teaches people about peace and understanding. The world needs more people like him. He helps people understand each other, and that makes the world a better place.

So, thank you, Dr. Zakir Naik, for everything. You're a great teacher and a really inspiring person. I'm very thankful for all that you do. I hope I can be like you someday!

Ammar

الشُّكْرُ وَالْإِمْتِنَانُ

الشُّكْرُ وَالْإِمْتِنَانُ هُمَا مِنَ الصِّفَاتِ الَّتِي تَجْعَلُ الْإِنْسَانَ مَحْبُوبًا عِنْدَ اللَّهِ وَعِنْدَ النَّاسِ.

الشُّكْرُ يَعْنِي الْإِعْتِرَافَ بِالنَّعْمِ الَّتِي وَهَبَهَا اللَّهُ لَنَا، وَشُكْرٌ مَنْ يُقَدِّمُ لَنَا الْخَيْرَ.

أَمَّا الْإِمْتِنَانُ فَهُوَ شُعُورٌ دَاجِلِيٌّ يُعَبِّرُ عَنِ التَّقْدِيرِ تَجَاهَ الْآخِرِينَ.

اللَّهُ شَبَّحَانَهُ وَتَعَالَى أَمْرُنَا بِالشُّكْرِ فِي الْقُرْآنِ الْكَرِيمِ، فَقَالَ: "لَئِنْ شَكَرْتُمْ لَأَزِيدَنَّكُمْ" (٧) (إِبْرَاهِيمَ).

هَذِهِ آيَةٌ تَبَيَّنُ أَنَّ الشُّكْرَ لَا يَفُودُ بِالنَّفْعِ فَقَطْ عَلَى الشَّاكِرِ، بَلْ يَجْلِبُ الْمَزِيدَ مِنَ النِّعَمِ وَالْخَيْرِ فِي حَيَاتِهِ.

الشُّكْرُ لِلَّهِ يَكُونُ بِقَوْلِ "الْحَمْدُ لِلَّهِ"، وَيَكُونُ أَيْضًا بِاسْتِخْدَامِ النِّعَمِ فِي طَاعَتِهِ، مِثْلَ التَّضَدُّقِ مِنَ الْمَالِ أَوْ مُسَاعَدَةِ الْآخِرِينَ بِالصَّحَّةِ وَالْقُوَّةِ.

شُكْرُ النَّاسِ الَّذِينَ يُسَاعِدُونَنَا أَوْ يُقَدِّمُونَ لَنَا الْخَيْرَ يُعَزِّزُ الْمَحَبَّةَ وَيَقْوِي الْعِلَاقَاتِ.

النَّبِيُّ مُحَمَّدٌ ﷺ قَالَ: "مَنْ لَا يَشْكُرُ النَّاسَ لَا يَشْكُرُ اللَّهَ".

هَذَا الْحَدِيثُ يُوضِّحُ أَنَّ الشُّكْرَ لَيْسَ فَقَطْ لِلَّهِ، بَلْ هُوَ وَاجِبٌ تَجَاهَ الْآخِرِينَ أَيْضًا.

الشَّخْصُ الشَّاكِرُ لَا يَرْكَزُ عَلَى مَا يَنْقُصُهُ، بَلْ يُقَدِّرُ مَا لَدَيْهِ مِنْ نِعَمٍ، مِثْلَ الصَّحَّةِ، وَالْأُسْرَةِ، وَالطَّعَامِ.

هَذَا الشُّعُورُ يَجْعَلُ الْإِنْسَانَ يَشْعُرُ بِالرَّاحَةِ النَّفْسِيَّةِ، وَيُحَفِّزُهُ عَلَى تَقْدِيمِ الْمُسَاعَدَةِ لِلْآخِرِينَ.

عَلَيْنَا أَنْ نَجْعَلَ الشُّكْرَ عَادَةً يَوْمِيَّةً، فَتَحْمَدُ اللَّهُ عَلَى نِعَمِهِ الْكَبِيرَةِ وَالصَّغِيرَةِ، وَنُظْهِرَ اِمْتِنَانَنَا لِكُلِّ مَنْ يُقَدِّمُ لَنَا مِنَ الْمَعْرُوفِ.

بِهَذِهِ الطَّرِيقَةِ، نَعِيشُ حَيَاةً مَلِيَّةً بِالسَّعَادَةِ وَالْخَيْرِ، وَنُنَشِّرُ الْمَحَبَّةَ وَالتَّبَرُّكَ مِنْ حَوْلِنَا.

عبد الرافع

شكر گزاری

"شکر گزاری" کسی شخص کے احسان پر اس کا شکریہ ادا کرنے کو کہتے ہیں۔ شکر صرف اللہ تعالیٰ کا ہی نہیں بلکہ جس شخص نے بھی ہماری مدد کی یا پھر کسی طرح کا احسان کیا، اس کا ہمیں شکر یہ ادا کرنا چاہیے۔ شکر گزاری ایک بہت اہم سنتوں میں سے ایک ہے۔ ہم لوگوں کا شکر بديہ دے کر یا کسی اور طرح کی مدد کر کے بھی کر سکتے ہیں۔

اللہ تعالیٰ کا شکر صرف عبادت کر کے ہی نہیں بلکہ کسی مستحق کی مدد کر کے بھی ادا کیا جاسکتا ہے۔

ہمیں اللہ کے بعد امی، ابو، اور ارد گرد وغیرہ کے لوگوں کا شکر گزار ہونا چاہیے خاص طور پر اللہ کا شکر گزار ہونا چاہیے جس سے اللہ تعالیٰ بہت خوش ہوتا ہے اور ہمیں نعمتوں سے نوازتا ہے۔

شکر گزاری کے بہت سے فائدے ہیں ان سے ایک تو لوگ خوش ہوتے ہیں اور لوگ ہمیں اچھا سمجھتے ہیں ہم سے دوستی کرتے ہیں اور ہمارا بھی شکریہ ادا کرتے ہیں۔

لقمان عابد اومرسن

CLASS 7 - C

شکر گزاری

شکر گزاری ایک ایسا کام ہے جو ہم تب کرتے ہیں جب کوئی ہم پر احسان کرتا ہے تو ہم ان کی شکر گزاری کرتے ہیں کیونکہ وہ ہماری زندگی کے ایک مرحلے کو ہمارے لیے آسان کر دیتے ہیں اور ہم زیادہ تر اللہ کی ہی شکر گزاری کرتے ہیں۔
ہم اللہ کے شکر گزار اس لیے ہوتے ہیں کیونکہ اللہ نے ہمیں پیدا کیا۔ ہاتھ پاؤں اور اسی طرح کی بہت سی نعمتوں سے نوازا ہے۔ ہمارے والدین، استاد، استانی جو کہ ہم پر پورا دن محنت کرتے ہیں۔ ہمیں ایسے لوگوں کا بھی شکر گزار ہونا چاہیے، جو ہمارے لیے بہت ساری سہولتیں فراہم کرتے ہیں، جیسے کہ راشن سامان گھر تک پہنچانا، مالی کا ہمارے باغ کا خیال رکھنا وغیرہ شکر گزاری نعمتوں میں اضافہ کرتی ہے کیونکہ اگر ہماری زندگی میں کوئی انسان ہمارے کسی مرحلے کو آسان کرتا ہے اور اس سے ہم شکر گزاری کے ساتھ پیش آتے ہیں تو اس کا دل خوش ہوتا ہے اور وہ ہمیں دعا دیتا ہے۔ یہ بات اللہ تعالیٰ کو خوش کرتی ہے اور ہماری نعمتوں میں اس سے اضافہ ہوتا ہے۔

مرزا عبدالاحد بیگ

Letter to the Future Generations

Nature is like a teacher, showing us how everything works together in harmony. If you look at how animals, plants, and even the weather work, you can learn a lot about how to take care of the Earth. For example, trees are amazing because they not only help clean the air but also provide homes for birds and animals. Everything in nature has a purpose and fits into a bigger picture. If you watch and listen closely, nature teaches us how to live better by working together, not wasting things, and respecting all living things. I hope that when you think about how to help the planet, you'll remember these lessons from nature. It knows how to fix itself when we give it a little help, so maybe we can learn from that and help nature heal!

Muhammad Azlaan Siddiqui

Letter of Gratitude

Dear Sir

Subject: Thank you for such a great invention
Assalamoalaikum

I am fine alhamdulillah and I hope everything is going well. I am writing this letter to thank you for inventing such a great game like cricket. Your game is the joy in my heart. Your game has made trillions of people involved in a tremendous physical game. Thousands of people come to the stadium daily to see this epic thriller. Millions of people love this game. There are thousands of fans of one player. Everyone's dream is to play international cricket. We represent our country; we lift our country's flag by winning this brilliant competition. It is always a joy to play and watch cricket. It relaxes us from the stress of studies. When I'm sad, I start watching and playing cricket. So finally, a lot of thanks and gratefulness to you with all of respect and gratitude I will thank you for what you deserve.

Best regards

Muhammad Abdullah Saleh

Letter of Gratitude

I am thankful to Elon Musk who is the CEO of Tesla and Space X. He has made a lot of new and futuristic inventions. One of the most famous is the Tesla cyber truck. The car is very strong and durable which can be used in any temperature, weather, or any kind of surface. He is now introducing a new "cyber cab" which will be driverless. There was another car like this but the cyber cab is more efficient and safer.

I am thankful to him because now I don't have to drive a car instead, I can travel from my home to anywhere just with a click. He made the life of hundreds and thousands of people easy.

He has also now bought "Twitter" which he has named as "X". This application has allowed me to know a lot about the world, whether it's a news or discovery. He also owns "Open AI" which is a very helpful tool. It helps me complete my homework and other tasks. I can use the tools to make videos, earn money and become rich, but I have a small complaint which is that some of them are paid.

He has also been the CEO of "Space X" because of which we are now able to know more about space, thanks to his spaceships which are more efficient and cheaper. He has helped me a lot with my work and because of him I'm getting awareness about a lot of recent technology.

All hats off to you.

Regards

Muhammad Bin Raghib

CLASS 7 - C

Letter of Gratitude

To Thomas Edison

In today's technology, the light bulb is very useful for us. It is because of the light bulb we can see things at night and can also do our tasks conveniently at night. In the older times people went to their beds and slept when the sun used to set, however today people can sleep late at night. Because of this invention, we can see things clearly at night and those people whose eye sight is weak, this is also useful for them as it provides a source of illumination.

I'm so grateful that you made the light bulb.

Muhammad Fuzail

الشكر والامتنان

الشُّكْرُ وَالْإِمْتِنَانُ هُمَا مِنْ أَرْوَاعِ الصِّقَاتِ الَّتِي يُمَكِّنُ أَنْ يَتَحَلَّى بِهَا الْإِنْسَانُ، وَهُمَا دَلِيلٌ عَلَى الْأَخْلَاقِ الْعَالِيَةِ وَالْإِيمَانِ الْقَوِيِّ. الشُّكْرُ يَعْنِي أَنْ يَعْتَرِفَ الْإِنْسَانُ بِفَضْلِ اللَّهِ وَنِعَمِهِ عَلَيْهِ، وَأَنْ يُظْهِرَ الْإِمْتِنَانُ لِذَلِكَ فِي الْقَوْلِ وَالْعَمَلِ. أَمَّا الْإِمْتِنَانُ، فَهُوَ شُعُورٌ دَاخِلِيٌّ بِالْعِزِّ فَانٍ نَحْوَ مَنْ قَدَّمَ لَنَا الْخَيْرَ أَوْ الْمُسَاعَدَةَ. الشُّكْرُ فِي الْإِسْلَامِ لَهُ مَكَانَةٌ عَظِيمَةٌ. فَقَدْ أَمَرَ اللَّهُ تَعَالَى بِهِ فِي الْقُرْآنِ الْكَرِيمِ، فَقَالَ: "فَاذْكُرُونِي أَذْكُرْكُمْ وَاشْكُرُوا لِي وَلَا تَكْفُرُونِ" (البقرة: 152)

الشُّكْرُ لِلَّهِ يَكُونُ بِطَرَقٍ، مِنْهَا شُكْرُ اللِّسَانِ يَقُولُ "الْحَمْدُ لِلَّهِ" وَمِنْهَا شُكْرُ الْجَوَارِحِ، مِثْلُ اسْتِخْدَامِ النِّعَمِ فِي طَاعَةِ اللَّهِ وَخِدْمَةِ الْآخَرِينَ. إِلَى جَانِبِ شُكْرِ اللَّهِ، يَجِبُ أَنْ نُمَارِسَ شُكْرَ النَّاسِ. النَّبِيُّ مُحَمَّدٌ ﷺ قَالَ: "مَنْ لَا يَشْكُرِ النَّاسَ لَا يَشْكُرِ اللَّهَ". هَذَا يَعْنِي أَنَّ شُكْرَ النَّاسِ عَلَى أَفْعَالِهِمُ الطَّيِّبَةِ يُظْهِرُ تَقْدِيرَنَا لَهُمْ وَيُعَزِّزُ الْعَلَاقَاتِ الْاجْتِمَاعِيَّةَ. عِنْدَمَا يَشْكُرُ الْإِنْسَانُ غَيْرَهُ، يَشْعُرُ الْآخَرَ بِالسَّعَادَةِ وَالتَّقْدِيرِ، مِمَّا يَنْسُرُ الْمَحَبَّةَ بَيْنَ النَّاسِ..

عَلَيْنَا أَنْ نَتَعَلَّمَ الشُّكْرَ وَالْإِمْتِنَانَ، وَنَجْعَلَهُمَا جُزْءًا مِنْ حَيَاتِنَا الْيَوْمِيَّةِ. الشُّكْرُ لَا يُكَلِّفُ شَيْئًا، وَلَكِنَّهُ يُحْدِثُ فَرْقًا كَبِيرًا فِي حَيَاتِنَا وَحَيَاةِ الْآخَرِينَ.

فَلْنَحْمَدِ اللَّهَ دَائِمًا، وَلْنُظْهِرْ إِمْتِنَانَنَا لِكُلِّ مَنْ يُقَدِّمُ لَنَا الْخَيْرَ. لِيَكُونَ الشُّكْرُ زِينَةً حَيَاتِنَا، وَسَبَبًا فِي زِيَادَةِ نِعَمِ اللَّهِ عَلَيْنَا.

محمد حسين

Letter to my Generations

I think one of the best things we can do to take care of the planet is spend time outside. Nature has this way of helping us feel connected to the earth and reminds us how important it is to take care of it. Whether it's walking in a park, hiking in the mountains, or just sitting by a river, being outside helps us see the beauty of the world and gives us the motivation to protect it. I hope you take time to enjoy the outdoors and really see how amazing it is. It can be easy to forget how important nature is when you're busy with school and life, but when you step outside and really look around, you see how much we need to protect it. I hope you'll always make time to enjoy nature and remember that it's a gift we need to protect.

Muhammad Sudaim

One summer afternoon, I volunteered to help clean the community park with a few neighbors. As we worked together, we noticed a group of children struggling to collect water for the small garden they had planted in the park. They had only two small 5-liter buckets and needed to carry 50 liters of water to the garden, which was quite a task for them.

I decided to help them out and offered to use a 10-liter bucket I had at home. Together, we calculated how many trips it would take to fill the garden's water needs.

Total water needed: 50 liters

Water per trip with their buckets (2 buckets, 5 liters each):

Since I had 10-liter bucket, I could reduce the number of trips

With my help, we managed to reduce their work from 5 trips to just 4 trips. The children were so thankful and excited. One of them handed me a small bunch of flowers from their garden as a token of gratitude.

Muhammad Tayyab

CLASS 7 - C

Gratitude is like saying "thank you" for all the good things in your life. It's about feeling happy for what you have, not sad for what you don't. Like, if you get a new pencil, you can be grateful you have a nice pencil to write with. It makes you feel good inside!

My friend, Omer, is really good at gratitude. He always says "thank you" for even little things. Like, if I share my snack with him, he'll say "thank you so much!" and it makes me feel happy too. He's grateful for his family, his friends, and even his birds.

One day, we were walking home from school and it started to rain. I was bummed because my new shoes were going to get wet. But Omer said, "Look, we have a roof over our heads when we get home, and we have warm clothes. We're lucky!" He was right. Even though it was raining, we still had a lot to be grateful for.

We got home and Omer's mom made us hot chocolate. It was so warm and yummy. I was grateful for that too! Omer's mom told us a story about a time when she didn't have much, but she was still grateful for the friends who helped her. She said gratitude can make you feel happy even when things are tough.

I learned that gratitude isn't just about saying "thank you." It's about noticing all the good things around you and feeling happy about them. It's like a superpower that makes you feel good all the time. I'm going to try to be more like Omer and say "thank you" more often. And I'm going to remember all the things I'm grateful for, like my family, my friends, and even hot chocolate on a rainy day!

Muhammad Usman Faruki

شکر گزاری

خدا کی شکر گزاری ضروری ہے
شکر کے بنا زندگی ادھوری ہے

خدا کا شکر کر، جس نے تجھے انسان بنایا
خدا کا شکر کہ تجھے جس نے مسلمان بنایا

اے خدا کے بندے اس کا شکر کر جس نے
تجھے بدر میں فاتح بنایا
اے خدا کے بندے اس کا شکر کر جس نے
تجھے یروشلم کی فتح کی عطا

خدا کی شکر گزاری ضروری ہے
شکر کے بنا زندگی ادھوری ہے

عمر یوسف

شکر گزاری

شکر گزاری ہے نعمت بڑی
یہ دل کو سکون دیتی ہے ہر گھڑی
ہر نعمت کا شکر ادا کرو
رب کی رحمت کو یاد کرو
چاند، ستارے، سورج کی روشنی
پھولوں کی خوشبو ہوا کی تازگی
ماں کا پیار، باپ کی دعا
یہ سب نعمتیں اللہ کی عطا
جو ہے پاس وہ ہی کافی
شکر ادا کرنا ہی ہے کامیابی

روحان صدیقی،

الشکر والامتنان

مَا أَحْسَنَ مَا قِيلَ: "الشُّكْرُ قِنْدُ الْمَوْجُودِ وَصَبْدُ الْمَفْقُودِ"، يَغْنِي أَنْ
الشَّيْءَ الَّذِي تَمْلِكُهُ لَا يَنْقَى مَعَكَ إِلَّا بِالشُّكْرِ لَهُ عَلَيْهِ، وَالشَّيْءَ الَّذِي لَا
تَمْلِكُهُ لَا يَأْتِيكَ إِلَّا إِذَا شَكَرْتَ عَلَى مَا عِنْدَكَ مِنَ النِّعَمِ.
الشُّكْرُ وَالْإِمْتِنَانُ مِنْ أَجْمَلِ الْقِيَمِ الْإِنْسَانِيَّةِ، يُعَبِّرُ الْإِنْسَانُ بِالشُّكْرِ عَنْ
تَقْدِيرِهِ لِلأَشْخَاصِ الَّذِينَ يُسَاعِدُونَهُ أَوْ يُقَدِّمُونَ لَهُ شَيْئًا جَيِّدًا.
الْإِمْتِنَانُ يُعَزِّزُ الْعِلَاقَاتِ وَيَخْلُقُ جَوْاءَ مِنَ الْمَحَبَّةِ وَالْإِحْتِرَامِ بَيْنَ النَّاسِ.
عِنْدَمَا نَشْكُرُ الْآخَرِينَ نَشْعُرُ بِالسَّعَادَةِ وَالرِّضَا، وَيَشْعُرُ الْآخَرُونَ بِالتَّقْدِيرِ
وَالْفَرَحِ.
فَالشُّكْرُ لَا يَكُونُ بِالْكَلِمَاتِ فَقَطْ، بَلْ بِالْأَفْعَالِ أَيْضًا، فَيُمْكِنُ أَنْ نُنْظِرَ
اِمْتِنَانًا بِمُسَاعَدَةِ الْآخَرِينَ أَوْ بِمَوَاقِفِ إِجَابَةٍ تَجَاهَهُمْ.
يَجِبُ عَلَيْنَا أَنْ نَتَذَكَّرَ دَائِمًا أَنْ نُعَبِّرَ عَنِ الشُّكْرِ لِلَّهِ عَلَى النِّعَمِ الَّتِي مَنَحَنَا
إِلَاقًا وَلِلنَّاسِ الَّذِينَ يَقِفُونَ بِجَانِبِنَا.
الشُّكْرُ يُجَمِّلُ الْحَيَاةَ وَيُنْشُرُ الْخَيْرَ فِي الْمُجْتَمَعِ.

سفيان بن عمران

CLASS 7 - C

Letter of Gratitude

Dear William Addis,

I thank you for inventing the toothbrush. It is very useful for a person to clean his teeth and make it white and clear. If you didn't invent this, people would have very bad smell coming of their mouth and it would be awful. It could affect the nature very badly and people could be in pain.

Without toothbrush, there would be cavities in the teeth as people would not be able look after their oral hygiene. People couldn't digest food which could cause them to be sick and their smile would look ugly. People would look very bad because of yellow teeth, but this invention has made a positive impact in people's lives, so thank you for this amazing and useful invention!

From,

Suleiman Aamir

I just want to say thank you to all of you who are already trying to make a difference. It's not always easy to take action, especially when the world seems to be full of problems. But every time you recycle, save water, reduce waste, or try to do something good for the planet, it matters. The work you're doing right now is setting a great example for others, and it's helping to make the earth a better place for everyone. I know that our generation has the energy, ideas, and creativity to take things even further, and I'm so excited to see how we'll make the world a better place. Thank you for all the effort you're putting in to help take care of the planet. I'm really grateful for what you'll do!

Syed Ebad Bin Faisal Ali

Thankyou for Saving the World (Kind Of)!

Okay, so this crazy thing happened. I was walking to school in the snow, and it was FREEZING and foggy. I fell down by this tree, and guess what? It broke!

Then, I found this warm room, which was weird, because it was snowing outside. There were these smelly cigarettes everywhere, and some boxes. I heard yelling, so I hid behind the boxes. Two guys came in. One guy was wearing a suit, even though it was super cold, and the other guy was wearing shorts! That's crazy! I thought he must be Russian or something.

Then, the scary guy said, "Yaxely, you messed up! You didn't kill that Michael J. Roscoe guy!" Then there was a gunshot! I was so scared! I wanted to run, but I remembered my speech that my dumb brother signed me up for. It's on Saturday, and I'm really nervous.

Then, the guy on the phone, who they called Mr. Flamel, said, "Send the cleaners!" That's creepy! I heard footsteps, and I knew I had to do something. I threw a rock, and Mr. Flamel got surprised! I ran out of there as fast as I could.

Guess what? I ran to the police station! The next day, the CIA was there! They were asking about this bad guy who ran away. I told them about the room with the boxes. And guess what they found? A HUGE amount of uranium and a little nuclear bomb! Wow! It was like in a movie!

Everyone was talking about me! I got five million dollars! And I even won the speech contest! It was crazy! I'm really thankful that I was in the right place at the right time. I helped save the world, kind of! It's all thanks to that broken tree and those smelly cigarettes. And I'm even thankful for my annoying brother for making me do that speech. Maybe it won't be so bad after all.

Umer Muzammil

It's really inspiring to see so many people trying to help the Earth. So many groups focus on cleaning up the ocean, planting trees, and finding better ways to make energy that does not hurt the environment.

These people are showing us how to be better at taking care of the planet, and it gives me hope that things can get better. Some people are even working to protect endangered animals, which is so important because if we lose them, it affects everything else. I think that the work they're doing right now is really important, and I hope they will continue it. Our generation has new ideas, technology, and energy that can make the world an even better place. I'm really excited to see what they do with it!

Syed Riaz Qadir Kazmi

MESSAGE FROM THE CLASS TEACHER 7-D

As another year comes to a close, I feel grateful to have witnessed your growth and transformation before my eyes. Having taught you since grade four, I've had the privilege of watching you evolve from curious, mischievous boys into confident, defined individuals.

I hope and wish for you to flourish in your future endeavors, overcoming fears and doubts and becoming proud of your accomplishments. I'm honored to have been a part of your journey and look forward to seeing you become bright, young leaders who serve the Muslim ummah with pride and dignity.

Jasra Usman

CLASS 7 - D

الشكر

يَجِبُ عَلَيْنَا جَمِيعًا أَنْ نَكُونَ شَاكِرِينَ لِجَنَاتِنَا الَّتِي
تَحْتَوِي عَلَى عَدَدٍ لَا يُحْصَى مِنَ النِّعَمِ الَّتِي مَنَحَهَا اللَّهُ
لَنَا، وَالَّتِي تَشْمَلُ الْوَالِدَيْنِ. فِي هَذِهِ الدُّنْيَا أَطْفَالٌ
كَثِيرُونَ مِثْلُنَا لَا يَمْلِكُونَ الْبُيُوتَ وَالْوَالِدَيْنِ، بَيْنَمَا
الْوَالِدَانِ يَفْعَلَانِ كَثِيرًا لِنَجَاتِنَا، وَيَجْعَلَانِ حَيَاتِنَا
مُرِيحَةً، وَيَدْعِمَانِنَا دَائِمًا.

وَيَجِبُ عَلَيْنَا أَنْ نَشْكُرَ اللَّهَ عَلَى هَذِهِ النِّعَمِ، لِأَنَّهُ هَدَانَا
إِلَى صِرَاطٍ مُسْتَقِيمٍ. نَبِئْنَا سَيِّدَنَا مُحَمَّدًا ﷺ كَانَ يُعَانِي
مُشْكِلَاتٍ كَثِيرَةً فِي حَيَاتِهِ، لَكِنَّهُ مَا اسْتَسْلَمَ أَبَدًا.
عَلَيْنَا أَنْ نَشْكُرَ اللَّهَ لِأَنَّهُ وَلَدَنَا مُسْلِمِينَ، وَهَدَانَا إِلَى
تَعْلِيمَاتِ الْإِسْلَامِ. الْحَمْدُ لِلَّهِ نَحْنُ نَعِيشُ حَيَاةً مُرِيحَةً،
وَعِنْدَنَا بُيُوتٌ مُنَاسِبَةٌ وَمُرِيحَةٌ، وَوَالِدَانَا يَجْتَهِدَانِ
دَائِمًا وَيُحِبَّانِ لَنَا الْخَيْرَ، وَيُلْحَقَانَا فِي مَدَارِسِ
إِسْلَامِيَّةٍ، حَيْثُ الْأُسْتَاذُ مُمْتَازٌ.

إِنَّ نِعَمَ اللَّهِ لَا تُعَدُّ وَلَا تُحْصَى، وَإِذَا كُنَّا شَاكِرِينَ فَإِنَّ
اللَّهَ يُزِيدُنَا مِنَ النِّعَمِ مِنَ الْمُهِمِّ لَنَا أَنْ نَكُونَ شَاكِرِينَ
دَائِمًا، وَنَتَذَكَّرَ النِّعَمِ الَّتِي لَدَيْنَا. الْحَمْدُ لِلَّهِ عَلَى نِعَمِهِ.

عفان أحمد عثمانى

الشكر

الحمد لله الذي خلقنا مسلمين، وأعطانا القرآن
الذي يُسَاعِدُنَا عَلَى الْعِيشِ فِي حَيَاةِ الدُّنْيَا. وَهُوَ
حَبْلُ اللَّهِ الْمَتِينُ الَّذِي نَصُلُّ بِهِ إِلَى سَعَادَةِ الْآخِرَةِ.

بَعَثَ إِلَيْنَا الرَّسُولَ ﷺ يُعَلِّمُنَا الْقُرْآنَ وَالْحِكْمَةَ
وَيُزَكِّيُنَا، وَبِطَاعَتِهِ نَهْتَدِي إِلَى الْجَنَّةِ. وَيَجِبُ عَلَيْنَا
أَنْ نَشْكُرَ اللَّهَ، وَمَنْ لَا يَشْكُرُ اللَّهَ، فَإِنَّ اللَّهَ يَسْخِطُ
عَلَيْهِ وَلَا يُوفِّقُهُ لِلْعِبَادَةِ.

وَنَحْنُ نَرِيدُ أَنْ نَشْكُرَ اللَّهَ لِأَنَّهُ رَزَقَنَا الْوَالِدَيْنِ
الصَّالِحِينَ، وَأَعْطَانَا الْبَيْتَ الْكَبِيرَ، وَعَلَّمَنَا طَرِيقَةَ
الْجُلُوسِ مَعَ الْكِبَارِ بِأَدَبٍ وَاحْتِرَامٍ.

وَمِنْ أَعْظَمِ الْأُمُورِ الَّتِي يَنْبَغِي أَنْ نَشْكُرَ اللَّهَ عَلَيْهَا
هِيَ الرَّفْقُ وَالشَّفِيقَةُ عَلَى الصِّغَارِ وَاحْتِرَامُ الْآخَرِينَ.
لِذَا يَجِبُ عَلَيْنَا أَنْ نَشْكُرَ اللَّهَ دَائِمًا.

أنس خالد

Grateful for the Invention of Light Bulb

I am grateful to Thomas Edison for inventing light bulb! It is
because of this invention we can study at night. By using
light bulbs we can illuminate any area whenever we want
to. With the help of light bulbs we can see many sports
which are being played in the stadium at night as the whole
place is illuminated by light bulbs.

These light bulbs helps us from many dangerous events like
for instance if there would be darkness we would not be
able to sense any dangerous insect which can bite or sting
us, so as the bulb is there we can easily detect their
presence and can kill them immediately so they don't cause
any harm to us.

Our mothers can cook food at night easily in the kitchen as
light bulb is there.

In short, light bulb is used by everyone to perform different
tasks and it simplifies our tasks as we don't have to struggle
in darkness.

Bazil Khan

Sometimes, it can feel like there's
nothing we can do to fix the environment
since the problems are so big, but that's
not true at all! Every little thing you do
can help make a difference. If you choose
to walk instead of driving, use a reusable
water bottle instead of plastic, or even
just pick up trash you see, that all adds
up. When everyone does something
small, it can add up to something huge.
Think about all the people in the world
doing their part. It's like a big team
working together. So, if you ever feel like
your actions don't matter, just remember
that they do! Every person who tries to
help makes the planet a better place.

Furqan Fahim



Muhammad Ibrahim

CLASS 7 - D

One evening, my friend and I were stargazing in a quiet field. We decided to count how many shooting stars we could spot in an hour. We agreed to count separately and then add our results at the end.

In the first 30 minutes:

I saw 12 shooting stars.

My friend saw 15 shooting stars.

In the next 30 minutes:

I spotted 18 more, and my friend counted 21 more.

My total count:

$$12 + 18 = 30$$

$$15 + 21 = 36$$

Combined total:

$$30 + 36 = 66$$

We were thrilled to have seen 66 shooting stars in just an hour! As we packed up to leave, my friend thanked me for convincing him to come along. "I've never seen anything like this," he said with a grateful smile.

Kanwar Abdul Rafay



Syed Ibrahim Ali Shah

It was a chilly winter morning when I noticed my neighbor, Mr. Ismail, struggling to shovel the snow from his driveway. He had already cleared 15 meters, but the driveway was 30 meters long in total.

I grabbed my shovel and offered to help him. Together, we worked out a plan to divide the remaining part equally.

Length of the driveway: 30 meters

Already cleared: 15 meters

Remaining distance:

$$30 - 15 = 15$$

$$15/2 = 7.5$$

We worked together and finished the task in half the time it would have taken him alone. As we leaned on our shovels, catching our breath, Mr. Ismail smiled and said, "I couldn't have done it without you. Thank you!"

He insisted on sharing a cup of hot tea with me afterward. That small act of kindness and teamwork turned a cold morning into a warm and memorable experience.

Khizar

علی کراچی شہر کی ایک مشہور تیل کی کمپنی کا مینجر تھا۔ جس کے پاس زندگی کی تمام سہولیات موجود تھیں۔ بڑا بنگلہ، تین گاڑیاں، ڈرائیور اور بہت سے ملازم تھے۔ وہ صبح سے شام تک آفس میں رہتا تھا اور پھر آرام کرتا تھا۔ ایک دن جب وہ اپنے ایئر کنڈیشنڈ آفس کے کمپیوٹر پر کام کر رہا تھا۔ اسے یاد آیا کہ وہ ایک ضروری فائل گھر پر ہی بھول گیا تھا جیسے ہی لنچ ٹائم ہوا وہ اپنے کمرے سے باہر آیا اور باہر اس کو اپنا ایک دوست ملا۔ اس نے اس کو بھی اپنے ساتھ اپنے گھر کھانا کھانے کی دعوت دی۔ اس نے جواب دیا "ہاں میں ضرور تمہارے ساتھ چلوں گا ویسے بھی میں آج لنچ نہیں لایا اور باہر کھانا کھانے ہی جا رہا تھا۔" خیر دونوں باتیں کرتے ہوئے باہر آئے، اپنی گاڑی میں بیٹھے۔ علی کی شاندار گاڑی تھی، ڈرائیور نے گاڑی چلا دی۔ آدھے گھنٹے بعد وہ علی کی کوٹھی کے باہر پہنچ گئے۔ اس کے بعد گھر والوں سے مل کر سیدھا کھانے کے کمرے میں جا کر بیٹھ گئے اور کھانے کا انتظار کرنے لگے۔ اس دوران خادم اندر آیا اور مہمان سے اس کا پسندیدہ کھانا پوچھ کر واپس چلا گیا۔ چند منٹ بعد وہ اندر داخل ہوا اور بتایا کہ مہمان کا پسندیدہ کھانا اتنی جلدی نہیں بن سکتا کیونکہ آج باورچی بھی نہیں ہے۔ علی کو بہت غصہ آیا اور وہ بلند آواز سے چیخا۔ اس نے فیصلہ کر لیا کہ وہ باورچی کو نوکری سے نکال دے گا۔ اس پر اس کے دوست نے اسے سمجھایا کہ "دنیا میں بہت سے ایسے لوگ ہیں جن کے پاس اچھا کھانے کو نہیں یا پھر انہیں کھانا خود بنانا پڑتا ہے۔ تم شکر کرو کہ اللہ نے تمہیں اتنی نعمتوں سے نوازا ہے۔" علی یہ بات سن کر شرمندہ ہو گیا اور اس کے بعد سے اللہ تعالیٰ کا شکر ادا کرنے لگا اور کبھی ناشکری نہیں کی۔

محمد ابان



Huzaifa Umair

Gratitude - A lesson learnt

Amna came from a very wealthy family and was used to things being handed on a silver platter. She was always ungrateful and rude to everyone including her parents, relatives and workers. Her rude behaviour had recently gotten her expelled from a prestigious private school. Her parents, both concerned and angry signed her up for a public school in hopes that the experience would humble their daughter.

Amna who had been used to luxury all her life, was immediately pulled back to the real world the second she entered the public school. What surprised Amna the most was that the new school was nothing like the old one with no fancy butlers or huge gardens, yet the student seemed just as happy, maybe even happier here.

That's where she met a girl named Sara. Sara was a ball of sunshine and her happiness was infectious. Amna noticed that Sara never ate during the lunch break and a couple weeks later asked why. Sara told Amna that her mom was sick and her dad barely made enough money for one meal a day with her mom's medical bills. Amna was left speechless that such a happy looking girl was going through all this but was still very nice to everyone around her.

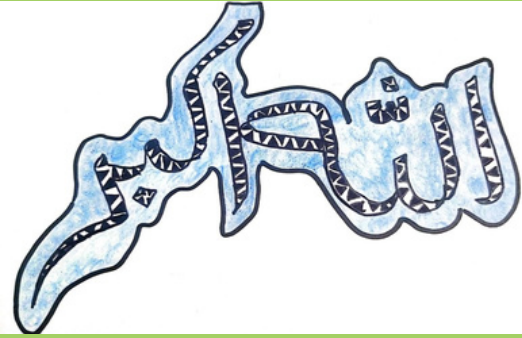
This was the day that Amna realized her privilege and ran back home in tears to hug her parents and apologize for being so rude to everyone for small things and how she was extremely grateful for the life and family she had. Sara's story had changed Amna's life from that point on as she started living with her heart filled with gratitude.

Muhammad Ammar

CLASS 7 - D



Muhammad Usman Majid



Muhammad Haseeb Khan

Letter of Gratitude

Dear Salvino D'Armati,

I am thankful to you for the amazing invention of spectacles. Many people including me use spectacles as we have a weak eye sight. When we use spectacles, we can see the world clearly and our vision is no more blur. When we wear spectacles, there are less chances of accidents as we can see everything accurately and we can perform our tasks more efficiently. If we don't wear spectacles despite of having weak eye sight then we feel dizzy and this causes hindrance in our day to day activities. Indeed, it's a great invention and I'm deeply grateful to you for bringing such invention to the world to help mankind perform better.

Muhammad Saim

محمد حاشر خان

الشكر

فِي قَدِيمِ الزَّمَانِ، عَاشَ رَجُلٌ فَقِيرٌ فِي قَرْيَةٍ صَغِيرَةٍ. كَانَ هَذَا الرَّجُلُ يَفْعَلُ بِحَدِّ طَوَالِ النَّوْمِ لِيَجْمَعَ قُوَّةَ يَوْمِهِ، وَلَكِنَّهُ كَانَ يَشْكُرُ اللَّهَ وَيُحَمِّدُهُ عَلَى كُلِّ شَيْءٍ. كَانَ النَّاسُ فِي الْقَرْيَةِ يَتَعَجَّبُونَ مِنْ خَالِهِ، فَهُوَ رَغِمَ فَقْرُهُ الشَّدِيدُ كَانَ دَائِمًا مُتَبَسِّمًا وَرَاضِيًا. فِي أَحَدِ الْأَيَّامِ، جَاءَ إِلَى الْقَرْيَةِ رَجُلٌ غَنِيٌّ يَبْحَثُ عَنْ مَكَانٍ لِلرَّاحَةِ. كَانَ الرَّجُلُ الْغَنِيُّ يَمْلِكُ أَمْوَالًا كَثِيرَةً وَكَانَ مُتَكَبِّرًا. فَزَرَ التَّعَاقُّبُ عِنْدَ الْفَقِيرِ لِيَقْضِيَ الْوَقْتَ لِأَنَّهُ لَمْ يَجِدْ مُنْذَرًا أَوْ مَنَازِلًا مُنَاسِبًا. اسْتَقْبَلَهُ الرَّجُلُ الْفَقِيرُ بِكُلِّ تَرْحُّبٍ وَتَكْرِيمٍ، وَقَدَّمَ لَهُ مَا لَدَيْهِ مِنْ طَعَامٍ بَسِيطٍ. أَتْنَاءَ تَنَاوُلِ الطَّعَامِ، لَاحَظَ الرَّجُلُ الْغَنِيُّ كَيْفَ كَانَ الْفَقِيرُ يَشْكُرُ اللَّهَ عَلَى كُلِّ لُقْمَةٍ يَأْكُلُهَا، رَغِمَ بَسَاطَتِهَا. فَقَالَ لَهُ الرَّجُلُ الْغَنِيُّ بِاسْتِهْزَاءٍ: "كَيْفَ تَسْتَطِيعُ أَنْ تَشْكُرَ اللَّهَ عَلَى هَذَا الْقَلِيلِ؟ أَنَا أَمْلِكُ أَمْوَالًا كَثِيرَةً وَلَا أَشْعُرُ بِتَقْنِيسِ السَّعَادَةِ الَّتِي تَظْهَرُ عَلَيْهِ." اِتَّسَمَ الْفَقِيرُ وَقَالَ: السَّعَادَةُ لَيْسَتْ فِي الْمَالِ، بَلْ فِي الرِّضَا. أَنَا أَشْكُرُ اللَّهَ لِأَنَّهُ أَعْطَانِي مَا يَكْفِينِي وَأَوْفَى أَنَّهُ يَرْزُقُنِي بِمَا هُوَ خَيْرٌ لِي. عِنْدَمَا تَشْكُرُ اللَّهَ عَلَى مَا لَدَيْكَ، يَزِيدُ شُغُورَكَ بِالرِّضَا وَالسَّعَادَةِ." تَأَثَّرَ الرَّجُلُ الْغَنِيُّ بِكَلِمَاتِ الْفَقِيرِ وَبَدَأَ يَفْكَرُ فِي حَيَاتِهِ. أَذْرَكَ أَنَّهُ رَغِمَ ثَرْوَتِهِ، لَمْ يَكُنْ يَشْكُرُ اللَّهَ بِمَا فِيهِ الْكَفَايَةُ، وَكَانَ دَائِمًا يَنْظُرُ إِلَى مَا يَنْقُصُهُ. غَادَرَ الرَّجُلُ الْغَنِيُّ مَنَازِلَ الْفَقِيرِ وَهُوَ يَحْمِلُ دَرْسًا ثَمِينًا عَنْ الشُّكْرِ وَالرِّضَا. وَمِنْ ذَلِكَ الْيَوْمِ، تَغَيَّرَتْ حَيَاتُهُ وَأَصْبَحَ أَكْثَرَ اِمْتِنَانًا وَسَعَادَةً.

محمد تیمور

احمد اپنے آفس سے جب کسی کام سے گھر جانے لگا تو اس نے اپنے دوست کو بھی ساتھ چلنے کو کہا۔ راستے میں ایئر کنڈیشن گاڑی میں بیٹھے احمد نے سڑک پر چلنے والے راہگیروں کو بری طرح جھڑکا۔ جب وہ گھر پہنچا اور کھانے کی میز پر سبزی پکی دیکھی تو منہ بنانے لگا۔ اس کا دو ست ساری حرکت دیکھ رہا تھا اس کو بہت افسوس ہوا اس نے اسے سمجھایا کہ "دیکھو دوست ناشکری کرنا، کسی کو برا بھلا کہنا یہ سب چیزیں بہت بری ہیں۔ ہمیں کھانے کی قدر کرنی چاہیے۔ تمہیں پتہ ہے بہت سے لوگ ان کھانوں کے لیے کتنا ترستے ہیں اور تم اس کھانے کی قدر ہی نہیں کر رہے۔ ایک بات اور یہ باہر کے کھانے اتنے مزے دار نہیں ہوتے جتنے ماں کے ہاتھ کے پکی ہوئی روٹی میں مزہ ہوتا ہے۔ تمہیں پتہ ہے ہمارے نبی کریم صلی اللہ علیہ وسلم سادہ زندگی گزارتے تھے، سادہ کپڑے پہنتے اور سادہ کھانا کھاتے اور یہ تو سنت بھی ہے کہ سادہ زندگی گزاری جائے۔ احمد شرمندہ ہو گیا اور شرمندگی سے کہنے لگا کہ "شکریہ دوست آئندہ سے میں ہر کھانے کی قدر کروں گا چاہے وہ ٹینڈے ہی کیوں نہ ہو ہمیں بڑے شوق سے کھاؤں گا۔"

اویس شاہ

CLASS 7 - D

Hey future generations! I just want to say how thankful I am for all the amazing things nature gives us. Think about all the beautiful forests, the big oceans, and even the little flowers in our backyard. There's so much beauty in the world that we can sometimes forget how lucky we are to have it. Trees give us clean air, rivers give us fresh water, and animals make everything feel alive. It's super important that we take care of these things because if we don't, they could disappear. I hope you can always appreciate nature and protect it. We have to remember that the world doesn't just give us everything for free—it's our job to keep it safe for everyone, now and in the future!

Raja Muhammad

Gratitude

A boy named Ali was a rich boy. He had everything he wanted but he was ungrateful. Whenever he saw a different thing in any boy's hand, he always needed it. He always stayed angry and misbehaved with his parents. He argued with them for every little thing. Therefore, his parents wanted him to learn a lesson so they took him to a village called Rasoolpur. In the village there is less or almost no food. There are no activities in the village. When Ali saw the kids in the village, he was guilty for his actions and realized that his act was shameful. He apologized for it. Now he is grateful for everything he has and whenever his parents give him a gift, he thanks them and prays to Allah.

Muhammad Zohaib

Patience, Perseverance and Gratitude

Once upon a time there was a boy named Zaid. He and his family lived in a village, with a house to live in, some meager supplies to survive and a tiny piece of land to grow crops and raise animals. He had a brother whose name was Zaeem. Zaid and his family were grateful for what they had although some days they had to survive on some bread pieces and water. It was flood season and his father could not grow any crops. One day there was a thunderstorm and it ruined their house, and destroyed their livestock. Unfortunately, that night a flood came and as a result Zaid lost his parents. For days he searched everywhere. He took his brother, prayed to God, and started his journey. Hard times came and both of them had to beg for food. But they still thanked God for keeping them safe and repeated the words "Allah is the best planner." After collecting enough money, they bought a bunch of pens to sell. Allah swt gave them barakah and they sold all the pen. With the money Zaid and his brother bought some food, and ate ravenously. One day a kind man gave them some money that they invested it on water bottles. When the boys were small, they had learnt how to make different decoration objects with plastic. They used all their skills to make different objects. At first, their work was rough and uneven, but with practice, they got better. They made small toys and objects and started selling them at the market. The first few weeks were slow, but as word spread about their craftsmanship, business picked up.

As money started trickling in, they reinvested every cent. They bought better tools, improved their designs, and even hired other kids to help with production. Over time, their small stall became the busiest in the market.

Years passed, and their small business transformed into a successful plastic company. One day, as they sat in their large workshop, looking at the bustling business they had built, Zaid smiled.

"Remember when we couldn't even afford a proper meal?" he asked. Zaeem chuckled. "Yeah. But we never gave up."

They had gone from struggling just to survive to creating a future filled with success. And it all started with hard work, determination, and believing. Truly, patience and perseverance with gratitude is the key to success.

Umar Afaq Siddiqui

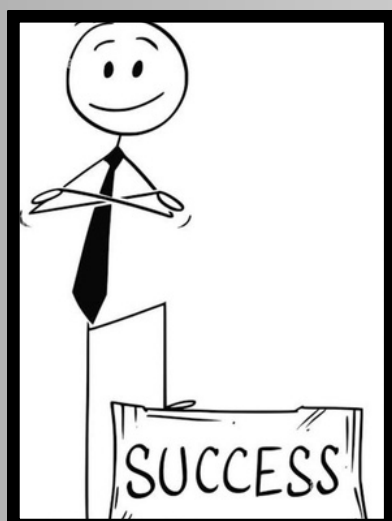
I know there are a lot of big problems when it comes to the environment. Climate change, pollution, and deforestation are all really serious issues, and sometimes it feels like it's too much to handle. But I know that you, the next generation, have the ability to solve these problems! You're growing up with more knowledge and technology than we ever had. You can use that to come up with new ways to protect the planet, like finding cleaner energy sources or coming up with better ways to recycle. It won't be easy, and there will be challenges along the way, but you can make the world better. There are so many people who already care, and I believe that your generation will take it even further. You have the power to make the planet a healthier, happier place for everyone!

Syed Ibadullah

I am thankful to the person who invented the car, that is the main source of our travel to place to place now. It can be easier to travel as compared to animals' ride and also cars are more luxurious that will be more entertainment to the travel. Nowadays, there are lots of companies and different technology cars that use less fuel consumption and are hybrid. There are electric cars so that will have no smoke release and our planet would be safe from global warming. I am very thankful to the person who made car to make our travel easier.

Umer Jamal

CONFIDENCE



MESSAGE FROM THE CLASS TEACHER 8-A

As the year comes to an end, I find myself reflecting on the incredible journey we've shared. It's truly bittersweet to say goodbye to such an extraordinary group of students.

Each one of you has left an indelible mark on my heart. Your kindness, love and respect have created an atmosphere of warmth that every teacher dreams of. You've not only excelled in your studies but also shown that brilliance lies in your hearts as much as in your minds. Yes, there were moments of mischief and a bit of chaos, but those instances only added charm to our classroom. They made our bond stronger and filled our days with laughter and unforgettable memories.

As you move forward, remember that you have the power to achieve greatness in anything you set your mind to. Continue being respectful, curious and supportive of each other. Keep shining, keep learning and never lose the wonderful qualities that make you so special. Thank you for being such a significant part of my teaching journey. I will cherish the moments we've shared and always be proud of each one of you.

Huma Irfan

CLASS 8 - A

خود اعتمادی

خود اعتمادی انسان کی ایک اہم خصوصیت ہے جس کی مدد سے وہ اپنی زندگی میں کامیاب ہو سکتا ہے۔ اس کا مطلب ہے کہ انسان اپنے فیصلوں، صلاحیتوں اور خود پر بھروسہ رکھے جب ہم خود اعتمادی رکھتے ہیں اپنے اندر تو ہم زندگی کے مختلف مسائل کا بہتر طریقے سے سامنا کرتے ہیں اور اپنے مقاصد کو حاصل کرنے میں کامیاب ہوتے ہیں۔

خود اعتمادی کی سب سے اہم بات یہ ہے کہ انسان کو اپنی صلاحیتوں پر بھروسہ کرنا چاہیے ہم اپنے کام اور فیصلوں پر یقین رکھ کر کام بہتر انداز میں کر سکتے ہیں۔ خود اعتمادی صرف اس بات کا نام نہیں کہ ہم غلطیوں سے بچیں بلکہ اس کا مطلب یہ بھی ہے کہ ہم اپنے فیصلوں کی بنیاد پر اپنے راستے پر چلیں اور کبھی ہمت نہ ہاریں۔

خود اعتمادی بڑھانے کے لیے سب سے پہلے انسان کو اپنے بارے میں اچھا سوچنا ضروری ہے، اپنے آپ کے بارے میں اچھا خیال رکھنا اور اپنی صلاحیتوں کو پہچاننے سے خود اعتمادی بڑھتی ہے اور اسی سے بہت سے بچوں کو کسی مقابلے میں حصہ لینے سے ڈر بھی نہیں لگتا کیونکہ ان کے اندر خود اعتمادی پیدا ہو جاتی ہے۔ خود اعتمادی کاسب سے بڑا فائدہ ہمیں مشکلوں کا سامنا کرنے میں آسانی پیش آتی ہے۔ اہم بات یہ کہ خود اعتمادی مثبت سوچ سے ہی نہیں آتی بلکہ اس میں محنت اور لگن بھی شامل ہے۔ اپنی محنت اور لگن کے سبب کسی کام میں کامیاب ہونے سے ہی ہمارا اپنے آپ پر بھروسہ زیادہ ہو جاتا ہے۔

عدینہ فاطمہ،

خود اعتمادی

”خود اعتمادی ایک ایسی طاقت ہے جو اپنے آپ پر بھروسہ کرنا سکھاتی ہے یہ وہ روشنی ہے جو اندھیرے میں راستہ دکھاتی ہے اور مشکلات کو آسان بناتی ہے۔ خود اعتمادی کا یہ مطلب نہیں کہ آپ کو سب بات کا علم ہو لیکن اس کا مطلب یہ ہے کہ ہمیں اپنے تجربات اور صلاحیتوں پر یقین ہو۔ خود اعتمادی کے بغیر اپنی منزل تک پہنچنا ناممکن ہوتا ہے۔ اللہ نے ہر کسی کو کوئی نہ کوئی صلاحیت ضرور دی ہوتی ہے اور ہمیں ان پر یقین بھی رکھنا چاہیے۔ مثبت سوچ اور رویے سے خود اعتمادی اور بڑھتی ہے۔ ہر شخص بالکل مختلف ہوتا ہے اور اسی لیے ہمیں کبھی اپنے آپ کا دوسروں سے موازنہ نہیں کرنا چاہیے۔ خود اعتمادی انسان کی شخصیت کا وہ پہلو ہے جو نہ صرف اس کے کردار کو مضبوط کرتا ہے بلکہ زندگی کے ہر میدان میں اسے ذہین اور ممتاز بناتا ہے۔ ہمیں کبھی اپنی ناکامیوں اور غلطیوں کو اپنی کمزوری نہیں بنانا چاہیے بلکہ انہی سے سبق لے کر آگے بڑھنا چاہیے اور خود اعتماد بننا چاہیے۔ ہماری زندگی کا ایک واضح مقصد ہونا چاہیے اور اسی مقصد پر توجہ کرتے ہوئے ہمیں آگے بڑھنا ہوگا۔ اس سے ہمارا خود پر اعتماد اور مضبوط رہے گا۔ خود اعتمادی بڑھانے کے لیے ہمیں زیادہ سے زیادہ علم سیکھنا چاہیے اور وقت کے ضیاع سے بچنا چاہیے۔ خود اعتمادی سے نہ صرف زندگی میں کامیابی حاصل ہوتی ہے بلکہ اس سے انسان کی شخصیت پر بھی اچھا اثر پڑتا ہے۔ انسان اور مضبوط ہوتا ہے۔ خود اعتمادی اور خوش فہمی میں بہت فرق ہوتا ہے۔ ہر کسی کو خود اعتماد تو ہونا چاہیے مگر خوش فہمی ناکامی کا راستہ ہوتا ہے۔ جیسے خود اعتماد شخص باسانی اپنا مقصد حاصل کر سکتا ہے وہاں ایک خوش فہم شخص اپنے مقصد اور کامیابی سے دور ہو جاتا ہے، جیسا کہ ہم نے خرگوش اور کچھوے کی کہانی میں پڑھا ہے کہ خرگوش اپنی خوش فہمی کی وجہ سے ہار جاتا ہے۔ وہ کچھوے کو اپنے سے کمتر سمجھ کر سو جاتا ہے جبکہ کچھوہا سست سہی لیکن اپنی خود اعتمادی کی بنا پر جیت جاتا ہے، تو اس سے ہمیں پتہ چلتا ہے کہ خود اعتمادی ہی کامیابی کا دوسرا نام ہے۔

عرشیہ بنت یاسر،

“Confident but Colonial? China’s Bold Move in Gwadar”

China’s involvement in Gwadar raises serious concerns, as it mirrors the imperial actions of the East India Company. Just like the East India Company expanded its control over territories to benefit Britain, China seems to be using Gwadar as a way to increase its power and influence in the region. While Pakistan may see economic benefits from Chinese investment, there is a risk that Gwadar could turn into a Chinese-controlled area, giving China significant control over important trade routes. This could lead to Pakistan losing some of its sovereignty, as China’s growing influence might prioritize its own interests over those of the local people. In the long run, this could create an imbalance of power similar to what happened during the colonial era.

Bareera Kashif

Confidence

Confidence comes not from always being right but from not fearing to be wrong

-Peter McIntyre

Confidence is the missing key to everything for most people. They want to start a business or take part in a play but something stands in their way like a barrier. Self-doubt, fear of failing, fear of what people might think are few of these barriers. If you stop caring about these little things, you might achieve big things that you always thought were impossible. Most people have no idea that having confidence is a huge step in the lives, there are real life examples of this like Today Steph Curry is a two time’s NBA champion and one the greatest shooters in NBA history. This shows how much confidence matters. If Steph Curry did not have the confidence to keep training and trusting in himself, we would not know he exists. So, if you are ever feeling hesitant to do something, go for it. You might fail or you miss pass. The chances are fifty percent if you try, but zero percent if you don’t try. People are wrapped up in their lives too much too care either way.

Hadiya Kashif

CLASS 8 - A

خود اعتمادی

”خود اعتمادی“ ایک ایسی قوت ہے جو انسان کو اپنی صلاحیتوں پر مکمل بھروسہ رکھنے کی اجازت دیتی ہے اور اسے زندگی کی مشکلات کا مقابلہ کرنے کی ہمت عطا کرتی ہے۔ یہ انسان کی اندرونی طاقت ہے جو اسے اپنے فیصلوں میں پختگی اور عزم فراہم کرتی ہے۔ جب ایک شخص اپنے آپ پر اعتماد کرتا ہے تو نہ صرف اپنے راستے میں آنے والی رکاوٹوں کا سامنا کرتا ہے بلکہ اپنے خوابوں کو حقیقت میں بدلنے کے لیے مسلسل محنت کرتا ہے خود اعتمادی کا بنیادی مفہوم یہ ہے کہ انسان اپنی صلاحیتوں اور قابلیتوں پر یقین رکھے۔ جب ہم اپنی قوتوں کو تسلیم کرتے ہیں تو ہم اپنے مقاصد کے حصول کے لیے زیادہ پرعزم اور متحرک ہو جاتے ہیں۔ اس کے علاوہ خود اعتمادی کا تعلق ہمارے ذہنی رویوں سے بھی ہوتا ہے اگر ہمیشہ اپنی صلاحیتوں کو شک کی نظروں سے دیکھیں گے تو ہماری خود اعتمادی کمزور ہو جائے گی اس کے برعکس جب ہم اپنے بارے میں اچھا سوچتے ہیں تو اس سے بھی ہمارے اندر خود اعتمادی بڑھتی ہے۔

آخر میں خود اعتمادی کا سب سے بڑا فائدہ جو کہ ہمیں مشکلوں کا سامنا کرنے کا حوصلہ دیتا ہے۔ ایک اور اہم بات یہ ہے کہ خود اعتمادی صرف مثبت سوچ سے نہیں آتی بلکہ اس میں محنت اور لگن بھی شامل ہے۔ اپنی محنت اور لگن کے سبب کسی بھی کام میں کامیاب ہونے سے ہمارا اپنے آپ پر بھروسہ اور بھی زیادہ بڑھتا ہے اور ہم آپر اعتماد ہوتے جاتے ہیں۔

ایمان شہزاد ،

Confidence

Noah, a 7th grader, comes from a poor family and attends Bookside Middle School. Despite having limited resources, Noah possesses exceptional skills. He is an outstanding writer, artist, and athlete, excelling in baseball, basketball, and chess. However, his lack of confidence hinders him from showcasing his talent.

As a consequence, Noah frequently faced bullying from his classmates, who labeled him a "dummy," a "loser," and a "failure." Ironically, he consistently achieved the highest grades in every subject. His teacher, Sir Thomas, recognized Noah's potential and took action. Sir Thomas inspired and encouraged Noah with his transformative wisdom, urging him to embrace his uniqueness and shine, regardless of others' thoughts.

Sir Thomas' mentorship and guidance enabled Noah to uncover his strengths and passions. He started participating in chess tournaments and quickly accumulated numerous awards, eventually building up his self-confidence and esteem. Noah's achievements ultimately led him to a millionaire status, allowing him to lead a prosperous and fulfilling life. Throughout his journey, Noah recognized the significance of self-confidence and the value of embracing his uniqueness and his individuality.

Faiza Tahir

خود اعتمادی (نظم)

دوسروں کا ڈر دل میں پایا
سب کو وہاں دیکھ کر یہ دل گھبرایا
آواز کپکپائی مقابلے میں میری
سوال کے ڈر سے شکل ہوئی پیلی
گھبراہٹ سے پاؤں تھرتھرائے
پہلے سوال پر اپنے ہونٹ چبائے
جواب دیتے وقت دل زور سے دھڑکا
وہی بولا جو یاد کیا تھا کل کا
دوست نے تھوڑی ہمت دلائی
اسی سے میں نے خود اعتمادی پائی

ہمت سے جواب دیا خود اعتمادی نے اپنا کام کیا
جیت نے ایک گہرا احساس دلایا
خود اعتمادی کا ایک سبق پڑھایا
کامیابی کے لیے خود اعتمادی ہے ضروری
ہر جیت چاہتی ہے خود اعتمادی تھوڑی

فاطمہ دانش

الثِّقَةُ بِالنَّفْسِ

الثِّقَةُ بِالنَّفْسِ هِيَ شُعُورٌ دَاخِلِيٌّ يُعَدُّ عُنْصُرًا أَسَاسِيًّا فِي النَّقَاشِ وَفِي أَيِّ مَجَالٍ مِنْ مَجَالَاتِ الْحَيَاةِ. عِنْدَمَا يَتَّقِ الْإِنْسَانُ بِنَفْسِهِ، فَإِنَّهُ يُصْبِحُ قَادِرًا عَلَى اتِّخَاذِ الْقَرَارَاتِ الصَّحِيحَةِ. الثِّقَةُ بِالنَّفْسِ تُمَكِّنُ الْفَرْدَ مِنْ تَحْقِيقِ أَهْدَافِهِ، وَعِنْدَمَا يُشَارِكُ فِي نَقَاشٍ، فَإِنَّهُ يَسْتَطِيعُ التَّعْبِيرَ عَنْ آرَائِهِ وَأَفْكَارِهِ بِأَفْضَلِ طَرِيقَةٍ مُمَكِّنَةٍ. الثِّقَةُ بِالنَّفْسِ تُسَاعِدُنَا فِي مُوَاجَهَةِ تَجَارِبِ الْحَيَاةِ الْمُخْتَلِفَةِ، فَهِيَ تُمَنِّحُنَا الْقُوَّةَ وَالِدَّافِعَ لِلِازْتِمَاءِ فِي أَيِّ مَجَالٍ نَسْعَى إِلَيْهِ. مِنْ الْمُهَمِّ أَنْ نَمَارِسَ الثِّقَةَ بِالنَّفْسِ، خَاصَّةً إِذَا كُنَّا نَفْتَقِرُ إِلَيْهَا. يُمَكِّنُنَا التَّدْرُبُ عَلَى التَّحَدُّثِ أَمَامَ الْمُرَاةِ كَوَسِيلَةٍ لِتَحْسِينِ ثِقَتِنَا بِنَفْسِنَا. عِنْدَمَا نَبْنِي ثِقَتَنَا بِنَفْسِنَا، فَإِنَّا نَعَزِّزُ مَهَارَاتِنَا فِي التَّحَدُّثِ أَمَامَ الْآخَرِينَ، وَنَتَغَلَّبُ عَلَى الْقَلَقِ وَالْمَخَافَةِ الَّتِي قَدْ تَوَاجَهْنَا. بِهَذِهِ الطَّرِيقَةِ، نَصْبِحُ قَادِرِينَ عَلَى النَّجَاحِ فِي حَيَاتِنَا، وَتَحْقِيقِ أَهْدَافِنَا، وَالْوُصُولِ إِلَى طُمُوحَاتِنَا. مَنْ لَا يَتَّقِي بِنَفْسِهِ، فَإِنَّهُ يَفْقِدُ ثِقَةَ الْآخَرِينَ أَيْضًا. لِذَلِكَ عَلَيْنَا أَنْ نَعْمَلَ بِجِدٍّ عَلَى تَعْرِيزِ ثِقَتِنَا بِنَفْسِنَا، لِأَنَّ الثِّقَةَ بِالنَّفْسِ هِيَ الْمِفْتَاحُ لِفَتْحِ أَبْوَابِ النَّجَاحِ وَالْفَوْزِ فِي الْحَيَاةِ.

خَفْصَةُ إِشْفَاق

CLASS 8 - A

الفنّانة المُبدِعة

سَارَةُ كَانَتْ ظَالِيَةً مَوْهُوبَةً وَفَنَّانَةً مُتَالِفَةً، تَعْبَسُ لُوحَاتِهَا شَعْفَهَا الْكَبِيرَ وَالتَّزَامُهَا الْعَمِيقَ بِفَنِّهَا. كَانَتْ أَعْمَالُهَا مَلِيئَةً بِالْحَيَاةِ وَالْجَمَالِ، وَلِكِنَّهَا كَانَتْ تُوَاجِهُ عُقْدَةً دَاخِلِيَّةً تَمْنَعُهَا مِنَ الْإِيمَانِ بِنَفْسِهَا. كَانَتْ دَائِمًا تَشْكُ فِي قُدْرَاتِهَا، وَتَتَسَاءَلُ إِنْ كَانَ مَا تَقْدُمُهُ يَسْتَحِقُّ إِعْجَازَ الْآخَرِينَ. ذَاتَ يَوْمٍ، وَبَيْنَمَا كَانَتْ تَقْلُبُ صَفَحَاتٍ مَجْلُوَّةً فَنِّيَّةً، قَرَأَتْ قِصَّةً لِفَنَّانَةٍ شَابَّةٍ مَشْهُورَةٍ مَرَّتْ بِتَجَرِبَةٍ مُشَابِهَةٍ. بَلَكَ الْفَنَّانَةُ الشَّابَّةُ كَانَتْ تَخَافُ مِنْ عَرَضِ أَعْمَالِهَا الْفَنِّيَّةِ، وَلِكِنَّهَا تَحَدَّثُ مَخَافَتَهَا وَتُجَحِّثُ نَجَاحًا بَاهِرًا. كَانَتْ الْقِصَّةُ مُسَخَّنَةً بِالْإِلْهَامِ وَالشَّجَاعَةِ، وَكَانَتْهَا رِسَالَةٌ خَاصَّةٌ لِسَارَةَ. بَعْدَ قِرَاءَةِ الْقِصَّةِ، شَعُرَتْ سَارَةُ أَنَّ الْوَقْتَ قَدْ حَانَ لِتَغْيِيرِ نَظَرِهَا لِنَفْسِهَا. سَأَلَتْ نَفْسَهَا: "لِمَاذَا لَا أَتَقَدَّرَاتِي؟ لِمَاذَا لَا أُعْطِي لِنَفْسِي فُرْصَةً لِإِظْهَارِ مَا لَدَيْ؟" وَبِالرَّغْمِ مِنْ خَوْفِهَا، قَرَّرَتْ أَنْ تُوَاجِهَ تَحَدِّيَاتِهَا. بِشَجَاعَةٍ مَمْرُوجَةٍ بِالْتَّوَكُّدِ، عَرَضَتْ لُوحَاتِهَا فِي مَعْرَضٍ فَنِّيٍّ مَحَلِّيٍّ. كَانَتْ النِّتِيجَةُ مُذهِلَةً! تَدَفَّقَ النَّاسُ إِلَى الْمَعْرَضِ وَأَبْدَوْا إِعْجَابَهُمُ الْكَبِيرَ بِلُوحَاتِهَا. شَعُرُوا بِجَمَالِ وَرَوْعَةِ أَعْمَالِهَا، وَلَمْ تَتَوَقَّفْ كَلِمَاتُ الْمُدِّحِ وَالْإِطْرَاءِ. أَجْبَزَا، أَذْرَكَتْ سَارَةَ أَنَّهَا كَانَتْ تَقْبِضُ نَفْسَهَا بِمَخَافَتِهَا. حَقَّقَتْ أَهْدَافَهَا وَأَخْلَامَهَا، وَتَعَلَّمَتْ دَرْسًا مُهِمًّا فِي حَيَاتِهَا: "لِكِي تَصِلْ إِلَى الْقِمَّةِ، عَلَيْكَ أَنْ تُؤَيِّقَ بِنَفْسِكَ وَتُوَاجِهَ مَخَافَكَ بِشَجَاعَةٍ."

حَيَاءُ رَاحِيل

Empowering Progress: How Scientific Inventions Boost Confidence

Hearing aids, known as cochlear implants and assisted listening devices are devices which are making people confident as they can hear without difficulty and to encourage a deaf that he/she can hear. The person who invented these was Miller Reese Hutchison. He was the one who made first electric hearing aid in 1898. The hearing aids encourage kids and give hope to them that they can hear and can study easily. It gives confidence to a deaf student that they can listen to their teacher. They are capable of learning new things like their class mates. These hearing aids make deaf people listen clearly and make them able to communicate others with no hesitation. These people with hearing loss starts to participate more passionately in daily activities after wearing hearing aids. These hearing aids are the ray of hope for people that they can hear like every other individual and they can do tasks which they couldn't do previously.

Huma Danish

Confident Steps: China's Vision for Gwadar

China's growing presence in Gwadar, Pakistan, seems a bit like what the East India Company did in the past when it took control of key ports to gain power. With its huge investments in the Gwadar port as part of the Belt and Road Initiative (BRI), China is aiming to gain economic and political control. Just like the East India Company used its influence to control trade and expand British power, China's investments could help it control important trade routes. By building infrastructure and possibly establishing a military presence, China is strengthening its hold on the region. This makes it seem like China is following in the footsteps of the East India Company, using economic investments to extend its influence.

Mairah Sharif

Solving Life with Confidence

Confidence is like a steady equation that helps us solve the problems of life. Just as in maths, where practice and understanding build accuracy, confidence grows when we consistently believe in ourselves and our abilities. It's the formula that combines self-trust with preparation, leading to success in any challenge we face. Even if we make mistakes, like errors in a calculation, confidence reminds us to try again and refine our approach. With confidence, we can tackle uncertainties, knowing that every step we take brings us closer to our goals, just like solving for the unknown in an equation. Moreover, confidence inspires determination and keeps us focused on what truly matters. It acts as a guiding force, helping us stay steady even in difficult times. Like a well-balanced equation, confidence creates harmony between our thoughts and actions, leading to better decision-making and greater resilience. When we believe in ourselves, we radiate positivity, encouraging others to trust and support us. Confidence is not about being perfect; it is about embracing our imperfections and knowing that we have the strength to improve and succeed in anything we set our minds to.

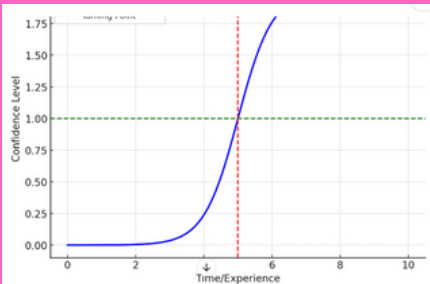
Maria Mesiya

CLASS 8 - A

الكَفَكَةُ الْمُخْتَرِقَةُ وَبِدَايَةُ الْحُلْمِ

كَانَ يَوْمًا سَعِيدًا، لِأَنَّ فَاطِمَةَ كَانَتْ مُتَأَكِّدَةً مِنْ أَنَّهَا قَدْ خَبَرَتْ كَفَكًا شَهِيًّا. وَلَكِنْ عِنْدَمَا أُخْبِرَتْ أُمُّهَا أَنَّ الكَفَكَةَ قَدْ اخْتَرَقَتْ، انْكَسَرَ سَعْفُهَا وَبَدَأَتْ تَبْكِي. كَانَتْ فَاطِمَةُ مُهْتَمَّةً بِالْخَبَرِ، وَكَانَتْ تَسْعَى جَاهِدَةً لِإِعْدَادِ كَفَكٍ لِيُؤَيِّدَ وَلَكِنَّهَا كَانَتْ تُعَانِي مِنَ الْخَوْفِ وَالْقَلْقِ، وَمِمَّا جَعَلَهَا تُحَدِّثُ مِنْ قَدَرَاتِهَا. بَدَأَتْ فَاطِمَةُ بِمُحَاوَلَةِ خَبْرِ الكَفَكِ قَبْلَ ثَلَاثِ سَنَوَاتٍ، وَلَكِنَّهَا لَمْ تُصْبِحْ مُوهُوبَةً فِي هَذَا الْمَجَالِ بِسَبَبِ خَوْفِهَا الشَّدِيدِ مِنَ الْفَشَلِ. وَبَعْدَ اخْتِرَاقِ الكَفَكِ بِشَكْلِ مُتَكَرِّرٍ، بَدَأَتْ تَسْعَى بِأَنْ خَبَرَ الكَفَكِ اللَّذِيذِ أَمْرٌ مُسْتَجِبٌ بِالنَّسْبَةِ لَهَا، وَاسْتَمَرَّتْ فِي الْبُكَاءِ. بَعْدَ دَقَائِقٍ، جَاءَتْ أُمُّهَا وَنَصَحَتْهَا قَائِلَةً: "يَا فَاطِمَةُ، لِمَاذَا لَا تَتَقَبَّلِينَ بِنَفْسِكَ؟ هَلْ تَعْلَمِينَ أَنَّ مَنْ لَا يَتَّقِي بِنَفْسِهِ لَنْ يَحْقُقَ أَيَّ شَيْءٍ؟ إِذَا وَثِقْتَ بِنَفْسِكَ، سَتَتِمَكَّنِينَ مِنْ مُوَاجَهَةِ التَّحَدِّيَّاتِ. إِذَا فُشِلَتْ، فَلَا تَأْسُ، لَا دَاعِيَ لِلْقَلْقِ. حَاوِلِي مَرَّةً ثَانِيَةً وَثَالِثَةً وَرَابِعَةً حَتَّى تَنْجَحِي." بَعْدَ سَمَاعِ هَذِهِ الْكَلِمَاتِ التَّخْفِيرِيَّةِ، أَزْدَادَ حَمَاسُ فَاطِمَةَ وَبَدَأَتْ تَتَّقِي بِنَفْسِهَا. وَمُنْذُ ذَلِكَ الْيَوْمِ، بَدَأَتْ تُحَسِّنُ مَهَارَتَهَا فِي خَبْرِ الكَفَكِ. وَمَعَ مَرُورِ الْوَقْتِ، أَصْبَحَتْ مُوهُوبَةً جَدًّا فِي هَذَا الْمَجَالِ. وَبَعْدَ سَنَوَاتٍ، افْتَتَحَتْ مَتَجَرًّا لِبَيْعِ الكَفَكِ، وَأَصْبَحَ مَتَجَرُّهَا مَشْهُورًا. كَانَ النَّاسُ يَأْتُونَ مِنَ الْبِلَادِ الْبَعِيدَةِ وَالْمَدُنِ الْقَرِيبَةِ وَالْمَجَاوِرَةِ لِشِرَاءِ الكَفَكِ الشَّهِيِّ الَّذِي تُصَنِّعُهُ.

مَارِيَّةُ نَوِيد



Here is a graph of confidence over time. It shows how confidence grows with experience, starting slowly, increasing significantly after a turning point (marked in red), and eventually stabilizing at a steady level. This reflects the idea that confidence builds gradually through practice and persistence. Confidence is the key to unlocking our true potential and achieving success in life. It acts as a driving force that encourages us to take risks, explore new opportunities, and overcome obstacles. Much like a graph that rises steadily over time, confidence grows with each small achievement and builds on itself with consistent effort. It is not an instant result but a gradual process that strengthens with perseverance and learning. Mistakes and failures are part of the journey, but confidence teaches us to view them as stepping stones rather than setbacks.

Mominah Fahad

رِحْلَةُ التَّغَلُّبِ عَلَى الْخَوْفِ

لَطَالَمَا كَانَ أَحْمَدُ يُعَانِي مِنَ الْخَوْفِ وَالْقَلْقِ. كَانَ يَشْعُرُ بِالْخَوْفِ مِنْ كُلِّ شَيْءٍ جَدِيدٍ: مِنَ التَّحَدُّثِ أَمَامَ النَّاسِ، مِنَ الْمُخَاطَبَاتِ مَعَ الْفُرْغَاءِ، وَحَتَّى مِنْ قِيُولِ التَّحَدِّيَّاتِ الَّتِي قَدْ تَبَرَّزَ فِي حَيَاتِهِ الْيَوْمِيَّةِ. كَانَتْ هَذِهِ الْمَخَافَةُ تَحْكُمُ عَلَى حَيَاتِهِ وَتُحَدِّثُ مِنْ إِمْكَانِيَّاتِهِ. كَانَتْ الثَّقَّةُ بِالنَّفْسِ شَيْئًا بَعِيدًا عَنْهُ، لَا يَكَادُ يَشْعُرُ بِهَا أَبَدًا. ذَاتَ يَوْمٍ، أَعْلَنَ مُدِيرُ الشَّرْكََةِ الَّتِي يُعْمَلُ بِهَا عَنْ فُرْصَةٍ لِتَقْدِيمِ عَرْضٍ تَقْدِيمِيٍّ أَمَامَ جَمِيعِ الْمُوظَّفِينَ فِي الْإِجْتِمَاعِ الشَّهْرِيِّ. كَانَ أَحْمَدُ يَعْرِفُ أَنَّ هَذِهِ الْفُرْصَةَ قَدْ تَكُونُ نَقْطَةً انْطِلَاقٍ لِمَسِيرَتِهِ الْمُهْنِيَّةِ، وَلَكِنْ بِمُجَرَّدِ أَنْ سَمِعَ الْخَبَرَ، بَدَأَ قَلْبُهُ يَنْبُضُ بِسُرْعَةٍ، وَشِعْرُ الْقَلْقِ يَتَسَرَّبُ إِلَى كُلِّ جُزْءٍ مِنْ جَسَدِهِ. "لَا اسْتَطِيعُ فِعْلَهَا، مَاذَا لَوْ أَخْطَأْتُ؟" وَلَكِنْ، يَتِمَتَا كَانَ جَالِسًا فِي مَكْتَبِهِ، تَذَكَّرَ نَصِيحَةَ قَدِيمَةٍ مِنْ أَحَدِ أَصْدِقَائِهِ: "إِذَا لَمْ تَوَاجِهْ مَخَافَكَ، سَتَظَلَّ تَقِيعُ فِي مَكَانِكَ لِلأَبَدِ." فَفَرَّرَ أَحْمَدُ أَنْ يَوَاجِهَ خَوْفَهُ. لَمْ يَكُنْ يَعْرِفُ كَيْفَ يَبْدَأُ، وَلَكِنَّهُ بَدَأَ بِالتَّخْصِيرِ لِلْعَرْضِ. فَكَّرَ فِي الْمَوْضُوعِ بِعِنَايَةٍ وَبَدَأَ بِتَدْرِيبِهِ أَمَامَ الْمِرْآةِ. فِي الْبِدَايَةِ، شَعَرَ وَكَانَ الْكَلِمَاتُ تَتَعَثَّرُ فِي فَمِهِ، وَلَكِنْ مَعَ مَرُورِ الْأَيَّامِ، بَدَأَ يَنْتَسِبُ مَرِيدًا مِنَ الثَّقَّةِ. ثُمَّ جَاءَ يَوْمُ الْعَرْضِ. وَقَفَ أَحْمَدُ أَمَامَ الْخُصُوفِ، يَرَاهُمَا لِأَوَّلِ مَرَّةٍ، شَعَرَ بِقَلْقٍ شَدِيدٍ، وَلَكِنْ تَذَكَّرَ كُلَّ الْخَطَّاتِ الَّتِي تَدَرَّبَ فِيهَا، وَكُلَّ مَرَّةٍ قَامَ فِيهَا بِتَشْجِيعِ نَفْسِهِ. بَدَأَ بِالْكَلَامِ، وَشَيْئًا فَبَشَيْئًا، زَالَ الْخَوْفُ وَبَدَأَ فِي الْإِزْتِيَّاحِ. كَانَتْ الْكَلِمَاتُ تَنْدَفِقُ بِسِلَاسَةٍ، وَاسْتَشْفَى أَنَّهُ لَا حَاجَةَ لِلْخَوْفِ. فِي النِّهَايَةِ، انْتَهَى الْعَرْضُ، وَصَفَّقَ لَهُ الْجَمِيعُ بِخِزَارَةٍ. كَانَ أَحْمَدُ يَشْعُرُ بِفَخْرٍ كَبِيرٍ بِمَا حَقَّقَهُ، فَقَدْ تَعَلَّمَ أَنَّ الْخَوْفَ لَيْسَ إِلَّا عَائِقًا فِي الْعَمَلِ، وَأَنَّهُ يُمَكِّنُ لِلإِنْسَانِ أَنْ يَتَغَلَّبَ عَلَيْهِ بِالْإِرَادَةِ وَالْإِصْرَارِ. فِي تِلْكَ اللَّحْظَةِ، أَذْرَكَ أَنَّ الثَّقَّةَ بِالنَّفْسِ لَا تَأْتِي مِنْ غَدَمِ الْخَوْفِ، بَلْ مِنَ الْقُدْرَةِ عَلَى التَّقَدُّمِ رَغْمَ وَجُودِهِ. مُنْذُ ذَلِكَ الْيَوْمِ، بَدَأَ أَحْمَدُ يَوَاجِهَ جَمِيعَ تَحَدِّيَّاتِ حَيَاتِهِ بِثِقَةٍ أَكْبَرَ. أَذْرَكَ أَنَّ كُلَّ خُطْوَةٍ نَحْوِ التَّغَلُّبِ عَلَى الْخَوْفِ هِيَ خُطْوَةٌ نَحْوَ الثَّمَوِ السَّخْصِيِّ، وَكُلَّ نَجَاحٍ يَعْزُرُ مِنْ تَقْوِيَةِ بِنَفْسِهِ أَكْثَرَ.

مِيرَمُ كَاشِف

The word confidence seems very dreadful for introverts. People on stage usually lose their activeness on stage or when it's time to speak in public. Confidence is something which can lead you to success in life. A strong belief in oneself and one's abilities is vital for facing very proudly and victoriously our life challenges and achieving our goal and success. We should feel sure of our self, of our skills and abilities. Trust in oneself can reduce fear of failure. Moreover, it leads to a more relaxed and positive approach to life. If someone has confidence it is super easy to face hardships and motivate other people for their upcoming challenges. It helps to have a positive mindset and leads to fearlessness and freedoms. To achieve and boost confidence we must build our positive and active relationships and show kindness to ourselves. Furthermore, the person which is surrounded with lots of humans with different attitudes also impact our lives, so that's why we should be very alarmed and alert before making friends.

Rahma Abdussalam

CLASS 8 - A

Gaining Confidence, Fighting Our Fears.

Confidence isn't just a feeling, it is a belief in our own abilities and judgment. It's a mindset that allows us to take challenges and trust ourselves in difficult situations. But confidence isn't always something we're born with and something easy to gain. It might take years just to be confident enough to handle your own stuff and it is something I gained after twelve years of my life.

It might sound funny how differently people gain confidence through different tasks but it is something that is always a foot away from us. Currently, I am a student of grade 8 and we were assigned a task of making a Science poster in which we had to make a poster on one of the given topics. I was looking forward to that poster until I got to know that this task shouldn't be an assisted work and that the student must make and design it independently.

From the beginning of my school life, whenever I used to get a project from school, I'd always given it to my sister who would gladly do the whole project for me and then I used to submit it. Just because I always had my sister as a back bone, I never thought or decided to make any project all by myself as I was not confident and these thoughts would come flooding to my mind: "would I be able to do it correctly? What if it doesn't look good? I am not an expert at arts like my sister." But then again the instructions clearly stated -6 marks for assisted work. So then it was that moment of my life when I had to trust my abilities and make the poster all by myself. Although it turned out to be way more difficult than I thought, but I didn't give up and remained confident. After I had finished, I myself was amazed by my skills and from that day onwards, I never doubted myself as once you gain confidence, you cannot afford to lose it!

Shazmah Faizan

Empowering Progress: How Scientific Inventions Boost Confidence

Scientific inventions have helped many people gain confidence. I have gained confidence by the spectacles I wear today. If they had not been invented, I would not be able to do many things, such as, I could not answer the question written on the board and I could not read or see properly, but after I wore spectacles I felt like I knew everything! This is the most important invention for me which has changed everything and helped me gain confidence.

It is said that you realize the blessing of Allah only when they are taken away. That's why when I started having headache and I realized I couldn't see clearly in class, so I felt I was lost. I couldn't concentrate, my performance had gone down. I started staying away from my class fellows because I was shy and that is when I lost confidence. Then my father took me to an ophthalmologist, who with a computerized machine checked my eyesight and advised me to wear spectacles.

I felt my life changed and I again started participating in my class, slowly I gained confidence, made friends and in fact was the center of attraction.

The purpose of telling you this story was to tell how technology and science helped many people gain confidence.

Tanisha Hussain

Confidence is a variable that can make all the difference in achieving success

For exponential growth where a small increase in the initial value can lead to massive difference in the outcome, a small boost in confidence can have a profound impact on one's life for instance if we consider as the coefficient "C" in the equation $y = cx$ where "x" is the effort and y is the outcome then even a small increase in "C" can lead to a significant improvement in "y".

In other words, having confidence in oneself can amplify the effects of one's efforts leading to a greater success and achievement

Urooj Arsalan

Ahmed is the only child of his mom and the most precious child in his whole family. Everyone loves him. But looking from Ahmed's perspective, he thought that his family only loved him because he's disabled. Confidence is a key to success. Trust me or not, but how will a person achieve even something small unless he/she is confident enough to speak with any person or prove their point. Right now, I'm talking about self-confidence. Self-confidence is also very important for a person to achieve something. Who cares if you're insecure about a flaw inside you? I don't think you'll be comfortable enough to speak or express yourself with anyone. Just like that, I have my cousin who is detected by a disability which is causing him to have hiccups, like, he stutters, he hiccups which was kind of embarrassing for him. He used to cry about it every time but gradually after his mom, cousins and we cousins—he didn't cry for it but he was still pretty sad about it. We as cousins also supported him a lot. While watching movies we acted normal whenever he had hiccup and that's how he got it.

Whenever we used to play games and he got his hiccups we still acted normal, we made sure that we don't create that awkward silence.

And now that same cousin is one of the biggest engineers of Pakistan. My personal opinion is that he is one of the most confident people among our family.

Zainab Salman

CLASS 8 - A

Confidence

It's not about being the loudest in the room,
Or always knowing what to say.
Sometimes, it's just showing up,
Even when you're unsure or afraid.
It's choosing to trust yourself
When nothing feels certain.
It's failing, then trying again,
Without needing an audience to cheer you on.
Confidence isn't a show.
It's a quiet belief
That you'll find your way,
Even if it takes time.

Sidra Batool

Resilience in the Face of Adversity: A Journey of Confidence and Reinvention

Me and my family recently shifted to Chitral district after being amazed by the beauty of the mountainous areas and inspired by the people living there facing the harsh weather and challenges it provides repeatedly. We started earning through a small shop my father opened which paid for our necessities but it was not long before we were introduced with a dilemma of our own.

A horrible landslide destroyed the shop completely ruining the only source of income we had. Instead of losing hope we faced the situation with confidence and learned to improvise, cutting down from our limited luxuries while racking our brains for solutions. Soon the little hobby my mother had of knitting shawls and sweaters became the only reason there was food on our plates. My siblings and me used our information about our surroundings to provide tour guiding and got hired in a travel agency. It was not long before we saved enough to rebuild our shop in a safer location and customers to start rolling in again. Not only we were thriving once again but also, we were doing even better than before.

Edeenah Salman Mirza

MESSAGE FROM THE CLASS TEACHER 8-B

جیسے جیسے یہ تعلیمی سال اپنی تکمیل کی جانب بڑھ رہا ہے، میرا دل تشکر، فخر اور محبت کے جذبات سے لبریز ہے۔ آپ سب کے ساتھ گزارا ہوا یہ وقت میری زندگی کا ایک حسین باب رہا ہے، جو نہ صرف یادوں سے سجا ہوا ہے بلکہ بے شمار سیکھنے اور سکھانے کے لمحات سے بھرپور ہے۔

آپ سب کی علم کی جستجو، نئے خیالات کو اپنانے کا حوصلہ، اور ایک دوسرے کے لیے بے لوث محبت نے اس سال کو ایک خوبصورت سفر بنا دیا۔ آپ کی قابلیت، صلاحیت، اور لگن صرف کتابوں تک محدود نہیں رہی بلکہ آپ نے اخلاق، ہمدردی، اور عزت جیسے اصولوں کو بھی اپنی شخصیت کا حصہ بنایا۔

مجھے یقین ہے کہ آپ سب اپنی زندگی کے میدان میں روشنی کے مینار بن کر چمکیں گی۔ آپ کے اندر دنیا کو بدلنے کی طاقت موجود ہے۔ میں چاہتی ہوں کہ آپ سب کبھی اپنے خوابوں سے دستبردار نہ ہوں، کبھی اپنی صلاحیتوں کو کم نہ سمجھیں، اور ہمیشہ اپنی منفرد شناخت کو برقرار رکھیں۔

یہ یاد رکھیں کہ مشکلات راستے کا حصہ ہیں، لیکن وہ آپ کی اصل طاقت کو اجاگر کرتی ہیں۔ خود پر یقین رکھیں، اپنے مقصد کو پہچانیں، اور اپنی منزل کے لیے بے خوف ہو کر آگے بڑھیں۔ دنیا آپ کے خیالات، علم اور کامیابی کی منتظر ہے۔

آپ کے ساتھ گزاری گئی یہ حسین یادیں میرے دل میں ہمیشہ محفوظ رہیں گی۔ آپ کی کامیابیاں میری دعاؤں کا محور ہیں اور میں یقین رکھتی ہوں کہ آپ کی منزلیں عظیم ہوں گی۔

ڈھیروں دعاؤں، محبت، اور نیک تمناؤں کے ساتھ،

شگفتہ جاوید

CLASS 8 - B

China's Confident March into Gwadar—and What Pakistan Risks Losing

China's increasing involvement in Gwadar could lead to negative outcomes for both Pakistan and the region. While China promises economic growth through its Belt and Road Initiative (BRI), there are growing concerns about Pakistan becoming too dependent on Chinese investments. The massive loans and deals tied to the Gwadar port could trap Pakistan in a debt cycle, limiting its ability to make independent decisions in the future. Additionally, as China strengthens its presence in the area, there's a risk of Pakistan losing control over one of its most valuable assets. Gwadar could become more of a Chinese stronghold, and over time, this could lead to Chinese interests taking priority over local needs. This power imbalance could harm Pakistan's sovereignty and economic independence in the long term.

Anabia Mudassir

The Logic of Self-Belief

Confidence is like a well-balanced mathematical equation—it requires precision, practice, and the right variables to yield the best results. Just as solving an equation requires logical steps, building confidence follows a structured process. And just as in math, mistakes aren't failures—they're proofs that guide you toward the right answer. Each incorrect attempt refines your understanding, making the final solution stronger. So, if someone ever feels unsure, remember: confidence, like mathematics, is not about knowing all the answers instantly, but about trusting the process and solving each step with determination.

Bareera Fahad

الثقة بالنفس

• أَنَا لِنَفْسِي قَبْلَ أَنْ أَكُونَ لِأَخِي.
• كُنْ قَوِيًّا لِأَخِيكَ.
• لِيَكُنْ لَدَيْكَ دَائِمًا أَمَلٌ.
• السَّعَادَةُ لَيْسَتْ مُسْقَرَّةً.
• لَا تَبْأَسْ أَبَدًا.
• قَوِّي مَهَارَاتَكَ الشَّخْصِيَّةَ.
• الثَّقَّةُ بِالنَّفْسِ لَيْسَتْ غُرُورًا، بَلْ هِيَ إِيْمَانٌ بِقُدْرَاتِكَ.

عائشة شعيب چاولہ

The Hijab: A Symbol of Empowerment, Not Oppression.

My hijab, a cage to trap me, or something that makes me an unapologetic Muslimah? My hijab, is it something I should be ashamed of, or something that I should wear with pride? My hijab.....why? And what is it?

"O Prophet! Tell your wives and your daughters and the women of the believers to draw their cloaks (veils) all over their bodies."

There, that's it. Our lord, Allah SWT gave us this order, and no one can ever say anything against it.

Alhumdulillah, as a practicing hijabi myself, I know very well that it is extremely challenging to keep yourself steadfast on this command, or even to start wearing hijab. Sometimes you'll just want to throw it off, wanting to be like other women who roam around freely. Sometimes, you'll even want to cry your heart out, thinking that it's a cage that keeps you trapped and stops you from going into the outside world and achieving whatever you want. Your dreams. But my dear Muslimah, my friend, that is not true. There is a solution to every problem.

You see, a lot of Hijabi Muslimahs around the world face this very same problem, and getting rid of your hijab is definitely not the solution. Every Muslimah deserves to practice her faith and wear her hijab proudly, unapologetically, in order to show the world that she has indeed overcome her fears, and is not at all ashamed of wearing her hijab. She is not afraid of what other people say. One by one, step by step, every person overcomes their insecurities, all of it doesn't happen at once.

People take time to understand that hijab is not something that stops a woman from doing whatever she wants to do, from going outside to play sports, to travelling, to attending school, college or university, to work outside her home or even to start and run her own business.

You see, hijab is not something that deprives you of the outside world, or something that stops you from being yourself. It's the identity of a strong, unapologetic, practicing Muslimah, who knows what she's doing is for her lord, for Allah SWT and wears her hijab proudly and confidently.

So here's to a new era of new confident and unapologetic Muslimahs, whom no one can stop from becoming successful girls and inspiring female role models for other people as well!

Fatima Tariq

CLASS 8 - B

طُرُق بِنَاءِ الثَّقَّةِ بِالنَّفْسِ

- 1- تَحْدِيدُ الْأَهْدَافِ وَالْعَمَلُ عَلَيْهَا لِتَحْقِيقِهَا.
- 2- مُوَاجَهَةُ الْمَخَافِ اللَّتِي نَشْعُرُ بِهَا.
- 3- تَطْوِيرُ الْمَهَارَاتِ الشَّخْصِيَّةِ.
- 4- تَغْيِيرُ الْأَفْكَارِ السَّلْبِيَّةِ.
- 5- التَّعَامُلُ مَعَ الْفَشْلِ بِطَرِيقَةِ إِبْجَابِيَّةِ.
- 6- الْاهْتِمَامُ بِالْمَظْهَرِ الشَّخْصِيِّ.
- 7- الثَّقَّةُ بِالنَّفْسِ لَا تُؤَثِّرُ فَقَطْ فِي حَيَاةِ الْفَرْدِ بَلْ يُؤَثِّرُ عَلَى الْعِلَاقَاتِ مَعَ الْآخَرِينَ.

هانیه عدنان خیراتی

The Confidence Formula

Confidence is like solving a complex math problem—it takes patience, effort, and the right mindset. You may not always feel completely sure of yourself, just as you sometimes doubt your approach when tackling a tough equation. But just like in math, every step you take brings you closer to the right solution.

Think of your confidence as a function:

$$C = (K + P) \times E$$

Where:

K (Knowledge) is everything you've learned, whether in math or life. The more you know, the stronger your foundation.

P (Practice) is the effort you put in—both in solving equations and in building self-assurance.

E (Experience) reminds you that each challenge, whether a math problem or a personal hurdle, adds to your growth.

There are moments when doubt creeps in, just like when you stare at a problem, unsure of the next step. But remember, even in math, mistakes are part of the process—they don't define you; they refine you. And just as you always keep trying until you find the correct answer, your confidence, too, grows with each challenge you face.

Javeria Rehman Khan

نانی اماں کے علاج کے لیے وہ جڑی بوٹی بہت ضروری تھی۔ امی کی شکل پر نا امیدی دیکھ کر میں نے یہ تھان لیا تھا کہ میں کسی بھی طرح وہ جڑی بوٹی لے کر آؤں گی۔ یہ منصوبہ میں نے اپنے دماغ میں بنا تو لیا تھا پر یہ کرنا کوئی آسان کام نہ تھا۔ میں نے یہ سوچ کر اپنا منصوبہ اپنے بھائیوں کو بتا دیا ان کو بتا دینے کے بعد ایک ہی چیز ہوئی تھی۔ یعنی انہوں نے میرا حوصلہ پست کر دیا۔

ان کی باتیں سن کر میں اپنا اعتماد کھو چکی تھی۔ مگر ایک بات نے مجھے حوصلہ دیا وہ کچھ ایسی تھی کہ، "محنت اتنی خاموشی سے کرو کہ تمہاری کامیابی شور مچا دے۔" اس حوصلہ افزائی کے بعد میں نے اگلے دن ہی جانے کا منصوبہ بنایا اور ساری تیاری مکمل کر لی۔ میں یہ کام سر انجام دینے کے لیے اب تیار تھی۔

اب مجھے اپنے اوپر بھروسہ ہو گیا تھا کہ میں ضرور یہ کام سرانجام دوں گی۔ اگلے دن میں صبح ہی صبح اس پہاڑ کے پاس پہنچ گئی اور جلد ہی چڑھنے کی تیاری شروع کر دی۔ کئی گھنٹوں کی کوششوں کے بعد بھی میں چوٹی تک نہ پہنچ سکی۔ مگر خود اعتمادی کی وجہ سے میں نے ہمت نہ ہاری، شام کے قریب چھ بجے میں اپنی کوششوں کے بعد یہ کارنامہ سرانجام دینے میں کامیاب ہو گئی۔ جلد ہی جڑی بوٹی لے کر میں گھر پہنچ گئی۔ اور خوشخبری اپنی امی کو سنائی۔ وہ ابھی اس بات پر یقین نہ کر پائیں، جب ڈاکٹر کے پاس جڑی بوٹی لے کر گئے تو انہوں نے بتایا کہ یہ وہی جڑی بوٹی ہے۔ یوں ہر کسی کو میری بات پر یقین آگیا۔ جلد ہی نانی کا علاج شروع کیا گیا اور چند دن بعد وہ صحت یاب ہو کر گھر لوٹ آئیں۔

یہ کارنامہ سرانجام دینے کے اگلے دن ہی یہ خبر اخباروں میں چھپی ہوئی نظر آئی اور مجھے انعام ملا۔ اس پہاڑ پر پہلی لڑکی ہونے کا جو اس پر چڑھی تھی مجھے اعزاز حاصل ہوا۔ اس واقعے سے مجھے یہ سبق حاصل ہوتا ہے کہ خود اعتمادی سے انسان وہ کام بھی کر سکتا ہے جو ناممکن ہو۔

وہ کون سا عقدہ ہے جو واں ہو نہیں سکتا
ہمت کرے انسان تو کیا ہو نہیں سکتا

حنا بروبی

یہ کہانی ایک چھوٹے سے گاؤں کی ہے جہاں لوگ سادہ زندگی بسر کرتے تھے۔ گاؤں کے بزرگ حاجی کریم بہت بیمار ہو گئے تھے۔ گاؤں کے ایک حکیم نے بتایا کہ ان کی بیماری کا علاج صرف ایک خاص جڑی بوٹی سے ہی ممکن ہو سکتا ہے جو کہ پہاڑ کی چوٹی پر پائی جاتی ہے اور اسے آج تک کوئی نہیں لا سکا۔

حکیم کی یہ بات سن کر سب خاموش ہو گئے۔ کیونکہ پہاڑ کی چوٹی تک پہنچنا ناممکن ہی نہیں خطرے سے بھرپور تھا۔ لیکن میں نے اپنی ہمت اور جذبے کے ساتھ یہ فیصلہ کیا، کہ میں یہ جڑی بوٹی ضرور لے کر آؤں گی اور حاجی صاحب کی جان بچاؤں گی۔

یہ فیصلہ کرنے کے بعد میں نے اپنی ماں سے اجازت لی اور اپنے دوستوں کی دعاؤں کے ساتھ اپنے سفر پر نکل گئی۔ راستہ بہت کٹھن تھا۔ کہیں پتھر گر رہے تھے، تو کہیں سرد بوائیں چل رہی تھیں اور میرا راستہ روکنے کی کوشش کر رہی تھیں۔ لیکن میں نے ہمت نہ ہاری۔ کئی دنوں کی مسلسل جدوجہد کے بعد میں بالآخر پہاڑ کی چوٹی پر پہنچ ہی گئی اور جڑی بوٹی حاصل کر لی۔

اس پہاڑ سے واپسی کا سفر بھی کچھ آسان نہ تھا۔ مگر میں نے اللہ پر اور اپنی ہمت پر بھروسہ رکھا اور صحیح سلامت گاؤں پہنچ گئی۔ جڑی بوٹی سے دوا تیار کی گئی اور حاجی کریم صحت یاب ہو گئے۔ گاؤں کے لوگ میری بہادری اور ہمت کو کبھی نہیں بھولے اور مجھے ہیرو کے طور پر یاد رکھا۔

اپنے اس واقعے سے میں نے یہ سبق سیکھا، کہ ہمت، قربانی اور بھروسے سے ہم ناممکن کام کو ممکن بنا سکتے ہیں۔

مریم جنید

CLASS 8 - B

The Power of Confidence

Confidence is a rare emotion that truly emerges after experiencing the pleasure of success. During a battle or a challenge, the confidence people display is often just a mask they wear to trick themselves into feeling calm. Beneath that mask, however, hides a nervous persona. They say that hiding one's true emotions can weaken a person, and in many cases, this is true. Yet, as these people push forward in life, achieving power and success, what once was a mere act transforms into a genuine part of their personality.

Many people criticize others for being confident, often labeling them as arrogant. However, as these same individuals become successful, the public opinion shifts, and they begin to be admired. The same people, who were once judged for their confidence later encourage others to develop self-assurance, ignoring the fact that they looked down upon those very people! This reveals a harsh reality that most people often do not genuinely want others to succeed. This is why high achievers remain unbothered by what others think of them! They understand that such comments are meaningless and deserve to be ignored.

Some people also gain confidence through encouragement, but I think this kind of confidence is fragile. A few harsh words can shatter it because it was built upon weak foundations such as compliments. On the other hand, those who build confidence through their own struggles and self-belief remain unshaken by criticism or any harassment. I strongly believe, that is what true confidence is, an unbreakable sense that cannot be broken easily.

Confidence creates leaders. Every entrepreneur, lawyer, or judge must be confident otherwise, they become unsuitable for their jobs. Confident people sound more convincing, while nervous people struggle to make an impact. Even a liar can appear believable if they speak with confidence, proving that a commanding way holds great value. In some cases, acting confident can even save a person from difficult situations.

In literal words, confidence is believing in yourself. It makes a person stronger, allowing them to take care of problems with ease and trust in themselves to overcome challenges. Truly confident people are independent, relying on others only when necessary, and believe in the power of hard work.

Some say confidence is a way of life, however, I believe it is a luxury. To be secure in yourself, to live without worrying about the opinions of others, and to live peacefully, confidently. Therefore, confidence is a man's best friend-a reliable one. A friend that can transform them a better version of themselves and guides them during the challenges life throws at them. So why not choose to live as a confident, self-assured person? It may not be easy to create such a mindset, but if you do, you have already won or you soon will because confidence leads the way, and eventually, it surprises those who believe in it by gifting them with the power of success.

Noor Faisal

Some fun tips on how to become a more confident teenager.

Confidence is like a golden key that unlocks your potential and helps you shine. It's what gives you the courage to try new things, make friends, and tackle challenges head on. Here are some fun tips about confidence that most teens and kids can learn and practice:

1. A Special Power: Think of confidence as a special power that Allah has given you. When you believe in Allah, and then try your best, you can tackle any challenge like a special superhero saving the day. Like the Holy Prophet said: Tie your camel and then trust in Allah.

2. Say Alhamdulillah: Keep a gratitude journal where you write down all the cool things Allah SWT gave you! Being grateful to Allah is like a treasure chest full of confidence boosters! Your strengths are like treasures or gems on a map. Discover them, and you'll feel more confident in your adventures!

3. Always plan and prepare well: Always prepare for an event, an assignment, a talk or anywhere you need to show confidence. Plan well and keep practicing, practice makes perfect! Imagine looking into a mirror that shows you your best self. When you visualize yourself succeeding, it can make you feel unstoppable!

4. Be Brave and Stand Tall: Stand tall or strike a victory pose before you have to go on stage or give a presentation or a speech to your class or in school! Also do some stretches which will make you feel more comfortable and active. Your body language can make you feel more confident and ready to take on the world.

5. Learning from Oopsies: Everyone makes mistakes! Instead of feeling bad, think of your mistakes as secret lessons that help you grow stronger. Learn from your mistakes and never repeat the same mistake again!

6. Dress Up: Dress well, even if it's your school uniform, wear it with pride! Make sure it's clean, smelling fresh and it makes you feel awesome! When you look good, you feel good, just like putting on a superhero costume.

7. No Comparisons Allowed: Remember, you are unique! Allah made you with His own hands! Instead of comparing yourself to others, celebrate what makes you special, such as your own God given abilities. Maybe you are a good writer, or a real pro at math or great at sports! Don't beat yourself up and work on your weaker areas.

8. Cheer Squad: Surround yourself with friends who cheer you on! Positive feedback from your squad can boost your confidence and make you feel like a champion.

9. Speak Like a Star: Practice speaking in front of your family or friends. The more you do it, the more confident you'll feel, just like a star on stage!

10. Level Up Mindset: Think of yourself as a character in a video game. With each challenge you face, you're leveling up and gaining new skills!

11. Positive Vibes Only: Surround yourself with positive people and fun activities. Good vibes can make your confidence soar like a rocket!

12. Celebrate Your Wins: Did you finish a tough homework assignment or make a new friend? Celebrate those victories, no matter how small, like a party for your achievements! And don't forget to say 'Alhamdulillah'!

13. Daily Adventure Routine: Create a fun daily routine that includes at least one activity you love, after school. A structured day can help you feel more confident and ready for anything!

14. Be Mindful in your Salah: Most importantly, pray to Allah to grant you more confidence and success in everything you do! Pray mindfully and learn what you are saying during salah. It is one of the best calming techniques ever! It will help you feel more relaxed and confident, ready to take on the world! No wonder, salah is a Muslim's super power!

Remember, building confidence is a journey, and it's all about believing in the strengths Allah gave you and enjoying the ride. So go out there, embrace your uniqueness, and let your confidence shine bright, like a star!

Zubeida Sajjad

أَسْرَارُ الثِّقَةِ بِالنَّفْسِ

أَنْتَ لَا تَحْتَاجُ أَنْ تَكُونَ أَفْضَلَ مِنَ الْآخَرِينَ، فَقَطِّ كُنْ أَفْضَلَ مَا كُنْتَ عَلَيْهِ بِالْأَمْسِ.
الشَّخْصُ الَّذِي يَتَّقِي نَفْسِهِ لَا يَحْتَاجُ إِلَى إِثْبَاتِ نَفْسِهِ أَمَامَ الْآخَرِينَ. وَالشَّخْصُ الَّذِي لَا يَتَّقِي نَفْسَهُ سَيَتَغَيَّبُ دَائِمًا فِي الظَّلَامِ. فَالثِّقَةُ بِالنَّفْسِ لَا تَعْنِي الْعُزُورُ وَالتَّفَاخُرُ بَلْ هِيَ الْقُدْرَةُ عَلَى اتِّخَاذِ الْقَرَارَاتِ الصَّحِيحَةِ وَتَحْقِيقِ الْأَهْدَافِ .

طهورة فؤاد

ہمارے ساتھ والے گاؤں میں میرے ایک قریبی چچا رہتے تھے جن کی طبیعت کافی خراب رہنے لگی تھی۔ ڈاکٹروں کے پاس جانے کے بعد انہیں پتہ چلا کہ اس بیماری کا صرف ایک ہی علاج تھا اور وہ صرف اور صرف یہ تھا کہ گاؤں سے کچھ میل دور ایک اونچی پہاڑ کی چوٹی پر پانی جانے والی جڑی بوٹی تھی جسے کوئی بھی حاصل نہیں کر سکتا تھا۔

میرے چچا جو میرے دل کے بہت قریب تھے۔ ان کی زندگی اور موت کا سوال تھا۔ جب سب نے سنا کہ اس چوٹی پر آج تک کوئی نہیں پہنچ پایا تو کسی نے پہل کرنے کی کوشش نہ کی۔ چچا کی کوئی اولاد نہ تھی اور شروع سے انہوں نے مجھے اپنی اولاد کی طرح پالا تھا۔ میں بھی ان سے بہت محبت کرتی تھی۔ مجھے پہلے تو بہت ڈر لگ رہا تھا مگر اپنے چچا کی یہ حالت دیکھ کر میں نے یہ فیصلہ کر لیا تھا کہ چلے کچھ بھی ہو جائے میں جاؤں گی اور ان کے مشکل وقت میں ان کا ساتھ دوں گی۔

پھر میں نے اس پہاڑ پر جانے کا فیصلہ کیا اور صبح ہی صبح اس کی چوٹی پر پہنچنے کے لیے مکمل تیاری کے ساتھ پہاڑ کے قریب پہنچ گئی۔ اس کے بارے میں جتنی بھی باتیں کی گئیں تھیں بالکل درست تھیں۔ چوٹی بہت اونچی تھی اور اس کے ارد گرد کوئی بھی نہیں تھا، مگر میں نے اپنے زور بازو پر یقین رکھ کر چوٹی پر چڑھنا شروع کیا۔ کچھ ہی دیر میں، میں پہاڑ کی چوٹی کے قریب آگئی۔ اور اس جڑی بوٹی کے پاس پہنچ گئی۔ جب میں نے پیچھے دیکھا تو پتہ چلا کہ میں اس چوٹی کی سب سے اونچی جگہ پر پہنچ گئی ہوں۔ پھر میں نے اپنے چچا کو وہ بوٹی دے دی۔ کچھ ہی دنوں میں وہ پہلے کی طرح صحت یاب ہو گئے۔ میرے اس فیصلے اور کامیابی کی وجہ سے گاؤں والوں نے میری بہت عزت کی اور میرے حوصلے کی داد دی۔

امیہ ابیحہ

CLASS 8 - B

Confidence

Confidence is often seen as something that comes from our mindset, the result of positive thoughts, self-belief, and experiences. But there's more to it than that. Our hormones play a major role in how we feel and how confident we are in different situations, often without realizing it. Testosterone, for example, is strongly linked to feelings of power and courage. Higher levels of testosterone often make us feel more willing to take risks, stand up for ourselves, and face challenges head-on. It's not about being bold or arrogant, it's about encouraging a bold, confident mindset.

On the other hand, cortisol, the hormone released when we're stressed, can reduce our confidence by making us feel anxious, unsure, and self-doubting. When cortisol is high, it becomes harder to trust ourselves or stay calm under pressure, which makes acting confidently more difficult.

Other hormones play important roles as well. Oxytocin, known as the "bonding hormone", is released when we feel close to others and trust those around us. This hormone helps build social confidence.

Making it easier to connect with others and feel comfortable in social settings. Dopamine, also called the "reward hormone," reinforces our sense of success. When we achieve something — even a small goal — dopamine is released, making us feel good and encouraging us to keep pushing forward, which builds self-esteem and confidence over time.

Lastly, serotonin helps regulate mood and emotional stability. When serotonin levels are balanced, we feel positive, secure, and ready to take on challenges with confidence.

By taking care of our bodies through good sleep, regular exercise, healthy nutrition and stress management, we naturally support these hormones and allow confidence to grow. When we understand the role our hormones play in how we feel, we can work with our bodies to build lasting confidence.

Confidence isn't just a mental game, it's something that's built from the inside, influenced by both our thoughts and our biology.

Izma Ebrahim

Confidence can be achieved by different habits that help to control formation of confidence. Healthy eating is key for hormone balance. Healthy foods like avocados, nuts, lean proteins, and complex carbs help support controlled hormone production. Improving social skills is also part of being confident. Positive interactions increase oxytocin levels, promoting feelings of trust and bonding, also reducing social anxiety and overcoming stage fright etc. Setting and accomplishing particular goals also increase confidence and promotes enhances feelings of self-esteem.

Fatima Nasreen

Confidence is deeply connected to our hormones and our hormone production is connected to our habits. Adopting such habits in your daily life such as weightlifting, running, swimming and even brisk walking manufactures hormones that build confidence and self-assurance. These changes don't need to be big or immediate—even small steps can lead to meaningful results. With time, consistency, and self-awareness, building confidence becomes a practical and achievable goal for everyone.

Confidence is deeply connected to our hormones and our hormone production is connected to our habits. Hormones such as serotonin, dopamine and oxytocin help with the production and balance of our confidence levels.

Laila Khalid

"Confidence"

Confidence is the most important thing in self-development. Confidence is key to success which can help us achieve our goals gradually and slowly. Confidence is very important specially for women empowerment and helps them to be independent or not relying on anyone. A Muslim woman is encouraged to be a strong, powerful, confident and independent. An example of confident Muslim leader is Hazrat Umar bin Khattab, who is an exemplary leader for the entire mankind. Confidence is a key to success. If someone becomes confident, they will be able to achieve whatever they want in their life. Having confidence can make us strong like Muhammad bin Qasim, who confidently conquered Sindh at the age of 28. British started the East India company and then slowly took over India that's because they were determined, sharp-minded and confident.

Fatima Ahmed

MESSAGE FROM THE CLASS TEACHER 8-C

As we come to the end of another academic year, I am filled with pride and joy reflecting on the incredible journey we've shared. Teaching this class of 19 bright and ambitious students has been an absolute pleasure. Throughout the year, I have witnessed each of you grow not only academically but also personally. Your intelligence, curiosity and enthusiasm have made our classroom a vibrant and engaging space. Your competitive spirit has driven you to strive for excellence and I am thrilled to see the remarkable progress each of you has made.

As your teacher, it has been my privilege to support and guide you through the ups and downs of the academic year. I am confident that the skills, knowledge and values you have acquired will serve you well in the years to come.

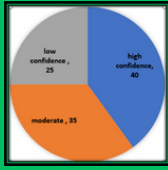
As we bid farewell to this academic year, I want to express my heartfelt appreciation to each of you for making this year so special. I am honored to have been your teacher and look forward to seeing the amazing things you will achieve in the future. Keep shining bright and remember that the love of learning is a lifelong journey.

Jawairiah Rafay

CLASS 8 - C

Confidence in mathematics is a crucial factor in student's success. They don't give up when faced with challenges and they are willing to tackle difficult problems. Successful problem solving in maths can boost confidence while negative experience can diminish it. Here is a pie chart showing confidence levels in comparison to successful problem solving:
(high confidence 40% moderate 35% low confidence 25%)

They should relate mathematical concepts to real life obstacles. Encouraging and supportive teachers can foster up positive learning environment and help a student develop confidence.



Gulzaib Khan



Muhammad Sudais



Zaeem Butla

By going to the gym, confidence is developed in us by working out in front of everyone. Whereas when we do workout in our home we wish to work-out in a separate room. This shows that going to gym increases confidence. By eating healthy food such as vitamins, proteins and fiber we got a healthy physique and we think of ourselves as more representable. This means confidence can also be achieved by a healthy diet.

Huzaifa Bin Talha

جب میں سو کر اٹھا تو میں نے دیکھا کہ میرا پورا خاندان دادی کے کمرے کے گرد چکر کاٹ رہا تھا اور سب بہت پریشان نظر آ رہے تھے۔ جب میں نے امی جان سے اس کی وجہ پوچھی تو انہوں نے بتایا کہ آج تمہاری دادی جان وضو کرتے وقت ہاتھ روم میں بھسل گئیں۔ ان کی کمر پر ایک زخم آگیا۔ پھر ہم نے ایک حکیم بلوایا۔ اس نے بتایا کہ آپ کو اس زخم پر لگانے کے لئے مریم بنوانا ہوگا، جس کے لیے ایک جڑی بوٹی چاہیے وہ نیلے رنگ کی ہے اور کالے باغ کے قریب پہاڑ پر ہے لیکن آج تک کوئی انسان بھی اس پہاڑ سے زندہ نہیں لوٹا۔ کہا جاتا ہے کہ اس پار پر ایک دیو رہتا ہے۔

یہ سب سننے کے بعد میں نے وہ جڑی بوٹی لینے جانے کا فیصلہ کر لیا۔ مجھے اللہ پر بھروسہ تھا کہ مجھے کچھ نہیں ہو گا کیوں کہ میرا مقصد نیک تھا۔ امی جان کو بتانے کے بعد میں اس پہاڑ کے لیے روانہ ہو گیا۔ آدھا گھنٹہ چلنے کے بعد میں اس پہاڑ تک پہنچ گیا۔ کئی گھنٹے پہاڑ چڑھنے کے بعد میں ایک جنگل میں پہنچ گیا اور مجھے وہ جڑی بوٹی نظر آئی۔ میں نے ابھی وہ جڑی بوٹی پکڑی ہی تھی کہ مجھے ایک دیو نظر آگیا۔ میں نے اسے دیکھتے ہی اپنا خنجر نکال لیا۔ میں نے چھلانگ لگا کر اس کے سر پر وار کیا اور وہ وہیں چکنا چور ہو گیا۔ پھر میں نے وہ جڑی بوٹی لی اور کئی گھنٹے چلنے کے بعد میں اپنے گھر پہنچ گیا۔ دوا تیار کر کے جیسے ہی میری دادی کو وہ مریم لگائی تو وہ تندرست ہو گئیں۔ انہوں نے مجھے بہت ساری دعائیں دیں۔ مجھے یہ سمجھ آگیا کہ اللہ پر یقین ہو اور ہمت ہو تو انسان کچھ بھی کر سکتا ہے۔

محمد حذیفہ

In our daily life there are many habits that boost our confidence. One habit is exercising, which improves our fitness and boosts confidence. When we go to the gym for exercise, we find different people to interact who are working out and competing to maintain health and fitness. This positive interaction also boosts your confidence to socialize.

Anas Faisal

CLASS 8 - C

Confidence means to stand up for anything and feel right about it. Being confident is one of the best characteristics a human can have. Once about three years ago I went abroad for a debate competition. It was my first time being alone. During speech I was pointed out wrong. I stood firm and confident and explained that I was right. The cells of our body have fascinating effects which results in good health too.

Muhammad Abdullah Hassan

خود اعتمادی

گرمی کے دن تھے ، اسکول والوں نے گرمیوں کی چھٹیاں دی ہوئی تھیں ۔ مگر میں اپنے گھر کے نزدیک والی فٹ بال اکیڈمی جایا کرتا تھا، اور مجھے فٹبال کھیلنے کا بھی بہت شوق تھا اور میں وہاں روز جانے لگ گیا۔ ڈیڑھ مہینے تک میں کھیلتا رہا۔ اور پھر مجھے پسینے کی وجہ سے (Athlete foot) ہو گیا ۔ امی طیب کے پاس بھی مجھے لے کر گئیں۔ مگر ان کی دوا کا بھی کچھ اثر نہ ہوا۔ کوئی دوا مجھے شفا نہیں دے رہی تھی۔

میری دادی نے امی کو ایک حکیم کے بارے میں بتایا ۔ ہم وہاں گئے تو اس نے ایک دوا دے دی۔ اس کا بھی کوئی اثر نہ ہوا ۔ آخر کار ابو نے کہا میں تمہیں لے چلتا ہوں۔ ہم ایک حکیم کے پاس گئے جو شکل سے ضعیف اور بڑا تجربہ کار لگ رہا تھا۔ حکیم نے ابو کو بتایا کہ یہاں سے دور ، ایک کچی آبادی میں ایک پہاڑ ہے، اس کے اوپر کچھ جڑی بوٹیاں ہیں وہ لا کر مجھے دے دو۔ مگر اس پہاڑ پر چڑھنا کوئی عام بات نہیں تھی۔ سوائے ، ایک شخص کے وہاں چڑھنے کی کسی نے ہمت نہیں کی تھی۔ کیونکہ وہ پہاڑ صدیوں پرانا تھا۔ مجھے لگ رہا تھا کہ شاید ہم اس پہاڑ پر چڑھنے والے دوسرے شخص ہوں گے ۔ ابو نے اپنے کچھ دوستوں کو لیا ، جو تجربہ کار تھے اور اللہ کا نام لے کر اور بھروسہ کر کے اگلے دن روانہ ہو گئے ۔ ابو جب وہاں اس پہاڑ کے پاس پہنچے تو انہیں ایک ضعیف شخص ملا۔ جنہوں نے ابو اور ان کے دوستوں کو کچھ احتیاطی تدابیر بتا دیں ۔

ابو اور ان کے دوستوں نے اللہ کا نام لیا اور چڑھنا شروع ہو گئے۔ راستے میں کئی سارے بڑے پتھر بھی تھے جنہوں نے راستہ روکا ہوا تھا مگر پھر بھی ابو لوگ وہاں پہنچ گئے۔ ابو نے وہاں سے جڑی بوٹی لی اور واپس آ گئے۔

حکیم صاحب کو جڑی بوٹی دی اور انہوں نے مجھے دوا بنا کر دے دی جس نے مجھے اللہ کے نام سے شفا دے دی۔

احسان الہی

Confidence: The Key to Success

Confidence means believing in yourself. It helps you do things you want to do. When you are confident, you are brave and you try new things. You are not afraid to make mistakes or ask for help. If you don't have confidence, you might feel scared or worried. You might miss out on fun things, like playing with friends or trying a new sport. But you can get confidence!

Think about things you're good at like reading, drawing, or maybe you are good at helping others. When you think about things you are good at, so you feel proud and more confident.

Trying new things can also help get confidence. You can start with small things like trying a new food or playing a new game. Hang out with people who like you and believe in you. They can encourage you to try new things and help you feel more confident. Confidence is important. It helps you be happy and do what you want. When you're confident, you're more likely to try new things, make new friends, and have fun. Believe in yourself and you'll be amazing!

Anees-Ur-Rehman

Thriving in Thar: Innovation and Resilience in the Desert
Living in Thar Desert of Pakistan presents unique challenge but our community had found ways to confidently adopt and thrive, turning adversity into a source of pride and progress. Water scarcity is a constant issue, but we have very smartly implanted rainwater harvesting system, constructed small dams and dug deep wells to ensure a steady supply. Agriculture has adopted with drought resistant crops and water saving techniques like drip irrigation. We practice livestock farming which provide us with consistent income. We could harness solar energy like India has established solar park in Rajasthan. This is how we bring electricity to many homes. We have solar paneled schools which reduces our dependency on external sources. In Thar Desert there are coal mines and we call them Thar coal fields from which we extract coal and boost our local economy and also export it. Technology has further opened new opportunities for us, from eCommerce like Kisan Mall and Zarai Bazaar to mobile bank services. Through resilience and innovation, we have turned Thar into a place of pride and progress.

Fasih ul Hassan

CLASS 8 - C

الثقة بالنفس

كَانَ عَلِيٌّ وَلَدًا حَجُولًا، لَا يُحِبُّ التَّحَدُّثَ أَمَامَ النَّاسِ، كَانَ يَخَافُ أَنْ يُخْطِئَ وَيُضْحِكَ عَلَيْهِ الْأَخَوْنَ فِي الْمَدْرَسَةِ، وَلَمْ يَكُنْ يَرْفَعُ يَدَهُ لِلْإِجَابَةِ عَنِ الْأَسْئَلَةِ وَكَانَ يَجْلِسُ دَائِمًا فِي آخِرِ الصَّفِّ.

فِي يَوْمٍ مِنَ الْأَيَّامِ أَخْبَرَهُ مُعَلِّمُهُ أَنَّ لَدَيْهِ قُرْآنٌ جَيِّدٌ لَكِنَّهُ يَحْتَاجُ إِلَى الثَّقَةِ بِنَفْسِهِ، شَجَّعَهُ الْمُعَلِّمُ عَلَى الْإِنْضِمَامِ إِلَى فَرِيقِ الْمَسْرَحِ فِي الْمَدْرَسَةِ، فِي الْبِدَايَةِ شَعَرَ عَلِيٌّ بِالْخَوْفِ لَكِنَّهُ قَرَّرَ أَنْ يَجَرَّبَ.

فِي أَوَّلِ تَدْرِيبٍ كَانَ عَلِيٌّ مُتَوَتِّرًا جِدًّا وَلَمْ يَتَحَدَّثْ جَيِّدًا، لَكِنْ مَعَ مُرُورِ الْأَيَّامِ بَدَأَ يَتَدَرَّبُ أَكْثَرَ وَيَتَحَسَّنُ، لَاحَظَ أَنَّ الْجَمِيعَ يُشَجِّعُونَهُ وَلَا يَسْخَرُونَ مِنْهُ، هَذَا جَعَلَهُ يَشْعُرُ بِشَيْءٍ جَيِّدٍ مِنَ الثَّقَةِ.

فِي نَهَايَةِ الْعَامِ قَدَّمَ عَلِيٌّ دَوْرًا رِئَاسِيًّا فِي مَسْرَجِيَّةِ الْمَدْرَسَةِ، وَقَفَ أَمَامَ الْجُمْهُورِ وَتَحَدَّثَ بِثِقَةٍ قَوِيَّةٍ، بَعْدَ الْعَرْضِ صَفَّقَ الْجَمِيعُ لَهُ بِخِرَارَةٍ وَشَعَرَ عَلِيٌّ بِالْفَخْرِ بِنَفْسِهِ.

تَعَلَّمَ عَلِيٌّ أَنَّ الثَّقَةَ تَأْتِي بِالتَّدْرِيبِ وَالْمُنَازَرَةِ، وَأَنَّهُ يُمَكِّنُهُ تَحْقِيقُ أَيِّ شَيْءٍ إِذَا حَاوَلَ وَلَمْ يَسْتَسْلِمْ

محمدعزير خان

Confidence: The Key to Success

Confidence is a key factor for children to succeed in school and in life. In Pakistan, many students struggle with self-confidence due to various reasons, such as social, academic, and environmental factors. Things like their place of residence, parental support, and academic performance affect their level of confidence.

Children in cities tend to feel more confident than those who live in villages. This happens because, in urban areas, children may have more opportunities and resources available to them. Boys generally have a higher confidence level than girls. This occurs due to the different environments in which girls and boys are raised. Moreover, students who achieve good grades in their studies usually have more confidence compared to those who struggle academically. Parental support also matters significantly. Children whose parents are more educated and supportive often feel more confident.

Confidence is very important because it helps us to take risks, seize opportunities, and believe in our abilities, leading to self-development. Confident children are more likely to speak up with strangers, ask questions, and learn new things. On the contrary, children with low confidence may feel shy, avoid challenges, and become discouraged easily.

Parents, teachers, and society play an important role in building a child's confidence. Children can become more confident when they are encouraged, for example, by celebrating their small achievements. Schools should also ensure that all children are supported and valued equally, and that less confident children receive multiple opportunities to build their self-esteem. Furthermore, children in the wider community should help each other discover new things and develop their potential.

Mohammad Murtaza

The Confidence Divide: How Math Teachers Feel About Teaching Different Concepts

When we talk about confidence in teachers for teaching math's, there are different opinions in public. According to some research the confidence of math's teachers in teaching basic math's is 85%. The confidence of math's teachers in teaching advanced math's is 60%, statistics is 45% and lack of confidence in math's teachers in any math's related area is 30%.

The following graph illustrates this information.

Muhammad Hassan Mundiya

Surviving the Thar: Struggles, Resilience, and the Hope for Change

In southern east of Pakistan, we live in a Thar desert the biggest desert of Pakistan. It is about 22000 square kilometers of which only 20% of land is cultivated and used for the farmers need and other people. Most of the land is not fertile, as we got very less amount of the rainwaters throughout the year. In our region we don't have any main river to fulfill our water need. We don't have any supply of water to get an enough amount of it, so the water is collected in our traditional way in mud ponds and tanks. More water is evaporated than we get from the rainwater due to the very high temperature which creates a very big trouble for us and everybody who lives here. It is not possible to leave this place as this is our land and the legacy of our forefathers and to maintain our lifestyle here, we have to survive with all of these problems. Daily we face scarcity of water, food shortage, poverty, posing risk to life and danger for the livestock. We manage to have little trades with our neighborhood tribes which benefit us and our economy. Our land can help and boost Pakistan's economy if it is used properly. The construction of a seaport canal can improve. If the solar plant gets planted on our vast land it can also help the country with electricity.

Muhammad Hasan

گرمی کے دن تھے اسکول والوں نے چھٹیوں کا اعلان کر دیا۔ میں اور میرا بھائی گھر میں فارغ تھے میری امی نے کہا کہ کیا تم روز روز فارغ رہتے ہو تم روز گروانڈا جاکر کھیل آیا کرو۔ میں ڈیڑھ مہینے تک باقاعدگی سے کھیلنے جاتا رہا۔ ایک دن میں گھر میں کھانا کھا رہا تھا۔ اچانک سے میرے ہاتھ کی انگلیوں میں تکلیف ہونا شروع ہو گئی۔ درد روز روز بڑھتا جا رہا تھا۔ میری امی مجھے ایک ڈاکٹر کے پاس لے گئیں، اس نے آگے سے جواب دیا: میرے پاس اس مرض کا کوئی حل نہیں ہے۔ پھر میری نانی نے میرے ابو کو ایک حکیم کا بتایا، ابو وہاں گئے تو اس نے ہمیں ایک پہاڑ کا پتہ بتایا۔ اس نے یہ بھی بتایا کہ اس پہاڑ کی چوٹی پر ایک جڑی بوٹی ہوتی ہے جسے گل قبرستانی کہتے ہیں۔ وہی تمہاری بیماری کا علاج ہے۔

ہم لوگ اس پہاڑ کی طرف روانہ ہو گئے۔ حکیم نے اُس پہاڑ کے بارے میں بتایا تھا کہ وہ کافی بڑا اور خطرناک ہے۔ ہم نے اللہ کے حکم سے اس پر چڑھنا شروع کیا، ہمیں اس بات کا اندازہ تو ہو گیا تھا کہ یہ بہت مشکل ہے مگر میں نے بے مگر میں نے اور ابو نے باز نہ مانی، ابو میری خاطر اوپر چڑھتے گئے، راستے میں انکو کافی ٹھنڈ کا سامنا کرنا پڑا، ایک دن تو وہ بیمار ہو گئے لیکن خود پر بھروسہ اور اللہ کی مدد سے دوسرے دن دوبارہ اوپر چڑھنا شروع ہو گئے اور آخر کار ہم قریب پہنچ ہی گئے۔ مغرب کا وقت ہو چلا تھا ہم نے ایسے میں جنگلی جانوروں کا سامنا بھی کیا۔ بہر حال اس تیز ٹھنڈ اور پرخطر ماحول میں اگلے دن اللہ کی مدد سے ہمیں گل قبرستانی مل گئی۔ ہم واپس لوٹ گئے۔ حکیم صاحب جڑی بوٹی اور ہم کو زندہ سلامت دیکھ کو حیران رہ گئے۔ میرے لئے دوا تیار کی گئی اور میں شفا یاب ہو گیا۔

عبدالرحمن

CLASS 8 - C

الثقة بالنفس

الثقة بالنفس هي إحدى الصفات الأساسية التي يحتاجها الإنسان لتحقيق النجاح والتقدم في حياته. و الثقة بالنفس أن يكون الشخص مُدركاً لقدراته وإمكاناته، وأن يثق في نفسه لاتخاذ القرارات الصائبة ومواجهة التحديات.

الثقة بالنفس لا تعني الغرور أو التكبر، بل هي توازن بين معرفة القدرات الشخصية والاعتراف بالعيوب والعمل على تحسينها. الثقة تجعل الإنسان يتحدث أمام الآخرين بالشجاعة، ويُعبر عن أفكاره بوضوح واختصار. تتكوّن الثقة بالنفس من عدّة عناصر، مثل معرفة الذات وتقديرها، وتحديد الأهداف والعمل لتحقيقها.

الشخص الواثق بالنفس يكون لديه إيمان بقدراته، لكنه أيضاً يسعى لتطوير نفسه باستمرار. كذلك، تعتمد الثقة بالنفس على تقبل الأخطاء والتعلّم منها، لأن الإنسان الذي يثق بالنفس لا يخشى الفشل بل يعتبره خطوة نحو النجاح.

هناك عوامل تساعد على بناء الثقة بالنفس. من أهمّها التفكير الإيجابي، حيث يجب على الإنسان أن يركّز على نقاط قوته ويعمل على تحسين نقاط ضعفه. أيضاً، النجاح في تحقيق الأهداف الصغيرة يُعزز من الشعور بالثقة، لأن كل إنجاز يجعل الإنسان يشعر بأنه قادر على تحقيق المزيد.

بالإضافة إلى ذلك، الأسرة والمجتمع يلعبان دوراً مهماً في بناء الثقة بالنفس. فالشخص الذي نشأ في أسرة يُساعِد الطفل منذ صغره على تكوين شخصية قوية وواثقة. كما أن البيئة المحيطة تؤثر على الإنسان، لذلك يجب أن يحرص الفرد على أن يكون محاطاً بأشخاص إيجابيين يدعمونه ويُسجّعونه.

من جهة أخرى، هناك مباريات قد تهدم الثقة بالنفس، مثل المقارنة بالآخرين. كل شخص لديه قدرات ومواهب مختلفة، ولذلك يجب أن يكون التركيز على تطوير الذات بدلاً من مقارنة النفس بالآخرين. الثقة بالنفس لا تكون صفة يولد بها الإنسان، بل هي مهارة يمكن تعلّمها وتطويرها مع الوقت.

إذا أردنا بناء الثقة بالنفس، فعلينا أن نتقبل أنفسنا كما نحن، ونسعى لتحسينها، وأن نتذكر دائماً أن الفشل ليس نهاية الطريق، بل هو درس يُساعدنا على التّهُود بقوة أكثر.

محمد إبراهيم قادري

The Role of Confidence in Teenage Life

Confidence plays an important role in our lives, especially in the life of a teenager. According to a research self-esteem, teenagers consists of 50% of the population of the world. There are 30% average confident teenagers and 10% neutral. The following pie chart shows this information.

Muhammad Ibrahim Yousuf

Confidence: The Key to Success

In a busy city, a talented young teenager named Zaid was always afraid. Despite being strong and sharp-minded, he constantly doubted himself. Every time he faced a challenge, a voice inside him whispered, "What if I fail?"

One day, while Zaid was practicing hard on the field, his football coach noticed him. The coach admired his hard work but was shocked by his hesitant performance during matches. After the game, the coach approached Zaid and offered some advice. "Young man," he said, "confidence is about trying, about putting in your effort, and even if you're not sure you'll win, it doesn't matter what the outcome is. Remember, you don't need to take the whole staircase at once; just take the first step, and you'll reach the top at your own pace. Each day is filled with promise, potential, and possibility." These words resonated with Zaid, and he felt motivated.

That night, Zaid stood by the mirror, and his coach's words echoed in his mind. He thought, "Maybe I can bring about change." The next day, he raised his hand in class and answered questions without overthinking. He played football freely, without any fear of making mistakes. Slowly but surely, he saw a great change in himself. The frightened little boy had become a confident young man.

He now realized what confidence truly meant. It wasn't about being perfect, but about standing tall, believing in yourself, and learning from your mistakes. From that day onward, Zaid made a promise to himself that he would embrace every challenge he faced. He knew that his greatest strength was not in his skills, but in his belief in himself. As the saying goes, "As is our confidence, so is our capacity." Zaid now knew that there was no limit to what he could do.

Syed Ebaad Ur Rahman Kazmi

Unleashing Thar's Potential: Overcoming Challenges and Embracing Opportunities

The Thar Desert is an extensive area of land located south east of Pakistan. Although 80% of the Thar desert lies in India some of it also lies in Sindh province of Pakistan. It covers about 22 square kilometres. It receives sunlight throughout the year and has immense potential in production of energy using solar panels. Silt particles can be found in the soil making the land fertile. It's a land with rich cultural heritage and could be of extreme benefit to Pakistan if developed. As a resident of the Thar Desert we face many problems but we overcome them with confidence. First, we live in houses which are called Dhani in the local language. Due to the unavailability of building materials our houses are made with mud and hay. We have mud walls and slanting thatched roofs keeping the houses cool without the need of fans and air conditioners. The low annual rainfall which occurs mostly during monsoon season from July to September in a few scattered but heavy showers are followed by 3 to 5 years of drought which has become a menace to us. This scarcity of water is overcome by adopting water conservation techniques like rainwater harvesting and drip irrigation. Tube wells are also installed at some locations to take advantage of underground water. Thar Desert remains untouched and undeveloped and has many untapped minerals deposits which are not being extracted properly. Thar Desert could become a bustling metropolis like Dubai if we take full advantage of it naturally.

Muhammad Ismael Jamal

MESSAGE FROM THE CLASS TEACHER 8-D

Wow, what an amazing year it's been! From your non-stop energy, laughter and love for sports, to the moments where you proved that beneath all the fun and mischief, each of you is a brilliant learner, it's been such a pleasure to see you grow. Your joyfulness and enthusiasm are infectious and it's been a joy to be a part of your journey.

You've all shown incredible potential, whether on the field, in the classroom, or during moments when you've tackled challenges head-on with a determination that makes me proud. Your ability to balance fun with focus is something truly special, and it's clear that when you set your minds to something, you can achieve greatness. Keep that spark alive!

As you head into the next year, remember: don't ever lose that sense of humour, that love for life and that passion for learning. Stay curious, stay excited and keep pushing yourselves.

The best is yet to come; I can't wait to see where your talents take you.

Nazia Sadaf

CLASS 8 - D

How confidently can you say that China is walking in the footsteps of the EIC where it is taking over Gwadar port?

I can say that China has walked in some of the footsteps of the EIC where it has trying to seize the coastal regions of Pakistan (Gwadar) such like the EIC in the 1800s as well as some other points corresponding to what the EIC had done and what China is trying to replicate.

The EIC was a simple trade partner with the subcontinent before intentions changed to taking over the subcontinent which may happen with China if Pakistan continues to get comfortable and sign contracts with China, such like the EIC did. The EIC signed contracts with the Mughal Empire to spread their influence across the country and essentially set up a colony. The EIC was far more technologically advanced than the subcontinent, becoming a tycoon there, selling cheap mass-produced goods. They were a global superpower at the time. Just like China but with its influence not only being limited to Pakistan but to the entire world, with it being the world's factory and go to.

Therefore I cannot firmly say that China would try to take over Gwadar port with insincere intentions but only time can tell.

Abu Bakar

Building Mathematical Confidence: A Key to Teaching Success

Confidence in teaching math's explores the importance of building self-assurance in educators. When teaching mathematics, it highlights strategies for teachers to improve their own mathematical understandings, overcome anxieties and effectively foster a positive learning environment. The focus is on developing skills and mindsets that enables teachers to confidently engage students in mathematical concepts, boosting both teacher and student success.

Ibrahim Adnan

Confidence -The Key to Success

Have you ever heard of the phrase "Confidence is the key to success"? Have you wondered what it means and why this phrase is important? So, what is confidence?

It is something that we all have but struggle to find. Confidence helps your body and mind become sure or unsure of deciding if you are capable of doing something or not.

When your confidence level is low, you lose your courage to do something as you are afraid of the outcome. But if you are confident, you gain the courage to help you achieve your goal. However, there is something called 'anxiety' that stops you in your tracks.

How does anxiety stop you from being confident?

Anxiety is a stressful feeling or a feeling of panic people feel when faced with a difficult task or situation. We feel stressed about what could happen. Anxiety is the reason we lose our courage to go on and if it causes our confidence level to go down, we should be more alert about it so that we can fight it and get rid of it.

How to cure anxiety?

Anxiety sometimes leads to failure or disaster which is why we should try our best remove it. We should learn to be calm in every situation as it will help us think clearly and remove the thoughts of the outcome. We must not let anxiety stop us from completing our task or stop us from achieving our goal.

When you have a difficult situation, take a deep breath, say 'bismillah' and just go with the flow. In other words, just do your best. Do not care about feeling embarrassed or shy as it will only increase your anxiety.

In conclusion, in my opinion, confidence is the courage which helps us achieve our goals, dreams and ambitions. It helps us take on difficult tasks and complete them by facing challenges and tough situations with courage.

For example, I was confident enough to write this article in my English period when my teacher Ms. Amna asked me to. And, you were confident enough to read it right now!

May we all achieve more confidence to face every challenge that life throws at us! Our world will be a better place if everyone has more confidence.

Huzaifa Atif Gaba

How confidently can you say that China is walking in the footsteps of the EIC where it is taking over Gwadar port?

China's interest in Gwadar through the China-Pakistan Economic Corridor (CPEC) has been likened to the East India Company, but with a difference. China is primarily interested in an economic approach by establishing a trade route to the Arabian Sea while developing infrastructure. Gwadar's strategic location provides China with access to the Indian Ocean, enhancing its regional influence. Yet such projects create risk for Pakistan being economically dependent upon the big loan and infrastructure domination, something closely akin to exploitation by the East India Company model. Contrasting colonial intentions, China offers cooperation that can produce mutual advantages; however, apprehensions exist for debt trap potential and a too-easy dependence on Chinese investments. To ensure long-term benefits, Pakistan must prioritize transparent agreements, protect its national interests, and balance economic collaboration with autonomy. This will help harness the potential of CPEC without compromising Pakistan's sovereignty or economic independence.

Maaz Ahmed Sohail

CLASS 8 - D

Vaccine - A Scientific Invention that Built Confidence among Mankind.

Scientific inventions have profound impact on building confidence in individuals. By facing challenges and providing solutions, these inventions make people confident to face problems.

For instance, advancement in healthcare such as vaccines and medical devices reassure individuals about their wellbeing gaining confidence in the ability to lead healthy lives. Vaccines are one of the most important invention bringing change in human lives and saving many lives worldwide. Their discovery has built confidence among the people to fight back diseases effectively.

Edward Jenner's development of the small pox vaccine in 1796 marks the beginning of this transformative journey. Vaccines have eradicated diseases like small pox and significantly reduce the rate of deadly diseases like measles and tetanus among the population.

People trust vaccines to safeguard their health as they play a vital role in the welfare and maintaining healthy life of an individual.

Muhammad Ali Masood

الثقة بالنفس هي الإيمان بالقدرات والقيم الشخصية، وهي من أهم المكونات التي تشكل شخصية الفرد وتؤثر على سلوكه وتفاعله مع الآخرين. الثقة بالنفس هي مفتاح النجاح في جميع المجالات الحياتية، حيث يمكن للفرد الذي يثق بنفسه مواجهة التحديات والصعوبات بثقة وعدم خوف.

تؤدي الثقة بالنفس إلى تحسين العلاقات الاجتماعية والتفاعل مع الآخرين، حيث يصبح الفرد أكثر استقلالية وثقة في نفسه. كما أن الثقة بالنفس تؤدي إلى زيادة الإنتاجية والنجاح في العمل والمدرسة، حيث يصبح الفرد أكثر قدرة على تحقيق أهدافه وتحقيق طموحاته.

هناك العديد من الأسباب التي قد تؤدي إلى نقص الثقة بالنفس، مثل النقد والتعيير من الآخرين، والفشل والاختلاف في بعض المجالات، والشك الذاتي والقلق، ونقص الدعم والتشجيع من الآخرين. ومع ذلك، يمكن تعزيز الثقة بالنفس من خلال تعزيز الإيجابية والتفاؤل، وتحديد الأهداف والعمل على تحقيقها، وتعزيز الدعم والتشجيع من الآخرين، وممارسة التأمل والاسترخاء، وتعزيز القدرات والمهارات الشخصية.

لذلك، من المهم أن نعمل على تعزيز الثقة بالنفس لدينا، ونعزز الإيجابية والتفاؤل في حياتنا، ونحصل على الدعم والتشجيع من الآخرين، ونعمل على تحقيق أهدافنا وطموحاتنا. يمكننا أن نكون أشخاصًا واثقين بنفسمهم وقادرين على تحقيق نجاحات كبيرة في حياتنا.

من أجل تعزيز الثقة بالنفس، يمكننا أن نبدأ بتحديد أهدافنا وطموحاتنا، ووضع خطط للوصول إليها. كما يمكننا أن نعمل على تعزيز القدرات والمهارات الشخصية، مثل مهارات التواصل والقيادة والعمل الجماعي. كما يمكننا أن نعمل على تعزيز الدعم والتشجيع من الآخرين، مثل الأصدقاء والعائلة والزملاء.

من المهم أيضًا أن نتعلم كيفية التعامل مع الفشل والاختفاق، وكيفية التعلم من الأخطاء. كما يمكننا أن نعمل على تعزيز الإيجابية والتفاؤل في حياتنا، من خلال ممارسة التأمل والاسترخاء، وتعزيز العلاقات الاجتماعية والتفاعل مع الآخرين.

يمكننا أيضًا أن نعمل على تعزيز الثقة بالنفس من خلال تحدي أنفسنا وتجاوز حدودنا. يمكننا أن نتعلم مهارات جديدة، ونقبل تحديات جديدة، ونعمل على تحقيق أهدافنا وطموحاتنا.

في الختام، الثقة بالنفس هي مفتاح النجاح في جميع المجالات الحياتية. يمكننا أن نعمل على تعزيز الثقة بالنفس لدينا، ونعزز الإيجابية والتفاؤل في حياتنا، ونحصل على الدعم والتشجيع من الآخرين، ونعمل على تحقيق أهدافنا وطموحاتنا. يمكننا أن نكون أشخاصًا واثقين بنفسمهم وقادرين على تحقيق نجاحات كبيرة في حياتنا.

من خلال تعزيز الثقة بالنفس، يمكننا أن نتحقق العديد من الفوائد، مثل تحسين العلاقات الاجتماعية، وزيادة الإنتاجية والنجاح، وتحسين الصحة النفسية والعاطفية. يمكننا أن نكون أشخاصًا أكثر سعادة ورضا عن أنفسهم، وأكثر قدرة على تحقيق أهدافهم وطموحاتهم.

لذلك، من المهم أن نعمل على تعزيز الثقة بالنفس لدينا، ونعزز الإيجابية والتفاؤل في حياتنا، ونحصل على الدعم والتشجيع من الآخرين، ونعمل على تحقيق أهدافنا وطموحاتنا. يمكننا أن نكون أشخاصًا واثقين بنفسمهم وقادرين على تحقيق نجاحات كبيرة في حياتنا.

محمد أحسن داؤد،

The taking over of gabad airport in Pakistan by China has been compared to the expansion in the same region by East India Company centuries ago.

Both EIC in China has recognized this strategic importance of the region with Gawadar port being a crucial location for trade and military investment.

Both have aimed to expand their economic influence in the region through trade and infrastructure development.

However, some critics see the growing presence of China in our region as a military threat. Keeping in mind debt diplomacy and geo-political influence.

EIC arrived in India only to establish trade relationships with the empire however they soon expanded to influence through military intervention and an annexation of territories in India. China too can exploit the heavily indebt state for its economic and military gains.

Pakistan and China have a long standing relationship there's no credible evidence to suggest the possibility of China claiming Pakistan's territory

Muhammad Ayyan

اس وقت ہمارا ملک ایک انتہائی خطرناک وبا کے زیر اثر ہے اور اس کا سبب کسی بھی ڈاکٹر کے سمجھ میں نہیں آ رہا۔ اس وبا کا اثر یہ ہے کہ انسان اپنی جسمانی طاقت کھو دیتا ہے اور اپنے جسم کو مکمل طریقے سے حرکت نہیں دے پاتا اس کے علاوہ یہ جسم میں کس طرح داخل ہوتا ہے یہ بھی کسی کو سمجھ نہیں آ رہا۔ یہ بیماری انسان کے خون میں داخل ہوتی ہے اور جیسے جیسے یہ بڑھتی ہے اس کا اثر شروع ہو جاتا ہے۔ کئی طریقے استعمال کرنے پر بھی جب ڈاکٹروں کو وجہ سمجھ نہ آئی تو انہوں نے بار ماں لی اور اس کا عارضی طور پر یہ علاج بتایا کہ ہر تین دن بعد خون تبدیل کیا جائے۔ یہ علاج عارضی طور پر کام کرتا ہے لیکن اس کا ایک نقصان یہ ہے کہ یہ کافی مہنگا ہے اور غریب لوگ یہ برداشت نہیں کر سکتے۔ کافی جانچ پڑتال کے بعد ایک حکیم نے بتایا کہ یہ بیماری کافی صدیوں پہلے بھی تھی اور اس کا علاج ایک پہاڑ پر موجود ہے یعنی کہ جڑی بوٹیاں۔ اس نے بتایا کہ ایک دلیر آدمی اس پہاڑ پر چڑھ کر وہ جڑی بوٹی لایا اور اپنے شہر سے اس بیماری کو ختم کیا لیکن اب اس پہاڑ پر چڑھنا کافی مشکل ہو گیا ہے کیونکہ زلزلہ آنے کی وجہ سے وہ راستہ ٹوٹ گیا ہے جس سے اوپر چڑھا جا سکتا تھا۔ میں نے کافی سوچ بچار کے بعد یہ ٹھانی کہ ہونہ ہو مجھے ہی یہ کام کرنا ہو گا کیونکہ میں کوہ پیمانی کر سکتا ہوں اور کافی ماہر بھی ہوں۔ میں اگلے دن ہی سفر پر نکل پڑا اور اسی راستے پر چل پڑا جو آگے سے زلزلے کی وجہ سے ٹوٹ چکا تھا۔ میں اس مقام پر پہنچا تو پتا چلا کہ یہ میری سوچ سے بھی زیادہ مشکل ہے کیونکہ اس طرف سے دوسری طرف کا درمیانی فاصلہ کافی زیادہ تھا۔ میں نے تھوڑی دیر آرام کیا کیوں کہ میں کافی تھک گیا تھا۔ اس کے بعد جب میری تھکن تھوڑی کم ہوئی تو میں اس پاس کا جائزہ لینے لگا کہ میری نظر ایک ٹہنی پر پڑی اس سے میں اس طرف تو جاسکتا تھا لیکن واپس آنا کافی مشکل تھا کیونکہ جانے کا راستہ تو تھا لیکن واپس کا کوئی آسہرہ نہیں تھا۔ خیر میں اللہ کا نام لے کر چل پڑا اور حوصلہ کے لیے اللہ کو یاد کرنے لگا۔ میں کافی آسانی سے اس طرف پہنچ گیا پر مجھے یقین تھا کہ واپسی میں کافی دشواری ہو گی۔ میں جڑی بوٹی حاصل کرنے میں کامیاب ہو گیا۔ جب واپس آیا تو مجھے سمجھ نہیں آ رہا تھا کہ کیا کروں۔ اللہ کی قدرت سے میری نظر اس رسی پر پڑی جو میں اپنے ساتھ ضرورت کے تحت لایا تھا۔ میں نے رسی ٹہنی پر پھینکی اور وہ اٹک گئی، میں لٹک لٹک کر جیسے تیسے اس پار پہنچ گیا۔ میں نے اللہ تعالیٰ کا شکر ادا کیا کہ میں کامیاب لوٹا۔ اس کے بعد اس جڑی بوٹی سے دوا تیار کی گئی اور میری وجہ سے پورا شہر بچ گیا۔ یہ خبر پورے شہر میں جنگل کی آگ کی طرح پھیل گئی اور مجھے کئی تحائف ملے۔ اسی کے ساتھ میں پورے شہر میں مشہور ہو گیا اور میں نے اس بات پر اللہ کا شکر ادا کیا۔ بے شک اللہ اس کی مدد کرتا ہے جو اس کے بندوں کی مدد کرے۔

محمد ابتسام خان

CLASS 8 - D

Confidence through Innovation: The Impact of Science
Confidence is something that everyone should have. Some people are less confident than others. They can and many people are already using tools to help them gain confidence. Many scientific tools help confidence. For example, prosthetic arm makes a person without a hand do things confidently just like others. In the newest science AI is one of the most growing technology. People use different AI soft wares like chat GPT and Copilot to help them confidently do things that they couldn't do before. An example is if a student has to deliver his presentation in front of a large crowd and he is skeptical about his presentation, he can take help from AI to improvise it and gain confidence that his presentation is good enough. Just like this people use AI in many different ways to help them in their work and make them more confident.

Muhammad Umar Alam

Confidence through Innovation: The Impact of Science

From the time of Adam (AS) till today, we humans have discovered and invented a lot of things which gave us confidence. For example, a car. Car is one of the greatest invention of human history as it has made covering long distance in much lesser time. For example, during the time of the Holy Prophet (SAW), when he migrated from Makkah to Madinah, it took him a week but nowadays it's only four hours. Just like this the invention of computers have given us confidence as we can perform multiple tasks in one singular attempt. Another great example is mobile, as we can communicate, play games and start our own online business from our home.

Syed Abdullah Ali Shah

Tips on how to be more confident.

Confidence is the feeling a person has when he faces a tough situation and he handles it calmly and bravely. It is a feeling of courage that helps you fight a feeling of panic. It helps you achieve your target without feeling unsure or thinking negatively.

You can increase our confidence by always thinking positively and think of negativity as trash to be thrown away!

If you have ever travelled to a foreign (non-Muslim) country, you might have felt embarrassed about practicing Islam openly. If this is the case, then, my friend, you need to build up your confidence!

You see, we must be proud of our Muslim faith, we must build up our confidence to share Islam in the best way, to invite other people to the truth. And this can only be done by firstly gaining knowledge and then building up our confidence. We need to be confident in communicating with all sorts of people if we want to invite them to Islam in the best way.

It is said, confidence is the key to success. If you are confident, then you can be a more successful person and if you are a confident person, you can excel in every walk of life.

Confidence plays a huge role in a person's everyday life. In today's society, due to a lack of confidence, people suffer from so many issues, specially teenagers and young people. For instance, there is no socializing because of a lack of confidence; most of us feel shy or embarrassed to even make any new friends at a new gathering because we lack confidence. Most of us don't even know the names of our next door neighbours! This is because we think other people will make fun of us.

Many young Muslim boys are scared to wear caps or dress according to Sunnah or grow a beard because they think about what other people think and are scared that people will make fun of them, even when we all know this is the Sunnah.

So, what's the solution? How do we build up our confidence?

Firstly, in my opinion, the main thing is while practicing Islam or the Sunnah of our Prophet (PBUH), we should never care about what other people say or think and practice Islam confidently and courageously.

If you had a million rupees and someone burned a 100 rupee note of their money, would you also burn all of your million rupees? No, you wouldn't! So, if a person made fun of you because you practice Islam confidently, would you let it ruin your whole day? No, you shouldn't! We should practice Islam with confidence and with pride.

When it comes to practicing your faith, please stop caring about what other people say and have more confidence in yourself to do the right thing, to obey Allah SWT and by following the sunnah of the Holy Prophet (PBUH).

In conclusion, confidence is the key to success. If you are a confident person, you can excel in life and the hereafter.

Mujtaba Hassan Jamal

CLASS 8 - D

Confidence and Success: A Proven Connection

There is no doubt that confidence plays a crucial role in our success.

Studies shows that 85% of success is attributed to confidence and mentality while only 15% is based on skills and knowledge. People with higher self-confidence take more risks, which leads to greater achievements. Research from the University of Melbourne shows that confident individuals are likely to be earning higher salaries, moreover, confident people, build stronger, relationship, and have better mental Health.

Fostering confidence is essential for individual growth and success in life, the bar graph given further signifies this fact. According to one of the researches among 8th grade students 44% of them are very confident while 15% are very low in confidence.

Yahya Safwan

الثقة بالنفس هي قوة داخلية، قناعة هادئة ولكنها قوية بقدرات الفرد وخياراته وقيمه الذاتية، ليست غرورا أو شعورا بالتفوق على الآخرين، بل هي فهم متوازن لنقاط القوة والضعف، تمنح الشخص القدرة على مواجهة التحديات بثبات، والمخاطرة دون خوف من الفشل، والتمسك بقراراته حتى في مواجهة الشك.

في جوهرها، الثقة بالنفس هي حالة من الثقة بالنفس. تظهر في الطريقة التي يتحرك بها الشخص، ويتحدث، ويتفاعل مع العالم نظرة ثابتة، صوت واثق، وقامة تعكس التوازن. هي أساس النمو الشخصي، حيث تمكن الفرد من التعلم من الأخطاء والتطور دون أن يعوقه الخوف من الحكم أو النقد.

تُبنى الثقة بالنفس من خلال التجارب، والإنجازات، والقدرة على التغلب على العقبات. تزدهر عبر الوعي الذاتي، حيث يدرك الشخص قيمته، ويحتفل بنجاحاته، ويتعلم من إخفاقاته. إنها ليست حالة ثابتة؛ قد تتغير صعوداً وهبوطاً، لكن جوهرها يكمن في الشجاعة على الاستمرار رغم الانتكاسات.

في النهاية، الثقة بالنفس هي نور ينبعث من الداخل، يضيء الطريق حتى في أحلك اللحظات. هي تذكير هادئ بأن الفرد قادر، ومستحق، وجاهز لمواجهة الإمكانيات اللامحدودة للحياة.

عزيل خانزاده

یہ کہانی آج سے کچھ سال پہلے کی ہے جب میں بارہ سال کا تھا۔ رات کو کسی رشتہ دار نے دعوت میں بلایا تھا، میں دعوت میں گیا اور خوب پیٹ بھر کر کھانا کھایا اور گھر واپس آکر سو گیا۔ اگلے دن میری طبیعت کچھ عجیب سی ہو گئی اور میرے پیٹ میں درد شروع ہو گیا۔ میرے والد صاحب مجھے ایک قریبی دواخانے لے گئے اور طبیب نے ایک جڑی بوٹی دوا کے طور پر استعمال کرنے کو کہا جو عام طور پر بازاروں میں نہیں ملتی لیکن یہی وہ جڑی بوٹی تھی جس سے میرا علاج ہو سکتا تھا۔ ایک آدھ دن تھوڑی جانچ پڑتال کرنے کے بعد ہمیں ایک گاؤں کا پتا چلا جہاں یہ جڑی بوٹی دستیاب تھی۔ ہم فوراً اس گاؤں گئے اور وہ گاؤں میرے گھر سے زیادہ دور نہیں تھا۔ میرے اندر ایک امید کی کرن جاگ گئی کہ اب میری طبیعت ٹھیک ہو سکتی ہے۔ وہاں پہنچ کر ہمیں پڑتا چلا کہ اس گاؤں میں وہ جڑی بوٹی ایک پہاڑ کی چوٹی پر ہے جس پر آج تک کوئی نہیں چڑھ سکا۔ میں نے اور کچھ گاؤں والوں نے پہاڑ پر چڑھنے کی کوشش کی لیکن کوئی چوٹی تک نہیں پہنچ سکا کیونکہ وہ پہاڑ بہت پتھریلا اور بہت خطرناک تھا لیکن مجھے اس جڑی بوٹی کی بہت ضرورت تھی جو کہ صرف اور صرف اس پہاڑ پر ہی موجود تھی۔ کچھ گاؤں والوں نے ٹریکٹر اور گاڑیوں کی مدد سے اوپر پہنچنے کی کوشش کی لیکن ناکام رہے۔ کچھ گھنٹوں کی محنت کے بعد گاؤں والے تھک بار کر چلے گئے اور میں اکیلا رہ گیا۔ میں اکیلا پہاڑ کے نیچے آنکھوں میں امید اور دل میں ہمت لیے کھڑا تھا۔ میرے سامنے وہ پہاڑ تھا جو نہ صرف پتھریلا اور خطرناک تھا بلکہ ایک راز بھی اپنے اندر چھپائے ہوئے تھا۔ میں نے سوچا کہ اگر میں اس پہاڑ پر چڑھنے میں کامیاب ہو گیا تو نہ صرف میری زندگی بچ جائے گی بلکہ یہ جڑی بوٹی دوسرے لوگوں کے لیے بھی فائدہ مند ثابت ہو سکتی ہے۔

میں نے اپنے آپ کو تیار کیا اور پہاڑ کی طرف چل پڑا۔ ابتدائی چند قدم آسان تھے، لیکن جیسے جیسے میں اوپر چڑھتا گیا، راستہ مشکل ہوتا گیا۔ پتھر پھسلنے لگے، اور ہوا تیز ہو گئی۔ میں نے اپنے آپ کو سنبھالا اور ایک ایک قدم آگے بڑھتا رہا۔ کچھ دیر بعد میرے ہاتھوں اور پیروں میں درد ہونے لگا، لیکن میں نے ہمت نہیں ہاری۔

آخرکار، میں چوٹی کے قریب پہنچ گیا۔ وہاں ایک چھوٹا سا میدان تھا جہاں سبزہ اُگا ہوا تھا، اور اس کے درمیان وہ جڑی بوٹی موجود تھی۔ میں نے خوشی سے چلا کر کہا، "میں نے کر دکھایا!!" میں نے جڑی بوٹی کو احتیاط سے اکھاڑا اور اپنے کپڑوں میں لپیٹ لیا۔ نیچے اترتے وقت میرے دل میں خوف تھا، لیکن میں نے اپنے آپ کو پُراعتماد رکھا۔ جب میں نیچے پہنچا تو گاؤں والے میری کامیابی سے حیران رہ گئے۔ وہ سب خوش تھے کہ میں نے وہ جڑی بوٹی حاصل کر لی تھی۔ میں فوراً گھر واپس آیا اور طبیب نے وہ جڑی بوٹی استعمال کر کے میرا علاج شروع کر دیا۔ کچھ ہی دنوں میں میری طبیعت بہتر ہو گئی، اور میں بالکل ٹھیک ہو گیا۔

اس واقعے نے مجھے سکھایا کہ اگر انسان میں ہمت اور عزم ہو تو وہ کسی بھی مشکل کو عبور کر سکتا ہے۔ یہ جڑی بوٹی نہ صرف میری زندگی بچانے کا سبب بنی بلکہ اس نے مجھے یقین دلایا کہ کوئی بھی مشکل ناممکن نہیں ہوتی، بس اس کا سامنا کرنے کی ہمت چاہیے۔

اس کے بعد سے، میں نے اپنی زندگی میں ہر مشکل کو چیلنج کے طور پر لینا شروع کر دیا، اور ہر بار کامیابی میری ہوئی۔ یہ کہانی نہ صرف میری زندگی کا اہم موڑ تھی بلکہ یہ میرے لیے ایک سبق بھی تھی کہ ہمت اور عزم سے ہی انسان اپنے مقاصد حاصل کر سکتا ہے۔

یوسف بن نبیل

DOWN MEMORY LANE

Let's Take A
Trip Down

MEMORY LANE



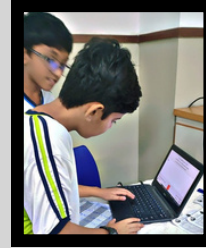
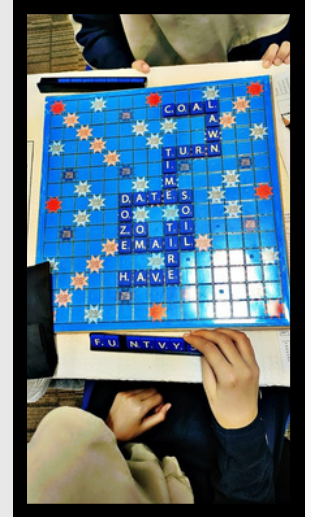
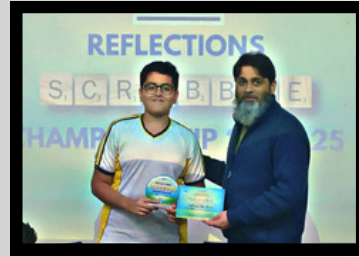
MEGATHON - THE LIBRARY CONTEST



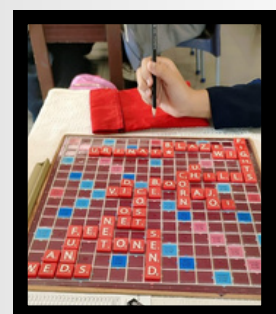
INTERSCHOOL MEGATHON CONTEST



SCRABBLE CHAMPIONSHIP



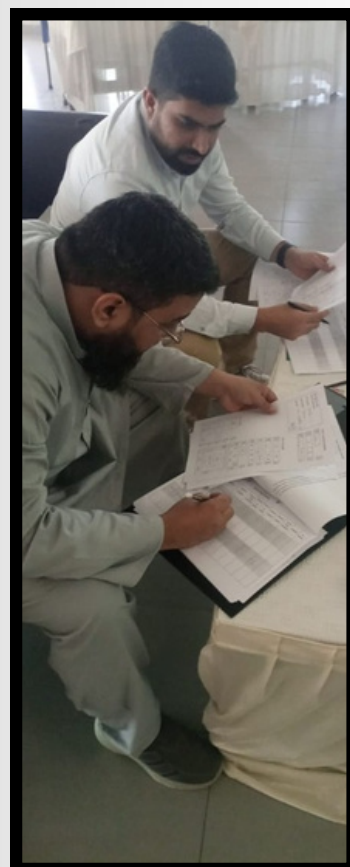
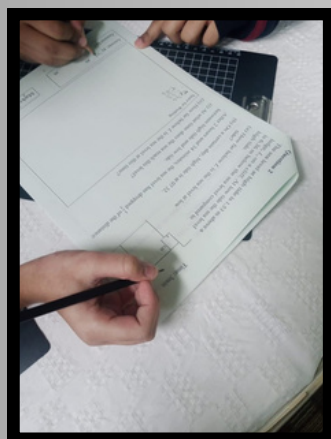
INTER-SCHOOL SCRABBLE CHAMPIONSHIP



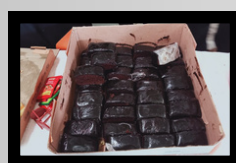
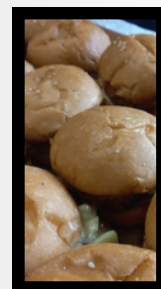
INTERSCHOOL & MADARIS ARABIC DECLAMATION



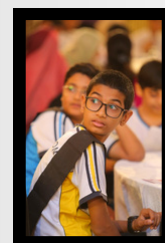
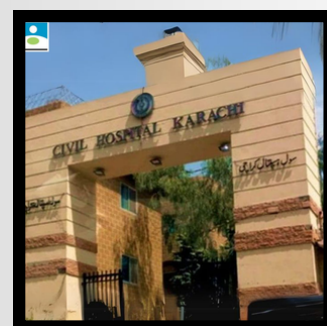
MATH MASTERS



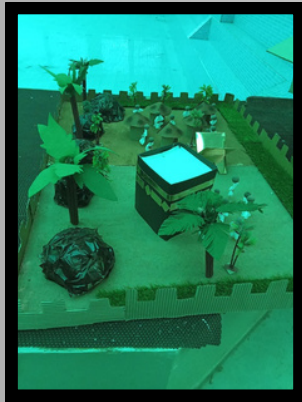
BAKE SALE



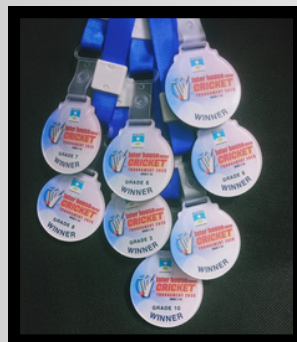
COMMUNITY SERVICE



SEERAH EXHIBITION

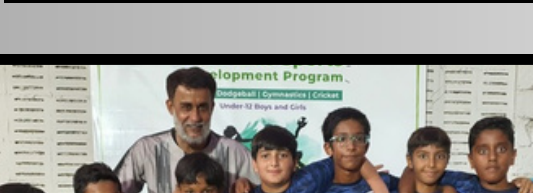


SPORTS EVENTS (FEMALE)

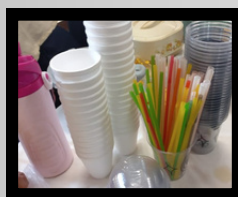


D
O
W
N
M
E
M
O
R
Y
L
A
N
E

SPORTS EVENTS (MALE)



EID PARTY



INTERCLASS RAMADAN QIRAT COMPETITION



ELOCUTION



RESULTS OF CHECKPOINTS 2024-2025

Excellence Awards for the Highest Scorers



Students who secured the Highest Scores

- Yahya Ali Khan 4E
- Shazmah Faizan 8A



Students who secured the 2nd Highest Scores

- Abdul Moiz 4D
- Hannah Brohi 8B



Students who secured the 3rd Highest Scores

- Mahad Shafqat 4E
- Fatima Tariq 8B

Certificates of Excellence for the Highest Scorers Subject Wise

ENGLISH

- Haneen 4A
- Ibrahim Adnan 8D

URDU

- Ayesha Binte Raghib 4A
- Shazmah Faizan 8A
- Hannah Brohi 8B
- Tahoorah Fawad 8B

MATHEMATICS

- Yahya Ali Khan 4E
- Noor Faisal 8B
- Muhammad Ayaan 8D

ARABIC

- Muhammad Safwan 4D
- Hannah Brohi 8B



OUR HUFFAZ, OUR PRIDE

- 1. Muhammad Yasin - 4F**
- 2. Hajrah Imran - DYG**
- 3. Khadija Ibrahim Kapadia - DYG**
- 4. Zainab Bint Ashhad - DYG**
- 5. Aadam Salman Mirza - DYB**
- 6. Abdul Hadi Khan- DYB**
- 7. Afnan Anas**
- 8. Ahmed Ashfaq - DYB**
- 9. Mohammad Essa Jawwad - DYB**
- 10. Muhammad Aayan Imran - DYB**
- 11. Muhammad Aayan ul Haq - DYB**
- 12. Muhammad Azaan - DYB**
- 13. Muhammad Essa Siddiqui - DYB**
- 14. Muhammad Hijazi - DYB**
- 15. Muhammad Maaz Usman Khalid - DYB**
- 16. Muhammad Qasim Kadri - DYB**
- 17. Saarim Talha- DYB**
- 18. Syed Muhammad Mohiuddin Askari**

