



Life & Learning

NEWS AND VIEWS FROM ALLIED SCHOOLS

Winter Edition
2024



21st CENTURY SKILLS



✓ PBL STEM
✓ ROBOTICS/AI



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1 Editor's Note

Dear Alliedians,

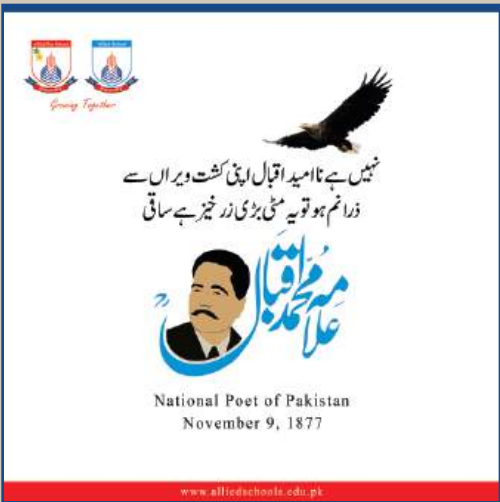
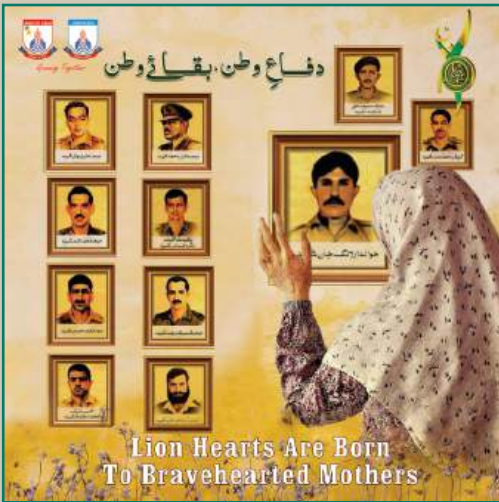
As we embrace the winter season, it brings with it the beauty of crisp air, vibrant landscapes, and festive cheer. However, in Pakistan, this time of the year also presents a pressing challenge that demands our attention: smog. The phenomenon, intensified by various factors including weather patterns, industrial releases, and vehicular pollution, has become a significant concern for our health and environment.

Winter should be a time for enjoyment and celebration, but we must remain vigilant and informed about the environmental challenges we face. Together, we can advocate for a cleaner and healthier future. Let's continue to raise awareness, support sustainable practices, and push for policies that prioritize the well-being of our communities. Thank you for your continued engagement and support. Wishing you a safe and healthy winter season.

Warm regards,
Maryam Chaudhry
Chief Editor
Allied Schools



2 Happenings at Allied Schools



3 Trending

CLIMATIC CHANGE PAKISTAN 2024

Pakistan has been significantly affected by climate change, facing challenges such as:

- **Water Scarcity:** Pakistan is heavily reliant on its river system, particularly the Indus River. Climate change is affecting glacial melt in the Himalayas, which is critical for river flow. Changing precipitation patterns are also leading to water scarcity in various regions.
- **Agricultural Impacts:** The agricultural sector, which employs a large portion of the population, is vulnerable to climate variations. Changes in rainfall patterns and increased temperatures could affect crop yields, leading to food security issues.
- **Heatwaves:** Rising temperatures and prolonged heatwaves pose health risks, particularly in urban areas with dense populations.
- **Urbanization and Migration:** Climate change affects rural livelihoods, leading to increased migration towards urban centers. This can result in overcrowding and strain on urban resources and infrastructure.
- **Biodiversity Loss:** Climate change threatens various ecosystems and species in Pakistan, affecting biodiversity.

The government of Pakistan, along with various NGOs and international organizations, has been working on policies and initiatives aimed at climate adaptation and resilience. However, the scale and urgency of the challenges posed by climate change require ongoing and enhanced efforts.



Talbia Fatima
Satellite Town Campus
Class 9

4 Discover Pakistan



- Pakistan's land covers some 796,095 km² (307,374 mi²) about the combined land area of France and the United Kingdom.
- Pakistan shares a border with Afghanistan, [China](#), [India](#) and [Iran](#).
- The population of Pakistan is estimated to be around 240 million people as of 2023. This makes Pakistan the 5th most populous country in the world.
- Islamabad is the capital of Pakistan, however as of 2017 it was only the 9th largest city in the country with just over 1 million people.
- The largest city in Pakistan is Karachi which is home to around 15 million people. It is the financial hub of the country and is a major seaport.
- The Indus area which covers the majority of Pakistan was home to some of the oldest known civilizations. The Neolithic Mehrgarh people and later the Indus Valley Civilization lived in the area as long as 9000 years ago.
- The massive Karakoram, Hindu Kush and Pamir mountain ranges to the North of Pakistan contain 5 of the 14 mountain peaks in the world over 8000 m (26,250 ft) high. Including the world's second highest mountain, K2 at 8611 m (28,251 ft) and Nanga Parbat at 8126 m (26,660 ft).
- The national language of Pakistan is Urdu, although the official language is English. Other languages spoken include Saraiki, Punjabi, Pushto, Sindhi and Balochi.
- The Markhor is the national animal of Pakistan. It features impressive horns that spiral like a corkscrew.
- Pakistan's national sport is field hockey. Cricket is the most popular sport in Pakistan. The national team won the Cricket World Cup in 1992 and were World Twenty20 champions in 2009.

Horain Mujahid
Musab Bin Omair Campus
Class 8

5 Craft Brain

MOVING HAND MODEL

Hands are very important for understanding the world around us! Each finger has three bones, the thumb has two, all connecting to five palm bones. Forearm muscles control finger and thumb movement via tendons. Explore the biology of a hand in this STEM project and build yourself a moving hand model.

What You'll Need: • Cardboard • Paper • Straws • Thread

1. Draw around your hand on a sheet of cardboard and cut it out.
2. Next cut 12 little lengths of straw (three for each finger).
3. Stick these on in a line leaving a gap in between each one where the fingers bend.
4. Now cut 4 longer lengths of straw and stick these on the palm in line with each finger.
5. When it is dry, thread a length of string from just below the wrist through each straw and stick on the other side of the corresponding finger.
6. Allow to dry fully.
7. Tie on the rings to the end of each string as finger pulls.



Hareem Fatima
Victoria Campus
Class 6

Want to learn about bugs?

Bugs are some of the most fascinating creatures in the world, and they come in all shapes, sizes, and colours. From the tiniest mite to the largest beetle, bugs are everywhere. From the creepy crawly spiders to the brightly coloured butterflies, bugs can be fascinating to learn about! Here we will explore some of the most interesting facts about bugs.

1 Leaf cutter ants keep a fungus Garden inside their nest!!

- There are lots of different types of ants and they are all very clever.
- One of them is a leaf cutter ant.
- They will clip pieces of leaves from small plants and pile them up.
- The other ants will carry a piece back to their nest.

**2 Most caterpillars have 12 eyes!**

- Most caterpillars have 12 eyes... that's a lot!
- Their eyes are called 'ocelli'.
- Even though they have so many eyes, their vision isn't very good!

**3 Some bugs can breathe underwater!**

- Some bugs that can breathe underwater. Now that is clever!
- The diving beetle has hairy legs which helps it swim.
- There is also a bug called the water scorpion... it isn't actually a scorpion, it just looks like one.
- The water scorpion uses its tail as a snorkel!

**4 Bees can see things five times faster than humans!**

- Did you know that bees can see FIVE TIMES faster than we can?
- It means they can identify different flowers when they are flying really fast.
- They want the ones with the sweetest nectar!

**5 The largest bug in the UK is the stag beetle!**

- The bugs in the UK aren't usually very big.
- However, the stag beetle is huge! It's the UK's largest bug.
- The scientific name for a stag beetle is a lucanus cervus.
- They can sometimes grow up to around 8 centimetres!



Ayesha
Saddar 2 Campus
Class 6

7 Artificial Intelligence (AI)**Exploring Robotics: Innovation and Impact**

Robotics, once confined to science fiction, has now become an integral part of our technological landscape, revolutionizing industries and daily life alike. From automated assembly lines to sophisticated surgical robots, the field of robotics continues to push boundaries and shape our future in profound ways.

The journey of robotics began with simple mechanical devices designed to perform repetitive tasks. Today, robots are equipped with advanced sensors, artificial intelligence, and machine learning capabilities, enabling them to adapt to complex environments and interact intelligently with humans.

In manufacturing, robots streamline production processes, ensuring precision and efficiency while reducing costs. In healthcare, surgical robots assist doctors in performing complex procedures with exceptional accuracy, minimizing patient risk and recovery time. Autonomous vehicles promise to transform transportation, making roads safer and travel more efficient.

Robotics is not just about technology; it is about empowering innovators to solve real-world challenges. Students and researchers are pushing boundaries in competitions, showcasing robots that excel in tasks from navigation to humanitarian aid. These platforms promote creativity and inspire the next generation of engineers and scientists.

The connecting thread between these applications of AI is this: AI is a tool to do the tasks that humans don't want to or simply can't reasonably do. Humans could search for an answer to their question instead of asking Siri, or respond to a customer's questions. But AI is better equipped to digest large amounts of data or solve complex logic problems.

Since AI is a tool — and an effective one at that — it's not going anywhere. Many of us use it in our daily lives, and students are no exception. Schools need to quickly accept that their students are going to increasingly use AI in their lives as it gets more sophisticated; otherwise, educators and administration will find themselves falling behind to their students' detriment.

Huda Khan
Hajra Campus - Class 10



METaverse



The metaverse is a virtual, interconnected digital universe where users can interact with each other and digital environments in real-time. It combines augmented reality (AR), virtual reality (VR), and various technologies to create immersive, shared experiences. Companies are exploring metaverse applications in gaming, social networking, education, healthcare, and beyond. This trend represents a convergence of the digital and physical worlds and is expected to have far-reaching impacts on communication, entertainment, and business collaboration. In simple words, we can say that the metaverse is a shared virtual environment that people access via the Internet. Technologies like virtual reality (VR) and augmented reality (AR) are combined in the metaverse to create a sense of "virtual presence." As the metaverse grows, it may likely create online spaces where user interactions are more multidimensional than current technology supports. In simple terms, the metaverse will allow users to go beyond just viewing digital content; users in the metaverse will be able to immerse themselves in a space where the digital and physical worlds converge.

Attia Firdous
(SS of CS)
Secondary Allied

MOUNT EVEREST

8

Wonders of the World

The highest point on Earth is Mount Everest. Everest is one of the Himalayas of southern Asia. The peak is on the border between Nepal and the Chinese region of Tibet. In Tibetan the peak is known as Chomolungma, or Qomolangma, meaning "Goddess Mother of the World."

Mount Everest rises to a height of more than 29,000 feet (8,840 meters). The air at that height is thin, the temperatures are very cold, and the winds are extremely strong. The conditions near the top are too harsh for any plant or animal life to survive. Huge ice sheets called 'glaciers' cover the slopes down to the base of the **mountain**.

Some Tibetan-speaking peoples live in the valleys below the mountain. The best known are the Sherpa. They live in villages at altitudes up to about 14,000 feet (4,300 meters). The Sherpa are known for their strength and endurance at high altitudes. They lead climbing trips in the Himalayas. Mount Everest has long been a challenge to mountaineers. Early attempts to reach the summit began in the 1920s. They failed largely because of the harsh conditions on the mountain. The first successful climb took place in 1953. **Edmund Hillary** of New Zealand and Tenzing Norgay, a Nepalese Sherpa guide, were the first to reach the top. Since then there have been a number of successful climbs.

Muhammad Talha
Kashmir Bagh Campus
Class 8



An Autumn Moving

9

Poems

The Browns are coming back to town;
The Greens are moving away.
'Twill make a striking difference
In our neighborhood they say;
For the Greens are jolly, cheery folk,
The Browns are rather sad,
A dull and sombre family,
While the Greens are always glad.
I'm very fond of all the Greens,
From little Greens to big;
I like to see them dancing by
As merry as a grig.
And yet I think I'm going to like
The Browns's sober style;
After the riot of the Greens
'Twill rest us for a while.
And I've a notion that some week
Of windy, frosty nights,
The Browns in turn will go away,
And in will move the Whites!

Abu Bakar
Muridke Campus
Class 10

My one and only DAD

The one who inspires me day by day
The one who is a hardworking lad
The one who leads my life's pathway
Is my one and only DAD

The one who taught me how to read
The one who makes me laugh when i feel grey
The one who will always be my lead
Is my one and only DAD

The one who helped me fight
The one who made me grand
The one who is always right
Is my one and only DAD

The one who is so great
The one who is such a chad
The one who does not let me get afraid
Is my one and only DAD

The one who taught me love
The one who makes me glad
The one who made me tough
Oh I love you DAD



Emaan Abdullah
Class 10th B
Feroz Pur Road Campus, Lahore

When Difficulty Knocks

This is a story that explains how hardship is faced differently by different people. There was a girl named Asha who lived with her mother and father in a village. One day, her father gave her a simple task. He took three vessels filled with boiling water. He placed an egg in one vessel, a potato in the second vessel, and some tea leaves in the third vessel. He asked Asha to keep an eye on the vessels for about ten to fifteen minutes while the three ingredients in three separate vessels boiled. After the said time, he asked Asha to peel the potato and egg, and strain the tea leaves. Asha was left puzzled – she understood her father was trying to explain her something, but she didn't know what it was.

Her father explained, “All three items were put in the same circumstances. See how they've replied differently.” He said that the potato turned soft, the egg turned hard, and the tea leaves changed the colour and taste of the water. He further said, “We are all like one of these items. When difficulty calls, we respond exactly the way they do. Now, are you a potato, an egg, or tea leaves?”

Moral of the Story

We can choose how to respond to a difficult situation.

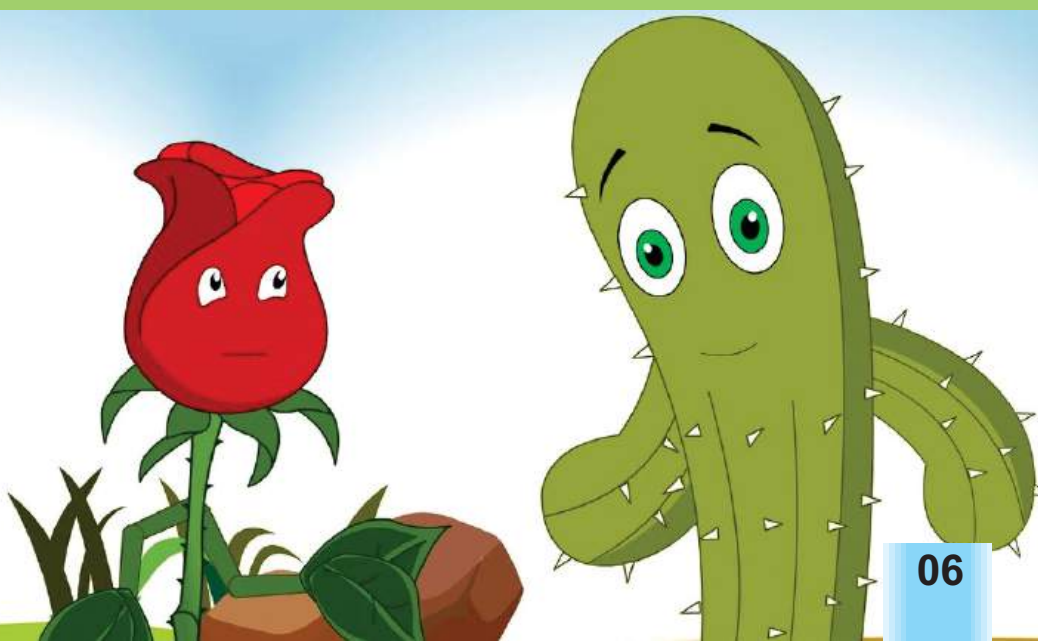
Mahrugh
Manawan Campus
Class 5

The Proud Rose

Once upon a time, there was a beautiful rose plant in a garden. One rose flower on the plant was proud of its beauty. However, it was upset that it was growing next to an ugly cactus. Every day, the rose would insult the cactus about its looks, but the cactus stayed quiet. All the other plants in the garden tried to stop the rose from bullying the cactus, but the rose was too swayed by its own beauty to listen to anyone.

One summer, a well in the garden dried up and there was no water for the plants. The rose slowly began to wilt. The rose saw a sparrow who dippel its beak into the cactus for some water. The rose then felt ashamed for having made fun of the cactus all this time. But because it was in need of water, it went to ask the cactus if it could have some water. The kind cactus agreed, and they both got through summer as friends.

Moral of the Story Never judge someone by the way they look.



Mishal Junaid
Tain Campus
Class 5



The Defeat

Dig yourself deep
You might get the beat
Don't give it too much heed
It could be someone who cheat
What if you get 'The Defeat'
Aqsa Abad

QUOTES

The best preparation for tomorrow is doing your best today.” – H. Jackson Brown, Jr.

“Continuous effort – not strength or intelligence – is the key to unlocking our potential.”
Winston Churchill

“The true sign of intelligence is not knowledge but imagination.” – Albert Einstein

It always seems impossible until it's done.”
– Nelson Mandela

“Creativity takes courage.”
– Henri Matisse

سموگ کے نقصانات اور اس کا تدارک

"سموگ" کی اصطلاح سب سے پہلے امریکا اور یورپ میں ۱۹۰۰ء کی دہائی کے اوائل میں فضا میں دھوئیں اور دھند سے جنم لیتا مرکب بیان کرنے کے لیے استعمال کی گئی۔ اس وقت دھواں عموماً جلنے کو نکلے سے نکلتا تھا۔ یہ کوئلہ کارخانوں اور گاڑیوں میں بڑے پیمانے پر استعمال ہوتا تھا۔ یہی وجہ ہے، اس دور کے امریکا اور یورپ میں صنعتی علاقوں میں سموگ عام تھی۔ سموگ فضائی آلودگی کی ایک قسم ہے جو انسانی اور مشینی بے احتیاطی کے نتیجے میں پیدا ہو رہی ہے اور اب یہ ایک بین الاقوامی مسئلہ بنتی جا رہی ہے، پچھلے چند برسوں میں بھارت اور چین کے علاوہ دنیا کے کئی ممالک کو اس مسئلے کا سامنا کرنا پڑا ہے۔ پاکستان میں ہر برس نومبر اور دسمبر میں سموگ کی وجہ سے کاروبار زندگی متاثر ہوتا ہے اور یہ مسئلہ ہر برس شدت اختیار کرتا جا رہا ہے، ہر سال پاکستان کے صوبے پنجاب کے دارالحکومت لاہور کا آسمان لاکھوں گاڑیوں، آسپاس کے کیمٹیوں میں فصلوں کو جلانے اور گھروں میں کھانا پکانے کے لیے کھلی آگ کے استعمال کی وجہ سے دھندلا رہتا ہے۔ پہلے پہل تو یہ مسئلہ صرف لاہور کے باسیوں کو درپیش تھا مگر اب صرف لاہور ہی نہیں بلکہ ملتان، فیصل آباد، قصور سمیت دیگر شہروں میں صورتحال خاصی پریشان کن ہے۔ سموگ کے باعث ہر عمر کے شخص کو نزلہ، کھانسی، گلا خراب، سانس کی تکلیف اور آنکھوں میں جلن وغیرہ کی علامات ہیں جو بری طرح متاثر کرتی ہیں۔ جبکہ سموگ انسانی صحت کو ایسے نقصانات بھی پہنچاتی ہے جو بظاہر فوری طور پر نظر تو نہیں آتے لیکن وہ کسی بھی شخص کو موزی مرض میں مبتلا کر سکتے ہیں، جیسا کہ پھیپڑوں کا خراب ہونا یا کینسر۔ ڈاکٹروں کے مطابق بچے اور بوڑھے افراد سموگ سے سب سے زیادہ متاثر ہوتے ہیں اور اس لیے جب سموگ بڑھ جائے تو انھیں گھروں میں ہی رہنا چاہیے۔

انفرادی اقدام

حکومت سے لے کر انفرادی انسان تک ہر کوئی چند طرز عمل اپنانا علاقے میں سموگ کم کرنے کے لیے اپنا مثبت کردار ادا کر سکتا ہے، جیسے:

- ۱۔ گاڑی کم ڈرائیو کریں۔ چہل قدمی کریں، موٹر سائیکل چلائیں، ایک کاریں مل کر سفر کریں اور جب بھی ممکن ہو پبلک ٹرانسپورٹ کا استعمال کریں۔
- ۲۔ گاڑیوں کا خیال رکھیں۔ باقاعدگی سے ٹیون اپ حاصل کرنا، ٹیڈول کے مطابق تیل تبدیل کرنا اور ٹائروں کو مناسب سطح پر کھنپڑوں کی مالکچ بہتر بنا سکتا ہے اور اس طرح ایندھن کا اخراج کم کرتا ہے۔
- ۳۔ دن کے ٹھنڈے گھنٹوں میں یعنی رات کو یا صبح سویرے اپنی گاڑی میں ایندھن بھریں۔ تیل گیس کے دھوئیں کو گرم ہونے سے روکتا ہے۔
- ۴۔ ایسی مصنوعات سے پرہیز کریں جو غیر مستحکم نامیاتی مرکبات بڑی مقدار میں خارج کرتی ہیں۔ مثال کے طور پر غیر مستحکم نامیاتی مرکب پیٹ کم استعمال کریں۔
- ۵۔ خام ایندھن سے چلتے والے محن کا سامان استعمال کرنے سے پرہیز کریں، جیسے لان کاٹنے والے مشین۔ اس کے بجائے بجلی کے آلات استعمال کریں۔
- ۶۔ پاکستان میں سموگ کے مسئلے سے نمٹنے کے لیے حکومت اور ماحولیاتی ادارے مختلف اقدامات کر رہے ہیں۔ لیکن ابھی تک ان اقدامات سے اس پر مکمل طور پر قابو نہیں پایا جا سکا۔ سموگ کے مسئلے کا حل صرف حکومتی کوششوں میں نہیں ہے بلکہ عوامی شعور کی بیداری اور انفرادی سطح پر بھی اقدامات ضروری ہیں۔

پہیلیاں

- ۱۔ سبز دیواریں، لال مکان، اندر بیٹھے کالے پہلوان
 - ۲۔ سو سپاہی ایک ہے لشکر، سب کا لیکن ایک ہے افسر
 - ۳۔ دیکھی ہم نے ایک مشین، کھانے پینے کی شوقین،
- جب بھی چاہو کھولے پیٹ، اس میں لے ہر چیز سمیٹ
- ۴۔ آپ کے ساتھ وہ چلتا جائے، کوئی پکڑ کر اسے دکھائے
 - ۵۔ فٹ بھرے اس کی لمبائی، ساری دنیا اس میں سمائی
 - ۶۔ بنا جڑوں کے پودا پالا، رنگ برنگے پھولوں والا

Mati Ur Rehman
Chowk Azam Campus
Class 7



ذرا مسکرائیے

میں ہی بول رہا ہوں

ایک شخص (ٹیلی فون پر) کون بول رہا ہے؟

جواب آیا: میں بول رہا ہوں۔

پہلا شخص: کتنی عجیب بات ہے، ادھر بھی میں ہی بول رہا ہوں۔

بال کٹوائیں

کراہیہ دار (مالک مکان سے) خدا کے لیے اس سال تو کھڑکیوں میں پٹ لگوا دیجیے، میں کمرے میں بیٹھتا ہوں تو تیز ہوا سے بال بکھر جاتے ہیں۔ مالک مکان (کرائے دار کے دیے ہوئے کرائے میں سے دس روپے نکال کر اس کے ہاتھ پر رکھتے ہوئے) میرا تنا خرچہ کرانے سے کیا یہ بہتر نہیں کہ آپ کسی جام سے اپنے بال کٹوائیں۔

Sana Parvaiz
Shadbagh Campus
Class 8

بُلاوا

رات کا آخری پہر تھا اور سردی تھی کہ ہڈیوں کے اندر تک گھسی جا رہی تھی، اوپر سے بارش بھی اتنی تیز تھی جیسے آج اگلی پچھلی کسر نکال کر رہے گی۔ میں اپنی کار میں دوسرے شہر کے ایک کاروباری دورے سے واپس آ رہا تھا اور کار کا بیڑ چلنے کے باوجود میں سردی محسوس کر رہا تھا۔ دل میں ایک ہی خواہش تھی کہ بس جلد از جلد گھر پہنچ کر بستر میں گھس کر سو جاؤں۔ مجھے اس وقت کبیل اور بستر ہی سب سے بڑی نعمت لگ رہے تھے۔ سڑکیں بالکل سنان تھیں، حتیٰ کہ کوئی جانور بھی نظر نہیں آ رہا تھا۔ لوگ اس سرد موسم میں اپنے گرم بستر میں دیکے ہوئے تھے۔ جیسے ہی میں نے کار اپنی گلی میں موڑی تو مجھے کار کی روشنی میں بھیگتی بارش میں ایک سایہ نظر آیا۔ جس نے بارش سے بچنے کے لیے سر پر پلاسٹک کے تھیلے جیسا کچھ اوڑھا ہوا تھا اور وہ گلی میں کھڑے پانی سے بچتا ہوا آہستہ آہستہ چل رہا تھا۔ مجھے شدید حیرانی ہوئی کہ اس موسم میں بھی کوئی شخص اس وقت باہر نکل سکتا ہے اور مجھے اس پر ترس آیا کہ پتہ نہیں کس مجبوری نے اسے اس پہر اس طوفانی بارش میں باہر نکلنے پر مجبور کیا۔ میں نے گاڑی اس کے قریب جا کر روکی اور شیشہ نیچے کر کے اس سے پوچھا: "بھائی صاحب! آپ کہاں جا رہے ہیں، آئیے میں آپ کو چھوڑ دیتا ہوں۔"

"شکریہ بھائی! بس میں یہاں قریب ہی تو جا رہا ہوں اس لیے پیدل ہی چلا جاؤں گا: انہوں نے میری طرف دیکھ کر کہا"

اس وقت آپ کہاں جا رہے ہیں۔ میں نے تجسس بھرے لہجے میں پوچھا:

انہوں نے بڑی متانت سے جواب دیا: "مسجد۔!"

"اس وقت مسجد میں کیا کرنے جا رہے ہیں؟" میں نے حیرانی سے پوچھا۔

انہوں نے کہا: "میں اس مسجد کا موزن ہوں اور فجر کی اذان دینے کے لیے مسجد جا رہا ہوں۔"

"یہ کہہ کر وہ اپنے رستے پر چل پڑے اور مجھے ایک نئی سوچ میں گم کر گئے۔ کیا آج تک ہم نے کبھی سوچا ہے کہ

سخت سردی کی رات میں طوفان ہو یا بارش، کون ہے جو اپنے وقت پر اللہ کے بلاوے کی صدا بلند کرتا ہے؟"

کون ہے جو ہمیں بتاتا ہے کہ "نماز نیند سے بہتر ہے۔"

کون ہے جو یہ اعلان کرتا ہے کہ: "آؤ نماز کی طرف... آؤ فلاح کی طرف"



Uzma Farhad
China Scheme Campu
Class 8

11 Campus Events

Pak Campus Defence Day



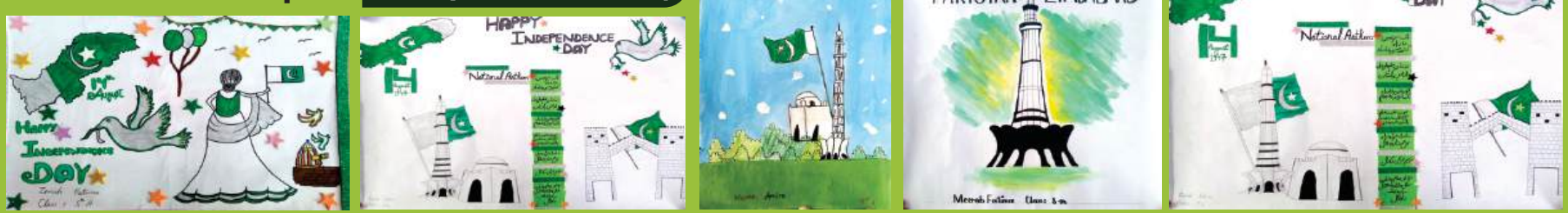
Happy Teachers Day - Gaggo Campus



Nazriya Pakistan - Pak Campus



Nandi Pur Campus Independence Day



Khayaban e Ali Campus Global Hand Washing Day



Chamkani Campus World Food Day



Peer Mehr Ali Shah Campus Iqbal Day



Khushal Bagh Campus Tree Plantation Day

