

June, 2012 Edition

  
education magazine

Rising Every Brick for  
Rising Every Brick for  
**Beloved Pakistan**  
Beloved Pakistan



[www.eMag.studyinpakistan.info](http://www.eMag.studyinpakistan.info)

# Editorial

Education has a great social importance especially in the modern, complex industrialized societies. Philosophers of all periods, beginning with ancient stages, devoted to it a great deal of attention.

The main social objective of education is to complete the socialization process. The family gets the child, but the modern family tends to leave much undone in the socialization process. The school and other institutions have come into being in place of family to complete the socialization process.

All societies maintain themselves, by exploitation of a culture. Culture here refers to a set of beliefs and skills, art, literature, philosophy, religion, science etc; that are not carried through the mechanism of heredity. They must be learned.

Education helps in transmitting culture through proper molding of social personalities. In this way, it contributes to the integration, to survive and to reproduce them.

Education must prepare the student for future occupational positions; the youth should be enabled to play a productive role in society. Accordingly, great emphasis has been placed on vocational training.

Literacy is a product of education. Educational system has this economic as well as political significance. Education Imparts values:

The curriculum, its extracurricular activities and the informal relationships amongst students and teacher communicate social skills and values. Through various activities a school imparts values such as co-operation or atmospheric, obedience, fair play. This is also done through curriculum that is through lessons in history literature etc.

In planned economy, normally it is planned years in advance to produce a definite number of doctors, engineers, teachers, technicians, and scientists etc. to meet the social and economic needs of the society. An important discussion that should be carried out, in Pakistan do we have some sort of career guidance and career plans? We need to develop our careers according to our National future needs. We strongly believe that the socio economic development of Pakistan is linked with education only.

Faisal Muslim

Editor

Patron

Khawaja Mazhar

Chief Editor

Muhammd Omer Yousaf

Editor

Faisal Muslim

Artwork/Design

Shahid Iqbal

Marketing / Circulation

Rameez Dar

Research

Atif Ilyas, Jamil Hassan  
Imarn Ali, Raja Nasir



# Table of Content

Jinnah	5
Living Legend	6
Talent of Pakistan	7
Incredible Pakistan	8
Program of The Month	12
Fast University	13
PM&DC	15
Seven Habits of Highly Effective People	17
News	21
Scientific Inventions by Muslims	25
Fatima Jinnah Women University	27
The 7 <sup>th</sup> Nuclear Power in the World	29
Health Benefits of Cucumber	31
Destination Pakistan	33
Islamabad Police Summer School	36
The World No Tobacco Day	38



www.studyinpakistan.info

f t in

Home Contact Us Site map

STUDY IN PAKISTAN

socio economic development of pakistan through education

Home Expo Study in Pakistan News & Events FAQ's Picture Gallery Download Contact Us

**Welcome to Study in Pakistan**

Working since 2003 for the development and up gradation of education sector in Pakistan.

Our main focus is the influx of overseas Pakistani and dual nationality students to approach Pakistani institutions, resulting in up gradation of contemporary amenities in these institutions and contentment for students and their parents to study in their own country.

**News & Events**

read more news >

**Register**

Get updated info about Medical & Dental Colleges in Pakistan

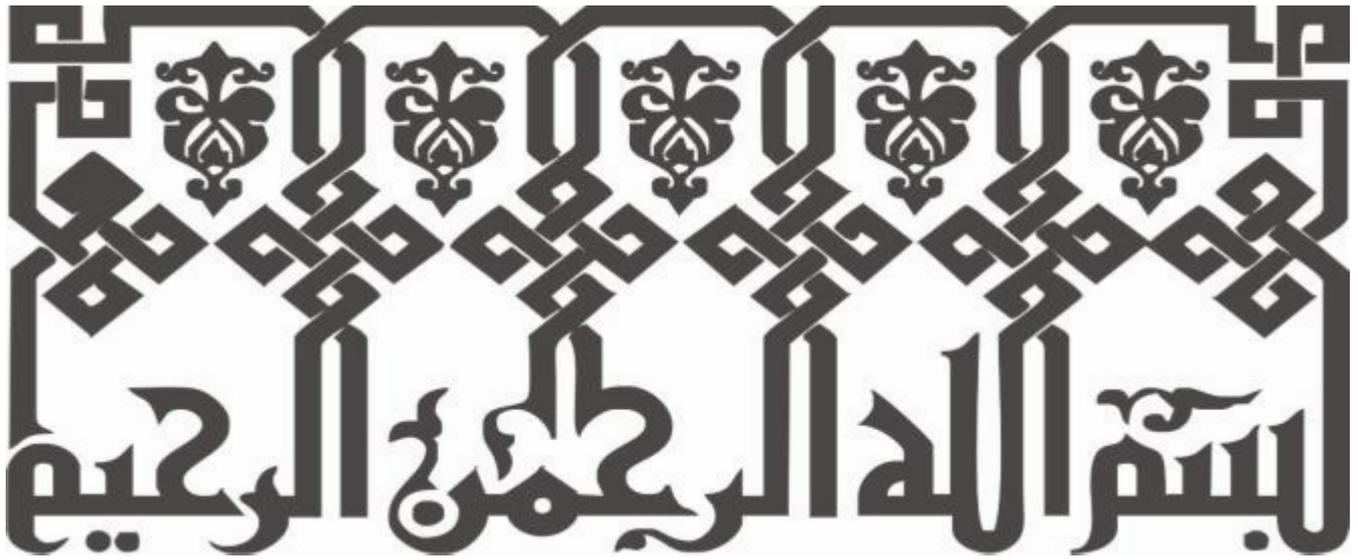
One Window information availability about education in Pakistan

Get registered free at:

[www.studyinpakistan.info](http://www.studyinpakistan.info)

*or register through SMS by sending  
your name & F.Sc Marks*

**0092 345-9599912**

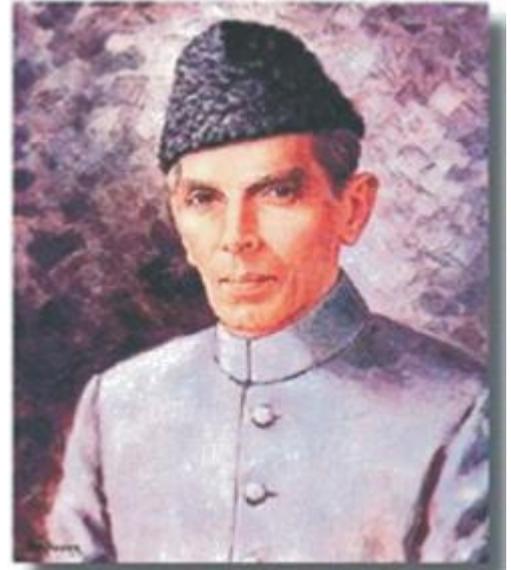


## JINNAH

### Jinnah's vision for Pakistan

While giving an interview to American press representatives in July 1942, when asked by one of the journalists whether the Muslims were a nation or not, Jinnah replied:

We are a nation with our own distinctive culture and civilization, language and literature, art and architecture, names and nomenclature, sense of values and proportion, legal laws and moral codes, customs and calendar, history and traditions, aptitudes and ambitions, in short, we have our own distinctive outlook on life and of life. By all canons of international law we are a nation.



Muhammad Ali Jinnah's will, excerpt On the opening ceremony of the State Bank of Pakistan Jinnah pointed out that the financial set-up of the state should be based on Islamic economic system, saying:

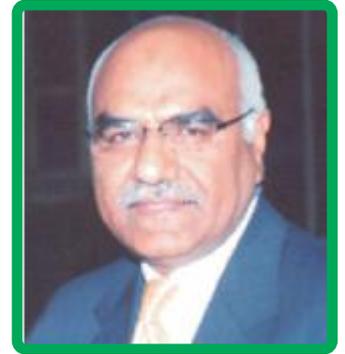
We must work our destiny in our own way and present to the world an economic system based on true Islamic concept of equality of manhood and social justice. We will thereby be fulfilling our mission as Muslims and giving to humanity the message of peace which alone can save it and secure the welfare, happiness and prosperity of mankind. Speech at the opening ceremony of State Bank of Pakistan, Karachi 1 July 1948



## LIVING LEGEND

### Dr. Mohammad Amjad Saqib

Dr. Mohammad Amjad Saqib, a prominent social worker, volunteer and development professional, graduated from King Edward Medical College Lahore. He joined civil service of Pakistan (DMG) in 1985. Having served as Assistant Commissioner in various districts of Punjab, he proceeded to USA to study public administration. Besides completing master's degree, he also obtained much prestigious, Hubert H. Humphrey Fellowship, in public administration from the American University, Washington D.C., USA. Upon his return, he served in a World Bank funded project and at different senior positions in Punjab government. In 1998, he joined Punjab Rural Support Programme (PRSP), as General Manager and remained with this organization for seven years. He resigned from civil service in 2003. Since then, besides rendering philanthropic and social services, he has been providing consultancy services to Asian Development Bank, International Labour Organization, UNICEF, World Bank, and Canadian International Development Agency. His areas of expertise include poverty alleviation, microfinance, social mobilization and education management.



He is author of four books and is well known columnist and has been writing for daily Jinnah, Pakistan, Jang and Nawa-i-Waqt. He has attended many national and international conferences and

"Dear Dr Amjad - You can't imagine what a great treat you gave us last week with your spectacular presentation on Akhuwat. I am copying Malcolm Harper, your admirer, and who I know will be envious that Fletcher got a chance to hear your talk. I just wanted to let you know that the students attending were so taken with the simple idea of the Brotherhood. You took a complex idea and made it so human. We were all in awe. Thank you so much. You inspired so many of us. My warmest and most heartfelt thanks Kim".

represented Pakistan at different forums. In recognition of his literary achievements, Government of the Punjab awarded him Khush Hal Khan Khattak Literary award in 1993. He is regular guest speaker at Civil Services Academy (CSA), National Institute of Public Administration (NIPA), Lahore University of Management Sciences (LUMS) and many other professional forums. He has been among the visiting faculty at Kinnaird College Lahore, Institute of Leadership and Management (ILM) and University of the Punjab. Dr. Saqib is founder of Akhuwat, first ever interest free microfinance programme. This programme operates from mosques and churches and has opened new vistas in the domain of social mobilization and poverty alleviation. This is the largest individual based lending programme in the country and is referred to in many international universities as a unique and innovative model in microfinance. He is Akhuwat's Executive Director and main driving force since its inception in year 2001. Keeping in view his management experience and volunteer services for poverty alleviation, he has been requested by the Government of the Punjab to lead two of its flagship programmes i.e. Punjab Educational Endowment Fund (PEEF) and Punjab Welfare Trust for the Disabled (PWTD). He has been bestowed with "Sitara-a-Imtiaz" by President of Pakistan on 14th August, 2010.



# Talent of Pakistan

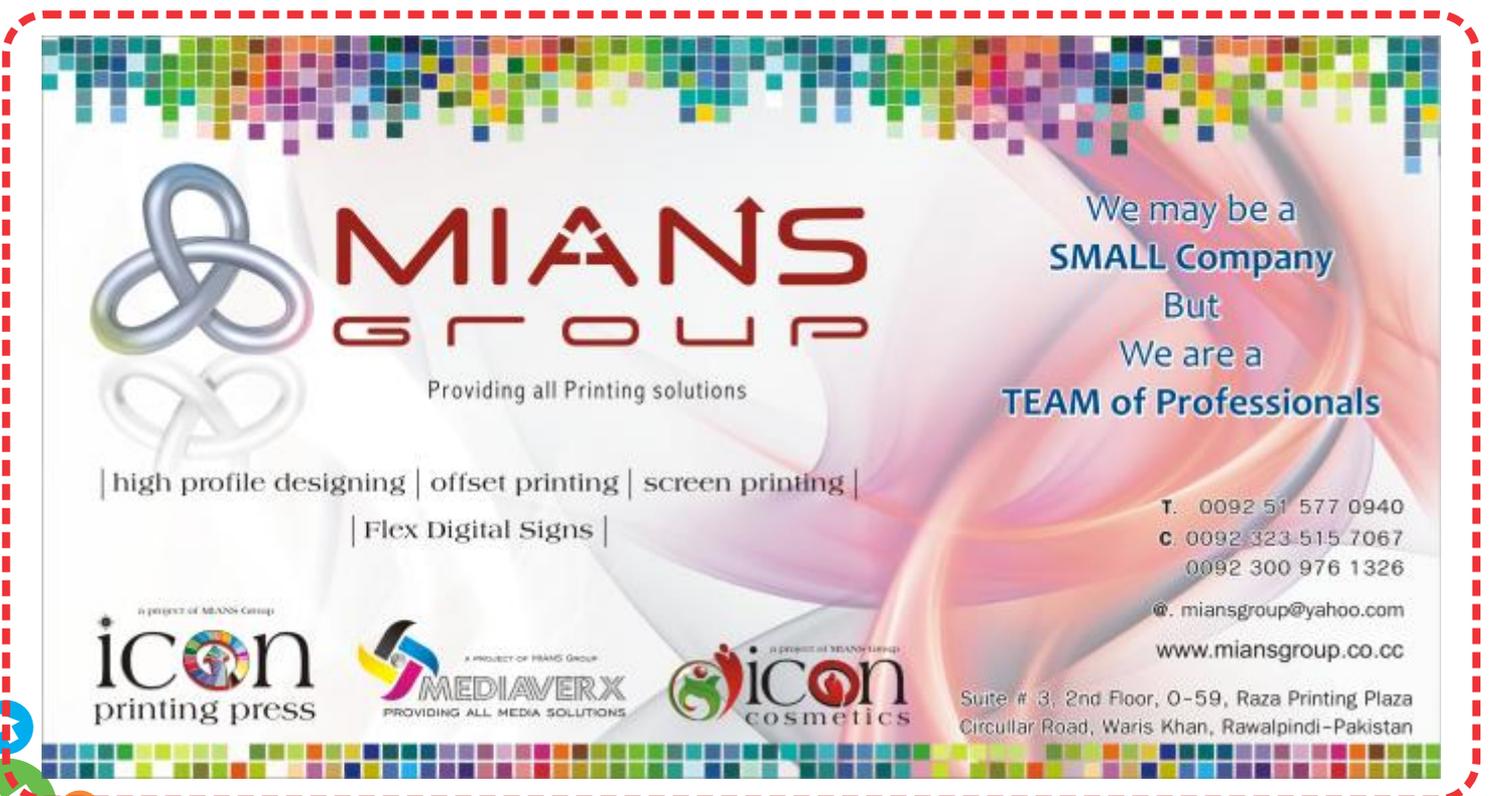
## Young Pakistani Girl Sets New World Record in O-Level Exams



A Pakistani girl has become the youngest student in the world to have passed the British Ordinary Level (O'Level) examination.

Sitara Brooj Akbar, at the age of 11, passed six O'level subjects including Mathematics, Physics, Chemistry and Biology. In addition to this honour, Sitara also holds the title of being the youngest Pakistani candidate of the International English Language Testing System (IELTS) and successfully attained seven bands out of nine, scoring 7.5 in the testing system. The little genius from Chiniot (Punjab) has been making headlines across local media but is yet to receive any recognition from the Government of Pakistan.

"We don't need any sort of monetary aid from the government, we just want the government to recognize that Sitara has made a shining example for Pakistan on the international stage and she is the daughter of Pakistan," Sitara's father Ali Akbar told Dawn.com. Ali Akbar added that the British Council has declared and recognized Sitara's feat as the world's youngest student to have passed O'level exams. However, she has only been declared the youngest IELTS candidate in Pakistan, and not across the world, as the British Council is yet to confirm her feat globally. (source [www.Dawn.com](http://www.Dawn.com))



**MIANS GROUP**  
Providing all Printing solutions

| high profile designing | offset printing | screen printing |  
| Flex Digital Signs |

**icon printing press**  
A PROJECT OF MIANS GROUP

**MEDIAVERX**  
A PROJECT OF MIANS GROUP  
PROVIDING ALL MEDIA SOLUTIONS

**icon cosmetics**  
A PROJECT OF MIANS GROUP

We may be a **SMALL Company**  
But  
We are a **TEAM of Professionals**

T. 0092 51 577 0940  
C. 0092 323-515 7067  
0092 300 976 1326  
@. miansgroup@yahoo.com  
www.miansgroup.co.cc

Suite # 3, 2nd Floor, O-59, Raza Printing Plaza  
Circular Road, Waris Khan, Rawalpindi-Pakistan

# Incredible Pakistan

## Akhuwat



### VISION

A poverty free society built on the principles of compassion and equity.

### MISSION

To alleviate poverty by empowering socially and economically marginalized families through interest free microfinance and by harnessing entrepreneurial potential, capacity building and social guidance.

### OBJECTIVES

- To provide interest free microfinance services to poor families enabling them to become self reliant.
  - To promote qard-e-hasana as a viable model and a broad-based solution for poverty alleviation
  - To promote qard-e-hasana as a viable model and a broad-based solution for poverty alleviation
    - To provide social guidance, capacity building and entrepreneurial training
    - To institutionalize the spirit of brotherhood, compassion, and volunteerism
      - To transform Akhuwat borrowers into donors
  - To make Akhuwat a sustainable, growth-oriented and replicable organization.

In 2001 the idea of Akhuwat was presented before a group of friends at the Lahore Gymkhana. During the conversation, charging of exorbitant interest rates on microfinance programs aimed at poverty alleviation was being criticized. The idea of initiating an interest free successful microfinance program was brought forth as a challenge and at that point, no one present foresaw the shape this experiment would eventually take. One of the friends pledged a donation of ten thousand rupees, while another friend, Dr. Amjad Saqib, took it upon himself to utilize that donation as an interest free loan.

The first loan of ten thousand rupees was given to a widow who was striving to earn a decent living through honorable means. She was neither a beggar nor was she looking for charity; she was only seeking a helping hand. By utilizing and returning that loan within a period of six months, she reinforced the belief in the integrity exhibited by the poor when they are helped with trust and respect. The success of the first loan brought in more donations and the group of friends became convinced of the viability of their venture into interest free microfinance. Herein Akhuwat was born, with these friends forming the first Board of Governors and Dr. Amjad Saqib serving as the first Executive Director. This marked the beginning of a new chapter in microfinance, one that found its inspiration not in economic logic but in the spirit of compassion and generosity of mankind.

Akhuwat derives its name from 'mwakhaat' or brotherhood, the earliest example of which was seen in the fraternity formed by the Ansars (citizens of Medina) and the Muhajireen (or Meccans) who had migrated to Medina to escape religious persecution. Inspired by the spirit which induced the Medinites to share half of their wealth with the migrants, Akhuwat seeks to invoke this very concept of brotherhood through its operations. For Akhuwat, the metaphor of brotherhood entails the creation of a system based on mutual support in society. To this end microfinance is only one of the tools, albeit a powerful one, being employed by Akhuwat.

One of Akhuwat's primary deviations from conventional microfinance is that it charges no interest rates. Akhuwat has sought to base its movement on the principles of Qarz-e-Hassn found in the Islamic tradition which entails helping someone in need with interest free loans, a practice favored over charity and doles. While drawing on the tradition of Qarz-e-Hassn, Akhuwat has over time incorporated many of the best practices and lessons learnt from conventional microfinance movements from across the globe as well.

In the initial years, Akhuwat was simply a philanthropic exercise to see how interest free microfinance would fare. Over time however donations increased manifold with the momentum of the movement accelerating far beyond the expectations of its founders. By 2003 donations to Akhuwat had reached rupees 1.5 million with the loan recovery rate remaining a steadfast 100%. Consequently it was decided to formalize the organization and 'Akhuwat' was registered under the Societies Registration Act of 1860. The first branch was opened at Township, Lahore and subsequently operations began to expand.



With the passage of time Akhuwat's branches were opened outside Lahore, loan products were diversified, the clientele was expanded and the message of Akhuwat began to rapidly spread. The movement was being spearheaded by the generosity of the Civil Society as Akhuwat's reliance on philanthropy entailed tapping into the spirit of giving and volunteerism in the society. It was important that society took ownership of the cause thus in the initial years, Akhuwat did not seek or receive any assistance from a foreign donor. At the same time, as Akhuwat was rapidly growing, it became pertinent to revise and refine the operational methodology of the organization.



As the demand for Akhuwat's products grew, Akhuwat adopted a dual track approach to growth; one that is not driven by the need to maximize earnings but rather focuses on spreading the message of Akhuwat to as many people as possible. Akhuwat continues to expand its operation in a traditional manner; by opening up new branches in different cities and towns across Pakistan. On the other hand, it invites others to replicate the Akhuwat model, with Akhuwat training the staff and assisting in the initial setup. These replications are urged to strive to become local successes as opposed to emerging as branded clones of Akhuwat.

With the success of the Akhuwat Model, it began to feature into the curriculum of renowned international and national universities. Guided by the four core principles, operational methodologies were further refined and documented. International microfinance institutions and philanthropists also began to show interest in introducing Akhuwat in their own countries and it is envisioned that the message of Akhuwat will spread beyond the borders of Pakistan in the coming years. From its modest beginnings as a philanthropic experiment, Akhuwat has now emerged as a movement that continues to make a difference in the lives of all those it touches.

As a philosophy, Akhuwat cannot fail; if the movement does not succeed, it will not be a failure of the principles and ideals that guide the organization. Failure could only stem from the waning strength of men and the weakness of their resolve but never from the lack of strength in the idea of Akhuwat itself.

#### Achievements of Akhuwat

Professor Kim Wilson of Fletcher School, Tuft University, Boston:



## GUIDING PRINCIPLES OF AKHUWAT

- ▶ Interest-free microcredit
- ▶ Reliance on philanthropy
- ▶ Spirit of volunteerism
- ▶ Family loans
- ▶ Linkages with Mosque and Church
- ▶ Combination of individual and group lending program
- ▶ Credit Plus approach

### Progress Report upto April 30, 2012

PROGRESS INDICATOR	TOTAL
Total Benefiting Families	151,118
Loans Utilized by Males Entrepreneurs	100,591
Loans Utilized by Females Entrepreneurs	50,527
Amount Disbursed	PKR 1,997,116,742
Percentage Recovery	99.85%
Active Loans	53,847
Outstanding Loan Portfolio	PKR 608,900,633
Number of Branches	77
Number of Cities and Towns	47

### Head Office:

Address: 382, Block 15, Sector B-1, Township, Lahore.

Phone No: 042-35122743, 35156382, 35112127, 35112128

Fax: 042-35157257

Email: [info@akhuwat.org.pk](mailto:info@akhuwat.org.pk)

DR. MUHAMMAD AMJAD SAQIB (Executive Director)

Email: [amjadsaqib1@gmail.com](mailto:amjadsaqib1@gmail.com) ,

[amjadsaqib@akhuwat.org.pk](mailto:amjadsaqib@akhuwat.org.pk)

Cell: +92 300 842 0495

## The Gateway to Professional Education



# KIPS



The care you deserve...

### WE-THE KIPS

Pursuing the excellence, KIPS has been contributing, largely for extending the awareness, information, knowledge and professionalism, particularly for the students and for the society as a whole. Setting new trends of competition has always been a tradition at KIPS. The services rendered by KIPS, not only include the imparting of quality education through effective teaching, counselling and training but also support improving the quality of life of student and teacher in particular and generally for the whole nation. The evidence depicting the scope of services comprises of a vast horizon of facilitation provided by KIPS in the following areas:

- ✓ Providing a complete career path to the students, right from the Montessori to the competitive fields of life.
- ✓ Motivating and preparing the students to cope with the challenges of life.
- ✓ Developing Human Resource by conducting training workshops/sessions as per need analysis.
- ✓ Elevating the standard of life for the teachers by

providing quality remuneration packages.

- ✓ Training HSSC teachers from Government Colleges of rural and non-metropolitan areas (Across Pakistan) to enable them teach students how to attempt MCQs based University entrance exam. (from the platform of National ICT R&D)
- ✓ Enhancing health facilities in the rural areas of Punjab, by providing free medical services. (from the platform of FAIDA)
- ✓ Seminars and Symposiums on various social and educational issues.
- ✓ Provision of Scholarships and Stipends for able and deserving students.
- ✓ Continuous and effective innovation in the working parameters, procedures and processes in the field of education to ensure the standardized approach.
- ✓ Provision of a free and congenial environment to the human resource involved, in the process of an effective education.

### OUR PROJECTS

KIPS  
SCHOOL

KIPS  
COLLEGE

EVENING  
COACHING  
CLASSES

ENTRY TEST  
PREPARATION

FOREIGN TEST  
PREPARATION

COMPETITIVE  
EXAMS  
PREPARATION

KIPS  
PUBLICATIONS

**K**IPS is known as a legendary institution for all kinds of Entry & Aptitude Test Preparation, across the country. The excellent results in entrance exams for Medical & Engineering Universities has made KIPS, a name of trust & excellence. By the grace of Almighty Allah, KIPS enjoys the prestige of the largest number of students admitted into top ranked professional institutions, each year. Moreover, the tradition of winning almost all of the top positions is also revived by KIPSians. It is all because of the diversity in teaching, training and preparatory methods including pedagogical techniques, innovative practice tools and academic material along with a team of committed professionals. Our team works efficiently, effectively and regularly to update and upgrade these methods in complying with the ever-growing & rapidly changing external environment. Moreover, thousands of students from all the four provinces of Pakistan & a good lot of international students passing out every year, are an evidence of the repute of KIPS and its uniqueness. We ensure that our teaching methodologies are regularly visited by experienced professionals from academia belonging to universities like NUST, GIKI, LUMS, AGA KHAN, SAT, GRE, GMAT, FAST, GCU, PU and FCU etc. The feedback gained through these procedures is implemented in our system to augment the system of continued improvement.

- Lahore
- Gujranwala
- Faisalabad
- Sargodha
- Sahiwal
- Multan
- D.G Khan
- Bahawalpur
- R.Y Khan
- Rawalpindi
- Islamabad
- Peshawar

# Program of The Month

## “Overview of Physiotherapy in Pakistan”

Physiotherapy or Physical therapy is an independent health care profession concerned with identifying & maximizing quality of life & movement potential within the spheres of promotion, prevention, treatment & rehabilitation specialty which has physical means of treating patients suffering from different diseases.



Though the field is as old as human is; physical therapy was practiced in 460B.C & its history as a profession dates back to 1894 by the establishment of “Chartered Society of Physiotherapy” in England and got Institutionalized by 1913 in New Zealand & then by USA in 1914 for the first time. It is considered within the realm of Conventional Medicine.

It includes 24 specialties (According to American Physiotherapy Society-APTA), some major areas are Musculoskeletal, Neuro, Chest, Cardiopulmonary, Sports, Pediatric Physiotherapy, Acupressure, Electrophysiology, Animal Rehabilitation, Vestibular/Balance, Electrotherapy, Hydrotherapy, Women’s Health etc.

Who are Physiotherapists???

“Physiotherapists are trained professionals whose hand on approach begins with Examination, Diagnosis & Treatment of the conditions”.

What are the conditions to see a Physiotherapist???

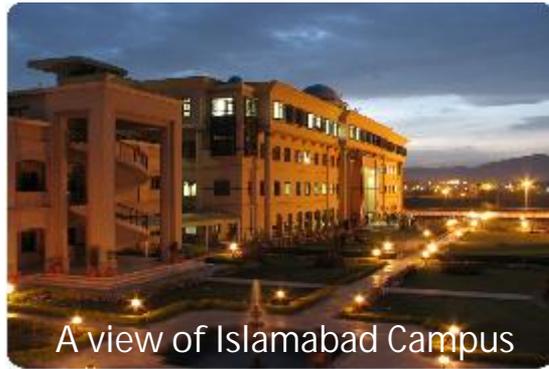
“Back, Knee, Shoulder, Arm, Neck, Ankle problems, Disabilities (structural & functional), Neurological problems, Post operative & Orthopedic conditions, Pediatric, Cardiopulmonary, Gender based diseases, Sports injuries etc. The doctor of physiotherapy (DPT) - 5 years program is a Post-baccalaureate degree conferred upon successful completion of a doctoral level professional (entry-level) or post-professional physiotherapy education program (t-DPT).

The DPT Degree was created by American Physiotherapy Association (APTA). The “Vision 2020” states that “By 2020, physical therapy will be provided by physical therapists who are doctors of physiotherapy recognized by consumers & other health-care professionals as the practitioners of choice to whom consumers have direct access for the diagnosis of, intervention for, & prevention of impairments, functional limitations, & disabilities related to movement, function & health.

### Career Scope:-

- According to a survey in 2009, Physiotherapy was the 7th most earning profession in the world.
- Physiotherapists are granted 17 grades at start in Government & Private sector with many chances & excel due to few graduates in Pakistan.
- Physiotherapists can work in the field of academics.
- Physiotherapists can look to be specialists in more than 20 specialties.
- Internationally granted jobs in Clinical & Research Sector.
- Majority works in USA, UK, Australia & many countries abroad.
- In 2008, Physiotherapy was 5th most earning profession in USA with 67000\$ per annum.
- Latest Reports in 2011 reveals the salary in USA as:
- Physical therapist => 58276-73630 \$ per annum.
- PT Assistant => 38536-60396 \$ per annum.
- According to “Science & Health Care Salary Survey(08-09)”:
- Physiotherapist => 36232-47318 \$ per annum.
- Senior Physiotherapist => 48368-57255 \$ per annum.
- Manager Physiotherapist => 58659-71686 \$ per annum.

**FAST**



## THE FOUNDATION

Foundation for Advancement of Science and Technology (FAST) is the sponsoring body of the University, established in 1980 as a private national institution. It is a nonprofit charitable organization whose member of the Board of Governors work in an honorary capacity.

## THE UNIVERSITY

FAST-National University of Computer and Emerging Sciences (FAST), is the first multi-campus private University established in July 2000 with a federal charter (Ordinance No. XXIII of 2000). It is authorized to set up campuses anywhere in Pakistan.

The University currently has 6,300 students and 200 full-time faculty and 50 adjunct faculty members. There are 50 PhD faculty members serving in the University. The campuses are in university's own purpose built buildings located in Islamabad, Karachi, Lahore and Peshawar.

Chiniot–Faisalabad is the fifth Campus of the university. These campuses have established leadership positions due to the splendid vision of an enlightened management and tireless efforts of a highly qualified and motivated faculty. FAST National University has become a hallmark of excellence in education, both locally and internationally. Our graduates are highly valued nationally and Internationally. Almost 60% of Pakistanis working in Microsoft headquarters at Seattle are FASTians

## ISLAMABAD CAMPUS

The Islamabad campus is located in sector H-11/4. Facilities are available on campus to play cricket, football, basketball, volleyball, badminton, lawn tennis, table tennis and jogging.

## KARACHI CAMPUS

The Karachi campus is located on 6-acre site in Shah Latif Town on the National Highway. A city campus in PECHS offers Graduate Programs.

## LAHORE CAMPUS

The Lahore campus is spread over 12.5 acres in Faisal Town. Facilities are available on campus to play cricket, football, basketball, volleyball, badminton, lawn tennis, table tennis and jogging.

## PESHAWAR CAMPUS

The Peshawar Campus is located on a 4-acre of land in Hayatabad Industrial Estate. Sports facilities include table tennis, volleyball, basketball, badminton and cricket.

## CHINIOT-FAISALABAD CAMPUS

Construction work has started on 9.5 acres of land on Faisalabad Sargodha Road (about 9 Kms from Faisalabad Motorway interchange towards Chiniot). It is expected that a part of the building would be ready to start classes in August 2012.

## FINANCIAL AID

The Foundation currently provides financial aid to about 1,000 deserving students. The total amount given as loan is about Rs. 70 millions in 2011-12.

## SCHOLARSHIPS

Government of Pakistan through its National ICT R&D Fund provides hundreds of scholarships to pursue degree programs in Computer Science and Electrical Engineering. In 2011, more than 200 students were admitted in FAST-NU under this scholarship program. The scholarship covers tuition fee, boarding, lodging and also a monthly stipend. The Punjab Government also offers Punjab Educational Endowment Fund Scholarships (PEEF) to deserving students

### Our Asset – Our Alumni



Working in Microsoft Head office, Seattle

Mr. Umair Aftab

FAST-NU, Islamabad



Working as Senior Vice President, Oracle

Mr. Hasan Rizvi

FAST-ICS(Old name for FAST-NU)



1st Oscar Winner of Pakistan

Mir Zafar Ali

FAST-NU, Karachi



Actor & Singer

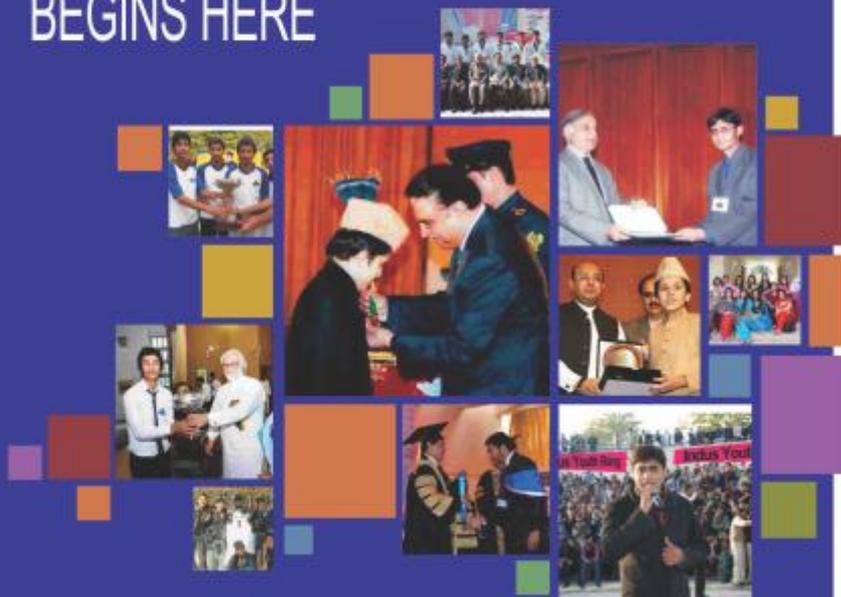
Fawad Afzal Khan

FAST-NU, Lahore

For Info : [info@nu.edu.pk](mailto:info@nu.edu.pk)  
For admissions: [www.apply.nu.edu.pk](http://www.apply.nu.edu.pk)

For Careers: [www.jobs.nu.edu.pk](http://www.jobs.nu.edu.pk)  
[info@nu.edu.pk](mailto:info@nu.edu.pk) | [www.nu.edu.pk](http://www.nu.edu.pk) | 111-128-128

YOUR FUTURE  
BEGINS HERE



### VISION STATEMENT

Indus Group of Colleges aspires to become a national institution of first choice, recognized for providing ample opportunities for students success; acknowledged as a primary and engaged community resource; and valued as a group where there are faculty, students and professional staff active in learning and seeking creative and innovative work, and other scholarly activity.

### MISSION STATEMENT

To enhance the educational and professional attainment of the youth of the country by providing a wide range of Intermediate Programs, and a limited number of Bachelor Degrees. Indus Group is further dedicated to enhancing the creative work and other scholarly activity, and to strengthening the economic and cultural vitality of the nation through a variety of partnerships and programs.





## Pakistan Medical & Dental Council (PM&DC) MOVING TOWARDS EXCELLENCE

By: Jamil Hasan  
Islamabad

Pakistan Medical & Dental Council is a legislative regulatory authority established under PM&DC Ordinance 1962 as a body corporate. It was established in 1948 and in 1962, the Council was re-constituted under Medical & Dental Council Ordinance 1962, and Provincial Medical Councils were dissolved. Its head office is in Mauve Area G-10/1, Islamabad.

PMDC has achieved many mile stones out of which one is that its standards used for accreditation and inspection of medical and dental colleges have been declared comparable to National Committee of Foreign Medical Education & Accreditation (NCFMEA) U.S standards as reviewed by themselves. This system is also approved by General Medical Council UK, so any student graduated from Pakistani college can sit in PLAB examination for the purpose of higher education in UK. It is part of International Community of Medical Regulatory Authorities (IAMRA) and PMDC President has already been selected as one of the leaders of (IAMRA) which is a thing of national pride.

According to statistics of PMDC, she has affiliated 87 Medical colleges and 37 Dental Colleges where as number of post graduate institutes is 38. Pakistani doctors are considered one of the best in the world is evidence to the effective regulation of medical education being done by the PM&DC. Till Feb 2012, there are 153567 basic and specialized medical practitioners in the country where as Numbers of basic and specialized dental practitioner is 11740 and number of Licentiate of State Medical Faculty is 1090. These all things are showing our capabilities and competencies, but there are yet many things to do as great pinnacle are achieved not due to a sudden flight so there is a need to keep it up. Continuous and vigilant time to time monitoring of institutions is necessary and there must a review of curriculum in order to synchronize our level with International once. No doubt work against quackery has already done by PMDC but there is need to work more because country can't bear more death loses as health is basic necessity of life. Inspection of colleges in neighboring countries under Section 13 & 14 of the PM&DC ordinance 1962 is also of much importance in order to facilitate overseas stuff.

PMDC must do practical work by keeping in her mind a future vision as mentioned at her website. At the end I'll prey to God Almighty to give PMDC strength and right direction in order to eliminate diseases from Pakistan and made Pakistan as visualized by Iqbal.



# Muhammad Medical College Mirpurkhas

P. O. Box No. 61, Hyderabad Road, Mirpurkhas, Sindh, Pakistan.  
Tel. +92(0)233-509845 Fax No. +92(0)233-503700 Cell. 0345-8520327

**Admissions Open**  
**15<sup>th</sup> Batch**

# MBBS

**Eligibility:** F.Sc Pre Medical 60% or Equivalent

**SALIENT  
FEATURES**

- Recognized by PM&DC and CPSP
- Listed in WHO (USMLE, PLAB)
- Well equipped Laboratory /Libraries
- Separate Hostels for Girls & Boys in Campus
- Teaching Hospital: In campus 600 beds Muhammad Medical Hospital
- Affiliated with University of Sindh
- Highly qualified & senior faculty
- 9 Batches passed out

[www.mmc.edu.pk](http://www.mmc.edu.pk) **choose the profession of your dreams**

for further details & prospectus, please contact the following admission offices:

### Islamabad Office:

314/A, Street 31,  
Main Sawan Road, G-10/1,  
Islamabad. Tel. 051-2110331-2

**0345-9599915**

### Lahore Office:

309, A-1, Town Ship, Lahore.  
Tel: +92 42 3511 3009 - 10  
Fax: +92 42 3512 4417

**0300-8520327**

# The Seven Habits of Highly Effective People

"The Seven Habits of Highly Effective People", first published in 1989, is a self-help book written by Stephen R. Covey. It has sold more than 25 million copies in 38 languages since first publication, which was marked by the release of a 15th anniversary edition in 2004. Covey presents an approach to being effective in attaining goals by aligning oneself to what he calls "true north" principles of a character ethic that he presents as universal and timeless. In August 2011, Time listed Seven Habits as one of "The 25 Most Influential Business Management Books".

The Seven Habits

Independence or Self-Mastery

The First Three Habits surround moving from dependence to independence (i.e., self mastery):

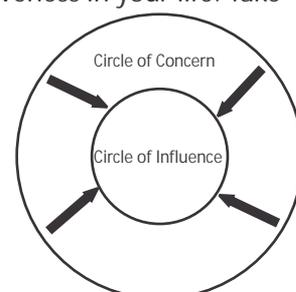
## Habit 1: Be Proactive

Proactive means that as human beings, we are responsible for our own lives. Take initiative in life by realizing that your decisions (and how they align with life's principles) are the primary determining factor for effectiveness in your life. Take responsibility for your choices and the subsequent consequences that follow.

Try this exercise for 30 days:

1. Work only in your smaller circle of influence;
2. Make small commitments to yourself and others, and keep them;
3. Be a light, not a judge; be a model, not a critic; be the solution, not the problem.

If you stall to think some important problem in your life is "out there" somewhere, stop yourself. That thought is the problem.



### Reactive Language

- There is nothing I Can Do
- That's just the way I am
- He makes me so mad
- They Won't allow that
- I have to do that
- I can't
- I must
- If only



### Proactive Language

- Let's look at alternatives
- I can choose a different approach
- I control my own feelings
- I can create an effective presentation
- I will choose an appropriate response
- I choose
- I prefer
- I Will

## Habit 2: Begin with the End in Mind

The second habit of effectiveness is to begin with the end in mind. It means to know where you're going so as to understand where you are now, and take your next step in the right direction. Self-discover and clarify your deeply important character values and life goals. Envision the ideal characteristics for each of your various roles and relationships in life.

The best way to start is to develop a personal mission statement. It describes what we want to be (character) and to do (achievements). The following is from my friend Rolfe Kerr's personal mission statement:

- Succeed at home first;
- Seek and merit divine help;
- Remember the people involved;
- Develop one new proficiency a year,
- Hustle while you wait;
- Keep a sense of humor.



You could call a personal mission statement a sort of written constitution - its power lies in the fact that it's fundamentally changeless. The key to living with change is retaining a sense of who you are and what you value.

## Habit 3: Put First Things First

This habit involves self-leadership and self-management: putting first things first. Leadership decides what the “first things” are, and management is the discipline of carrying out your program. Plan, prioritize, and execute your week's tasks based on importance rather than urgency. Evaluate whether your efforts exemplify your desired character values, propel you toward goals, and enrich the roles and relationships that were elaborated in Habit 2.



- ▶ Identify your key roles: business, family, church - whatever comes to mind as important. Think of those you will act in for the coming week.
- ▶ Think of two or three important results you feel you should accomplish in each role during the next seven days.
- ▶ Look at the week ahead with your goals in mind, and block out the time each day to achieve them. Once your key goals are in place, look how much time you have left for everything else! How well you succeed skill depend on how resilient and determined you are at defending your most important priorities.

## Interdependence

The next three have to do with Interdependence (i.e., working with others):

## Habit 4: Think Win-Win

Once we've mastered the first three habits, we're ready to move from the “private victory” to the “public victory.” Self and self-discipline are the foundation of good relationships others. Genuinely strive for mutually beneficial solutions or agreements in your relationships. Value and respect people by understanding a “win” for all is ultimately a better long-term resolution than if only one person in the situation had gotten his way. Using the paradigm of Win/Win requires three traits:



**Integrity:** We define integrity as the value we place on ourselves: We need to be self-aware, possessed of an independent will. We make and keep meaningful promises and commitments to our selves and others.

**Maturity:** This is the balance between courage and consideration. Simply put, you must have enough empathy and goodwill to work for a win for your counterpart, and enough courage to make a win for yourself.

**Abundance Mentality:** You must know and believe that there is plenty out there for everybody. Many people don't: They think that to succeed themselves, others must fail. They harbor secret hopes that other people must suffer misfortune - not terrible misfortune, but acceptable misfortune that Will keep them in their place. The Abundance Mentality recognizes that possibilities for growth and success are potentially limitless, and sees in others the opportunity to complement its own strengths.

## Habit 5: Seek First to Understand, Then to be Understood

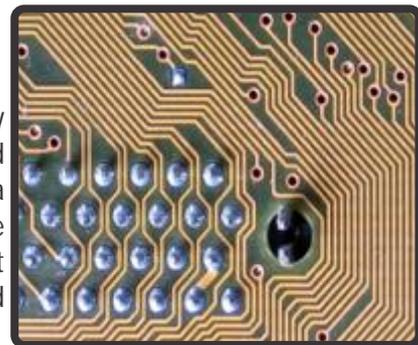
The most important word to know in mastering this habit is “listen.” Listen to your colleagues, family, friends, customers - but not with intent to reply, to convince, to manipulate. Listen simply to understand, to see how the other party sees things.

Use empathic listening to be genuinely influenced by a person, which compels them to reciprocate the listening and take an open mind to being influenced by you. This creates an atmosphere of caring, respect, and positive problem solving.



## Habit 6: Synergize

The exercise of all the other habits prepares us for the habit of synergy. Properly understood, synergy is the highest activity of life. Through it, we create new, untapped alternatives - things that didn't yet exist. We unleash people's greatest powers. We make a whole greater than the sum of its parts. Combine the strengths of people through positive teamwork, so as to achieve goals no one person could have done alone. Get the best performance out of a group of people through encouraging meaningful contribution, and modeling inspirational and supportive leadership.



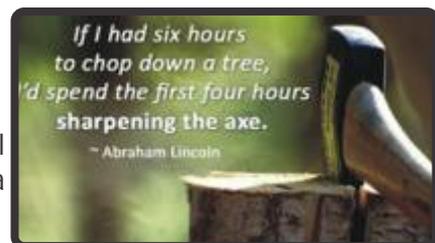
The creative process is also terrifying, because you don't know exactly what's going to happen or where it's going to lead. You leave the comfort zone of base camp and confront an entirely new and unknown wilderness. You become a pathfinder

## Self Renewal

The Last habit relates to self-rejuvenation:

## Habit 7: Sharpen the Saw

Habit seven is taking time to sharpen the saw (you're the saw). It's the habit that makes all the others possible. Balance and renew your resources, energy, and health to create a sustainable, long-term, effective lifestyle. And learn from the mistakes.



- To sharpen the saw means renewing ourselves, in all four aspects of our natures: Physical - exercise, nutrition, stress management;
- Mental - reading, visualizing, planning, writing;
- Social/Emotional - service, empathy, synergy, security;
- Spiritual - spiritual reading, study, and meditation;

To exercise in all these necessary dimensions, we must be proactive. No one can do it for us or make it urgent for us.




# Support a Child

Past cannot change BUT the Future Can !  
by supporting the education of a Child for just

## Rs. 1500/

per month

Standard Chartered Bank Ltd,  
Akbar Chowk Branch  
Account No. 10292120001





43-5-A-II, Township Lahore.  
0322 4547224 / 0314 4072301

AIF School is a FREE school providing high quality education with character building to kids of under underprivileged families



# Lahore Pharmacy College

(A project of LMDC)

**Degree**  
awarded by  
UNIVERSITY OF  
HEALTH SCIENCES

## DOCTOR OF PHARMACY

Five Years Degree Program First Professional

### Eligibility

F.Sc (Pre Medical) with minimum 60% marks from any Board of Intermediate & Secondary Education or equivalent Qualification

### Lahore Pharmacy College

- ▲ Purpose-Built Campus
- ▲ Reputed Teaching Hospitals Affiliated with College
- ▲ Training Facilities in Pharmaceutical Industry, Retail and Community Pharmacy
- ▲ On job training facility for Hospital Pharmacy, Clinical Pharmacy & Pharmaceutical Care
- ▲ Career counseling for getting registered in USA, Canada, UK & Middle East

### UHS

- ▲ Prestigious Government Medical University
- ▲ WHO-Recognized University
- ▲ Unique Examination System
- ▲ Innovative & Vibrant
- ▲ Pakistan's "No.1" Public sector Medical University.
- ▲ Overall 8th position amongst 136 public & private sector universities of the country.

THE ONLY PHARMACY COLLEGE AFFILIATED

*with*

UNIVERSITY OF HEALTH SCIENCES, LAHORE

Vide Letter No. UHS/REG 10/485,  
Dated 22.03.2010

Lahore Pharmacy College  
has been given NOC by

**PHARMACY COUNCIL OF PAKISTAN**

(Govt of Pakistan) to start the program  
Vide Letter No. 2-4/2004-PCP

**SEPARATE HOSTEL ACCOMMODATION IS AVAILABLE FOR BOYS AND GIRLS**

### For Admission and Enquiries:

North Canal Bank, Tulpura, Lahore 53400, Pakistan  
Tel: 0092-42-36582201-06 Fax: 0092-42-36582220  
E-mail: laphco@gmail.com <http://www.lmdc.edu.pk>



## NEWS

### Pakistan stood 2nd in terms of out of primary school children

Islamabad, Pakistan got 2nd place in terms of primary out of school children having a cumulative 57.7 percent of literacy and highest dropout rate in the world.

Pakistan Coalition for Education and initiative of Society for Access to Quality Education (SAQE) had arranged a discussion on 'Education for all: Role of Media' and got embarrassing results. The discussion was aimed to build a strong connection between media and civil society to recover the gaps for the development of article 25-A after the 18th constitutional amendment.

Around 13, 000 of growing Maddaris in Pakistan just provide the facilities of food, shelter and education. The government could not be able to offer education to all at no cost while Maddaris are successfully delivering.

Javed Hasnan Aly during discussion on 'Education for all: Challenges and Responses' said that unfortunately, attainment of information did not happen in Pakistan ever since its creation. He emphasized the need to reject the established opinions. He further said that in 1950, Pakistan and Malaysia were approaching the same growth but Pakistan failed to carry out while Malaysia enhanced due to their social readiness. Countries such as China, Malaysia and South Korea financed sufficiently during the last 10 years and they achieved their targets.

He further added that the government has failed to allot the promised 4 percent of GDP to education. Education Task Force exposed that Pakistan is far behind in attaining MDGs and EFA due to 7 million children out of school and those 3 million who will never find their way to school. At the end all members stressed to have a mutual sharing to get the results with the media and NGOs.

### 450, 000 students got admission in AIU

Islamabad, The Allama Iqbal Open University (AIU) has succeeded in its admission target for the Spring Semester 2012. It was expressed by acting director (admissions) Arifa Salman.

She further said that books of all courses have already been delivered to more than 450,000 students by mail. During inquiry, some admission forms were seen incomplete and these have been placed on the university website [www.aiou.edu.pk](http://www.aiou.edu.pk).

Students are instructed to contact the admission department of the university on the email address 'adms@aiou.edu.pk'. It will help them to remove complaints on their admission forms and their documents could be managed further.

### Syllabus for Early childhood introduced

Lahore, The Early Childhood Education (ECE) syllabus was introduced on Thursday which would be directed in 101 of the total 390 government schools, rebuilt in flood-hit regions of the southern Punjab which is presented by Plan International Pakistan.

The launch ceremony was arranged by the Plan International Pakistan which is an international child rights development organization. Punjab Education Minister Mujtaba Shuja ur Rehman was the chief guest.

The minister said education had been the top priority of the Punjab government and it has increased the ratio in the province throughout in the Pakistan with 58 percent education rate and provision of the highest quantities of budget for education. Mujtaba Shuja ur Rehman praised the determinations of Plan International in introducing syllabus for early childhood education in Punjab.

He said that in Punjab province 59,053 schools 377,481 teachers and 10679244 students in government schools were managing the next generation to a successful and literate Punjab. The Punjab government had decided that "No public school shall remain without furniture". Kamboh said that a budget of Rs 200 million would be spent on expanding early childhood education in 2000 schools.

Plan International Pakistan country director Rashid Javed said that, for the past 75 years, Plan International is focusing on the development of relegated children and early childhood care. He said that Plan International was functioning in more than 50 developing countries and started functioning in Pakistan in 1997 having emphasis on early childhood education and health.

Plan International Pakistan had done the reestablishment of around 390 schools in three flood affected districts of the province in this year and the schools had been given to the government, he added. Punjab Education Foundation (PEF) Chairman Raja Muhammad Anwar also address on the occasion.

### Punjab University announces B.Com date sheet 2012

Lahore, University of the Punjab has announced its annual B.Com part I and part II examination date sheet 2012. According to the date sheet B.Com examination would be held in June and July this year in 2012.

B.Com part I examination would be starting from June 15 while ending on July 3, 2012. B.Com part II examination would be starting from June 18 and ending on July 4, 2012. Examination would be taken in two groups, morning and evening respectively.

### Agriculture University wins 'GCU Brain of Pakistan' title

Lahore, The Government College University (GCU) Lahore Ravians Quiz Society (RQS) on Monday arranged the GCU All Pakistan Inter-University Quiz Competition 2012. Almost 37 universities contributed across the Pakistan.

Agriculture University Faisalabad grabbed the two-day competition and earned the title of "GCU Brain of Pakistan". QAU Islamabad and UET Lahore got the second and third positions respectively.

Punjab Education Endowment Fund (PEEF) Vice Chairman and Old Ravian Dr Amjad Saqib was the chief guest while GCU Vice Chancellor Prof Dr Khaleeq-ur-Rehman was also present on this occasion.

Dr Saqib expressed his views and said to students that GCU presented numerous opportunities for character building and shaping of ideas and RQS was one of them. Vice Chancellor Dr Khaleeq-ur-Rehman distributed prizes and shields to the winning teams.

### International Islamic University starts admissions for fall semester

Islamabad, The International Islamic University (IIU) has opened admissions for the Fall Semester and applications will be received by June 29.

Details for admission tests are available on university's website [www.iiu.edu.pk](http://www.iiu.edu.pk) and no other letter would be delivered to students in this respect, said a notice issued by university administration.

The university has started its admissions in Faculties of Arabic, Basic and Applied Sciences, Engineering and Technology, Management Sciences, Islamic Studies (Usool-ud-Deen), Language and Literature, Social Sciences, Shri'ah and Law and in the International Institute of Islamic Economics. Students who are waiting for their results can also apply for bachelor and master's programs but they have to submit their degrees before October 30, 2012.

If any student failed in any paper or not get required marks would not be able to get admission. Admission form can be taken from the university New Campus, Sector H-10, branches of Habib Bank, First Women Bank and Allied Bank in Islamabad and also can download the admission form from the university website and send it to admission office IIU sector H-10 Islamabad.

There are 9 teaching faculties, 39 departments and 130 degree programs. More than 22,000 students including 2200 doctoral and post graduate students from more than 50 countries are getting education in the university.

### Hazara University organized International Museum Day

Mansehra, The Department of Archeology of the Hazara University in association with the Abbott Museum, Abbottabad arranged the International Museum Day and organized a painting competition to point out the importance of the day which was attended by special students.

The event was organized to collaborate with more than 30,000 museums all over the world celebrating International Museum Day. Dr Abdul Samad, chairman Department of Archaeology, Hazara University, Prof Dr Sakhawat Shah, Dean Faculty of Arts and Prof Dr Syed Anwar were gathered at this occasion.

Dr Abdul Samad said the Abbott Museum had significant role in the advancement of cultural heritage of Hazara division. He further said the Department of Archaeology had started "Friends of Museum campaign" for getting antiques and other stuffs to the Abbott Museum. The supporters would be pleased with "Friends of the Museum" awards for their great involvement. He said the contribution of the "special students" had enriched the significance of the day

### 2,723 talented students received laptops at FJWU

Rawalpindi, Punjab Chief Minister Mian Shahbaz Sharif said that for the development and progress of the country it is very necessary to follow the vision of Quaid-i-Azam Muhammad Ali Jinnah and Allama Muhammad Iqbal.

He expressed these views while addressing a laptop distribution ceremony at the Fatima Jinnah Women University (FJWU) on Friday. The chief minister distributed laptops among 2,723 brilliant students.

FJWU Vice Chancellor Professor Dr. Samina Amin Qadir welcomed the chief minister, parliamentarians, senators and the Higher Education Commission chairman. She said the university is functioning for the community for thirteen years. She said further said that Punjab government is making achievements in education sector and the government of Punjab always play very supportive role to the FJWU.

HEC Chairman Dr. Javaid Leghari said that we are living in the age of revolution and we must be able to face these challenges. He said that there are three basic things that make possible to change the nation into society which include higher education and research, technology, leadership and management. The chief minister announced a fund of Rs220 million for construction of university hostels because of the accommodation problems who come from far-flung areas. Chief Minister assured the vice chancellor of his support

for future plans of the university. He said that there would be no compromise in the distribution of laptops because each and every laptop has gone to high-achievers.

### Sindh University presented awards to scientists

Hyderabad, Three scientists from the University of Sindh received Research Productivity Award in "A" category by the prime minister of Pakistan.

Pakistan Council of Science and Technology, Islamabad arranged the event. Prime Minister of Pakistan, Syed Yusuf Raza Gilani has presented research productivity awards to 40 scientists from various institutions of Pakistan including Dr Muhammad Iqbal Bhangar, Dr Tasneem Gul Kazi and Dr Hassan Imran Afreedi.

12 more scientists of the National Centre of Excellence in Analytical Chemistry, University of Sindh collected awards in different categories. The University of Sindh won the honors.

### Sindh University to introduce FM radio station

Hyderabad, The University of Sindh is going to establish FM radio station in the department of Mass Communication to transmit educational programs and provide training to students of the department.

The project was discussed at a meeting at the Jamshoro campus on Monday. Acting vice chancellor Professor Dr Parveen Shah chaired the meeting and department chairperson Dr Rizwana Chang and FM 105 manager Dr Mehmoodul Hassan Mughal were also present at this occasion.

The meeting aims to handle the National Public Radio of the US and USAID education programs to take help for the project. The suggestion to get financial backup from the provincial and federal governments was discussed in the meeting and contact contributors in this concern.

About Rs5 million is necessary for the project.

### HEC Set New Criteria For Teachers

Lahore, The Higher Education Commission has upgraded the qualification criteria for the appointment of faculty members in universities and degree-awarding institutions (DAIs).

Vice chancellors of universities and degree awarding institutions released notification that the minimum qualification for the recruitment of a lecturer in universities/DAI will be M.Phil/MS or equivalent degree (18 years) or master's degree from a foreign university with effect from Jan 1, 2015.

Likewise the minimum qualification for the appointment of an assistant professor in universities/DAIs will be PhD with result from Jan 1, 2016.

The notification released by HEC's Quality Assurance Division was distributed to different universities departments on Monday.

### KU Extended Date For Semester Exams 2012 Till June 4

Karachi, University of Karachi (KU) has declared to extend the schedule for the Semester Examinations 2012 till June 4, while the summer vacation would continue from June 5 to July 15. However, the schedule for evening program would remain unchanged.

The convener of the Postgraduate Admission Committee, Prof Dr Shahana Urooj Kazmi declared that successful candidates of MPhil/PhD/MS/MD aptitude tests were instructed to appear in the interview in their concerned departments on May 24.

The candidates would have to write a one page research proposal on the spot and a two page proposal for admission in a PhD program. Interviews for the PhD in law program would be organized on May 26.

The passed candidates would have to write a two page research proposal on the interview day and for this purpose an extra hour would be given to them.

## DISCOVER YOURSELF



At SZABIST, our vision is to achieve and maintain the best!

**ADMISSIONS OPEN**  
**Fall 2012**



**SZABIST has five campuses. SZABIST Karachi is the main campus. The other branches are in Larkana, Islamabad, Heydrabad and Dubai.**

**SZABIST is recognized by HEC Pakistan. Academic qualifications offered at SZABIST Dubai are also certified by KHDA.**

**Offering Quality Education to Students at Undergraduate & Postgraduate Level.**

**SZABIST Offer programs in Areas of Business, Computing, Mechatronics, Social Sciences and Bio Sciences.**

For more information about SZABIST please contact:

In Pakistan:

90 and 100 Clifton,  
Karachi 75600  
TEL: (92-21) 111-922-478  
FAX: (92-21) 35830446  
EMAIL: info@szabist.edu.pk  
WEB: www.szabist.edu.pk

In UAE:

Block 10, 5th & 6th Floor, DIAC  
Po.Box 345004, DUBAI, U.A.E.  
TEL: +971 4 3664601  
FAX: +971 4 3664607  
EMAIL: admissions@szabist.ac.ae  
WEB: www.szabist.ac.ae

SZABIST IS RANKED BY:

**BusinessWeek online**  
Business Week 2006 -  
ranked among top  
business schools



**B-SCHOOL LEADERSHIP  
AWARD 2011**

**CNN**

Executive Education  
Schools 2009

# History Corner

## SCIENTIFIC INVENTIONS BY MUSLIMS

Research Team – eMAG "Study in Pakistan"

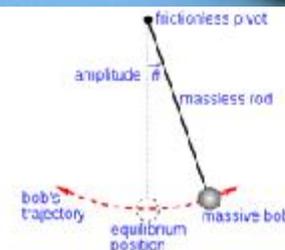
Muslims distinguished themselves not only as theoretical scientists and scientific thinkers, but contributed through innumerable inventions to the growth of the modern sciences. Though the mediaeval Muslims had very meager resources at their command as compared to those of the present age, they achieved a great deal. They replaced the old speculative method of the Greeks with an experimental method, which in later periods formed the basis of all scientific investigations.

### Inventions

Abul Hasan is distinguished as the inventor of the Telescope, which he described to be a "Tube, to the extremities of which were attached diopters".



The Pendulum was invented by Ibn Yunus, a genius in science who lived in the reign of Aziz Billah and Hakim bi-Amr-illah, the Fatimid monarchs of Egypt. The invention of the Pendulum led to the measurement of time by its oscillations. His outstanding work Sijul Akbar al-Hakimi, named after his celebrated patron Hakim bi-Amr-illah, was acknowledged to be the masterpiece on the subject replacing the work of Ptolemy. It was translated into Persian by Omar Khayyam in 1079.



The first watch was made by Kutbi, a renowned watch-maker of his time. During the Abbasid reign the use of a watch became quite common and the famous Harun-ar-Rashid once despatched a watch as a gift to his celebrated contemporary, the French Emperor Charlemagne. At that time a watch was considered a novel thing in Europe and was regarded as an object of wonder. Mustansariya, the well-known university of Baghdad had a unique clock with a dial blue like the sky and a sun which continually moved over its surface denoting the time. Maulana Shibli, the famous Urdu litterateur, has described a watch of Damascus in the following words: "The watch was kept in the door of a wall. It contained copper plates and twelve doors. There was an Eagle (Bat) standing in the 1st and the last plate. At the end of each hour, these two eagles lay down on the copper plates and hence a sound was produced to show the time. At twelve all the doors were closed. This system was being repeated continuously". The construction of water clocks was also common in Islamic Countries.



"The Arabs were skilful in the construction of clepsydras and water clocks with automata," says a European writer.

The invention of Mariners Compass, which revolutionized sea borne commerce and oceanic shipping and enabled the Arabs to roam over the stormy seas in quest of new lands and additional markets for their commodities, is essentially a contribution of the Muslims to the world of science. Knowledge about the properties of the needle can no doubt be traced to Chinese sources, but putting it into working shape, in the form of a mariners' compass, was the achievement of Muslim scientists.



The compass was probably invented for the purpose of finding out the Qibla for Prayers.

Mir Fatehullah Khan is known to history as the inventor of gun and gunpowder. The presumption that gunpowder was first made by the Chinese does not stand the test of historical research. Writing in his book Arab Civilization, the author says that "gunpowder was a great invention of the Arabs who were already using guns". Guns were used by Arabs in 1340 A.D. in the

defence of Al-Bahsur, when Franzdol besieged it. The statement of Dr. Leabon about the invention of gunpowder by the Arabs is further corroborated by Mr. Scott in his well-known work, History of the Moorish Empire in Spain.

It has been acknowledged by Joseph Hell in his book, Arab Civilization, that the distinction of inventing photography goes to Ibn al-Hashem, who is not only credited with its invention but also its development. Muhammad Musa, a great scholar of geography, has the unique distinction of being the inventor of an instrument by which the earth could be measured. He also invented the "Astrolabe". These novel instruments invented by him have been preserved in the Museum of Madrid (Spain).

A unique instrument was invented by Abu Solet Umayya in 1134 A.D. through which a sunken ship would be raised--which greatly helped in the salvage expeditions of mediaeval times.

The credit for manufacturing soap goes to Arab chemists, who introduced it to the world. The first paper in Islamic countries was manufactured in 794 A.D. in Baghdad by Yusuf Bin Omar. The paper manufactured in Arab countries was of superior quality than that made in Europe. In the manufacture of cloth, Muslims particularly in Spain exhibited marvelous skill and taste. Their woven cloth captured almost all the big markets of the world and was considered to be the finest as well as extremely durable.

Al-Masudi who died in Cairo in 957 A.D. may be called the "Pliny of the Arabs" In his celebrated work The Meadows of Gold, he has described an earthquake, and the first windmill which was also invented by a Muslim.



Giralda or "The Tower of Seville", was the first observatory in Europe. It was built in 1190 A.D., in the Spanish town of Seville under the supervision of the celebrated Mathematician, Jabir Ibn Afiah. It was meant for the observation of heavenly bodies. It was later turned into a belfry by Christian conquerors, who, after the expulsion of the Moors, did not know how to use it.

Mathematics: Bold experiments and unique innovations in the field of mathematics were carried out by Muslim mathematicians who developed this science to an exceptionally high degree. Al-Khawarizmi, invented the subject of algebra (al-Jabr), Algebra may be said to have been invented by the Greeks, but according to Oelsner, "it was confined to furnishing amusement for the plays of the goblet" Muslims developed it and applied it to higher purposes. They invented spherical trigonometry, discovered the tangent and were first, "to introduce the sine of arc in Trigonometrically Calculations" Zero is an invaluable addition made to mathematical science by the Muslims. They have also shown remarkable progress in mathematical geography.



Medical Sciences: The Muslims have made a lasting contribution for its development. Razi (Rhazes), Ibn Sina (Avicenna), and Abu Ali al-Hasan (Alhazen) were the greatest medical scholars of mediaeval times. Al-Razi was the inventor of "Seton" in Surgery and the author of Al-Judari wal Hasbak, an authentic book dealing with measles and small pox.

Avicenna wrote Al-Qanun Jil Tib known as Cannon, which was the most widely studied medical work of mediaeval times and was reprinted more than twenty times during the last 30 years of the 15th century in many different languages.

Alhazen was the world's greatest authority on "optics". The contagious character of the plague and its remedies were discovered by Ibn Katina, a Moorish Physician. Glass: Ibn Firnas is credited with making glass from stones. He had constructed his home as a sort of planetarium where one could see stars, clouds and even lightning. According to Hitti Ibn Firnas was the first man in Arab history to make a scientific attempt at flight. His flying equipment consisted of a suit of feathers with wings, which, we are told carried him a long distance, in the air. When he alighted, however, he hurt himself because his suit was not provided with a tail.



## The 7<sup>th</sup> Nuclear Power in the World

The 1971 war with India which led the loss of provisional state was an unforgettable experience and lesson to political and military establishment. Pakistan lost half its territory remaining parts of the country was given to Zulfikar Ali Bhutto as country's elected Prime minister. He called for a secret meeting of top and senior scientists in Multan on 20 January 1972 which later elevated as "Multan meeting". There he authorized, initiated, and orchestrated the scientific research on atomic weapons bringing the entire nuclear infrastructure under one chain of command. In 1972, Bhutto appointed Abdus Salam as his science adviser and at same time, called nuclear engineer Munir Ahmad Khan from International Atomic Energy Agency (IAEA) to lead the program administratively. The atomic bomb project was accelerated on May 1974 after India surprising Pakistan and the rest of the world after announcing the first explosion of nuclear device.

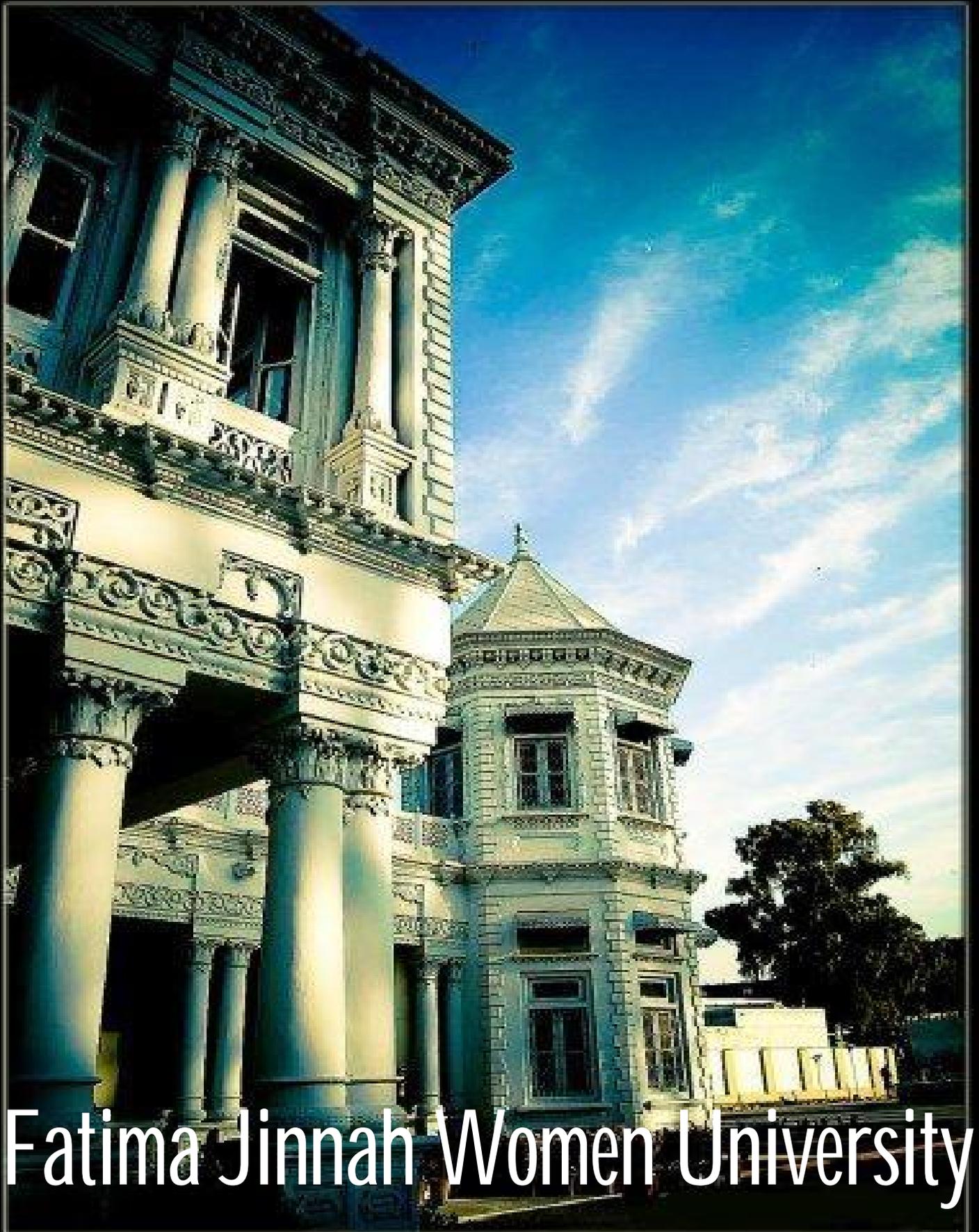


In 1974, Abdul Qadeer Khan who was then working as a senior scientist at the URENCO Group directed a letter through the Embassy in Amsterdam, and officially joined the atomic bomb project in 1976. On 11 March 1983, a milestone was achieved when PAEC led by Munir Ahmad Khan carried out the first cold test of a working nuclear device, codename Kirana-I. This was followed by 24 more cold tests by PAEC in which different weapon designs were tested and improved. After that the PAEC scientists chose the granite mountain Koh Kambaran in the Ras Koh Hills range in the Chagai Division of Baluchistan in 1978 and spearheaded the construction of the potential test sites throughout the 1980's.

### The Decision to Test

In the afternoon of Monday, 11 May 1998 Indian Prime Minister Atal Behari Vajpayee stunned the world by announcing at a hurriedly convened press conference that earlier that day India had conducted three nuclear tests. India's test created an untenable situation for Prime Minister Mohammad Nawaz Sharif. In the wake of India's tests, Pakistan felt an urgent need to demonstrate its own prowess in a similar manner for many reasons - to deny India unilateral technical advantage.





# Fatima Jinnah Women University



## Fatima Jinnah Women University (NEW VISTAS OF LEARNING)

Named after the icon of empowerment of women of Pakistan, Mohtarma Fatima Jinnah, the Fatima Jinnah Women University, Rawalpindi (FJWU) is a Public Sector University funded by the Government of Punjab. It is located in the heart of Rawalpindi in the premises of the Presidency of 70's, a building with a unique architectural splendour and historical value.

Established in 1998, the classes for the pioneer session began on December 28, 1998 and till now 11 sessions have successfully graduated.

FJWU is a pioneer women university fulfilling educational and research needs of the female population of the country, and bringing them at par with the world academic standards. It aims to promote the highest standards of academic excellence by emerging as an institute responsive to technological change, dedicated to excellence, and committed to the international educational perspectives. With an increased focus on research-oriented learning, the existing collaboration with public, private, national and international institution and organizations is being further enhanced and strengthened. Excellence in teaching remains a hallmark of our faculty, dedicated to research, scholarship and service. Mechanism for quality assurance is set through monitoring, review and accreditation, bringing it to global standards. Infrastructure is apt enough to provide diverse facilities to the student body that include library, hostels, medical centre, sports centre, cafeteria, etc.

FJWU with its progressive and innovative outlook, strives to be a modern multi-disciplinary center of excellence for research and development, and will continue to offer quality yet accessible undergraduate, master and doctoral degrees in order to meet the industrial and national needs.

With more than 4500 students from diverse backgrounds and cultures enrolled currently, FJWU provides a stimulating and interesting environment that enables its students to develop their academic, moral, physical, professional, and spiritual potential to the optimum.

FJWU provides educational facilities to diverse segments of Pakistani society. Women of all provinces of Pakistan have access to higher education through this institution. Previously a big population of women from the conservative and underprivileged strata of society were denied this facility because of absence of single sex university for women in the country. University enrolls students on open merit and there is no quota system, therefore, it enhances the access of all capable female students to higher education. Graduates of FJWU have been serving in all parts of the country and playing a vital role for the empowerment of women in Pakistani society. Its day care facility encourages women to plan their careers afresh at all levels, i.e. students, faculty and administration.

FJWU has a Collaboration and Linkages Center (CLC) that has enabled it to build functional and institutional relations with universities of USA, Canada, Sweden, China and United Kingdom. Apart from international institutions, FJWU also has collaboration with different national universities. These links have been developed to meet the capacity building of students and faculty, enhancement and strengthening of the research and development (R&D) base in the university and introduction of the innovative international inputs into the university vision. University also has active collaboration with national and international organizations including Pre-Step (USAID), Association of Commonwealth Universities (ACU), British Council and UNESCO.

While FJWU is committed to providing quality education, it also has a caring policy towards the students by honoring and supporting them generously through various scholarship opportunities. FJWU offers University Need Based scholarships. FJWU has collaborated with HEC to offer Japanese Need-Based Scholarships, and with the Punjab Government for PEEF (Punjab Educational Endowment Fund) Scholarship and other donor agencies such as CHIP (Civil Society Human and Institutional Development Program) for scholarships.

The Fatimian Alumni Association tries to keep all our graduates in touch with the University and also with each other. The aim of the alumni association is to identify, cultivate and strengthen relationships among former students and graduates while promoting enhancing the university's mission and commitment to academic excellence, productive scholarship, and personal growth.

The Alumni Association represent the needs and interests of Alumni while promoting and enhancing the image of Fatima Jinnah Women University and provide educational opportunities to new students. Additionally, the Associations often support new alumni, and provide a forum to form new friendships and business relationships with people of similar background and education.

# FEDERAL URDU UNIVERSITY

OF ARTS, SCIENCE & TECHNOLOGY  
ISLAMABAD



## وفاتی اردو یونیورسٹی

برائے فنون، سائنس و ٹیکنالوجی



وفاتی اردو یونیورسٹی برائے آرٹس، سائنس و ٹیکنالوجی اسلام آباد کیمپس میں جاب فیئر کا میلہ منعقد ہوا۔ اس جاب فیئر کا افتتاح کل بروز بدھ اسلام آباد کیمپس کے سربراہ پروفیسر ڈاکٹر زاہد سلیم نے فیتہ کاٹ کر کیا۔ اس جاب فیئر میں پچاس مختلف کمپنیوں جن میں انشورنس، ایجوکیشن کنسلٹنٹ، بینک، ٹیلی کمیونیکیشن کے علاوہ دوسرے اداروں نے شرکت کی۔ اس دوروزہ جاب میلے میں طلبہ نے بہت جوش و جذبے سے شرکت کی اور کمپنیوں کو اپنا بائیوڈیٹا دیا، جب کہ بعض طلباء و طالبات کے اسٹریو بھی ہوئے جن میں سے بیس طلبہ کو جاب آفر ہوئی اور پندرہ طلبہ کو انٹرن شپ پر رکھنے کی آفر کی گئی۔ اس جاب فیئر کا بنیادی مقصد طلبہ کو کمپنیوں تک رسائی اور راہنمائی کرنے کے علاوہ گریجویٹیشن سے فارغ التحصیل ہونے والے طلبہ اور اداروں کے درمیان بہتر تعلق پیدا کرنا اور گائیڈ لائن دینی ہے۔ اس جاب فیئر میں میریٹ اور پی سی ہوٹل نے بھی اسٹال لگائے ہیں جب کہ ہاشونی گروپ کے جنرل مینیجر نے بھی اس جاب میلے میں شرکت کی۔ انچارج کیمپس پروفیسر ڈاکٹر زاہد سلیم اور ایڈیشنل رجسٹرار نے تمام اسٹال کا وزٹ کیا اور فرداً فرداً سب سے سوال و جواب کیے۔ اس جاب فیئر کو اردو یونیورسٹی کے پلیس منٹ پیور نے منعقد کرایا جو آج بھی جاری رہے گا۔



# HEALTH BENEFITS OF CUCUMBER:

## 1. Keep body hydrated

Cucumber has 96% water content that is more nutritious than regular water, which helps in keeping the body hydrated and regulating body temperature. It also helps in flushing out the toxins from the body.



## 2. Skin care

The high water content, vitamins A, B & C and the presence of certain minerals like magnesium, potassium, and silica make cucumbers an essential part of skin care. Facial masks containing cucumber juice can be used for skin tightening. Ascorbic acid and caffeic acid present in cucumbers can bring down the water retention rate which in turn diminishes the puffiness and swelling under the eyes. Cucumber skin also can bring relief to the skin caused by sunburn or windburn.

## 3. Fight Cancers

Cucumbers are known to contain lariciresinol, pinoresinol, and secoisolariciresinol – three lignans that have a strong history of research in connection with reduced risk of several cancer types, including breast cancer, prostate cancer, uterine cancer, and ovarian cancer.

## 4. Control Blood Pressure

Cucumber juice contains a lot of potassium, magnesium and fiber that work effectively for regulating blood pressure. This makes cucumber good for treating both low blood pressure and high blood pressure.

## 5. Beneficial For Teeth And Gums

Cucumber juice is also beneficial for people with teeth and gums problems, especially in cases of pyorrhea. Cucumber is a good source of dietary fiber and this fiber massage in the teeth and gums.

## 6. Aid Digestion

Digestive disorders like acidity, heartburn, gastritis and even ulcers can be cured by the daily consumption of fresh cucumber juice. The high water content and dietary fiber in cucumber are very effective in driving away the toxins from the digestive system and hence aid digestion. Daily consumption of cucumbers can be regarded as a remedy for chronic constipation.

## 7. Promotes Joint Health

Cucumber is an excellent source of silica, which is known to help promote joint health by strengthening the connective tissues.

## 8. Treatment Of Swellings

Cucumber seeds are used as a natural remedy for treating tapeworms. Bruised cucumber seeds mixed with water are also effective in the treatment of swellings of the mucous membranes of the nose and the throat.

## 9. Nail Care

The high silica content of cucumber also helps to prevent splitting and spoiling of nails of the fingers and toes.



### 10. Relieve Gout And Arthritis Pain

Cucumber is rich in vitamins A, B1, B6, C & D, Folate, Calcium, Magnesium, and Potassium, when mixed with carrot juice, they can relieve gout and arthritis pain by lowering the uric acid levels.

### 11. Cures Diabetes

The cucumber juice has been found to be beneficial for the diabetic patients. This vegetable contains a hormone needed by the cells of the pancreas for producing insulin.

### 12. Reduces Cholesterol

Researchers found that some compound called sterols in cholesterol may help reduce cholesterol levels.

### 13. Stimulate Hair Growth

Cucumber contains silicon and sulphur and thus a regular intake of cucumber can help promote healthy hair growth. For best results, mix cucumber juice with the juices of carrot, lettuce or spinach.

### 14. As a Diuretic

The water content of Cucumber acts as a diuretic. It encourages the elimination of waste products from the body through urination. Regular intake of cucumber helps to dissolve bladder or kidney stones.

### 15. Aid In Weight Loss

Due to its low calorie and high water content, cucumber is an ideal diet for people who looking for weight loss.



# THE KNOWLEDGE SCHOOL

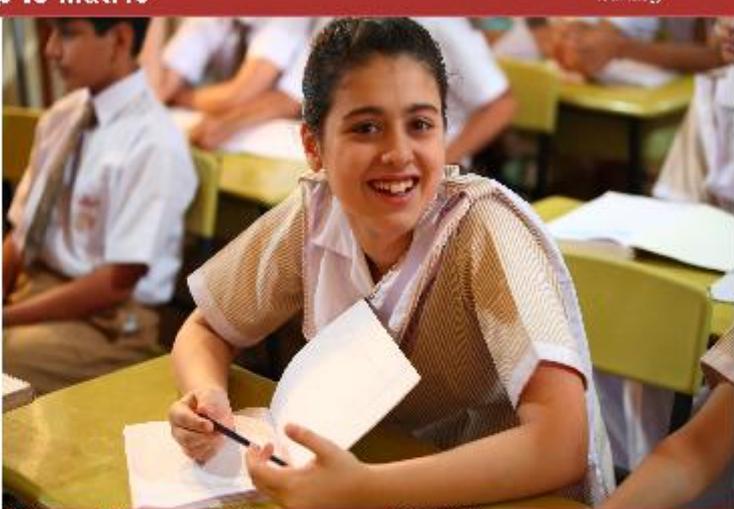
Playgroup to Matric

An ILM Project




- **Continuous Improvement of Language Skills** by creating a culture of English speaking.
- **Life Skills** as a core agenda for children's overall grooming.
- **Developing Cognitive & Communication** skills to curb rote learning.
- **Parent Teacher Collaboration** for regular feedback & improvement.
- **Quality Assurance Test** to monitor teaching & learning
- **Academic Calendar** for transparency of school activities throughout the year.
- **Continuous Professional Development of Teachers** with the support of University of Management and Technology (UMT)
- **Inter-City Transfer Facility**
- **A Credible Academic Ladder** from Playgroup to PhD – TK to UMT Colleges to UMT

Head Office: UMT Campus, C-11, Akbar Town, Lahore-54970, Pakistan. [0342-3511091,0342-3511092](tel:0342-3511091,0342-3511092)  
 Fax: 0342-3511091 Email: [info@theknowledgeschool.com](mailto:info@theknowledgeschool.com) Website: [www.theknowledgeschool.com](http://www.theknowledgeschool.com)



**For Admission Contact Your Nearest Campus of TKS**

<p><b>Rawalpindi - Bahal Campus</b> 1-400, Bahal, Rawalpindi, Pakistan. Phone: 0331-3511091</p> <p><b>Rawalpindi - Model Town Campus</b> 1-400, Model Town, Rawalpindi, Pakistan. Phone: 0331-3511091</p> <p><b>Rawalpindi - Jinnah Campus</b> 1-400, Jinnah, Rawalpindi, Pakistan. Phone: 0331-3511091</p> <p><b>Rawalpindi - D-11 Campus</b> 1-400, D-11, Rawalpindi, Pakistan. Phone: 0331-3511091</p> <p><b>Rawalpindi - D-12 Campus</b> 1-400, D-12, Rawalpindi, Pakistan. Phone: 0331-3511091</p> <p><b>Rawalpindi - D-13 Campus</b> 1-400, D-13, Rawalpindi, Pakistan. Phone: 0331-3511091</p> <p><b>Rawalpindi - D-14 Campus</b> 1-400, D-14, Rawalpindi, Pakistan. Phone: 0331-3511091</p> <p><b>Rawalpindi - D-15 Campus</b> 1-400, D-15, Rawalpindi, Pakistan. Phone: 0331-3511091</p> <p><b>Rawalpindi - D-16 Campus</b> 1-400, D-16, Rawalpindi, Pakistan. Phone: 0331-3511091</p> <p><b>Rawalpindi - D-17 Campus</b> 1-400, D-17, Rawalpindi, Pakistan. Phone: 0331-3511091</p> <p><b>Rawalpindi - D-18 Campus</b> 1-400, D-18, Rawalpindi, Pakistan. Phone: 0331-3511091</p> <p><b>Rawalpindi - D-19 Campus</b> 1-400, D-19, Rawalpindi, Pakistan. Phone: 0331-3511091</p> <p><b>Rawalpindi - D-20 Campus</b> 1-400, D-20, Rawalpindi, Pakistan. Phone: 0331-3511091</p>	<p><b>Rawalpindi - D-21 Campus</b> 1-400, D-21, Rawalpindi, Pakistan. Phone: 0331-3511091</p> <p><b>Rawalpindi - D-22 Campus</b> 1-400, D-22, Rawalpindi, Pakistan. Phone: 0331-3511091</p> <p><b>Rawalpindi - D-23 Campus</b> 1-400, D-23, Rawalpindi, Pakistan. Phone: 0331-3511091</p> <p><b>Rawalpindi - D-24 Campus</b> 1-400, D-24, Rawalpindi, Pakistan. Phone: 0331-3511091</p> <p><b>Rawalpindi - D-25 Campus</b> 1-400, D-25, Rawalpindi, Pakistan. Phone: 0331-3511091</p> <p><b>Rawalpindi - D-26 Campus</b> 1-400, D-26, Rawalpindi, Pakistan. Phone: 0331-3511091</p> <p><b>Rawalpindi - D-27 Campus</b> 1-400, D-27, Rawalpindi, Pakistan. Phone: 0331-3511091</p> <p><b>Rawalpindi - D-28 Campus</b> 1-400, D-28, Rawalpindi, Pakistan. Phone: 0331-3511091</p> <p><b>Rawalpindi - D-29 Campus</b> 1-400, D-29, Rawalpindi, Pakistan. Phone: 0331-3511091</p> <p><b>Rawalpindi - D-30 Campus</b> 1-400, D-30, Rawalpindi, Pakistan. Phone: 0331-3511091</p>	<p><b>Rawalpindi - D-31 Campus</b> 1-400, D-31, Rawalpindi, Pakistan. Phone: 0331-3511091</p> <p><b>Rawalpindi - D-32 Campus</b> 1-400, D-32, Rawalpindi, Pakistan. Phone: 0331-3511091</p> <p><b>Rawalpindi - D-33 Campus</b> 1-400, D-33, Rawalpindi, Pakistan. Phone: 0331-3511091</p> <p><b>Rawalpindi - D-34 Campus</b> 1-400, D-34, Rawalpindi, Pakistan. Phone: 0331-3511091</p> <p><b>Rawalpindi - D-35 Campus</b> 1-400, D-35, Rawalpindi, Pakistan. Phone: 0331-3511091</p> <p><b>Rawalpindi - D-36 Campus</b> 1-400, D-36, Rawalpindi, Pakistan. Phone: 0331-3511091</p> <p><b>Rawalpindi - D-37 Campus</b> 1-400, D-37, Rawalpindi, Pakistan. Phone: 0331-3511091</p> <p><b>Rawalpindi - D-38 Campus</b> 1-400, D-38, Rawalpindi, Pakistan. Phone: 0331-3511091</p> <p><b>Rawalpindi - D-39 Campus</b> 1-400, D-39, Rawalpindi, Pakistan. Phone: 0331-3511091</p> <p><b>Rawalpindi - D-40 Campus</b> 1-400, D-40, Rawalpindi, Pakistan. Phone: 0331-3511091</p>	<p><b>Rawalpindi - D-41 Campus</b> 1-400, D-41, Rawalpindi, Pakistan. Phone: 0331-3511091</p> <p><b>Rawalpindi - D-42 Campus</b> 1-400, D-42, Rawalpindi, Pakistan. Phone: 0331-3511091</p> <p><b>Rawalpindi - D-43 Campus</b> 1-400, D-43, Rawalpindi, Pakistan. Phone: 0331-3511091</p> <p><b>Rawalpindi - D-44 Campus</b> 1-400, D-44, Rawalpindi, Pakistan. Phone: 0331-3511091</p> <p><b>Rawalpindi - D-45 Campus</b> 1-400, D-45, Rawalpindi, Pakistan. Phone: 0331-3511091</p> <p><b>Rawalpindi - D-46 Campus</b> 1-400, D-46, Rawalpindi, Pakistan. Phone: 0331-3511091</p> <p><b>Rawalpindi - D-47 Campus</b> 1-400, D-47, Rawalpindi, Pakistan. Phone: 0331-3511091</p> <p><b>Rawalpindi - D-48 Campus</b> 1-400, D-48, Rawalpindi, Pakistan. Phone: 0331-3511091</p> <p><b>Rawalpindi - D-49 Campus</b> 1-400, D-49, Rawalpindi, Pakistan. Phone: 0331-3511091</p> <p><b>Rawalpindi - D-50 Campus</b> 1-400, D-50, Rawalpindi, Pakistan. Phone: 0331-3511091</p>	<p><b>Rawalpindi - D-51 Campus</b> 1-400, D-51, Rawalpindi, Pakistan. Phone: 0331-3511091</p> <p><b>Rawalpindi - D-52 Campus</b> 1-400, D-52, Rawalpindi, Pakistan. Phone: 0331-3511091</p> <p><b>Rawalpindi - D-53 Campus</b> 1-400, D-53, Rawalpindi, Pakistan. Phone: 0331-3511091</p> <p><b>Rawalpindi - D-54 Campus</b> 1-400, D-54, Rawalpindi, Pakistan. Phone: 0331-3511091</p> <p><b>Rawalpindi - D-55 Campus</b> 1-400, D-55, Rawalpindi, Pakistan. Phone: 0331-3511091</p> <p><b>Rawalpindi - D-56 Campus</b> 1-400, D-56, Rawalpindi, Pakistan. Phone: 0331-3511091</p> <p><b>Rawalpindi - D-57 Campus</b> 1-400, D-57, Rawalpindi, Pakistan. Phone: 0331-3511091</p> <p><b>Rawalpindi - D-58 Campus</b> 1-400, D-58, Rawalpindi, Pakistan. Phone: 0331-3511091</p> <p><b>Rawalpindi - D-59 Campus</b> 1-400, D-59, Rawalpindi, Pakistan. Phone: 0331-3511091</p> <p><b>Rawalpindi - D-60 Campus</b> 1-400, D-60, Rawalpindi, Pakistan. Phone: 0331-3511091</p>	<p><b>Rawalpindi - D-61 Campus</b> 1-400, D-61, Rawalpindi, Pakistan. Phone: 0331-3511091</p> <p><b>Rawalpindi - D-62 Campus</b> 1-400, D-62, Rawalpindi, Pakistan. Phone: 0331-3511091</p> <p><b>Rawalpindi - D-63 Campus</b> 1-400, D-63, Rawalpindi, Pakistan. Phone: 0331-3511091</p> <p><b>Rawalpindi - D-64 Campus</b> 1-400, D-64, Rawalpindi, Pakistan. Phone: 0331-3511091</p> <p><b>Rawalpindi - D-65 Campus</b> 1-400, D-65, Rawalpindi, Pakistan. Phone: 0331-3511091</p> <p><b>Rawalpindi - D-66 Campus</b> 1-400, D-66, Rawalpindi, Pakistan. Phone: 0331-3511091</p> <p><b>Rawalpindi - D-67 Campus</b> 1-400, D-67, Rawalpindi, Pakistan. Phone: 0331-3511091</p> <p><b>Rawalpindi - D-68 Campus</b> 1-400, D-68, Rawalpindi, Pakistan. Phone: 0331-3511091</p> <p><b>Rawalpindi - D-69 Campus</b> 1-400, D-69, Rawalpindi, Pakistan. Phone: 0331-3511091</p> <p><b>Rawalpindi - D-70 Campus</b> 1-400, D-70, Rawalpindi, Pakistan. Phone: 0331-3511091</p>	<p><b>Rawalpindi - D-71 Campus</b> 1-400, D-71, Rawalpindi, Pakistan. Phone: 0331-3511091</p> <p><b>Rawalpindi - D-72 Campus</b> 1-400, D-72, Rawalpindi, Pakistan. Phone: 0331-3511091</p> <p><b>Rawalpindi - D-73 Campus</b> 1-400, D-73, Rawalpindi, Pakistan. Phone: 0331-3511091</p> <p><b>Rawalpindi - D-74 Campus</b> 1-400, D-74, Rawalpindi, Pakistan. Phone: 0331-3511091</p> <p><b>Rawalpindi - D-75 Campus</b> 1-400, D-75, Rawalpindi, Pakistan. Phone: 0331-3511091</p> <p><b>Rawalpindi - D-76 Campus</b> 1-400, D-76, Rawalpindi, Pakistan. Phone: 0331-3511091</p> <p><b>Rawalpindi - D-77 Campus</b> 1-400, D-77, Rawalpindi, Pakistan. Phone: 0331-3511091</p> <p><b>Rawalpindi - D-78 Campus</b> 1-400, D-78, Rawalpindi, Pakistan. Phone: 0331-3511091</p> <p><b>Rawalpindi - D-79 Campus</b> 1-400, D-79, Rawalpindi, Pakistan. Phone: 0331-3511091</p> <p><b>Rawalpindi - D-80 Campus</b> 1-400, D-80, Rawalpindi, Pakistan. Phone: 0331-3511091</p>	<p><b>Rawalpindi - D-81 Campus</b> 1-400, D-81, Rawalpindi, Pakistan. Phone: 0331-3511091</p> <p><b>Rawalpindi - D-82 Campus</b> 1-400, D-82, Rawalpindi, Pakistan. Phone: 0331-3511091</p> <p><b>Rawalpindi - D-83 Campus</b> 1-400, D-83, Rawalpindi, Pakistan. Phone: 0331-3511091</p> <p><b>Rawalpindi - D-84 Campus</b> 1-400, D-84, Rawalpindi, Pakistan. Phone: 0331-3511091</p> <p><b>Rawalpindi - D-85 Campus</b> 1-400, D-85, Rawalpindi, Pakistan. Phone: 0331-3511091</p> <p><b>Rawalpindi - D-86 Campus</b> 1-400, D-86, Rawalpindi, Pakistan. Phone: 0331-3511091</p> <p><b>Rawalpindi - D-87 Campus</b> 1-400, D-87, Rawalpindi, Pakistan. Phone: 0331-3511091</p> <p><b>Rawalpindi - D-88 Campus</b> 1-400, D-88, Rawalpindi, Pakistan. Phone: 0331-3511091</p> <p><b>Rawalpindi - D-89 Campus</b> 1-400, D-89, Rawalpindi, Pakistan. Phone: 0331-3511091</p> <p><b>Rawalpindi - D-90 Campus</b> 1-400, D-90, Rawalpindi, Pakistan. Phone: 0331-3511091</p>	<p><b>Rawalpindi - D-91 Campus</b> 1-400, D-91, Rawalpindi, Pakistan. Phone: 0331-3511091</p> <p><b>Rawalpindi - D-92 Campus</b> 1-400, D-92, Rawalpindi, Pakistan. Phone: 0331-3511091</p> <p><b>Rawalpindi - D-93 Campus</b> 1-400, D-93, Rawalpindi, Pakistan. Phone: 0331-3511091</p> <p><b>Rawalpindi - D-94 Campus</b> 1-400, D-94, Rawalpindi, Pakistan. Phone: 0331-3511091</p> <p><b>Rawalpindi - D-95 Campus</b> 1-400, D-95, Rawalpindi, Pakistan. Phone: 0331-3511091</p> <p><b>Rawalpindi - D-96 Campus</b> 1-400, D-96, Rawalpindi, Pakistan. Phone: 0331-3511091</p> <p><b>Rawalpindi - D-97 Campus</b> 1-400, D-97, Rawalpindi, Pakistan. Phone: 0331-3511091</p> <p><b>Rawalpindi - D-98 Campus</b> 1-400, D-98, Rawalpindi, Pakistan. Phone: 0331-3511091</p> <p><b>Rawalpindi - D-99 Campus</b> 1-400, D-99, Rawalpindi, Pakistan. Phone: 0331-3511091</p> <p><b>Rawalpindi - D-100 Campus</b> 1-400, D-100, Rawalpindi, Pakistan. Phone: 0331-3511091</p>
---	---	---	---	---	---	---	---	---

**Upcoming**

1-400, Bahal, Rawalpindi, Pakistan. Phone: 0331-3511091

# Destination Pakistan

## Chitral Valley



This 322 km (200-mile) long mountain hideout, nesting high in the Hindu Kush range, is a place of fascinating scenic beauty and grandeur. Chitral's collection of rugged mountains, sulphur springs, rivers teeming with trout, orchard-dotted slopes, friendly people and annual festivals are enchanting beyond description. For the modern day traveler this scenic region offers an exciting experience. It is easily accessible by air from historic city of Peshawar.

Alexander of Greece marched through this valley in 327 B.C, and left behind traces of Greek heritage, which can still be seen.

Chitral District is bounded on the north, south and the west by Afghanistan and is separated from the Soviet Union by a narrow strip of Wakhan, a province of Afghanistan and from China by Hunza area. It lies between latitude 35 51 N and longitude 71 47'E.

### Area And Elevation

Area: 14504 square meters (5,600 square miles).

Elevation: 1278-7700 meters (3700-25264 feet).

### Climate

Summers are generally pleasant but the winters are extremely cold. Chitral has unpredictable during spring with frequent rains and snowfall. Autumn is pleasant with mild temperatures.

### Tourist Season

(June to September)

### Population (1,59,230)

Majority of the people are Muslims. The only non-Muslim ethnic minority in the Chitral valley are the Kafir Kalash. Numbering about 2,500 to 3,000 they inhabit Birir, Bumburet and Rambur valleys in the south of Chitral. Their life style is characterized by their own ancient and religion.

### Languages

The local dialect is 'Khowar' (Chitrali). Urdu is understood by a large number of people while Pushto is spoken and understood in Chitral and Drosh.

### Costumes

The women wear 'shalwar-kameez' (long shirts with baggy trousers) and 'dupattas' (flimsy scarves draped round the Shoulders).

In winter the man wear 'shuqa', loose ,long woolen gowns with long sleeves. The popular headdress is 'pakol' which is also of woolen material.

The Kalash men distinguish themselves from the non-Kalash by wearing Chitral woolen hats to which they add feathers or little metal bells. Traditional dress, reserved for blue, very simple with a hole cut out



for the neck. They wear long woolen belts and their shoes are often of goat-skins, usually rigged directly to the feet and laced with woolen or leather thongs.

The Kalash women wear black gowns of coarse cotton in summer and handspun wool dyed black in winter. They also wear a picturesque headgear, which weighs between three and four pounds. It is made of woolen black material encrusted with cowry shells, buttons and crowned with a large coloured feather.



### Chitral Valley

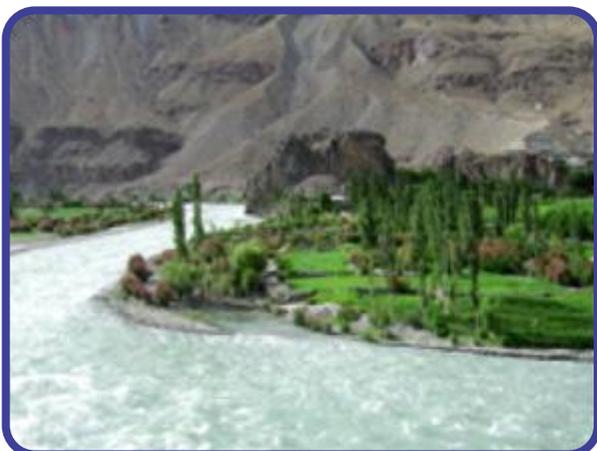
[Elevation: 1518meters (4,980 feet)]

The picturesque Chitral town lies on the Chitral River. Worth seeing is the Shahi Masjid (Grand Mosque) against the backdrop of Trichmir peak 7700 meters (25,264 feet), ex-ruler's fort and the local style of Khowar houses of the friendly locals. Also worth exploring is the fascinating bazaar, which offers a host of handcrafted treasures.

### Sports:

Chitral is famous for its polo tournaments, held from April to July and September to October.

Source: [www.tourism.gov.pk](http://www.tourism.gov.pk)



## فرنیئر میڈیکل اینڈ ڈینٹل کالج ایبٹ آباد



### Frontier Medical & Dental College, Abbottabad

A Medical College of International Standard and Outstanding reputation for quality medical education

- Recognized by PMDC (Pakistan Medical & Dental Council)
- Recognized by GMC (General Medical Council) of UK
- Recognized by ECFMG (Education Commission for Foreign Medical Graduate of US)
- Recognized for USMLE/PLAB Test
- Recognized by Govt. Of Pakistan
- In Collaboration with Govt. Of NWFP

The college was established in 1995. First 12 batches of 851 doctors have passed MBBS examination through Bahria University Islamabad and after registration with PMDC, they are working in various govt. and other hospitals in the country and abroad. Many graduates have passed USMLE, PLAB or FCPS, MRCP or American Board examinations.

## ADMISSIONS MBBS / BDS

Applications are invited from boys and girls from all provinces of Pakistan and also from candidates of all nationalities from abroad for admission in MBBS (5years) and BDS (4 Years) courses. Last date to received to applications: 10- August 2012

### Qualifications required:

F.Sc. (Pre-med) First Division or equivalent foreign qualifications like the British GCE 'A' level or American or Canadian High School (12 year school education) for both MBBS and BDS courses

### Govt. Entry Test

is a requirement of PMDC for all candidates applying for admission in MBBS or BDS to appear in the Provincial Govt. Entry Test of the province of their domicile. In case of those candidates in whose province Entry Test is not held their Entry Test will be taken by the college.

Merit: Admission will be on merit. Merit based on marks obtained in Entry test, F.Sc, Matric and the Aptitude Interview. The dates of the College Test and the Interview will be communicated to the candidates after scrutiny of their applications.

### Information

about Admission procedure etc is described in detail in the College Prospectus and also available with the Prescribed Application Form from the college or can be obtained by sending a demand draft or money order of Rs. 600/- in the name of the college from within Pakistan or US\$ 60 from abroad, from the following address:

Frontier Medical College P.O. Public School, Abbottabad, Pakistan

Ph : +92-992-111-111-362 /382631, Email: info@fmc.edu.pk, Website: www.fmc.edu.pk

Application form can also be downloaded from the college website: [www.fmc.edu.pk](http://www.fmc.edu.pk)

**Principal:** Dr. A. J. Khan, Professor Emeritus Sitara-e-Imtiaz  
MBBS (Pb), DCH (GI), FRFPS (GI), MRCP (Ed), FRCP (EdIn & Glasgow)

Former Federal Minister of Population Welfare Govt. of Pakistan, Islamabad  
Former President of PMDC (Pakistan Medical & Dental Council), Islamabad

Ex Director General Health Govt. Of Pakistan, Founding Principal of Ayub Medical College, Abbottabad.

# Islamabad Police Summer School

0333-5169205, 051-9258371/139

## Introduction

Summer School Program was started as a part of community policing in 2002 at Police Lines Headquarters, Islamabad. Since its inception, people from both police and public sector have taken keen interest which has gone a long way to build up a soft image of Islamabad Police. This camp is yearly set up for school going children. However, summer camp to be conducted this year as per the following schedule:

- i) June 04, 2012 to July 20, 2012 (07 weeks)

## Objectives

- i) To improve relationship between police and public.
- ii) To build "soft image" of Police
- iii) To abridge the gape between police and public.
- iv) To generate funds for welfare of Islamabad Police.

## Program offered

Following courses are offered for school going children during summer School Course:

- i) Horse Riding
- ii) Swimming
- iii) Martial Arts Classes
- iv) obstacles Course/ Music Classes
- v) Basic Computer Courses
- vi) Weekly visits to various resorts or historical places
- vii) Magic show and musical concert

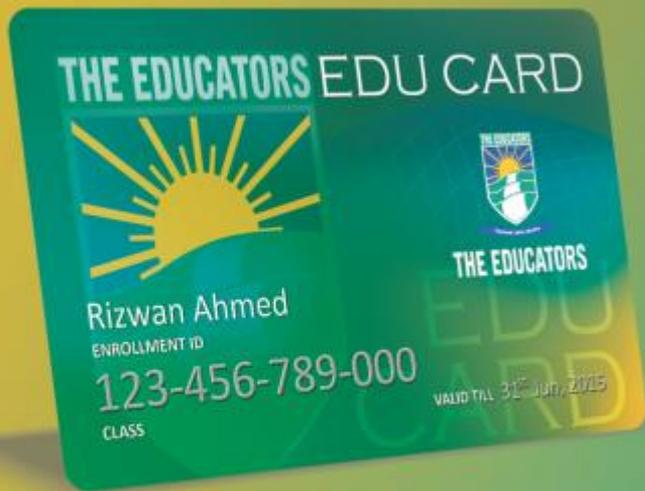
Refreshments: Cold drink, biscuits and sweets for students



## EduCard: Amazing Benefits...



**THE EDUCATORS**  
Illuminating The Nation's Future



'The Educators' launches the EDU CARD: an exclusive card for students of 'The Educators' school system. The EDU CARD allows students to enjoy amazing benefits and notifies parents about their child's progress in school. The EDU CARD will be used as:

### Health Takaful

Offering a comprehensive group hospitalisation and providing students with Health Takaful plans

### Student Indemnity Plan

A Student Care Program applicable to students who have the misfortune of losing their working parent/s

### Discount Card

Exclusive discounts on 'The Educators' branding partners nationwide

### Student I.D Card

Marking attendance with a simple swipe along with keeping all student record

**Dear Students, rush to get your EDU-Card from your school/regional office or head office  
Enjoy a multitude of benefits with the EDU CARD!**



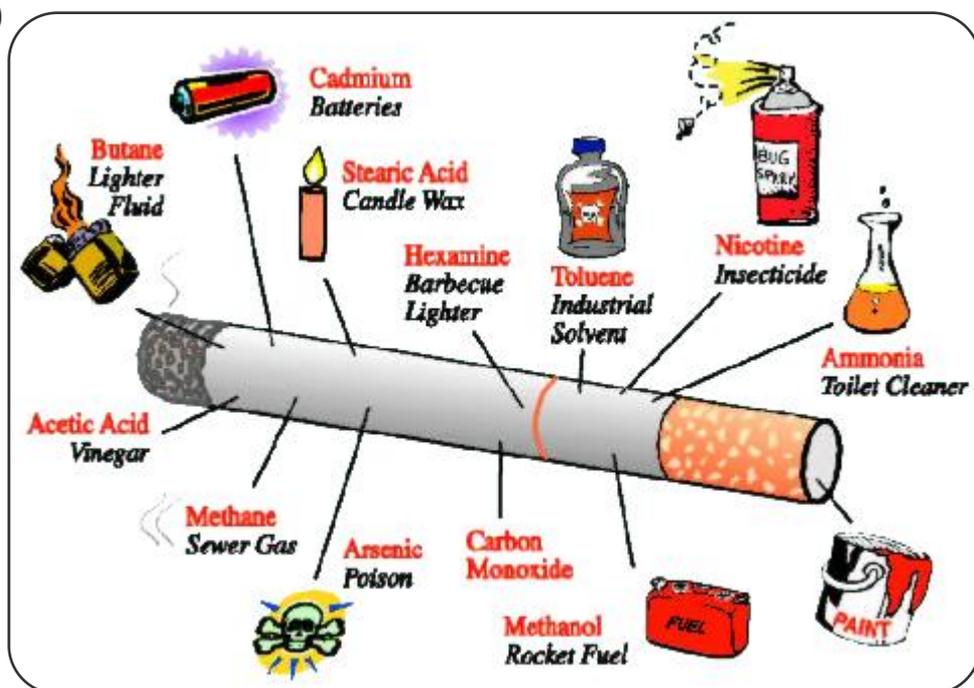
# The World No Tobacco Day (WNTD)

By: Atif Ilyas  
Lahore

The World No Tobacco Day (WNTD) is observed around the world every year on May 31 to draw global attention to the widespread prevalence of tobacco use and its negative health effects, which currently leads to 5.4 million deaths worldwide annually

The World Health Organization (WHO) selects "tobacco industry interference" as the theme of World No Tobacco Day 2012. Tobacco use is one of the leading preventable causes of death. The global tobacco epidemic kills nearly 6 million people each year, of which more than 600,000 are people exposed to second-hand smoke. According to an estimate, it will kill up to 8 million people by 2030, of which more than 80 percent will live in low and middle-income countries

Medical research made it clear during the 1900s that tobacco use increased the likelihood of many illnesses including heart attacks, strokes, Chronic Obstructive Pulmonary Disease (COPD), emphysema and many forms of cancer.



The member states of the World Health Organization (WHO) created World No Tobacco Day in 1987. In the past twenty years, the day has been met with both enthusiasm and resistance across the globe from governments, public health organizations, smokers, growers, and the tobacco industry. World No Tobacco Day primarily focuses on encouraging users to refrain from tobacco consumption and its related products for a period of at least 24 hours. It is intended to encourage a 24-hour period of abstinence from all forms of tobacco consumption across the globe. It focuses on the need to expose and counter the tobacco industry's brazen and increasingly aggressive attempts to undermine the WHO Framework Convention on Tobacco Control (WHO FCTC) because of the serious danger they pose to public health. On World No Tobacco Day 2012, and throughout the following year, WHO will urge countries to put the fight against tobacco industry interference at the heart of their efforts to control the global tobacco epidemic.

In adults with diabetes, the risk of heart disease is greatly increased compared with adults without diabetes, and smoking may increase that risk. About 90 percent of adult smokers started smoking before age 18. Because of the already increased risk of cardiovascular disease in individuals with diabetes mellitus, the American Diabetes Association emphasizes the importance of smoking cessation for those individuals.

[www.pakistantoday.com.pk](http://www.pakistantoday.com.pk)

**SMOKING. PLEASURE FOR YOU.  
POISON FOR YOUR FAMILY.**



Issued in the interest of public health

**QUIT SMOKING. NOW.**



- Destination Pakistan
  - Introduction to the Public / Private Institutes
  - Talent of Pakistan
  - Living Legends
  - Student of the Month
  - Career Counseling
- & much MORE !!!



### VISION

*"Socio - Economic development of Pakistan through education"*

## Volunteer Representatives Required

- University Students
- Social Workers
- Teachers
- Educationists
- Institutions

Send your Articles, Reviews, News and Reports at  
[emag@studyinpakistan.info](mailto:emag@studyinpakistan.info)

[www.emag.studyinpakistan.info](http://www.emag.studyinpakistan.info)