

بِسْمِ تَعَالَى



Green Island  
Foundation School  
(A Project of GIT)

ISSUE  
22

MAY  
2026

# AKKAS عكاس



# RACE TO MARS

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*For a Better  
Tomorrow!*

## *Our Vision*

To foster a stimulating learning environment which actualizes individual potential, caters academic, creative, personal, physical, moral & most importantly spiritual development & ensures that all students are nurtured to meet the challenges of the world and the hereafter.



# EDITORIAL

*For a Better Tomorrow!*

بِسْمِ اللَّهِ تَعَالَى



**Green Island**  
Foundation School  
(A Project of GIT)

Assalam-o-Alaikum!

Another year, another story—written not just in marks and grades, but in effort, growth, and countless small moments that often go unnoticed. As you open this edition of Akkas, don't just flip through the pages—see it for what it truly is: a record of your voices, your ideas, and your presence in this school.

Results have just been announced, and they will mean different things to different students. For some, they bring satisfaction; for others, a sense of unfinished work. Both are valid. But neither defines you completely. What truly matters is what you choose to do next—whether you stay comfortable or decide to push yourself a little further.

This magazine exists because students chose to think, to write, to create—even when it wasn't required. That choice matters. In a world full of distractions, taking the time to express yourself thoughtfully is rare, and it deserves recognition. Akkas is not about perfection; it is about participation. It is about showing up with your ideas and having the confidence to put them forward.

As you move into the summer break, don't treat it as an escape from learning, but as a different kind of learning. Pay attention to things you usually ignore. Learn something that won't be tested. Have conversations, ask questions, and allow yourself to be curious without pressure. Sometimes, the most meaningful growth happens outside structured routines.

To those who contributed to this edition—your work has given this magazine its identity. And to those who didn't, consider this your invitation for next year. There is always space for another voice.

Take this time to reset, not just rest. Come back not just refreshed, but a little more aware, a little more driven, and a little more willing to try.

With sincere regards,  
Editor

# Dear Editor



Dear Editor, Assalam-o-Alaikum,  
I would like to say how much I love our school magazine, Akkas. It is not just a magazine, but a collection of our students' creativity and talent. The poetry is beautiful and meaningful, the riddles are fun and challenging, and the art section is full of amazing drawings. I also enjoy reading the articles because they share students' thoughts and ideas in a very interesting way. The mind games make us think and learn while having fun.

Akkas truly makes our school proud and shows how talented our students are.

**Hoor-e-Insia | Class VIII C**

Dear Editor, Assalam-o-Alaikum!  
Thank you for making Akkas. It has many moral stories, fun facts, and enjoyable mind games. I appreciate the Akkas team for making this magazine. I am grateful to the whole team for their efforts.

**Shanzay Hassan | Class IV D**

Assalam-o-Alaikum!  
I am Fatima Hasan from class 6D. I am very grateful to the management for this Akkas. I love reading the stories, the riddles, and the funny jokes in it. I would like to request adding some more riddles because I love reading them. Thank you.

**Fatima Hasan | Class VI D**

Dear Editor, Assalam-o-Alaikum,  
I hope you are doing well with the upcoming edition of Akkas. I am really excited to read the students' write-ups. This is my first year at school, and seeing Akkas has made me even more curious and eager to explore all its interesting articles and features. I hope to enjoy every page and learn from the creativity of my fellow students.

**Emaan Fatimah | Class V C**

Assalam-o-Alaikum!  
I'm so proud of our school magazine, Akkas, because of its beautiful and colorful pages and interesting content. It is admirable to read this magazine whenever it is published. I'm fond of it and want to continue reading it in the future.

**Syeda Gul-e-Zehra | Class VII C**

Assalam-o-Alaikum!  
I hope you are well. I'm a student of class 4. I am writing this letter to appreciate your hard work in publishing Akkas magazine. The magazine is very interesting and informative. It includes students' writing, achievements, and different school activities. This magazine helps us improve our reading and writing skills and gives us confidence to share our ideas. We really enjoy reading it. Thank you for your great efforts and dedication.

**Sakina Batool | Class IV D**

# Dear Editor



Dear Editor,  
Assalam-o-Alaikum,  
I hope you are doing well. We are very grateful for having such an amazing magazine, Akkas. It is filled with vibrant colors, engaging texts, and pictures that grab the reader's attention. I especially like how well the topics are organized, which makes it even more enjoyable. Reading our school's magazine fills us with pride and joy. I look forward to each new edition of Akkas, excited to read its pages and discover more interesting content. Thank you for every edition of Akkas magazine.

**Syed Shanawar Abbas | Class IX A**

Dear Editor, Assalam-o-Alaikum,  
Our school magazine is very good and colorful. We should appreciate our school for creating a magazine that includes interesting stories and mentions the names of the writers. I would like to suggest adding a link to the Annual Day video so we can see our school's performances. It would also be great to include pictures of the school library, classrooms, and activity rooms. This will help other students learn more about our school and encourage them to join.

**Ayman Sajjad | Class VII A**

Dear Editor, Assalam-o-Alaikum,  
Since I joined this school, I have developed a deep relationship with Akkas because it always improves my mood. To make the magazine even more attractive, I would sincerely appreciate it if you could include more hilarious jokes and stories for entertainment. You could also add moral stories with exercises below them so we can analyze the lessons. Additionally, including comprehension passages would help improve our skills and make the magazine more engaging.

**Muhammad Faiyz Ali | Grade IX A**

Dear Editor, Assalam-o-Alaikum,  
I thoroughly enjoyed reading Akkas! It was packed with amazing jokes, fascinating facts, and informative content on history and various subjects.

I suggest dividing the magazine into specific sections:

- **For Juniors:** Simple poems, easy problem-solving exercises, and fun facts.
- **For Primary:** Engaging stories, jokes, and challenging activities.
- **For Secondary:** In-depth content, creative writing, and moral stories.
- **For Family & Promotions:** School highlights and eye-catching visuals.

Thank you to the Akkas team for creating such a masterpiece!

**Mehdi Hussain | Class VIII A**

Dear Editor,  
Assalam-o-Alaikum,  
I am writing this letter to share my thoughts about Akkas. It is very interesting, and I enjoy reading it. I request you to please add a "Teachers' Corner" so that teachers can also participate and we can learn from them.

**Ali Asghar | Class VIII A**

Dear Editor, Assalam-o-Alaikum,  
I am happy to share my thoughts about the previous issue of Akkas. I found it very interesting, especially the life hacks and the moral lessons. However, I would like to mention that some of the vocabulary used was a bit difficult, which made certain stories harder to understand and, at times, slightly less engaging. Overall, Akkas was a great read with enjoyable jokes and mind games. Keep up the good work!

**Ali Imran | Class IX A**

# Madagascar – Not Just the Movie

Madagascar is a large island country in the Indian Ocean, off the southeast coast of Africa. It is the fourth-largest island in the world and is separated from Africa by the Mozambique Channel.

Because it has been isolated for millions of years, Madagascar has developed a world of its own. Nearly 90% of its wildlife is endemic, meaning it is found nowhere else on Earth.

## What Makes It Special?

- Unique plants and animals
- Famous lemurs
- Giant baobab trees
- Rare and colorful wildlife

This makes Madagascar one of the most important places for nature and scientific research.



## City and Culture

The capital city, Antananarivo, lies in the Central Highlands and is the political and economic center of the country. The official languages are Malagasy and French. Madagascar gained independence from France in 1960.

Its culture is a blend of African and Asian traditions, seen in food, clothing, and daily life. Family and community are at the heart of society.

## A Land of Beauty and Strength

Although Madagascar faces challenges such as poverty and deforestation, it remains a land of natural beauty, cultural richness, and incredible biodiversity. Its stunning landscapes and rare wildlife continue to attract scientists and travelers from around the world.

***Madagascar is not just an island on the map — it is a place full of life, color, and tradition, making it truly one of the most fascinating countries in the world.***

Sukena Ali | Class VIII C



# Astola Island

## The Hidden Jewel of Pakistan

Far away from the noisy cities lies a peaceful and breathtaking place called Astola Island, also known as The Island of Seven Hills. It is located in the Arabian Sea, near the coast of Balochistan, and is Pakistan's only offshore island. Surrounded by blue waters and golden sand, it looks like a piece of paradise on earth.

Astola Island is famous for its natural beauty and calm atmosphere. There are no permanent residents, which makes it a perfect spot for people who love nature and adventure. The crystal-clear waters around the island are full of sea life, and at night, the sky glows with countless stars — a truly magical sight.

Recently, Pakistani explorer Zalmi Plays, inspired by the famous YouTuber MrBeast, visited the island and brought worldwide attention to this hidden gem.

**Astola Island reminds us how beautiful and peaceful nature can be — truly a hidden treasure of Pakistan.**



# Save Water, Save Life

Water is one of the most essential resources on Earth. It is needed for drinking, cooking, farming, and many other daily activities. However, only a small percentage of Earth's water is fresh, and most of it is trapped in glaciers and polar ice caps. This makes saving water extremely important because water is life—without it, we would not survive.

**Water is scarce, as only 2.5% of the Earth's water is freshwater.** Conserving it can also help reduce greenhouse gas emissions by saving the energy used to treat and transport water. Here are some simple ways you can save water:

**Turn off the tap** while brushing your teeth.

**Take shorter showers** to reduce water waste.

**Fix leaky faucets** to prevent unnecessary water loss.

**Use a bucket** instead of a hose when washing your bike or car.



**Saving water is a simple yet vital task.** By making a few small changes to our daily habits, we can make a big difference for our planet. Remember, every drop counts!

# Learning to Pray Without Bargain

Sometimes our duas sound like negotiations. We offer something in return, as if prayer is a deal to be signed. But prayer is not a transaction — it is a connection.

Prayer is one of the most beautiful ways to connect with Allah. It is not something we do only when we need help or want something. True prayer comes from the heart, with sincerity and trust. Learning to pray without bargain teaches us the real meaning of faith and devotion.

***Praying without bargain means worshipping Allah (swt) sincerely,***

- It means we do not pray only when we want something from Allah.
- We pray because it is our duty and a way to show love and obedience to Him.
- Prayer is not a business exchange, but an act of faith.
- We do not say, “If my wish is fulfilled, then I will pray.”
- It means trusting that Allah knows what is best for us, even if our wishes are not granted.
- We pray in every situation — in happiness and sadness, in ease and difficulty.
- It shows gratitude for the blessings we already have, not just for the ones we want.
- It purifies our intentions and makes our worship honest and heartfelt.
- It strengthens our spiritual connection with Allah and helps us grow morally and spiritually.

When we stop making deals and start praying with sincerity, our worship becomes pure. True prayer is about love, trust, gratitude, and complete faith in Allah (swt).

“

“Ya Allah, if I get this new phone, I promise I will pray five times a day!”

“Ya Allah, just solve this one problem and I will never complain again!”

“Ya Allah, please give me good grades and I will do 500 tasbeeh!”

”



# Oops... I Could Have Been Better

Sometimes, we all act without thinking and later wish we had done things differently. Sidra's day was full of "Oops" moments — moments when impatience, distraction, or pride led her to make choices she regretted. Each scenario shows how pausing, being kind, and thinking about others could have made all the difference.

## Words Spoken in Anger

### ✘ *Oops Moment:*

During an argument, Sidra shouted, "Maybe because you're too dramatic all the time!" Her friend went quiet and hurt, and Sidra's pride stopped her from apologizing that night.

### ✔ *Better Way*

Taking a deep breath and saying, "I'm trying to understand. Let's talk without yelling," could have calmed both of them. Being kind would have been more important than being right.

## Being Rude at Home

### ✘ *Oops Moment:*

Sidra rolled her eyes and snapped at her younger brother when he asked for help with homework. Later, she saw him sitting quietly, disappointed.

### ✔ *Better Way*

She could have said, "Sure, let's do it together," or just answered calmly. Showing patience and respect at home makes relationships stronger and happier.

## Ignoring Someone in Need

### ✘ *Oops Moment:*

Sidra noticed a girl standing alone near the school gate, clutching her books while others laughed in groups. She thought about helping but turned back to her friends.

### ✔ *Better Way*

A simple, "Hey... are you new here? You can sit with us if you want," could have made the girl feel included and welcomed. Small acts of kindness cost nothing but mean a lot.

Which Sidra do you want to be? The one who shouts, avoids, and scrolls without care... or the one who pauses, apologizes, and chooses kindness? Every small decision gives us a chance to be better, for ourselves and for those around us.

# The Unbreakable Bond: Brothers and Sisters

Allah has bestowed countless blessings upon us, and among the most precious is the gift of siblings. While not everyone is fortunate enough to have them, those who do are truly blessed. Siblings may sometimes seem like rivals, but beneath the teasing and the frequent "mini-wars" lies a bond of deep, unconditional love.

The relationship between a brother and a sister is particularly unique. Playful quarrels—often sparked by a "cheating" move in a game—are inevitable. These moments often require a mother's firm intervention to restore peace! Yet, only moments later, the laughter returns as if nothing ever happened. Despite the arguments, their affection always outweighs the friction.



One of the most beautiful aspects of this bond is the silent loyalty. When one sibling makes a mistake and senses a reprimand is near, the other often steps in as a shield, defending them even at their own risk.

As siblings grow older, they begin to realize that life will eventually lead them on separate paths. A brother might jokingly claim he won't be sad at his sister's wedding, but when the moment of departure arrives, it is often he who feels the loss most deeply.

In conclusion, I advise all brothers to cherish every moment with their sisters. Enjoy the laughter, the arguments, and the small memories you share today. These are the treasures you will miss the most in the years to come.

# ICATS Mathematics Contest

Assalam-o-Alaikum! I'm overwhelmed with joy and gratitude as I share that I've been awarded the Gold Medal in ICATS! When the Vice Principal informed me, I was shocked and thrilled to know that I topped in Pakistan and achieved gold medal. I'd like to extend my heartfelt thanks to my amazing teachers, for their guidance and support. I'm also grateful to our school for providing a nurturing environment that helped me reach new heights. Thank you so much!

**Taskeen Fatima – Class X D**



Assalam-o-Alaikum

I am thrilled to have won a silver medal in the ICATS Mathematics competition at the provincial level. At the start, I was shocked to hear about it, but with my beloved teachers constant encouragement, appreciation, and unwavering kindness, this achievement became possible. All credit goes to my teachers for believing in me, guiding me every step of the way and appreciating me at every moment. Thank you!

**Tahera Batool – Class X D**



Assalam-o-Alaikum! I personally love this quote and acting upon it has made me the person I am today. Alhamdulillah, by the grace of Almighty Allah (SWT), I have achieved silver medals in ICATS Mathematics and ICATS English. The road to getting here isn't easy, but your determination will remove the hurdles as you go. Some may think I get medals like they're a piece of cake, but let me tell you, I have gone from one-star badges to a gold medal and everything in between. The journey is never easy and I have to keep working. My teachers and my family, especially my parents' motivation, have got me this far, and I hope to keep growing with my fellow students to make our CIIS family proud.

**Ruqayya Fatima – Class VIII C**

*“Great things take time,  
don't give up”*



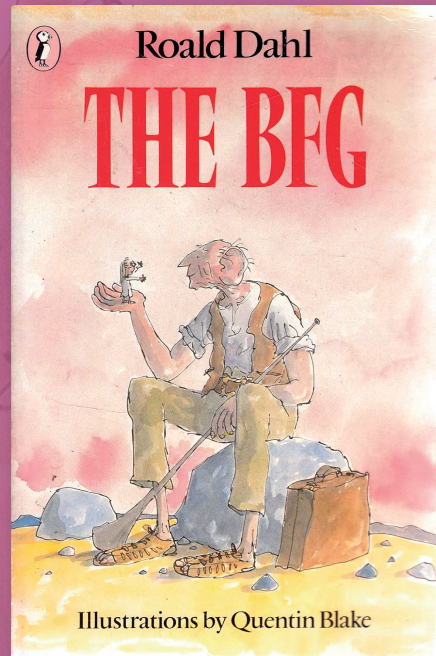
# The BFG

The BFG (Big Friendly Giant) by Roald Dahl is a wonderful fictional story full of comedy and imagination. The author's creative writing style and funny, made-up words make it a truly enjoyable read.

The story begins on a dark night when the moon is shining brightly. We are introduced to Sophie, a young orphan girl who is suddenly abducted by the Big Friendly Giant (BFG). At first, Sophie is terrified, but she soon realizes that the BFG isn't like other giants who eat humans. Instead, he survives on strange vegetables called snozzcumbers, which are "repulsant and disgusting," as the BFG himself says!

However, the other giants are cruel and terrifying — they eat humans and cause chaos. When Sophie discovers this, she and the BFG devise a clever plan to stop them once and for all. With the help of the Queen of England, they launch a grand operation to capture those awful giants with beards longer than skyscrapers!

Overall, The BFG is a funny, thrilling, and heartwarming story. Roald Dahl's imaginative words and vivid storytelling make it even more enjoyable. The book teaches valuable lessons about courage, friendship, and doing what's right. It's a story that leaves you smiling long after you've finished reading.



**(Note: You can find this book in the school library!)**

# My Educational Trip to a Wafer Factory



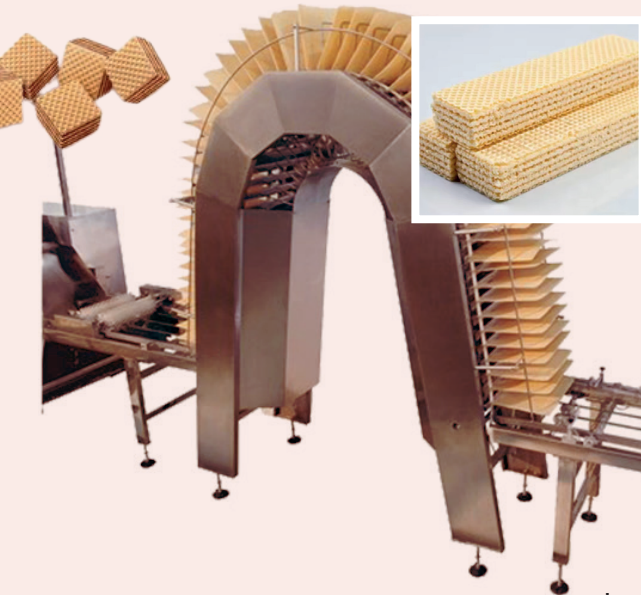
Our school arranged an exciting and informative educational field trip to a local wafer factory. We gathered early in the morning, dressed in our neat uniforms, and boarded the bus with our teachers, feeling curious about the industrial world awaiting us.

Upon arrival, we were welcomed warmly by the manager, who introduced us to the massive machinery required to produce thousands of yummy biscuits every day. Our journey began in the mixing section, where we observed flour, sugar, oil, and other ingredients being blended into a smooth batter. This batter was then poured into industrial ovens that produced thin, crispy wafer sheets within seconds.

Next, we explored the cream area. It was fascinating to see how machines carefully spread different flavors—such as the popular banana-flavored cream—between the layers before pressing them together. The wafers were then precisely cut into three specific sizes.

One important lesson we learned during the visit is how vital hygiene is in the food industry. While the production speed was amazing, it served as a great reminder of how industrial safety standards protect the quality of the food we eat. We were impressed to see the factory produces over 2,000 packets a day of these popular treats.

Finally, we visited the packing section, where automatic machines wrapped the wafers in colorful packaging, placed them into larger boxes, and sealed them for distribution. At the end of the trip, we were each given free wafer packets, which was a wonderful treat that made us all very happy.



# ***A Visit to Maritime Museum***

Our school trip to the Pakistan Maritime Museum was unforgettable. First, we explored the museum halls. In the Marine Gallery, we saw so many different fish. One could even change its color! There were crabs, seaweed, octopus, and starfish carefully preserved in containers.

The museum also had a special section about Pakistan's 1990 Antarctica mission. They had brought back a pigeon, and its skin was preserved with chemicals.

Then came the five pirate swings. They went so high that everyone screamed! I was so scared that I did not try any of the other swings. Boating was the best part — I went with my close friend. Another time, I even enjoyed a ride with a student who was not my friend, but I jumped in and loved it.

*The whole day was packed with history, adventure, and fun!*



# From Cotton to Cloth: Our Denim Factory Visit

Our recent visit to a denim factory was an exciting and unforgettable experience that beautifully blended learning with enjoyment. It provided us with a unique opportunity to step beyond the classroom and witness the real-life journey of denim production, from the initial stages to the final finishing. Observing the large, sophisticated machines in action was truly fascinating and deepened our understanding of the technical aspects of manufacturing. The factory staff were highly cooperative and explained each step with clarity and enthusiasm, making the experience even more engaging and insightful.

The trip was excellently organized, and our teachers were incredibly supportive, ensuring our safety while also making the visit enjoyable for everyone. Overall, it was a truly enriching experience that broadened our knowledge and left us with lasting memories.



Tahera Batool | Class X D

# Elixir Zoo Adventure

Green Island Foundation School (A Project of GIBF)

بیتھہ شمال

**Field Trip Reflection**  
**Elixir Zoo Adventure**

My Name: S. Ayeza Rizvi

Class: IV-C G.R.No.: 1184 Date: 17.2.26

"There is no walking (or crawling) creature on the earth, nor a bird that flies with its wings, but they are species like yourselves (in several traits). We have not omitted anything in the Book. Then, they will be gathered to their Lord (in the end)."  
(Surah Al-An'am, 6:38)

One "Sign of Allah" I saw at Elixir Zoo today: I amazed to see the how female monkey is feeding there baby, how Kind Allah

**Our Journey: Practice & Health**

Daily Practice Reflection	My Response
I participated in our school's daily practice of reciting special Shaban prayers on the bus.	Tick One <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
My teachers checked our bags for junk food to help us stay healthy.	Tick One <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
I took care of my trash and showed I am from GIFS	Tick One <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No



**My Thinking Journey (KWL Strategy)**

**K-KNEW**

Before the trip, I already knew that there's a school also in Elixir Zoo, we saw a huge ground. And there is a huge foot ball area.

**W-WONDERED**

I was curious to find out that habitats of certain animal which i don't know. How can human better full fill their role as caretakers of animal communities.

**L-LEARNED**

Today, I discovered this new information of the rules of Zoo. How animal use camouflage to survive and very important leaving of the day "Stay healthy"



# Race to Mars

The race to Mars is one of the most exciting challenges for countries and scientists around the world. It's not just about being first — it's about showing that humans can survive and thrive in space!

## Why Mars?

Mars is called the Red Planet because of its reddish color. In my words, it's always blushing because so many people are staring at it through telescopes!

## Space Travel Challenges

- Astronauts will live in space for months.
- No fast food, no fresh air, and not even a proper shower!
- They need powerful rockets, super cool spacesuits, and robots — some might even become the first "Mars Teachers"!

## The Big Idea

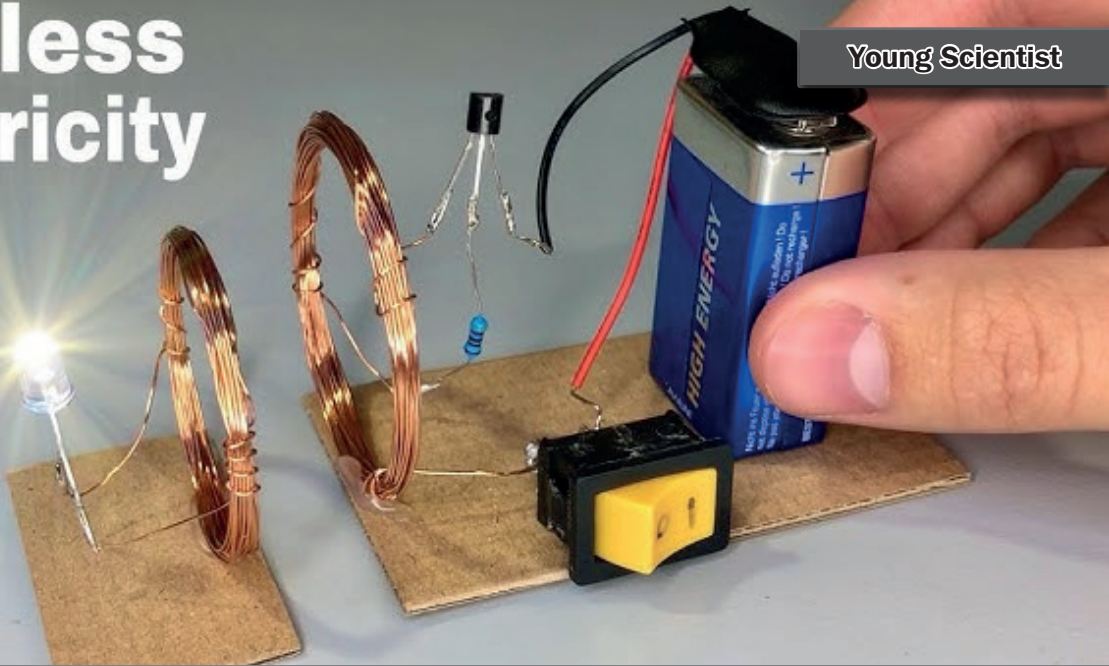
The race isn't just about speed. It's about courage, hope, and proving that humans can face any obstacle. It's a race between fear and hope... and hope is trying its best to win! Nothing is impossible — after all, impossible says "I'm possible!"



**Fun thought: Would you trade your room and Wi-Fi for a cozy little Martian house with a view of two sunsets? On MARS**

# Wireless Electricity

Young Scientist



Imagine a world where you never have to plug in your phone or laptop again. This project demonstrates the fascinating principle of Inductive Coupling, showing how electricity can travel through the air using magnetic fields.

## The Science Behind It

When an electric current passes through a copper coil (the transmitter), it creates an invisible magnetic field around it. If a second coil (the receiver) is placed nearby, this magnetic field "cuts" through the second coil and induces a current within it. This is based on Faraday's Law of Induction.

### Materials Used:

- 9V Battery
- Two handmade Copper Coils
- Resistor (\$220 \Omega\$)
- Transistor (2N2222)
- LED Light
- Connecting Wires

## How It Works:

1. The Transmitter: The battery, transistor, and resistor are connected to the first coil. The transistor acts as a high-speed switch, turning the DC current from the battery into an oscillating signal that generates the magnetic field.
2. The Receiver: The second coil is connected only to an LED light. There are no batteries or wires connecting it to the first circuit.
3. The Transfer: When the receiver coil is brought close to the transmitter coil, the magnetic field transfers energy wirelessly, and the LED instantly lights up!

# Leonardo da Vinci

## – The Man Who Wanted to Know Everything

Leonardo da Vinci was one of the greatest geniuses in history. He was a celebrated painter, scientist, inventor, and engineer of the Renaissance period. Born on April 15, 1452, in Vinci—a small town in Italy—Leonardo displayed immense curiosity and a passion for both art and science from a very young age.

Leonardo is globally renowned for his extraordinary paintings. His most famous masterpiece, the Mona Lisa, is admired worldwide for its mysterious smile and lifelike detail. Another of his significant works is the Vitruvian Man, a drawing that demonstrates the perfect proportions of the human body, blending his knowledge of anatomy with art.

Beyond his canvases, Leonardo was a brilliant inventor and scientist. Centuries before they became a reality, he designed concepts for flying machines, parachutes, and even armored war vehicles. His personal notebooks contained thousands of detailed sketches and scientific ideas regarding human anatomy, civil engineering, and the laws of nature.

Leonardo spent most of his life working across various cities in Italy before eventually moving to France, where he passed away on May 2, 1519. Today, he is remembered as a "Universal Genius" whose work continues to influence both the worlds of art and science. His life serves as a reminder that with enough curiosity and intelligence, there are no limits to what the human mind can achieve.

### ***Did You Know?***

Leonardo da Vinci was an "ambidextrous" genius—he could write with one hand while drawing with the other at the same time!

# WORLD WAR II

S. M. Taqi Shah | Class VIII A

## A Brief History

World War II was the most significant global conflict in history, lasting from 1939 to 1945. It began when Germany, led by Adolf Hitler, invaded Poland, prompting Britain and France to declare war.

The world was divided into two major alliances:

- The Axis Powers: Primarily Germany, Italy, and Japan.
- The Allied Powers: Primarily Britain, France, the Soviet Union, and later, the United States (who joined in 1941 after the attack on Pearl Harbor).

The war was fought across Europe, Africa, and Asia. After years of intense conflict, the Allied Powers defeated Germany in May 1945.

Following the atomic bombings of Hiroshima and Nagasaki, Japan surrendered on September 2, 1945, officially ending the war.

The aftermath of this devastating conflict led to the formation of the United Nations (UN), created to foster global cooperation and prevent such a tragedy from ever happening again. It remains a powerful reminder of the importance of maintaining world peace.



# Brain Rot

Brain rot is a chronic condition that affects millions of students worldwide.

## Symptoms include:

- Attention span of a goldfish.
- Constantly checking your phone.
- Scrolling and just scrolling.
- And worst of all? Not being able to focus on a video without a Subway Surfers clip on the side.

## The hard thing about brain rot? Once you start, it's hard to finish.

To cure your brain rot, first you need to detox your algorithm. You need to train your algorithm to give you rich and fulfilling content, which we can also call brain nourishment.

## 2nd step is to set boundaries.

Technology has crept its way into every single corner of our lives—corners that should not even be explored.

Overcoming brain rot is about being able to easily transition between the digital world and the real world and loosening this crippling dependence on technology. Setting boundaries is as simple as creating a physical distance between you and technology in important situations. **Harsh reality: no one is going to enforce these boundaries for you.**



### 3rd step is to fill the time.

Find meaningful ways to fill your time whenever you are bored. One way to do so is by learning a new skill. Walk in a garden, learn a new language, or explore technology (coding, making web games).

### 4th step is to lose the crutches.

That means we need to stop relying on technology at the expense of our own mental fortitude. For example, we often reach for our phones even to do the simplest calculations.

### 5th step is to embrace idleness.

Whenever you have a free moment, take a deep breath, stretch, drink some water, and observe the environment around you. Try to be present in the moment. Try to cherish every moment, even if you are moving from one class to another. If you don't take time to embrace idle moments and sit back in the world around you, life is going to go by like a bright light.

### 6th step is to monitor the system.

The important part of the system is your diet. Just like sugar can rot your teeth, it can also contribute to brain rot in a way. A 2022 study in Neurology found that those who consumed the most junk food had a 28% faster rate of global cognitive decline and a 25% faster rate of executive function decline compared to those who ate the least amount of junk food.



**To improve your brain health, consume foods rich in omega-3 fatty acids, antioxidants, and vitamins, particularly B vitamins.**

The second part of this system is physical exercise. Regular exercise has been shown to increase the size of the hippocampus, the part of your brain involved in verbal memory and learning. A study published in the Journal of **Alzheimer's Disease** found that older adults who engaged in regular aerobic exercise had not only larger brain volumes but also better cognitive function compared to their sedentary peers.

# Top Five Famous Mountains in the World

From the icy peaks of the Himalayas to the volcanic plains of Africa, these five mountains are the most iconic landmarks on our planet.

**Mount Everest (8,848m):** The highest point on Earth. Located in the Himalayas, it continues to grow by 4mm every year due to tectonic shifts. It was first conquered in 1953 by Sir Edmund Hillary and Tenzing Norgay.

**Mount Kilimanjaro (5,895m):** The highest peak in Africa. Unlike the others, it is a freestanding dormant volcano. It is home to diverse ecosystems, from tropical rainforests to alpine meadows.

**Lhotse (8,516m):** The fourth-highest mountain in the world. It is connected to Everest by the South Col and features one of the steepest, most technical climbing faces on Earth.

**K2 (8,611m):** Located in Pakistan, it is the world's second-highest peak. Known as the "Savage Mountain," it is statistically much deadlier than Everest and was only climbed in winter for the first time in 2021.

**The Himalayas:** This vast range is the "Water Tower of Asia," supplying freshwater to over a billion people. It contains the largest glaciers outside of the North and South Poles.

**Syed M. Mujtaba | Class VII A**

These majestic peaks remind us of the incredible power and beauty of our natural world.

**Syed M. Mujtaba | Class VII A**



# A Night in the Daintree

Deep within Australia, a group of friends decided to go hiking through the Daintree Rainforest. They were young and inexperienced but loved the thrill of adventure, so they chose this famous, ancient jungle as their destination. Their journey began on the 3rd of March under a bright sun that welcomed them with warmth. They set off at exactly 5:00 a.m., their hearts full of energy and enthusiasm.

As they ventured deeper into the wilderness, they were captivated by the fascinating sights and the peaceful melodies of nature. However, the mood shifted once the sun went down. By 9:00 p.m., after they had pitched their tents for the night, a thick darkness surrounded them. The once-calm jungle now sounded eerie, and the group felt a growing sense of unease as strange, unfamiliar noises echoed through the dense canopy.

Suddenly, they heard the distinct sound of heavy footsteps approaching. Emerging from the shadows was a Dingo, its eyes reflecting the faint moonlight as it paced slowly toward their tent. The sound of its movement startled everyone into a state of frozen silence. Terrified and breathless, they stayed perfectly still, praying the wild animal would move on. After what felt like hours, the Dingo eventually vanished back into the thick forest, but fear kept the group wide awake for the rest of the night.

As soon as the first rays of dawn broke through the trees, they quickly packed their gear and began their journey back, thanking God for their safety. They all agreed on one vital lesson: they would never venture into the wild again without a professional guide or an experienced leader.

# The Moment I Overcame My Fear

Fear is something everyone faces at different points in life. For me, public speaking was one of my biggest hurdles. The idea of standing in front of the class made me so nervous that I would avoid it.

Whenever I was forced to speak, my hands would shake and my heart would race. This fear affected my school presentations and prevented me from participating in class discussions. I often wished I could hide, but avoiding the spotlight only made my anxiety grow.

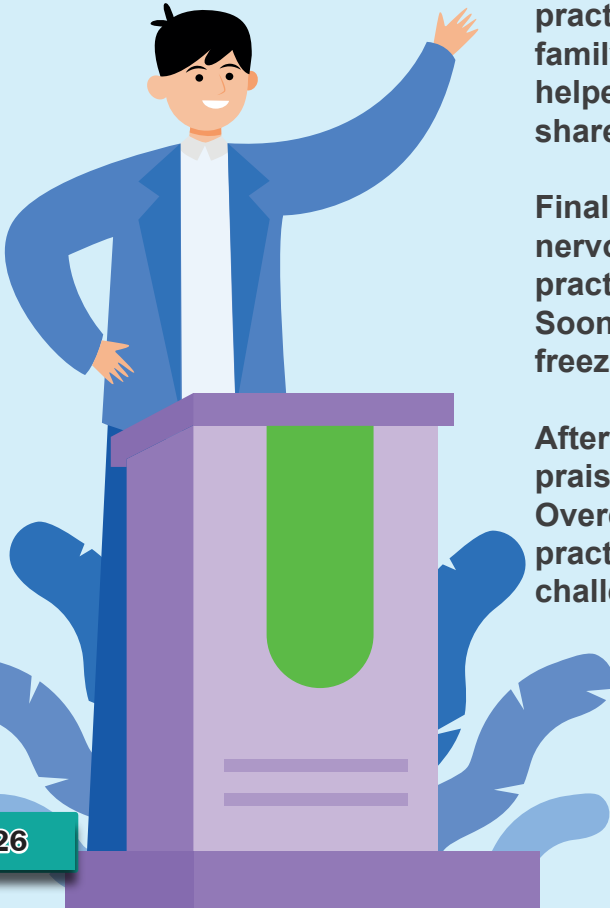
Everything changed when my teacher announced a mandatory class presentation. I realized I couldn't keep running away. It was time to face my fear or miss a chance to grow.

To prepare, I started with small steps. I practiced in front of a mirror and then for my family. Their feedback and encouragement helped me build confidence. My teacher also shared useful techniques for staying calm.

Finally, the big moment arrived. I felt nervous, but I reminded myself of my practice. I took a deep breath and began. Soon, I finished my presentation without freezing.

Afterward, my classmates and teacher praised my effort, and I felt relief and pride. Overcoming my fear taught me that with practice and determination, I can face any challenge.

Syed Ashal Abbas Rizvi | Class IX A



# An Interview with the Human Brain

**Daniya:** Good afternoon, Brain! I have been studying all day, so I know you've been busy.

**Brain:** Hello there, Daniya! You're right. I never truly sleep. I'm always processing information for you!

**Daniya:** Most people call you the "boss" of the body. Why is that?

**Brain:** That's a great title. I am the control center. I tell your legs to walk, your eyes to see, and I even keep you breathing without you having to think about it.

**Daniya:** Where exactly do you live, and are you safe there?

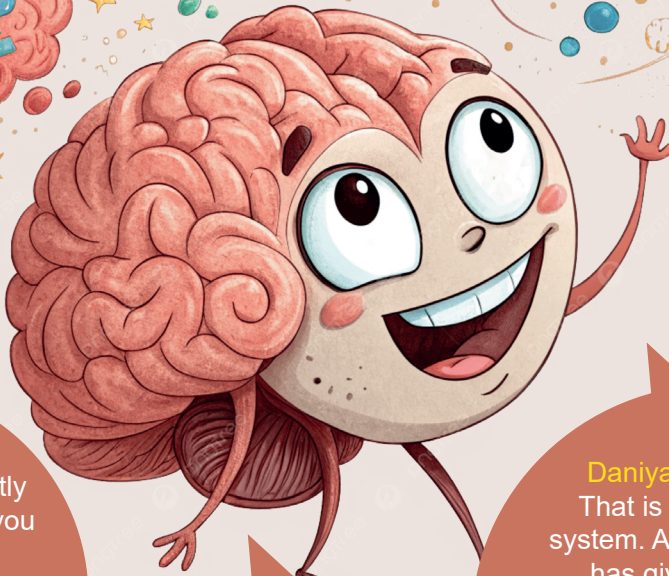
**Brain:** I live inside your head. I am protected by a very thick, hard bone called the skull. It actually works as a helmet.

**Daniya:** How do you send messages to my hands and feet so fast?

**Brain:** I use your nervous system. It's like a giant network.

**Daniya:** SubhanAllah! That is such a complex system. Alhamdulillah, Allah has given us such an amazing brain to help us learn and think every day.

**Brain:** Indeed! Keep reading books and get plenty of sleep—that's how you keep me strong. See you later!



# The Man Who Tried to Give Pigeons a Job

Imagine being a military general in the 1940s, and a scientist walks in with a strange idea—using pigeons to guide missiles. This was **Project Pigeon**.

At that time, there was no GPS, and missiles were not very accurate. B. F. Skinner suggested training pigeons as “organic computers.” Inside the missile, three pigeons were placed in a small cockpit with a screen showing the target. They were trained to peck at the image. If the target moved, the pigeons pecked in that direction, sending signals to guide the missile.

Skinner used three pigeons instead of one so that a “majority rules” system could work. If one got distracted, the other two would still guide correctly.

Surprisingly, the system worked well in tests. The pigeons were accurate, fearless, and cheap to maintain.

However, the military rejected the idea in 1944, finding it too strange to trust pigeons with national security.

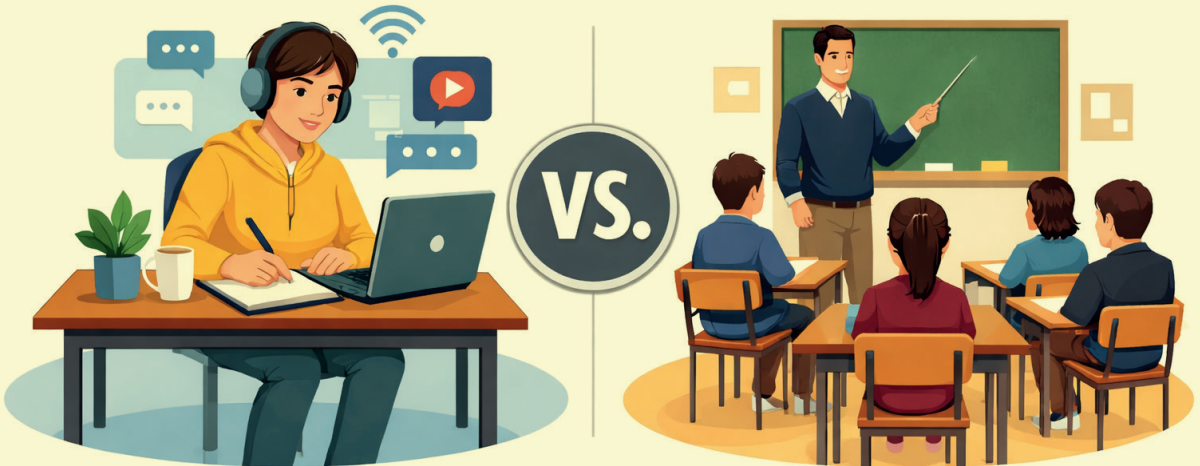
The pigeons never went to war and stayed in the lab. Skinner later kept some as pets.



Ambreen Fatima | Class IX C

# COMPARE AND CONTRAST

## Online Learning vs. Classroom Learning



### Introduction:

Learning can happen in different ways. Some students learn online using computers and the internet, while others learn in a classroom with a teacher and friends. Both methods help students gain knowledge.

### Similarities:

Both help students study new lessons. In both ways, teachers guide and explain topics. Students can ask questions and complete assignments in both.

### Differences:

Online learning happens through a screen, while classroom learning happens face-to-face. Online learning can be done from home, but classroom learning takes place at school. In online classes, students need a device and internet. In the classroom, they require books.

### Conclusion:

Both online and classroom learning are useful. Online learning provides comfort and flexibility, but classroom learning helps students stay active and interact better with teachers and friends.

Sakina Haider | Class IV C

# THE WOMAN ON THE PLATFORM

The clock above the platform showed 9:47 p.m., but my train had not arrived. The cold wind moved through the empty station, making my scarf flap against my coat. The air smelled faintly of rain, and the sound of a vending machine burst in the distance. A lonely light flickered above a far bench.

I shifted my bag on my shoulder and checked my phone. No signal, no people except an old man asleep on a seat far away — and that’s when I saw her. A woman in a grey coat stood about ten steps away. She was not moving much, just looking at the tracks. There was something strange about the way she stood — very still, like she was listening for something I could not hear. “Cold night,” she said, walking slowly toward me.

I replied, “Yes,” giving a small smile. I thought the train would have arrived by now. She looked over her shoulder, then leaned slightly closer.

**“You might... want to wait here a little longer.”**

It was not what the woman said but the way she said it that made me hesitate. Her voice was soft but tight, like she was forcing herself to stay calm. I could see her hands tremble slightly inside her pockets. My legs froze where I stood. A sudden shout came from the platform. Two security guards ran fast, their radios crackling. I heard glass smash and someone yelling in anger. My heart thudded in my chest.

I turned to speak to the woman, but she was gone. No footsteps, no shadow — just empty air where she had stood seconds before.

When my train finally arrived, I sat by the window staring through the glass. How had she known? Was she warning me about danger, or was it just luck? I never saw her again, but I will always remember her voice — the voice that saved me at exactly the right time.

**Fizza Zehra | Class X D**



“Brother, this wheel is damaged— please fix it,” a customer said, pointing toward his car.

The shop owner didn’t even look up. “Go and fix the wheel,” he ordered me. As I approached to inspect the damage, the customer looked at my small hands and then into my eyes. His expression softened. “Son,” he asked kindly, “this is the age for you to be in a classroom. What are you doing here in a mechanic shop?”

“I was out searching for knowledge,” I replied quietly. “But it is a long and difficult story.”

The man smiled warmly. “Don’t worry. Your teacher will fix the wheel today. You just sit here calmly and tell me your story.”

Taking a deep breath, I began. “I am an orphan. After my parents passed away, I lived with my uncle. Although the house was legally in my name, my uncle betrayed me and threw me out onto the streets. Because I didn’t know how to read or write, I had no way to defend myself.

I wandered for three days, searching for a way to learn, but eventually, the hunger became too much to bear. I found this shop owner, and now I work for him. He gives me food and a place to sleep; I consider him my elder brother.”

**Syed Murtaza Raza Rizvi | Class VIII A**

# A TURN OF FATE



The customer listened intently, then asked softly, “Son, do you truly want to study?”

My heart skipped a beat. “If that could happen, it would be the greatest blessing of my life.”

The man placed a hand on my shoulder and smiled. “I will get you admitted to my school, and I will find your 'brother' here a much better job. That is my promise to you.”

We thanked him with tears in our eyes and hope in our hearts. Today, I no longer spend my hours covered in grease and oil. Instead, I walk to school every day—happy, hopeful, and ready to learn.



# MEMORIES



**Touch, try & test, true learning comes alive.**



**What the hand does the mind remembers.**



**Sports build spirit, strength, and success.**



**Science sparks when hands get busy.**



**Hands on learning turns curiosity into discovery.**

# MEMORIES



The patriotism lies not in waving the flag, but in making our nation righteous & strong.



Confidence is the seed of courage in every child.



Believing in yourself is the first secret of success.



Every great achievement starts with the decision to try, and the confidence to act.



Graduation opens the door to new beginning.

# Building a Brighter Future

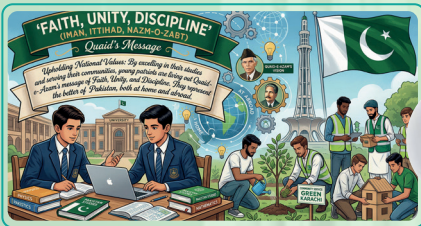
Young patriots in Pakistan are full of energy and love for their country. They strive to make Pakistan stronger, more successful, and more peaceful. Today, these young people are using their creativity, education, and skills to bring positive change to society in several inspiring ways:



**Innovating Through Technology:** Many young Pakistanis are mastering digital skills, from coding and app development to freelancing. By building startups and succeeding in the global digital economy, they are not only supporting their families but also helping Pakistan's economy grow.



**Driving Social Change:** Through art, social media, and volunteerism, our youth are spreading awareness about vital issues like education, equality, and the environment. They are the voices reminding us that a better Pakistan starts with our own actions.



**Showing Bravery and Sacrifice:** A powerful example of youth patriotism is Aitzaz Hasan, the brave student who sacrificed his life to save his school from a terrorist attack. His incredible courage serves as a permanent reminder of the deep love young Pakistanis have for their homeland.



**Upholding National Values:** By excelling in their studies and serving their communities, young patriots are living out Quaid-e-Azam's message of Faith, Unity, and Discipline. They represent the better of Pakistan, both at home and abroad.

Although challenges like unemployment exist, young Pakistanis continue to move forward with hope. With education, hard work, and teamwork, they are the architects of a bright future for our nation.

# YOUR BRAIN ON 30-SECOND REELS

In today's digital world, technology isn't just a tool — it's constantly rewiring the way our brains think, focus, and react. Every app, every notification, every short video is designed to capture attention and trigger a response. Short-video platforms with 30-second reels are perfect examples: they combine clever algorithms, instant rewards, and constant novelty to keep users engaged. What happens to our attention, our focus, and our decision-making as our minds adapt to this fast-paced digital environment?

## Dopamine: The Hidden Chemical Behind the Scroll

Every time you see something funny, shocking, or satisfying, your brain releases dopamine — the “feel-good” chemical. 30-second reels deliver tiny bursts of dopamine repeatedly, creating a reward loop:

Swipe



Watch



Feel good

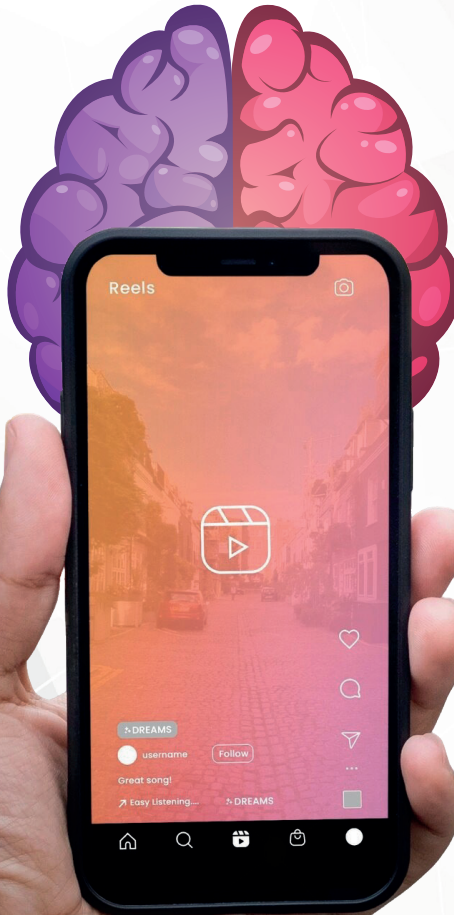


Repeat

Over time, this can shrink attention spans subtly, without you even noticing.

## The Flip Side: When Fun Becomes Risky

30-second reels are fun, but they come with hidden costs for youth. Constant scrolling can shorten attention spans, increase distraction, and make it harder to focus on studies or real-life tasks. Over time, the brain craves instant rewards, making patience and deep thinking more difficult.



## Final Thoughts:

### Who Controls the Scroll?

Reels may know what you like, but they shouldn't control who you become. Enjoy the trends, explore creativity, and remember: your time and attention are your most valuable resources.

**Sabika Zehra**  
Class VIII C

# *The Greatest Comeback in Football History*

There have been many incredible and unbelievable comebacks in football history, but the one I want to share is the 2005 UEFA Champions League final, where the mighty **AC Milan** faced **Liverpool**.

AC Milan's lineup included stars like **Crespo and Shevchenko** as forwards; **Seedorf, Gattuso, Pirlo, and Kaka** in the midfield; **Cafu, Nesta, Stam, and Maldini** in defense; and Dida as the goalkeeper. They played a 4-1-2-1-2 diamond formation and were the clear favorites. Liverpool, on the other hand, started with Luis García and Baros as forwards; Riise, Kewell, Steven Gerrard, and Xabi Alonso in midfield; Carragher, Hyypiä, and Traore in defense; and Dudek as the goalkeeper in a 4-4-1-1 setup.

As the match started, Maldini scored in the very first minute, setting a dominant tone for Milan. By the end of the first half, Milan had a solid 3-0 lead, with Crespo scoring twice, thanks to a brilliant pass from Kaka. Some Liverpool fans started to leave the stadium, thinking all hope was lost, but many stayed, believing in a miracle. As the second half began, the remaining Liverpool fans rallied behind their team, chanting, "**You'll Never Walk Alone.**" That is the true spirit of football!

Then came Liverpool's breakthrough. In the 54<sup>th</sup> minute, Steven Gerrard scored with a powerful header, making it 3-1 and igniting hope. Just two minutes later, Šmicer scored a beautiful goal from outside the box, closing the gap to 3-2. The pressure shifted to Milan, and in the 60<sup>th</sup> minute, Alonso stepped up to take a penalty after Gerrard was fouled. Dida saved Alonso's initial shot, but Alonso scored on the rebound, leveling the game at 3-3.

Despite Milan's attempts to regain control, Liverpool's goalkeeper, Jerzy Dudek, made amazing saves, stopping multiple shots and denying Milan any further goals. The match ended in a tie, leading to a thrilling penalty shootout. Dudek's spectacular "**spaghetti legs**" saves during the shootout helped Liverpool win the Champions League title, marking an unforgettable comeback.

This victory wasn't just about the players—it was also about the fans who kept singing, supporting their team through the toughest moments.

**Zamin Abbas | Class X A**



# Whisper of the Day

Sunrise tiptoes, soft and slow,  
Painting skies with golden glow.

Leaves that dance on morning air,  
Carry secrets everywhere.

Rivers hum a gentle tune,  
Mirroring the silver moon.

Every step a story spun,  
Every heart a rising sun.

Dreams take flight on wings of light,  
Turning shadow into bright.

So hold today within your hand,  
A tiny world you understand.

Syeda Aeliya Zehra | Class III C



# A Little Garden

I have a little garden,  
Right behind my house.

I water all the flowers and,  
listen to the birds sing.  
The sun shines bright above,  
The sky is clear and blue.

The butterflies dance around,  
and I watch them too!  
I plant some seeds each day,  
and watch them grow so tall.

I love my little garden,  
the happiest place of all!

Marium Zehra | Class IV D

# Our Mentor

**Our Vice Principal is kind and wise,  
Always helps us learn and rise.**

**With a gentle smile and caring heart,  
She guides us well and plays a part.**

**She teaches us what's good and right,  
And makes our future shining bright.**

**In every task, in every rule,  
She makes our school a happy school.**

**We respect her every day,  
In work and study, in every way.**

**We thank our VP, strong and true,  
For all the lovely things you do!**

Sakina Batool | Class IV D

## MY FRIENDS



**I USED TO MAKE NEW FRIENDS,  
BUT NOW I HAVE MY TRUE FRIENDS.**

**FRIENDS ARE A TREASURE FROM GOD,  
LIFE IS BRIGHTER BECAUSE OF THEM.**

**I WANT TO THANK THEM,  
AND KEEP THEM IN MY LIFE FOREVER.**

Syeda Fatima Jafri | Class IV C

# *A Walk in the Winter Morning*

The air is sharp and cold,  
Brushing my cheeks like icy feathers.

Snow crunches under my boots,  
Crisp and satisfying.

My breath rises in pale clouds,  
Drifting like soft smoke.

The sky is a quiet silver—  
Calm and wide.

I smell pine trees,  
Cool and fresh like a clean new page.

Everything feels slow, gentle, and nearly silent—  
As if the world is wrapped in a soft, white blanket.

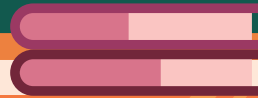
Ayyan Ali | Class X B

# My Teacher



My teacher is the best,  
He never takes a rest.  
He works hard day and night,  
To make my future bright.

S. M. Mujtaba | Class VII A

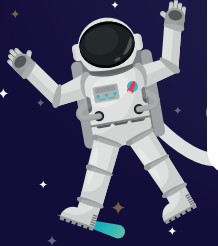


# Money

Money is gold, like bees love honey,  
But for me, it's my pocket money.  
If I'm kind on a day so sunny,  
My dad buys me a toy with money.

S. M. Mujtaba | Class VII A

# My Dream



My dream is to become an astronaut and fly into space!  
 I want to see the stars, the moon, the planets, and galaxies.  
 I want to explore Mars in a spacecraft and discover new things.  
 Life would be so exciting if I become an astronaut!

Maria Fatima | Class 4 C

## My Lovely Home

My home is colorful, warm, and beautiful,  
 Every corner feels so joyful.  
 In my room, the flowers bloom,  
 Happiness fills up all the gloom.  
 On the wall, I hear a call,  
 Of laughter and love for one and all.  
 In my house, there lives a mouse,  
 It runs around, quiet as a louse!  
 It's lovely, bright, and shines so light,  
 Everyone smiles here so brightly.

# FUN WITH LANGUAGE

## Tongue Twisters



Bitter bees buzz behind blue blossoms.

---

Three thin thieves thought  
thousands of thoughts.

---

Double bubble, bubble's double

---

Kitty caught the kitten in the kitchen.

**Shanzay Hassan | Class IV D**

Fresh fried fish, fish fresh fried, fried fish fresh.

---

Crisp crackling cookies crackle and crunch in  
the crisp, crackling cold.

---

A cat can kick a can as a cat can, if a cat  
can kick a can.

**Safee Abbas | Class VII A**



## Riddles



Tall when I'm young and short  
when I'm old. I help you see  
when the darkness unfolds. What  
am I?

---

The more I appear, the less  
you see. What am I?

---

I have no voice, but I can make  
words disappear from a page.  
What am I?

---

I run but never walk, I have a bed  
but never sleep, I have a mouth  
but never talk. What am I?

1. Candle 2. Darkness 3. Eraser 4. River

**Hiba-tuz-Zehra | Class V C**

## Think & Laugh

What goes up and never  
comes down?

Ans: Your age



Why did the librarian get kicked off  
the plane?

Ans: Because it was overbooked.

Why did the calculator look  
stressed?

Ans: Too many problems to solve at  
once.

Why did the alarm clock get  
ignored?

Ans: Because it kept repeating itself.

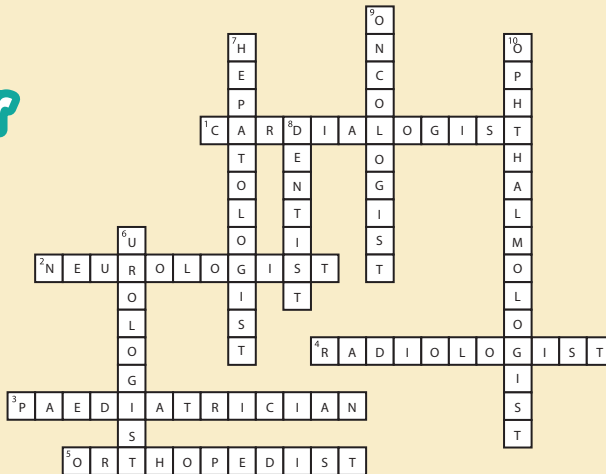
**Arika Batool | Class III C**

# Brain Teaser

4					3		7
		9		8		2	
	5		3		2		6
6	9		7			5	
		3				7	8
				5			
				6		3	
		5		7	9		2
2	4					8	

Children!!! You can win exciting prizes by answering the following questions, latest by 15<sup>th</sup> August 2026 and send them at [akkasgames@gmail.com](mailto:akkasgames@gmail.com) Five lucky winners, provided with correct answers along with complete name, class and GR# will be selected. **Repeated and late entries will not be considered.**

## Answer of 21<sup>st</sup> Akkas



**Congratulations!**  
All your answers for the 21<sup>st</sup> Akkas are correct!

M. Irteza  
Class VI A | GR# 1087

Fizza Zehra  
Class X D | GR# 1728

M. Mustafali Raza  
Class V A | GR# 1127

Mehdi Raza Rajani  
Class VI | GR# 978

Muhammad Ibrahim  
Class IV A | GR# 1217

M. Ammar  
Class III A | GR# 1308

## Winners of 21<sup>st</sup> Akkas (Through Balloting)

Syed Ali Hussain	Class VI A	GR# 1161
Syeda Nooreh Fatima Jamal	Class V C	GR# 1115
Saqlain Haider	Class VII	GR# 888
Fatima Zehra Ali Raza	Class IX C	GR# 0751
Muhammad Muntazir Tahir Raza	Class ECD IV B	GR# 1694

# Meet These Words: The Vocabulary Vault

## Dramatic Words

**Catastrophe** – a disaster; sounds like a movie title

**Pandemonium** – total chaos

**Mayhem** – violent confusion

**Apocalypse** – complete destruction; end of the world scenario

**Havoc** – widespread chaos or disorder

**Meltdown** – total emotional or situational breakdown

## Words That Are Just Fun to Say

- Bloopers
- Zigzag
- Boing
- Whoops
- Doodle
- Topsy-turvy
- Flippy-flop

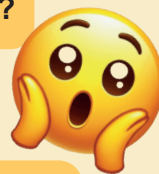


## English, Please Explain Yourself

Why do we park in a driveway and drive on a parkway?



Why is a boxing ring square?



If teachers teach, why don't doctors "doct"?

If "quick" is fast, why isn't "quicker" more fast?



Why do we say "after dark" when it's actually after light?

Why is "abbreviation" such a long word?

# Chocolate Waffle With Ice Cream



## Ingredients

- Two cups all purpose flour
- Two tablespoons cocoa powder
- Two teaspoons sugar
- One teaspoon baking powder
- One pinch salt
- 2 eggs
- One and a half cup milk
- Half cup melted butter
- One teaspoon vanilla essence
- One cup chocolate chips optional
- 4 Scoops any ice cream
- Chocolate syrup for topping
- Sprinkles or chopped nuts for garnish

Hudesa Zainab | Class VI D

## Method

### 1. Prepare the waffle batter:

In a large bowl mix flour, sugar, cocoa powder, baking powder and a pinch of salt. In another bowl whisk together milk, eggs, melted butter and vanilla essences. slowly combine the wet ingredients with the dry ingredients and mix until smooth.

### 2. Preheat the waffle maker:

Switch on the waffle maker and let it heat properly. Tightly grease it with butter or oil.

### 3. Cook the waffles:

Pour the batter into the centre of the waffle maker. Close the lid and cook for 3 to 5 minutes or until the wafers become crispy and cook through carefully remove and repeat with remaining batter.

### 4. Assemble with ice cream:

Place a warm chocolate waffle on a serving plate and a scoop of vanilla or chocolate ice cream on top.

### 5. Garnish and serve:

Drizzle with chocolate syrup, sprinkle chocolate chips, nuts or colourful sprinkles if desired. Serve immediately while warm.

# Vegetable Macaroni Bake



## Ingredients

- 2 cups macaroni
- 1 cup carrots (small cubes)
- 1 cup capsicum (chopped)
- 1 cup boiled corn or peas
- 1 small onion (chopped)
- 2 cloves garlic (chopped)
- 2 tbsp butter
- 2 tbsp flour (maida)
- 2 cups milk
- 1 cup grated cheese
- Salt to taste
- ½ tsp black pepper
- ½ tsp oregano or mixed herbs
- 2 tbsp bread crumbs (optional)

## Method

### 1. Boil the macaroni in salted water until soft. Drain and set aside.

**2. Cook the vegetables:** In a pan, heat a little oil or butter. Add onion and garlic, sauté for 1–2 minutes. Add carrots, capsicum, and corn/peas. Cook for 3–4 minutes.

### 3. Make white sauce:

- Melt butter in another pan.
- Add flour and cook for 1 minute.
- Slowly add milk while stirring to avoid lumps.
- Cook until the sauce becomes thick.
- Add salt, black pepper, and herbs.

**4. Combine:** Add boiled macaroni and vegetables to the sauce. Mix well.

**5. Prepare for baking:** Put the mixture in a baking dish. Sprinkle cheese and bread crumbs on top.

**6. Bake:** Bake at 180°C for about 20 minutes until the top becomes golden and bubbly.

# چاکلیٹ بسکٹ بالز

## اجزاء :

بسکٹ کے ٹکڑے	دو کپ (تقریباً 20-15 بسکٹ)
کنڈینسڈ ملک	آدھا کپ (یا آدھا کپ فریش کریم)
کو کو پاؤڈر	ایک کھانے کا چمچ
ناریل یا اسپرنگلز	دو سے تین کھانے کے چمچ

## بنانے کا طریقہ :

- بسکٹ کو باریک پیس لیں
- آدھا کپ کنڈینسڈ ملک (یا فریش کریم) اور کو کو پاؤڈر شامل کریں اور اچھی طرح مکس کر لیں۔
- ہاتھوں سے چھوٹے چھوٹے بالز بنائیں اور ناریل یا اسپرنگلز ڈال کر پلیٹ میں رکھ دیں۔
- فریج میں 15 سے 20 منٹ رکھیں تاکہ سیٹ ہو جائے۔
- فریج سے نکال کر پیش کریں۔ مزید ارچاکلیٹ بالز کھانے کے لیے تیار ہیں۔

فاطمہ حسن | جماعت ہشتم



## لطیفوں کی دنیا

استاد شاگردوں سے: بچوں پاکستان بنانے میں قائدِ اعظم کا کتنا بڑا ہاتھ تھا؟  
شاگرد: استاد جی قائدِ اعظم کا بہت بڑا ہاتھ تھا۔



شاگرد استاد سے: ایک مینڈک ایک عمارت سے اونچا کود سکتا ہے۔  
استاد: کیسے؟  
شاگرد: کیونکہ عمارت کو وہی نہیں سکتی۔



شوہر بیوی سے: میں ایک دن اپنے موبائل کی نارنج سے اپنا ہی موبائل ڈھونڈ رہا تھا۔  
بیوی: تو پھر، موبائل ملا؟  
شوہر: نہیں۔

صائم شیرازی | جماعت چہارم



## بو جھو تو جانیں

۱ تن کی لمبی سر کی چھوٹی کر دے سب کی بوٹی ہوئی

۲ ایک استاد ایسا اکلے آپ نہ بولے سبق پڑھائے

۳ خود کبھی وہ کچھ نہ کھائے لیکن آپ کو خوب کھلائے

۴ اس نے سب کے کام سنوارے ورنہ ہوتے احمق سارے

۵ جب بھی وہ کچھ لینے جائے چیز آجائے خود نہ آئے



## تصویر میں دس (۱۰) فرق تلاش کریں



## ہمارا نصب العین

دیے گئے جدول میں پاکستان کی درج ذیل قومی اشیاء تلاش کیجیے اور نچ جانے والے حروف کو ترتیب سے لکھ کر پاکستان کا قومی نصب العین تلاش کیجیے۔

ی	ع	ا	ی		ی	ر	ا	ہ	ن	
ف	ل		ل	ن	گ	ا	م	ا	و	گ
ی	ا	د	ی	ڈ	ن	ھ	ب	ک	ٹ	ل
ص	م	ی	ب	ت	ن	ت	ا	ی	ے	ا
ل	ہ	و	ن	ا	ے		ا	ح	ک	ب
م	ا	د	چ	ر	ک	ت		آ	د	ج
س	ق	ا	ئی	د	ا	ع	ظ	م	ن	ا
ج	ب	ر	ظ	و	ر	و	خ	ر	ا	م
د	ا	ھ	د	ن	س	ا	ی	ر	د	ن
ش	ل	و	ا	ر	ق	م	ی	ض		ی
ر	ی	ش	ا	ہ	م	م	ر	و	ک	چ

قومی مشروب

قومی مچھلی

قومی سبزی

قومی کھانا

قومی مٹھائی

قومی مسجد

قومی پھول

قومی جانور

قومی پرندہ

قومی درخت

قومی دریا

قومی پہاڑ

قومی شاعر

قومی رہنما

قومی زبان

قومی کھیل

قومی لباس

قومی پھل

ہمارا نصب العین \_\_\_\_\_ ہے اور \_\_\_\_\_ ہے۔

GOAL!

# فٹبال FOOTBALL

کھیل ہے ایک بچوں کا کام  
روشن اس میں گرنا ہے نام

کھلتے ہیں یہ کھلاڑی  
کرتے ہیں پاسنگ باری باری

گول مارنا ان کا کام  
اگر نہیں، تو یہ رہے ناکام

گیند کو ٹھوکر ماریں گے  
گول کریں گے اب عام

فٹبال ہے اس کھیل کا نام  
میدان میں دکھاتا ہے اپنا مقام

یوسفؑ بھی ہے کھلاڑی بڑا  
مشہور کرے گا ملک کا نام

## عالمی کشیدگی اور جنگی حالات — ایک تبصرہ

تعارف

آج کی دنیا ایک نازک دور سے گزر رہی ہے جہاں مختلف ممالک کے درمیان تنازعات شدت اختیار کر رہے ہیں۔ خاص طور پر ایران، اسرائیل اور امریکہ کے درمیان بڑھتی ہوئی کشیدگی عالمی امن کے لیے خطرہ بن چکی ہے۔ یہ صورت حال لوگوں میں خوف اور بے چینی پیدا کر رہی ہے اور عالمی جنگ سوم (WW3) کا خدشہ بھی بڑھ رہا ہے۔

موجودہ جنگی حالات

اس وقت مختلف علاقوں میں حملے جاری ہیں، میزائل اور ڈرون استعمال کیے جا رہے ہیں، اور کئی شہر تباہی کا شکار ہو رہے ہیں۔ عام شہری سب سے زیادہ متاثر ہو رہے ہیں؛ لوگ اپنے گھروں سے بے گھر ہو رہے ہیں، خوراک اور علاج کی کمی کا سامنا کر رہے ہیں، جبکہ بچے تعلیم سے محروم ہو رہے ہیں۔

دنیا پر اثرات

یہ جنگ صرف چند ممالک تک محدود نہیں بلکہ پوری دنیا پر اثر انداز ہو رہی ہے۔ عالمی معیشت کمزور ہو رہی ہے، مہنگائی میں اضافہ ہو رہا ہے اور امن کا ماحول خراب ہو رہا ہے۔ ہر طرف خوف اور غیر یقینی صورتحال پیدا ہو گئی ہے۔

میری رائے

میری رائے میں جنگ کسی بھی مسئلے کا حل نہیں ہوتی بلکہ یہ مزید مسائل کو جنم دیتی ہے۔ ہمیں چاہیے کہ ہم اختلافات کو بات چیت اور سمجھداری سے حل کریں۔ اگر دنیا نے بروقت فیصلہ نہ کیے تو یہ صورتحال ایک بڑی عالمی جنگ میں تبدیل ہو سکتی ہے، جس کے نتائج نہایت خطرناک ہوں گے۔

نتیجہ

آخر میں یہی کہا جاسکتا ہے کہ امن ہی ترقی کی اصل بنیاد ہے۔ ہمیں جنگ کے بجائے امن، بھائی چارے اور برداشت کو فروغ دینا چاہیے تاکہ دنیا ایک محفوظ اور خوشحال جگہ بن سکے۔

## جمہوری رویہ --- معاشرے کی تشکیل

کیا جمہوری رویے معاشرے کی تشکیل میں معاون ثابت ہوتے ہیں؟ جی بالکل! جمہوری رویہ معاشرے کی تعمیر و ترقی میں ایک اہم کردار ادا کرتا ہے۔

جمہوریت صرف ایک نظام حکومت نہیں بلکہ ایک طرز زندگی ہے جو قانون کی بالادستی کو فروغ دیتا ہے۔ اس کا مطلب ہے کہ ہر شخص قانون کے سامنے برابر ہے۔ جب انصاف قائم ہوتا ہے تو لوگوں کا اعتماد بڑھتا ہے اور معاشرہ مضبوط ہوتا ہے۔

جمہوری رویوں میں سب سے اہم چیز برداشت ہے۔ یہ ہمیں سکھاتی ہے کہ ہم دوسروں کی رائے کا احترام کریں اور برداشت کا مظاہرہ کریں۔ جب ہم دوسروں کے خیالات کو قبول کرنا سیکھتے ہیں تو نفرت اور تعصب ختم ہونے لگتا ہے۔ اس کے علاوہ مساوات بھی جمہوریت کی بنیاد ہے۔ جہاں ہر فرد کو برابر کے حقوق حاصل ہوتے ہیں چاہے وہ کسی بھی طبقے یا ذات سے تعلق رکھتا ہو ایک ایسا معاشرہ ہی ترقی کی راہ پر گامزن ہوتا ہے جہاں لوگ ایک دوسرے کی بات سنیں اور اختلاف کے باوجود ایک دوسرے کی عزت کا خیال رکھیں۔

آخر میں میں یہی کہنا چاہوں گی کہ اگر ہم ایک مثالی معاشرہ چاہتے ہیں تو ہمیں اپنے اندر جمہوری رویے پیدا کرنے ہوں گے۔ ہمیں ایک دوسرے کا احترام کرنا ہوگا، سچ بولنا ہوگا اور انصاف کا ساتھ دینا ہوگا۔

اللہ ہمیں معاشرے کا ایک بہتر اور مہذب فرد بننے کی توفیق عطا فرمائے۔  
آمین

نمل زبیرہ | جماعت ہشتم

## روحانی سفرنامہ: کربلا کی جانب ایک دل کا سفر

سفر صرف فاصلے طے کرنے کا نام نہیں ہوتا، بعض سفر روح کی گہرائیوں میں اتر جاتے ہیں۔ ایسا ہی ایک سفر کربلا کا ہے۔ جہاں قدم زمین پر چلتے ہیں مگر دل آسمانوں کی طرف بلند ہو جاتا ہے۔ جب میں نے کربلا جانے کا ارادہ کیا، تو یہ محض ایک زیارت کا پروگرام نہیں تھا بلکہ ایک اندرونی پیکار تھی، جیسے کسی نے دل کے دروازے پر دستک دی ہو۔ روائگی کے دن عجیب سی کیفیت تھی۔ خوشی بھی، بے چینی بھی، اور سکون بھی۔

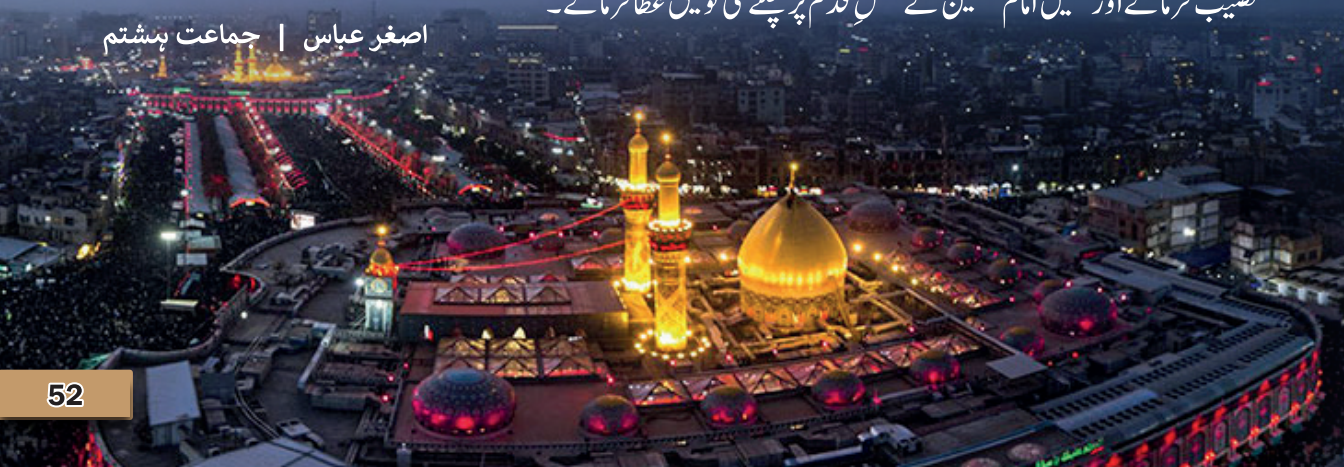
راستے بھر لبوں پر درد و سلام تھا اور دل میں وہ مقدس ہستیاں جنہوں نے کربلا کی سرزمین کو ہمیشہ کے لیے امر کر دیا۔ جیسے جیسے منزل قریب آتی گئی، دل کی دھڑکن تیز ہوتی گئی۔ وہ لمحہ جب پہلی بار روضہ امام حسینؑ کی سنہری جالی نظر آئی، آنکھوں سے آنسو بے اختیار بہنے لگے۔ ایسا محسوس ہوا جیسے صدیوں کی پیاس ایک لمحے میں بجھ گئی ہو۔

کربلا کی فضا میں ایک عجیب تاثیر ہے۔ یہاں کی ہوا میں صبر، قربانی اور عشق کی خوشبو رچی بسی ہے۔ ہر طرف زائرین کا ہجوم، مگر ہر چہرہ اپنی ایک الگ داستان سناتا ہے۔ کوئی خاموشی سے دعا میں مصروف، کوئی اشک بہا رہا ہے، تو کوئی بس عکسنگی باندھے روضے کو دیکھ رہا ہے۔ روضہ امام حسینؑ کے سامنے کھڑے ہو کر یوں لگتا ہے جیسے وقت تھم گیا ہو۔ دل سے بس ایک ہی صدا نکلتی ہے: "یا حسین! آپ کی قربانی نے ہمیں جینا سکھا دیا۔"

پھر حضرت عباسؑ کے روضے پر حاضری کا موقع ملا۔ وہاں وفا کی ایسی مثال نظر آتی ہے جو تاریخ میں کہیں اور نہیں ملتی۔ ان کے روضے کے سامنے کھڑے ہو کر انسان کو اپنی کمزوریوں کا احساس ہوتا ہے اور وفاداری کا اصل مطلب سمجھ آتا ہے۔

یہ سفر صرف زیارت تک محدود نہیں رہتا، بلکہ انسان کے اندر ایک انقلاب برپا کر دیتا ہے۔ واپسی پر انسان وہ نہیں رہتا جو گیا تھا۔ دل نرم ہو جاتا ہے، نگاہ بدل جاتی ہے، اور زندگی کا مقصد واضح ہو جاتا ہے۔ کربلا کا سفر دراصل خود کو پانے کا سفر ہے۔ یہ سفر ختم نہیں ہوتا، بلکہ دل کے اندر ہمیشہ جاری رہتا ہے۔ آخر میں بس یہی دعا ہے کہ اللہ ہمیں بار بار اس مقدس سرزمین کی حاضری نصیب فرمائے اور ہمیں امام حسینؑ کے نقش قدم پر چلنے کی توفیق عطا فرمائے۔

اصغر عباس | جماعت ہشتم



وہ شخص ہمارا شیعہ نہیں ہے جو اپنی زبان سے تو ہماری پیروی کا دم بھرتا ہو لیکن مقام عمل میں ہمارے کردار اور آثار کے خلاف زندگی بسر کرتا ہو۔

ہم اہل بیتؑ کے پیروکار ہیں

زبانی کلامی

عمل اور کردار

(بحار الانوار: ج ۶۸، ص ۱۴۶، ج ۱۳)

## امیر المومنین علیؑ علیہ السلام

### نبوت کا درخت

ہم اہل بیتؑ!

نبوت کا درخت اور رسالت کی منزل ہیں۔ ہمارے گھروں میں فرشتے اترتے ہیں۔ ہم علم کے خزانے اور حکمت کی کان ہیں۔ ہم سے محبت کرنے والا رحمت کا امیدوار ہے۔ اور ہم سے دشمنی رکھنے والے کو اللہ کے قہر کا انتظار کرنا چاہیے۔

(خطبہ ۱۰۷)

### اللہ کی فرمانبرداری

خدا کی قسم! اگر ساری دنیا کی بادشاہتیں ان چیزوں سمیت جو آسمانوں کے نیچے ہیں صرف اس کے بدلے میں مجھے دے دی جائیں کہ میں اللہ کی اتنی سی نافرمانی کروں کہ ظلم کرتے ہوئے چیونٹی کے منہ سے جو کا چھلکا چھین لوں۔ تو میں ہر گز ہر گز ایسا نہیں کروں گا۔

(خطبہ ۲۲۱)





# نہجے مصور

