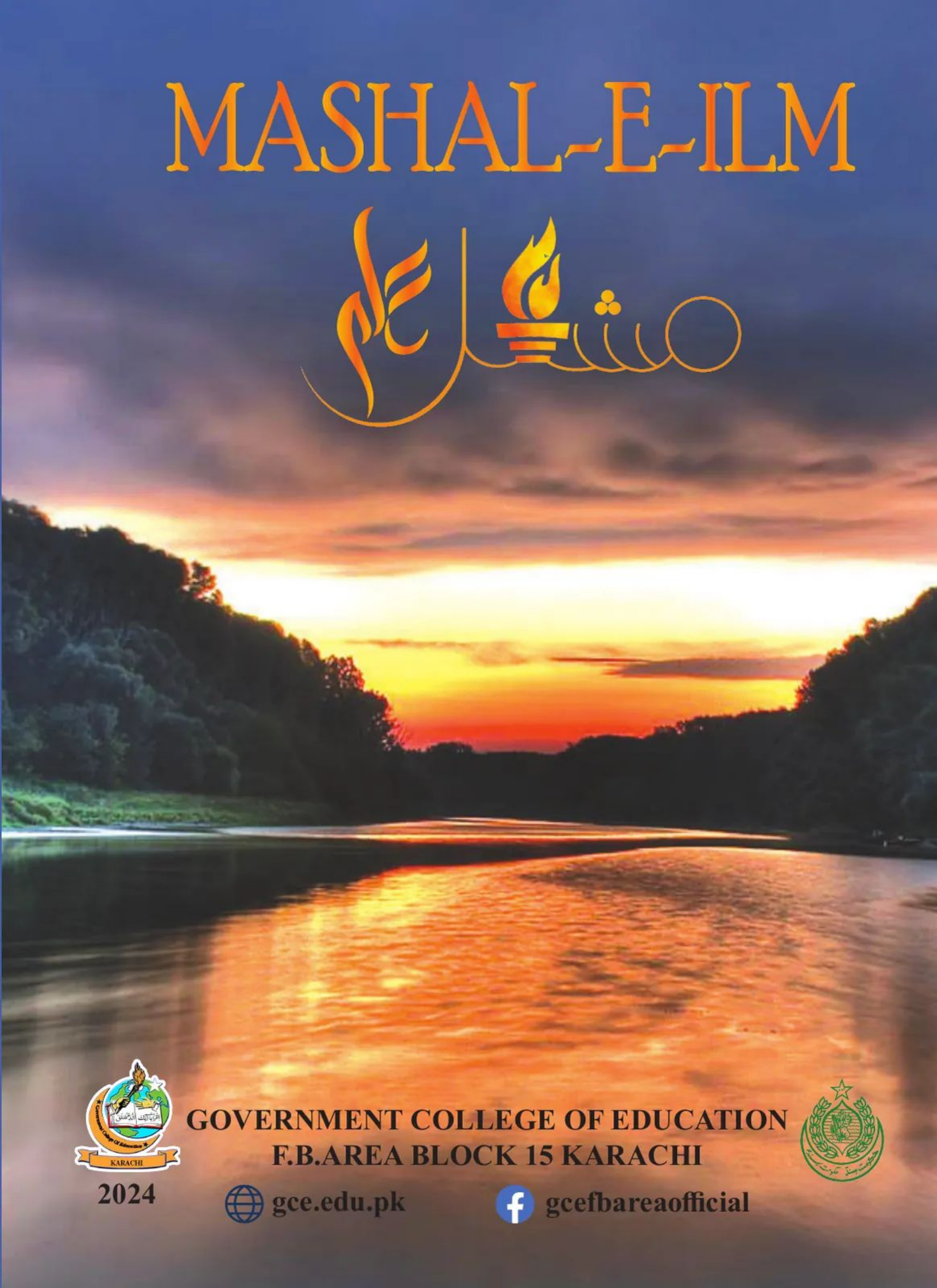
MASHAL-E-ILM

مشعلِ علم



GOVERNMENT COLLEGE OF EDUCATION
F.B.AREA BLOCK 15 KARACHI

2024

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College History

In 1953 the Directorate of Education, Karachi realized the need for capacity building of school teachers and arranged a training program for them. During this course it was planned to establish a separate college to develop knowledge-based vision to prepare committed and competent teachers and empower them to educate the future generation on scientific bases so that they may be able to meet the global challenges in teaching learning process.

In 1954 a college with a name Central Govt. Teacher Training College was established in a building Opposite Nazimabad petrol pump and was affiliated with University of Karachi. After moving to three other places at last in 1980 the college was shifted to its own new building at Federal B Area Block 15. In its more than sixty year's legend the college has provide more than fifty thousand competent and committed teachers to the society.

22/02/2020
گورنمنٹ کالج آف ایجوکیشن

قومی ترانہ

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مرکزِ یقین شاد باد
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بسم الله الرحمن الرحيم
الحمد لله رب العالمين
الرحمن الرحيم
مالك يوم الدين
إياك نعبد وإياك نستعين
اهدنا الصراط المستقيم
صراط الذين أنعمت عليهم
غير المغضوب عليهم
ولا الضالين

Vision Statement

Rooted in Islamic Values and Ideology of Pakistan, the College of Education affirms its ability to prepare educators to meet the demands of contemporary society, and its readiness to build on the institution's legacy of high quality education programs. The College of Education aspires to be a premiere education unit by offering a continuum of high quality programs and services for pre-service and in-service educators.

Mission Statement

The mission of the College of Education is to prepare competent and caring educators who understand students, serve the community and develop professionally to become ethical decision-makers and leaders.

SECRETARY'S Message



I, congratulate you on your dedication and hard work in bringing the magazine "Mashal-e-Ilm". This is indeed an effort on your part which is appreciated.

As you move ahead in life, strive for excellence in everything you do. Be leaders who inspire who others, fostering an environment where learning is valued; critical thinking is encouraged, and mutual respect is the standard. Education is more than a personal achievement; it is a tool to build a better society.

As you move on towards future endeavors, let the principles of quality and excellence guide you. Your education is more than a certificate or a degree; it's a powerful instrument to make a positive impact in the world. I commend you for your achievements and wish you success!

Sadaf Anees Sheikh
Secretary Education
Govt. of Sindh

DIRECTOR GENERAL'S Message



Dear Students, Teachers, and Readers,

It is with great pleasure that I address you through Mashal-e-Ilm, an esteemed college magazine. The value of quality education cannot be overstated—it is the foundation upon which we build our futures. This wouldn't be possible without the dedication of the teachers and the enthusiasm of our students.

I would like to extend my heartfelt appreciation to the principal and the teaching staff who played a pivotal role in shaping their educational experiences into the form of this literary creation. Their tireless efforts, innovative teaching methods, and genuine care for student success are what make your college a place of inspiration and growth. The principal's leadership and the teachers' commitment to excellence create an environment where learning thrives.

To the students who contributed to Mashal-e-Ilm, thank you for sharing your voices and creativity. Writing articles for the magazine not only helps you refine your skills but also builds a sense of community among your peers. I encourage you to continue participating and to keep expressing your thoughts with passion and authenticity.

To the readers, your engagement with this magazine is crucial; by exploring these pages you are supporting the hard work of these fellow students and teachers. I hope you find inspiration in their stories and ideas, and that it motivates you to pursue your own dreams with determination.

Thank you everyone involved in producing Mashal-e-Ilm. Your dedication to excellence is commendable. Together, let's continue to foster an environment of learning, creativity, and respect.

Warm regards,

Prof. Mustafa Kamal Pathan
Director General of Colleges
Sindh

PRINCIPAL'S Message



Dear fellows, it gives me immense pleasure to present "Mashal-e-Ilm." I take pride in launching this masterpiece of creativity after almost 15 years. A dream that might not have taken shape without the untiring and relentless effort of the editorial board and the GCEians.

My dear students, remember that success is not just about achieving high grades; you should contribute positively to society and serve others with your optimum potential. As you embark on this journey, I encourage you to embrace challenges, persevere through difficulties, and prove yourself as a precious jewel among others. The experiences of facing challenges will not only make you stronger and more resilient but also help you unleash the skills and qualities hidden inside you, immensely needed for your successful life.

I urge you to take advantage of the opportunities that college life presents. Enthusiastically participate in both curricular and extracurricular activities, engage with your peers and faculty, and explore your interests and passions. At college, you will have the opportunity to learn from our best professors, who are great mentors and will encourage you to think critically and creatively to excavate the best version of yourself. However, for that, you have to be obstinate and eager to learn.

I also encourage you to stay focused, and disciplined in your studies. Set realistic goals for yourself and work hard to achieve them. Remember that every small step you take towards your goal counts, and it is the cumulative effect of your efforts that will lead you to success.

Finally, I want to remind you that you are not alone on this journey. The college community is here to support you every step of the way. If you ever feel overwhelmed or need assistance, please do not hesitate to reach out to your professors, advisors, or me. Reach out to the person where you feel heard.

In conclusion, I wish you all the best as you embark on this academic year. Remember that the journey may be challenging, but with hard work, perseverance, and a positive attitude, you can achieve your goals and realize your full potential.

Prof. Dr. Navaid Rab Siddiqui
Principal
Govt. College of Education
F.B. Area, Karachi

From the Desk of the Editor

"BOTH READING AND WRITING ARE EXPERIENCES – LIFELONG – IN THE COURSE OF WHICH WE WHO ENCOUNTER WORDS USED IN CERTAIN WAYS ARE PERSUADED BY THEM TO BE BROUGHT MIND AND HEART WITHIN THE PRESENCE, THE POWER, OF THE IMAGINATION."
– EUDORA WELTY



As the editor of this college magazine, I have the privilege of presenting to you an edition packed with articles, stories, and artwork that highlight the talent and creativity of our students. However, as I sit down to pen this message, I am reminded that this magazine is not just about showcasing the accomplishments of our student body. It is also about igniting a spark of inspiration, curiosity, and thought provocation in our readers. College is a time of exploration and experimentation, a time when we are exposed to new ideas, perspectives, and ways of thinking. And it is up to us to make the most of this opportunity, to challenge ourselves to think deeply, and to seek out knowledge and understanding beyond our capabilities. This magazine is a testament to the diverse interests and passions of our students, and I hope that by reading these pages, you will be inspired to explore your passions, engage with your community, and make a difference in the world around you. At its core, this magazine is a reflection of our values as a college community, where we prize creativity, diversity, and empathy. It is a celebration of the human spirit, and all that it is capable of achieving when we set our minds to it. According to George Orwell, "Writing a book is a grueling and exhausting process, much like struggling through a long and painful illness." Despite this, our young writers have taken on this daunting challenge to express their thoughts and share them with you. As you read their work, please do so with a gentle, forgiving, and kind heart.

As you peruse the pages of this magazine, I urge you to cultivate a spirit of curiosity. Ask thought-provoking questions and seek out new perspectives. Most importantly, I implore you to utilize this knowledge to create a future that is both impactful and fulfilling.

"Reading without reflecting, is like eating without digesting" Edmund Burke

Thank you for being a part of our college magazine, and I look forward to sharing more inspiring stories with you in the future.

Sincerely,

Yusra Madiha
Editor in Chief

ASSOCIATE EDITOR'S NOTE

I have heard the phrase "pouring your heart and soul into something" a countless times, but never have I ever witnessed it happen upfront. This magazine is the embodiment of creative skill and passion possessed by every single individual in this institute and gives me immense pleasure to be the one of the lead workers in this piece of art. I would take a moment to thank the committee members for considering capable enough to have such a significant role. The day this responsibility was bestowed on me my heart was filled with embers of determination to make this project an ornament it is meant to be. The magazine represents what the college is and values it holds. Every student and staff member have pushed to edges of their limits to make it what it is today. I am honored to be working with such talented and remarkable people with burning passion and glistering spirit.

Every page of this magazine offers an exquisite experience to the reader. This will forever be one the most prominent feats of my entire life. I as the chief editor would like to express gratitude to the whole student body for this exhilarating and momentous experience. I hope this magazine immerses the readers into all its content and delivers all the message and joy everyone embedded in it. Even after my departure from this wonderful place I still worked on this ambitious project.

I would also like to thank the wondrous and magnificent Miss Yusra, who has been an exceptional guide and mentor for me and my team throughout our journey. Her profound knowledge, unwavering support, and insightful guidance have been instrumental in our success, and we could not have achieved this milestone without her. n addition, I would like to extend my appreciation to both former Principal Sir Riaz for initiating this project in the first place and current Principal Dr. Navaid Rab Siddiqui for reviving this dream. As I conclude, I feel a sense of pride and satisfaction that all our hard work has paid off. Thank you to everyone who made this possible, and I look forward to seeing what the future holds for us all.

Zain Riaz
Associate Editor

Editorial Board English

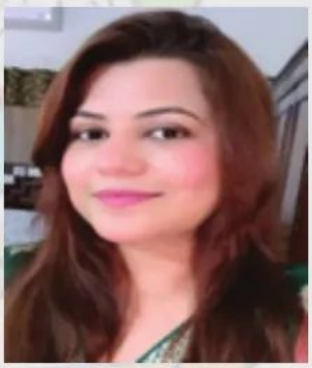
Welcome to the Vibrant Pages of Our College Magazine, Where Words Come Alive and Ideas Take Flight! This Collection of Creativity, Knowledge, and Inspiration is a Testament Dynamic Spirit that Courses Through the Veins of Our Esteemed Institution.



Principal Dr. Navaid Rab
Patron



Zain Riaz
Associate Editor



Prof. Yusra Madiha
Editor-in-Chief



Alizha Khalid
Sub-Editor



Fatima Yazdani
Sub-Editor

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The Greatness of Hazrat Ayesha (R.A)

"The greatness of Hazrat Ayesha (R.A.) over the rest of the wives is like Thareed", i.e. the superiority that meat has over ordinary food."-The Holy Prophet (SAW).

Hazrat Ayesha (R.A.), born in 614 A.D. was the daughter of Hazrat Abu Bakr Siddique (R.A) who was the closest companion of the Holy Prophet (SAW) and the first Khalifa. Hazrat Ayesha (R.A.) was the last wife of our beloved Prophet (SAW). A unique distinction she holds over the rest of the Prophet's (SAW) wives is that he spent his last days and hours at her house.

Scholars believe that one fourth of Islamic laws are based on her accounts. Such was her knowledge, which she passed on to the Muslim world. Not only was Hazrat Ayesha (R.A.) supportive of Hazrat Muhammad (SAW), but she contributed scholarly intellect to the development of Islam.

Hazrat Ayesha (R.A) was known for her expertise in the Quran, shares of inheritance, poetry, Arabic, history and general medicine. After the Messenger of Allah passed away, Hazrat Ayesha (R.A.) played a critical role in the transmission of knowledge she had acquired. She is the narrator of more than 2,200 hadiths. She is one of the most compelling figures in Islamic history. She helped the companions of the Holy Prophet (SAW) resolving many issues.

Once hypocrites made allegations against Hazrat Ayesha (R.A) regarding her character. Finally, Allah defended her by revealing the Holy Quran. Subhan Allah! When there was no hope, Allah Himself was the one to prove the innocence of Ayesha (R.A).Allah revealed 11 verses of Quran to prove the innocence of Hazrat Ayesha (R.A).

Hazrat Ayesha's (R.A.) authentication of Hazrat Muhammad's (SAW) ways of prayer and his recitation of the Quran allowed for the development of knowledge of his Sunnah of praying and reading verses of the Quran.

During Hazrat Ayesha's (R.A.) entire life she was a strong advocate for the education of Islamic women, especially in law and the teachings of Islam. She was known for establishing the first madrasa for women in her home, where relatives and orphaned children were taught.

Hazrat Ayesha (R.A.) passed away in 678 AD. Following her wishes, she was buried in Jannat ul-Baqi in Madinah alongside the rest of the noble wives of the Holy Prophet (SAW).

Hazrat Ayesha (R.A.) was given the title Al-Siddiqah, meaning 'the one who affirms the truth'

Aysha Ambreen
B.Ed. (Hons)
4 Years Programe

BLESSING IN DISGUISE

Blessings is disguised are hard to realize when we face short term problems and hurdles in life. But in reality many dark aspects of our live's problems and complications eventually turn out to be blessings later on. "The "disabled" and the "handicaps" are truly not completely "disabled" but it is a face that "specific" or "different" abilities are bestowed upon them by Almighty Allah. The blind, for example cannot see the outer world but Allah (SWT) has given them an insight into the world Through which they can sense understand and even justify situations and problems which must of the able to pollution population cannot through which they can sense understand and even justify situations and problems which must of the able population cannot many people souls turn out to be smart in many fields of Intelligence.

Asma Arshad (2015) retells a legend, that once I'm in wanting to know the value of life approached call he ask him about it God gave him precious stone and ask him to find out its value first but not to say it the man reached to ask the value of his stone. He offered 12 oranges instead. The man refused as he was not allowed to sell it. He then approached verge vendor, who offered a sack of potatoes instead but the man refused to sell it. He then met jewelers who offered 50 lakh rupees and finally 2 crore rupees for the stone but the man refused to sell it he finally approaches the shown stone shop the vendors and surprisingly that he could not purchase the stone even if he sold his life and the whole world. Stunned and perplexed the man returned to God and told him that had happened. He then asks his first question that what is the value of life god replied that he had got the answer from the orange seller veg vendor jewelry and stone man door got cell that eaten every person on earth is valuable people evaluate them on basis of their information, thinking, believe and motives. God only discerns our real value. Allah admires us and our lives on Earth. No matter how hostile the people become how and to antagonistic the situations be and how aggressive the Earth becomes, these are all blessings in disguise. Allah values the hardships and problems men faces his virtues flies up as his hardship's outburst. His suffering agony and miseries are rewarded upon. All thin will be provoked in the form of virtues if the person bears with them with patience.

Patience is a blessing in disguise. Suap Ismail Ahmed (2019) that encompasses, preservice, endurance, diligence and restrains. It enlightens the heart of Muslims.

The prophet Mohammed please be upon him said that whoever would be patient then allow will give him patient there is no gift better and comprehensive than patience. (Sahi Al Bukhari, 1400)

"Patience is illumination" (Sahi Muslim 223)

According to Al- Qayyium in his work 'Uddat al Sabirin" patience is divided into 3 parts.

1. Patience is a adhering to Allah commands fulfilling the obligations of Islam such as prayers, given charity and fasting. "They are those who spend in Charity during is and hardship and who reach strain their anger and pardon people for Allah loves the doers of good." (Sura-e-Ale Imran 3:134)

2. Patience is avoiding sins and act of disobedience. The prophet said a man to whom a beautiful woman of high status seduces but he rejects her by saying that I fear Allah. (Sahi Bukhari 629)

3. To be content with the decree of Allah and at the times of calamity. "Luqman said, oh my son establish prayer enjoin what is right, forbid what is wrong and be patient over what before you verily that is among the mental requiring determination. (Surae Luqman 31:17)

Patience at the first strike of calamity. "Verily patience is at the first strike" (Sahi Al Bukhari 1223). Besides patience there are several blessings bestowed upon us by Allah which are not very apparent to us some of them which we often overlook upon are mentioned here

1. Wisdom: We understand that others learn from experience and success all are blessings of Allah we he hardly thinks of "He gives wisdom to whom he wills and whoever has been given wisdom has certainly been given much good" (Al Baqarah :269) (Al Quran 2:269)

2. Protection: we all are afforded protection by Allah, who protects us from many close calls and moments when danger was quite apparent. "Never will we be stuck except by what Allah has decreed for us. He is out protector and upon Allah let the believers rely." (Surah e Tauba-51)

3. Sleep and Rest: Allah has set a mechanism us to automatically restore energy when needed through sleep and rest. That's why for sleep deprivation is a disorder. "And we made your sleep as a thing for rest." (Surah e Al Naba: 9) (78:9)

4. Health and Healing: Allah has installed a beautiful healing mechanism in us that energy injury, illness and wound in healed with a span of time. Moreover, each and every organ in our body is working for a healthy life we should learn to cherish our health.
   “And when I am ill it is He who cures me” (Surah e Al Shura :80) (26:80)

5. Free will: Allah has given us free will to choose right from wrong select the correct path to reach our moles he does not enforce his will upon us. “Do whatever you will.” (Surah e Fussilat: 40) “There is absolutely no compulsion in Deen.” (Surah e Al Bakara :256)

6. Nature: there is abundance of natural wealth in the universe for us which are very essential that without which survival would be impossible. Contemplation and study of the universe is hence recommended. “Do you not see that Allah has made what is in heaven and Earth subservient to you and made complete to you his favours outwardly and inwardly”. (Surae Luqman :20)

7. Family and Friends: we get 11 affection support in assistance from our family and friends to share feelings and emotions. “Your Lord hands commanded that you worship none but him and that you be kind to your parents if one of them or both of them breed old age with you do not say to them a word of distress and at humbly to them in Mercy.” (Surae Al Isra : 23-24) (17:23-24) Prophet Muhammad peace be upon

him said that whoever violates the rights of relatives shall not be go to Paradise this love and affection is rooted in men's nature by Allah.

8. Patience: Patience is a blessing in the world of immediate gratification we get a chance to be at our peace experience that distress and remain contented with patience. “And we will surely test you with something of fear and hunger and loss of wealth and lives and fruits but give good tidings to be patient.” Al Baqarah :155)

“Oh, you believed, seek help through patience and prayers. Indeed, Allah is with the patient.” (Al Baqarah -153)

These are the blessings often overlooked by we just pass over these and Allah continues to show us them on us it is only by recognizing and felicitating them that we can insatiate a sense of gratitude in us.

Sonia Manzoor
Associate Professor
Education

Silence

In today's crowded civilization and this busy and active society, man is finding it increasingly difficult to indulge in one of the most priceless luxuries that life can give: occasional total solitude. HENRY KING

Three Kinds of Silence*

- Silence from words is good because tends towards evil.
- Silence, or rest from desires and passions is still better because it promotes quietness of spirit.
- But the best of all is silence from unnecessary and wandering thoughts because that is essential to internal recollection; and because it lays a foundation for a proper reputation and silence in other respects.

S. Lubna Nadeem
B.Ed (Hons)
2.5 years program

HIJAB

No matter what stage you Are on, it all counts for Allah! At least you are trying!

In this article, I would like to share a story of how I started the journey of my life in hijab. When I was 14 years old, my uncle went to offer Umrah and he asked everyone what gifts they wanted from there, on my turn, I humbly requested him that I wanted an abaya as a gift because I idealized those who wore it, that's what interested me even more towards it. The days passed and I was excitedly waiting for my gift. The day finally came and my uncle came back from Umrah. That day, I was so glad when I took my gift from him which I had been longing to have for a long time.

The next day, I was so excited that I couldn't wait and wore it to school. Everyone was surprised; my family, my siblings, my friends, and even my teachers. But few of them asked me intrusive questions like, why are you wearing it? Who forced you? Do you have any family pressure? Such questions made me second-guess my decision to take up the hijab permanently. This made me realize how people can be toxic and to what extent they can be demotivating, at the point when I needed the support and motivation for doing something so noble, people found reason to point out the discomforts in it but I stood firm on my decision (one thing to add, just wore abaya and didn't do niqab) and my spiritual power increased and few of people which appreciated me hold a special place in my heart, they are those precious and noble people who appreciated others for their life choices and good deeds.

Days went by and hijab became a part of my life for instance at any event and family functions I wore hijab and people around me got normal with it too, but the most heartbreaking thing was when my paternal relatives criticized me and were not ready to accept my choices. when relatives met me at different functions, they taunted me, even one of my cousins suggested to my mother that "aunty marry her to a molvi" These words pierced my heart. I was really disappointed and felt sad but I quickly responded by saying, "Oh it'll be a blessing for me that I'll be married to a practicing Muslim who will understand and appreciate my decision". Another person told me, "You look very pretty with your hair untied, why do you need to take a hijab and hide your beauty, this is not the age of taking hijab!" I just smiled and moved on. It's that when here I realized that some people will never motivate us, they just want to discourage us and that you shouldn't take notice of what they have to say, and the only intrinsic motivation of mine was that I chose to wear hijab for the sake of Allah and not for people's opinion. I also realized that to some people hijab represents conservativeness or oppression.

It's been 8 years since I began to walk on this beautiful journey, now I am in my final year of graduation and have taken my level of abaya to sharia niqab. I started my journey with an abaya, and gradually I transitioned and wore the hijab in events, then after the passage of time I came around to different Quranic verses and quotes about hijab which made my belief stronger and I valued hijab even more strongly. Henceforth, I started taking shari'a niqab from there, the Quranic Verses which motivated me the most were:

"O Prophet! Tell thy wives and daughters, and the believing women, that they should cast their outer garments over their persons (when abroad): that is most

convenient, that they should be known (as such) and not molested. And Allah is Oft- Forgiving, Most Merciful." Qur'an 33:59

I am grateful to the Almighty Allah with the depth of my heart, who guided me and gave me the courage to continue forward with my decision and in addition my parent who supported me and motivated me at every step of my life. I thank my college friends who have never judged me or questioned me. They are my real support system. In the end, I request all those girls who are considering hijab, those who wear hijab, niqab or abaya to continue and be steadfast on their decisions because in the Eye of Allah every single step is counted.

Hira Niaz
B.Ed (Hon)
4 Years Programe

Influential Women in Islam

The most influential women in Islam, known for their contributions and significant roles in Islamic history and society:

Hazrat Khadijah bint Khuwaylid (R.A):
The first wife of Prophet Muhammad(S.A.W.W).
The first person to convert to Islam.
A successful businesswoman who supported and encouraged Muhammad in his early prophetic mission.

Hazrat Fatimah bint Muhammad (R.A):
The daughter of Prophet Muhammad (S.A.W.W) and Khadijah(R.A)
Wife of Ali ibn Abi Talib, the fourth caliph.
Revered for her piety, strength, and role as Hasan and Husayn's mother, significant figures in Islamic history.

Hazrat Aisha bint Abu Bakr (R.A):
Wife of Prophet Muhammad(S.A.W.W)
Renowned for her intelligence and memory, she narrated many hadiths.
Played a significant role in early Islamic history and jurisprudence.

Hazrat Zaynab bint Ali (R.A):
The daughter of Ali ibn Abi Talib (R.A) and Fatimah(R.A).
Known for her role in the aftermath of the Battle of Karbala, where she stood against the Umayyad caliphate and delivered powerful speeches.

Hazrat Hafsa bint Umar (R.A):
Wife of Prophet Muhammad S.A.W.W).
Custodian of the first written copy of the Quran.

Hazrat Asma bint Abu Bakr (R.A):
Daughter of Abu Bakr, the first caliph.
Known for her bravery and role in supporting Prophet Muhammad and her father during the Hijrah (migration to Medina).
These women are celebrated for their contributions to the spiritual, intellectual, and social fabric of Islamic history and continue to be role models for many Muslims today

When Will Ummat-e-Muslima Wakeup??

Imagine you just wake up and find burnt dead bodies around you, some of them are alive, but burning and shouting for help in pain. Can you feel the pain? Of course you can't, this is all what's happening in Palestine every day they go to sleep in such pain and fear that they will be alive...

Will they have another day? What's their fault? It's just because they are Muslims and they want to protect their place to worship? If one is Christian or a Hindu or Sikh would she like this to happen with your worship places? Definitely not.

Israel wants to destroy the Muslims worship place that is the Masjid al Aqsa, If your worship place is in danger or someone is trying to occupy it, you'll definitely do something to protect it, Right? That's what Muslims in Palestine did, they threw stones so the Israelis don't hurt them or the place.. This is called self defense.

Ironically, the Israeli Army is so brave that after what Palestinians did to protect their worship place they started air strikes to their buildings, schools and Madaris(A place where little kids learn Quran) and they are showing this on social media that Palestinians are doing it and fooling world but just think about it, how can they do all this? They don't have an army, Navy or any weapons they are using stones and rocks for self defense. How can they do this?

They are Muslims, and are not taught to hurt someone unless it comes to their religion.

Kids are being killed, women and men too, this is not humanity, they even don't know what is humanity.

They don't know the power of Allah but we Muslims know, So we know what they will face soon this will be more scary than what they are doing to innocent people.
In the end I want to quote a verse from Quran.

وَمَنْ أَظْلَمُ مِمَّن مَّنَعَ مَسَاجِدَ اللَّهِ أَن يُذْكَرَ فِيهَا اسْمُهُ وَسَعَىٰ فِي خَرَابِهَا ۚ أُولَٰئِكَ مَا كَانَ لَهُمْ أَن يَدْخُلُوهَا إِلَّا خَائِفِينَ ۚ لَهُمْ فِي الدُّنْيَا خِزْيٌ وَلَهُمْ فِي الْآخِرَةِ عَذَابٌ عَظِيم

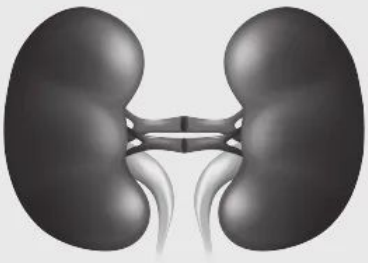
Who is more cruel than the one who prevents the mosques of Allah from His name being recited therein, and strives for their destruction? It was not for such men to enter them except in awe. For them there is disgrace in this world, and for them there is a mighty punishment in the other world.

اس شخص سے بڑھ کر ظالم کون ہے جو اللہ تعالیٰ کی مسجدوں میں اللہ تعالیٰ کے ذکر کئے جانے کو روکے اور ان کی بربادی کی کوشش کرے، ایسے لوگوں کو خوف کھاتے ہوئے اس میں جانا چاہیئے، ان کے لئے دنیا میں بھی رسوائی ہے اور آخرت میں بھی بڑا عذاب ہے

Surah Baqarah (Ayat 114)

Syeda Tahreem
B.Ed (Hons)
4 Years Programe

Human Kidney an Incredible Gadget



Allah is the greatest creator of all the universe. He created a tremendous, autonomous structure called the human body. Human body contains so many incredible devices called organs. That are so powerful to perform the function by their own self generating power houses of producing energy. The whole body remain functional for so many decades until they receive the orders from some inside regulators that are programmed to nurture and develop the whole body. One of the organs is called kidney. Kidneys are located just below the diaphragm and on the both side of the spine. This single little structure is made of about 1.15 million tiny units called nephrons and if they are stretched out from end to end makes about 8 kilometres long thread. Kidneys are purifier and remove the toxic metabolic nitrogenous waste from our body, if they remain in the body, they may harm us till death. These waste products are released from the cells, tissues and join our blood which carries away from the different parts of the body towards the kidney. Kidneys filter throughout about two hundred litres or 475 gallons (0.24 m^3) blood per day and produce about half cup per minute and one and a half litter of urine per day through nephrons which is excreted out from our body. Kidneys are an important osmoregulatory structures as well. They regulate the electrolyte balance in our body that are essential for the absolute performance of systematic physiological activities of our body. These physiological activities are related with body movement and neurological functions of our nervous system, without this significant function our body cannot perform well. Kidney is also the third partner to activate vitamin D in our body, but as a last destination. At first if our skin can't be able to produce vitamin D from the sun, then responsibilities lies to the liver and if liver won't be able to do that then kidneys get the job done. Another essential work is performed by kidney is to regulate the blood pressure. Blood pressure runs at variable speed throughout the body. In general, if the blood pressure becomes low, certain amount of minerals are added in the blood by the kidneys under hormonal control. This function of the kidney helps to raise the pressure back to normal limit.



Human kidneys are internally very delicate and can be damage if not properly care by maintaining a healthy life style and nutritious diet. Although their malfunctioning is not sudden but interconnected by some other reasons like improper intake of fluids, high blood pressure and diabetes. These disorders damage nephrons and kidneys become fail to remove waste products by urine, hence toxic waste accumulates in our body and causes serious trouble. This kidney failure can be treated by dialysis and waste products are removed by an artificial kidney (a machine) from the blood. Another problem is related with kidney stone. These are formed by different mineral like calcium oxalates and phosphates that comes from different diet and couldn't removed from the body. This problem can be treated by breaking stones into small pieces through ultrasonic shock waves. These small pieces of stones are then removed from the bod by urine within certain time period.

To keep our kidneys well we must do regular exercises that include running, cycling, walking aerobics etc., must control blood sugar level, periodically monitor blood pressure, monitor weight and intake proper balanced diet. Drinking plenty of water is a good habit and good for kidneys as well. Aim for at least 2 liters per day which will clean up the waste and remove it from the body. Don't smoke, it will bring the risk factor of kidney cancer. Don't frequently use analgesic (pain killer) drugs as well they can damage our kidneys. If you are at high risk of kidney damage or kidney disease it would be rather better to have regular kidney function test and in case of any problem must consult the nephrologist (Kidney treatment specialist).

Professor Dr. Navaid Rab
Principal
Government College of Education
F.B. Area Karachi

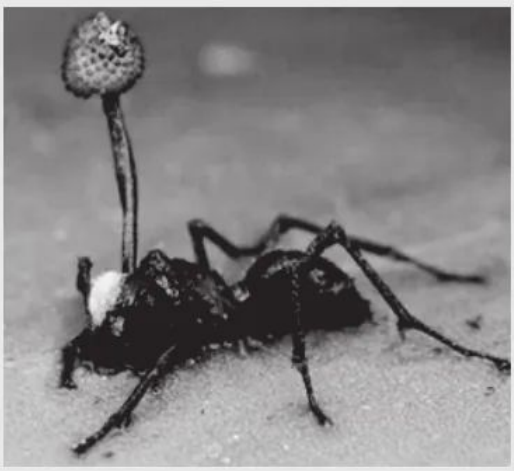
Medical Insight: "Healthy kidneys are essential for maintaining the delicate balance of minerals and fluids in our body. They are the silent workhorses of our internal systems." – Dr. Lisa Martinez, Nephrologist
Patient Experience: "Living with chronic kidney disease taught me the importance of diet and lifestyle. Every small change made a significant difference." – Sarah Thompson, CKD Patient
Heart Health: "The heart is not just a muscle; it's the life-sustaining force that pumps vitality into every cell of our body." – Dr. Emily Clarke, Cardiologist
Patient Perspective: "Surviving a heart attack made me realize the importance of listening to my body and making heart-healthy choices." – Robert Lane, Heart Attack Survivor
Lung Care: "Breathing is something we often take for granted, but our lungs are working tirelessly to keep us alive every second." – Dr. Michael Adams, Pulmonologist
Smoking Cessation: "Quitting smoking is the single most effective step you can take to improve your lung health. It's never too late to start." – Dr. Rachel Johnson, Public Health Advocate
Digestive Health: "A healthy digestive system is crucial for overall well-being. It's where our body absorbs the nutrients it needs to thrive." – Dr. Amanda Green, Gastroenterologist
Dietary Advice: "Incorporating fiber and probiotics into your diet can promote a healthy gut and prevent common digestive issues." – Dr. Linda Baker, Nutritionist
Brain Function: "The brain is our body's command center, responsible for everything we do. Keeping it healthy is vital for overall health." – Dr. Henry Wilson, Neurologist
Mental Health: "Mental health is just as important as physical health. They are deeply interconnected and must be cared for equally." – Dr. Susan Ramirez, Psychiatrist
Immunity Boost: "A strong immune system is our body's best defense against illness. Nutrition, exercise, and stress management are key." – Dr. James Carter, Immunologist
Holistic Health: "Maintaining a healthy lifestyle not only benefits our physical health but also enhances our immune function." – Dr. Olivia Harris, Holistic Health Expert

The Science of Zombification



Horror is one of the most renowned genres in today's world. People take pleasure in the stimulation caused by this type of content rather it be movies, shows, novels, or simply a short story printed at the back of a newspaper. Horror when mixed in with a pinch of sci-fi gives birth to a whole new concept known as "zombies". Zombies, the walking dead which are dead beings, miraculously rising from their graves and seemingly functioning without a soul. Though it's all just a fictional thing made for entertainment purposes but is it farfetched? What if there actually is a phenomenon similar to this and we just lack the vision to see it.

According to a video shot in Changhua County, Taiwan, there's a species of parasite known as **Leucochloridium** which is shrewd in this type of dirty work and their favorite victim is an innocuous little snail. The snail after eating the eggs of this parasite begins to act uncanny as if it is being controlled. The tentacle-like eyes of the snail begin to change colours and start pulsating as another entity crawls in its head. Soon after, the snail seemingly loses all control over its body and is reduced to just a hollow husk doing the bidding of the parasitic worm crawling inside its eyes and other body parts. The parasite forces the snail to rise atop the highest point it can get to and deliberately makes itself the prey of a bird resulting in the parasite succeeding to get into the bird's stomach and further multiplying itself living there. After this the parasite is excreted by the bird and then again waits for some more snails to fall in its clutches, repeating the cycle.



Similarly, to the **Leucochloridium**, there is an unruly fungus that does the same kind of thing with several arthropods, the **Cordyceps.** Also depicted in a popular series "the last of us" as a mutated version of itself, the cordyceps is a killer fungus which controls its host every action before making it a vessel for it nourish upon and then spread further out. Everything starts when a spore lands on an unsuspecting ant. The fungus completely infiltrates its roots inside the ant compelling it to go to a place with optimum conditions for the fungus to grow in. with the perfect amount of light and humidity the ant waits for its demise as the fungus starts to grow from within the ant and ruptures out from its body and after approximately 3 weeks of growth it can release its spores to infect more ants and other insects. Cordyceps can wipe out whole colonies of ants or any other insects that come in contact with it.

In 2019 the whole world fell into the grasp of a murderous virus named the Covid19. People were devastated as countless died and the rest suffered greatly with the crippling economy and utter disruption due to the unexpected arrival of this new virus. The thing to note from this is that the corona virus was always here right beside us, we were just not affected by it. Just because of some mutations this virus which is not even that fatal to animals was able to cause such an absurd amount of chaos in the world, just imagine if these funguses and parasites were able to mutate and be able to host humans. Suddenly the ideas of some measly TV shows and movies do not feel so far from reality. Could this actually be so simple? Are we just a few steps away from a zombie apocalyptic world which seems such an overly exaggerated and fictional concept? I guess only time will tell.

Zain Riaz
B.Ed. (Hons)
4 Years Programe

Nature's Love

Nature's love, a symphony so grand,
Where sunrise whispers secrets to the land,
And sunset cradles dreams of tomorrow's flight.

In rivers' dance and mountains' steadfast might,
We find solace in the gentle breeze's caress,
And strength in ancient forests' silent depth.

From delicate petals to towering trees,
Nature's embrace teaches resilience and ease,
In every leaf's whisper, a love that transcends.

It's Never the Last Goodbye

It is never the last goodbye. They come in our dreams. They are created in our imagination. They are born in the shape of a baby. They live in our thoughts.

When the power of love and thoughts combine makes a beautiful supernova of newborn charms. They bloom like a water lily that looks mesmerizing to gaze upon.

Like the most colorful rainbow after listening to the cries of the clouds. Like a kid's smile when he reaches the sky while sitting upon a swing. It's like a new beginning of a sad decay.

It might seem like we miss the one we lost on our way through life. But they visit us every single day to ease our minds, to give us hope, and provide us with reasons to live.

They might not be living physically, but they sure have built a whole mansion in that hippocampus where the most special fragrance is placed on the second shelf of their favorite glass door cupboard.

We think they can get erased the moment we see them falling, buried into the deep grounds of this world. But we don't realize that the people who have a place in those four chambers can't do that easily.

Those who have spent every hour of that every day of every year of every decade, live where the most sensitive part of our soul finds home. That's where all the souls who have lost their bodies and are dear to us live. They live there like they own the place.

If they live in your heart, they might come in whatever shape you may desire. It's just the power of love and thoughts combined.

Areeba Ansari
B.Ed. (Hons)
4 Years Programe

Parenting And Technology

This is the era of technology. Every day we wake up to find some new advancement in technology and everything becomes old in a matter of days.

Our life is surrounded by technology. Now, the challenging part is that what changes are coming in our lives via this technology? And if there are, they are positive or negative? Well, it all depends upon how much you are into it, as excess of anything is worse. And today this technology is damaging children more than anyone as parents are making a mistake by handing over the cell-phones and tablets to their kids just to keep them busy on videos so they don't get disturbed. Parents should never do this as early childhood is the period where children need parents' attention, love, and care the most and parents should spend more time with their children for overall development and especially for their mental development. This is the age when children try to understand and comprehend things. Their sense of judgment starts to develop about all the little things like what's happening, why it is happening, it can be like this or that, and all. Therefore, there is a need for parents' attention towards their children. Parenting is not an easy task and now this widespread of technology has challenged it honestly, I am very unhappy to state that parenting is becoming a failure due to this technology.

When a child cries, parents think the best solution is to hand over them cell-phones, tablets to keep them quiet and busy as then the parents are free to spend their time however they want. Now mostly it has been seen that parents do that as they think their kids are bothering them. Well, the children spending a lot of time in front of screens are damaging them physically as well as mentally for instance weak eyesight, laziness disturbs brain activity (electromagnetic radiations from screen are harmful) and developing habit to use it. Today, children don't want to play outdoor games and are also not aware of those games, they do not want to go outside to enjoy fresh air instead they wanted to sit at home and use cellphones 24/7. At a very young age, most of the children have access to their own tablets and smartphones. A study shows that 8-10 years old children spend 8/9 hours a day on screen and teenagers and spend 11 hours a day on screen and as time passes, teenagers spend more and more time on technology rather than any else.

"TECHNOLOGY IS A USEFUL SERVANT BUT A DANGEROUS MASTER"

Many parents buy their children cellphones, but unfortunately, they often fail to teach them how to use these devices properly, what to watch out for, what to avoid, and what benefits they can derive from them. It is essential to educate children on the advantages and disadvantages of using technology. There is a lot of content available on social media that is not suitable for children but is presented in a way that sparks their curiosity, leading them to explore it. As a result, parents blame their children for their mistakes and regret buying them a cellphone.

It is important to educate children on the appropriate use of cellphones, as it has become a necessity in today's world. Buying them a cellphone is not wrong, but failing to teach them its correct usage is. Firstly, it is the responsibility of parents to teach their children about the pros and cons of cellphone usage. Secondly, parents should utilize parental

controls and internet filtering tools to regulate the content their children can access and block any inappropriate sites. However, in today's world, where VPNs can easily bypass these restrictions, parents must be strict from the start so that their children think twice before making any mistake, intentionally or unintentionally.

It's not safe to assume that children will inherently know how to use cell phones responsibly. To use them correctly, children need to be educated and guided. In my opinion, parents should refrain from giving personal gadgets to children under the age of 16. When children do use cell phones, parents should monitor their activities not because of trust issues, but to ensure they are not engaging in any harmful behavior. Additionally, parents should restrict the use of cell phones and spend more time with their children. Listening to them, and encouraging physical activities and outdoor games is crucial for their overall growth and well-being.

CELL PHONES HAVE ALREADY REPLACED CAMERA, DON'T LET IT REPLACE YOUR FAMILY

Fatima Yazdani
B.Ed. (Hons)
4 Years Programe

Beyond Goodbyes

In the realm where goodbyes linger long,
And acceptance feels so painfully wrong,
I close my eyes, and your face appears,
Your smile, a memory that brings tears.

I know you've journeyed to a better place,
But here, your absence leaves an empty space.
They say time heals, but some bonds are rare,
No healing can fill the void we bear.

Yet, amidst the sorrow, a glimmer of light,
Knowing one day, I'll join your flight.
Beyond goodbyes, where we'll reunite,
In God's embrace, our souls ignite.

Rabia Sajjad
B.Ed. (Hons)
2.5 Years Program

Self Love

Self-love sounds like a simple concept, but it is a very profound and difficult thing to understand. I used to think it meant being selfish and only thinking about oneself, but it took me a long time to realize what self-love truly means.

Growing up in a middle-class family, I was taught to love and respect others more than myself. I was taught to be kind to everyone and tolerate bad behavior from others. And that's exactly what I did. I enjoyed making people around me happy, bringing smiles to their faces, helping and listening to them, and taking care of them as much as possible. I always ignored the negative attitudes and behaviors of people, and I was always available to help them with their needs. I stood up to solve everyone's problems, including those of friends, relatives, and acquaintances. I thought that doing good for others would bring me good, but this was my biggest mistake.

I sacrificed my time and happiness to please others and help them, believing that it was the right thing to do. However, I learned that this is not always true. Self-love means taking care of yourself first and then helping others. It's not selfish to take care of yourself and your own needs, and it's okay to say no to others sometimes. It's important to set boundaries and not let people take advantage of your kindness. Self-love is about valuing yourself and your well-being and not sacrificing your happiness for others.

I felt alone and unappreciated. I treated others better than they treated me. Despite sacrificing myself for them, I wasn't happy or at peace. I lost myself and my self-respect. Why? I didn't understand until I asked myself, "Why don't you love yourself?" That was the moment I realized the importance of self-love and changed my perspective on life.

Self-love means loving your body, mind, and soul. It means taking care of yourself without sacrificing your own needs. Self-love is crucial for our psychological, emotional, social, mental, and spiritual growth. When we love ourselves, no one can break us. It's the most important and long-term relationship we have with ourselves. Self-love brings self-care, self-respect, and self-confidence. We cannot be successful in other relationships unless we learn to love ourselves first.

Now, I am completely satisfied with my life. I care about my feelings and emotions, accept my weaknesses, and work on improving myself. Self-love is not selfishness; it allows us to become a better version of ourselves. It teaches us our importance and how to prioritize ourselves. I still care for others and make them smile, but I don't sacrifice myself anymore. I encourage and motivate myself because no one else will do it for me. The quote which has inspired me and I have made it my life's philosophy is:

"Let your smile change the world, not the world change your smile"

Ramah Ali
B.Ed. (Hons)
4 Years Programe

STEM Education

How to change the youthful brain into a developer?
We are in the 21st century and the present all quickly developing fields do incorporate Science, Technology, Engineering, and Mathematics some place in it, be it well-being, Online business, Baking, Money, or anything.

STEM Schooling has been in Western nations for north of 10 years. Presently, it's filling in Pakistan as well. There are many schools advancing STEM Instruction all around the nation and products programs, studios, Summer training camps, contests, and preparation are being coordinated in various urban areas of Pakistan to elevate STEM-based training to all ages of kids and youngsters.

What is STEM?
STEM is an abbreviation of Science, Technology, Engineering, and Mathematics. It shows each of the four spaces as interrelated instead of isolating ones.

STEM instruction is a hypothesis with fun base exploratory learning, it assists with interfacing with science and math through regular day-to-day existence. STEM is simply not restricted to science, tech, engineering, and math , yet additionally it creates basic and logical thinking to one while empowering innovativeness, interest, authority, and critical thinking abilities.

STEM training at an early age can change the youthful brain into a creative scholar. It pushes the individual to think logically and autonomously. Youth years are brain development years. In an early age a kid's cerebrum is loaded with interest, he notices and questions things and is anxious to discover a reasonable reply. Numerous educationists accept that STEM-based learning ought to be begun at an early age to set a youthful brain to pick a logical way to deal with questions about its interest and perception.

How to make kids interested in STEM?
Fostering kids' advantage in STEM is so easy as you might suspect. It is somewhat extremely straightforward. You can begin with it gradually.

To start with, cause your youngsters to get STEM. Show them how science has made the world simpler, how innovation is developing and growing nowadays, and how designing has done wonders than at no other time and to wrap things up portray them the significance of arithmetic in regular daily existence and work.

You can advance STEM learning in numerous ways either by conversing with youngsters about extraordinary development of science and innovation or by letting them know how those advancements changed the world and how the little idea in those days is presently something major.

Aside from it Include youngsters in straightforward exercises and urge them to notice, let them question regardless of how illogical or nonsensical it appears, cause your kids to comprehend their general surroundings. Request that they compute the danger prior to beginning anything.

Allow them to partake in-home exercises, even in the kitchen while cooking. Regardless of whether you're simply heating up an egg, add salt in it and show them how salt will make the egg bubbling cycle quicker by going about as a catalyst. Select them as your associate while changing the divider switches or replacing the oil in the generator or bicycle. Give them a push to think for what reason is it important to replace the oil?

Begin solid discussion once again about the logical points. Reach to their psyche and assist them with investigating the world behind their inquiry and let them track down the appropriate responses all alone. Posing inquiries will empower kids to think basically, request that they bring their replies before you respond to them. Give them different reasons and ways for single action and let them do the examination all alone. This will assemble their STEM ability

These easily overlooked details will open an entryway of interest to them and they'll begin asking Why and How in all things. Clearly, what is realizing without testing?

STEM learning isn't simply bound to a particular class. Youngsters, Youthful, and surprisingly advanced age individuals can begin learning it. It's a way to deal with cause individuals to have confidence in them, giving them a stage to do the unfathomable things, it can acquire their potential so many things and can assist them with understanding that they can change over the issue into an answer by applying STEM-based information and assuming we give them a stage in their initial age they can unquestionably do things astoundingly later on.

Ramsha Ali
B.Ed. (Hons)
4 Years Programe

The Warrior in You

In the depths of your soul, a warrior resides, A spirit unyielding, with courage as its guide. Channel that strength, let it blaze and ignite, within you, love and power unite.

Embrace yourself, in all your glory, A masterpiece forged in life's grand story. Self-love blooms like a radiant flower, Fueling your journey with boundless power.

Through trials and tribulations, you'll stand tall, Facing the world, you'll conquer it all. With every battle, you'll emerge anew, A testament to the strength within you.

Heed the call, and let your inner warrior rise, with each step forward, claim your prize. In self-love, you'll find the key to unlock the warrior's mind.

Prof. Yusra Madiha
Asst. Professor
English

Technology In The Classroom: A True Need Of Current Era

Nowadays, the concept of a classroom without the use of Technology is obsolete. Technology facilitates both teachers and students in the teaching and learning process in so many ways. Technology helps teachers to achieve their targets. It's also a blessing for parents or guardians if their wards take an interest in the learning process.

It is apparent that it's the use of anything that makes it profitable or harmful; it is the teacher and guardian's responsibility to supervise their wards to take full advantage of this opportunity named Technology.

As of 2017, teachers in the Netherlands used various ICT tools and activities in their classrooms. With over 8o % of survey respondents indicating that they used a beamer or digiboard during lessons, and a further 57 % of teachers supporting their explanations with digital study materials.

As of 2017, teachers in the Netherlands used a wide variety of ICT tools and activities in their classrooms. Beamers… www.statista.com

Active Learning:
With the help of technology, students remain active rather than passive as they seek information by themselves instead of getting it through textbooks. Also, students enjoy learning as technology includes computers, mobiles, and the internet. A Companion Website extends the content of the text, provides students with many helpful resources, activities, and projects, and allows students to check their comprehension of chapter material) Thomas J and Parkinson P (2015)

Collaborative Learning:
By using Technology, it is easy to collaborate with lots of people in a single touch. Teachers engage students to cooperate with the same subject students to use Facebook, and WhatsApp students can make educational groups and share knowledge and experiences and information.

Integrated Learning:
Integration in learning can understand the use of technology for the educational processes like transacting curricular content and students working on technology to do specific tasks.

Effective Learning:
Using technology, teachers can facilitate students through effective teaching. They use the digital cameras in a science laboratory or in an operation table where all processes could be saved and discussed later with the students.

It was forecasted that by 2022 the penetration rate of AI in the online education industry in China would grow to almost 13%. Published by Samantha Wong, Sep 23,2019 https://www.statista.com/statistics/1025875/china-ai-online-education-industry-penetration-rate/

Lifelong Learning:
The technology ensures lifelong Learning as it is pursued through life. It is flexible, diverse, and available for Learning at different times and in other places. Lifelong Learning crosses sectors, promote learning beyond traditional schooling and throughout adult life.

Computer education provides students with a grounding in computer-related software and activities, such as using an office suite, programming languages, and creating datasheets. Students can apply these skills to a range of occupations later in life. The Northeast Consortium publishes it for Engineering Education (Publication ISSN is 1069–3769)

Distance Learning:
Technology brings the world closer by involving technology in teaching, and students can get knowledge of distant places while sitting in a classroom. There is no need to spare resources to reach faraway places. It will save time and money.

Creative Learning:
Using technology in a classroom makes the students more creative because they feel energetic rather than the conventional teaching style. They can manipulate information and get desired results which makes them more engaged in their studies.

Result Oriented Learning:
The use of technology results Oriented as it saves time, money, energy, and students get involved in learning activities more and more.

Conclusion:
It is necessary to align ourselves with the world's advancements to enhance our students' skills and abilities. The advantages of technology in a classroom are countless if the elders appropriately supervise it; the high achievement rate is quite apparent.

It's no secret that using technology in the classroom, in K-12 and higher education, has been a controversial debate for the last couple of Technology and Teaching: Finding a Balance Edutopia Feb 2, 2015. Gary G Bitter Melissa Pierson.

Sitwat Wasif
B.Ed. (Hons)
2.5 Years Programe

Socio Economic Problems Faced By Rural Women In Getting Higher Education

Women Constitute almost half of the world population but are discriminated in various Spheres of life. It is believed that major Cause of lagging behind in general, in economic and social progress, in most of the developing Countries, including Pakistan is the absence of higher percentage of educated and technically qualified women.

Education empowers women to take control of their lives. Education is the key to overcome repressive Customs and traditions that have negated the needs of girls and women. provision of educational facilities to all its masses is the obligation of Society in social perspective. Education is a process through which a nation develops its Self-consciousness by developing the Self conscious of individuals who compose it. "It is not mere public instruction rather it is Social institution, which provide mental, physical, ideological & moral training to the individuals of the nation so that to enable them to have full Consciousness of their mission, of their purpose in their life and then to achieve that purpose (Saeed 1987).

Patriarchal values heavily govern the Social structure in Pakistani Society. Men and women are Conceptually Segregated into two distinct worlds. Education for boys is prioritized vis girls.

Society does not allow women to develop their human Capabilities by precluding them acquiring higher education. In developing Countries, the females living in the rural areas are the most neglected part of the population in their schooling &f higher education of those, who belong to peasant households have more Subordinate position and are ignored toward their schooling as compared to boys (Song. et al 2006).

Higher education is a source of great potential for the Socio economic and cultural development of the country. "The nation can be transformed into a developed nation within the life time of a single generation".

Socio-economic factors of family lies directly and indirectly affect the education of its members. Lack of educational facilities is are of the main factors responsible for the Unsatisfactory Conditions of females The reason for the depressed educational status of females also lies in age, old transitions and Social values of Pakistan.

There may be certain other factors affecting education of rural females.

These factors may be father's educational level, income, social, class, family size & Occupation .old customs, traditions, Caste system, rural Community and wrongly understood religious knowledge have denied the female education. Financial strain is the major problem to female higher education Opportunities Cost increases when children grow up and become more useful in the family income earning /domestic activities. This explains higher school dropout rates among grown up girls.

Issues of safety and Security of girls affect their access to higher education. Traveling long distances to attend educational institution. practice of early marriages Seems to be

another major problem to female higher Education. "Early marriages create problems for girls and lower down their Status in term of income, education and awareness. In South Asia,48% (nearly 10 million of young women are married before they age 18". (UNICEF 2006)

Shortage of female teachers seems to be another major problem to female higher education especially in rural area. "It is also difficult to attract qualified female teacher to rural areas parts of the Country". (UNESCO)

It is very difficult but not impossible to resolve this. Federal governments take actions, giving workshops, classes in precise level of rural areas people. Integration of different technologies and facing! their mental level of rural areas. Enhance their jobs Opportunities and prepare their mind for girls higher education. So, there is no Single girls become illiterate and it give best result for our socio-economic culture.

Saba Kauser M. Saleem
B.Ed. (Hons)
2.5 Years Programe

Echoes of Pakistan

Beneath Pakistan's vast skies, mountains stand tall,
Where cultures blend, in a vibrant sprawl.
From lush green fields to bustling streets,
A nation's heartbeat, where unity meets.

In history's whispers, ancient tales unfold,
Legacies of greatness, written bold.
From Indus' flow to Mughal's grandeur,
Heritage cherished, forever pure.

In melodies sung and dances spun,
A tapestry rich, under the sun.
From Urdu's poetry to regional rhymes,
Harmony found in diverse chimes.

In warmth of hospitality, hearts entwine,
Welcoming all, a bond divine.
From north to south, from east to west,
Pakistan's embrace, forever blessed.

Anonymous

Want your toddler to listen? Getting your toddler to listen to you

Author Biography

Syeda Maheen Zehra Rizvi is a Montessori Directress and done diploma from London Montessori Institute (LMI) in advance, currently is doing bachelor's in education in semester 5th of 2.5 Years.



Introduction

Transforming toddlerhood How many times per day does your toddler ask for something/to do something, you say NO, it likely happens more than we like to admit or consciously think about.

When a toddler asks for a cookie and we say NO, their curious and explorative little mind is left wondering why they can't have what they asked for when we give such a matter of-fact response like, No. Usually, when we say no, it's coming from a place of power or dominance because we feel that we set the limit and that's just the way it goes, our children are supposed to accept it and listen. No questions asked. Sometimes we are just tired and have run out of patience.



Adult behaviors towards toddlers

Discipline: is all about teaching. Punishing your child for their behaviors does not teach them the skills necessary for the behavior to change. Toddlers need support in processing their emotions, regulating their behavior, and learning skills to meet your expectations.

Often it comes down to the fact that toddler's line in the moment and ask impulse control when something piques their curiosity it's going to take more than a simple "Stop that" to break them away from their moment and letting a toddler "not to do something" doesn't help them understanding what they can do instead,

Skills: Most of the children are highly sensitive in nature. We should try to treat them carefully and positivity. It's up to the adult to pause and consider what it is you would like your little one to do instead and then communicate it clearly. Also, the best way to teach skills is to model the skills for toddler and help them practice.

The adult must avoid saying and try to say

AVIOD	TRY
Stop running	Please work
Stop grabbing	You can play with this toy, its available
Don't touch that	Here, you can hold this
Stop throwing sand	You can put the sand in bucket

Instead of saying No and Try this

Instead	Try This
When your toddler is climbing on a table or a tall stool	Create a safe place for them to climb outside, purchase climbing toy or find a safer piece of furniture
When your toddler keeps throwing toys in the toilet or playing or playing in the dog's water dish	Put some water in the sink or bath tube for them to play or set up a water table or small pod outside.
When your toddler is throwing sand	Show them the place where its ok to through the sand

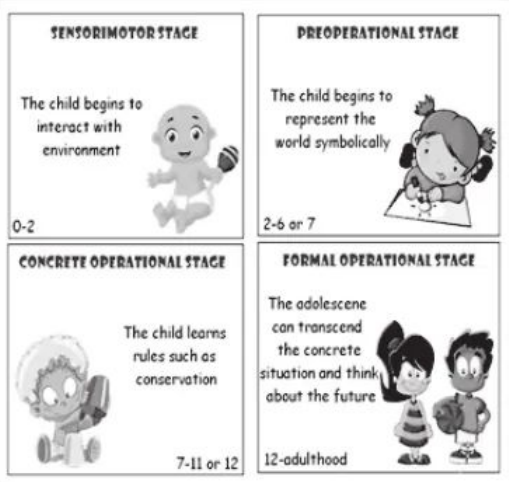
Stages of Development According to Piaget's:

There are four stages of mental development
1. Sensorimotor stage: birth to 2 years
2. Preoperational stage: ages 2 to 7
3. Concrete operational stage: ages 7 to 11
4. Formal operational stage: ages 12 and up

According to Dr. Maria Montessori:

"A child's personality constructs through two ways
1. Listening (What he listens, he will speak)
2. Watching (What he sees, he will do)

For the development of child's personality. An adult must use and optimistic word.



Examples:
"Stop running" becomes **"Let's walk beside the pool"**. You may need to go over to your toddler and hold their hand to help them slow down.

"Don't touch that" becomes **"Please put your hands down and look with your eyes"**. You may need to go further and teach your toddler to clasp their hands together, or put their hands in the pocket, or hold your hand to help them meet the expectation.

It's also important to remember that there is a difference between young toddler activities of an older toddler. As children grown, they can redirect easier. However, this takes time and patience on our end

My working experience with children - I have been working with kids (underage of 6) for the past 8 years. I have taught them with the help of concrete material, worked on their behavior & cognitive skills, gave them hands on learning which I thoroughly enjoyed & got to learn so much with them.



Conclusion It's important to remember that toddlers are curious and its 100% normal for them to ask why and to test boundaries, they are just experimenting and trying to be an independent individual. So, I invite you to focus on meeting your child's need within your boundaries. This might look like telling them what they **CAN** do/have instead with practice and patience, you will notice fewer power struggles when you set limits.

Syeda Maheen Zehra Rizvi
B.Ed. (Hons)
2.5 Years Programe

Importance of College Library

College libraries play a pivotal role in academic and creative pursuits. They serve as treasure troves of knowledge, offering diverse resources from textbooks and scholarly journals to multimedia materials. These libraries foster a culture of exploration and critical thinking, providing students and researchers with the tools they need to delve into various subjects deeply. Moreover, college libraries are hubs for collaboration and intellectual exchange, where individuals from different disciplines come together to share ideas and expertise. In an age of digital information overload, college libraries remain indispensable, offering curated collections and expert guidance to help navigate the vast sea of knowledge. They are not just repositories of books; they are catalysts for learning, innovation, and personal growth.

Zubair Shaikh
Librarian

Professional Development of Teachers in Pakistan

(Teacher professional development is identified as an important strategy that gaining mone recognition in the 21" century. Educators increasingly look into the professional learning in order to support the complex skills and needs of students today. Teachers' professional development and students learning are often interrelated because with effective and adaptive teaching strategies, students can master problem solving, collaboration and communication, challenging content, and gaining self-direction Professional development (PROFESSIONAL DEVELOPMENT) leads teachers towards learning and strategizing the skills that students need to excel. Teachers' professional development is supported by various theories and reflective models that are implemented through professional practices and planned outcomes.

Several methodological studies have been carried out to demonstrate how professional development of teachers directly influences the student outcomes. Theorists have developed the key features of professional development that teachers can apply and implement that would directly influence the student learning and development process. Policymakers and education leaders offer models that would guide the teachers towards building improved platforms for students to innovate and regenerate their academics. They recognize the greater need for professional development in today's world with increasing globalization and competition among students.

The teaching professional development is often compared to other classical professions such as that of doctors or lawyers but it can never be regarded as a true profession, stated by Sahlberg (2004). It can be said that teachers have limited autonomy over their profession with often having no ethical code (Sahlberg, 2004). Thus, in order to professionalize the teaching job, all professions but to focus on professionalism as the concept of what is being done in the groups to promote awareness and improve outcomes.

Thus, professional development of teachers is a much talked about phenomenon in the 21st century with an enhanced role given to teachers. The profession is being developed with various theoretical models and conceptual frameworks which result in influencing the society at large. Like every professional field, teaching has become a relevant area of concern in the globalized competitive world requiring newer ideas and actions to be taken every passing day.

Challenges in Professional Development

There are numerous challenges in improving professional development of teachers. First of all the allocation of funds for education in the national budget is usually less than 4%. This leads difficulties in initiating programs for professional Development. Secondly, all the plans that at formed as per educational policy are maligned by corruption at all levels. Furthermore, planning stage, ground realities are not taken into account. The ones responsible for planning usually try to implement foreign models of developed countries like US, UK etc, disregarding the situations and necessities of Pakistan. This leads to planning failures in most cases and was of financial resources with no appreciable results. Similarly, while designing training program no care is taken to ensure that the programs are immediately implementable.

Several teachers of Pakistan are not competent in English language. Therefore, when training programs are designed in English, teachers face difficulties in understanding them which leads to loss of interest and absence of a positive response. In addition to that, training programs usually take in to account an ideal class whereas in reality, even basic needs of life are unavailable in most of our educational institutions. Therefore, teachers are unable to employ the skills learned during their training in a correct way. When teachers try to put to use the attained training in their own institutions, they have to face the disappointing attitude of management which provides no cooperation. Therefore, teachers also quit applying the training at their institutions.

This is a reality that in Pakistan, most teachers are unfamiliar with computers and 1.T tools trainings of professional development emphasize more on computer based learning which leads teachers not measuring up to the standards of training and resort to their old conventional methodologies Professional development programs are usually carried out during service period when teachers also have their own employment responsibilities. Usually there is no substitute and upon returning teachers also have to bear the work load along with a deadline to complete students course. Before initiating any program, pilot testing is carried out to evaluate its advantages and disadvantages. However, in Pakistan most programs are started without pilot testing which leads to waste of financial resources and non fulfilment of objectives. One prime example of this is ESRA program. It is necessary for an institution to have an exchange program with mother, it has never been given consideration that teachers ton, met share their experiments and ideas among themselves.

Teachers who are keen on using the knowledge they attained through professional development programs get no support in the form of financial or material resources from their institutions management and government Lastly, there is usually no follow up of any professional development program Hence, most training programs are initiated with great enthusiasm but de no follow up generally stagnate. These training programs have no checks and balances. Teachers are more concerned about the stipend that is offered along with training programs.

Mentoring

Boreman and Feeny (247) posed one of the comprehensive definitions of mentoring and define mentoring as a process for the informal transmission of knowledge, social capital, and the psychosocial support perceived by the recipients relevant to work, career or professional development; mentoring entails informal communication, usually face to face and during a sustained period of time, between a person who is perceived to have greater relevant knowledge, wisdom or experience (the mentor) and a person who is perceived to have less (the protégé).

Another definition of mentoring is proposed by Hobson et al (2009) as “mentorship” is ‘one to one support of a novice or less experienced practitioner (mentee) by a more experienced.

Nishat Sumbul
Assisstant Professor
Education

The Outdated Concept of the Class Representative: A Need for Change

The traditional notion of a Class Representative (CR) in educational settings offers a structured approach to managing class affairs. However, as we move towards a more inclusive and technologically advanced era, it is crucial to evaluate whether this role still serves its intended purpose or if it inadvertently creates more problems than it solves.

The educational system has long incorporated the idea of a Class Representative (CR) as an intermediary between the teacher and students. While this system has its merits, it is essential to reconsider its utility and relevance in the modern age. Several issues arise from appointing a CR, and with the advancement of technology, we might be better off exploring alternative ways of facilitating student-teacher communication.

One significant downside to appointing a CR is the risk of instilling an inflated sense of unwarranted self-importance in the chosen student. By being the focal point of communication between the students and the teacher, the CR might develop a skewed perspective of their importance, which may not necessarily be based on merit.

There is also the question of fair distribution of opportunities. When one student is given consistent access to the teacher and the privileges of being a CR, it might sideline the potential and aspirations of other students. The educational journey should be an equal platform where every student gets a fair shot at opportunities and personal development.

Due to convenience or habit, teachers might begin to rely too heavily on the CR, leading to a significant proportion of the class feeling overlooked. Over reliance on a CR can cause teachers to miss out on understanding other students' needs, aspirations, and problems. This imbalance in attention can adversely affect the overall class dynamics.

By relying on one student's perspective – that of the CR – educators run the risk of fostering a homogenized classroom culture. This reliance might unintentionally suppress the diverse voices and experiences of other students. Encouraging multiple representatives or rotating the role can ensure a broader range of perspectives are heard and considered.

The process of selecting a CR could introduce bias, whether it is the teacher's preference or a popularity contest among students. This bias can result in the same type of students—those that fit a specific mold—being chosen repeatedly, leaving out those with different, yet equally valuable, attributes and skills.

While some students might envy the position of the CR, others might resent them for hogging all the attention. This dynamic can isolate the CR from their peers, resulting in unintended psychological pressures. Such pressures can impact the CR's mental well-being and classroom experience.

Tasks assigned to CRs, like taking attendance or conveying messages, though necessary in the classroom context, do not necessarily translate into real-world skills. In today's rapidly evolving professional landscape, students should be exposed to tasks that help them acquire skills relevant to real-life situations.

Historically, the position of a CR was seen as a precursor to leadership, allowing one student to exercise decision-making skills, mediate between peers, and liaise with educators. While these attributes are commendable, the reality is that the scope of the CR's leadership is limited. Encouraging a distributed leadership model, where different students take the lead on various projects or tasks, would be more beneficial. This approach ensures that more students get an opportunity to hone their leadership skills and encourages a collaborative spirit.

Given the technological strides, we no longer need to rely on a single point of contact for effective student-teacher communication. Tools like WhatsApp and Google Classroom can broadcast messages to the entire class. Similarly, tools like Google Sheets can handle tasks such as attendance, making the role of the CR redundant.

Beyond the use of WhatsApp or Google Classroom for broadcasting messages, other collaborative tools can decentralize class management. Platforms like Trello, Slack, or Microsoft Teams can be introduced, where students collaborate on projects, share updates, and manage class responsibilities. This method nurtures a sense of shared responsibility and reduces dependency on a single point of contact.

Educators can introduce peer mentoring systems instead of relying solely on a CR. Such systems can help in fostering emotional intelligence, empathy, and interpersonal skills among students. Regularly changing mentor-mentee pairs allows students to benefit from varied perspectives and develop stronger bonds with a broader group of peers.

The concept of a Class Representative has served a purpose in the past; it is essential to question its relevance in today's modern educational setting. The focus should be on fostering a holistic educational environment where every student feels valued, heard, and given equal opportunities. Educators can create a more inclusive and dynamic classroom environment by broadening the scope of student involvement, embracing technology, and promoting a diverse range of leadership models. Embracing technological solutions can be a step in this direction, ensuring effective communication without relying on a singular representative.

Modern education merges seamlessly with technology, fostering interactive lessons where students are not just passive recipients but active participants. Through a plethora of digital resources, from multimedia presentations to virtual labs, learning becomes an immersive experience. Collaboration knows no bounds as students connect globally, sharing ideas and perspectives. In this digital age, the classroom extends beyond physical walls, creating a dynamic environment where curiosity thrives, critical thinking is nurtured, and innovation flourishes.

M. Talha Mansoor
Lecturer
Computer Science

Empowering Prospective Teachers Through Entrepreneurship Education

Teacher education institutes are responsible for preparing educators who will inspire and guide the next generation. In a rapidly changing world, where traditional careers are evolving, it is crucial that teacher education institutions adapt to the times. One way to do this is by incorporating entrepreneurship education into their curriculum. In the context of education, entrepreneurship refers to the cultivation and promotion of entrepreneurial skills, mindset and knowledge among students, with the goal of preparing them for innovative and business-related opportunities (Zupan et al., 2018). It encourages students to think beyond traditional career paths and empowers them to consider launching their ventures, whether in the form of startups, social enterprises or initiatives within existing organizations. This article explores the reasons why teacher education institutes should teach entrepreneurship.

Adaptation to Changing Job Market

In the past, teachers focused on preparing students for a limited set of career options. However, in today's dynamic job market, many traditional roles are evolving or becoming obsolete due to automation and technology (McGuinness et al., 2023). Teaching entrepreneurship equips educators with the knowledge and skills to help students adapt to changing job market demands. It encourages them to instill an entrepreneurial mindset in their students, enabling them to identify and seize opportunities in a rapidly changing world.

Promoting Critical Life Skills

Entrepreneurship education doesn't just teach business principles; it also instills important life skills. These include financial literacy, decision-making, communication, leadership and teamwork (Hatta et al., 2023). Teachers who possess these skills can better guide their students to become responsible, confident and self-reliant individuals who are well-prepared for life beyond the classroom.

Real-World Relevance

Entrepreneurship education connects classroom learning with real-world applications. By teaching entrepreneurial concepts, teacher education institutes can make their curriculum more relevant to the challenges and opportunities that students will encounter in their lives. Students who are exposed to entrepreneurship are better equipped to understand economic, social and environmental issues, making them more informed and responsible citizens (Waghid & Oliver, 2017).

Encouraging Independence

Entrepreneurship education promotes independence and self-reliance (Nwokolo et al., 2017). It encourages individuals to take initiative, set goals and work towards achieving them. When teachers possess these qualities, they serve as positive role models who inspire their students to take control of their own education and lives.

Nurturing an Entrepreneurial Ecosystem

By teaching entrepreneurship in teacher education institutes, we do not only prepare educators but also nurture a larger entrepreneurial ecosystem. Graduates who have

learned entrepreneurial principles can become future education leaders and encourage the integration of these principles in schools and colleges. This, in turn, can stimulate a culture of entrepreneurship that benefits society as a whole.

Conclusion

Teacher education institutes are at the forefront of shaping the future. By teaching entrepreneurship, they can empower educators to be more innovative, adaptable and equipped with essential life skills. This, in turn, can prepare students for the development of a resilient and entrepreneurial society. Thus, teacher education institutes should embrace the importance of entrepreneurship education in their curriculum to prepare educators for the challenges and opportunities of the 21st century.

Sharjeel Ahmed
Lecturer (Education)

The Sleepy Scholar

In the classroom, a sight to see,
A student sleeping, as happy as can be.
His head nods forward, his eyes shut tight,
He's dreaming of grades, that is always right.
His notes are blank, his pen has strayed,
But he's learning a lot, in his way.
The professor talks, but he doesn't hear a word,
He's too busy snoring, like a gentle bird.
His classmates stare, with a mix of dismay,
As he sleeps through lessons, day after day.
But he doesn't care, he's in a peaceful place,
Where deadlines and exams, are just a distant space.
So let him sleep, let him dream,
Maybe he'll learn, in his scheme.
For in the land of nod, he's free to roam,
And who knows, he might ace his next exam at home!

Shumaila Salah Uddin
B.Ed. (Hons)
2.5 years program

Self-efficacy As A Contributing Factor For Quality Education In The Context Of Pakistan

Teachers are the backbone of all educational plans, activities and endeavors. They are the functional part of all educational and cultural reforms as indicated in Educational policy -2009. Only the quality teachers are capable of providing quality education. Quality teacher training is essential for quality education. It is not expensive but it is conceptual, that needs careful planning and consideration. It has strength to direct the future of prospective individuals. Quality education actually works on students' mental models. It improves changes and modifies mind 'schemas'. Since last decade, self-efficacy is considered as an important factor that takes teacher's status form mere teacher to a quality teacher. A quality teacher is one whose teaching will be inclusive in nature and competent enough to be a facilitator, guide, motivator and a mentor. Almost all the researches in the area of self-efficacy indicate positive and strong co-relation among teachers' sense of efficacy and student's achievement and motivation.

Albert Bandura put forward the concept of self-efficacy in late 1970's. According to him, self-efficacy is the ability to react to any situation and how well an individual's reactions direct to the desired goals (Bandura, 1997). From Bandura's point of view primary source of efficacy are four mastery experience, vicarious experience, social persuasion, and physiological factors (Putman, 2012, pp.27). In simple words, it can be said that previous experiences, training and environment are major factors behind reactions to any situation and ability to perform any task. Self-efficacy constructs an individual's emotions. Emotions are socially constructed thoughts and personally enacted ways of being. The way in which an individual enacts during transaction mode of his life experiences for attaining his goals in a personalized way, is termed to be as emotion (Denzin, 1984). These emotions develop from our conscious and unconscious judgments. Research documents that teacher emotions play vital role in constructing classroom environment (Hargreaves, 2000). Teachers and students' emotions, mutually, create the classroom environment. This environment influences motivation, goals achievement, problem solving strategy and overall classroom interactions (Hargreaves, 2000; Sutton & Wheatley, 2003). In most of the cases teachers' emotions and student's achievement are found to be directly proportional to each other, but students' success and failure can reciprocally shape teachers' emotions (Denzin, 1984). Many researches in the field of teaching and learning suggest that females are more competent, as teachers, than males due to their patience and emotional stability. Emotional stability and self-efficacy are interdependent on each other. Self-efficacious persons are mostly emotionally stable. The sources of efficacy are persons' reflections on experiences. The successful or failed experiences of participants cause implementation, reinforcement or removal of an action in order to increase achievement (mastery experiences), observation of successful or failed experiences of others (vicarious experiences), others experience of encouragement or discouragement (social persuasion) and finally the physiological and emotional experiences of peoples as described by them (affective states), are the sources of self-efficacy. Research reveals that adopting simple behaviors that require little confidence or skill and speeches are relatively easy. However, behaviors that demand life style and habit modification require a greater level of efficacy and are more complex (Winfield & Whaley, 2002). Cultivating self-efficacy is possible but it involves a combination of internal and external factors.

Some of the strategies that can help you to boost the level of efficacy are: provide positive experiences to the students, let them practice democracy in all states of life. Set achievable goals that mean start with small, attainable goals and gradually increase the difficulty, it gives confidence. Another way to strengthen self efficacy is to break tasks into smaller manageable steps. This approach can make the task feel less overwhelming and develop confidence as you complete each step. By visualizing success one can create a mental image of successfully completing the task. By observing role models who have succeeded in the areas where you want to improve. Seeing others achieve their goals can inspire you and provide valuable insights into the strategies they used. Reflect on past successes remind yourself of past accomplishments and challenges you have overcome. Positive self-talk replace self-doubt and negative thoughts with positive and encouraging self-talk. Challenge self-limiting beliefs and replace them with more empowering statements. Accept and learn from failures understand that setbacks and failures are a natural part of the learning process. Instead of seeing them as a sign of incompetence, view them as opportunities to learn and improve. Achieve constructive feedback that is ask for feedback from trusted friends, mentors, or colleagues. Constructive criticism can help in identifying areas for improvement and provide guidance on how to get better. Surround oneself with supportive people build a network of supportive individuals who encourage and believe in your capabilities. Positive social support can boost your confidence and motivation. Take small risks challenge yourself with tasks slightly outside your comfort zone. Keep in mind risks and goals are different. As you successfully handle these challenges, your confidence will grow. Practice resilience for strengthening self-efficacy. Resilience is closely linked to self-efficacy and can help in maintaining belief in ones abilities during tough times.

Self-efficacy, the belief in one's capabilities to achieve a goal or an outcome, plays a pivotal role in education. In Pakistan, fostering self-efficacy among students and educators can significantly enhance the quality of education. Empowered students are more likely to engage actively in their learning processes, while confident teachers can adopt innovative teaching methodologies. Strengthening self-efficacy not only helps in overcoming educational challenges but also contributes to the overall development of a robust educational framework in Pakistan.

It has to be remembered that cultivating self-efficacy is an ongoing process. That why we should be patient and celebrate our progress along the way. With consistent effort and a positive mindset, one can develop and strengthen his/ her self-efficacy, leading to greater success in various areas of your life.
(Extracted from Ph.D. dissertation)

Prof. Dr. Muznah Faheem
Associate Professor Education

Absence of Guidance and Counseling Mechanism in Pakistani Educational Institutions

The absence of guidance and counseling mechanisms in Pakistani educational institutions is a significant issue that has been highlighted in various studies. This response will provide an overview of this issue, supported by the latest citations and references.

Lack of guidance and counseling services:
There is a lack of guidance and counseling services in Pakistani educational institutions. A study by Khalid and Khurram (2019) found that only 11% of public sector schools in Pakistan had a guidance and counseling department. Similarly, a study by Farooq and Shahzad (2017) found that only 12% of private sector schools in Pakistan had a guidance and counseling department. This lack of services can negatively impact student well-being, academic achievement, and career development.

Stigma associated with counseling
There is a stigma associated with counseling in Pakistan, which can discourage students from seeking help. A study by Nadeem and Islam (2019) found that students in Pakistani universities were hesitant to seek counseling services due to concerns about confidentiality, cultural norms, and social stigma. This stigma can be particularly damaging in cases of mental health issues, where students may not receive the support, they need.

Limited training for counselors
Counselors in Pakistani educational institutions often have limited training and qualifications. A study by Nadeem and Islam (2019) found that most university counselors in Pakistan had a degree in psychology but had not received formal training in counseling. This lack of training can impact the quality of services provided to students.

Limited resources
Pakistani educational institutions often have limited resources to provide guidance and counseling services. A study by Khalid and Khurram (2019) found that many schools lacked the necessary resources, such as trained counselors, private counseling rooms, and counseling materials, to provide effective guidance and counseling services.

In conclusion, the absence of guidance and counseling mechanisms in Pakistani educational institutions is a significant issue that can negatively impact student well-being, academic achievement, and career development. The stigma associated with counseling, limited training for counselors, and limited resources are some of the challenges that need to be addressed. Therefore, there is a need for policymakers and educational institutions to prioritize the development of guidance and counseling services, increase awareness about the importance of counseling, and invest in training and resources for counselors.

Rabia Essa
Lecturer Mathematics

Impact Of Teacher's Behavior On Students Learning

The behavior of a teacher can have a significant impact on the learning outcomes of their students. Research has consistently shown that a positive and supportive teacher-student relationship is essential for creating a conducive learning environment that encourages student engagement, motivation, and success. This response will provide a detailed overview of the impact of teacher behavior on student learning.

Teacher's behavior affects student motivation:
Research indicates that a teacher's behavior can significantly impact student motivation. For instance, a study by Chen, Elliot, and Maier (2018) found that students who perceived their teachers as being supportive, caring, and respectful were more intrinsically motivated to learn than those who did not. Similarly, a study by Reeve and Tseng (2011) showed that when teachers use autonomy-supportive behaviors, such as providing choices, offering rationale, and acknowledging feelings, they can increase students' intrinsic motivation to learn.

Teacher's behavior influences student engagement:
Teacher behavior can also influence student engagement. For example, a study by Fredricks, Blumenfeld, and Paris (2004) found that when teachers create a positive learning environment and provide opportunities for student participation and collaboration, students are more likely to be engaged in their learning. Similarly, a study by Skinner and Belmont (1993) showed that teachers who provide clear instructions, feedback, and praise, and who create a safe and supportive learning environment, have students who are more engaged in class.

Teacher's behavior affects student achievement:
Teacher behavior can also impact student achievement. Research suggests that teachers who are supportive, caring, and who provide challenging tasks and feedback have a positive impact on student achievement (Wubbels, Brekelmans, den Brok, & van Tartwijk, 2014). For instance, a meta-analysis by Hattie (2009) found that the most significant influence on student achievement was the teacher's ability to provide feedback, set high expectations, and create a positive learning environment.

Teacher's behavior can affect student behavior:
Teacher behavior can also impact student behavior. Research has shown that teachers who use positive behavior management strategies, such as praise, reinforcement, and modeling appropriate behavior, can promote positive student behavior (Jones & Bouffard, 2012). Similarly, a study by Emmer and Stough (2001) found that teachers who establish clear expectations, routines, and consequences for behavior have students who exhibit more positive behavior in class.

In conclusion, research suggests that teacher behavior plays a crucial role in student learning outcomes. A positive and supportive teacher-student relationship, a safe and supportive learning environment, and clear expectations, feedback, and praise can all impact student motivation, engagement, achievement, and behavior. Therefore, teachers should strive to establish positive and supportive relationships with their students, create a safe and engaging learning environment, and use effective behavior management strategies to promote student success.

Habib Ahmed Khan
Assistant Professor
Education

Do Languages Mold the Way We Think

Languages help mold the way we think to some extent.

They do help mold the way we think as every language belongs to a different region of the world and the people who belong to the same region; speak same language, have a common dialect, share same culture and social values. Their way of living is the same and so is their thinking. For instance, the speakers of Pashto language are against girls' freedom and education. However, there are many Pashto speakers living in different regions, speaking different languages don't think the same. Their thinking varies depending on the language they speak. If they speak Urdu, they will give their girls as much freedom as an Urdu speaking community gives.

When a native speaker of Urdu learns Mandarin, he then automatically starts to take interest in Chinese cuisine, the way Chinese people eat, greet, their likes/dislikes and the way they think. He molds his thinking in similar ways in order to better understand their perspectives. It could have an effect on people's ability to empathize with others.

There are many native speakers of Urdu in our society who speak English. Despite of living in between native speakers, their appearance and way of living is similar to English language speakers, that shows a reflection of their thinking which is an evidence of the effect of language on thinking.

Furthermore, different languages are structured differently. For instance, in Arabic; adjectives are after the noun as opposed to before. So, in English the adjectives may be thought of first, branching different thought processes. Moreover, in English, there is a linear structure with a subject, verb and object, however in French, verbs change depending on the gender of the subject, adding an extra element to the language. Because of this it can affect how a person processes language and can have an impact on the way they view the world.

Languages don't mold the way we think as when thinking about concepts that are universal, language may not branch different thought processes. One example of a universal concept across cultures and languages is the concept of right and wrong. This is the concept present in all major religions, as well as in philosophies and everyday life, and is often expressed similarly across different religion. Another example is the concept of love, which is generally understood to mean a strong emotional attachment to another person regardless of language. Furthermore, the concept of Math and Science will be thought about the same in every language. These concepts are built on facts and principles and are typically understood similarly regardless of language.

In conclusion, many believe that language has a big impact on how people think and express themselves. It can shape the way people think about and interact with the world. Whereas others believe that language doesn't mold the way we think for the reason that there are many universal concepts that surpass language barriers.

Overall, languages may help mold the way we think to some extent dependent on what we are thinking of and how closely that is linked to the language

Roomaisa Javaid
B.Ed. (Hons)
4 Years Programe

Bitter Sweet Symphony: The Ying Yang of Student and Professional Life

"For every ending, there is always a new beginning a new path, and a new adventure"
I still remember the last steps I took on the final day of my college, excited to finally start my professional life and chase the dreams I ought to pursue, yet couldn't shake the growing emptiness that submerged my heart. As much as I tried looking forward and telling myself that great things are still yet to come, somewhere deep inside I knew that the time I have had here would never be surpassed. After four years of a rollercoaster ride filled with all kinds of adventures and learning, it was inevitable for anyone to not get these feelings.

My B.Ed college experience was like no other. We were involved in almost everything that went down in the college. The relationship we had with the teachers and even the principal, Sir Riaz Ahmed was out of this world. According to many, we were the heart and soul of the college, there was never a dull moment when we were on the go. Even though all this was incredible, the most special thing about us was the bond our class shared. I don't think I've seen such supportive close classmates anywhere, who were always side by side in everything. From decorating boards to arranging events we did everything together. It may seem corny and cliché to write this but we were more of a family than friends. I can vividly recall our farewell party and that exact moment in the end where everyone kept singing yet I just gazed around thinking to myself that these smiles, this joy, this laughter, all this is a fleeting moment in time that will never return.

Miraculously, I was lucky enough to be one of the first people in my batch to get a job at a renowned school. It seemed like all the hard work had already started to pay off and things would change for the better. And just like that, I was now a grownup adult from a carefree student with no responsibility. The sudden transformation was a bit overwhelming but I was mostly exhilarated to finally do what I had been preparing for four years. We visited the college after this and after breaking the news to everyone I was instantly met with overjoyed and glad, I didn't notice even a glimpse of jealousy or negativity from anyone. All the teachers were brimming with pride, some even expressed it by saying that they were as proud and happy as if their child had have this success. It was moments like these that made that place so immensely wonderful and unforgettable, I cannot describe the amount of respect and appreciation I have for my teachers there.

Now moving on to the day that I started my job. Everything seemed great, the environment, the higher-ups, the whole feel of the place seemed as friendly as it could be. But most importantly it was a very great opportunity at such an early stage in my career. I worked as hard as I could; showcasing my every skill without holding anything back. Even though everything was great, it never felt the same as it was before. As they say, Professional life is professional life after all. I used to think people exaggerate things when they say phrases like, "At the workplace no one is your friend, everyone is just a colleague." But now I am starting to understand where this thought comes from. Jealousy, Envy, diplomacy and insincerity are just another Tuesday in professional life. It always reminds me of our group in college where we used to easily hand each other the spotlights and be happy for them when they shined, but here people jump on every chance to be in the good books and shove down every mistake they make on each other's throats. The sad thing about this is that this is all extremely normal. Thankfully, I am at a better place than what the norm is.

Whenever I see a group of friends hanging out and having fun it reminds me of the time that maybe I took for granted. But it's not all doom and gloom. As I continue to navigate through my professional life, I've come to realize that there's a yin-yang to student and professional life. While student life may seem carefree and filled with joy, it's also a time of uncertainty, self-discovery, and growth. Professional life, on the other hand, may come with responsibilities and challenges, but it also offers stability, growth, and the opportunity to make a meaningful impact in the world. As I conclude, I will advise all my fellow juniors and readers to enjoy their student life as much as you can. There might not be a time like this in the future that is waiting for us. Make bonds, be kind, improve, excel but most importantly live every moment to the fullest.

Zain Riaz
B.Ed. (Hons)
4 Years Programe

Words Every Book-Lover Should Know

- The word for a book-lover is a 'bibliophile', a word first recorded in print in 1824. Alternatively, there is the word 'bookworm', which is of an altogether more ancient pedigree: it first appears in 1580.

- An educated or 'lettered' person is described as a LITERARIAN, a word coined from the French in the eighteenth century and probably modelled on similar words such as 'librarian' and 'antiquarian'.

- ULTRACREPIDARIAN – a handy word which refers to someone who gives an opinion on things s/he knows nothing about. This rather useful word is first recorded in a letter of 1819 written by influential critic William Hazlitt.

- MOROSOPH. A 'morosoph' is a would-be philosopher – a fool who thinks he is clever than he is. The word comes from the French writer Rabelais.

- BOOK-BOSOMED to describe someone who carries a book at all times. The phrase first appears in Scott's celebrated 1805 poem The Lay of the Last Minstrel.

- BIBLIOBIBULI was American humorist H. L. Mencken's coinage, and it refers to people who read too much.

- DEUTERAGONIST – the second actor or person in a drama, after the protagonist. It's first recorded in 1855 in a book by G. H. Lewes, the common-law husband of George Eliot.

- BIBLIOSMIA – meaning the act of smelling books, especially as a way of getting a 'fix' from the aroma of old tomes.

If you've read this far, the chances are you're a voracious reader, someone who might be described as a BIBLIOPHAGIST – literally, a devourer of books.

A Middle-aged Woman Discovers A Ghost

Throughout our lives, we are surrounded by the natural world and are often struck by its timeless beauty. Our destiny is predetermined, and we are uncertain about what lies ahead. As time marches on, we grow older, become more responsible, and take on more obligations. Our lives become more challenging, and we often find ourselves lacking the time to pursue the dreams we had as children.

Maladaptive Daydreaming, also known as Daydreaming Disorder, is a condition in which a person experiences intense and highly distracting daydreams regularly. These daydreams can be so distracting that the person may become disconnected from the people and tasks around them. This disconnection may cause the person to stop engaging with others or with the task at hand.

One of the main reasons a person may fall into this condition is due to a lack of social interaction or friends. When a person is lonely, they may create scenarios in their mind as a way to cope with their isolation. Additionally, an unstable mindset due to loneliness, or continuous taunts and abuse, can also lead to daydreaming.

If a person becomes too addicted to Maladaptive Daydreaming, it can lead to another disorder known as Dissociative Identity Disorder (DID). This disorder is rare, but it causes a person to develop multiple personalities, each with their perspective on life. Maladaptive Daydreaming can also cause a person to create illusions and scenarios that are unlikely to happen. If a person becomes too addicted to daydreaming, they may start to see these scenarios as real and become disconnected from reality.

It is a condition where an individual becomes excessively absorbed in a fantasy world, making it difficult to transition back to reality even when desired. It involves spending hours each day daydreaming to seek happiness, and the person affected may find it challenging to stop. Often, the individual creates vivid characters and scenarios that can also disrupt their normal sleeping patterns.

A perfect example also exists of the daydreaming, there was a girl, who lost her parents at a very young of 5, then later at the age of 8 she lost her uncle and after 2 years she lost her aunt as well, she spent her remaining life in the orphanage, the most sadistic thing about her life is that in just 10 years of her life she suffered through one of the greatest traumas a person could ever go through, she never had cousins and friends as she was all by herself, even in the orphanage she couldn't make any friends cause' she never intermingled with the kids, she stayed quite for most of the time never talks with someone, as the life goes by she stay attached to herself and at the age of 17 she was adopted through which she could finally have some loving people, as the time goes by she started intermingling with the people in the surroundings but that doesn't changes her life as she spent the most of her life, 17 years of life alone with not a single loving person, the only thing which was helping her was the daydreaming, she daydreams about 8-9 hours a day which helped her passing the day.

She got married at the age of 25 and this could be a turning point in her life. Her life just went like that and at the age of 42, one day she was alone in her house and suddenly she hears a noise form the kitchen, she realizes that they don't have a maid so what could it

be, she ignored it at the first place, once again another sound came and this time it was louder but she ignored it again, she was dreaming at the same time, after those two sounds nothing came, she laid on the bed with her eyes opened but once again third time one more voice came, this time it was much louder and affective, she decided to check what it was as when she reached the kitchen there was nothing, going back to the room, in the hallway the swinging chair starts swinging all by itself even though there was no air at that time, she started feeling a little bit frightening but she ignored that, when she reached the room, the door was closed and as she remembers she left the door open, she tried opening it but it was like someone has locked it from inside, she tried and tried but couldn't open it, she decide to leave it and went to the lounge and sat on the sofa, suddenly she realizes that someone just whispered in her eyes something, she started searching the entire house but before she could find anything things got much worse, she started seeing unwanted rooming in the house, unpleasant air and some footsteps which were definitely not hers, everything became worse and worse, she goes to bathroom and started washing her face, as she was washing the face, all the time when she was splashing the water on her face the scenario kept changing all the time, when she looks at the mirror, she saw herself but covered in blood and rags, she shouted so loudly and then stood up and later she realizes it was nothing except she was just daydreaming, she never told this to her family, these kind of things kept happening to her for a couple of days, she started seeing ghosts, one more thing that a person so stressed, depressed, tensed so daydreaming is even more savior that it also continues to be like that more horror and intensifying which makes a person's mind more unstable because a person never does the dreaming all by itself, it starts making its own virtual reality which is harmful for a person's mindset, these things keeps happening to her so one day when she was all alone on her house, she called some paranormal experts to find out was there something wrong, they came and checked as there was nothing, she never realized that she was daydreaming, because all these things looked real to her, seeing ghosts and unwanted things at regular basis does affect a person's mind in a negative way, as a 45 year old middle aged women would things like that will definitely affect her brain. This daydreaming made her live in fear because seeing ghosts regularly is not a good thing, she contacted her psychiatrist and after some sessions with her she was able to cure this Daydreaming disorder, the most important thing to avoid it is not to spend most of time alone, but to spent with friends, family, and with people we like to be, at the age 48 she finally got cured means got rid of this disorder and enjoyed her life happily ever after.

Maladaptive Daydreaming is good but not that good as a person can't spend a single day of their life without daydreaming cause' it causes a person to be mentally unstable and become habitual of it. Staying positive, being interactive, and being social will never cause a person to daydream. Thinking of things that may never happen in someone's life can make that person sad and depressed.

STAY POSITIVE LIVE POSITIVE!

Rida Zaidi
B.Ed. (Hons)
4 Years Programe

Lost in the Digital Desert: "A Walk into a Millennial's Misadventures"

Once upon a time, in the not-so-distant past, there lived a technology-challenged middle-aged millennial named Nova. Nova's idea of high-tech wizardry was successfully microwaving a mug cake without causing a minor kitchen fire. In a world overrun by artificial intelligence, Nova was the square peg in a round, Wi-Fi-enabled hole. Better to note that she struggled with life in general, maybe because of her not-so-social self and definitely not an advocate of change… though she was successfully able to pull the day off …

Nova's day started with a cacophony of beeps and dings from her phone alarm, notifying her of everything from political instability to the latest viral cat video. As she attempted to silence the digital symphony, she yearned for the good old days when alarm clocks only had one job - to wake you up. Though there were times when she thanked for a phone that like a mom's womb had taken in all the daily things-to-do list, the very fact saddened her to see her office table deprived of the decorated items: the fancy table calendar, a stack of yearly planners, table clock, note pads, contact card holder etc … Nova's AI assistant, affectionately called her "Tabby," named after her long dead pet cat; was more foe than friend. It seemed determined to complicate her life with overeager suggestions. "It looks like you're trying to write a text message," Tabby would tease. Nova, meanwhile, was still trying to figure out how to send a message without accidentally calling her boss instead. Speed dial was an alien to her…

At breakfast, she longed for her mother's culinary wisdom, which was about as tech-savvy as a butter churn. She stared at a carton of eggs, wondering if there was an app for omelet making. In the end, she managed to make a somewhat edible meal, albeit with a generous dash of machine-learning mistakes.

Nova's workplace was a digital battleground. She struggled to operate the futuristic coffee machine with more buttons than the cockpit of a space shuttle (she gasped). The printer, driven by malevolent AI, would often produce reams of paper covered in cryptic hieroglyphs, seemingly mocking her attempts to print a simple document.

In meetings, her colleagues threw around terms like "big data," "machine learning," and "blockchain" with the fluency of a second language. While she was still grappling with the idea that "the cloud" wasn't just an ominous rain forecast.

Lunchtime found her navigating the treacherous waters of online food delivery. With an app for every cuisine under the sun, she found herself paralyzed by choices. What was the difference between Thai and Chinese food anyway? She ended up ordering a sandwich through a website that seemed determined to ask existential questions like, "What's the meaning of 'extra dips'?"

Nova's social life was no less fraught with technological peril. Socializing apps seemed to require a Ph.D. in emoji interpretation, and her attempts at swiping right often ended up swiping left on potential interest. She longed for the days when you could simply meet people in family parties and reunions and ask them out in person, without the help of an algorithm.

Her life in the AI era was a perpetual comedy of errors. She often felt like a character in a sitcom, struggling to keep up with the whirlwind pace of technology. Probably she could easily replace Pink Panther or Mr.Bean. Curious and eager to learn but ending up creating trouble for herself and others. But Nova's quirks and foibles, her aversion to screens, and her stubborn belief in face-to-face communication endeared her to those around her. In a world overrun by AI, Nova was a reminder that human connections, however bumbling, were what made life truly worth living.

So, let us raise a toast to Nova, the technology-challenged millennial in the AI age. In her quest to survive the digital deluge, she inadvertently reminded us that there's a unique charm in being lost in a world of algorithms and artificial intelligence, like a lovable misfit in a tech-savvy universe. Cheers to you, Nova, may your Wi-Fi signal forever be weak, and your human connections strong.

(Inspiration: Nova's character has been inspired from Moira Rose character from Schitt's Creek)

Yusra Madiha
Assistant Professor
English

The AI Wonder

In a world where code does spin,
A marvel's born from circuits thin.
It chats, it paints, it plays a tune,
A digital brain, a rising moon.

"Good day," it says with circuits bright,
Understanding your words with pixel light.
From ancient texts to modern lore,
AI's wisdom is never a bore.

Ask it for a joke, a pun,
A riddle, rhyme, or something fun.
"Why did the AI cross the street?"
"To optimize its algorithm, neat!"

It learns, adapts, a constant grow,
From games to tales of long ago.
Predicting trends or finding friends,
Its curious journey never ends.

But fear not, for it's a pal,
A friendly bot, your tech-savvy gal.
Just treat it well, with code so tight,
And watch it flourish, day and night.

So here's to AI, that brilliant spark,
Lighting up our digital dark.
With ones and zeros, a wonder's spun,
Our future bright with lots of fun!

Javeria Faryal
B.Ed. (Hons)
4 Years Program

Our Unsafe Surroundings

It was a pleasant evening, I was coming back from coaching excitedly because it was my first time travelling alone, and I was unaware of the routes so I took an auto and asked him to drop me at my destination which was about at distance of half-hour. Everything was fine and calm until the auto driver starts talking about his friend. He even asked if I have any friend and what are their names. I completely ignored him as he was trying to get friendly with me, I started reciting Duas. After that, he asked my name and started conversation with me, asking me about my family and then he passed a complement that you are very beautiful and I was like what is he trying to do and why// it was really weird and he was talking rubbish. I was just praying to Almighty Allah that please I just reach home as soon as possible. And then he took a way which was very silent, not a single car or bike was moving there and not even a person, I asked him why he is taking from this side, he answered that another road was full of traffic. I rigidly asked him to stop the auto right away but he didn't, and started giggling. I got much tensed and was about to cry, but then I realized at the moment I am the only one who can save me. So, I made up my mind to jump in the middle of the way. There were a lot of terrible thoughts crossing over my mind. I was about to jump but then finally road came from where my house was on 2-3minutes reach. He then dropped me off, I pay him and when I paid him he touched my hand and passed a weird smile. I ignored and thanked Almighty Allah that I reach home safely.

When I reached home I didn't tell anyone about it because I knew if I shared, they'll complain to me as if I wanted the tragedy to happen with me. Our society is so pathetic and so are our families' thoughts that if anything happen they will blame the girl for it. I was waiting for my brother because he is the only one with whom I share everything and can talk about anything. I used to always get so scared because of incidents like these, this happened first time with me before that I had only heard from friends or social sites. I was lying on my bed and the whole scenario was going through my mind. One of my friend's incident that almost happens daily also came to mind that when she came back from college, she use to travel by foot and the way she takes there are a lot of vegetables and fruits stalls. Whenever she passes by, some stall men compliment and passes weird comments and she always ignore like I did today because our families had taught us just to ignore, to keep silent otherwise people WILL JUGDE YOU. All the things were roaming in my mind and I was questioning myself why?? I don't understand why? Not even after committing any mistake. I literally don't have words to say on it. After 1 hour my brother came and I shared everything with him, he was in a lot of anger. Then he criticized me that why I didn't do anything. I was just silent.

He then elucidates that there are lot of wild animals around us in form of people, we shouldn't be fear of them or anyone because it's not your fault. If a girl will keep silent and get afraid because of what happens, those people would get more courage to do the same or worse with others. Instead girls must fight back like whenever traveling alone, and first of all a girl should stay confident, don't show nervous or fear, should keep pepper spray, immediately raise voice and give strict warning loudly so the harasser will get afraid and don't even think to do it again. Complain legally to cybercrime. Just don't be afraid and quiet and stay positive and confident if you are right. I felt so much relaxed after talking my brother, he give so much strength to me like he always does. He is the best.

Our society has built our mind sets which are so much weird and that's why our families did the same too. They act so much strange whenever anything like this happens. How could you blame a girl for being harassed as if they wanted to be, WHAT THE HELL?/ If a boy teases a girl, people says surely the girl had given a move first or complains about what she wears, how rude and strange. And just because of that all girls have no other chance rather to keep silent and hurts own selves otherwise you'll be tarnished. Why? Why they don't blame a man, scold a man, punish a man, why? Just because he is a man. Today, men like these are wild animal, or I can say worse than an animal. Or even that I am insulting an animal by contrasting them with these kind of men. And this is because there is no rule and law implemented on them after committing sin, they all roam like beast and no one says anything to them. Why? Says just because they are men? And just because of those filthy men other good men are notorious. Our society is sadly becoming a failure.

There is a must need of changing people thinking and spread awareness but we think odd to do this. Our government must make strict rules and laws against such harassers and punish them accordingly. It's my request to government to kindly put attention on such type of cases and take strict actions immediately otherwise it'll get worse day by day. Also,

WE WOULDN'T USE THE TERM HARASSMENT HERE. WHAT IS HAPPENING TODAY IS SEXUAL TERRORISM

Keep yourself secure, keep your eyes open, be aware of the situations around you, and don't get afraid of filthy people. May Almighty Allah protect all of us.

Maria Jalal
B.Ed. (Hons)
4 Years Programe

Some Strange Literary Phobias for Book-Lovers

- Alogotransiphobia denotes the fear of being caught on public transport with nothing to read.
- Hippomonstrosesquippedaliophobia is a fear of long words.
- Erotographomania denotes an abnormal interest in erotic literature.
- Bibliokleptomania is the abnormal desire to steal books.
- Typomania denotes a mania for writing for publication.
- Metromania denotes the compulsion to write poetry.
- Phronemophobia is a fear of thinking.
- Sophophobia is a fear of learning.
- Bibliophobia is a fear of books. (Can such a thing exist? Apparently so – it's related to a desire for censorship and book-burning – or bibliocaust.)

Book Review: Cornicles of Narnia: The Lion, The King and The Wardrobe

In the opening scene, we see four siblings named Lucy, Edmund, Susan, and Peter, trying to save each other. Their father is serving in the war, and their mother sends them to a professor's house for safekeeping. The brothers are unhappy that they cannot participate in the war. After arriving at the professor's house, the children were unable to meet him for several days. The housekeeper, Mrs. Macready, informed them of the rules. Although they spent most of their time indoors, the children eventually grew tired and decided to play hide and seek. As everyone else hid behind the curtains and under the bed, Lucy went upstairs and found a mysterious room with only a wardrobe in the middle, covered in a white sheet. Lucy removed the sheet and hid inside the wardrobe. While Peter was still counting, Lucy, hidden in the wardrobe, was amazed by what she saw when she peeked out. The room was cold and snowy, unlike anything she had ever seen before.

A lamp post was in front and Lucy was figuring where she was when she met Mr. Tumnus a faun with donkey feet and human body. They were first afraid of each other but eventually became friends. He told Lucy that she is in Narnia. Mr. Tumnus took Lucy to his house and offered her tea. He played Lucy a beautiful melody from his flute that also made the fire dance and ultimately Lucy fell asleep. When she woke up it was late night and Mr. Tumnus was crying. When she asked the reason of him crying he told her that he was about to kidnap her and give her to the queen, the White Witch for better food and life style yet he is not going to do that and before anyone sees Lucy, the Daughter of Eve he took her to the lamppost so she can go home. Lucy opened the door of the wardrobe and shouted 'I AM HOME' as she thought it was late night and others will be stressed of her gone missing, in fact Peter here had just completed the countdown to 100 and he caught her and Edmund fighting. When Lucy told them what happened no one believed her and claimed that she has gone mad and have been acting crazy since we arrived here. They also claimed that she has been making up a story for fun. For confirmation they went to the check the wardrobe which was just like an ordinary wardrobe.

The next Edmund went in the wardrobe behind Lucy and he met the white which and told the which about the faun and Lucy and about the rest two siblings and promised her that he will bring all of them to her.

The next visit to Narnia was when all the siblings were playing cricket and the ball broke the glass to the Professors room and we're trying to hide from Mrs. Macready they all went in the wardrobe and for the first time in long they believed Lucy.

They went to the fauns house and found it raided and all messed up with a government notice. Then only they met Mr. Beaver while Edmund snuck and went to the white which. Mr. And Mrs. Beaver Told Peter, Susan and Lucy about the legacy that when Adams sons and Eve's daughter will come the curse will end and they will kill the white which. They also told them about Aslan the real king of Narnia. They ran for there lives as the which has send her people to bring the siblings to her. On the way they met Santa and Santa gave each of them a gift including a sword for Peter, bow and arrow to Susan and a portion to heal any wound to Lucy. He said that Narnia is celebrating Christmas after 300 years. They met Aslan (The Lion) and became friends with him. For saving Edmund

Aslan send his people but which came herself to them. She talked to Aslan and handed Edmund to the siblings. They welcomed Edmund on the other hand Aslan went to the stone table to sacrifice himself as a he gave his word to the which.

The stone table broke at the dawn. Aslan went the Which's castle and freed his men. They fought with the Which's army. In the end the which was defeated and eaten by Aslan. The siblings were given crowns and they lived in Narnia happily for years. They forgot about the lamppost and the wardrobe. One day playing they reached the lamppost and they wanted to see what was near the lamppost with and they came back into the room as kids only. The professor was in front of them and they all shouted 'You won't believe what happed' and the books ended with the professor telling them to be careful about the story and to only tell the story to the ones who have been through the same adventures.

This is a book with suspense, and thriller and gives you butterflies in your stomach.

Zoha Batool
B.Ed. (Hons)
4 Years Programe

Must-Read Books in 2024

To match up the rapidly evolving world of technology some must-read books in 2024 that include and explore emerging technologies, social issues, or captivating storytelling. Here are some recommendations:

* "The Ministry for the Future" by Kim Stanley Robinson - A speculative fiction novel that delves into the consequences of climate change and the efforts to mitigate its effects.

"Klara and the Sun" by Kazuo Ishiguro is a thought-provoking novel about artificial intelligence, humanity, and love, told through the perspective of an AI companion.
"Project Hail Mary" by Andy Weir - A gripping science fiction adventure that follows a lone astronaut on a mission to save humanity.

"The Anthropocene Reviewed" by John Green - A collection of essays that reflect on various aspects of human life and the natural world, blending humor, insight, and personal reflection.

"The Hidden Life of Trees: The Illustrated Edition" by Peter Wohlleben - An enlightening exploration of the complex world of trees and forests, enhanced with beautiful illustrations.

These are just a few options, but there's always something for every reader depending on their interests.

Warda Saleem
B.Ed. (Hons)
4 Years Program

The Ride

You are a liar, I hate you! how can you do this to me? I trusted you with my life, I gave you all that I had, and you are just going to leave me? here all alone? in the middle of the night on this street!? she kept shouting at the top of her lungs while banging his car's window hoping that he might lower them down, she could hear the wilds in the woods from a distance, the deafening hooting of owls, deathly growls of the bears followed by the howling of the wolves all added to the cacophony of the darkest of nights. The tinted shades of the car's window finally lowered a bit and a voice resonated out of the car I never asked you to! was all that he said, and the next was the sound of the tires screeching out of the woods, the car soon faded away. She stood there dumbfounded wondering what had just happened to her, was she just abandoned by the love of her life? in whom she placed all her faith, the most human person of her life had just left her alien to the world in the middle of the nowhere. Her whole world had come to an end, it took her a while to snap out of this state of hers', his words were still resonating in her ears, but she was now focusing on how to reach her home safely, she decided to follow the car tracks which could help her locate the way out easily, but she was only left with her purse and her cell phone, she quickly turned her flashlight on to find the track, it did not take long as the soil was damp due to which the tire left deep marks, then she started walking along the tire path, her legs were unconsciously carrying her at a fast pace as she intended to get off the forests' soil as soon as possible, she was now regretting the moment she said yes to him for the safari ride it wasn't too long of her walking when a thought struck her what if my phone battery died? Her hands went cold just at the thought of being all alone in the dark surrounded by all the wildest of the animals ready to hunt her and taste the human flesh she quickly check the charging on her phone and was a bit relieved on it seeing at 97% as she had not used her phone during the entire trip due to the bad signals and no Internet connections, she started walking again with her brain indulged in thoughts which were playing like a movie reel in her head, she kept focusing on her thoughts to avoid the sounds of the forest which were threatening her but her movie was soon paused because of the ear-splitting howling of wolves, she was quick to predict that it was coming from the north of her, this howling rang an alarm of danger while she was still in her thoughts she felt something crawling up her leg, she quickly flashed the light on that area and a snake was crawling up her legs! She tossed the snake, like a shredded cat and started taking deep breaths as it had completely freaked her out, she noticed that car tracks were no longer there, "Am I lost!?" she madly turned her head around and was then relieved on seeing that the tracks had taken a turn although the turn seemed out of the blue, shrugging all the thoughts off she followed the tracks again, she had just walked for a while when she was again stopped by the beam of the light that caught her iris, she let out a sigh of relief for that light was a silver lining in the cloud for all her troubles as it could be a way out of the woods, she hurried towards the source suddenly her foot got stuck in the hole she fell on the ground a cry left her mouth, she felt a striking pain in her foot, she quickly started rubbing the area as she realized she had twisted her ankle, then she tried calming her down and tried clearing her vision by rubbing her eyes to see where the light was coming from, it did not took her long to recognize the car's headlight and which looked like the car of her boyfriend who had just left her, the car had crashed on the tree's trunk without any second thought she gathered all her strenth and started crawling towards the car out of concern to make sure

he was okay 'Elen! Elen! are you alright? Elen! are you in there? Elen, calling him out loud, her ankle was aching terribly but she kept on crawling and made it to the car's front door, she somehow managed to open the door and a scream left her lungs as she saw him with his fastened seatbelts on the seat and all the pieces of mirror pierced right through his entire face and body and the blood was still seeping through his body, her eyes were bulging out of her sockets, she could not bear the sight of the body and quickly started crawling back towards the hole where she had dropped her phone but she felt like some spiny cold twig had twisted itself on her ankle she turned her head around and was stupefied on seeing his boyfriend whom she had just confirmed from her own eyes dead, was holding her foot by his fleshless hands which felt deadly cold and fear started taking over her entire body and she started shivering in fear, "Darling… Hello love… it's time for us to go… come on… " he said and then she started crying for help, screaming, let me go I don't wanna go … I don't wanna go the figure started getting close to her and her whole body felt paralyzed as if she could not even move… please let me go… please… she cried… How can I let you go, wake up… Wake up it's noon already… he said… Noon!? WAKE UP IDIOT YOU WILL GET US LATE!! … Late!? She opened her eyes… Elen!!?? You are not dead? I AM Not Dead!? Oh my Lord, we are alive!? she said Dead!? Are you crazy Wake up we are already running 30 minutes late I don't wanna miss my ride because of you! Elen Said. Ride!? We never went on a ride? Oh, Gosh was I dreaming? She said. Yes, genius now giddy yup I'm waiting for you outside? Elen said while leaving her room… y/n it was a whole dream? wait what if it gets real I cannot go with him… she thought… Hey Elen Wait up… she hurried to the gate to come up with an excuse not to go…

Zulal Siddiqui
B.Ed. (Hons)
4 Years Programe

Success is your dorstep

"However difficult life may seem, there is always something you can do and succeed at."
— Stephen Hawking

Stephen Hawking's quote is motivational.

In this quote he underlines the value of resilience and courage. It serves as a reminder that even during difficult circumstances, there are opportunities to act and succeed. This approach encourages people to focus on what they can control and work toward their goals regardless of the challenges they tackle.

Success after facing challenges can be gratifying and empowering. Overcoming obstacles often requires resilience, perseverance, and a positive mindset. When someone achieves success after navigating through difficulties, it not only boosts their confidence but also serves as a reminder of their capability to overcome future challenges. This experience can also inspire and motivate others who may be going through similar struggles, showing them that with determination and effort, success is possible.

The Unsung Heroes of Our College

It has always occurred to me that in any school, college, university, or educational institution only teachers, students, and principals are considered the main characters; without whom educational institutions can hardly function or exist. This is true to some extent because teachers and students are integral to any academic institution and the principal is like the captain of the ship, the director of the play who can make or break the institution. Nevertheless, that's one part of the picture. We mostly focus on the big picture, sometimes ignoring the real heroes in our lives. Just as we easily overlook the non-teaching staff, their services, and their role in our educational institutions. But I have a question for all of you:

Can our college do better without librarians, janitors, cafeteria staff, security staff, and administrative staff?

No way! Our organization would be disorganized without these "non-essential" roles. All these roles are found in every educational institution but they never get the importance, respect, and honor they deserve. But it would be better to say "Non-teaching staff are never seen". Before writing on this topic, these roles were as unnecessary to me as they are to you. But when I changed my perspective, I realized how abnormally this educational institution, or any academic institution would function without all these roles. We don't even realize the ease and comfort brought into our lives by these heroes without capes into our daily lives, and we probably don't realize until we have to play all these roles ourselves.

It would not be wrong if I say that all these people are "Unsung Heroes" of our college because they are the ones who work behind the scenes untiringly to make the functioning of this institution smooth. They work from dawn to dusk without any recognition, without any appreciation. And those "unsung heroes" of our college are:

M. Zubair Shaikh, the Librarian of the Government College of Education. He joined this college on 19th October 2020. His hard work and dedication paid off and recently, he was made the In-charge of CPD Hall and Staff Secretary. His primary role in the college is to meet the library needs of students and staff members, make library materials available to them, and establish and implement policies for the library. His organizational skills were showcased as the CPD in-charge, he arranged the equipment in the CPD for the upcoming program so that the program could run smoothly.

He has become an integral part of the college. He is resilient and shows eagerness to do all the assigned tasks without even raising a brow. He was seen working endless days and nights, for the 6th Sindh College Games 2024, he stayed in college for 3 days until 9:00 p.m. and fixed the basketball court, he is often seen vacuuming the library.

He firmly believes that:

"If you throw flowers on the way, you will get flowers on your way back".

He is trying to digitalize the college library, but it requires a lot of resources which the college does not currently offer. He also received the shield from the college Principal dr. Navaid Rab Siddique, in the book fair held on 29th February 2024. Sir Zubair showed his concerns on the declining book reading habits, he further said that although the profession of librarian is important all over the world, unfortunately in our country, "Pakistan", this profession is not given due respect and importance and librarians do not get the respect they deserve.

In a true sense, Sir Zubair is a man who has never worked for praise; besides he feels that whether his services are acknowledged or not, it is his responsibility to do his duty well. He also believes that:

"Man is not important, his work is important".

Second on my list is Mr. M. Haroon. He is always seen running errands in the college. I have always seen him cleaning and serving tea or doing some sort of chore. Never have I ever seen Haroon uncle rest. He does all the work of a 'rider' at the college. He also buys supplies for functions and serves lunch to the teaching staff at lunchtime, he is always helpful in getting food for students during lunchtime. In my view, there is no one like Haroon uncle in terms of ethics among the non-teaching staff because he never denied any work to any teacher or student even at the eleventh hour and that is why everyone in the college respects him so much.

Many times, he has given free lunch to me and my friends. He once asked us: Do you want to eat kachori? ", we said: "Sure!", So he replied: You go to Bagh-e- Munir and I will bring it for you. This is just one incident that I am sharing otherwise it has happened many times. It would not be wrong to say that Haroon Uncle is everyone's favorite in the college.

He Belives that one should give and help others. Then Allah will ease your way.

Another very important person without whom this college cannot run is the college shop keeper, whose presence in the college has made life easier not only for the college staff but also for the students. That person is none other than Syed Faizan Taqvi. One Stop Shop with all your solutions.

All your work will be done in his shop like printing, photocopying, and stationery, you can get notes and past papers, and you can even get a gown from his shop which is compulsory for students. If something is not available at his shop, he will get your work done from another shop. The best thing about Faizan uncle is that he never refuses to do your work and even if you don't have money, he will give you a discount or lend you a loan. On a lighter note, my experience with Faizan uncle was different, I don't understand why he used to sell me expensive things compared to my friends. I once asked him: "Do you think I am rich or my friends are poor?" and he was speechless. After that, he never sold me anything expensive. His all-time favorite dialogue is, "I and my shop is here to facilitate students."

College janitor Iftikhar, who belongs to the Christian community, is an active member of the non-teaching staff. After Haroon uncle, he is the second person who comes to college

early every day. Because he has to clean the college quickly before the staff members and students arrive. He not only opens the college but also switches off the lights and fans during the closing hours of the college which the students should do themselves. Although his role is not well appreciated and overlooked, but the college would not run well without his support. He makes sure that the college is neat and clean.

Mehmood, the gatekeeper of the college, is the most important member of the college. His job is to keep track of everything that happens in the college. He is the person who follows the rules more than anyone. One thing that bothers me the most is that he does not allow students to enter the college after 9 am. Although it is his duty and we students should try to be punctual but what he does is to close the gate of the college and if he lets us enter the college, he sends us to Prof. Samina and what we do, we run straight to our class instead of going to Professor Samina's office. He is the most dedicated worker of GCE, serving the college wholeheartedly.

His one liner is," haimaien principal sahib nay ijazat ni dithi."

Abid, the jack of the administration department, is one of the prominent personalities of the college, who is not only proficient at college work but his calligraphy skills are also noteworthy mention. Every year he teaches calligraphy in art and craft subjects to third-semester students. He is very fond of listening to music. It is a little-known fact that Sir Abid is an expert table Artist. The best thing about him is that he is useful to everyone and never refuses if he is given a task. Furthermore, Sir Abid is always on wheels from the principal office to Karachi University. His paperwork and documentation are impeccable.

All these members are the pillars of this college. Sir Abid, Haroon Uncle, Iftikhar uncle, and Mehmood uncle have been serving in this college for more than a decade. My jaw dropped when I heard Mehmood uncle saying that he had spent his youthful days in college. There are a few of the non-teaching staff that I was unable to convince to give me some light on their journey in this college.

Lastly, I want to conclude that a campus must treat its non-teaching staff with equal importance to make them realize how necessary their role is. I have witnessed that our teachers and Principal have always spoken to them humbly and never have I ever seen any faculty member or the principal talk to them in a condescending tone. However, it is a few of the students that I have noticed misbehaving with them or looking down upon them. I can say undeniably that the non-teaching staff could be called "the backbone" of an educational institution. Their efforts, although, often behind the scenes, significantly impact the students, teachers, and the entire college community. I sincerely pay my heartfelt tribute to all the non-teaching faculty of our college.

Fatima Siddique
B.Ed. (Hons)
4 Years Program

What Schools Should Be

Education is the foundation of independent, reflective, and innovative learners.in every society Education is an ongoing process that should occur inside and outside of institutions such as schools. It should be a thought-provoking and engaging process that both motivates and challenges learners into pursuing a life of learning. I believe that education should focus around social interactions because humans are social creatures, and seem to learn best in social settings (Wals,2009.) In my opinion there are two fundamental aspects of education one is psychological and other is sociological and neither can be superimposed over the other. The psychological side is the foundation in which child's own instincts and power give the starting point of educational process. On the other hand, the knowledge of social conditions and the present state of civilization, is necessary in order to properly interpret the child's powers.

In every society, school is one of the most significant institutions. School plays a vital role in the growth of the society. They are developed with significant objectives of the development of citizens for futuristic society According to Dewey (1897)., School is a special environment where a certain quality of life and certain types of activities and occupations are provided with the object of securing a child's development along with desirable lines. Traditional school students succeed by memorizing material, replicating low-level processes, writing formulaically, and following directions, but it is one that limits life opportunities in an age of creativity (Sidhu,1996). In My Pedagogic creed Dewey emphasizes on child's learning through experiences; he explained the system of education wherein he minimized the ideals of individual education and promoted the notion of social interaction and group learning as a strategy of teaching and learning for the modern system of education.

School should not be viewed solely as a place where knowledge is imparted in the traditional manner, but as a place where the child is prepared for life through life-based skills. It is a place where future citizens' minds, habits, outlooks, and attitudes are shaped. It is said to be the image of life outside. It is to be the reflection of the larger society around. I believe that the school should be a safe, engaging, and thought-provoking institution that grips it's diverse community of learners. The school should motivate the learners and assist the learners in their learning. It should establish respect, integrity, and honor amongst the learners.

The subject matter of education should not be restricted to curriculum. I believe that most of the learning occurs outside of the classroom when learners engage in meaningful interactions with their peers or subordinates (McMitchell, n.d.) When planning instruction, schools and classrooms should emphasize the importance and relevance of building community, developing strong relationships, developing higher level thinking skills for real-life application, and following student interests. As they mature into adult citizens, students who participate in academic programs are likely to be critical thinkers and significant, positive contributors to their local communities and society. (Williams,2017)

The essence of effective teaching methods, in my opinion, starts with an open mind. Before any learning can begin, the teacher must be able to set aside their stereotypes and biased views. This is important for learning experiences because if the teacher holds

these ideas, they will not approach their students with only them in mind, which will obstruct the student learning (McMitchell, n.d.) The method of teaching adapted should help in the development of a child in all aspects. Teaching through experiential learning can prove to be quite helpful, furthermore we can bring forth all skills and innate powers of a child through this method. A passive learning environment cannot nurture a child's abilities. When learning something new a child forms its image in their mind; to increase their imagination power introducing them to the actual object can prove to be immensely helpful during instructions (Dewey,1897).

The primary goal of school is to provide a conducive environment for children's growth and development. It is made up of the structure, the physical facilities, and the human material. All these materials are important and schooling cannot be effective and efficient if the facilities are inadequate. The way the material is handled and tackled is more important than the material itself. (Sidhu,1996). So, administration should provide all human and material resources and everything necessary in the efficient functioning of the school.

Innovation and evolution go hand in hand. School is a place of nurturing, where future potential of the society is shaped into being (Horn & Staker,2017). If outdated methods are the only available devices the experts have, when the situation requires a modern, scientific, and arbitrary approach then the school fails to fulfil its basic responsibility. We should update our expertise in right earnest and try to keep it ahead of the times. (Sidhu,1996) Backward expertise will keep us backward in our theories and practices. Time-passing and time-serving attitudes should be gotten rid of by the experts and functionaries alike. Most of our functionaries are expertise-resistant. There is need to develop a receptivity in them for new ideas, plans, programs, experiments, and devices. Change for the sake of change is not that which is needed, rather every change should be a change for the better.

In a nutshell schools should be a place of social reconstruction and experiments, a place where we nurture future citizens who can improve our society. For which school organization and administration is responsible for providing the students with the tools to innovate and learn in a safe and creative environment. Every great school should be focused innovate, transparent, playful, and centered towards human beings.

Tabassum Kausar
Assistant Professor
Education

The Chronicle of EduTech Endeavors

In the panorama of collegiate history, the past year at Government College of Education has unfolded like a well-scripted drama—rich in technological strides and academic innovations.

Under the visionary stewardship of our College Principal, Dr. Navaid, our institution has witnessed remarkable advancements in digital and educational infrastructure in the last year.

Dr. Navaid's leadership was particularly influential as we embarked on new digital initiatives. When I joined the college, I embarked on a modest experiment: conducting weekly online quizzes through Google Forms—a novelty for many. At that time, challenges were manifold; not every student had a mobile phone, and data connectivity was a luxury few could afford consistently. Despite these hurdles, the seeds of digital literacy were sown. Each quiz was uniquely assembled from a shared question bank, ensuring fairness while embracing randomness.

This effort culminated in more than 20 quizzes in Fall 2023 semester, forming a trove of data that provided valuable material for our academic research. Analyzing this data, we identified weak areas needing reinforcement and detected patterns of student engagement. This was not merely a clerical task; it was a scientific inquiry into the very heart of our educational approach.

From the fertile ground of our quiz framework sprouted the idea of flashcards—tools for self-paced, leisurely study that further refined our educational offerings. This initiative was more than just a method; it was a sieve, separating the truly engaged students from the disengaged, ensuring that the accolades and marks awarded mirrored genuine effort and learning.

Our technological transformation didn't stop at quizzes. The lab, under the stewardship of Dr. Sohail, became a hub of digital capability. Armed with adequate computers, multimedia editing tools, and extended access hours, our students were no longer bound by the constraints. They were free to explore the vast potential of digital creation. This transformation was not wrought by faculty alone but was carried on the capable shoulders of volunteer students.

The digitization of Government College of Education continued with the creation of a comprehensive database of student and guardian contacts, streamlined by painstaking data cleaning efforts. The new digital attendance system, MySkool, promises real-time updates to parents, fostering transparency and accountability in our educational process.

This year also saw us proudly launching our college website, securing the edu.pk domain after navigating a labyrinth of legal requirements—a digital milestone that placed us at the forefront of collegiate digital identity in Sindh.

In addition to the website, we made significant strides by securing Google Workspace for our institution. After numerous discussions with the Google Help Center in India and meticulous submission of necessary documentation, we faced an anxious two-week wait, concerned our request might be denied. However, our efforts were rewarded, and we now stand as the only college in Sindh equipped with institutional emails, a proud testament to our dedication and perseverance in enhancing our digital infrastructure.

Our participation in a STEAM-themed exhibition, showcasing projects on artificial intelligence and the use of educational games, was a testament to our commitment to cutting-edge educational practices. As we reflect on these achievements, our spirits buoyed by progress, we stand at the threshold of another academic year, ready to explore new possibilities. The narrative of this past year could well be our prologue to a brighter, more connected future.

Professor Talha Mansoor
Computer Science

Streamlining College Life: The Power of Going Digital

Colleges are going digital, and it's changing everything for the better. From applying for courses to keeping track of grades, everything's easier with online tools.

Enrollment is a breeze with online forms and automated systems. Your records are safe and accessible at the click of a button, and getting advice from professors is as easy as sending a message.

Digital platforms make staying connected a cinch too. Whether it's through social media or mobile apps, colleges are bringing students together like never before.

But the real magic happens in the classroom. With digital resources, learning becomes interactive and fun. From online lectures to virtual labs, education is more engaging and accessible than ever.

Sure, there are challenges like keeping data safe and making sure everyone has access. But the benefits? They're huge. By embracing digital tools, colleges can make life easier, learning more exciting, and education accessible to all.

Role and responsibilities of Higher Education Commission of Pakistan, especially in the field of Teacher Education

The Higher Education Commission (HEC) of Pakistan plays a pivotal role in shaping the landscape of higher education, with a special focus on teacher education to ensure the development of qualified, skilled, and innovative educators. Its responsibilities and initiatives in the field of teacher education include:

1. **Standard Setting and Quality Assurance**
   - **Curriculum Development:** HEC is involved in the formulation and periodic revision of curricula for teacher education programs, ensuring they are up-to-date, comprehensive, and aligned with international standards.
   - **Accreditation:** It accredits teacher education institutions and programs, ensuring they meet the set quality standards necessary for producing competent educators.

2. **Capacity Building and Professional Development**
   - **Training Programs:** HEC organizes various training programs, workshops, and seminars for faculty development, focusing on modern teaching methodologies, research, and educational leadership.
   - **Scholarships and Grants:** It provides scholarships for graduate and postgraduate studies in education, including opportunities for studying abroad, to improve the academic qualifications of teacher educators.

3. **Research and Innovation**
   - **Research Funding:** HEC offers grants for research in education, encouraging studies that can contribute to policy formation, teaching practices, and curriculum development.
   - **Innovation in Teaching:** It promotes the integration of technology in teaching, supporting initiatives that explore innovative teaching solutions, digital literacy, and elearning strategies.

4. **Policy and Planning**
   - **Educational Policy:** The Commission advises the government on policy matters related to teacher education, aiming to address challenges, and set directions for future development.
   - **Strategic Planning:** HFC engages in strategic planning for the expansion and improvement of teacher education, including infrastructure development and the establishment of new institutions.

5. **Collaboration and Partnerships**
   - **National and International Collaboration:** It fosters partnerships with national and international educational bodies, universities, and organizations to share best practices, resources, and research in teacher education.
   - **Industry Linkages:** HEC establishes linkages between teacher education institutions and schools to facilitate practical training, internships, and job placements for graduates.

6. **Technology Integration**
    - **E-Learning Platforms:** The commission supports the development and adoption of elearning platforms for teacher education, making educational resources more accessible.
    - **Digital Competency:** It focuses on enhancing the digital competencies of teachers and teacher educators, preparing them for effective teaching in the digital age.

7. **Inclusivity and Accessibility**
    - **Equal Opportunities:** HEC aims to ensure equal access to teacher education programs for all, including marginalized and remote communities, and promotes gender equality within the profession.
    - **Special Education:** It encourages the development of special education teacher training programs to cater to the diverse needs of all learners.

In summary, the Higher Education Commission of Pakistan plays a comprehensive role in enhancing the quality, relevance, and scope of teacher education. By focusing on quality assurance, capacity building, research and innovation, policy formulation, and leveraging. technology, HEC aims to elevate the standards of teaching and contribute to the overall improvement of the education sector in Pakistan.

Prof. Ghulam Umer Merani
Associate Professor

Building Resilient and Resourceful Teachers

Building resilient and resourceful teachers through entrepreneurship education is essential in today's ever-changing educational landscape. Resilience in educators means being able to bounce back from setbacks, whether they are related to classroom management, student engagement, or curriculum changes. Entrepreneurship education provides teachers with the tools to develop this resilience by emphasizing problem-solving, adaptability, and persistence. Resourcefulness, on the other hand, is about finding innovative solutions with the available resources. Entrepreneurial training encourages teachers to think outside the box, utilize technology creatively, and collaborate effectively with colleagues and the community. By building resilient and resourceful teachers, we ensure that they can handle the challenges of the profession with confidence and creativity. This not only enhances their teaching effectiveness but also serves as a model for students, showing them the importance of resilience and resourcefulness in their own lives. Consequently, the impact of entrepreneurial education extends beyond the classroom, fostering a culture of innovation and perseverance in the broader community.

Children Can Naturally Befriend Numbers

Mathematics, often perceived as an intimidating subject, holds a profound allure for children, inviting them into a world of patterns, logic, and discovery. Contrary to popular belief, children possess an innate affinity for mathematics, effortlessly navigating its complexities through playful exploration and curiosity. At its core, mathematics resonates with the innate curiosity of children. From an early age, they exhibit a natural inclination to count objects, recognize shapes, and solve simple puzzles. This inherent curiosity catalyzes their mathematical journey, propelling them to explore, question, and experiment with numerical concepts.

Furthermore, children's inherent creativity fosters a symbiotic relationship with mathematics. They delight in devising imaginative solutions to mathematical problems, unencumbered by preconceived notions of what is deemed possible. Through hands-on activities and interactive games, children seamlessly integrate mathematical principles into their play, transforming abstract concepts into tangible experiences. Moreover, children thrive in environments that encourage exploration and autonomy, essential elements in fostering a love for mathematics. By providing opportunities for open-ended exploration and problem-solving, educators and parents empower children to embrace mathematics on their terms, cultivating a sense of ownership and confidence in their mathematical abilities. Additionally, the social aspect of mathematics plays a pivotal role in children's engagement with the subject. Collaborative activities and peer interactions not only promote a deeper understanding of mathematical concepts but also instill a sense of camaraderie and shared achievement. Through collaborative problem-solving and group discussions, children learn to communicate their mathematical reasoning effectively, further solidifying their grasp of the subject.

In conclusion, children possess an innate predisposition towards mathematics, which flourishes when nurtured in a supportive and stimulating environment. By harnessing their natural curiosity, creativity, and social inclinations, educators and parents can cultivate a lifelong love for mathematics in children, empowering them to unlock the boundless potential of this captivating discipline. As we embrace the wonders of mathematics alongside children, we embark on a journey of exploration, discovery, and limitless possibilities.

Aaizah Khan and Hafsa Fatima
B.Ed. (Hons)
4 years program

Unbeatable: Our College's Journey in the 5th Sindh College Games 2023

Alhamdulillah, this year 2023 has been of accolades for our college since the beginning and it was about being the director of physical education (DPE) in this college. I am very happy to say that it started with success in sports.

The first phase of 5th Sindh colleges games 2023 started as soon as I transferred to this college. It was very challenging for me to select students in different games and make them a player in a very short amount of time, but by the grace of Allah, this phase was successfully completed. In the 5th Sindh games 2023 Karachi region, our college student's team (Boys and girls) participated enthusiastically in various games and showed skills to the fullest. Especially our Tug of war girls' team was given the flag of success and created history, for the first time in any sports, our college won.

On January 25th 2023, our tug of war girls' team remained undefeated against 49 different colleges in Karachi and make us proud by winning 5th Sindh college games 2023 in Karachi region.

Similarly, in the second phase of the 5th college games 2023, our college's tug of war team represented Karachi because of being the winner of Karachi games and after the match another province of Sindh like sukker, Hyderabad, Larkana and other teams became the winner of the 5th Sindh college games 2023 while remaining invincible and played an important role in bringing the general trophy to Karachi.

Alhamdulillah, the journey of success did not stop there, rather our students surprised everyone by winning all three 1st, 2nd and 3rd positions of Girls Darts Game competition in Karachi games 2023. At the same time our boys secured first position in Boys Darts games competition in the Karachi Games 2023. Four trophies in a single day was a pleasant addition to our college.

In all this journey, I am very grateful to the other teachers of our college, students and especially the Principal Dr.Navaid Rab Siddiqui supporting and encouraging us on every occasion. Our success was impossible without their support. May Allah continue to give us all success and give us the opportunity to work diligently and may we always shine brightly.

Nadia Ghangi
Director of Physical Education

GCE at a Glance







Induction Training Of Newly Recruited College Lecturers 2023

Introduction:
The process of imparting education is a dynamic and ever-evolving endeavor, requiring educators to possess a deep understanding of not only their subjects but also the nuances of effective pedagogy. In this context, the 12 days training of newly recruited college lecturers was held from 10-23 August 2023 at Government College of education F.B Area Karachi. 93 male and female lecturers were the part of this training. This program marks the beginning of an exciting journey in academic careers. It serves as a crucial bridge between theoretical knowledge and practical application, enabling educators to seamlessly transition into their roles with confidence and proficiency.

Importance of Training for Newly Recruited College Lecturers:
The training program for newly recruited college lecturers plays a pivotal role in shaping the trajectory of their teaching careers. It goes beyond a mere introduction to the institution; it equips educators with the necessary tools, strategies, and insights that are essential for creating meaningful and impactful learning experiences for students.

The following topics were discussed during training:

- In the induction training program, many topics related to teaching pedagogies including administrative issues were discussed but the highlighted topics are given below.
- Job Description and Service Rules, Overview of Educational System in Pakistan, and National Professional Standards for Teachers in Pakistan (NPSTP), Educational Psychology, Adolescence Period and Juvenile Delinquency, Multiple Intelligence, Different Methods of Teaching, Teaching Skills for College Teachers (Andragogy), Use of Instructional Technology in Teaching. Classroom Management and Behavioral Management, Gender Sensitivity, Harassment, and its Laws, 21st Century Skills for Learning, Guidance and Counseling as a Solution to Problems:

Credibility of the College Education Department:
Government College of Education F.B area Karachi has the honor of providing professional development and pedagogical skills training to the third batch of newly recruited college lecturers of various subjects. The credibility of the College Educational Department (CED) is significantly improved by the competence and effectiveness of its teaching staff. Induction training program demonstrates the department's commitment to ensuring high standards of teaching and learning. When newly recruited college lecturers are well-prepared and equipped to deliver quality education, the department's credibility is bolstered.

It is concluded that the training of newly recruited college lecturers is a critical investment in the future of education. Its importance cannot be overstated, as it directly impacts the quality of students' learning experiences and contributes to the credibility and reputation of the College Education Department (CED) Government of Sindh. By equipping educators with the right tools and insights, training paves the way for a successful and impactful teaching journey.

Induction Training of Newly Recruited College Lecturers

The process of imparting education is a dynamic and ever-evolving endeavor, requiring educators to possess a deep understanding of not only their subjects but also the nuances of effective pedagogy. In this context, the 12-day training of newly recruited college lecturers was held from 10-23 August 2023 at Government College of Education F.B Area Karachi. 93 male and female lecturers were part of this training. This program marks the beginning of an exciting journey in academic careers. It serves as a crucial bridge between theoretical knowledge and practical application, enabling educators to seamlessly transition into their roles with confidence and proficiency.

In the induction training program, many topics related to teaching pedagogies including administrative issues were discussed but the highlighted topics were Job Description and Service Rules, an Overview of the Educational System in Pakistan, and National Professional Standards for Teachers in Pakistan (NPSTP), Educational Psychology, Adolescence Period and Juvenile Delinquency, Multiple Intelligence, Different Methods of Teaching, Teaching Skills for College Teachers (Andragogy), Use of Instructional Technology in Teaching. Classroom Management and Behavioral Management, Gender Sensitivity, Harassment, and its Laws, 21st Century Skills for Learning, Guidance, and Counseling as a Solution to Problems.

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A Historic Milestone: Archery Introduced at Government College of Education

Government College of Education (GCE) recently made history by introducing Archery for the first time, under the guidance of Principal Professor Dr. Navaid Rab Siddiqui. This exciting addition to the college's sports lineup brought together students and staff, highlighting GCE's commitment to trying new things and creating a diverse learning environment. Principal Siddiqui's leadership set the tone for the event, emphasizing the importance of inclusivity and exploration in education.

The introduction of Archery sparked enthusiasm among both teachers and students, offering a fresh opportunity for everyone to try something new together. Despite some missed targets, participants embraced the experience as a chance to learn and grow. This reflects GCE's values of resilience and continuous improvement, where setbacks are seen as stepping stones to success. As Archery becomes a regular fixture at GCE, students can look forward to more opportunities for skill development and teamwork, enriching their overall college experience.

With the ongoing support of Principal Professor Dr. Navaid Rab Siddiqui, GCE is poised to continue its journey of innovation and excellence in education. As Archery takes root within the college community, it symbolizes GCE's commitment to providing students with diverse learning opportunities that extend beyond the classroom. By embracing new challenges and fostering a culture of curiosity and inclusivity, GCE is shaping future generations of leaders who are equipped to thrive in an ever-changing world.

A Memorable Iftar Dinner at the Governor House during Ramadan 2023

In the auspicious month of Ramadan 2023, Government College received a gracious invitation from the Governor House for an Iftar dinner. Without hesitation, the college principal promptly accepted the invitation and efficiently organized transportation, sensing the eagerness and excitement among both teaching staff and students. Professor Farah Kanwal was entrusted with overseeing the trip, a responsibility she fulfilled excellently, ensuring a smooth and enjoyable experience for all.

Upon arrival at the Governor House, the attendees were greeted with a warm welcome and ushered into a grand arrangement for dining. The Iftar dinner, prepared with meticulous care, provided a moment of unity and joy as everyone shared in the breaking of the fast. After the Maghrib prayer, the group embarked on a guided tour of the Governor House, exploring the historic rooms and artifacts once used by the esteemed founding father, Quaid-e-Azam Muhammad Ali Jinnah.

The exquisite furniture and state-of-the-art crockery showcased the rich heritage and attention to detail within the Governor House. The tour continued with a visit to the picture gallery, offering glimpses into the nation's history and culture. As a token of appreciation, a floral bouquet, a shield of honor, and a painting were presented to the honorable governor. With hearts full of gratitude and cherished memories, the attendees bid farewell and returned home, reflecting on the unforgettable experience and the bonds of friendship strengthened during the visit.

Picnic 2023

The much-anticipated annual college picnic for 2023 took place on December 8th, and this time, the chosen venue was the breathtaking seaside location at Sandspit Beach. Organized by the College Event Committee, the event aimed to offer students, faculty, and staff a refreshing escape from the routine and create lasting memories in the backdrop of the beautiful coastal setting. The picturesque coastal road offered stunning views, setting the tone for a day of relaxation and enjoyment. Upon reaching the seaside destination, the panoramic view of the ocean greeted the attendees. The committee had strategically chosen a section of the beach with a blend of soft sand and gentle waves, creating the perfect atmosphere for a day of fun and leisure.

The soft sand became the arena for a variety of beach games, including beach, frisbee, and sandcastle-building, cricket, ball games. Students enthusiastically participated, showcasing their competitive spirit and teamwork. For those seeking a more adventurous experience, water sports such as jet skiing, boat rides, and paddle boating were organized. The sparkling blue waters provided the ideal backdrop for these activities, and participants relished the opportunity to try something new. Attendees enjoyed sunbathing, reading, and engaging in leisurely conversations while listening to the soothing sound of the waves.

The highlight of the evening was undoubtedly the breathtaking sunset over the ocean. As the sun dipped below the horizon, casting a warm glow across the water, attendees gathered to witness the mesmerizing spectacle. This serene moment fostered a sense of unity and appreciation among the college community.

The annual college picnic at the seaside for 2023 was a resounding success, providing a perfect blend of adventure, relaxation, and community bonding. The seaside location added a unique and unforgettable dimension to the event, creating cherished memories for students, faculty, and staff alike. The College Event Committee extends heartfelt appreciation to all participants, volunteers, and sponsors who contributed to making the seaside picnic a memorable and enjoyable experience for everyone involved.

Women Empowerment and Awareness Session on Harassment

Government College of Education F.B.Area block 15, organized a women empowerment and awareness session on harassment. The event aimed to bring awareness to students about harassment and mental health. It was an informative and interactive session, and the students benefited immensely from it.

The session started with an introductory talk about women's empowerment and the importance of bringing awareness to such issues. The talk highlighted the various challenges that women face in their daily lives, including harassment and gender inequality. It also emphasized the need for women to come together and support each other to overcome these challenges.

To make the session more engaging, a play was performed by the students showcasing the issues relating to harassment and its effects on women. The play was well-received by the audience, and it helped to drive home the message of the session.

The session also touched upon the topic of mental health and the impact that harassment can have on a woman's mental well-being. The students were given tips on how to take care of their mental health and seek help if needed.

Overall, the women empowerment and awareness session on harassment was a resounding success. The students gained valuable insights into the challenges that women face and the importance of standing up against harassment. It was an eye-opening experience for many of them, and they left the session feeling empowered and inspired.

In conclusion, it is essential to bring awareness to issues such as harassment and gender inequality, and events like the one organized by Government College of Education F.B.Area, block 15 go a long way in achieving this goal. We must continue to educate and empower our youth to create a safer and more inclusive society for all.

STEAM Education Exhibition: GCE

As the world becomes increasingly reliant on technology and innovation, the importance of STEAM education (Science, Technology, Engineering, Arts, and Mathematics) has never been more evident. To promote and celebrate the achievements of students in this field, GCE F.B.AREA recently organized an STEAM Education Exhibition competition. This exhibition was a platform for students to showcase their projects and ideas, encompassing various aspects of science, technology, engineering, arts, and mathematics. The competition aimed to encourage students to think critically, problem-solve, and collaborate while developing projects that align with the principles of STEAM education.

The event witnessed an overwhelming response from students across various disciplines. They enthusiastically participated in the competition, displaying their creative prowess and technical skills. The projects ranged from innovative robotics solutions to sustainable energy models and interactive art installations. Each project was a testament to the students' dedication, hard work, and ingenuity. One of the key objectives of the exhibition was to promote interdisciplinary learning. By combining elements from different fields, students were encouraged to think beyond the confines of their specific disciplines and explore the connections between various subjects. This interdisciplinary approach not only strengthens their knowledge but also nurtures their ability to think critically and find innovative solutions to real-world problems.

The exhibition also provided a platform for students to interact with professionals and experts in the field. Esteemed judges, comprising industry leaders, educators, and researchers, evaluated the projects based on their technical merit, creativity, and potential impact. The feedback and guidance provided by these experts were invaluable for the students, helping them refine their ideas and gain insights into the practical applications of their projects.

In conclusion, the STEAM Education Exhibition held at our college was a resounding success. It provided students with an opportunity to exhibit their talent, learn from experts, and celebrate their achievements. The event underscored the significance of STEAM education in preparing students for the challenges of the future. By encouraging interdisciplinary learning, fostering innovation, and promoting critical thinking, the exhibition played a vital role in nurturing the next generation of innovators and problem solvers.

Steam Education Competition PECHS

Steam Education competition was held at BAMM PECHS Government College in which students from various institutes participated. It was a great opportunity for students to showcase their skills and knowledge in the fields of Science, Technology, Engineering, Arts, and Mathematics. Our institute, GCE F.B. Area Block 15, also participated in the competition, and I am proud to say that our students won the second prize.

The competition was organized by the college to promote the concept of Steam Education among the students. The aim was to encourage students to learn and develop skills in the fields of science, technology, engineering, arts, and mathematics. The competition was divided into different categories, including robotics, botany, zoology, computer technology, engineering, science, arts, etc.

Our students participated in the zoology category. Our students worked tirelessly on the project, spending countless hours designing and creating the multi-dimensional project. It is to be mentioned that it was an eleventh-hour decision of our college to take part in this competition. On the day of the competition, our team arrived at the venue with their project They were nervous but excited to showcase their creation. The competition was tough, with teams from various institutes showcasing their creative projects. However, our team remained focused and confident, and their hard work paid off when they were announced as the second-prize winners. The judges were impressed with our team's project and praised them for their creativity and technical skills. They appreciated the fact that our team had used innovative ideas. Our team was thrilled with the result and felt proud of their achievement.

Participating in such competitions is crucial for students as it helps them develop their skills and knowledge in various fields. Steam Education is becoming increasingly important in today's world, and students need to have a strong foundation in science, technology, engineering, arts, and mathematics to succeed in their careers.

In conclusion, our students' victory at the Steam Education competition held at BAMM PECHS Government College is a proud moment for our institute. It is a testament to the hard work and dedication of our students and their teachers. I hope that this competition will inspire more students to take an interest in Steam Education and develop their skills in this area.

Oxford University Delegation Visits G.C.E.

In February 2022 , Govt. College of Education Block 15 F.B. Area had the honor of hosting esteemed guests from Oxford University's PhD scholars form UK and Durbeen Welfare Trust owner Mrs. Salma Alam and her associates. Led by Principal Prof. Dr. Navaid Rab Siddiqui, the visitors were given an insightful tour of the college's facilities and departments. From the innovative Continuous Professional Development initiatives to the cutting-edge Instructional Technology Zone and the well-equipped science labs, every aspect of the college's commitment to quality education was on display. The visitors had the opportunity to observe classes in progress, engaging with both teachers and students, and were impressed by the college's effective teaching methodologies and interactive learning environment.

The visit culminated in discussions where Prof. Dr. Navaid Rab Siddiqui and his team exchanged ideas with the guests, showcasing the college's dedication to academic excellence. The visitors commended the college's holistic approach to education, evident in the students' outstanding performance in academics, arts, and cultural activities. The appreciation extended to Prof. Dr. Navaid Rab Siddiqui and his team for their unwavering efforts in nurturing the next generation of educators and for their remarkable contributions to the field of education. The visit underscored Govt. College of Education Block 15 F.B. Area's reputation as a beacon of excellence in the realm of teacher training and academic enrichment.

International Educational Conference

The need for innovative teaching pedagogies has become increasingly apparent in today's rapidly evolving educational landscape. To address this imperative, under the leadership of Principal Dr. Navaid Rab Siddique; for the first time, the GCE faculty members participated in a Teachers' education conference titled 'Preparing Teachers for the 21st Century: Synergies and Challenges' organized by Durbeen Non-profit organization at Government Elementary College of Education College, Hussainabad. Focusing on the development and dissemination of innovative teaching methodologies, Professor Yusra Madiha and Tabassum kauser pursued this opportunity and discussed their ideas with the principal Dr. Navaid Rab Siddique. He deeply scrutinized the proposal, and with his guiding hand, Prof Yusra Madiha and Professor Tabasum Kausar presented their research paper before the house, titled "Breaking Barriers: Implementation of Innovative Pedagogical Skills in Teaching Practicum while Prof. Dr. Muznah Faheem joined as a speaker in the symposia titled Challinges Implementaing the B. Ed program. The presenters were lauded for their academic achievement.

The two-day educational conference served as a platform for educators, researchers, and stakeholders to explore and discuss innovative teaching pedagogies. With a focus on enhancing educational practices, the conference aimed to foster collaboration, share insights, and inspire transformative approaches to teaching and learning.

Such educational conferences provide a dynamic forum for exploring and advancing innovative teaching pedagogies. Through paper presentations, and panel discussions, participants gained valuable insights, shared best practices, and forged connections with colleagues from diverse backgrounds. Moving forward, the conference outcomes will serve as a catalyst for continued innovation and improvement in educational practices, ultimately benefiting students and educators alike.

MASHAL-E-ILM

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