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Education Magazine

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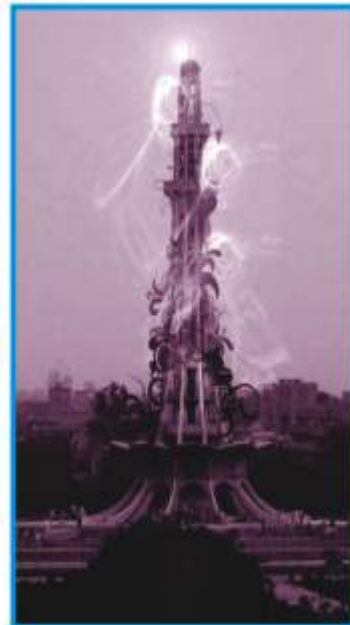
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1- EDHI FOUNDATION

2- TIPS FOR TEENAGERS-BILL GATES

3- CAREER COUNSELLING

4- HISTORY OF LAHORE

w w w . e M a g . c o m . p k

Editorial

"The complexity of our present trouble suggests as never before that we need to change our present concept of education. Education is not properly an industry, and its proper use is not to serve industries, either by job-training or by industry-subsidized research.

It's proper use is to enable citizens to live lives that are economically, politically, socially, and culturally responsible.

This cannot be done by gathering or "accessing" what we now call "information" - which is to say facts without context and therefore without priority.

A proper education enables young people to put their lives in order, which means knowing what things are more important than other things; it means putting first things first."

Wendell Berry

Why our country is not progressing is due to our weak social institutions. Social institution can play an important role in making any country stronger. Instead of strong institutions, we have strong people. The only way Pakistan can progress is by making its institutions stronger by converting it truly into welfare state. Strong institutions means **end of corruption, rule of law all problems** mentioned below are by product of weak institutions. While the progressing countries have only one thing in common they all have strong institutions. They prefer merit instead of personal satisfaction which ultimately results in frustration among People.

Higher education institutions have always contributed to the social and cultural development of the places in which they are located. However, the emerging regional development agenda can be argued to require regional engagement to be formally recognized as a 'third role' for universities and colleges not only sitting alongside but fully integrated with mainstream teaching and research.

How we can do this? Our country has talent, resources we just need few practical people with leadership skills, we can change the education development and scope of work is our surroundings. Let's start the change in education system, with a commitment by all those who are attached with the system in any capacity, that from now onwards they will deliver a purposeful education.

Faisal Muslim

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Education Corner

Career Counseling

Self-awareness:

- What are my values?
- What are my skills and abilities?
- What are my interests?
- What is my personality style?
- What other life roles are important along with my job or occupation?
- What are the family and cultural influences on my career path?



Opportunity-awareness:

- What kinds of occupations and jobs am I suited for?
- How much do I know about these different fields (job description, amount of pay, working conditions, opportunity for advancement, whether there is a demand for this field, the types of tasks performed, etc.)?
- What are my options (possibilities: further study/training, work shadowing/work experience/volunteer work as a stepping stone towards long-term employment)?
- What are my short-term and long-term goals?
- How do I make decisions about these options?



Job search:

- Do I have an up-to-date résumé and cover letter?
- What do I need to know about going to a job interview?
- How well do I network with others who may be potential employers?



Educational Tips

By Jamil Hasan
Research Team eMag

While studying at home you can get more and more benefits by simply acting upon small tips:

1. While studying the Table lamp should lie on

- Left side of Right Hander Reader/ Writer
- Right side of Left Hander Reader/ Writer

2. Spend some moments per day, preparing your "To Do list" for tomorrow. In doing so, you will know exactly what tasks you have to accomplish the next day



3. Do not study at a place where your concentration may be broken. Hang a Do Not Disturb sign outside your study room.

4. You should study while sitting on a chair with table. Avoid studying in a very comfortable chair or a bed, which may cause you to feel drowsy.

5. Allow bathroom, drink, and/or snack breaks, but insist on completion of tasks

6. Study groups are often a good strategy. Student may benefit from studying with one or two classmates. However, make sure they are using the time to study.

7. Dictionary, paper, pens and other stationary items should be readily available in study room in order to avoid broken concentration and time wastage.

8. Declare Calm and Moderate Temperature room of your home as reading room.



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Tips for Teenagers

Rule 1: Life is not fair - get used to it!

Rule 2: The world doesn't care about your self-esteem. The world will expect you to accomplish something BEFORE you feel good about yourself.

Rule 3: You will NOT make \$60,000 a year right out of high school. You won't be a vice-president with a car phone until you earn both.

Rule 4: If you think your teacher is tough, wait till you get a boss.

Rule 5: Flipping burgers is not beneath your dignity. Your Grand-parents had a different word for burger flipping: they called it opportunity.

Rule 6: If you mess up, it's not your parents' fault, so don't whine about your mistakes, learn from them.

Rule 7: Before you were born, your parents weren't as boring as they are now. They got that way from paying your bills, cleaning your clothes and listening to you talk about how cool you thought you were. So before you save the rain forest from the parasites of your parent's generation, try delousing the closet in your own room.

Rule 8: Your school may have done away with winners and losers, but life HAS NOT. In some schools, they have abolished failing grades and they'll give you as MANY TIMES as you want to get the right answer. This doesn't bear the slightest resemblance to ANYTHING in real life.

Rule 9: Life is not divided into semesters. You don't get summers off and very few employers are interested in helping you FIND YOURSELF. Do that on your own time.

Rule 10: Television is NOT real life. In real life people actually have to leave the coffee shop and go to jobs. Be nice to nerds. Chances are you'll end up working for one.



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Hostel Life

By Jamil Hasan
Research Team eMag

If you've never stayed at a hostel before and you're planning to essentially live in hostels for weeks or months, you might like to know what you can expect during your "Hostel Life" experience.

Hostel life is entirely different from life at home. Parents wish to send their children to hostel so that they are away from homely pleasure and learn to live and grow on their own. Hostel life provides the most ideal atmosphere to study. Even a happy-go-lucky or negligent student starts working hard when he sees his roommate or neighbor competing for position.

Hostel life is best for students, as from this they come to know how to deal with different problems and how to deal with this world.... as in a hostel you come across different kinds of people, you will be better prepared to interact with the people once you get into the outside world after college days.

Moreover it will teach you to take decisions on your own without relying on others which is no doubt a precious thing. It will make you much more courageous and confident to face life.

Sleeping could be of a slight problem for light sleeper. People tend to snore, come in and out of the room at all hours, turn the lights on and off in the middle of the night and in general be disturbing to a good night's sleep.

In hostel life, a student may learn many good qualities after coming into contact with many other students from different cultures, states and walks of life resulting work force diversity at study. The students are always in contact with people of their own age and who have varied aptitudes and tastes. In hostel life, students learn a lot from mutual discussions. Whether it is the political scene of the country or about a cricket match or favorite sportspersons, every discussion becomes lively and a source of unlimited information and knowledge.

Further, whenever any student falls ill, all other students take good care of him and provide the help he/she need. Not forgetting the fun that the students have there, the sorrows that are shared, the tears that are shed, teasing, embracing, understanding, patiently listening, fighting, jumping over the fence to get into the hostel without anyone knowing it's part of the hostel life.

Hostel is a place where we learn a lot of things and to conduct ourselves. We do not feel lonely, as many students are there to give us company. Homesickness should not bother you for it is a home away from home.



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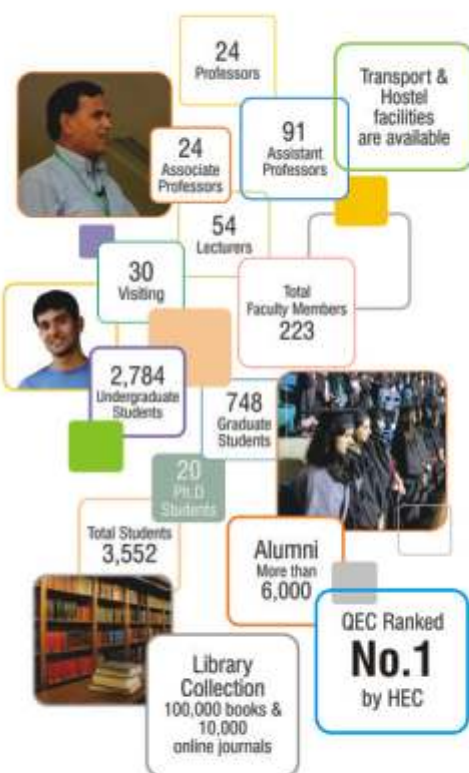
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Top tips for exam preparation

Panicking? Don't know where to start? Here are 10 expert tips to help you prepare for those dreaded exams



It's that time of year again when the sun is shining, the mercury is rising and the air is filled with the frantic twitter of dawn birdsong. Such a shame that so many undergraduates are still awake at 5am to hear it, usually from the purgatory of a darkened room while hunched over a pile of books.

Yes, it's exam time, and for those with finals the summer break can't come soon enough. For now, though, there's some serious business. Here are 10 expert tips to help prepare you for the dreaded exam room.

1. Look After Yourself

Try to be well rested and well nourished in preparation for exams. "Drink plenty of fluids, eat a good healthy breakfast," advises Professor Sarah Moore, co-author of *The Ultimate Study Skills Handbook*. "The fresher and more energetic you feel, the more it will support your ability to tackle the cognitive challenges."

2. Plan Your Work

Some people concentrate better at night, others prefer to be up with the larks. Stick to a consistent working pattern so your mind and body can adjust, and take plenty of short breaks.

3. Know Your Examiner

Unlike GCSEs and A-Levels, where examination papers are formulated by matriculating exam boards, at university, course lecturers often set the questions which should help when trying to anticipate them. "The strange thing is, the examiner who sets and marks the paper is a familiar figure," says Kate Williams, editor of *Palgrave Macmillan pocket study skills*. "It's the same person who designed your course or module, whose lectures you've attended." Hopefully ...

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Government of the PUNJAB Entrance Test



MBBS/BDS Admissions 2012-13

The process of Admission in Medical and Dental Institutions of the Punjab for Session 2012-13, shall start in August 2012. Prospective applicants are advised to ensure the availability of following documents:

1. Domicile Certificate of the candidate.
2. Certificates or Result Cards of SSC and HSSC (Pre-Medical Group)
3. Four (04) recent coloured photographs (size 3.5cm x 4.5cm), Two (02) coloured photographs (size 2.5cm x 2.5cm).
4. Applicant having equivalent foreign qualifications (O and A-Level, 12th Grade, etc.) must obtain Equivalence Certificate from IBCC.
5. Those claiming to be Muslim Hafiz-e-Quran, shall have to produce a Certificate in this regard from a registered Madrassa.

The above documents shall be required at the time of submission of application form for the Entrance Test.

IMPORTANT

1. The Entrance Test conducted by the University of Health Sciences Lahore is mandatory for admission to any public or private Medical / dental college of the Punjab.
2. The syllabus and pattern of Entrance Test 2012 are available on UHS website www.uhs.edu.pk. The candidates are advised to prepare for the Entrance Test according to this [syllabus](#).
3. The candidates are required to prepare for the Entrance Test from their respective textbooks.
4. The candidates are advised to refrain from taking preparatory courses offered by commercial academies.

For further information

Visit our website www.uhs.edu.pk

Or Contact at 042-99231305-9- UAN: 111-33-33-66

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4. Be On Top Of The Practicalities

It is easy to forget practical details, so be clear about simple things like start times, venue, equipment, material you can or cannot bring, and so on. "Being on top of all these can make a huge difference in your poise and performance and will help avoid unnecessary last-minute jitters," advises Moore.

5. Get Hold Of Recent Exam Papers

Go back a few years and consider the kind of questions that came up. Don't assume that these will be on the paper, but look at the relationship between the questions and course content, says Williams. "Is there a question per topic? Are topic areas combined in different ways? What is the style of the question - single focus or direct question, or does your examiner go in for questions with two or more bits?"

6. Try And Work Out Your Examiner's Marking Scheme

"Maybe it's an oversimplification to assume that if the question carries five marks there need to be five points, but this isn't a bad start," says Williams. "Marks are allocated for something."

7. Don't Despair

Even if you feel underprepared, you can do a lot with the short time you have left. "Night-before notes can be an active way of capturing, condensing and summarising your exam material," says Moore. "Sketching out short signposts is a great way of gaining last-minute command over some of the trickier aspects of your studies."

8. Tighten Up Your Essay Technique

In an exam, it doesn't matter what you know if you can't express it clearly and concisely. Essays should begin with a short introduction stating your position, followed by a series of paragraphs that each make a clear point, and a short conclusion supporting the argument outlined in the intro. "The examiner will be reading fast," points out Williams. "With only three minutes per essay, ease of reading makes for a more cogent argument."

9. Clock Watch

Be aware of what you can realistically do in the allotted time. If you have one hour per question, you might allow around 10 minutes to consider the question and jot down notes, then 45-50 minutes writing time. But don't be tempted to skimp on one question to lavish time on another, urges Williams. "The first 50% of marks in any question are much easier to pick up than the next 20%," she says.

10. Avoid Postmortems

As soon as one exam is over, move swiftly to focusing on the next one. "Dwelling on an exam that you have completed wastes energy and time, and will drive you crazy," says Moore. "Remember, be positive, stay calm, and mobilise your energies to do the best job possible on the day."

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Inter Board Committee of Chairmen (IBCC)

The Inter Board Committee of Chairmen (IBCC) was established in 1972 under a Resolution of the Ministry of Education with a view to exchange information among member Boards, coordinate activities of the Boards etc., to promote curricular and co-curricular activities on Inter Board basis.

It provides a forum for discussion and consultation for the chief executives of the Boards and provincial Curriculum Bureaus on matters relating to development and promotion of Intermediate and Secondary Education and also Technical Education by making suitable recommendations to the Government. Besides, coordination of educational activities like curriculum, testing and evaluation, examinations, educational planning and administration are also considered by this forum.

Aims & Objectives

- ➔ to exchange information amongst the member Boards on all aspects of Secondary and Higher Secondary /Intermediate Education
- ➔ to achieve a fair measure of uniformity of academic evaluation and curricular standards
- ➔ to promote curricular and extracurricular activities on Inter Board basis
- ➔ to serve as a forum for discussion and consultation for the Chief Executives of the Boards on all matters relating to the development and promotion of Secondary and Higher Secondary/Intermediate Education, and to make suitable recommendations to the Government
- ➔ to advise on and facilitate exchange of teachers and students
- ➔ to decide and grant equivalence to foreign qualifications with corresponding Pakistani qualification at Secondary and Higher Secondary levels including technical & professional education as well as local certificates/diplomas with comparable certificates awarded by the Boards
- ➔ to attest educational certificates/diplomas upto Higher Secondary level
- ➔ to perform such other functions as may be incidental or conducive to the attainment of the above objectives

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- ➔ to undertake assignments as directed or specified by the Federal Ministry of Education

Functions

- ➔ Coordination among Boards and member Organizations
- ➔ Maintenance of uniformity in academic standards
- ➔ Implementation and monitoring of federal curricular guidelines (Schemes, syllabi, implementation of the decisions, etc.)
- ➔ Review of Secondary and Higher Secondary School curricula (Feedback from Boards)
- ➔ Examination Reforms
- ➔ Promotion of healthy co-curricular activities and organization of Inter Board Quiz, Debates and Sports competitions
- ➔ Promotion of research activities among Examining Boards
- ➔ Development of Technical Education in the country
- ➔ Coordination with the Ministry of Education in the following areas
 - ➔ Assistance in policy making
 - ➔ Implementation of Government policies and directives
 - ➔ Undertaking special assignments
- ➔ Dissemination of information
- ➔ Equivalence of Foreign Qualifications and issuance of certificates
- ➔ Attestation of Certificates and Diplomas at SSC & HSSC levels
- ➔ Conduct of National Summer Camp for Talented Science Students on yearly basis
- ➔ Implementation of the scheme of Merit Cash Awards to best school and college teachers and heads of best institution in each Board of Intermediate and Secondary Education

Contact:

Anwar Ahmed Zai

Chairman

Board of Intermediate Education, Karachi

Committee of Chairman, Sindh

Inter Board Committee of Chairmen, Islamabad, at FBISE Building H-8/4, Islamabad-
PAKISTAN

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Higher Education Commission

Quality Assurance and Enhancement

= 60

Note: Implementation status of QA criteria has been considered till June 2011. Updates in implementation in QA criteria by the universities after the June 2011 will get benefit certainly in next ranking.

Implementation status of QA criteria

= 18

I.	Plagiarism Policy Implementation	(6)
II.	Eligibility Criteria for appointments of faculty members	(4)
III.	Criteria for M.Phil./Ms & PhD programs	(4)
IV.	Quality Enhancement Cell	(4)

Teaching Quality

= 42

I.	Student Teacher ratio	(12)
II.	Ratio of PhD faculty to total faculty	(9)
III.	Total PhD output for 2010	(5)
IV.	Selectivity	(5)
V.	Computers	(4)
VI.	Library books	(4)
VII.	Full time PhD faculty	(3)

Research

= 40

I.	HEC approved Supervisors	(5)
II.	Indigenous Scholars studying in the University	(4)
III.	HEC research grants approved	(2)
IV.	HEC travel grant approved	(2)
V.	Publication in impact factor journal[2010]	(5)
VI.	Number of papers published by the university [2010]	(3)
VII.	Citations[2010]	(4)
VIII.	University H Index	(4)
IX.	Number of W,X,Y,Z journals published by the university	(5)
X.	Internet Bandwidth (PERN) utilization	(4)
XI.	Number of conferences organized	(2)

Total

100

Pre-caution

The Quality and Research based ranking of HEIs of Pakistan is carried out categorically in the context of research and quality criteria implemented therefore, the ranking criteria and the assigned scores are to be understood accordingly.



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Quality and Research based Ranking of Pakistani HEIs

CATEGORY WISE RANKINGS

Agriculture/Veterinary

No.	Institute	Teaching Quality	QA Criteria	Research	Total Score
1	University of Agriculture, Faisalabad	28.29	16	30.4	75
2	Pir Mehr Ali Shah Arid Agriculture University, Rawalpindi	25.37	17	26.54	69
3	University of Veterinary and Animal Sciences, Lahore	25.84	14	17.94	58
4	KPK Agricultural University, Peshawar	23.25	14	18.6	56
5	Sindh Agriculture University, Tandojam	16.9	11	6.62	35
6	Lasbela University of Agriculture, Water and Marine Sciences	10.65	12	2.48	25

Art & Design

No.	Institute	Teaching Quality	QA Criteria	Research	Total Score
1	National College of Arts, Lahore	34.21	0	22	56
2	Indus Valley School of Art and Architecture, Karachi	28.61	11	0	40

Computer Sciences & IT

No.	Institute	Teaching Quality	QA Criteria	Research	Total Score
1	COMSATS Institute of Information Technology (CIIT), Islamabad	28.67	15	24.77	68
2	National University of Computer and Emerging Sciences (NU-FAST), Islamabad	33.06	9	18.85	61
3	Qurtaba University of Science and Information Technology, D I Khan	26.72	11	5.55	43
4	Balochistan University of Information Technology and Management Sciences, Quetta	16.79	14	6.04	37
5	City University of Science and Information Technology, Peshawar	16.1	11	0.91	28
6	CECOS University of Information Technology and Emerging Sciences, Peshawar	14.61	11	0	26

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Business Education

No.	Institute	Teaching Quality	QA Criteria	Research	Total Score
1	Lahore University of Management Sciences, Lahore	30.38	14	24.83	69.21
2	Institute of Business Administration Karachi	17.09	15	8.42	40.51
3	Iqra University, Karachi	20.09	14	5.96	40.05
4	Sukkar, Institute of Business Administration, Sukkar	17.32	15	7.31	39.64
5	National College of Business Administration & Economics, Lahore	22.11	1	14.59	37.7
6	Shaheed Zulfikar Ali Bhutto Institute of Science & Technology, Karachi	11.51	11	8.94	31.46
7	Institute of Management Sciences, Peshawar	9.14	14	8.3	31.44
8	Lahore School of Economics, Lahore	13.48	11	4.61	29.09
9	Imperial College of Business Studies, Lahore	20.11	7	0	27.11
10	Institute of Management Sciences, Lahore	10.6	11	2.47	24.06
11	Institute of Business Management, Karachi	10.29	10	1.74	22.03
12	Institute of Business and Technology, Karachi	17.8	2	0.25	20.05
13	KASB Institute of Technology, Karachi	11.66	7	0.35	19.01

Engineering & Technology

No.	Institute	Teaching Quality	QA Criteria	Research	Total Score
1	Pakistan Institute of Engineering and Applied Sciences, Islamabad	36.51	17	28.27	81.79
2	National University of Sciences and Technology, Islamabad	25.83	18	18.22	62.05
3	Ghulam Ishaq Khan Institute of Engineering Sciences & Technology, Topi	24.37	9	22.67	56.03
4	University of Engineering and Technology- Lahore	16.15	12	11.65	39.79
5	University of Engineering and Technology-Taxila	16.82	10	12.23	39.05

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No.	Institute	Teaching Quality	QA Criteria	Research	Total Score
6	Institute of Space Technology, Islamabad	14.72	14	9.92	38.64
7	KPK University of Engineering and Technology	12.48	12	6.05	30.53
8	Mehran University of Engineering & Technology, Jamshoro	12.11	12	5.59	29.7
9	NED University of Engineering & Technology, Karachi	10.66	13	4.5	28.16
10	Air University, Islamabad	13.77	10	4.27	28.04
11	National Textile University, Faisalabad	9.68	8	8.44	26.12
12	Quaid-e-Awam University of Engineering, Science & Technology, Nawabshah	7.97	14	1.54	23.51
13	Balochistan University of Engg & Technology, Khuzdar	8.37	13	1.52	22.89
14	Sir Syed University of Engineering & Technology, Karachi	7.59	14	0.86	22.45
15	Mirpur University of Science & Technology, AJ&K	6.78	13	2.18	21.96
16	Dawood College of Engineering & Technology, Karachi	5.78	14	0	19.78

Medical

No.	Institute	Teaching Quality	QA Criteria	Research	Total Score
1	Aga Khan University, Karachi	33.73	10	18.96	63
2	University of Health Sciences, Lahore	13.12	8	25.32	46
3	Dow University of Health Sciences, Karachi	11.53	18	4.4	34
4	Isra University, Hyderabad	11.91	13	5.41	30
5	Zia-ud-Din University, Karachi	13.5	10	3.8	27
6	Khyber Medical University, Peshawar	12.30	10	4.97	27
7	King Edward Medical University, Lahore	9.6	9	7.17	26
8	Baqai Medical University, Karachi	18.56	4	2.33	25

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No.	Institute	Teaching Quality	QA Criteria	Research	Total Score
9	Liaquat University of Medical & Health Sciences, Jamshoro	7.22	13	4.04	24
10	Gandhara University, Peshawar	11.24	11	0.27	23

General Universities(*Large)

No.	Institute	Teaching Quality	QA Criteria	Research	Total Score
1	University of the Punjab, Lahore	15.89	17	12.18	45
2	University of Karachi, Karachi	15.11	10	10.67	36
3	Bahauddin Zakariya University, Multan	12.08	12	9.76	34
4	University of Peshawar, Peshawar	12.06	10	10.43	32
5	International Islamic University, Islamabad	9.12	15	6.83	31
6	Federal Urdu University of Arts, Science & Technology, Islamabad	8.84	17	2.84	29
7	Govt. College University, Faisalabad	8.06	18	2.95	29
8	University of Sargodha, Sargodha	8.35	13	4.61	26
9	Hazara University Mansehra	8.63	13	3.16	25
10	The Islamia University of Bahawalpur	9.33	10	5.69	25
11	University of Sindh, Jamshoro	8.3	11	5.74	25
12	Bahria University, Islamabad	6.35	15	2.18	24
13	University of Education, Lahore	4.94	15	2.7	23
14	National University of Modern Languages, Islamabad	5.69	14	2.54	22
15	University of Gujrat, Gujrat	5.97	14	1.58	22
16	Preston University, Kohat	7.05	7	0.37	14
17	University of Lahore, Lahore	6.31	5	0.72	12

*Student Enrollment: 7000

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General Universities(*Medium)

No.	Institute	Teaching Quality	QA Criteria	Research	Total Score
1	Quaid-i-Azam University, Islamabad	23.88	11	32.46	67
2	Government College University, Lahore	14.65	13	11.95	40
3	Gomal University, DI Khan	10.64	17	4.71	32
4	Kohat University of Science and Technology, Kohat	9.54	15	4.07	29
5	Shah Abdul Latif University, Khairpur	9.18	14	4.39	28
6	The University of Azad Jammu & Kashmir, AJ&K	9.72	15	3.58	28
7	Riphah International University, Islamabad	9.74	15	2.67	27
8	Fatima Jinnah Women University, Rawalpindi	8.22	15	2.71	26
9	University of Balochistan, Quetta	9.44	13	3.73	26
10	University of Management & Technology, Lahore	7.49	13	4.81	25
11	Forman Christian College, Lahore	14.45	7	1.92	23
12	Mohammad Ali Jinnah University, Karachi	7.53	3	6.7	17
13	Hamdard University, Karachi	6.82	7	2.12	16
14	Jinnah University for Women, Karachi	7.39	7	0.69	15
15	University of Central Punjab, Lahore	5.68	8	1.47	15

*Student Enrollment: 3000 and 7000

General Universities(*Small)

No.	Institute	Teaching Quality	QA Criteria	Research	Total Score
1	Pakistan Institute of Development Economics, Islamabad	23.43	6	7.72	37
2	University of Faisalabad, Faisalabad	16.14	15	0.78	32
3	Sardar Bahadur Khan Women's University, Quetta	12.13	15	2.39	30

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4	National Defence University, Islamabad	12.23	11	3.96	27
5	Karakorum International University, Gilgit	11.23	12	1.77	25
6	Textile Institute of Pakistan, Karachi	14.16	11	0	25
7	University of Malakand, Dir, Malakand	7.29	13	3.33	24
8	Foundation University, Islamabad	11.96	7	3.3	22
9	Beaconhouse National University, Lahore	7.59	13	0.4	21
10	Dadabhoy Institute of Higher Education, Karachi	6.05	15	0	21
11	Frontier Women University, Peshawar	4.86	15	1.46	21
12	Sarhad University of Science and Information Technology, Peshawar	10.05	11	0.26	21
13	University of South Asia, Lahore	7.7	11	1.9	21
14	GIFT University, Gujranwala	8.52	11	0	20
15	Indus Institute of Higher Education, Karachi	8.59	10	0	19
16	Mohiuddin Islamic University, AJ&K	7.7	11	0.01	19
17	Hajvery University, Lahore	6.73	11	0	18
18	Kinnaird College For Women, Lahore	8.19	9	0.48	18
19	The Superior College, Lahore	10.91	7	0.06	18
20	Karachi Institute of Economics & Technology, Karachi	9.93	7	0.56	17
21	Newport Institute of Communications & Economics, Karachi	5.89	11	0.25	17
22	Greenwich University, Karachi	8.31	7	0.25	16
23	Minhaj University, Lahore	11.03	3	0	14
24	Preston Institute of Management, Science and Technology, Karachi	7.76	3	0	11
25	Preston University, Karachi				



Education Magazine

Fatima Memorial System

The FMH College of Medicine and Dentistry, the Saida Waheed College of Nursing and the FMH Institute of Allied Health Sciences with Fatima Memorial Hospital as its clinical training base, are together known as the Fatima Memorial System (FMS). FMS is a remarkable group of academic institutions that has evolved as a one of a kind THIRD SECTOR initiative, conceived and **built as a national social service by the first not for profit trust established after the creation of Pakistan**. The Sponsors do not receive any personal material gain or seek political advantage. It can be said to be **a gift of the people, by the people, for the people of Pakistan**.

NUR Foundation is an SECP registered not for profit organization. It collaborates with a number of diverse institutions to provide innovative solutions in the field of health care (primary to tertiary), education (primary to Post graduate), economic empowerment through Vocational training and Micro-finance, Disaster Relief and Policy Research and Consulting.

NUR Foundation manages an active Community Outreach & Disaster Management Programme, which serves as a platform for uplifting communities. Emphasis is placed on grassroots' empowerment in rural and peri-urban areas across Pakistan with the mission **to act as catalysts and managers of Change to bring about social and economic development of underserved communities, through healthcare, education, vocational training and micro-finance**.

FMS in partnership with NUR Foundation (NUR-FMS) has another unique characteristic. NUR-FMS has evolved institutionally to become one of a kind in the country, offering comprehensive education from primary to post-graduate level as a social responsibility.

An endowment fund has been created for Scholarships and interest free loans offered to outstanding students from underserved communities. The success is owed to generous individuals and Civil Society Organizations coming forward to support the cause.

FMH Centre for Postgraduate Training is recognized by the College of Physicians & Surgeons Pakistan (CPSP) in the following fields of Medicine: Anesthesia, Paediatrics, Gynaecology, Medicine, Surgery, Gastroenterology, Rheumatology and Pathology. In Dentistry: Orthodontics, Periodontology, Prosthodontics and Oral & Maxillofacial Surgery. FMH is also recognized to train Doctors of Medicine in Nephrology by University of Health Sciences.

Developing capacity for health research has become a key responsibility of medical academic institutions. The NUR Center for Research and Policy is a complete Health Research System under which research capacity building is being undertaken, research proposals are being developed and research is encouraged in all departments and disciplines. Based on the evidence being generated, the Center is actively engaged in policy making forums both at the national and regional level.

Recognizing the need to create awareness amongst students from urban elite educational institutions about realities of life faced by the majority of people living in developing countries, NUR-FMS runs a vibrant Student Internship Programme. Every summer, a number of A-Levels & Undergraduate students from different educational institutions across the globe, apply and are selected to join the Student Leadership Program. This program has been labeled as a Role Model for Internships in Pakistan. Through this programme, NUR-FMS seeks to build bridges between the privileged and the underserved sections of society, both at the local and the global level.

The success of the NUR-FMS partnership and its continuing evolution is largely due to the teamwork of highly skilled professionals who have joined the sponsors in upholding the mission of service to humanity. Since the very inception of FMH, it is this mission which continues to govern the institution and to bring together the most capable professionals and members of civil society to work together for the common objective of serving humanity.

It is with great pride today that FMS-NUR salutes the graduates of the whole range of health care workforce: Doctors, Dentists, Nurses and Allied Health professionals with the singular privilege of having been trained together as a team under one roof.

As knowledgeable, competent, health professionals, they are trained with the capability to perform the highest form of service to humanity. The commitment to practicing, researching and advancing the most honorable of professions: the application of medical science to curing the sick, saving lives and solving the many unsolved mysteries of THE BODY, THE MIND, AND THE SOUL.

They are the backbone of the health system and are future leaders to provide sustainable health outcomes for the country and the region. The graduates of FMHCM&D are serving all over the world.

May Allah the Almighty to whose service FMS-NUR is dedicated, Bless them to serve as they lead, to be outstanding professionals and a credit to their Alma Mater and to the region.v

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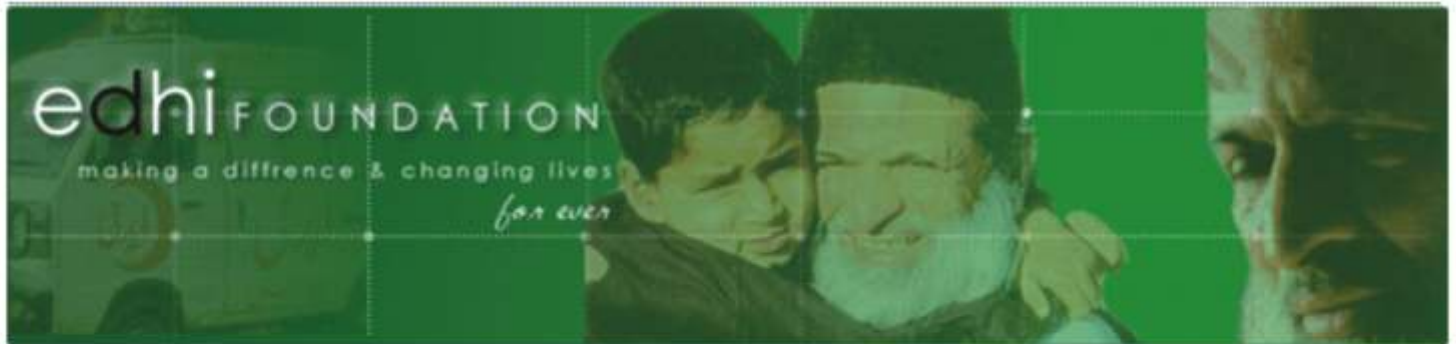
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Education Magazine

LEGEND CORNER

Abdul Sitar Edhi



Edhi established his first welfare center and then the Bilqis Edhi Trust with a mere Rs. 5000. What started as a one-man show operating from a single room in Karachi is now the Edhi Foundation, the largest welfare organization in Pakistan. The foundation has over 300 centers across the country, in big cities, small towns and remote rural areas, providing medical aid, family planning and emergency assistance. They own air ambulances, providing quick access to far-flung areas.

In Karachi alone, the Edhi Foundation runs 8 hospitals providing free medical care, eye hospitals, diabetic centers, surgical units, a 4- bed cancer hospital and mobile dispensaries. In addition to these the Foundation also manages two blood banks in Karachi.

20,000 abandoned babies have been saved
40,000 qualified nurses have been trained
50,000 orphans are housed in Edhi Homes
1 million babies have been delivered in Edhi Maternity Centers

Edhi is to Karachi what Mother Teresa was to the poor of Calcutta. Edhi and wife Bilquees have spent a lifetime working for people and their welfare work to date remains unparalleled in Pakistan. They are both very private people who shun publicity. They have had little formal education, and are totally committed to the cause of helping the poor and needy.

"I had accepted at the outset that charity was distorted and completely unrelated to its original concept. Reverting to the ideal was like diverting an ocean of wild waters. Another major obstacle in the promotion of welfare was exposed...the disgust of man towards mankind. There was only one expression, one reaction from everyone...cringing." **Abdul Sitar Edhi**

What started as a one-man show operating from a single room in Karachi is now the Edhi Foundation, the largest welfare organization in Pakistan. The foundation has over 300 centers across the country, in big cities, small towns and remote rural areas, providing medical aid, family planning and emergency assistance.

Born in 1928 in Bantwa, Gujarat, India, Edhi's family belonged to the industrious Memon community. From a young age his mother taught Edhi to be kind towards others and to help the poor. In 1947 the family migrated to Pakistan and settled in Karachi. That was a time of great emotional trauma and social and political upheaval. Edhi became involved in social work and began working with welfare organizations and soon started his own dispensary, providing medical aid to the poor. He bought his first ambulance, an old van which he called the "poor man's van" and went around the city providing medical help and burying unclaimed bodies. His van became his advertisement

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and soon he came to be known for his work with the poor. As a consequence, donations started pouring in and his operations expanded, employing additional nurses and staff. It was here that Edhi met his wife Bilquees who was a trainee nurse at the dispensary. They were married in 1966. Bilquees became the ideal wife for Edhi, totally committed to welfare work.

Edhi established his first welfare center and then the Edhi Trust with a mere Rs. 5000 [\$1000]. The Edhi Foundation grew as people began to recognize its humanitarian aims. In 1973 when an old apartment building collapsed in Karachi, Edhi's ambulances and volunteers were the first to reach the scene and start rescue operations. From then, on, through the troubles in Karachi and all over the country, Edhi's ambulances have been rescuing and taking the injured to hospitals and burying unclaimed bodies. They go to places where even government agencies hesitate to venture.



The Edhi Foundation is the first of its kind in South Asia that owns air ambulances, providing quick access to far-flung areas. Whether it is a train accident or a bomb blast, Edhi ambulances are the first to arrive. The foundation relies on the support of its 3,500 workers and thousands of volunteers who form the backbone of the organization.

Despite the growth of the foundation, Edhi remains a very down to earth person. Dressed always in a grey homespun cotton, he has a hands on approach to his work, sweeping his own room and even cleaning the gutter if need be. Apart from the one room, which he uses for his living quarters, the rest of the building serves as his workplace in Mithadar, a locality of old Karachi that is full of narrow streets and congested alleyways. Adjoining their living room is a small kitchen where Bilquees usually prepares the midday meal. Next to it is a washing area where bodies are bathed and prepared for burial.

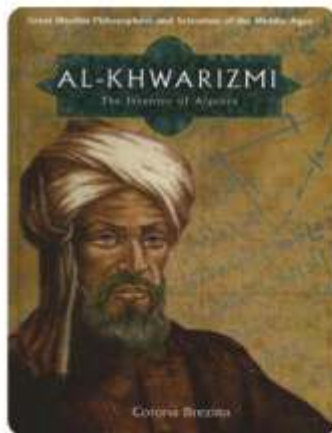
When Edhi is not travelling to supervise his other centers, a typical day for him begins at five in the morning with Fajr prayers. His work starts thereafter answering any calls for help, organizing and meeting people in need while afternoons are spent at various centers and hospitals all over the city. In the evening he dines with hundreds of poor at his "langar" [free community meals common among Hindus, Muslims and Sikhs] at another Edhi centre in the city. His Fridays are invariably spent at homes for the destitute children where Edhi personally helps bathe the ones who are physically handicapped, before joining them for Friday prayers. Occasionally, when he is able to, he also takes them out for picnics.



Education Magazine

MOHAMMAD BIN MUSA AL-KHAWARIZMI

(770 - 840 C.E.)



Abu Abdullah Mohammad Ibn Musa al-Khawarizmi was born at Khawarizm (Kheva), south of Aral sea. Very little is known about his early life, except for the fact that his parents had migrated to a place south of Baghdad. The exact dates of his birth and death are also not known, but it is established that he flourished under Al-Mamun at Baghdad through 813-833 and probably died around 840 C.E.



Khawarizmi was a mathematician, astronomer and geographer. He was perhaps one of the greatest mathematicians who ever lived, as, in fact, he was the founder of several branches and basic concepts of mathematics. In the words of Phillip Hitti, he influenced mathematical thought to a greater extent than any

other mediaeval writer. His work on algebra was outstanding, as he not only initiated the subject in a systematic form but he also developed it to the extent of giving analytical solutions of linear and quadratic equations, which established him as the founder of Algebra. The very name Algebra has been derived from his famous book *Al-Jabr wa-al-Muqabilah*. His arithmetic synthesized Greek and Hindu knowledge and also contained his own contribution of fundamental importance to mathematics and science. Thus, he explained the use of zero, a numeral of fundamental importance developed by the Arabs. Similarly, he developed the decimal system so that the overall system of numerals, 'algorithm' or 'algorizm' is named after him. In addition to introducing the Indian system of numerals (now generally known as Arabic numerals), he developed at length several arithmetical procedures, including operations on fractions. It was through his work that the system of numerals was first introduced to Arabs and later to Europe, through its translations in European languages. He developed in detail trigonometric tables containing the sine functions, which were probably extrapolated to tangent functions by Maslama. He also perfected the geometric representation of conic sections and developed the calculus of two errors, which practically led him to the concept of differentiation. He is also reported to have collaborated in the degree measurements ordered by Mamun al-Rashid were aimed at measuring of volume and circumference of the earth.

The development of astronomical tables by him was a significant contribution to the science of astronomy, on which he also wrote a book. The contribution of Khawarizmi to geography is also outstanding, in that not only did he revise Ptolemy's views on geography, but also corrected them in detail as well as his map of the world. His other contributions include original work related to clocks, sun-dials and astrolabes.

Several of his books were translated into Latin in the early 12th century. In fact, his book on arithmetic, *Kitab al-Jam'a wal-Tafreeq bil Hisab al-Hindi*, was lost in Arabic but survived in a Latin translation. His book on algebra, *Al-Maqala fi Hisab-al-Jabr wa-al-Muqabilah*, was also translated into Latin in the 12th century, and it was this translation which introduced this new science to the West "completely unknown till then". His astronomical tables were also translated into European languages and, later, into Chinese. His geography captioned *Kitab Surat-al-Ard*, together with its maps, was also translated. In addition, he wrote a book on the Jewish calendar *Istikhraj Tarikh al-Yahud*, and two books on the astrolabe. He also wrote *Kitab al-Tarikh* and his book on sun-dials was captioned *Kitab al-Rukhmat*, but both of them have been lost.

The influence of Khawarizmi on the growth of science, in general, and mathematics, astronomy and geography in particular, is well established in history. Several of his books were readily translated into a number of other languages, and, in fact, constituted the university text-books till the 16th century. His approach was systematic and logical, and not only did he bring together the then prevailing knowledge on various branches of science, particularly mathematics, but also enriched it through his original contribution. No doubt he has been held in high repute throughout the centuries since then.

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- Any life threatening accident

✦ More than 80 percent cardiac arrests occur at homes, offices, road sides & schools. In heart arrest persons stop breathing and there is no pulse and heart beat detection. We mistakenly think that they are dead but they are very much alive. Their precious lives can be saved if we immediately start the procedure of "Restarting Heart Pumping" or CPR (Cardio Pulmonary Resuscitation). This procedure can double or triple a victim's chances of survival.

✦ Once the heart stops functioning, a healthy human brain may survive without oxygen for up to 4 minutes without suffering any permanent damage. Unfortunately, a typical Emergency Medical Service response may take 15 to 20 minutes. It is during these critical minutes that the procedure of restarting heart pumping can provide oxygenated blood to the victim's brain and the heart, dramatically increasing his chances of survival to greater extent.

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- Recognition of heart attack and patient's care
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- Child's (1 year to 8 years old) cardiac arrest management
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- Management of child's choking and restoration of breathing
- Management of infant's choking management and restoration of breathing
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NOTE: For registration please call on tel numbers, Email us or visit our office

History Corner

History of Lahore

The recorded history of Lahore (Urdu: *تاریخ لاہور*), a city-district of modern-day Pakistan, covers thousands of years. Originally the capital and largest city of the Punjab region, it has since its creation changed hands from Hindu, Buddhist, Greek, Afghan, Muslim, Sikh and British rule to becoming the cultural capital and the heart of modern day Pakistan.

1. Origins

A mythological legend, based on oral traditions, states that Lahore was named after Lava, son of the Hindu god Rama, who supposedly founded the city. To this day, the Lahore Fort has a vacant temple dedicated to Lava (also pronounced Loh, hence "Loh-awar" or The Fort of Loh). Likewise, the Ravi River that flows through northern Lahore was named for the Hindu goddess Durga.



The oldest authentic document about Lahore was written anonymously in 982 and is called *Hudud-i-Alam*. It was translated into English by Vladimir Fedorovich Minorsky and published in Lahore in 1927. In this document, Lahore is referred to as a small shahr (city) with "impressive temples, large markets and huge orchards." It refers to "two major markets around which dwellings exist," and it also mentions "the mud walls that enclose these two dwellings to make it one." The original document is currently held in the British Museum.

2. Hindu heritage

The city of Lahore has a Rajput origin. The earliest princes were said to be Rajputs and traditional Panjabi tribal origins. Hieun Tsang, the Chinese traveller, who visited the Punjab in 630 AD, speaks of a large city, containing many thousands of families, chiefly Brahmans, situated on the eastern frontier of the kingdom of Cheka, which he says, extended from the Indus to the Beas river.



Around 580 BC., when king Bimbisara ruled South Asia, the society came to be divided into different communities based on their occupation.

One of their communities was called Kshatriyas and King Luv's descendants were classed with them and came to be known as Luvanam, which was also referred to as Luvana. The Luvanas from Loharghat became known as Loharana (masters of swords) or iron ("Loha") chiefs ("Rana"), which later became Lohana.

Chinese traveller Faxian, who visited South Asia between 414 and 399 B.C., calls Lohana a brave community ruling the northwest territory of South Asia, in his diary. Another Chinese traveler, Kurmang who came in the eleventh century A.D. speaks of a Lohrana kingdom as a mighty power. Historian Burton writes Lohanas were brave people and says they were spread over today's Baluchistan (Pakistan), Afghanistan and eastern fringes of Central Asia. Col. Todd, who delved into history of Rajasthan, describes Lohanas as one of the oldest Kshatriya community.

3. Early Muslim dynasties (Delhi Sultanate)

At the period of the first Muslim conquests, Lahore was in possession of a Chauhan prince, of the family of Ajmer. Whether owing to change of dynasty, or to Lahore's exposed position on the high road from Afghanistan to India, it was subsequently deserted and the seat of the government was removed to Sialkot or its vicinity, where it remained until the period of the conquests of Sultan Mahmud Ghaznavi in the beginning of the eleventh century; that the conqueror re-occupied the deserted city, and established a garrison in a fort, which was built possibly, like the Old Fort at Delhi, on the ruin of the old Rajput stronghold.

In 682 AD, according to Ferishta, the Afghans of Kerman and Peshawar, who had, even at that early period, embraced the Islam, wrested certain possessions from the Hindu prince. A war ensued, and in the space seventy battles were fought with varied success, until the Afghans, having formed an alliance with the Ghakkars, a wild tribe inhabiting the Salt Range of Punjab, compelled the Raja to cede a portion of his territory. The next mention of Lahore is in the Rajputana chronicles, where the Bussas of Lahore, a Rajput tribe, are mentioned as rallying to the defence of Chittore, when besieged by Muslim forces in the beginning of the ninth century.

4. Mughal Empire

(Entrance of the Badshahi Mosque or Emperor's Mosque built by the Mughal Emperor Aurangzeb.)

Lahore reached a peak of architectural glory during the rule of the Mughals, whose buildings and gardens survived the hazards of time. Lahore's reputation for beauty fascinated the English poet John Milton, who wrote "Agra and Lahore, the Seat of Great Mughal" in 1670.



From 1524 to 1752, Lahore was part of the Mughal Empire. Lahore touched the zenith of its glory during the Mughal rule from 1524 to 1752. The Mughals, who were famous as builders, gave Lahore some of its finest architectural monuments, many of which are extant today. (The Alamgiri Gate is the main entrance to the Lahore Fort built during the reign of Aurangzeb.)

5. Sikh Empire

During the 18th century, as Mughal power dwindled, Lahore was often invaded by Afghan armies and became a province of the Afghan Empire, governed by provincial rulers with their own court.

Sikh rule in Lahore began with the rule of the Sikh Misls and continued with the Sikh Empire of Ranjit Singh (also known as Punjab, the Sikh Raj, and Sarkar Khâlsâ Râj) which ended in 1849. The Sikhs began gaining power following the decline of the Mughal Empire in Punjab and consisted of a collection of autonomous Punjabi Misls, which were governed by Misdars, mainly in the Punjab region.

6. British Raj

Maharajah Ranjit Singh made Lahore his capital and was able to expand the kingdom to the Khyber Pass and also included Jammu and Kashmir, while keeping the British from expanding across the River Sutlej for more than 40 years. (An 1864 picture showing a view of the Tollinton Market, built by the British)



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After his death in 1839 the internecine fighting between the Sikhs and several rapid forfeitures of territory by his sons, along with the intrigues of the Dogras and two Anglo-Sikh wars, eventually led to British control of the Lahore Darbar ten years later. For the British, Punjab was a frontier province, because Lahore had boundaries with Afghanistan and Persia. Therefore, the Punjabis, unlike the Bengalis and the Sindhis, were not allowed to use their mother tongue as an official language. The British first introduced Urdu as an official language in Punjab, including Lahore, allegedly due to a fear of Punjabi nationalism.

7. Role in Independence

(Viceroy Lord Mountbatten of Burma with a countdown calendar to the Transfer of Power in the background)

Lahore enjoys a special position in the history of Pakistan Movement and Indian Independence Movement. The 1929 Congress session was held at Lahore. In this Congress, a resolution of "complete independence" was moved by Pandit Nehru and passed unanimously at midnight on 31 December 1929. On this occasion, the contemporary tricolor of India (with a chakra at its centre) was hoisted as a national flag, and thousands of people saluted it.



Lahore prison was a place to detain revolutionary freedom fighters. Noted freedom fighter Jatin Das died in Lahore prison after fasting for 63 days in protest of British treatment of political prisoners. One of the martyrs in the struggle for Indian independence, Shaheed Sardar Bhagat Singh, was hanged in Lahore Jail.

(Chaudhry Khaliqzaman seconding the Lahore Resolution with Muhammad Ali Jinnah presiding the Lahore session)

The most important session of the All India Muslim League, later the Pakistan Muslim League, the premier party fighting for Indian independence and the creation of Pakistan, was held in Lahore in 1940. Muslims under the leadership of Quaid-e-Azam demanded a separate homeland for Muslims of India in a document known as the Pakistan Resolution or the Lahore Resolution. During this session, Muhammad Ali Jinnah, leader of the league, publicly proposed the Two Nation Theory for the first time.



Minar-e-Pakistan, where the Pakistan Resolution was passed.

8. Post-independence till present

Lahore is regarded as the heart of Pakistan and is now the capital of the Punjab province in the state of Pakistan. Almost immediately after the independence, large scale riots broke out among Muslims, Sikhs and Hindus, causing many deaths as well as damage to historic monuments including the Lahore Fort, Badshahi Mosque and other colonial buildings. With United Nations assistance, the government was able to rebuild Lahore, and most scars of the communal violence of independence were erased. Less than 20 years later, however, Lahore once again became a battleground in the War of 1965. The battlefield and trenches can still be observed today close to the Wagah border area.

After independence, Lahore lost much of its glory to Karachi, which quickly became the biggest and most industrialized city. It was not until the administration of Mian brothers, and the 1990s riots in Karachi that Lahore

Education Magazine

once again gained its significance as an economic and cultural powerhouse through government reforms. The second Islamic Summit Conference was held in the city. In 1996, the International Cricket Council Cricket World Cup final match was held at the Gaddafi Stadium in Lahore.

The Walled City of Lahore known locally as the "Un-droone Shehr" (Inner City) is the oldest and most historic part of Lahore. The Punjab government embarked on a major project in 2009 to restore the Royal Trail (Shahi Guzar Gah) from Akbari Gate to the Lahore Fort with the help of the World Bank under the Sustainable Development of the Walled City of Lahore (SDWCL) project. The project aims at the Walled City development, at exploring and highlighting economic potential of the Walled City as a cultural heritage, exploring and highlighting the benefits of the SWDCL project for the residents, and at soliciting suggestions regarding maintenance of development and conservation of the Walled City. The present day Lahore is a three-in-one city. That is why, when one visits Lahore; he finds three different cities - each distinguished from other in one way or other. The old city - existed for at least a thousand years - developed in and around circular road. Similarly, the British built Lahore covers the area from Mayo Hospital to the Canal Bank on the east. Unquestionably, third Lahore which includes various posh localities such as Gulberg, Bahria Town, Defence Housing Authority along with several others developed after the independence.



Source: Wikipedia, the free encyclopedia
Searched by: Research Team of eMag



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Liaquat National Hospital & Medical College
Institute for Postgraduate Medical Studies & Health Sciences



Liaquat National Hospital & Medical College, located at the center of the city is the largest private sector tertiary care hospital serving the society for the last 56 years. This non-profit organization, which started out with four outpatient services and 50 beds, has now approximately 700 beds covering an area of nearly 53 acres with 30 medical and surgical specialties providing both inpatient and outpatient services. Keeping the tradition of delivering distinguished health care facilities LNMC excels in providing the most advanced methods of diagnosis and treatment of nearly all clinical disciplines. It has the latest diagnostic, therapeutic & preventive healthcare facilities and is equipped with state-of-the-art advanced technology and fully-equipped operation theaters. It provides 24 hours emergency, pharmacy, laboratory and radiology services including nuclear medicine facilities.

LIAQUAT NATIONAL MEDICAL COLLEGE

LNMC has been established within the premises of LNH, Karachi.

VISION

To prepare and generate qualified healthcare professionals, with modern learning techniques and tools through highly qualified experienced faculty; so as to create skilled, dedicated and motivated leaders in healthcare of the future.

MISSION

To offer an unparalleled learning experience in healthcare sciences with a resolve to produce professionals who would be the healing hands of future thus making us proud of our commitment towards achieving excellence.

We strive, for excellence through our extensive experience, years of service and the aspirations of the leaders, to assemble Liaquat National Medical College as not just another Medical College but as nationwide leader to produce top professionals, who will contribute toward the well being of people in the metropolitan city of Karachi and beyond.

STATUS OF MEDICAL COLLEGE

- Recognized by the Pakistan Medical & Dental Council, Islamabad
- Affiliated with the University of Karachi, Karachi

LNMC REGISTRATION IN 2010

- Educational Commission for Foreign Medical Graduates (ECFMG).
- Foundation for Advancement of International Medical Education and Research (FAIMER)

CENTRAL AMENITIES AT LNMC

Library

At LNMC, a substantial collection is available on basic and clinical subjects, both in print and electronic formats. The students have access to the Liaquat National Hospital's library which houses more than 80 Medical Journals and periodicals in addition to advanced texts in various clinical disciplines.

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Liaquat National Hospital & Medical College



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Learning Resource Centre

Access to networked computers is available to both the students and faculty members. It is linked to the Digital library (Courtesy of HEC) with access to more than 30,000 texts and 300 Medical Journals. There is an extensive collection of audiovisual material to augment learning in various basic and clinical sciences. The seating capacity of learning Resources Center has been increased to 40 after renovation.

Academic Council Centre

This complex has a large auditorium; several lecture halls and a hospitality suite which are all fully equipped with latest audiovisual facilities.

Student Canteen

The LNMC canteen /Tuck shop offer a widely ranging menu in snacks with hot and cold beverages.

Hostel Facilities

Limited accommodation is available on the premises for both male and female medical students. When available, preference in allocation of accommodation is given to candidates from outside Karachi. Hostel accommodation charges are to be paid as six month advance along with security deposit and Hostel rules have to be followed.

STUDENT SUPPORTS SERVICES

LNMC Secretariat

This office deals with a wide range of issues pertaining to student's life at the campus. It is responsible for coordinating admissions, accommodation, and financial matters.

Career Advisory Services

We at LNMC regard career building as an important responsibility. In addition to individual counseling this advisory service holds seminars and workshops to increase general awareness of the professional pathways available.

Skills Lab

The Skills Lab is equipped with International standard mannequins, both adult and paediatric, and has been training and certifying medical students and doctors appearing in local (TOACS exam for FCPS II) and foreign exams (especially appearing in PLAB and USMLE examinations). The Skills lab is also responsible to train our undergraduate MBBS students.

Curriculum

Keeping in view the general educational objectives of PM&DC and in accordance with directives of Government of Pakistan, the MBBS course at the LNMC would be Community Oriented with emphasis on integration and adoption of a holistic approach.

Learning Strategies

Keeping in mind the latest developments in medical education, the college endeavors to promote self learning strategies such as problem based learning and other small group activities. Self study, assignments, seminars, presentations, field visits and tutorials are part of the teaching and learning process.

Research

Research is an integral part of the MBBS course and would be fully supported by a well-equipped learning resource center and laboratory facilities. We feel that an early introduction to research methodology is imperative and the students would be supported by well-trained supervisors conducting these projects.

Technology Corner

New Kyocera smartphone transmits sound through vibrating screen

By Nick Moore
May 17, 2012

The **URBANO PROGRESSO** will be the first phone to feature Kyocera and KDDI's Smart Sound technology Custom earphone - thehearingcentre.sg/Call64742216. Westone In ear monitor, noise/swim/musician plugs. Designed to overcome the frustration of listening to phone calls in noisy environments, Kyocera's new URBANO PROGRESSO smartphone provides an alternative to the traditional speaker by transmitting sound through vibrations in the handset's display screen.



Developed by Kyocera and KDDI Corporation, the phone's "Smart Sound Receiver" technology uses a piezo-electric actuator to create vibrations in the display screen. This means that when held to against the ear, sound reverberates through the tissue in the face and your calls will no longer need to compete with ambient noises and distractions.

There's also the potential for Smart Sound to help the hearing impaired, but while "tissue conduction" can handle a phone call just fine, it's unlikely to cut it when listening to music.

The URBANO PROGRESSO runs on Android 4.0 and is expected to launch in the Japanese market at the end of May.

Here's a run-down of the key specs:

Operating System: Android 4.0

Display: 4.0 inch WVGA (800 x 480) OLED

Dimensions: 64 x 125 x 10.8mm (2.52 x 4.92 x 0.43-inch), thickest part -11.3mm

Weight (battery included): 139g 4.9-ounce)

Camera: 8.1-megapixel with auto-focus and anti-blurring functions

Front-Facing Camera: 0.32-megapixel

Talk Time / Standby: approx. 530 minutes / approx. 360 hours (excluding Wi-Fi/WiMAX usage)

Internal Memory: 4GB

External Memory: microSDTM /microSDHCTM memory card, up to 32GB



Source: Kyocera via The Verge
Searched by Team of eMag

Education Magazine

Pakistan info Corner

Concept of Microfinance in Pakistan...

By Imran Ali
Research Team eMag

Microfinance was started in Pakistan in the early 1980s when the Aga Khan Rural Support

Programme (AKRSP) launched its credit operations in the North in 1982 and with the establishment of the Orangi Pilot Project (OPP) in the same year. The model of AKRSP was implemented in the whole country in 1990s with the establishment of National Rural Support Programme (NRSP) and the Sarhad Rural Support Programme (SRSP). These institutions were general support institutions that provided a wide range of social services, including financial services. Financial services that were provided to the poor were often socially driven and were highly subsidized and little efforts were made to recover delinquent loans. To address these short comings in 1996 the RSPs established specialized microfinance NGO called as Kashf Foundation.



In 1998, this precursor of the Pakistan Microfinance Network (PMN) began to play a role in representing emerging Micro Finance Providers (MFPs). Further developments followed in 2000, when the Pakistan Poverty Alleviation Fund (PPAF) made its first loan to MFPs, and SBP opened a microfinance unit. In 2001, the Government of Pakistan helped to create a major retail institution, the Khushhali Bank, dedicated to serve the poor. Microfinance is usually understood to entail the provision of financial services to micro entrepreneurs and small businesses, which lack access to banking and related services due to the high transaction costs associated with serving these client categories. The two main mechanisms for the delivery of financial services to such clients are (1) relationship-based banking for individual entrepreneurs and small businesses; and (2) group-based models, where several entrepreneurs come together to apply for loans and other services as a group. **Pakistan ranks first in Asia and third in the world** in Economist Intelligence Unit's overall microfinance business environment rankings for 2011.



MICRO FINANCE BANKS / INSTITUTIONS (Khushhali Bank Limited, Rozgar Microfinance Bank Limited, NRSP Microfinance Bank Limited, Tameer Micro Finance Bank Limited, Pak Oman Microfinance Bank Limited, The First Micro Finance Bank Limited, Kashf Microfinance Bank Limited, Apna Microfinance Bank Limited) and number of NGOs are working in the field of Microfinance.



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Education Magazine

Galyat

By Atif Ilyas
Research Team eMAG

Endowed with treasures of natural beauty, Hazara region of Khyber Pakhtunkhwa is full of green mountains, mesmerizing valleys, enchanting rivers, thick natural forests and a series of attractive tourist resorts. Galyat region is among one of its most attractive summer resorts step by step unfolding panoramic views of the grandeur, the nature has so lavishly showered on this mountain range. The wonders of nature can be seen in the shape of green pine forests and along the hilly tracks where herds of monkeys freely move with no fear from any one. The changing colors of unpredictable climate during summer add to Galyat's fascination. Storming rains and then sunshine and then patches of dark or brown clouds or occasional rainbow adorning the sky are almost daily features. Galyat comprises of Nathiagali, Dungagali, Koozagali, Ayubia, Khanspur, Khairagali and Changlagali.

Nathiagali



Thandiani



Ayubia



Dungagali



Treks

Nathiagali provides you several treks taking you to every direction. Trekking amidst voices of enchanting birds adds to charm of this outdoor adventure. Pine forests and fragrance of beautiful flowers and plants during trekking arouses attraction of this place.

1. **Nathiagali to Meranjani Hilltop = 3.5 kms**
2. **Meranjani to Dugri = 10kms**
3. **Dugri to Berangali = 13 kms**
4. **Thandiani to Berangali = 10kms**
5. **Nathiagali to Mushkpuri Hilltop = 3 kms**
6. **Dungagali to Ayubia = 4 kms**
7. **Ayubia to Changagali = 4kms**

Shopping

Woolen garments, carved furniture of walnut wood, namda rugs, hand made straw baskets, caps are favorite items all over Hazara region.

Distances From Abbottabad

Km Places Height (approximately)

- 0 Abbottabad 4145ft.
- 24 Mansehra 3220 ft.
- 30 Thandiani 8400 ft.
- 35 Nathiagali 8200 ft.

Popular Treks

Mushkpuri Trek



Meranjani Trek

Dugri Trek



Dungagali Pipeline Or Ayubia National Park Trek



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www.sscms.edu.pk

Education Magazine

Small and Medium Enterprises Development Authority SMEDA

**By Imran Ali
Research Team eMag**

Premier institution of the Government of Pakistan under Ministry of Industries, SMEDA was established in October 1998 to take on the challenge of developing Small & Medium Enterprises (SMEs) in Pakistan. With a futuristic approach and professional management structure it has focus on providing an enabling environment and business development services to small and medium enterprises. SMEDA is not only an SME policy-advisory body for the government of Pakistan but also facilitates other stakeholders in addressing their SME development agendas.



Policy and Planning

Policy & Planning Division of SMEDA has dual focus internal & external. It plays a key role in devising and coordinating policies, action plans and strategies for SMEDA operations. On the other hand it has a mandate to carry out research, communicate with stakeholders and advocate policies with different tiers of the government with an ultimate objective of creating a conducive business environment for SMEs in Pakistan. P&P is the hub of policy and regulatory research that provides SME specific policy input to all tiers of government, government agencies and institutions, SME associations, industrial clusters and individual entrepreneurs.

Business Development Process

- Pre-feasibility Studies
- Regulatory Procedures
- Sector Briefs
- SMEDA Publications
- Commercial Contracts Templates for Business to Business
- Guidelines for SMEs on Compliance and ISO Certification

SMEDA Services

- Consultant Services
- Industry Support Program
- Training Services
- Business Plan Development
- Accounting and Financial Services
- Information Resource Centre (IRC) - Library
- Intellectual Property for Business Success
- Legal and Contracting Services

Some Development Projects Undertaking by SMEDA

- Textile/Apparel
- Horticulture/Fruits and Vegetables
- Fisheries
- Gems
- Agriculture



<http://www.smeda.org>

Health Corner

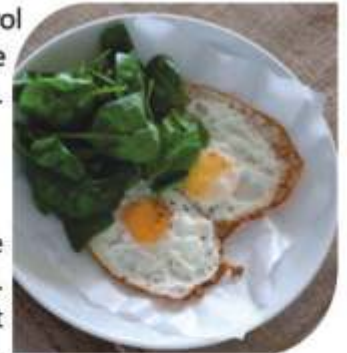
Health benefits of eating eggs

By Sandra Piddock
Research by Atif Ilyas

For many years, eggs have had a bad press. Depending on what you read, eggs were either going to give you salmonella food poisoning, or a heart attack by sending your cholesterol levels through the roof. Put simply, as far as some nutritionists were concerned, eggs were devils in shells. These days, eggs, when eaten in moderation, are said to be good for you. These are just some of the health benefits of eating eggs.

GOOD FOR YOUR EYES

Eggs contain the carotenoids lutein and zeaxanthin, which are good for the eyes. These carotenoids are more easily assimilated into the body from eggs than from other foods. Eating one egg a day could help to prevent macular degeneration, which is the biggest cause of blindness in adults, and cataracts. There is more lutein in eggs than in spinach, which was previously advocated as a good source of lutein.



GOOD FOR HAIR AND NAILS

Eggs contain sulphur and vitamin B12, both of which are good for hair growth and nail growth and strength. If you suffer from hair loss, eat an egg every day to boost natural growth.

GOOD FOR TEETH AND BONES

Their high vitamin D content means eggs are good for building strong teeth and bones. Eggs also contain phosphorus, which is also important to bones and teeth.

GOOD SOURCE OF PROTEIN

If you're looking for protein at a low cost and modest calorie content, eggs have it. One egg contains around 10% of an adult's daily protein requirement. Proteins are the body's building blocks, and we need a certain amount for healthy growth and cell renewal. Eggs not only supply protein, they supply all the amino acids your body needs. As they're such a good source of protein, eggs are also filling, which means they can help with weight loss as part of a healthy diet.



GOOD FOR THE BRAIN AND HEART

Eggs are a rich source of choline, which is important for the health of the brain and the nervous system. It's needed for sending messages between the nervous system and the muscles, and improves brain function and memory. Choline is also anti-inflammatory, so it calms inflammation around the organs. The selenium in eggs helps to prevent blood clots, strokes and heart attacks.

PROTECTS AGAINST CANCER AND DISEASE

Eating eggs may protect against some forms of cancer, as eggs are rich in antioxidants. In addition, eggs are a good source of zinc, which is essential for the immune system.

When you realise that there are so many health benefits to eating eggs, you must admit they're a cracking addition to a healthy diet.

Source: www.helium.com



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