



The Trainers Schools

Better Schooling for Better Tomorrow

Project Of Karachi Group Of Schools

ALLIED CAMPUS JAUHAR

E. News letter for the Month of NOVEMBER 2024



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CULTURE & CUSTOM DAY



OBJECTIVES OF CULTURAL DAY:

- Dress up in Pakistani cultural & Traditional attire
- Preserving traditions and promoting cultural heritage
- Introduction of provincial languages and dresses
- Conversation about different cities, what they are famous for.
- Awareness about different cultural food



IMPORTANT FACTORS OF PAKISTANI CULTURE

RELIGION & BELIEFS

Islam is the state religion of Pakistan. 95% of the population is Muslim. The minority community includes Hindus, Christians, Parsis, Kalash, Sikhs, Buddhists and Jews. The Constitution guarantees equal rights to Muslims and non Muslims.



CLOTHING AND FASHION

Shalwar-Kameez is the national dress of Pakistan and is worn by both men and women across the country. Each province has its own style of wearing the Shalwar Kameez accompanied by peculiar head dress and jewellery. Pakistanis wear a wide range of clothes from simple to exquisite colors and designs with different type of fabric (silk, chiffon, cotton, etc).



ARTS AND CRAFT

- Peshawar and adjoining areas in KPK boast hand etched copper and brass decorations and house-wares with elaborate floral and arabesque patterns. Carved marble fire-places, tables, decorations and patterns are well-known.
- Kashmir has exquisite chain-stitched embroidered fabrics and hand-woven wool shawls.
- Lahore has hand-crafted sterling silverware. The city of Chiniot and Gujrat in Punjab are famed for their wood-work with copper and iron inlays. The craftsmanship is delicate and exquisite. The thriving industry has attracted many fine woodworkers and wood carvers from all over the country.
- Multan, in Southern Punjab has specialized in hand-crafted glazed terracotta tiles. Multan has been famous for its tiles for centuries. The table lamps made out of camel skin are a specialty too.
- Bahawalpur is famous for elaborately embroidered shoes locally known as Khussas.
- The province of Balochistan produces fine hand-woven tribal rugs (Kilims).
- The artisans in Thar desert and rural Sindh produce Chunarri (a kind of tie-and-dye fabric), Ajraks (elaborately block-printed fabric) and glass bangles.



FESTIVALS

Pakistan is a land of festivals, which are rooted in the diverse and rich culture of the country. The two biggest festivals are Eid-ul- Azha and Eid-ul-Fitr, which have Islamic significance. The Eid-ul-Azha celebrates the sacrifice of prophet Abraham and coincides with the annual pilgrimage of Muslims to Mecca. Eid-ul-Fitr celebrates the end of the holy month of Ramadan.



SPORTS

Field hockey is the national sport of Pakistan. Pakistani hockey team is one of the top teams in the world. It has won many international hockey tournaments including the World Cup, Olympics, and the Champions Trophy.

Cricket is the most popular sport in Pakistan. The Pakistan Cricket team is a test playing nation – a status enjoyed by only ten nations in the world. The Cricket team has won many accolades including the World Cup and ICC T20 World Cup. Pakistan Women Cricket Team won gold medals in Asian Games



ARCHITECTURE

The arrival of Islam in today's Pakistan led to a smooth transition to the predominantly Islamic architecture. The most important Persian-style building still standing is the tomb of the Shah Rukn-i-Alam in Multan. During the Mughal era, design elements of Persian-Islamic architecture were fused with and often produced playful forms of Hindustani art. Lahore, occasional residence of Mughal rulers, exhibits many important buildings from the empire. Most prominent among them are the Badshahi mosque, the fortress of Lahore with the famous Alamgiri Gate, the colourful, Persian-style Wazir Khan Mosque, the Shalimar Gardens in Lahore and the Shahjahan Mosque in Thatta.

In the British colonial period, predominantly functional buildings of the Indo-European representative style developed from a mixture of European and Indian-Islamic components. Post-colonial national identity is expressed in modern structures like the Faisal Mosque, the Minar-e-Pakistan and the Mazar-e-Quaid. Several of the architectural infrastructures have been influenced from the British design, and such architectural designs can be found in Lahore, Peshawar, and Karachi.

LITERATURE AND PHILOSOPHY

Pakistan has a rich literature in Urdu as well as regional languages. Before the 19th century, the literature consisted mainly of lyric and religious poetry, mystical and folkloric works. During the colonial age, the native literary figures influenced by western literary realism took up increasingly varied topics and narrative forms. Prose fiction is now very popular.

The national poet of Pakistan, Muhammad Iqbal, wrote poetry in Urdu and Persian. He was a strong proponent of the political and spiritual revival of Muslims of South Asia. Sufi poets Shah Abdul Latif, Bulleh Shah, Mian Muhammad Bakhsh and Khawaja Farid are very popular in Pakistan.

Historically, the philosophical development in the country was dominated from the ideas of Muhammad Iqbal, Sir Syed Ahmad, Ghalib and Muhammad Ali Johar. Cues picked from the English philosophy (later American philosophy) greatly shaped the philosophical development in the country. Analysts such as M.M. Sharif and Zafar Hassan established the first major Pakistani philosophical movement in 1947.

Faiz Ahmed Faiz was an influential left-wing intellectual, revolutionary poet, and one of the most highly-regarded poets of the Urdu language. A notable member of the Progressive Writers' Movement and a Lenin Peace Prize recipient, Faiz has influenced modern Pakistani poetry and thinking.



**URDU SOCIETY
SAY NO... TO
DRUGS, HRASSMENT AND
CORPORAL PUNISHMENT**



**Be Firm When Saying No to
Drugs**

“This is bad for my health.”

“This could ruin my life.”

“I am trying my best to stay
clean.”

“I don't use anymore, so please
stop asking.”

“If I am caught, I will lose my
housing.”





Corporal punishment is linked to a range of negative outcomes for children across countries and cultures, including physical and mental ill-health, impaired cognitive and socio-emotional development, poor educational outcomes, increased aggression and perpetration of violence.

All corporal punishment, however mild or light, carries an inbuilt risk of escalation. Studies suggest that parents who used corporal punishment are at heightened risk of perpetrating severe maltreatment.

Corporal punishment and the associated harms are preventable through multisectoral and multifaceted approaches, including law reform, changing harmful norms around child rearing and punishment, parent and caregiver support, and school-based programming.





Corporal or physical punishment is defined by the UN Committee on the Rights of the Child, which oversees the [Convention on the Rights of the Child](#), as “any punishment in which physical force is used and intended to cause some degree of pain or discomfort, however light.”

According to the Committee, this mostly involves hitting (smacking, slapping, spanking) children with a hand or implement (whip, stick, belt, shoe, wooden spoon or similar) but it can also involve, for example, kicking, shaking or throwing children, scratching, pinching, biting, pulling hair or boxing ears, forcing children to stay in uncomfortable positions, burning, scalding or forced ingestion.



PREFECTS AND MONITORS APPRECIATIONS





Head Boy (Syed Mohammad Muftada Ali), Head Prefect (Subhan Khan) and Head Monitor (Anus Khan) keenly observed punctuality, consistency in doing daily allocated duties, obedience of junior prefects and Monitors in performing duties and responsibilities. They give medals to them.

**Juniors: ,Narmeen Fatima III, Syed Muratadaa Ali IV and Sana Siraj IV
Seniors: Bushra Faisal VII and Abdul Rehman VIII**

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IQBAL DAY

"يوم اقبال" (Iqbal Day) is celebrated on November 9th in Pakistan to honor the birth anniversary of Allama Muhammad Iqbal, considered the "Poet of the East," who is highly regarded for his poetry that significantly influenced the idea of a separate Muslim homeland, later leading to the creation of Pakistan; hence, Iqbal Day holds immense importance in remembering and celebrating his visionary role in the nation's history.

Key points about Iqbal Day's significance:

Allama Iqbal is widely recognized as the national poet of Pakistan.

His poetry, particularly his Allahabad Address, is credited with articulating the concept of a separate Muslim state, which became the foundation for the Pakistan movement.

Iqbal's works deeply explored Islamic philosophy and spirituality, inspiring many with his profound thoughts.

Beyond his political influence, Iqbal is celebrated for his beautiful and impactful Urdu and Persian poetry.



CLUBS ACTIVITIES

GO GREEN – SAVE THE EARTH



LEARNING OUTCOMES OF CLUBS ACTIVITY:

GO GREEN- SAVE THE EARTH

Encourage critical thinking about environmental issues and the balance between rights and responsibilities.

Debate among students about planting.

Awareness about environmental rights (clean air, access of nature, safe water)

Posters displayed in the school to promote awareness

Plant more trees to make healthy environment





FIRST TERM EXAMINATIONS (SESSION 2024)



The Importance of Exams for Students in Schools

Exams play a crucial role in the education system and are considered an important aspect of a student's academic journey. Here are several reasons highlighting the importance of exams for students in schools:

Assessment of Learning: Exams are a way to assess and evaluate what students have learned during a specific period.

Feedback for Improvement: Exam results offer valuable feedback to both students and teachers.

Preparation for the Future: Exams are often designed to simulate real-world challenges where individuals need to recall and apply knowledge under pressure.

Motivation: Exams can serve as a motivational tool.

Skill Development: Exams assess not only content knowledge but also skills such as analytical thinking, problem-solving, and









CHILDREN'S DAY



*"Every child is a different kind of flower,
and together they make this world a
beautiful garden. ..."*



CHILDREN'S DAY OBJECTIVES:

- Colourful dress cheerful faces came with one favourite lunch item
- Encouragement their wishes
- Fun and play with their friends and teachers
- Induction of positivity of sharing lunch
- Grooming physical and Mental approach





Children are blooming flowers, the more you embrace them the more they shine.

SPORTS WEEK INAUGURATION DAY



SPORTS WEEK INAUGURATION DAY: DAY OUTCOMES:

- Introduction & Time Schedule for sports week
- Registration of players
- Nomination of games
- Important features of Sports
- Exhibited Trail Matches
- Selection of Teams





IMPORTANCE OF SPORTS:

- **Physical health**

Sports can help human body to maintain a healthy weight, strengthen bones and muscles.

- **Mental health**

Sports can improve our sleep, reduce stress and anxiety, and enhance concentration and sharpen memory.

- **Social skills**

Sports can help us to learn how to work as a team, be disciplined, and take on leadership roles.

- **Life skills**

Sports can teach you how to handle difficult situations, make quick decisions, and solve problems.

- **Academic development**

In schools, sports can contribute to a well-rounded education and help children develop confidence.



SPORT DAYS



MOTHER'S SPORT DAY





CRICKET CHAMPIONSHIP







WINNERS ANNOUNCEMENT DAY





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**THANKS FOR
WATCHING**