against child sexual abuse

Har Bacha Mehfooz - Safe, Secure and Protected

SAHIL

Website http://www.sahil.org

July-September 2015

The Light of Knowledge
**CHILD RIGHTS AND RESPONSIBILITIES**

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<td>Education for all</td>
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**Parenting Skills**

Health, education and protection are integral to the proper development of children

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<td>Force decisions on children without discussing the issue</td>
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<td>Develop every day rules together with children</td>
<td>Compare your children with other children</td>
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<td>Be kind to children</td>
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<td>Be consistent in your behavior with children</td>
<td>Insult or embarrass your children</td>
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<td>Give your children time to develop their interests and learn new skills</td>
<td>Be angry with children due to your own stress</td>
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<tr>
<td>Praise your children on good performances</td>
<td>Instill fear in your children</td>
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<tr>
<td>Stay informed about your childrens activities and friends</td>
<td>Hit or abuse your children</td>
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Editorial

Hello kids! As every year we design an issue for children specifically, so here we are with yet another issue just for you. This magazine has been designed with the intent to provide you important information that will be useful for you now and always. You must be enjoying your summer vacations with your family and friends and we believe that you also want to spend the vacations more meaningfully through learning new things. You can learn something new or catch up on what you might have not done. We are suggesting some ideas which you can use during the long break.

In our current edition you will read about encouraging children to read, tips on making others happy, international days related to children, special interview of Rai Haris Manzoor, interesting poems, riddles and jokes along with the important information on protection.

We hope you enjoy reading this issue of Sahil magazine, as much as we did in compiling it for you. We wish you all the best for this summer season; hope you enjoy it to the fullest.

We look forward to your feedback and suggestions on this issue which will help us improve our future work.

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Please send us your paintings, stories, poems or any jokes for the magazine.
To
The Editor,
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Encourage children to read

Reading books are a critical step for preschool learning and childhood development, but sadly, many of children are only watching television, playing video games and mobile phones rather than reading a book. Here are some ways on how to encourage our children to read.

Read to your child starting at an early age
Many people have fond memories of their parents reading them bedtime stories, and reading to your child will help foster a love of words and reading.

Fill your child’s room with books
It’s an important factor that to make children readers fill their room with books. Those kids who grow up with books all around them learn to think of books as friends. Make a cupboard in the children’s room for his or her books.

Introduce children to books
Introduce children to books and show them how a good book can expand their knowledge in a particular area, and expand their horizons as well.

Become a role model
Become a role model for your children. When children see their parents reading books they often become readers and come to accept that reading is a matter of fact activity. Let them see you reading, and how much you enjoy reading books and magazines.

Find books of their own choice
Showing your child books is a good way to build their interest level, a child who finds new books on their own can benefit from an increased sense of independence.

Child library card
Create interest how a library can be a place of wonder and excitement, and can open up whole new worlds of learning to last a lifetime. Make regular family visits to the library even if your child is not interested in taking out books.

Reward children if they read
If your children are taking interest, read 30 minutes every day for a week, offer to give them their favorite treat.
Rai Haris Manzoor
World Record Holder In O-Level Exam

Rai Haris Manzoor passed his O-Level examination from the University of Cambridge, UK, at the age of nine years. Being the youngest student, he has made World Record. Haris has passed O Level exam with science subjects i.e. Physics, Chemistry, Biology and Mathematics.

Normal age for passing the O Level is 17 or 18 years. O Level exam is conducted in 90 countries through British Council and about two million students appear in exam every year.

His parents taught him at home in his pre school and early years. Then he studied in a private school at Rawalpindi where from he passed 4th class exam in 2012. He stood 1st in class 4th in his school. Afterwards, he did not go to any school and his parents taught him at home.

Haris completed seven classes (from class 5th to O Level) in 13 months; he passed one class in 55-days, on average. It may be another World Record.

National and international recognition:
He has received international recognition in the media. He has been honored by the Prime Minister of Pakistan, Chief of Army Staff and many other departments.

Haris personal habits
Haris studies eight hours daily. He plays cricket and football. He is a very good shooter, uses his toy gun (it has been telecast by TV).

Haris is fond of eating. He likes Pizza, French fries, 'Biryani', crispy burger.

He made three demands from the parents after passing his O Level:
1. Rs. 10 increase in his pocket money on daily basis=Accepted
2. He should be at liberty to buy any toy/edible item from his money= Accepted
3. His mother should not stop him from eating whatever he likes & also quantity=Accepted

Future plan:
Q: After completing LLB through the University of London External program, do you intend to enroll as a full time university going student in future, in any foreign university?
Ans: Yes, I will go to UK for Bar-at-Law and may be doing one or two LLM as well. He wants to become an Islamic scholar.
Q: What do you aspire to become in future?
Ans: I want to become a Barrister but my mother always tells me to become a good human being.

His message:
To students: Please put your best in your studies so that you should be able to do some tangible work for Pakistan when you complete your studies.

To Politicians: “I (Haris) request Uncle Nawaz Sharif, Uncle Shehbaz Sharif, Uncle Imran Khan, Bilawal Bhai, Uncle Dr. Abdul Malik to send all out of school children to schools immediately.”

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Making Your Friends Happy

Making someone happy just for the sake of it can be one of the most rewarding feelings in this world. Brightening up a person's day, whether the person is your best friend or your waiter, will make your day brighter in turn. To make someone happy, you have to be genuine, open, and willing to put in some effort to make a difference.

Be emotionally supportive: Everyone wants to know that they are loved and appreciated. Encourage your friends to follow their dreams. Be caring and compassionate in all your dealings.

Cheer them up when they’re down: Smile at them and do something fun. If your friend is really sad, then sometimes the best way to cheer him up is just to be there for him.

Help out a friend just because: Another way to make a friend happy is to offer some help. This doesn’t mean you have to do anything super intense, or to help out only during dark times either. Even making an effort to help out with the small things can bring a smile to your friends face.

Say something nice about a friend behind his back: Another way to make your friend happy is to praise him to other friends when he’s not around. This will inspire your friend to say something about you when you’re not around, this will continue to spread positive energy.

Be a good listener: One easy way to make somebody feel appreciated and validated is to simply hear them out. Try to understand their thoughts.

Give a meaningful gift: Take the time out to pick out a special gift that is suitable for the person, the more thought you put into the gift, is an expression of positive energy and consideration. Sometimes nothing can make a person happier than a random gift given without a special occasion.

Call up a friend just to say hi: One way to make a friend happy is to call him or her just to say hi. This small gesture can make a big difference and can show your friend that you really care about him or her and want to know what’s going on in his or her life.

(Courtesy: Wiki-How)
Traffic Rules
Fill the right option with green color

1. Pavements are meant for
   - For walking
   - For playing
   - For sleeping

2. Before crossing the road, we should always check...
   - Traffic Lights
   - All vehicles have stopped
   - All of the above

3. We should wear seat belts because
   - They save lives
   - It is a rule
   - They are nice

4. We should not talk on the mobile while driving
   - Correct
   - Incorrect
   - Will ask

5. We should slow our speed near
   - Schools
   - Hospitals
   - All of the above

6. Traffic rules help us to
   - Reduce accidents
   - Smooth traffic flow
   - All of the above

7. We should never take out our body parts out of a moving vehicle
   - True
   - False
   - Will ask

8. We should cross a road from the:
   - Zebra crossing
   - Pavements
   - Traffic lights

9. How many lights are there on a traffic signal?
   - 4
   - 3
   - 2

10. Red light means
    - Start
    - Stop
    - Wait

There was a duck who walked into a store and said, "Got any candy?" The storekeeper said, "No, we don't." The next day, the duck went into the same store and asked the same thing and got the same answer. The duck kept going back every day for a week and asked the same thing and kept getting the same answer until the storekeeper got so angry he said, "If you come in here and ask that again, I will hit you on the head with a hammer!" The next day, the duck walks into the store and asks, "Got a hammer?" The storekeeper says, "No." Then the duck asks, "Got any candy?"

"If a child cannot learn in the way we teach, we must teach in a way the child can learn."

Ignacio Estrada

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Mehak Gul … The Chess Champion

A student of the Lahore Garrison School, Mehak Gul represented Pakistan at World Chess Olympiad, the youngest person ever to represent Pakistan in the tournament. Inspired by her father, Mehak has been playing chess since the age of six but came into the limelight after she succeeded in securing positions at provincial and national chess championships.

She held third position at the Punjab Chess Championship and fifth at the National Chess Championship held in Karachi, helping her qualify for the team which represented Pakistan at the world championship.

The young chess champion Mehak Gul was the only member of the Pakistan women’s national team who hailed from Lahore, with the rest being from Karachi. According to her father and coach, Mohammad Zahid, she is the youngest person to have qualified for the Olympiad from Pakistan. The previous person was a 15-year old girl from Karachi. Mehak Gul has also Set World Record of Setting Chess Table in 45 Seconds. The young chess champion aims to become a Grandmaster, a title conferred by the World Chess Federation.

Mehak’s father and coach, Mohammad Zahid is proud of his daughter’s brilliance and performance in all the tournaments, observed more than her hopes.

The Night Sky

The Night Sky
The night Sky
And it is all mine
What a gentle shine
All the stars are ready to dine
One by one they all come in a line
To get their plates
And sit together with their mates

I asked my cat
Who was sitting on a mat
“can you see the beautiful night?”
She said
Sorry, I see only black and white.

Look at the night sky
The sunlight
Which I hate
Has gone out of our sight.

Suddenly...

“Jhon, Come to bed”
...It was my mom
I went upstairs
and followed by my cat TOM

I went to bed
with my cat on my head.
And I went to sleep.
The stars started to prep.

By Thidam
Courtesy: lorisweb.com

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Self esteem and kids

Boosting Your Self-Esteem
Of course it's OK to have ups and downs in your feelings, but having low self-esteem isn't OK. Feeling like you're not important can make you sad and can keep you from trying new things.

I like my sense of humour
I get on well with other people
I keep trying even when I fail
I like how I look
Bad and sad things will happen but I will find the strength to overcome them

Here are a few other things that you can try to increase your self-esteem:
- Make a list of the stuff you're good at.
- Give yourself three compliments every day.
- Remember that your body is your own, no matter what shape, size, or color it is.
- Remember that there are things about yourself you can't change.
- When you hear negative comments in your head, tell yourself to stop.

Part of growing up is learning to focus on your strengths and to accept and work on your weaknesses — and that, in a nutshell, is self-esteem!

What Is Self-Esteem?
Making it easier let us break the term into two words. Let's first take a look at the word esteem, which means that someone or something is important, special, or valuable.
And self means, well, you! So put the two words together and it's easier to see what self-esteem is. It's how much you value yourself and how important you think you are. It's how you see yourself and how you feel about the things you can do. Self-esteem is about knowing that what you are good at and what not. The most important thing to know about self-esteem is that you see yourself in a positive way that's realistic.

Why Self-Esteem Is Important
All kids have self-esteem, and having healthy or positive self-esteem is really important. Self-esteem gives you the courage to try new things and the power to believe in yourself. It lets you respect yourself, even when you make mistakes. And when you respect yourself, adults and other kids usually respect you, too. Having positive self-esteem can also help you to make healthy choices about your mind and body. If you think you're important, you'll be less likely to follow the crowd if your friends are doing something wrong or dangerous. If you have positive self-esteem, you know you're smart enough to make your own decisions. You value your safety, your feelings, your health your whole self! Positive self-esteem helps you know that every part of you is worth caring for and protecting.

Test Your Self-Esteem
For each statement, rate yourself on a three-point scale of: Rarely = 1, About Average = 3, Frequently = 5

When you have finished, add your score.
- I wake up at night worried about the mistakes that I have made the day before.
- I replay conversations after I have had them to see what I've done wrong.
- I don't like the way my clothes look on me.
- When I'm with other people, I wonder if they are critical of me.
- I'm cautious of trying anything new because I'm afraid of looking foolish.
- I'm afraid people will laugh at me.
- I worry about what other people think.
- I often feel inferior to other people.
- I wish I had a more attractive body.
- When I look in the mirror, I check to see what's wrong with me.
- When I read over something I've written, I'm not satisfied with it.
- I'm afraid there is something basically wrong with me.
- I wonder what other people would think of me if they really knew what I was like underneath.
- I compare myself with other people.
- I seem to attract judgmental people.
- I question my decisions after I have made them and think that I might have done better.
- When I say 'No' I feel guilty.
- When I take a test like this, I'm sure that I don't do as well as other people.
- I avoid taking risks if I can avoid it.
- When I think about self-improvement I feel that there is something wrong with me that needs to be fixed.

Your Self-Esteem Score
Compare your score with the given key:
- 1 – 45A moderate Inner Critic and therefore good self-esteem.
- 46 – 75A harsh Inner Critic and low self-esteem.
- 76 – 100A killer Inner Critic and very low self-esteem.

Khadeeja Umer Khayam
Program Officer Counseling, Sahil

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Top in the World

Tallest Building
Burj Khalifa Dubai UAE is the tallest man-made structure in the world, standing at 829.8 m (2,722 ft). Construction began on 6 January 2004, with the exterior of the structure completed on 1 October 2009.

Longest Bridge
The longest bridge in the world is located in China and is the world famous Danyang Kunshan Grand Bridge. Spanning a length of 164800m, this high speed rail bridge connects Beijing and Shanghai.

The Tallest Horse
The tallest living horse is Big Jake, a nine-year-old Belgian Gelding horse, who measured 2.75 in (210.19 cm, 82.75 in), without shoes, in USA, on 19 January 2010.

Longest River
The Nile is the longest river in the world; it is 6,853 km (4,258 miles) long. The Nile is an "international" river as its water resources are shared by eleven countries.

Highest Mountain
Mount Everest is Earth's highest mountain. It is located in the Mahalangur section of the Himalayas (Nepal). Its peak is 8,848 metres (29,029 ft) above sea level.

The Tallest Man
The tallest man 31 year-old Sultan Kosen from Turkey, a part-time farmer, is 8 feet 3 inches tall and can reach a basketball hoop without jumping. He became the world's tallest living man in 2009 and he also holds the record for largest hands on a living person.

The Shortest Man
The shortest man, 74 year-old Chandra Bahadur Dangi, from Nepal, is just 21½ inches tall and is the shortest adult human ever verified by Guinness World Records.

Fastest Man
Usain Leo Bolt is a Jamaican sprinter. Widely regarded as the fastest person ever, he is the first man to hold both the 100 metres and 200 metres world records.
Riddles

-What has a face and two hands but no arms or legs?
  A clock

-What five-letter word becomes shorter when you add two letters to it?
  Short

-What word begins and ends with an ‘e’ but only has one letter?
  Envelope

-What has a neck but no head?
  A bottle

-What gets wetter as it dries?
  A towel

-Why did the boy bury his flashlight?
  Because the batteries died.

-What has to be broken before you can use it?
  An egg

-What begins with T, ends with T and has T in it?
  A teapot

-Which month has 28 days?
  All of them of course!

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Believe It Or Not!

1. A cockroach will live nine days without its head, before it starves to death.
2. A snail can sleep for three years.
3. All Polar bears are left-handed.
4. An ostrich’s eye is bigger than its brain.
5. Butterflies taste with their feet.
6. Elephants are the only animals that can’t jump.
7. Our eyes are always the same size from birth, but our noses and ears never stop growing.
8. The strongest muscle in the body is the tongue.
9. Women blink nearly twice as much as men.
10. It is impossible to lick your elbow.
11. Wearing headphones for just an hour will increase the bacteria in your ear by 700 times.
12. Hot water is heavier than cold.
13. The female lion does ninety percent of the hunting.
14. Ketchup was sold in the 1830s as medicine.
15. One quarter of the bones in your body, are in your feet!
16. Fingernails grow nearly 4 times faster than toenails!
17. Honey is the only food that does not spoil.
18. The average lead pencil will draw a line 35 miles long or write approximately 50,000 English words.
19. The average person laughs 10 times a day!
20. The strongest muscle in the body is the tongue.
21. Honeybees have a type of hair on their eyes!
22. Starfish have no brains.
23. Earthworms have 5 hearts.
24. Children grow faster in the springtime.

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Frequently Asked Questions
From Counselors at Sahil Jeet Healing Center

Q: Should parents give children rewards for doing things that might be expected of them anyway? Are rewards for good behavior ever appropriate?

Answer
Helping your child tap into his or her sense of internal motivation is an important skill, since it is something a child carries with him throughout his life. It is important that children be rewarded for good behavior. But the key is that, along with the reward moral logic of behavior is connected. For example, giving a child a cookie for helping to clean up his toys is not very useful. But if with child’s help, his toys were put away faster, the reward is that there is time to read another book with you before bed. These kinds of rewards teach your child that good things happen when you cooperate, take on responsibility, and make good choices.

Q: My 2-year-old always has to have her way—from what she wears to the bowl she uses for cereal. How can I get her to be more flexible?

Answer
You are not alone. For some children, flexibility and toddlerhood just don’t go together. The truth is what looks and feels like total inflexibility is a natural and important part of your child’s development. Two-year-olds are at a stage when their sense of self is emerging. They are strong-willed, they know what they want and don’t want, and they have the communication skills to tell you just how they feel. While it’s important to respect your child’s unique needs, it’s equally important to help her learn how to adapt when things don’t go her way. When your child makes a demand, before you respond, ask yourself whether you want (or need) to fight this particular battle. Children need some opportunities to make choices for themselves. This builds her confidence, self-esteem, and thinking skills. For example, your child wants to wear mismatched clothing to preschool. While it may not match your fashion standards, the floral/stripe outfit isn’t harming your child’s development. This may be a “safe” choice for her to make for herself.

When your child demands for something that is not appropriate according to you then it’s an opportunity for you to make her learn. You can use the following steps as a guide to helping them learn about limits and become more flexible.

- Validate your child’s feelings
- Offer limited choices
- Help him cope with his disappointment by problem-solving
- Don’t give in once you have set the limit

Find the following cities of Pakistan in the alphabetical chart

Karachi, Islamabad, Lahore, Peshawar, Quetta, Gilgit, Muzaffarabad, Faisalabad, Multan, Hyderabad, Abbottabad, Rawalpindi, Thatta, Gujranwala, Skardu, Sialkot, Mardan, Gawadar.

“Do not raise your children the way your parents raised you they were born for a different time” Hazrat Ali(A.S)
They don’t...

1. Let their feelings go unchecked
2. Dismiss other people’s feelings
3. Allow others to control their emotions
4. Have the victim mentality
5. Become complacent
6. Ruminate on their feelings
7. Ignore the cause of their emotions
8. Engage in unnecessary conflict
9. Gossip
10. Feel ashamed to say no when they have to
11. Give in to peer pressure
12. Seek approval from others
The Human Body

Skeleton
Every single person has a skeleton made up of many bones. These bones give your body structure, lets you move in many ways, protects your internal organs, and more. A baby's body has about 300 bones at birth. These eventually fuse (grow together) to form the 206 bones that adults have.

Muscles
Muscles are all made of the same material, a type of elastic tissue (sort of like the material in a rubber band). Thousands or even tens of thousands, of small fibers make up each muscle.

Brain
In fact, your brain is the boss of your body. It runs the show and controls just about everything you do, even when you're asleep. Your brain has many different parts that work together.

Heart
We see and hear about hearts everywhere. A long time ago, people even thought that their emotions came from their hearts, maybe because the heart beats faster when a person is scared or excited. Now we know that emotions come from the brain, and in this case, the brain tells the heart to speed up. Your heart is really a muscle. It's located a little to the left of the middle of your chest, and it's about the size of your fist. The heart sends blood around your body. The blood provides your body with the oxygen and nutrients it needs. It also carries away waste.

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Lungs

Your lungs are in your chest, and they are so large that they take up most of the space in there. You have two lungs, but they aren't the same size the way your eyes or nostrils are. Instead, the lung on the left side of your body is a bit smaller than the lung on the right. This extra space on the left leaves room for your heart.

Kidney

There are two kidneys in the body. They do two important jobs — filter waste from the blood and to get rid of it. If they didn't do this, toxins poison would quickly build up in your body and make you sick. You need at least one working kidney to be healthy.

Eyes

Your eyes are at work from the moment you wake up to the moment you close them to go to sleep. They take in tons of information about the world around you — shapes, colors, movements, and more. Then they send the information to your brain for processing so the brain knows what's going on outside your body.

Ear

Your ears are in charge of collecting sounds, processing them, and sending sound signals to your brain. And that's not all — your ears also help you keep your balance. So if you bend over to pick up your cat, you won't fall down — or even worse — fall on your cat. Meow!

The ear is made up of three different sections: the outer ear, the middle ear, and the inner ear. These parts all work together so you can hear and process sounds.

Nails

Nails themselves are made of keratin. This is the same substance your body uses to create hair and the top layer of your skin. You had fingernails and toenails before you were even born. Your fingernails grow slowly — in fact, they grow about one tenth of an inch (2.5 millimeters) each month. At that rate it can take about 3 to 6 months to completely replace a nail.
Monitor your child's activities!

Hello Phupi Jan!
Hello Baita.

Nomi I have got an excellent action film.
Let's take the computer to your room and watch this movie on it.

Nomi! Nomi!
Nomi!

OK Salman Bhai

No son! Nomi uses his computer here, it's better that both of you watch the film here.

Nomi lets watch this film some other time then.

Why? What's so special about this film?
Bring it to me, let me have a look
There must be something wrong in it.
## پرچم چینی گیاهان غربی که مصرف نشان داده شده کریم

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## جزئیات سیاه کلمه سیر آیا می‌گذارد واکنش‌های موارد

چرا می‌گویند که مصرف گیاهان غربی که مصرف نشان داده شده کریم؟ چگونه می‌توانیم از گیاهان غربی که مصرف نشان شده کریم استفاده کنیم؟

### پاسخ

پاسخ: مصرف گیاهان غربی که مصرف نشان داده شده کریم به‌طور منطقی است. گیاهان غربی که مصرف نشان داده شده کریم به‌طور کلی به عنوان گیاهان مصرف نشان داده شده کریم شناخته می‌شوند. این گیاهان به‌طور معمول به عنوان گیاهان مصرف نشان داده شده کریم شناخته می‌شوند. این گیاهان به‌طور کلی به عنوان گیاهان مصرف نشان داده شده کریم شناخته می‌شوند.
یافتن کری پرطرفدار!

چگونه بکار درآوریم؟

اول بپیک که مراحلی شروع کنید، کمی کمی تمرین دویده باشید.

اپیک برای مثال سال سال می‌کشاشد.

نمونه‌ی رفتار که مانند این‌گونه شکسته شده است، مثلاً که جایی در بهترین خونه‌ای که می‌خواهید بپردازید.

کمی از سختی که در اینجا به تدریج آمده‌اید، بهترین خونه‌ای که بپردازید.

نحوهی رفتاری که مانند این‌گونه شکسته شده است، اگر بهترین خونه‌ای که بپردازید.

چگونه بکار درآوریم؟

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نحوهی رفتاری که مانند این‌گونه شکسته شده است، اگر بهترین خونه‌ای که بپردازید.
Left:

There are 3 orangutans in the picture.

Middle:

The baby orangutan is sleeping in the arms of an elderly lady.

Right:

There are 2 human figures in the picture.

Bottom:

There is a lizard and a monkey in the picture.

Bottom Right:

There is a graduation photo with an individual wearing a graduation cap.

Bottom Left:

There is a picture of a baby and a monkey in the picture.
21 جنوری کی سے منہ بند ہوگی اصل بات بہت چھوٹی ہے!

دوسروں کے محسوسات کو نظر انداز کر کے
کہاں پہنچے ہیں۔ ایک اداکارہ کی بھی دیکھی
منظورے میں شکریہ دیتی ہوئی اناکے
غیر ضروری طور پر مطمئن نہیں رہتا
اسی احساسات کی زیادہ تر نہیں کر کے
اسی چیز کی روشنی میں قہوٹا انداز کر کے
غیر ضروری جانکاروں کو شامل کرنے میں
زیادہ غیر ضروری پالیئے نہیں کر سکتے
جب انسان کے پاس کچھ بھی نہیں ہوتا تاکہ نہ ہم محسوس کن ہمے
اپنے احساسات کو ادا کرنا چاہتا ہے
دوسرین سے لوگوں کا ایک آج تک کی بات

تم了一系列یں گل کا اوپریکا مکاولوں مین پاکستان کی تماشا گی 

تمہارے سدا مہک کے اولپیکا مکاولوں مین پاکستان کی نما ہندگی 

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روستوں میں خوشخبری با اتھا:

مدل کیٹا ہے:

یہ بھی میں نہیں جانتا کہ کیسی ہے اور اور یہ پیش کر چکا ہے۔ یہ یہ کہ یہ کیسی ہے اور یہ یہ کہ ہی اور یہ کہ ہی۔

اچھا ہے اور اچھا ہے:

اپنی کہاں میں یہ ہے اور یہ پیش کر چکا ہے۔ یہ یہ کہ ہی اور یہ کہ ہی۔

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کچھ میں نہیں ہے اور یہ پیش کر چکا ہے۔ یہ یہ کہ ہی اور یہ کہ ہی۔

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عمر رياض رزا، طفل علم راية حارث محقّق كيبي أيّاري بألّابن

ومعمر رياض هو ابن اناثIVERG ونادي الحرف كيهاربن وأدّى من المعنى للإنسانية بتعاطف ومحبة. محبة من شخصية مميزة في العالم العربي. فربما كان حارث رياض هو الأكبر في العالم العربي، حيث أنه متحمس للعمل في مجال التعليم والثقافة.

تُعرف حارثةViaRas مشاركاً في مهرجانات عالمية، حيث أنها تتمتع بمهارات مذهلة في الكتابة والرسم. كما أنها تُعرف بالأخلاق الصافية والقيم السليمة.

سُعِدتViaRas رياض على تحقيق حلمه في مجاله، وترجمت أعماله إلى خير، حيث أنها تُساهم في بناء المجتمع العربي.

ما هو الاختيار؟

الاختيار هو عملية نوعية، حيث يتم اختيار الأفضل من بين العدّة. في هذا السياق، فإن الاختيار قد يكون مرتبطًا بالمعرفة والمذاهب الثقافية والمواقف الشخصية.

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چوں چوں پاکستانی میں حوصلہ افزائی کریں

کمینے پر مبنی ہے کہ اچانک اپنے وقوع اور اپنے تحریک کے حروف اس طرح درج کردی ہوئی ہیں کہ ہم نے اپنے میں چوں چوں پاکستانی میں حوصلہ افزائی کرتی ہیں۔

چوں چوں گھروں میں سماج میں کہا گیا ہے:

چوں چوں گھروں میں سماج میں کہا گیا ہے:

چوں چوں گھروں میں سماج میں کہا گیا ہے:

پہلا کتاب پڑھنے دیا جا رہا ہے:

پہلا کتاب پڑھنے دیا جا رہا ہے:

پہلا کتاب پڑھنے دیا جا رہا ہے:

نویں کتاب پڑھنے دیا  جا رہا ہے:

بیٹھتوں کی تعلیم سے بہتر:

بیٹھتوں کی تعلیم سے بہتر:

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بیٹھتوں کی تعلیم سے بہتر:

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بیٹھتوں کی تعلیم سے بہتر:
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2. بخشی که بالا می‌یابد
3. عکس برای یافتن را
4. روش‌های معوجول
5. بررسی توقیم
6. نظر... برای ساخت
7. بکهال... ساخت شرط انتخاب
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9. پاپوش شده برخورد و دوازده
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12. جیب طبی ساخته سپر فرآیند واژه
13. اپنی تایلز ساخت کریستین پنیر شرکت
14. میزبان
15. خانواده

اوادری

یارای سبز و پیمان کردن ساخت کریستین داری مشابه که توانسته به اینجا آمده که یک چوبی که خامه را می‌تواند به چوب چوبی در دمای سطحی، میله پایین، شاری را یاد بگیرد
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16. میزبان

مطیع در

مجری می‌پسند، کپالیان، تظیبی از ابتدای در کودک پاسداری کریم

امیر کرمانی

سطح

ساعت ۱۳

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