

July  
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eMag  
education magazine

کریم

رمضان

Ramadan Kareem

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# رمضان كريم

eMag  
education magazine



2

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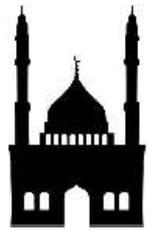
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During the holy month of Ramadan, Muslims fast from dawn to dusk for the entire month, an act that brings joy and contentment to every Muslim who experiences the practice.

We pray that this blessed month brings divine blessings to all of us. This year, Muslims celebrate the month of fasting during some very challenging times. Islam and Muslims are under microscopic investigation. Often, our faith is linked with terror and we are accused of crimes that we ourselves discover when we open the front page of newspapers.

In times of difficulty, our only source of strength is our faith in the absolute power of ALLAH. We know that if we have HIS protection and guidance, we will be able to overcome all the challenges that surround us.

This month of Ramadan is giving us yet one more opportunity to re-dedicate ourselves to the absolute power of the divine and refocus our lives to worshipping HIM and HIM alone. Each of us can develop an individual plan to benefit from and we can all do something extra to earn some additional grace from ALLAH, the Almighty.



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## RAMDAN- A BRIEF INTRODUCTION

By: M. Atif Ilyas,  
Team Member, eMag

The word Ramadan comes from the noun Ramad, which refers to "the heat of the stones arising from the intense heat of the sun." The ninth month was named Ramadan because when the Arabs changed the names of the months from the ancient language, they named them according to the seasons in which they happen to fall. This month, which used to be called Natiq, fell during the summer, the time of extreme heat.



### Fasting the Month of Ramadan:

The fourth pillar of Islam is fasting. Allah prescribes daily fasting for all able, adult Muslims during the whole of the month of Ramadan, the ninth month of the lunar calendar, beginning with the sighting of the new moon.



Exempted from the fast are the very old and the insane. On the physical side, fasting is from first light of dawn until sundown, abstaining from food, drink, and sexual relations. On the moral, behavioral side, one must abstain from lying, malicious gossip, quarrelling and trivial nonsense.



Those who are sick, elderly, or on a journey, and women who are menstruating, pregnant, or nursing are permitted to break the fast, but must make up an equal number of days later in the year. If physically unable to do so, they must feed a needy person for each day missed. Children begin to fast (and to observe the prayers) from puberty, although many start earlier.

In addition to the fast proper, one is encouraged to read the entire Quran. In addition, special prayers, called Tarawih, are held in the mosque every night of the month, during which a whole section of the Quran (Juz') is recited, so that by the end of the month the entire Quran has been completed. These are done in remembrance of the fact that the revelation of the Quran to Prophet Muhammad (peace be upon him) was begun during Ramadan.

During the last ten days - though the exact day is never known and may not even be the same every year - occurs the Night of Power (Laylat al-Qadr). To spend that night in worship is equivalent to a thousand months of worship, i.e. Allah's reward for it is very great.

On the first day of the following month, after another new moon has been sighted, a special celebration is made, called 'Id al-Fitr. A quantity of staple food is donated to the poor (Zakat al-Fitr), everyone has bathed and put on their best, preferably new, clothes, and communal prayers are held in the early morning, followed by feasting and visiting relatives and friends.

There are other fast days throughout the year. Muslims are encouraged to fast six days in Shawwal, the month following Ramadan, Mondays and Thursdays, and the ninth and tenth, or tenth and eleventh of Muharram, the first month of the year. The tenth day, called Ashurah, is also a fast day for the Jews (Yom Kippur), and Allah commanded the Muslims to fast two days to distinguish themselves from the People of the Book.



# رمضان كريم

While fasting per se is encouraged, constant fasting, as well as monasticism, celibacy, and otherwise retreating from the real world, are condemned in Islam. Fasting on the two festival days, 'Id al-Fitr and 'Id al-Adha, the feast of the Hajj, is strictly forbidden.

## Importance of Ramadan:

Ramadan is the most precious month in the Islamic calendar (Hijri) and it is obligatory for the Muslims to fast in the month of Ramadan. Here are some interesting and quick points that shows the importance of Ramadan in Islam.

- ❖ Allah has made fasting this month the fourth Pillar of Islam
- ❖ Allah revealed the Quran in this month
- ❖ Allah has made Laylat al-Qadr (The Night of Decree/Power) in this month, which is better than a thousand months
- ❖ Allah has made fasting Ramadan and spending its nights in prayer out of faith and in the hope of reward a means of forgiveness of sins
- ❖ In this month, Allah opens the gates of Paradise and closes the gates of Hell, and chains up the devils
- ❖ Every night Allah has people whom He redeems from the Fire
- ❖ Fasting Ramadan is a means of expiation for the sins committed since the previous Ramadan, so long as one avoids major sins
- ❖ Fasting in Ramadan is equivalent to fasting ten months
- ❖ Whoever prays Qiyaam in Ramadan with the Imaam until he finishes, it will be recorded for him that he spent the whole night in prayer
- ❖ Umra'h in Ramadhaan is equivalent to Hajj
- ❖ It is Sunnah to observe I'tikaaf (retreat for the purpose of worship) in Ramadan
- ❖ It is Mustahabb in the sense of being strongly recommended in Ramadan to study the Quran together and to read it to a great deal
- ❖ It is Mustahabb in Ramadan to offer Iftaar to those who are fasting



[http://www.fastramadan.com/why\\_do\\_muslims\\_fast.php](http://www.fastramadan.com/why_do_muslims_fast.php)



## National University of Sciences and Technology- NUST

By: Jamil Hasan,  
Team Member, eMag

NUST is a premier national institution that has won global acclaim within a short span of time. Various constituent schools and colleges functioning under the umbrella of NUST are imparting high quality education at both undergraduate and postgraduate levels in the disciplines of Engineering, Management and Social Sciences, Information Technology, Medicine and Basic Sciences.



In order to address higher education needs of the country, NUST has made monumental strides thus drawing appreciation from across the world. Needless to say, it is because of the high teaching and research standards maintained at NUST that numerous reputed foreign universities are working in collaboration with the University on various projects of mutual benefit.

Moreover, the expansion of facilities at NUST new campus, located in the tranquil setting of the federal capital, helps ensure conducive environment to cater for the educational needs of a large number of talented students.

NUST was established in March 1991 for promotion of higher scientific education in the country, especially in the fields of science and technology by providing stable and disciplined academic environment together with need-based research, pertinent to industrial requirements. The University was granted its Charter in 1993. Over the years, the university has expanded in scope, services and stature and has emerged as a leading comprehensive University in the public sector.

Within two decades, NUST has achieved important milestones and gained immense significance as an institution of higher education in Pakistan. The University produces professionals and researchers of very high caliber, capable of developing indigenous technologies to meet the growing demands of the 21st century. It is envisioned to grow as a center of excellence for the country's scientific and technological progress. An outstanding feature of the University is that while maintaining traditional values of excellence in teaching and research, it challenges conventional practices and creates new ways of developing and delivering courses, pertaining to emerging and cutting-edge disciplines, on most modern lines.

NUST is a new-age university defining new frontiers in teaching and research. The programs are distinctive for their high-quality research orientation. Notwithstanding the significance of undergraduate courses, there is ever-growing emphasis on postgraduate studies and research output. Creativity and innovation are embedded as core values in all scholastic activities. The conducive academic environment at the campuses facilitates educational pursuits.

NUST has developed linkages with international universities of repute to ensure two-way flow of knowledge and to be in step with modern trends. Split programs and visits of eminent professors from reputed foreign universities is a regular feature of the academic activity. These eminent scholars deliver lectures on the latest developments in their respective fields and also help update and review the academic programs.





# رمضان کریم

## PROGRAMME OF MONTH **ACMA** (Associate Cost and Management Accountants)

By: Jamil Hasan,  
Team Member, eMag

There are two accounting bodies officially sanctioned by Pakistan Government where students can pursue their education in accounting. One is Institute of Chartered Accountants of Pakistan (ICAP) which is offering Chartered Accountant (CA) certification and membership. The other one is Institute of Cost and Management Accountants of Pakistan (**ICMAP**) which offers ACMA – Associate-ship in Cost and Management Accounting or CMA Certification and membership. ICMA is incorporated in Pakistan; however it has recently extended its operation in middle east and Canada. Its members are working in Pakistan as well as in abroad.



Theoretically the scope of both organizations is different. ACMAs are prepared to work in the areas of Management and Cost accounting while ACCA is general accountancy qualification. But practically scenario is different as syllabus of both qualifications resemble to greater extent and their members are groomed professionally to work in wide ranging areas such as General accounting, Audit, Sectarial Practice, Treasury, Consultancy (Public Practice), Taxation, Finance and Cost Accounting etc.

This certification provides a foundation in accounting, management and strategy. While the coursework shares fundamental concepts of accounting found in ICAP's CA education, there is a focus on tactical and decision making skills as well. The minimum qualification required for enrolment in ICMAP's Program is Intermediate examination with minimum 45% marks / 2nd division from any recognized board Secondary / Higher Secondary of Education or A-Level examination (under Cambridge System).

Certification is completed in stages. Stage-1: CAM is a two years certificate program in accounting and Management for Intermediate/A-levels students. This certificate will be awarded on completion of 17 examining and 2 non-examining courses; and 6 months supervised practical training. After completion of above certificate, students will be allowed to take admission in Stage-3 of Postgraduate Professional Level in upcoming new session. The Two Year Postgraduate Certificate in Cost and Management Accounting will be awarded after completion of Stage-3 & 4. Later, after passing Stage 5 and 6 and fulfilling in practical training requirement and comprehensive examination, the student will be awarded Cost and Management Accounting Final Certificate and there onward he/she may proceed to complete membership requirements to get Associate ship (ACMA).



### Composition

The Parliament of Pakistan, according to the Constitution of 1973, is bicameral. Article 50 of the Constitution clearly states that the Parliament of Pakistan consists of the President and two Houses known as the National Assembly and the Senate.

#### 1 National Assembly

The National Assembly has a total of 342 members, including 60 seats reserved for women and 10 for non-Muslims, as per Article 51. The seats in the National Assembly are allocated to each Province, the Federally Administered Tribal Areas (FATA) and the Federal Capital on the basis of population, as officially published in the last preceding census. The present allocation of seats is as under:

	Punjab	Sindh	Khyber Pakhtunkhwa	Balochistan	FATA	Federal Capital	Total
General	148	61	35	14	12	2	272
Women	35	14	8	3	0	0	60
Non-Muslims	--	--	--	--	--	--	10
Total	183	75	43	17	12	2	342

#### 2. Senate

The Senate is a body which represents the provinces and other territories of the country and promotes a feeling of equality, peace and harmony, which is so essential for the growth and prosperity of a nation. Thus, the Senate, over the years, has emerged as an essential organ and a stabilizing factor of the federation in Pakistan.

#### Composition

Provinces / Territories	General	Technocrats / Ulema	Women	Non-Muslims	Total
Sindh	14	4	4	1	23
Punjab	14	4	4	1	23
Balochistan	14	4	4	1	23
Khyber Pakhtunkhwa	14	4	4	1	23
Federal Capital	2	1	1	-	4
FATA	8	-	-	-	8
G. TOTAL	66	17	17	4*	104

\* Four seats for non-Muslims increased through the Constitution (Eighteenth Amendment) Act, 2010 (Act No. X of 2010) shall take effect from the next Senate Election.



# رمضان کریم



## THE UNIVERSITY OF LAHORE

### 2013-14

Chartered University

Approved by: : HEC, PEC, PMDC, Pakistan Bar Council  
Pakistan Nursing & Pharmacy Council of Pakistan.



Ranked in HEC's Highest Category "W4"

Ranked amongst the Top Universities of the World

World Ranking 550 - 600  
Asian Ranking 171 - 180

One of the 6 Pakistani Universities among Top 300 Asian Universities

The University of Lahore (Chartered in 2002) is widely recognized as a premier University at National and International level, imparting quality education in diverse disciplines ranging from **Medicine & Dentistry, Engineering, Pharmacy, Nursing, Management Sciences, Computer Sciences & Information Technology, Law, Media & Communication, Molecular Biology & Bio-technology, Bio-chemistry, English Language & Literature to Allied Health Sciences.**

Our strong emphasis on human capital has allowed us to grow to a student body of about 19,000 including foreign students of various Islamic countries i.e. Turkey, Palestine, Oman, Dubai & Uganda. The University of Lahore enjoys excellent links and partnership in various areas of knowledge and resources sharing with some of the most prestigious universities of the world such as the **Cambridge University UK, Imperial College London UK, Wayne State University USA, Western Michigan University USA, Yeditep University Istanbul, University of Tabriz Iran, Eastern Mediterranean University Northern Cyprus and University of FIRAT Turkey** etc.

#### Transport Facilities

The University of Lahore has a large independent fleet of buses at all the campuses, which run pick & drop services to its students all around the city. Additionally University also provides transport facilities to its faculty.

#### Sports Facilities

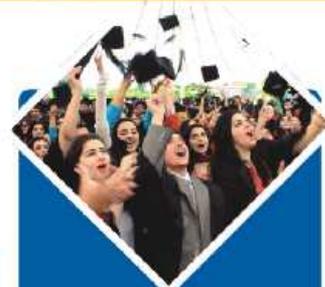
Purpose built sports and recreational facilities which include spaces for table tennis, swimming, cricket & football.

#### Hostel Facilities

The Defence Rd Campus of The University of Lahore has hostels for over 1000 students (females). A separate hostel is also being built for male students. Each apartment accommodates two students. The facility features **24 hours electricity & security** seven days a week, **meeting rooms**, social spaces and a **TV room** along with **cafeteria & laundry facility**. **High Speed Internet** and **wifi** are also provided.

#### Library Facilities

The University's library resources include books, journals & e-books. The University of Lahore currently houses four well equipped libraries with a repository of more than 31000 books catering to a wide range of subjects. The University also has access to 72 Mbps Pakistan Educational Research Network (PERN) facilities, E- Library, OPAC, mini labs, HEC digital library as well as **International online Libraries** and Journals. We have subscription of World Class Turnitin services for Plagiarism check.



#### FACT FILE

Student Body: 18,649  
Faculty: 941  
Staff & Support: 1387  
11 Faculties  
24 Departments  
2 Research Centers  
2 Technology Parks

#### ADMISSIONS OPEN

Last Date to Apply  
4-July-13

Entry Test on  
6-July-13

Admission Form & Guidelines can also be downloaded from University Website:

[www.uol.edu.pk](http://www.uol.edu.pk)  
admissions@uol.edu.pk

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## ELECTRICAL ENGINEERING

- BS Electrical Engineering
- MS Electrical Engineering

## MECHANICAL ENGINEERING

- BS Mechanical Engineering

## CIVIL ENGINEERING

- BS Civil Engineering
- MS Civil Engineering

## TECHNOLOGY

- BS Mechanical Technology
- BS Civil Technology
- BS Electrical Technology

## COMPUTER SCIENCE & IT

- BS Computer Science
- MSc. Computer Science (MCS)
- MSc. Information Technology
- MS Computer Science

## ELECTRONICS

- BS Electronics & Electrical Systems
- MS Electronics & Electrical Systems

## ENGLISH LANGUAGE & LITERATURE

- BS(Hons.) English Language & Communication
- MA English Literature
- MA English Language Teaching & Linguistics

## MATHEMATICS & STATISTICS

- M. Phil Mathematics
- PhD Mathematics

## PHYSICS

- BS Computational Physics
- M. Phil Physics
- PGD Computational Physics

## PHARMACY

- Doctor of Pharmacy (Pharm. D) 5 Yr
- M. Phil Pharmaceutics, Pharmaceutical Chemistry, Pharmacology, Pharmacognosy
- PhD Pharmacology

## LAHORE SCHOOL OF NURSING

- B.Sc Nursing
- B.Sc Nursing Post RN B.Sc-N

## MOLECULAR BIOLOGY & BIOTECHNOLOGY

- BS Biotechnology
- BS Biochemistry & Biotechnology
- BS Microbiology & Biotechnology
- BS Molecular Biology & Biotechnology
- BS Environmental Sciences
- MSc. Biotechnology
- MSc. Biochemistry & Biotechnology
- MSc. Microbiology & Biotechnology
- MSc. Molecular Biology & Biotechnology
- MS Environmental Sciences
- M. Phil Biochemistry
- M. Phil Physiology
- M. Phil Microbiology
- M. Phil Molecular Biology
- M. Phil Forensic Sciences
- PhD Biochemistry
- PhD Biotechnology
- PhD Microbiology
- PhD Molecular Biology
- PhD Physiology

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BDS Doctors can  
apply

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- Doctor of Physical Therapy
- M. Phil Physical Therapy
- PhD Physical Therapy

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- PGD Medical Diagnostic Ultrasound
- M. Phil Ultrasound (5 Parallel Tracks)
- MD Radiology
- PhD Diagnostic Ultrasound
- PhD Radiology

## INSTITUTE OF RADIOLOGICAL SCIENCES & MEDICAL IMAGING TECHNOLOGY

- Doctor of Medical Imaging (MID)
- MSc. Medical Ultrasound Technology
- MS Medical Imaging Technology
- PhD Ultrasound Technology
- PhD Medical Imaging Technology

- Certificate/Diploma Medical Ultrasound Technology
- Transitional Diploma Medical Imaging Tech. 1Yr
- Extended Diploma Medical Imaging Technology 2Yr

## INSTITUTE OF PUBLIC HEALTH

Approved by PMDC, MBBS & BDS Doctors can apply

- Master in Public Health
- MSc. in International Health

## INSTITUTE OF MEDICAL LAB TECHNOLOGY

- BS Medical Lab Technology

## INSTITUTE OF DIET & NUTRITIONAL SCIENCES

- BS Diet & Nutritional Sciences
- PGD Dietetics - 1 year

## COLLEGE OF LAW

- Bachelor of Law - LLB (5 Years)



- BBA(Hons.) Bachelor of Business Admin.
- MBA Master of Business Admin. (3.5 Yr)
- MBA Master of Business Admin. (1.5 Yr)
- MBA Master of Business Admin. (2 Yr)
- MBA Master of Business Admin. (Executive) - Evening
- M. Phil Management Sciences - Evening
- PGD Business Admin. - Evening



- BS Media & Communication
- BA Film & Television
- BA Mass Communication



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Direct: 0322 - 4569333, 0322 - 4569555



## 2ND SIP ROAD SHOW UAE, 2013

### PROGRAM DETAILS

Date Details for June 2013 UAE Road Show  
from 17 - 20 June 2013

Meeting with Pakistan  
Education Academy, Dubai.



Meeting with Consul  
General of Pakistan in UAE.



Lunch with Consul  
General of Pakistan in UAE.



Meeting at  
Pakistan Embassy, Abu Dhabi.



Meeting with Sh Khalifa Bin  
Zayed Arab -Pakista School, Abu Dhabi.



Meeting & Lunch with MAS  
a Pakistani Institute in Abu Dhabi.





Meeting with Pak Islamia  
School, Ajman.



Meeting and Briefing about  
RAK free zone.  
Meeting & Lunch at RAKCODS.



Meeting with Pakistan  
School, Sharjah.



Meeting & Dinner at PAC, Dubai.



Meeting & Visit Dubai International  
Academic City, Dubai.



Meeting with HH Sheikh Rashid  
School, Dubai.  
Lunch at HH Sheikh Rashid  
School, Dubai.



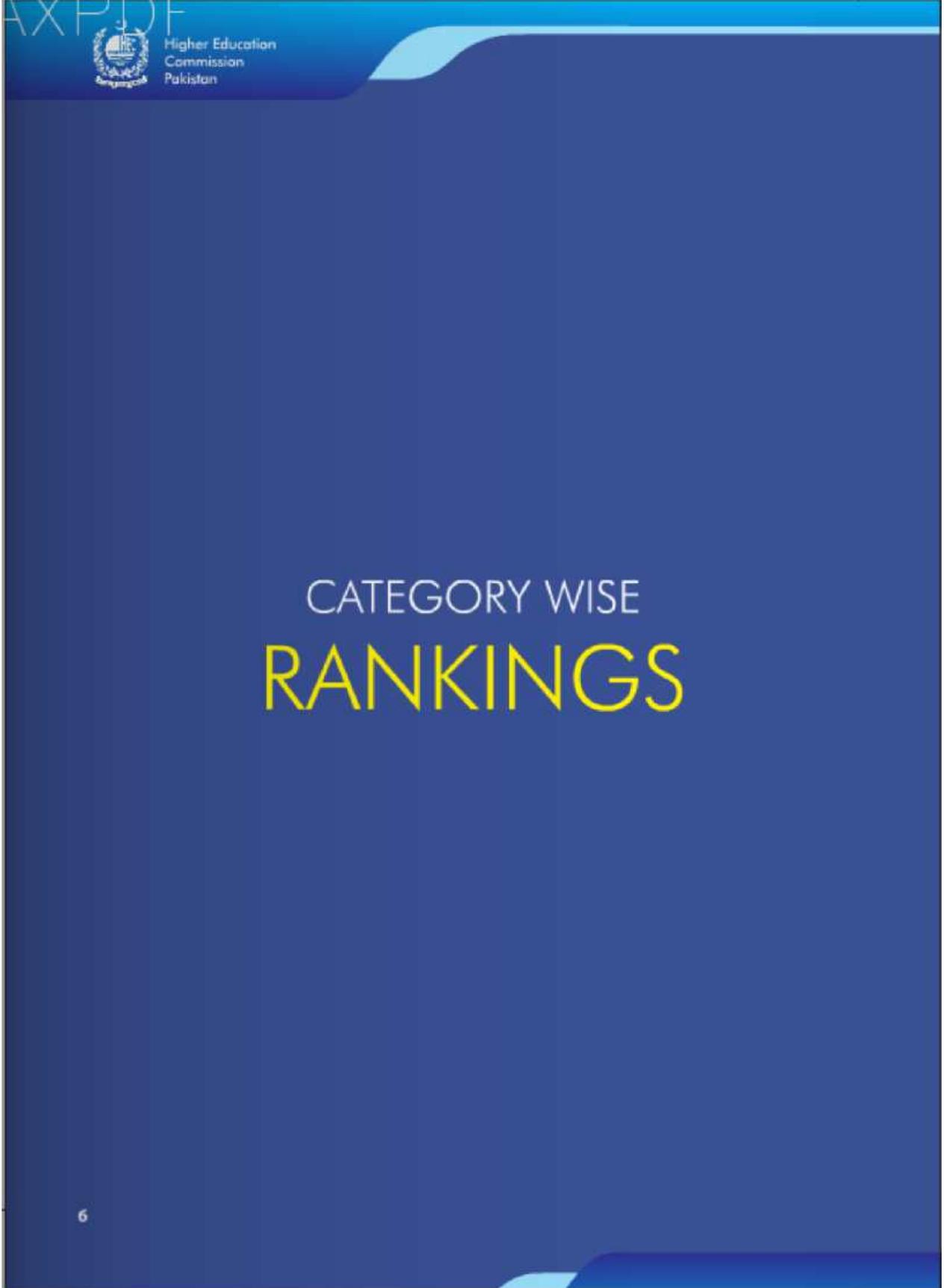
Meeting with SZABIST Dubai,





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## Agriculture & Veterinary Sciences

S. No.	Institute	Teaching Quality	QA Criteria	Research	Total Score
1	University of Agriculture, Faisalabad	28.29	16	30.40	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	18.60	56
5	Sindh Agriculture University, Tandojam	16.90	11	6.62	35
6	Lasbela University of Agriculture, Water and Marine Sciences	10.65	12	2.48	25

## Art & Design

S. No.	Institute	Teaching Quality	QA Criteria	Research	Total Score
1	National College of Arts, Lahore	34.21	0	22.00	56
2	Indus Valley School of Art and Architecture, Karachi	28.61	11	0.00	40



# رمضان فکریہ

Higher Education Commission Pakistan

## Computer Sciences & IT

S. 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	16.10	11	0.91	28
6	CECOS University of Information Technology and Emerging Sciences, Peshawar	14.61	11	0.00	26

## Medical

S. 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	4.40	34
4	Isra University, Hyderabad	11.91	13	5.41	30
5	Zia-ud-Din University, Karachi	13.50	10	3.80	27
5	Khyber Medical University, Peshawar	12.30	10	4.97	27
6	King Edward Medical University, Lahore	9.60	9	7.17	26
7	Baqai Medical University, Karachi	18.56	4	2.33	25
8	Liaquat University of Medical and Health Sciences, Jamshoro	7.22	13	4.04	24
9	Gandhara University, Peshawar	11.24	11	0.27	23



## Business Education

S. 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	Sukkur Institute of Business Administration, Sukkur	17.32	15	7.31	39.64
5	National College of Business Administration & Economics, Lahore	22.11	1	14.59	37.70
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	8.30	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	0.00	27.11
10	Institute of Management Sciences, Lahore	10.60	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	17.80	2	0.25	20.05
13	KASB Institute of Technology, Karachi	11.66	7	0.35	19.01



# رمضان کریم

AXP 2017  
Higher Education  
Commission  
Pakistan

## Engineering & Technology

S. 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 and 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
6	Institute of Space Technology, Islamabad	14.72	14	9.92	38.64
7	KPK University of Engineering and Technology, Peshawar	12.48	12	6.05	30.53
8	Mehran University of Engineering and Technology, Jamshoro	12.11	12	5.59	29.70
9	NED University of Engineering & Technology, Karachi	10.66	13	4.50	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 Engineering and Technology, Khuzdar	8.37	13	1.52	22.89
14	Sir Syed University of Engineering and Technology, Karachi	7.59	14	0.86	22.45
15	Mirpur University of Science and Technology, AJ&K	6.78	13	2.18	21.96
16	Dawood College of Engineering and Technology, Karachi	5.78	14	0.00	19.78



## General Universities (Large\*)

S. 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 and Technology, Islamabad	8.84	17	2.84	29
6	Government College University, Faisalabad	8.06	18	2.95	29
7	University of Sargodha, Sargodha	8.35	13	4.61	26
8	Hazara University, Mansehra	8.63	13	3.16	25
8	The Islamia University of Bahawalpur	9.33	10	5.69	25
8	University of Sindh, Jamshoro	8.30	11	5.74	25
9	Bahria University, Islamabad	6.35	15	2.18	24
10	University of Education, Lahore	4.94	15	2.70	23
11	National University of Modern Languages, Islamabad	5.69	14	2.54	22
11	University of Gujrat, Gujrat	5.97	14	1.58	22
12	Preston University, Kohat	7.05	7	0.37	14
13	University of Lahore, Lahore	6.31	5	0.72	12

\*student enrolment > 7000



# رمضان فکریہ

AX PDF  
Higher Education  
Commission  
Pakistan

## General Universities (Medium\*)

S. 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, D.I 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
5	The University of Azad Jammu and Kashmir, AJ&K	9.72	15	3.58	28
6	Riphah International University, Islamabad	9.74	15	2.67	27
7	Fatima Jinnah Women University, Rawalpindi	8.22	15	2.71	26
7	University of Balochistan, Quetta	9.44	13	3.73	26
8	University of Management and Technology, Lahore	7.49	13	4.81	25
9	Forman Christian College, Lahore	14.45	7	1.92	23
10	Mohammad Ali Jinnah University, Karachi	7.53	3	6.70	17
11	Hamdard University, Karachi	6.82	7	2.12	16
12	Jinnah University for Women, Karachi	7.39	7	0.69	15
12	University of Central Punjab, Lahore	5.68	8	1.47	15

\*student enrolment >3000 and <7000

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## General Universities (Small\*)

S. 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
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	0.00	25
7	University of Malakand, Dir, Malakand	7.29	13	3.33	24
8	Foundation University, Islamabad	11.96	7	3.30	22
9	Beaconhouse National University, Lahore	7.59	13	0.40	21
9	Dadabhoy Institute of Higher Education, Karachi	6.05	15	0.00	21
9	Frontier Women University, Peshawar	4.86	15	1.46	21
9	Sarhad University of Science and Information Technology, Peshawar	10.05	11	0.26	21
9	University of South Asia, Lahore	7.70	11	1.90	21
10	GIFT University, Gujranwala	8.52	11	0.00	20
11	Indus Institute of Higher Education, Karachi	8.59	10	0.00	19
	Mohiuddin Islamic University, AJ&K	7.70	11	0.01	19
12	Hajvery University, Lahore	6.73	11	0.00	18
13	Kinnaird College For Women, Lahore	8.19	9	0.48	18
14	The Superior College, Lahore	10.91	7	0.06	18

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# رمضان فکریہ

AXPDP  
Higher Education  
Commission  
Pakistan

15	Karachi Institute of Economics and Technology, Karachi	9.93	7	0.56	17
15	Newport Institute of Communications and Economics, Karachi	5.89	11	0.25	17
16	Greenwich University, Karachi	8.31	7	0.25	16
17	Minhaj University, Lahore	11.03	3	0.00	14
18	Preston Institute of Management, Science and Technology, Karachi	7.76	3	0.00	11
19	Preston University, Karachi	7.30	0	1.01	8

\*student enrolment <3000  
\* HEIs having equal total rounded off scores are ordered alphabetically in all General Categories

T4

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## HEIs EXCLUDED FROM THE RANKING

Based on the below three criteria, the following HEIs are excluded from the ranking:

- Established after December 2008
- Distance education institutes (AIOU and Virtual University)
- Incomplete data

S. No.	University	Year of Establishment
1	HITEC University, Taxila	2009
2	University of Wah, Wah Cantt.	2009
3	Abdul Wali Khan University, Mardan	2009
4	Sindh Institute of Medical Sciences, Karachi	2009
5	Shaheed Benazir Bhutto University, Upper Dir KPK	2009
6	Institute of Southern Punjab, Multan	2010
7	Shaheed Benazir Bhutto University, Benazirabad	2010
8	University of Swat, Swat	2010
9	Al-Khair University, AJK	2011
10	Global Institute, Lahore	2011
11	Lahore Leads University, Lahore	2011
12	Pakistan Institute of Fashion and Design, Lahore	2011
13	Shaheed Benazir Bhutto Medical University, Karachi	2011
<b>Distance Learning Institutions</b>		
14	Allama Iqbal Open University, Islamabad	
15	Virtual University, Lahore	
<b>Incomplete Data</b>		
16	Lahore College for Women University, Lahore	
17	Northern University, Nowshera	
18	Al Hamid Islamic University, Quetta	
19	Islamia College University, Peshawar	
20	Abasyn University, Peshawar	
21	University of Science and Technology, Bannu	

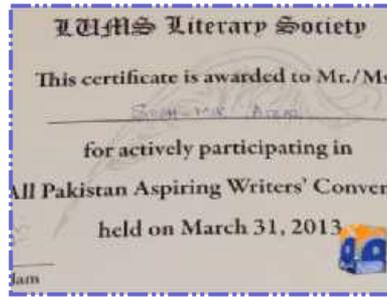


# رمضان کریم

## TALENT of PAKISTAN

By: Jamil Hasan,  
Team Member, eMag

### Pakistani Student Won Distinction In NASA Space Contest



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Pakistani student achieved fourth position in worldwide space contest organized by the Ames research centre of the US space agency NASA.

In the competition of 1536 candidates participated worldwide and Shah- Mir Aizaz, a resident of Federal B Area of Karachi, won the fourth position in this NASA contest.

Shah- Mir Aizaz, a 9<sup>th</sup> grader, said that he has interest in the subject of space and has participated in several competitions in the past. He said he has also participated in the competitions organized under the aegis of the United Nations Organization.





By: M. Atif Ilyas,  
Team Member, eMag

## Sadia Shahid

### 20 Year Old Girl Got World's Highest Scores in A-levels

It is not enough to have a good mind; the main thing is to use it well. This quote of Rene Descartes can be best applied towards 20-year-old-girl Sadia Shahid. She had the world's highest scores in A-levels biology and chemistry securing a 100 per cent in both of the subjects in 2009 from the Middle East International School, Riyadh. To fulfill her dreams, she earned a scholarship to the Institute of Business Administration Karachi (IBA). Sadia has also topped the BBA Dean's honour list for four consecutive semesters. She further proved herself by winning the first prize in IBA National Finance and Economic Reformation Competition 2011. At the moment Sadia is a BBA student at IBA while working as a teaching assistant.



## Zaid Azam works in Solar power

24-year-old Zaid Azam fulfilled his dream of being an entrepreneur by starting 'Sara Solar Pvt Ltd'. As Pakistan is an energy deficient country, Zaid felt his calling towards initiating the solution by using solar power. With the aim to provide better service, long term warrantee and complete solar solutions to its client. He hopes to provide solar energy to rural areas. Zaid said that he believes anything is possible in Pakistan and that Pakistan is not behind any other country in terms of technical knowledge.



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## Taabeer - Philanthropic Organization

Taabeer is a philanthropic organization established by young undergrads from various Pakistani universities. Taabeer's motto is "identifying different ways through which we can fulfill the dreams of the less privileged people around us". The organization's strategy differs from others since they don't believe in distributing donations only. The young volunteers at Taabeer first assess a situation then figure out the best way to help. So far they have provided funds for weddings to help young women get married, bought medicines for the sick who could not afford them and helped children receive education through donations. Their biggest achievement, they say, is helping collect donations for flood affecters, which they say was approximately 20 lacks.





# رمضان كريم

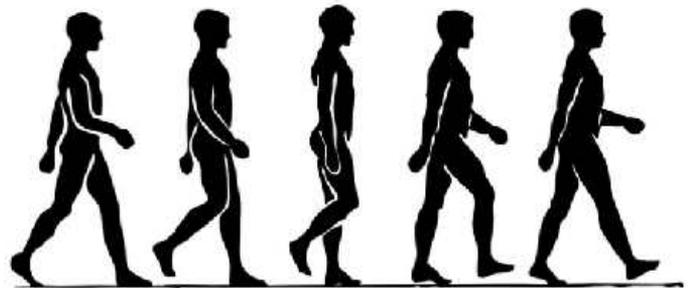
## BENEFITS OF WALKING

By: Raja Nasir  
Team Member, eMag

The more you walk the more calories you burn and the fitter you become. A brisk walk can give you a real cardio workout. It's low impact, it's easy for most people to do and it requires no special equipment.

### 20 Benefits of Walking!!

1. Helps with Weight Management
2. It's Accessible to Everyone
3. Doesn't Require Special Equipment
4. One of the Easiest Ways to Get More Active
5. Reduces Symptoms of Depression and Anxiety
6. It's a Low Impact Exercise



7. Lowers Low-Density Lipoprotein (LDL) Cholesterol (the "bad" cholesterol)
8. Raises High-Density Lipoprotein (HDL) Cholesterol (the "good" cholesterol)
9. Lowers Blood Pressure
10. Reduces the Risk of Some Cancers
11. Helps Reduce Risk and Aids with the Management of Type 2 Diabetes
12. Improves Mood



13. Helps Maintain Strong Bones
14. Reduces the Risk of Heart Attack
15. Less Likely to Lead to Injuries
16. Reduces Stress
17. Reduces Risk of Heart Disease
18. You Don't Have to Pay For It
19. Builds Aerobic Fitness
20. Helps Maintain Lean Muscle tissue.





## 20 HAPPINESS FACTS

-  Surveys in Britain and the U.S. show that people are no happier now than in the 1950s - despite massive economic growth.
-  Some societies are much happier than others. For example, if Britain was as happy as Denmark, we would have 2.5 million fewer people who were not very happy and 5 million more who were very happy.
-  Trust is a major determinant of happiness in a society. Levels of trust vary widely between countries. The percentage of people who say "Most people can be trusted" is only 30 per cent of people in the U.K. and U.S., compared to 60 per cent some 40 years ago. But in Scandinavia the level is still over 60 per cent, and these are the happiest countries too.
-  Economic stability has a large effect on the happiness of society, while long-term economic growth has little. Unemployment reduces happiness by as much as bereavement.
-  People's happiness can be permanently altered. Surveys show that for many people long periods of unhappiness are followed by long periods of happiness.
-  The most important external factors affecting individual happiness are human relationships. In every society, family or other close relationships are the most important, followed by relationships at work and the community. The most important internal factor is mental health. For example, if we take 34 year olds, their mental health at age 26 explains four times more of their present happiness than their income does.
-  The subjective levels of happiness which people report are well correlated with objective measures of brain activity. They are well correlated with friends' reports, with obvious causes (like unemployment) and with subsequent behaviour (like quitting a job or a marriage)
-  Doing good is one of the best ways to feel good. People who care more about others are happier than those who care less about others. When people do good, their brain becomes active in the same reward centre as where they experience other rewards.
-  Empathy is a part of our nature. If a friend suffers an electric shock, it hurts in exactly the same point of the brain as if you yourself suffer an electric shock.
-  Being paid can detract from the pleasure of giving. For example, if people interested in giving blood are divided into two groups, one of which is paid if they give blood and the other is not, more of those who are not paid decide to give blood.
-  Studies have shown that giving money away tends to make people happier than spending it on themselves.
-  The proportion of U.S. students who think that it is essential or very important to develop a meaningful philosophy of life has fallen from 65% in the 1960s to 45% today.



# رمضان كريم

- ☞ Surveys of mental health in many countries show no improvement and in some cases worsening. In Britain the proportion of adolescents with emotional or behavioural problems is twice as high as in the 1970s.
- ☞ New psychological therapies like cognitive behavioural therapy can transform lives. Within 4 months a half of people suffering from clinical depression or lifelong anxiety will return to normality.
- ☞ People who take 8 sessions of mindfulness meditation training will on average be 20 percentage points happier one month later than a control group and have better responses in their immune system. Such training can lead to structural brain changes including increased grey-matter density in the hippocampus, known to be important for learning and memory, and in structures associated with self-awareness, compassion and introspection.
- ☞ In an experiment, individuals with a positive outlook were less likely to get flu when exposed to the virus.
- ☞ Our happiness influences the people we know and the people they know. Research shows that the happiness of a close contact increases the chance of being happy by 15%. The happiness of a 2nd-degree contact (e.g. friend's spouse) increases it by 10% and the happiness of a 3rd-degree contact (e.g. friend of a friend of a friend) by 6%.
- ☞ Most people think that if they become successful, then they'll be happy. But recent discoveries in psychology and neuroscience show that this formula is backward: happiness fuels success, not the other way around. When we're positive, our brains are more motivated, engaged, creative, energetic, resilient, and productive.
- ☞ Positive emotions - like joy, interest, pride and gratitude - don't just feel good in the moment - they also affect our long term well-being. Research shows that experiencing positive emotions in a 3-to-1 ratio to negative ones leads to a tipping point beyond which we naturally become more resilient to adversity and better able to achieve things. The evidence linking an upbeat outlook to increased longevity is actually stronger than the evidence linking obesity to reduced longevity.
- ☞ Happiness follows a U shape across the lifecycle, on average: we are happier when young and old and least happy in middle age.

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## RAWAL LAKE

By: M. Atif Ilyas,  
Team Member, eMag

Rawal Lake ( راول ٹھیل ) located in the outskirts of Rawalpindi and Islamabad, is considered to be a paradise on earth that one must not be miss.

Rawal Lake is an artificial reservoir in Pakistan that fulfills the water demands for the cities of Rawalpindi and Islamabad. This artificial lake covers an area of 8.8 km<sup>2</sup>. Rawal Lake is located within an isolated section of the Margalla Hills National Park.



Location	Islamabad Park Area
Longitude	73° 7' E
Latitude	33° 41' N
Catchments	Area 106.25 square miles (275 km <sup>2</sup> )

### Attractions:

Whether you're interested in boating, sailing, kayaking, fishing, bird watching, finding a fantastic honeymoon destination, picnicking, hiking, or relaxing alone, or with family and friends at a place with a picturesque view, placid Rawal Lake has it all. Take a hike and see a panoramic view of the lake from Margallah and Murree hills.



This lovely lake is breathtaking. Flowering trees, beautiful blooms, and lush green grass adds exquisite scrutiny to the lake.

There are 15 fish species belonging to 11 genera that present in Rawal Lake. The fish species in Rawal lake and its tributaries include: Doula (Channa channa), Rahu (Labeorohita), Thaila (Catla catla), Mori (Cirrhinus mrigala), Carp fish (Cyprinus carpio) and Talapia (Tilapia mossambica). To the west of the lake is the Islamabad Club, which offers different sporting facilities.



### Accommodation:

Near the lake, there is 4 and 5 star Hotels, offers luxurious accommodations for an overnight stay. Enjoy the sunset and the moon rising in its entire splendor, as the sun, and later the moon's reflection sprawl over the lake.



