

Crazy 4

Komal Zulfiqar

I always used to make so many friends in my life. I have a lot of friends in my school and college but I always seek for new friends and have a best company. When I got admission in university, at very first day I found two friends Momina and Bushra. It's really strange that I called Momina as Momi at very first day. Momi was really active and genius girls. I used to talk to her at once like she was my childhood friend. Bushra was quiet natured girl. She talked seldom. From first day to onward we passed through colourful time. Starting from Aima she was shy girl she joined our company after few days of classes. We all were curious to know about her nature and in search to know whether she may be the part of our company or not. In start there was a gap between her and us, with the passage of time we got really franked. We use to go to cafe Aima and Momi always fight for having much stuff to eat. They both jump at samosa and Momi eat it madly. I and Bushra always lay behind both of them. We all laugh at our own follies, we mimic at our own doings. Sometimes I stay in hostel, we have funny gossips, we watched horror movies, and you know what? Aima close her eyes when horrible scene comes on screen, she got afraid and we all laugh at her. We capture selfies with funny facial expressions. We use to exchange dresses, cosmetics and footwear's among ourselves. We visit library and always insulted for making noises and come back to department with shameful smile. Before few days we joined

newsroom, we do much more fun than anywhere else besides learning. Two weeks ago we went on trip. You know in bus me, Momi, Bushra and Aima seated beside each other. We enjoyed the dances of our class fellows and seniors. We captured selfies in bus as well as every staying site. We sat on flying boat at Harno, Aima used to weep at the peak speed of boat.

Further we walked for approximately 10 km towards Ayubia, there happened an interesting incident with my innocent friend Momi and my class fellows, and they all had been trapped by man having balloons board and balloons to be aimed at. Men convinced them to have a correct aim for three times only and left. They did it and it they aimed at all balloons on board at last they cried a lot when they suffered the loss of 360, 400 and 500 rupees. In coming back to bus stand, darkness covered the way to bus. Aima gave the hand to Momina and tried to cover the way horribly in fear of having swallowed by Rhinos. You know there is something much interesting about Bushra, she always slipped down in any normal gait at every smooth path, There is some interesting about me i am jolly in nature besides aggression like to have fun with my friends. Make them laugh. We all are much supporting for each other. We have cordial friendship. I concluded by saying that we may have such strong bonding in future. We may spend memorable time. We "Crazy 4" may remain together forever. Amen.

Boys! Stay Away

Aima Deyan

Girl is the most well-known and popular element of the world. It occupies the top most position of the periodic table. Its symbol is "G". Its atomic number is 5 and atomic weight about 55-65kg. It has molecular weight double than man. They mostly depend upon beauty creams and cosmetics. It exists both free and combined state everywhere. Extraction of element G from its area is very difficult that is why this rich element is ignored and if G wants to combine with other element B forming double covalent bond and force of attraction is 4. It has a very soft nature. Its color is highly variable and depends upon the cosmetics used. Nothing can be said about its

smell. It's melting and boiling points are very low. Its outer most layers are after cosmeticized, melts even if exposed to sun. It reacts with cosmetic soda at all temperatures and condition in the presence of catalyst called Mirror. Cosmetic Soda + girl mirror = Beautiful Girl. No sooner it comes in contact with well-dressed girls and G begins to emit vapors called Jealousite it nucleus (Heart) which is stable before the contact becomes unstable and catches fire. No one knows whether this element G is useful or not but one thing is certain that it is used for developing quarrels and producing talkative properties of other people.

Pursuit of Happiness

Ahmed Farooq

I do not understand why there is a dearth of happiness in the world nowadays. Why is man so unhappy? God has given us so much that I feel we should not even have a moment of despair or sadness. In fact, if we count our blessings, we shall be amazed. How many things we take for granted in life! Our parents, health, freedom and above all, lives, this precious life! God is so magnanimous and we are so ungrateful and insatiable. For us life is bearable only until it is all sweet. The moment a bitter morsel comes we lose our calm. We start complaining, throwing tantrums and even doubting God. The problem with us is we have

made happiness as unattainable as miracles. We consider happiness a similar rarity too. The question is why can't we be happy with little things? The blossoming flower can make us happy and so can the visit of a friend. Happiness is like the sun it shines upon everyone without discrimination. We do not have to make an extra effort to receive its worth. So, why deprive oneself of such an abundant thing. Moreover, happiness is an inner condition which depends but very little on external props. Once we learn to seek happiness in our lives, life will become not only so much more beautiful but enjoyable as well.

Detection of Crimes by Scientific Method

Momina Nusrat

Before the modern age of science, it was not even in our minds that a criminal can be found out by using such modern technology which was not used at that time, but due to the great efforts of science it is not remained impossible to detect such criminals by using the technique of PCR (polymerase chain reaction) amplification and DNA analysis. The entire genome of an individual can be subjected to DNA finger printing. The genome is treated with restriction enzyme which results in unique collection of different sized fragments. Therefore, restriction fragment length polymorphism (RFLPs) exists between the individuals. During a process called Gel Electrophoresis, the fragment can be separated according to their lengths (molecular weight or size) and result is the number of bands that are so close together that they appear as a Smear. However the uses of probe for genetic markers

produce a distinctive pattern that can be recorded on X-ray film. The DNA from a single sperm is enough to identify a suspected rapist. Since DNA is inherited, its finger prints resemble that of one's parent DNA finger print success fully identified the remains of a teenager who had been murdered 8 years before because the skeletal DNA was similar to that of parents DNA. The child has to receive DNA from both of his parents. DNA finger prints will show that some bands in him or her are like his father, some like his mother. Some bands are however unique to him, which do not match with any of the parent. Similarly we can also identify the case of disputed parenthood. Let two persons F1 and F2 claim to be the father of child C, the child has received DNA from both of his parents. So the bands on finger prints will show the father of child because of similarity. Similarly, a criminal can be found

out through it. A criminal on a deserted place assaulted a boy. He scratched his face in his defense but he murdered him and ran away forensic scientist recovered murderer's hair skin cells from underneath his nails.

They prepared DNA finger prints from the blood of victim, from murderer's skin and hair and from the suspect blood. The hands on finger print which are similar to finger prints taken from underneath nails of the victim. Therefore, the suspected person is the culprit. PCR amplification and analysis can be used in some other ways like to diagnose the viral infections, genetic disorders, and cancer and to determine the evolutionary history of human population. It has been possible to sequence DNA taken from a 76000 year old mummified human brain and 17-20 million year old plant fossil following PCR amplification.

Are High Heels Good for Body

Bushra Nazir

High Heels defined as Heel more than 2 inches. Few decades ago doctors warned of wearing high Heels but now they came with a new idea about wearing high Heel. They are good for women and also it has side effects, let's discuss about the advantages of high Heels. Women's wearing high Heels less suffered from arthritis Knee later in life. Women wearing high heels about 3 inches regularly develop less osteoarthritis. At the edge of 65 women who use flat shoes got knee arthritis. She has risk of developing knee problem 3 times more than women wearing high heels. According to the research of Harvard Medical School team in 1998 "wearing high heels" strains knees, joints tendons and muscles of lower limbs. Many researches and doctors think in the same way. They suggested that high Heels less prone to cause the inflammation of joints, at the later age of women. It is also found that women habitual of wearing High Heels may experience

pain when they wear flats. High Heels give the shape to calf muscles and elongate the look of legs to make women appear longer and leaner and may improve the pelvic floor muscles. Now the researchers and orthopedic surgeons are trying to design high heels providing arch support, have built in cushioning material and also include rubber compounds in the sole or cushion. Heels height ranges between 1-4 inches. There are also the corns of wearing high heels and to prefer flats over it. Regular wearing of high heels can lead to shortened calf muscles, a stiffer Achilles tendons, curvature of the lower back ulcer, hammer toes, bunions, and lower back and in some serious cases foot amputation. Wearing high heels and for a long period of time can change the way you walk and lead to long-term bone and joint problems. Not to mention the usual problems that come with corns with toes rubbing or being pushed into

particular positions (hammer toe). Also women wearing high heel noticed that their body weight shifted forward, this shift has effect on functioning of foot make them rigid and less able to absorb the shock associated with ground contact this shift also increases pressure ulcers forming under the ball of foot. These ulcers are much dangerous for women with diabetes.

High heels also cause the lower back issues. This has been proved scientifically using EMG-based studies which have shown that "lower back, knee, hips, calf and foot muscles all have to work hurdle with a high heeled shoes". In short, everything has pros but also has cons. Hence I suggest that women must use the footwear at moderate level. They must use flats but not in regular way they often wear high heels at least in the celebrations. So that they may not be suffer from the intolerable corns of both flat and high heels.

Facebook: Beginning of New Era

Saamit Khan

Facebook is the social media tool for communication. The founder of it is Mark Zuckerberg. This is an online social networking service headquartered in Menlo Park California founded in February 4, 2004. Once there was time when people living in the age of stone. They only communicate by symbols or have specified something for conveying their message but now with the advancement in technology you can communicate easily to those whom you wish to chat even sitting at home. There remains no distance among people. FB is the one of the best mean for it. FB is online social networking mean. There are enough pros of FB. It is much useful in finding your old friends by keywords. You can share your ideas, views about something to heterogeneous masses. Make new friends; get aware of new information related to the technology. Come to know the hot news of your homeland. Communication with your family mem-

bers living out of the country becomes much easier than ever before. Business friends communicate and tell their ideas about new products and also advertise it. By FB you can share the golden words with your friends. Everyone has an ideal personality in his/her mind, like most of the people like film stars, drama actor/actress. All these personalities have their own page at FB. You can come to know about their life's happenings, their cravings, about their stars, their choices, favorite food even about little bit thing of their personality. Nowadays schools, colleges and universities also have their own FB pages you can follow it and also add something which you really want that people must know about it. FB pages of universities or any institute show the upcoming event of that very site. Besides all these advantages of FB there are cons of it also as question arises Is FB the end of privacy or beginning of new era? It is true that it is the begin-

ning of new era but it is necessary to mention that it is not so good for those people who are not so social who want to stay at home alone or just misanthrope. They feel relaxed in avoiding the free communication to the people. Also if FB is the platform for gossips on the other hand there is wastage of time by this media tool. Some of the people overuse it. Most of the time they spend on FB and even they do not have spare time to spend it with their parents. Some of people also misuse it by constantly chat chatting with communities and extend their social circle to such extent that they are unable to give bit time to their study. People are now so addicted to it their morning starts with their new status and they share each and every moment of their lives with their social circle, they mention what's going on in their lives. So if FB is the beginning of new era, it is also the end of privacy.