



**METROPOLIS  
EDUCATION SYSTEM**  
**BUILDS BETTER PERSONALITIES**

**MES**

**AL-ABSAR**



**MES Newsletter**

**2026** | Annual  
Edition

# **Editor's NOTE**



## **Welcome to the latest edition of the Metropolis Education System Newsletter.**

This issue highlights the vibrant learning experiences, achievements, and activities that continue to shape our students' growth—both academically and personally. Each moment shared reflects our commitment to nurturing confident, responsible, and curious learners in a supportive environment.

We sincerely appreciate the dedication of our teachers, the enthusiasm of our students, and the continued trust and support of our parents. Together, we move forward with purpose, positivity, and a shared vision of excellence in education.

**Adeel Bhatti**  
**Editor-in-Chief**

## —LIGHT FROM THE QURAN—

Whatever you have will end, but whatever Allah has is everlasting.

**- Surah An-Nahl (Surah 16), Ayah 96**

O believers! Be mindful of Allah and let every soul look to what 'deeds' it has sent forth for tomorrow. And fear Allah, 'for' certainly Allah is All-Aware of what you do.

**- Surah An-Nahl (Surah 16), Ayah 90**

## —GUIDANCE FROM SUNNAH—

Abu Hurayrah (may Allah be pleased with (him) reported: The Prophet (may Allah's peace and blessings be upon him) said: "There are two words that are light on the tongue, heavy on the scale, and dear to the Most Merciful: subhān Allāhi wā bihamdih (glory and praise be to Allah), subhān Allāh hil Azeem (glory be to Allah, the Majestic).

**- Sahih al-Bukhari, Hadith No. 6406**

# **P**ROPHET MUHAMMAD'S (SAWW) LIFE

**Prophet MUHAMMAD (ﷺ), the final Prophet of Islam, was born in 570 CE in Makkah into the noble Quraysh tribe. Orphaned at a young age, he was raised with compassion and dignity by his grandfather and later his uncle. Known as Al-Amin (the Trustworthy) even before prophethood, he was admired for his honesty, fairness, and gentle character.**

**At the age of 40, he received the first revelation through Angel Jibrael (A.S.), marking the beginning of his mission to guide humanity towards faith, justice, and moral excellence. Despite facing severe opposition in Makkah, he continued preaching patience, unity, and the worship of one and only ALLAH SUBHANAHU WA TA 'ALA.**

**After migrating to Madinah, he established a peaceful, just, and inclusive society based on equality, mutual respect, and the rights of all individuals. His teachings emphasized kindness, humility, charity, and good character. Through his wisdom and leadership, Islam spread with harmony and compassion.**

**Prophet MUHAMMAD (ﷺ) returned to Makkah peacefully, forgave even his former enemies. He passed away in 632 CE, leaving behind the Qur'an and Sunnah as complete guidance for all mankind. His life remains the perfect example of mercy, justice, and noble character.**

# COMPANIONS OF PROPHET MUHAMMAD



## HAZRAT ABU BAKR SIDDIQ (R.A.)

The closest friend and first adult male to accept Islam, Hazrat Abu Bakr (R.A.) supported the Prophet (ﷺ) with unwavering faith. He stood by him during the Hijrah and dedicated his wealth and strength to Islam. After the Prophet's (ﷺ) passing, he became the first Caliph, preserving unity and protecting the Muslim Ummah. His life reflects honesty, sacrifice, and firm belief.

## HAZRAT UMAR FAROOQ (R.A.)

Known for his justice and courage, Hazrat Umar (R.A.) accepted Islam through a profound change of heart that strengthened the early Muslim community. As the second Caliph, he established systems of governance, justice, and public welfare that shaped the Islamic state. His leadership was marked by fairness, humility, and deep love for the Prophet (ﷺ).

## HAZRAT USMAN GHANI (R.A.)

A man of exceptional modesty and generosity, Hazrat Usman (R.A.) was twice married to the Prophet's (ﷺ) daughters, earning the title Dhun-Nurayn (The Possessor of Two Lights). He devoted his wealth to help Muslims and expanded the Islamic state peacefully. He is renowned for compiling the standard written Qur'an, ensuring its preservation for all generations.

## HAZRAT ALI IBN ABI TALIB (R.A.)

Hazrat Ali (R.A.) was the cousin and the son-in-law of the Prophet (ﷺ) and was one of the earliest believers in Islam. He was renowned for his bravery, wisdom, and strong sense of justice. As the fourth Caliph of Islam, he led the Muslim Ummah with patience, humility, and courage during difficult times. His life reflects devotion to ALLAH SUBHANAHU WA TA ' ALA, love for the Prophet (ﷺ), and loyalty to Islam.

## FROM THE CHAIRMAN'S DESK

At Metropolis, we do not merely educate minds – we strive to touch the spirit and shape the soul. Education, in our vision, is a sacred responsibility. It is a harmonious blend of knowledge, values, tradition, and innovation. We believe that the true measure of a school lies not only in academic success but in the kind of individuals it nurtures.



With our motto, “Builds Better Personalities,” we have committed ourselves to develop refined, morally upright, and well-equipped individuals who contribute meaningfully to their families, communities, and nation.

We view every student as a trust – a responsibility to be fulfilled with sincerity, vision, and excellence. Metropolis Education System owes its success to the values we uphold, the dedicated educators who form our backbone, and the parents who entrust us with their children’s future.

Warm Regards.

# TRUTHFULNESS

Truthfulness is one of the highest virtues in Islam and a core element of a believer's character. Before receiving prophethood, HAZRAT MUHAMMAD ﷺ was honored with the titles As-Sadiq (The Truthful) and Al-Amin (The Trustworthy), showing how deeply honesty defines Islamic teachings.

Being truthful means speaking honestly, keeping promises, avoiding deceit, and acting with sincerity in all matters; whether, big or small. It nurtures trust, strengthens communities, and reflects the inner purity of a believer's heart.

**The Prophet (ﷺ) said:**

**“Truthfulness leads to righteousness and righteousness leads to Jannah.” — Sahih Muslim**

Truthfulness also protects a person from wrongdoing, builds confidence, and earns the respect of others. When students practice honesty in their studies, friendships, and responsibilities, they grow into disciplined, responsible, and morally strong individuals.

As a school community, let us inspire our students to uphold honesty in every action, follow the noble example of the Prophet ﷺ and embrace truthfulness as a guiding light in life.



## Learning Through Play

At Metropolis Education System, learning is a continuous and engaging process. Students regularly participate in interactive classroom activities that foster creativity, teamwork, and early learning skills. Through guided, hands-on experiences, teachers encourage exploration, communication, and fine motor development, creating a nurturing environment where learning happens naturally and joyfully.

## Nurturing Reading Skills

Reading is an integral part of the learning journey. Students regularly take part in guided reading sessions that strengthen language skills, comprehension, and confidence. Through interactive discussions and age-appropriate reading materials, teachers encourage curiosity, listening skills, and expressive learning, helping students build a strong foundation for lifelong literacy.



## SOUP DAY



Practical learning plays an important role in early education. As part of this approach, a Soup Day was organized for Prep students to introduce the importance of healthy and nutritious food. Students participated with enthusiasm and learned about making healthy food choices in a fun and engaging way. Such activities help develop positive eating habits, social interaction, and overall well-being from an early age.

## Developing Scientific Skills

Through structured laboratory activities, students actively apply classroom knowledge in a practical setting. These hands-on experiences enhance scientific understanding, problem-solving abilities, accuracy, and analytical thinking. Under proper supervision, students learn to follow laboratory procedures, handle equipment responsibly, and develop confidence in experimental work, strengthening their overall scientific skills.





## INDEPENDENCE DAY

Pakistan is known as a land of rich culture, resilience, and unity, founded on the principles of faith, dedication, and freedom. With this spirit, students at Metropolis Education System, celebrated Independence Day with great enthusiasm and pride. Students presented heartfelt speeches, national songs, and tableaus expressing their love for the homeland. The school was beautifully decorated in green and white, creating a patriotic and joyful environment. The celebration reminded students to cherish their identity, honor the sacrifices of our heroes, and play a positive role for the bright future of Pakistan.

# LONG LIVE PAKISTAN!

## 14TH AUGUST





## THE ANNUAL

## COLOUR

## CARNIVAL

The Colour Carnival was a vibrant and joyful celebration on our campus, filled with excitement, creativity, and laughter. Students came dressed in bright and colorful outfits, bringing life and energy to the environment.

Various fun activities, group interactions, and classroom celebrations allowed students to express themselves freely and enjoy the day with their friends and teachers.

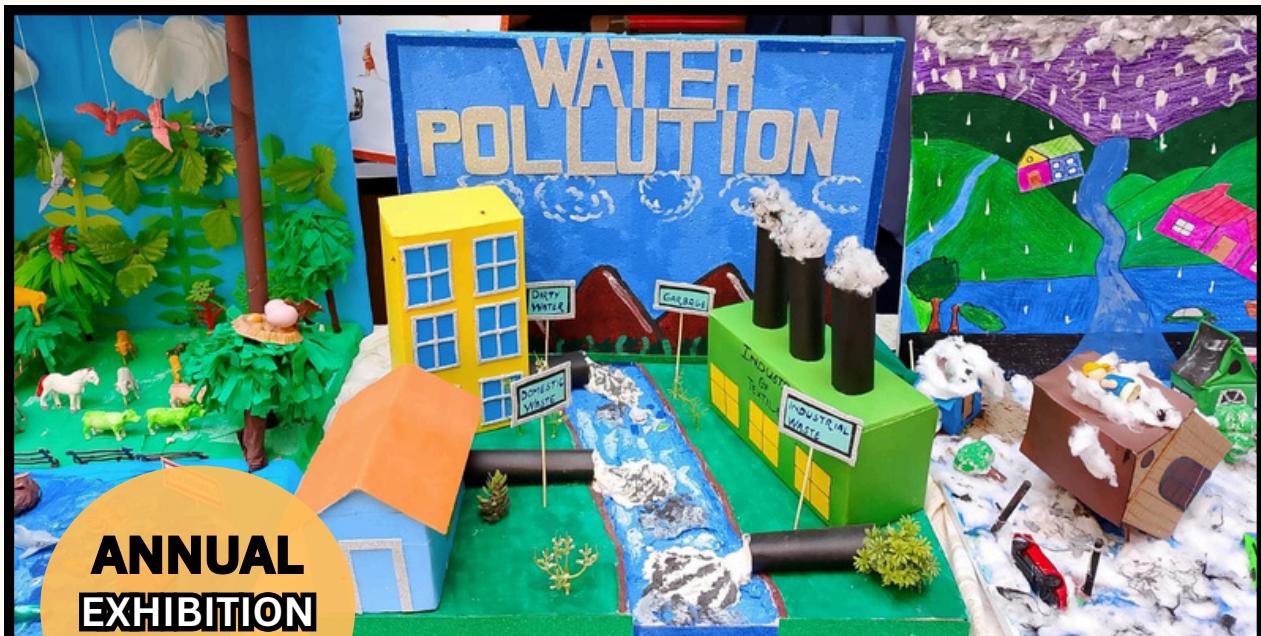
The event helped promote confidence, happiness, and a positive school atmosphere. It truly reflected the spirit of Metropolis where learning is joyful and every child shines with confidence.



## JALSA SEERAT-UN-NABI SAWW

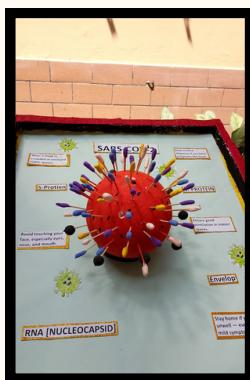
Jalsa Seerat-un-Nabi ﷺ was held with great respect, love, and devotion. Students beautifully recited Naats and Durood Shareef highlighting the noble character and teachings of our beloved Prophet Muhammad ﷺ. The gathering encouraged students to follow the values of kindness, patience, honesty, and compassion in their daily lives. This spiritual event not only strengthened our love for the Prophet ﷺ but also reminded us that true success lies in living according to the Sunnah and spreading goodness wherever we go.





# ANNUAL EXHIBITION 2025

The Annual Exhibition was a vibrant display of students' creativity and learning. Students presented models, artwork, and projects with confidence and enthusiasm. The event highlighted their skills in research, teamwork, and presentation, making it both informative and enjoyable for all. It was a proud moment reflecting the spirit of Metropolis Education System where students not only learn but also explore and shine.



## ANIMAL SHOW



**“EXPLORING NATURE, ONE ANIMAL AT A TIME”**



## MES ANNUAL SPORTS

ALHUMDULILLAH! All praise to ALMIGHTY ALLAH for His countless blessings. Metropolis Education System proudly hosted Annual Sports 2025 on 15th, 16th & 17th December, marking sportsmanship, teamwork, and physical well-being among students.

The event began on 15th December with the Pre-Primary and Primary Sports Day, where young learners participated enthusiastically in various activities, reflecting confidence, energy, and the importance of early physical development. On 16th December, the Girls' Sports Day featured students from Class IV to College level, showcasing determination, discipline, and team spirit through competitive events. The Boys' Sports Day, held on 17th December for students from Class I to Matric level, concluded the event with high energy, healthy competition, and outstanding performances.

Throughout the three days, students demonstrated remarkable enthusiasm and sportsmanlike conduct. The Annual Sports Day 2025 not only promoted physical fitness but also reinforced essential values of discipline, perseverance, cooperation, and respect, reflecting the core ethos of Metropolis Education System.



# MARCH PAST

- MES ANNUAL SPORTS 2025



# ACROBATICS & TAEKWONDO

- MES ANNUAL SPORTS 2025



# PERFORMANCES

- MES ANNUAL SPORTS 2025



# TRACK EVENTS

- MES ANNUAL SPORTS 2025



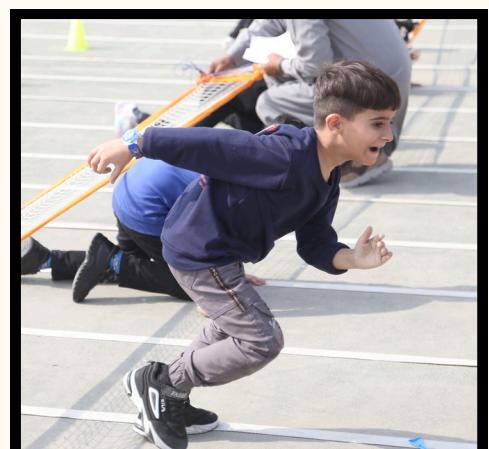
## TRACK EVENTS

- MES ANNUAL SPORTS 2025



# TRACK EVENTS

- MES ANNUAL SPORTS 2025



## T U G   O F   W A R

– MES ANNUAL SPORTS 2025



# K A B B A D I

- MES ANNUAL SPORTS 2025



# CAREER COUNSELLING

Career counselling plays a vital role in shaping the future of students. It helps them understand their skills, interests, and strengths, enabling them to make informed decisions about their academic and professional journey. Through proper guidance, students gain clarity about the career paths that best match their abilities and aspirations.

## Importance

- Helps students discover their personal interests and abilities.
- Guides them in selecting subjects and fields that match their goals.
- Encourages self-evaluation for confidence and future growth.
- Supports making balanced and realistic career decisions.

## Financial Considerations

- Helps students understand education and training costs.
- Encourages planning for scholarships and financial aid.
- Guides realistic expectations about career income.
- Supports informed choices based on financial situation.

## Available Resources

- Books provide valuable knowledge about various careers & their scope.
- Parents' guidance plays an essential role, as they understand their child's strengths and can encourage suitable career choices.
- Educational websites help to explore different fields.



# THE METROPOLIS TIMES NEWS

## Pakistan's National AI Policy 2026

Pakistan continued implementing its National AI Policy with a focus on ethical AI use, digital skills development, and the integration of artificial intelligence in education and public services.

## National Media Literacy Strategy

Pakistan expanded its Media & Information Literacy initiatives in 2026, strengthening digital awareness programs in schools to combat misinformation and promote responsible media usage nationwide.

## Education Crisis

Despite ongoing reforms in 2026, Pakistan continues to face challenges related to out-of-school children, learning gaps, and education quality, highlighting the need for sustained policy action.

## Youm-e-Tashakur

Youm-e-Tashakur 2026 was observed to honor the sacrifices and dedication of Pakistan's armed forces, reflecting unity, gratitude, and national resilience.

## National Education Emergency

The national education emergency remains a key focus in 2026, with efforts aimed at increasing enrollment, improving teacher training, and strengthening school infrastructure across underserved regions.

## International Day of Education

UNESCO observed International Day of Education 2026 emphasizing inclusive, equitable, & future-ready education systems in an era of rapid technological & social change.

## Global Education Effort

In 2026, countries continued collaborative efforts to reduce global education inequality, focusing on access to schooling, gender parity, and quality learning outcomes.

## China Strengthens Education

China further enhanced its education system in 2026 by increasing investments in science, technology, and innovation-focused learning at the school level.

## Teacher Job Satisfaction

Global studies in 2026 indicate ongoing concerns about teacher workload and well-being, prompting renewed discussions on professional support and work-life balance.

## Global Science Outreach

In 2026, international organizations expanded science outreach programs, promoting hands-on learning and public engagement to inspire interest in STEM fields.

## SSC BOARD ACHIEVEMENTS OVER THE YEARS

Over the past six years, Metropolis Education System has maintained strong and consistent performance in SSC Board Examinations across all campuses.

The table below highlights the top achievers from each campus for last six years, reflecting our sustained commitment to academic excellence.

Year-on-year performance remains above national standards, showcasing the dedication of our students, the hard work of our teachers, and the continued trust of our parents.

YEAR	CAMPUS 1	CAMPUS 2	CAMPUS 3	CAMPUS 4	CAMPUS 5
2020	92.04%	92.00%	95.60%	89.58%	92.47%
2021	98.24%	98.71%	98.70%	94.40%	98.11%
2022	94.73%	91.45%	95.10%	92.70%	92.36%
2023	92.08%	89.81%	94.91%	92.83%	90.82%
2024	91.20%	90.36%	90.90%	89.27%	90.55%
2025	91.45%	85.36%	92.00%	90.45%	91.27%

# ACADEMIC EXCELLENCE IN HSC EXAMS OVER THE YEARS

Metropolis Intermediate College for Girls continues to demonstrate outstanding performance in HSC examinations, with students consistently securing top positions across Pre-Medical, Pre-Engineering, and Commerce streams.

The table highlights the top achievers for the past 9 academic years, showcasing consistent student excellence.

<b>IMAN KHAN</b>	<b>S MAHNOOR WASIQ</b>
<b>5<sup>TH</sup></b>	<b>8<sup>TH</sup></b>
<b>91.27 %</b>	<b>89.09 %</b>
PRE – ENGINEERING - 2025	PRE – ENGINEERING - 2024
<b>MEHWISH SARWAR</b>	<b>HADIA ZULFIQAR</b>
<b>2<sup>ND</sup></b>	<b>3<sup>RD</sup></b>
<b>94.09 %</b>	<b>95.50 %</b>
PRE – MEDICAL - 2022	PRE – ENGINEERING - 2021
<b>QURAT UL AIN</b>	<b>SANA JAMAL</b>
<b>2<sup>ND</sup></b>	<b>4<sup>TH</sup></b>
<b>90.27 %</b>	<b>90.36 %</b>
PRE – MEDICAL - 2023	PRE – ENGINEERING - 2023
<b>ALISHBA ARSHAD</b>	<b>BUSHRA M. NASIR</b>
<b>1<sup>ST</sup></b>	<b>3<sup>RD</sup></b>
<b>91.36%</b>	<b>85.20%</b>
PRE – ENGINEERING - 2019	COMMERCE - 2018
<b>MAHEEN ADIL</b>	<b>HIBA SALEEM</b>
<b>10<sup>TH</sup></b>	<b>3<sup>RD</sup></b>
<b>89.00%</b>	<b>89.87%</b>
PRE – MEDICAL - 2023	PRE – ENGINEERING - 2017

# The Power of Education

Education is the key to unlock individual potential and to transform lives. It equips people with the knowledge, skills, and competencies needed to succeed in their chosen careers and make meaningful contributions to society. Through education, individuals develop critical thinking, problem-solving, and communication skills—qualities essential for both personal and professional growth.

Quality education also plays a vital role in promoting social mobility and reducing inequality. By providing equal access to learning opportunities, individuals from disadvantaged backgrounds can acquire the skills and knowledge needed to compete in the global economy. Moreover, education helps foster empathy, understanding, and tolerance—values that are important for building peaceful, cohesive, and inclusive communities.

In today's rapidly changing world, education is more important than ever. Technological advancements and evolving workforce demands require individuals to continually update their skills to stay relevant. By investing in education, we can equip people with the abilities they need to thrive in a dynamic world and help build a more prosperous and equitable society.

**- S Raza Abbas (Class 7-D)**

# مشک اور عنبر

انسان کو اللہ تعالیٰ نے یہ شمار نعمتیں عطا فرمائی ہیں۔ انہی نعمتوں میں سے خوشبو بھی ایک اہم نعمت ہے۔ خوشبو انسان کے مزاج کو خوشگوار کرتی ہے اور دل و دماغ کو تازگی بخشتی ہے۔ انسان ہمیشہ خوشبودار چیزوں کی طرف مائل ہوتا ہے، خصوصاً عبادات اور مذہبی مواقع پر خوشبو کا استعمال دل کو سکون اور روح کو پاکیزگی عطا کرتا ہے۔ اسلام میں بھی خوشبو کو نہایت اہمیت دی گئی ہے۔

مشک ایک قیمتی اور خاص خوشبو ہے جو جانور (musk deer) سے حاصل کی جاتی ہے۔ خالص مشک نہ صرف اپنی خوشبو کی وجہ سے مشہور ہے بلکہ اسے نایاب اور بیش قیمت بھی سمجھا جاتا ہے۔ قدیم زمانے سے مشک کو عطربیات اور خوشبو تیار کرنے میں استعمال کیا جاتا رہا ہے۔ اس کی مہک دیرپا اور دلکش ہوتی ہے، اسی لیے اسے بہترین خوشبوؤں میں شمار کیا جاتا ہے۔ اسلام میں بھی مشک کی بڑی فضیلت بیان کی گئی ہے، حتیٰ کہ جنت کی خوشبو کو بھی مشک سے تشبیہ دی گئی ہے۔

عنبر ایک اور قیمتی خوشبو ہے جو سمندر میں پائے جانے والے ایک خاص جانور (whale) سے حاصل ہوتی ہے۔ عنبر کی خوشبو گرم، منفرد اور نہایت دلکش ہوتی ہے۔ اسے اعلیٰ درجے کے عطربیات اور خوشبو بنانے میں استعمال کیا جاتا ہے۔ صوفیاء کے ہاں بھی عنبر کو خاص روحانی اور ذہنی لطافت کے لیے اہم سمجھا جاتا ہے۔

اسلام خوشبو، صفائی اور نفاست کو بہت اہمیت دیتا ہے۔ خوشبو نہ صرف انسان کی ظاہری شخصیت کو نکھارتی ہے بلکہ اس کے باطن پر بھی مثبت اثر ڈالتی ہے۔ مشک اور عنبر جیسی خوشبودار چیزوں نہ صرف اسلامی تہذیب و ثقافت میں بلکہ انسانی شخصیت کی خوبصورتی، وقار اور حسن میں بھی نمایاں مقام رکھتی ہیں۔

آخر میں یہ کہنا بجا ہوگا کہ خوشبو انسان کی زندگی میں خوشگوار احساسات، نرمی اور لطافت پیدا کرتی ہے۔ اسلام بمیں صفائی، پاکیزگی اور حسن اخلاق اپنانے کی تلقین کرتا ہے تاکہ ہم اپنی زندگی کو بہتر بنا سکیں اور ایک خوشبودار، باوقار اور متوازن شخصیت کے حامل بن سکیں۔

## اسرائیل اور فلسطین کی جنگ اور بماری ذمہ داری

اکتوبر 2023 ایک ایسا المیہ ہے جس نے پوری دنیا کو انسانیت کے امتحان میں ڈال دیا۔ اسرائیل کی جانب سے معصوم فلسطینیوں پر کیے جانے والے مظالم کے نتیجے میں بزاروں ہے گناہ افراد، خصوصاً خواتین اور بچے، شہید اور زخمی ہوئے۔ فلسطین کی مقدس سرزمین، جہاں مسجدِ اقصیٰ اور بیت المقدس واقع ہیں، طویل عرصے سے ظلم و جبر کا شکار ہے۔

یہ مسئلہ حالیہ نہیں بلکہ اس کی جڑیں تاریخ میں پیوست ہیں۔ سلطنتِ عثمانیہ کے خاتمے کے بعد فلسطین میں یہودی آبادکاری کا آغاز بوا اور 1948ء میں اسرائیل کے ناجائز قیام نے اس خطے کو مستقل بدامنی میں مبتلا کر دیا۔ تب سے فلسطینی عوام اپنی آزادی اور بینیادی انسانی حقوق کے لیے جدوجہد کر رہے ہیں۔

اسلام ہمیں مظلوم کا ساتھ دینے اور ظلم کے خلاف آواز بلند کرنے کی تعلیم دیتا ہے۔ ایک مسلمان اور ذمہ دار شہری ہونے کے ناطے ہماری ذمہ داری ہے کہ ہم فلسطینی عوام کے ساتھ یکجہتی کا اظہار کریں، شعور بیدار کریں، دعا کریں اور ان مصنوعات کا بائیکاٹ کریں جو ظلم کی پشت پناہی کرتی ہیں، جیسے KFC، Nestlé، Pepsi، Coca-Cola، McDonald's وغیرہ۔

دانشمندوں کے مطابق مسلمان ایک جسم کی مانند ہیں؛ اگر جسم کے ایک حصے کو تکلیف ہو تو پورا جسم درد محسوس کرتا ہے۔ اتحاد، بیداری اور عملی اقدامات ہی ہماری اصل طاقت ہیں۔ فلسطین کا مسئلہ پوری امتِ مسلمہ کا مسئلہ ہے، اور اگر ہم متحد ہو جائیں تو ان شاء اللہ ایک دن بیت المقدس آزاد ہوگا اور ظلم کا خاتمہ ہو جائے گا۔

## HONOURING EXCELLENCE: COLLEGE RESULTS AWARD CEREMONY

With pride in the air and anticipation on every face, Metropolis Education System hosted its esteemed Shield Award Ceremony on 3rd October 2025 for the students of the Pre-Engineering Group. It was a celebration recognizing the academic brilliance and unwavering dedication of the 2024–25 students batch. This annual event was more than a formality – it stands as a tradition of excellence, marking the culmination of a year filled with challenges, late-night study sessions, perseverance, and personal growth. The ceremony reflected the institution's deep commitment to academic excellence and students achievement.

The event commenced with the recitation of the Holy Qur'an, followed by two brilliant students who beautifully highlighted the series of distinctions and positions secured by our meritorious students.

A formal welcome address was delivered by Principal Dr. Owais Bhatti, who congratulated the students and emphasized the importance of consistency, curiosity, and hard work. He reminded everyone that while not every student may stand on the stage, every effort made throughout the journey holds value and contributes to success. Each awardee received a Certificate of Excellence, a Shield, and a Token of Appreciation from the faculty members who praised their dedication and remarkable progress.

The auditorium echoed with applause as students walked across the stage. Many of them were emotional as years of efforts were formally honored. Pride and joy filled the atmosphere.

The ceremony concluded with an inspiring message from Principal Dr. Owais Bhatti:

“Success is not an overnight result, but the outcome of everyday dedication.”

This message served as a motivation for all students, reminding them that every assignment, every test, and every challenge is a stepping stone toward achievement.

As the ceremony drew to a close, one thing was clear: Metropolis Education System continues to uphold the highest standards of academic excellence—encouraging every student to strive for their personal best, not just for recognition, but for the true pursuit of knowledge.

**-SABIRA NAGRI (XI-A)**

## Chef Day at Metropolis Girls College

Chef Day at Metropolis Girls College was an exciting and memorable event filled with joy, creativity, and togetherness. The entire campus buzzed with energy as students set up food stalls, decorated their tables, and prepared their dishes while laughing and enjoying the moment with friends. The air was filled with the rich aroma of delicious food, creating a warm and festive atmosphere.

Many students cooked their dishes live on the spot, while others reheated or brought their prepared food from home. The variety of items was truly impressive – from spicy biryani to sweet desserts, everything was available to enjoy. Alongside food, some students also displayed handcrafted accessories like bracelets, purses, and decorative items, showcasing their creativity and talent. The campus felt cheerful and alive, with students happily selling ice lollies, juices, chocolates, toffees, and other delightful treats.

What made the day even more special was the participation of students from Metropolis Girls School, who visited the college, explored different stalls, and joyfully purchased items of their choice. The event truly felt like a small fair – with students and teachers chatting, laughing, and sharing moments of happiness together.

Chef Day was more than just a food festival – it was a celebration of connection, creativity, and expression. It highlighted the talent, confidence, and teamwork of our students. This event would not have been possible without the combined efforts of the students and the college staff, who worked tirelessly to make it a meaningful and successful day.

The joy and enthusiasm seen throughout the event reflected the spirit of Metropolis Girls College. It was certainly one of those unforgettable experiences that will remain in the hearts of students forever – a day filled with smiles, laughter, and cherished memories.

**-Laiba Narmeen (XI-A)**

# BOOK REVIEW

## A Thousand Splendid Suns

Set in war-torn Afghanistan, *A Thousand Splendid Suns* by Khaled Hosseini portrays war not just as a political event, but as a devastating force that breaks families, destroys homes, and disrupts ordinary lives. The novel follows the intertwined journeys of two women, Mariam and Laila, who are brought together by fate and hardship. Through their shared experiences of war, oppression, and grief, they form a deep and powerful bond grounded in love, strength, and sacrifice. Hosseini's writing is simple yet deeply moving—filled with emotion, sincerity, and humanity. His storytelling evokes empathy, allowing readers to fully feel the characters' pain, courage, and perseverance. The novel beautifully balances the harsh realities of war with touching moments of compassion and hope.

Although the language is straightforward, the emotional depth of the story can make it heavy to read at times. Yet, once completed, it leaves a lasting imprint on the reader's heart and mind. I highly recommend *A Thousand Splendid Suns* to readers who appreciate meaningful and heartfelt stories connected with history and emotion. It is a deeply touching, insightful, and unforgettable novel that continues to resonate long after the final page is turned.

Sumaira Bibi (Class XII-A)

# NOVEL REVIEW

## **Mushaf (Qur'an)**

Mushaf by Nimra Ahmed is a deeply moving and spiritual novel that tells the story of Mehmal Ibrahim, a young girl who grows up in a world of pain, rejection, and loneliness. Her life takes a miraculous turn when she discovers a handwritten copy of the Holy Qur'an, known as Mushaf. As Mehmal begins to read and reflect upon its meanings, her entire perspective on life changes. She finds answers to her deepest questions, discovers peace and faith, and understands the true purpose of her existence.

The novel beautifully portrays how the divine words of Allah can heal a broken soul and guide a lost heart. Through Mehmal's spiritual journey, Nimra Ahmed emphasizes that real comfort and guidance come only from connecting with Allah Almighty and understanding His Book. The story also sheds light on pressing social issues such as poverty, negligence, and the hardships faced by women in this brutal society.

Written in simple yet heartfelt language, Mushaf leaves a lasting impression on readers. It encourages them to reflect on their own relationship with faith and spirituality. Though emotional and often distressing, the novel ends with a message of hope, redemption, and enlightenment. Overall, Mushaf is a touching and inspirational story about the transformative power of faith, self-discovery, and the beauty of divine guidance.

**Miss. Sabira (Lecturer in English)**

# WOMEN'S EDUCATION: A RIGHT, NOT A PRIVILEGE

Our beloved Prophet MUHAMMAD (ﷺ) said: "Seeking knowledge is obligatory upon every Muslim." This statement reminds us the importance of educating women. Education allows women to contribute meaningfully to society. Yet, even today, many girls continue to struggle for their basic right to education.

Islam strongly emphasizes on education for both men and women. Islam encourages women to acquire knowledge. When we speak of education, it includes both worldly education and Islamic education, as both go hand in hand. For centuries, women have been the nurturers and the first teachers of future generations, yet they were often deprived of learning and considered unworthy of education. However, history provides us with powerful examples of educated and empowered women.

Miss Fatima Jinnah, known as the Mother of the Nation, supported her brother in the Pakistan Movement and strongly advocated for women's active participation in society. She was also a dentist, setting an inspiring example for women to pursue higher education.

Another remarkable example is Helen Keller, who was both deaf and blind, yet she refused to give up. She became the first deaf-blind woman to earn a Bachelor of Arts degree, proving that determination can overcome any obstacle.

In modern times, one of the most inspiring voices for women's education is Malala Yousafzai. She courageously spoke out against the Taliban's ban on girls' education. In recognition of her bravery and struggle, she was awarded the Nobel Peace Prize in 2014. Today, she stands as a global symbol of courage — a reminder that education is a weapon stronger than fear.

It is our duty to continue this mission by providing a safe, supportive, and encouraging environment for every girl. Women's education is a basic right, not a privilege given by society. Educating women means strengthening families, communities, and nations.

**-Alveena Nawaz (Class XII-A)**

## THE POWER OF THE PEN

With a gentle touch, new worlds arise,  
No knife can cut, like thoughts so wise.

It shapes our dreams and heals our pain,  
And turns our loss to strength again.

A whisper soft, yet echoes wide,  
It lifts the small, dissolves our pride.

A flame that glows through darkest night,  
The pen brings truth and gives it light.

A lantern bright, a steadfast guide,  
A weapon sharp, with justice tied.

Its strength and wisdom never end,  
So guard it well as a faithful friend.

Miss Sabira (Lecturer in English)

## THE HOPE

In the night of worries,  
The thoughts which surround me,  
While holding the books in my hand  
Trying to make the best of time.

Until my pencil quivers,  
Until I shiver, Until I get lost...

But that's the hope of light which shines,  
Helping me to stay aligned,  
Leaving my worries to my Lord,  
Handing over my shattered soul.

The Hope which uplifts me,  
The Hope which motivates me,  
The Hope is what we all need.

The quitters are not winners  
That is all I perceive.

Khadija Khalid (Class XII A)

## QUICK TIPS TO KNOW YOUR HIDDEN POWER

1. Identify and acknowledge your core strengths.
2. Recognize and respect the individuality of others.
3. Utilize your natural abilities with intention and responsibility.
4. Work consistently to enhance areas that require improvement.
5. Embrace collaboration and appreciate diverse perspectives.
6. Use personality insights as guidance, not as definitive labels.
7. Observe which activities energize you and which deplete you.
8. Accept constructive feedback with openness and maturity.
9. Challenge yourself to step beyond familiar comfort zones.
10. Acknowledge and celebrate gradual progress & development.
11. Remain curious and committed to continuous learning.
12. Exercise patience with your own growth and with others.
13. Surround yourself with individuals who foster positivity.
14. Engage in regular self-reflection to understand your emotions.
15. Trust your inner judgement and stay aligned with your values.

-Javeria Batul (Class XI-A)

## GOLDEN WORDS

1. There is nothing greater than the knowledge gained through a book.
2. Knowledge is power and it extends when expended.
3. Wisdom is the balanced use of knowledge, experience, & good judgement.
4. Education is the key that unlocks the doors of opportunity.
5. True friendship is a bond of trust and care that brings joy & strength to life.
6. Good manners are a reflection of a noble heart and a graceful mind.
7. Honesty is the foundation upon which strong character is built.
8. Patience is not just waiting; it is the ability to remain calm and persistent.
9. A positive attitude turns obstacles into opportunities.
10. Kindness costs nothing, yet its value is immeasurable.
11. Hard work is the stairway that leads to success, step by step & day by day.

-Javeria Batul (Class XI-A)

# TIME MANAGEMENT HACKS FOR STUDENTS AND YOUTH

## **1. Use the 2-Minute Rule:**

If a task takes less than 2 minutes, do it immediately.

## **2. Set Priorities with the 80/20 Rule:**

Focus on the 20% of tasks that bring 80% of results (like studying key concepts before exams).

## **3. Make a To-Do List:**

Write down 3–5 important tasks daily instead of overwhelming yourself with long lists.

## **4. Break Study Sessions into Chunks:**

Use the Pomodoro Technique (25 minutes of study + 5 minutes of break).

## **5. Avoid Multitasking:**

Focus on one subject or task at a time for better results.

## **6. Use Digital Tools Wisely:**

Apps like Google Calendar, Notion, or Todoist can help schedule tasks.

## **7. Learn to Say 'No' immediately:**

Avoid unnecessary distractions or commitments that waste study time.

## **8. Plan for Tomorrow:**

Before sleeping, set goals for the next day.

## **9. Use Deadlines:**

Even for tasks without deadlines, set your own to stay disciplined.

## **10. Reward Yourself:**

After completing tasks, give yourself small rewards (like watching a short video, having a snack, or taking a walk).

***The secret is consistency, not perfection. Small daily habits create big long-term results.***

**Syeda Wania Jaffar (Class XII-A)**

# A PUFF OF SMOKE, A LIFETIME REGRET

This is the question we must ask whenever we speak of smoking, drugs, or even the modern trend of e-cigarettes. What may seem like harmless fun or a fashionable act often grows into a destructive habit—one that shatters health, weakens ambition, and can ultimately destroy a life.

The youth are the backbone of any nation, yet countless young people today are falling prey to these harmful addictions. Why does this happen? Peer pressure often tempts students to experiment “just once.” Academic stress, personal struggles, and the belief that smoking or vaping appears stylish also play a major role. Sadly, the outcome is always the same: dependence, weakness, and the slow destruction of one’s future.

Traditional smoking is already known to cause cancer, lung damage, and fatal heart disease. Drugs take on an even greater toll, damaging the brain, draining energy, and enslaving a person to addiction. In recent years, vapes and e-cigarettes have emerged as a modern disguise for the same old poison. Though often advertised as “safe,” they contain nicotine and other toxic chemicals that harm the lungs, weaken the body, and create strong addiction. Doctors now warn that vaping can be just as harmful as smoking — and sometimes even more dangerous because its damage is subtle and gradual.

Youth is a precious period of energy, hope, and dreams. A single puff may seem insignificant, yet it carries the power to burn an entire future. It is our responsibility to protect this generation from the chains of addiction. Let us rise together and say NO to smoking, drugs, and e-cigarettes and YES to health, life, and true happiness.

**-Syeda Anfal Zafar (Class XII-A)**

# THE CURRENCY OF EMOTIONS

When we think of commerce, we often think of money. But in reality, the most powerful currency in business is not cash—it is emotions, trust, loyalty, and respect.

Every purchase is emotional. A customer does not buy coffee just for caffeine; he buys comfort and a sense of belonging. A luxury brand does not sell a bag; it sells pride and identity. Even companies like Apple succeed not only due to innovation, but also because they inspire loyalty and trust.

This shows that emotions influence decisions more than logic. Modern marketing now focuses on emotional experiences rather than product features. A satisfied customer may visit once, but a loyal and emotionally connected customer returns again and again.

For commerce students, this is an important lesson. The future of business will not depend on profit alone, but also on **Emotional Return on Investment (EROI)** which is the trust, goodwill, and relationships a business builds. These may not appear on balance sheets, yet they determine long-term success.

In short, money may start a business, but emotions sustain it. Companies that value empathy and trust alongside revenue will not just earn profits—they will earn people.

**Saira Fatima**

## مدحتِ مصطفیٰ

بم بھی ایک روز درِ مصطفیٰ پر جائیں گے  
وہاں جا کر بم بھی نعمتِ مصطفیٰ سنائیں گے

پکڑیں گے جالیوں کو اُن باتھوں سے  
اور اپنی بتهیلیوں کو آنکھوں سے بم لگائیں گے

دیکھیں گے اُن آنکھوں سے سبز گنبد کا نظارہ  
اور اُن پر لطف نظاروں میں کھو جائیں گے

یہ تربیت جو جان کے اُس دل کی دھڑکن  
اُس دل یہ چین کو بم کیسے سنبھال پائیں گے

رہ جائیں گے روح و قلب و بیس بماری  
اور اُس جسم کو سمجھ بم واپس لے آئیں گے

### سمیعہ اطہر (سیکنڈ ایئر - ب)



## اردو نظم

میڈیپولس کے چراغِ علم سے یہ بر سوا لا  
یہاں سے ملتا یہ بر خواب کو تعبیر کا حوالہ

بر سمت بکھر دی یہ محتت کی روشنی  
طلبہ کو مل دی یہ علم کی آگئی

یہ درسگاہ یہ تہذیب و بندر کی پہچان  
میڈیپولس یہ عظمت کو درخشنان عنوان

یہاں زندگی بنتی یہ کل کا سرمایہ  
میڈیپولس یہ امیدوں کا روشن سایہ

خدا کرے یہ چراغِ علم یونہی جلتا رہے  
بر قدم پر یہ قافلہ کامیابی سے ملتا رہے

میڈیپولس کی فضاؤں میں ہو دعا کا اثر  
ہر طالبِ علم کا خواب حقیقت بنتا رہے

### اریڈہ سہیل (سیکنڈ ایئر - اے)

# SCIENTIFIC FACTS

## **Fact About Time:**

Time passes more slowly in stronger gravitational fields.

## **Fact About Age:**

You age slightly faster at your head than at your feet, due to gravity.

## **Fact About Planetary Spin:**

Venus rotates backward compared to most other planets.

## **Largest Volcano in the Solar System:**

The largest volcano in the Solar System is Olympus Mons.

## **Carbon in the Human Body:**

The amount of carbon in the human body can make 900 pencils.

## **Fact About Taste:**

Your blood has a metallic taste due to the iron ions found in it.

## **Melting Point of Metal:**

Gallium metal can melt in your hand as it has a very low melting point.

## **Strength of DNA:**

DNA has a tensile strength stronger than steel of the same thickness.

## **Blue Blood in Animals:**

Octopuses have blue blood as it contains copper-based hemocyanin.

## **Fact About Breathing:**

Sloths can hold their breath longer than dolphins.

## **Fact About Sleep:**

Giraffes sleep only about 30 minutes a day on average.

## **Fact About Smell:**

The human nose can detect over a trillion distinct scents.

## **Fact About Energy:**

One teaspoon of honey represents the lifetime work of 12 bees.

**Presented by – Miss Faiza**

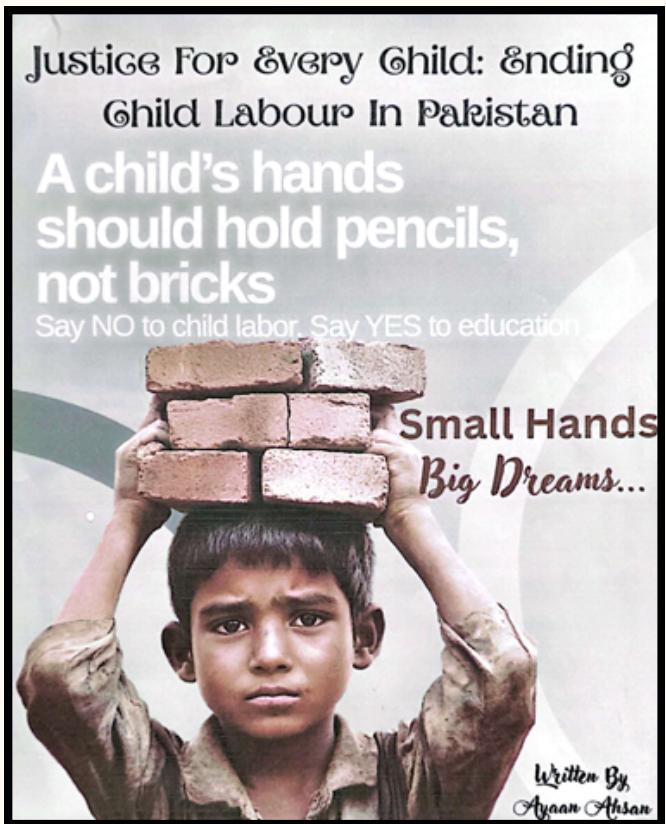
**Justice For Every Child: Ending Child Labour In Pakistan**

**A child's hands should hold pencils, not bricks**

Say NO to child labor. Say YES to education

**Small Hands Big Dreams...**

*Written By  
Ayaan Ahsan*



**Justice for Every Child: Ending Child Labour in Pakistan.**

Every child is born with dreams in their eyes and hope in their hearts. But in our country, many innocent children spend their days working in workshops, hotels, and streets instead of learning in classrooms. Their tiny hands hold tools instead of pencils, and their soft voices are lost in the noise of work. This is not just sad; it is unfair. Every child deserves a chance to smile, to play, and to learn.



Child labour is one of the biggest social problems in Pakistan. We see children cleaning cars, selling balloons, or working in factories. These children are not lazy or weak; they are simply trapped in poverty. Their families are poor, and they have no choice but to send them to work. Because of this, millions of children lose their childhood every single day.

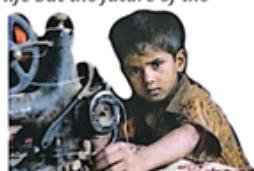


The main reason behind child labour is poverty and lack of education. When parents cannot earn enough, they send their kids to earn a few rupees. Schools are far or expensive, and many poor families think education is useless when hunger is waiting at home. But the truth is the opposite. Education is the only



key that can break this cycle of poverty and open the door to a better life.

Child labour destroys not just one life but the future of the whole nation. A country cannot grow when its children are working instead of learning. These children could become teachers, doctors, scientists, and leaders if only they are given a chance. Every child we save from labour is a step towards a stronger and brighter Pakistan.



We, the youth of this country, have a big responsibility. We must raise our voices, spread awareness, and stand for justice. We can help by supporting poor children's education, speaking against child labour, and being kind to those who are suffering. Change begins with one voice, your voice, my voice, our voice together.



Let us promise to fight for justice for every child. No child should work when they should be learning. No child should suffer when they deserve love and care. A child's laughter is the most beautiful sound in the world, and no poverty or pain should ever silence it. Together we can build a Pakistan where every child wakes up with dreams in their heart, hope in their eyes, and a book in their hands. Let this be the Pakistan where every child's tomorrow shines brighter than today. "Together, we create hope. ☺"

**Presented By - Ayaan Ahsan**

# ARABIC CALLIGRAPHY





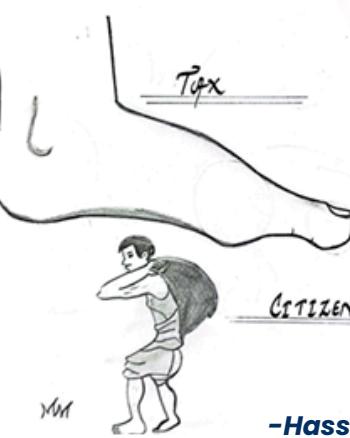
Ms Asfa Qadir (Lecturer)

# ART WORK

-Askari Raza (Class 7-A)



-MUHAMMAD Ashir (Class 7-A)



-Hassan M. Sayeed



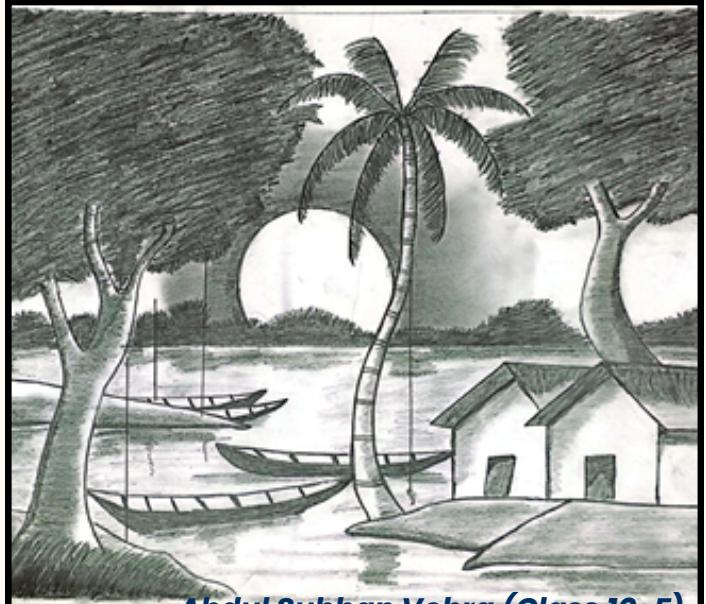


**Azalfa ur Rehman (XI-B)**

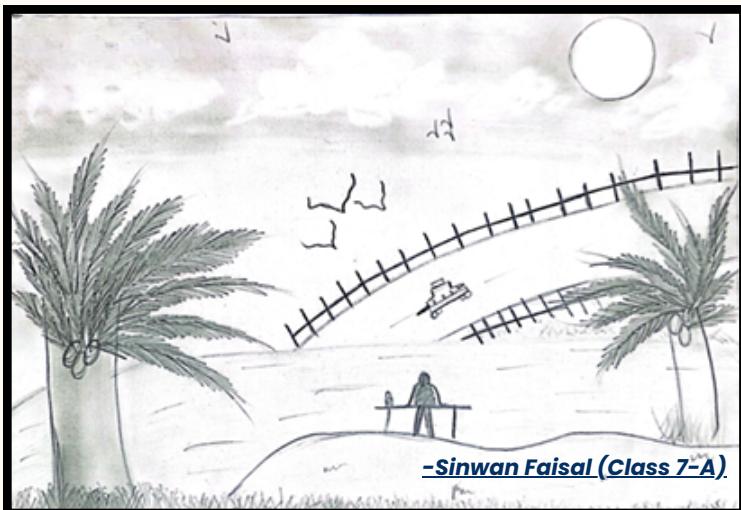
PAKISTANI  
GOVERNMENT



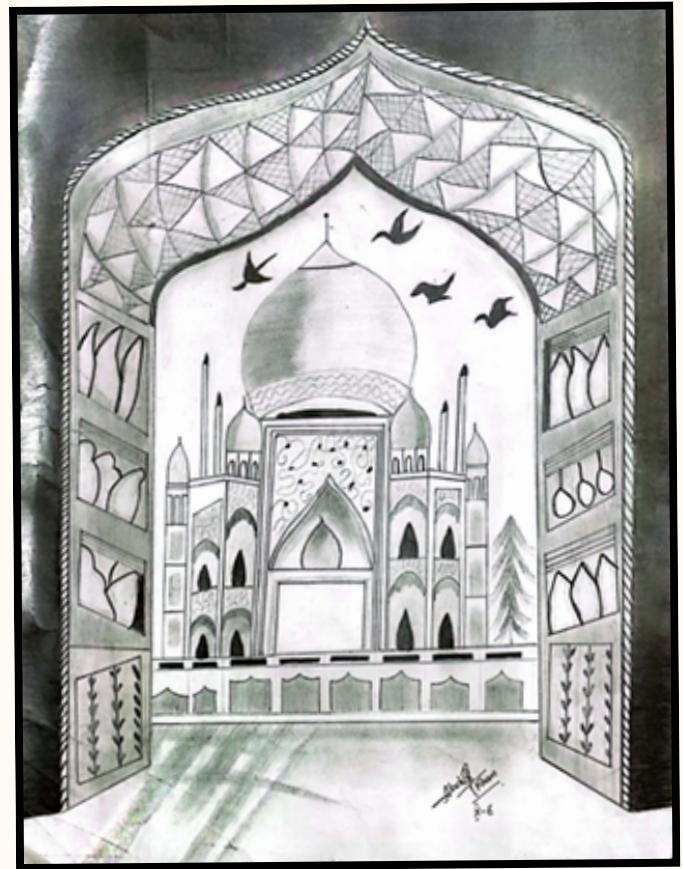
-M Ayan Hussain



-Abdul Subhan Vohra (Class 10-F)



-Sinwan Faisal (Class 7-A)



# METROPOLIS ALUMNI NETWORK



**Mr. Muhammad Baqar**  
*Co Founder & Chief Executive at EDLAB*



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*Principal at Jinnah Medical & Dental College*



**Dr. Ali Hasan**  
*Associate Professor/Controller Student Affairs at NED University.*



**Mr. Faisal Bhutto**  
*President and CEO at Alykas*



**Mr. Najeeb Ahmadani**  
*Head of Global Business Development & Project Excellence at Energy Futures*



**Mr. Fahad Bin Shakeel**  
*Deputy Manager at SGS Pakistan*

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*Senior Federal  
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Government of Pakistan*



**Mr. M Siraj Alam**

*Senior portfolio manager at  
Saga Luxury Properties*



**Mr. Muhammad Asad**

*Deputy Manager Quality  
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Gluco Chem PVT LTD*



**Mr. Khawaja Zain Uddin**

*Major in Pakistan Army*



**Mr. Moiz Uddin Shaikh**

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General Petroleum*



**Mr. Bilal Kalim Shaikh**

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Nisum PVT LTD*



**METROPOLIS  
EDUCATION SYSTEM**  
**BUILDS BETTER PERSONALITIES**

**MES**

**AL-ABSAR**

**Learning with a difference!**

Education is not a process in Metropolis Education System; rather, it's a journey that takes the students on a promising & stimulating curricular & co-curricular trip to provide educational support & encouragement second to none .

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