# Education and Vision

#### BY Hasina Sajun

afia Shaikh has been running a successful Montessori school since the past eleven years, she expanded to a Primary and Junior school at the end of 1990, named the Bayview Academy which has made waves in Karachi.

The key to her success is her sincere dedication to the cause of child education. Taking great care to nurture the self esteem of the child, Safia (() believes that things really work when you put yourself in the child's place as a parent or a teacher, how would you like to be treated, how would you like to be taught if you were the child, how would you like to be respected how would you like to be appreciated. A positive approach to everything is a must, it is important to accentuate and enhance the positive aspect

of the child, this will get

you a positive response and

help you to be sensitive to a

child's needs.

I asked Safia if she had always intended making education her career. She explained how she had successfully complied Montessori Training in Karachi but went on to try her hand at things including advertising. Then she returned to Montessori and worked at Nursery school after which she happened to start her own school. Once she had started her own school, Safia said "I started broadening my horizons and

making the effort to qualify myself further and expose myself to different systems of education and went abroad and spent time observing schools and taking courses. I inquired where she had taken these courses. The first one was in Karachi through the Grammar school which is her Alma Mater. "I found it very

enlightening" said Safia, "that was my first exposure to something beyond what I had been doing. This workshop was held by a team that had come from England, the workshop leaders were heads of schools in Bradford. She followed this up by actually going to Bradford and visiting the schools, spending time seeing what she had learnt in theory being implemented in practice.

This observation of the schools

was a follow up to what she had learnt- her experience, Safia said. was very interesting because she was able to realise things like classroom management, room arrangement and lot of other things which you cannot relate to until you actually see them

happening

Safia also took the Hi scope system of education in America, where classroom observation was part of the training. She has attended a lot of workshops held at the TRC in Karachi. Workshop leaders had come from abroad too and then there was the workshop on how to be a Workshop Leader. She also did a number of workshops for the TRC. Besides this Safia has been involved in writing a book called 'Teachers guideline' with another lady Christine Parker, this was funded by UNICEF, it has also been translated into Urdu and these have been distributed free of cost. This was done in collaboration with TRC. This was basically for the pre school teachers.

Wondering what the Hi scope system was, Safia Shaikh explained that it is not really a system as much as philosophy. It is very much in keeping with the Montessori system, the only addition that is made to it is that they have certain material in the classroom which is more open 🖔 ended, there is no prescribed material in the Hi scope they only give you the development sequence the children go through 3 trained practitioner. Otherwise, there are bookstand videos available that you can refer to.

#### **Swimming**

Nothing is more relaxing than swimming. After a few laps in the water, you'll work off all your stress or depression.

What's more, swimming is a sport for everyone. The water's natural buoyancy minimises any jarring to the

#### Muscling In

Women who work behind desks or wear high heels tend to have particularly weak muscles in:

- the abdomen.
- the front of the upper legs.
- the front of the lower legs.

Before starting a new fitness regimen, you should first work on getting these muscles back in shape with localised exercises. Otherwise, you may suffer unnecessary pain and injuries later.

joints and supports your body, so you can actually do more strenuous workouts in the water than you can on land. For a full cardiovascular workout, you need to swim consistent laps for at least 30 minutes. Build up slowly; don't try to be too ambitious.

Hit the beach or the pool at least three times a week. Alternate your strokes with each lap if you find your routine too monotonous. You can go from breast-stroke to backstroke to freestyle so you get a fuller workout.

### Cycling

Cycling is excellent for all-round fitness and will build up your metabolic rate so you'll have boundless reserves of energy. It's ideal if you want to slim down your legs and bottom.

Cycling doesn't burn as many calories as running, but it does help you develop firm and sculpted things. Your quads and hamstrings get a thorough workout from the push and pull as you cycle, especially when you're on low gear.

Best of all, cycling gives

you the freedom to explore the outdoors, whether you're biking through city streets, on the outskirts of town or in the countryside. If you're biking in the city, keep an eye on traffic and always wear a helmet.

To test your stamina, you can cycle up steep slopes and curved roadsides. You'll find yourself more alert mentally as you concentrate on your breathing and pedal action.

Try to go cycling several times a week, for up to an hour each round. Add in some upper body work with weights, or some free style swimming to tone your arms and shoulders.

### Horseriding

Horseriding gives you a chance to firm up your hips, thighs, calves and buttocks. When you can, go into a hard gallop that will leave you feeling carefree and exhilaraed. The adrenaline boost will work wonders for you.

If you've never ridden a horse before, get yourself a good instructor. Horseriding is a skill that takes patience and lots of regular practice to master.

## Achilles' Heels

Women are especially prone to certain athletic problems.

- Poor upper body strength. Alternate lower-body exercises such as running with upper-body training, which can include light weightlifting. Even when your'e walking or running, keep your upper body moving by flexing and swingiing your arms and pumping your fists.
- Knee troubles. The causes can vary, but knee problems often strike women who take up a fitness strenuous programme without first building up their strength and improving their flexibility. Women who are trying to get back in shape after childbirth or prolonged inertia are especially prone. Biking will help strength the support muscles in your legs, but remember, start

