

OPINION

Soybean: An Excellent Source Of Protein



Usman Malik

Soybeans are used in a wide variety of foods and products and have also been found to have potential health benefits. Soybeans are a type of legume that have become an important crop in many parts of the world and an excellent source of protein. They are native to East Asia but are now grown in many different countries due to their nutritional value and versatility. Soybeans are used in a wide variety of foods and products and have also been found to have potential health benefits.

Page No 03

Soybean Possess Different Skin Benefits Act As Beauty Enhancers



Hamna Zaib

Soybean has a very good effect on our skin, like brightening it, reducing redness from the ultraviolet rays, and boosting the production of collagen. Soybean is a very nutritious crop that has lots of benefits, like skin benefits, among many others. It is nutritious because of its high protein content. Soybean has a very good effect on our skin, like brightening it, reducing redness from the ultraviolet rays, and boosting the production of collagen.

Page No 03

Smart LED Strips Control Lights Using Smartphone App



Bently Maxwell

Smart light bulbs, smart LED strips, and smart lighting panels are all part of the smart home lighting category, but they differ in terms of their design, functionality, and versatility. Smart LED strip lights can typically be kept on for extended periods of time without causing a fire, as long as they are used and installed correctly. Yes, smart LED strips can work with both Wi-Fi and remote control. Some smart LED strips connect to your home Wi-Fi network, allowing you to control the lights using a smartphone app or voice assistant. Other smart LED strips come with a remote control, which can be used to adjust the brightness, color, and other settings. Differentiate between a smart light bulb, smart LED strip lights, and smart lighting panel: Smart light bulbs, smart LED strips, and smart lighting panels are all part of the smart home lighting category, but they differ in terms of their design, functionality, and versatility.

Page No 04



Google To Organise Women Techmakers Events To Empower Women

Google's WTM programme aims to give women in technology visibility, a sense of community, and access to resources.

This year, Google is putting on seven Women Techmakers (WTM) events across five cities in Pakistan to help and empower more than 1,550 female developers. Google's WTM programme aims to give women in technology visibility, a sense of community, and access to resources.

The seven events, which include rallies, workshops, networking opportunities, and conferences, will take place between March and May and offer training in a variety of entrepreneurship topics, such as leadership, technical skills, and

how to get around particular obstacles faced by women in technology.

International Women's Day (IWD), which falls on March 8, marked the beginning of the first event. This year's International Women's Day (IWD) theme for WTM events is #DareToBe, where we inspire women to have the courage and confidence to dream big and take risks. We encourage everyone to consider all the ways they will "Dare To Be" in 2023, whether it be brave, strong, or inventive.

The events will be held with assistance from Google and local WTM ambassadors. Women in technology who want to make an impact and give back

to their communities are supported by the WTM Ambassador programme. They will engage with their communities as ambassadors by taking part in one or more leadership activities on a quarterly basis.

Google's regional director for Pakistan, Bangladesh, and Sri Lanka, Farhan S. Qureshi, stated: "In addition to celebrating the achievements of women in tech, these events, organised in partnership with Women Techmakers (WTM) Ambassadors, will inspire more women to work in the rapidly expanding tech sector. WTM and its ambassadors have sponsored numerous events over the years that have assisted women devel-

opers in realising their full potential. The aforementioned programme will advance diversity, equality, and inclusion in the tech industry, which is Google's main objective."

Women in technology have access to resources, a community, and visibility thanks to Google's Women Techmakers programme. A Google global initiative called Women Techmakers aims to close the gender gap in the technology sector by giving women the tools they need for success.

All events are free, and you can join for nothing. You can join as an ambassador if you have experience in the field and broaden...[Read More](#)

PTA, NADRA Sign MoU To Collab On Multi Finger Biometrics



In order to prevent spoofing, telecoms in Pakistan started using the multi-finger biometric verification system for SIM registration last November.

As Pakistan works to achieve the UN Sustainable Development Goals and its own "Vision 2025" policy, a memorandum of understanding between the Pakistan Telecommunication Authority (PTA) and the

National Database and Registration Authority (NADRA) has established a collaboration on digital ID and multi finger biometrics.

According to a PTA announcement, the collaboration will focus on work on digital identity, a multi-finger biometrics system, and fraud detection and prevention capabilities. According to the MoU, the organisations will collaborate to develop a mechanism for coordinating their work, as well as knowledge sharing and joint training sessions on pertinent problems and technologies.

At a signing ceremony held at PTA Headquarters in Islamabad, Tariq Malik, the chairman of National Database and Registration Authority (NADRA), stressed the significance of the partnership.

In order to prevent spoofing, telecoms in Pakistan started using the multi-finger bio-

metric verification system for SIM registration last November. The system will randomly select two of the registrant's fingers for biometric verification.

A "physiological" biometric indicator is a particular physical pattern on a person's body, and fingerprints are the most popular biometric indicator in use today.

In addition to being a physiological biometric, a scan of the same person's face, or face recognition, can be segmented to reveal other physiological biometric sensors, such as ear shape, eye width, nose shape and length, hair type, and others.

One of the most widely used techniques for personal identification is fingerprint verification. The advantage of the fingerprint verification system is that it is much more trustworthy than other types of personal identification based on signature, face, and speech....[Read More](#)

NUST Holds Energy Dialogue To Discuss Pakistan's Energy Challenges

In order to address challenges in the power sector, experts at the "Energy Dialogue" held at NUST, stressed the importance of innovation, digitalization, and investments.

In order to address challenges in the power sector, experts at the "Energy Dialogue" held at the National University of Science and Technology (NUST) Pakistan, stressed the importance of innovation, digitalization, and investments.

The US-Pak Centre for Advanced Studies in Energy (USPCAS-E) at NUST, in conjunction with the Pakistan Renewable Energy Coalition, organised the discussion.

Experts from the energy sector, policymakers, and representatives from various industries gathered for a dialogue titled "Resolving Energy Sector Crisis through Digitalization and Innovation" to discuss energy challenges of Pakistan and potential solutions through digitalization and innovation.

Dr. Adeel Waqas Ahmed, the principal of USPCAS-E, emphasised the significance of the dialogue in addressing the current issues facing Pakistan's energy sector.

KE's operational turnaround through innovation and digitalization was discussed by Ms. Sadia Dada, Chief Marketing and Communications Officer, K-Electric, and Dr. Ashfaq Hasan Khan, Principal of NUST School of Social Sciences and Humanities (S3H), who also provided his thoughts on the policy. A panel discussion with participants from a variety of industries was also part of the event.

These participants included Dr. Kashif Imran, associate pro-



fessor at USPCAS-E NUST; Mr. Naveed Qaiser, senior finance manager at CPPA; Mr. Amer Zia, chief distribution officer at KElectric; Mr. Noorul Arfeen Zuberi, senior advisor at China Three Gorges South Asia Investment Limited; and Mr. Amer Zia.

"We are pleased with the outcome of the dialogue and hope that it will contribute to resolving the energy crisis in Pakistan through digitalization and innovation," said Pro-Rector of RIC-NUST Dr. Rizwan Riaz in his concluding remarks.

The majority of students were actively engaged in the conversation. The discussion highlighted the need for additional such events in the future.

KE is a Karachi-based utility company owned by Pakistani investors. Electricity distribution company K-Electric is vertically integrated and privately held....[Read Mores](#)

SZABIST Hosts 22nd International Research Conference In Islamabad

The 22nd International Research Conference was held on March 8 and 9 at the Shaheed Zulfiqar Ali Bhutto Institute of Science and Technology (SZABIST), Islamabad.

The conference's theme was "People, Planet, and Prosperity: SDGs from the Lens of Business and Innovation," according to a press release. Eight tracks totaling more than 50 papers were covered by the conference, which covered topics like marketing, human resources management, finance, social sciences, and multidisciplinary studies.

Participants came from a variety of Pakistani cities as well as

France, Malaysia, the United States of America, and the United Kingdom. Experts from Pakistan and abroad also offered the researchers helpful advice. Wahaj Siraj served as the conference's special guest (CEO Nayatel).

On the second day's Public Policy Forum and Portfolio Development Workshops, eminent speakers discussed Fintech, publishing in journals with high impact factors, and training for incubators.

Scholars, researchers, and practitioners had a rare opportunity to share their perspectives at this conference on how business and innovation can help the world's nations achieve

the Sustainable Development Goals (SDGs).

The conference organisers

worked incredibly hard to make this event a success, including the Head of Campus (Khusro



Pervaiz Khan), the Head of the Department of Management Sciences, the Conference Chair, Secretariat Members, the Organizing Committee, the Marketing Committee, the Administrative Committee, and Faculty Members of the Management Department.

More than 100 research papers were submitted for the conference by prestigious universities from Pakistan and other countries. A legislative act passed by the Sindh Assembly led to the establishment of the fully chartered Shaheed Zulfiqar Ali Bhutto Institute of Science and Technology (SZABIST) (Sindh Act No. XI of 1995)....[Read More](#)



Pakistan's Wheat Production Target To Exceed By 1.7M Tons

For the fiscal year 2022-2023, the government sought to sow wheat on 22.85 million acres nationwide, including 16.48 million acres in Punjab, according to official data.

Given that the Met office has predicted heavy rains for two weeks beginning in the third week of March, goal for wheat production in Pakistan for the current fiscal year is likely to be exceeded by 1.7 million tonnes.

According to officials, Punjab's wheat production is expected to suffer significantly during the current fiscal year 2022-2023 as a result of the negative effects of climate change and crop substitution—the sowing of other crops other than wheat in order to increase profitability.

In contrast to the anticipated target of 28.4 million tonnes, he continued, the production of wheat is likely to remain at or around 26.7 million tonnes.

In addition, there will be a wheat shortage in the upcoming fiscal year, forcing the government to rely on wheat imports to meet domestic demand for staple foods. Wheat imports will increase at a time when the nation is experiencing its worst-ever dollar liquidity crisis.

“To meet domestic and Afghan needs, there will be no choice but to import 3-3.5 mil-

lion tonnes of wheat for the upcoming fiscal year. This exceeds the 2.6 million tonnes of wheat import goal for the current fiscal year, “When speaking with media in this location on Friday, top official sources confirmed.

When asked about the wheat production target and the causes of crop substitution in Punjab, Secretary Ministry of National Food Security & Research responded that the target had not yet been revised. However, he noted that while



the actual number will be known after harvest, it is anticipated that wheat production will remain at or near 27 million tonnes. He continued by saying that maize and oilseeds had replaced other crops primarily as a result of higher prices.

For the fiscal year 2022-2023,

the government sought to sow wheat on 22.85 million acres nationwide, including 16.48 million acres in Punjab, according to official data.

However, according to the most recent estimates, only 16.01 million acres in the province could be planted, which represents a 97.17 percent success rate. It is important to note that Punjab experienced crop substitution as a result of farmers switching to oil seeds in an effort to increase their returns.

In an interesting development, Sindh outperformed its goal for sowing wheat, which was set at 2.79 million acres for the current fiscal year. Instead, 2.945 million acres of the staple food were planted. Initial estimates indicate that Sindh has harvested 25% of its cultivated

land, with a 40-ton yield per acre. Only 87.07 percent of the intended target was met in KP, where wheat was planted on an area of about 1.933 million acres as opposed to the intended target of 2.22 million acres. Balochistan's wheat sowing goal was only 77.21 percent met because only 1.05 million acres of the intended 1.36 million acres were planted with wheat.

The government will need to import at least 3.5 to 4 million tonnes of wheat in the upcoming fiscal year at a time when the nation is experiencing a severe dollar liquidity crunch and the projected wheat production stays around 26 million tonnes.

The Ministry of National Food Security & Research recently received a forecast from the Met Office warning that the Pakistan may experience various heatwave spells over the course of the next three months, including March, April, and May 2023, putting the anticipated wheat production target in jeopardy.

In the previous fiscal year, the heatwave had a negative impact on wheat production of at least 10 to 12 percent. One million tonnes of wheat for Afghanistan were included in the estimated need for wheat imports.

development, and blogging will all be included in the activities. The Robotics and STEAM Weekend Camp taking place at the National University of Science and Technology (NUST), and remote students have access to online courses.

Located in National Science and Technology Park, LearnOBots is a private educational organisation that provides children with practical instruction in the fields of STAAM (Science, Technology, Engineering, Art, and Mathematics) (STEAM).

By producing exciting items, inventing novel ideas, and coming up with solutions to practical issues, the company aids children in discovering their passion and turning it into a useful activity....[Read More](#)

For children aged 8 to 14, the camp has been created so they can explore various facets of science and technology and find their passion. In order to give students a platform to explore various fields of science and technology, LearnOBots starts conducting a “Robotics and STEAM Weekend Camp” on Saturday. For children aged 8 to 14, the camp has been created so they can explore various facets of science and technology and find their passion. Robotics, coding, electronics, engineering, game development, application development, computer programming, 3D modelling and printing, artificial intelligence and machine learning, producing digital art, renewable energy sources, home inventions, professional

LearnOBots Begins Robotics And STEAM Weekend Camp



For children aged 8 to 14, the camp has been created so they can explore various facets of science and technology and find their passion.

In order to give students a platform to explore various fields of science and technology, LearnOBots starts conducting a “Robotics and STEAM Weekend Camp” on Saturday.

For children aged 8 to 14, the camp has been created so they can explore various facets of science and technology and find their passion.

Robotics, coding, electronics, engineering, game development, application development, computer programming, 3D modelling and printing, artificial intelligence and machine learning, producing digital art, renewable energy sources, home inventions, professional

Saudi-Pak The EduCast Platform To Train 1,500 Afghan Doctors

IsDB recently approved \$180,000 for platform's eDoctors programme as part of its technical assistance grant for establishing cutting-edge online health education centres in Afghanistan.

As the programme received funding from the Islamic Development Bank, a Saudi-Pakistani online education platform will begin training more than 1,500 Afghan doctors, according to its CEO, who spoke to Arab News. Educators in Pakistan and Pakistani expatriates in Saudi Arabia are partners in the Karachi-based EduCast platform.

Since its founding in 2016, the EduCast platform has offered services to pilgrims in Saudi Arabia, Yemen, and Pakistan.

The IsDB recently approved \$180,000 for the platform's eDoctors programme as part of its technical assistance grant for establishing cutting-edge online health education centres in Afghanistan, where the country's health system is in danger of collapsing due to years of understaffing, underfunding, and inadequate equipment.

Abdullah Butt, the founder and CEO of EduCast, told Arab News on Thursday that his company had received grant assistance from the IsDB to carry out the Afghanistan Medical Education Uplift Program and offer online expert opinion services to Afghan doctors in six Afghan provinces.

EduCast has already established a presence in Afghanistan, where it has been conducting teleconsultations with doctors at the Shefajo Hospital for Women and Children in Kabul since last year.

Through doctor-to-doctor online consultation, online semi-



nars, and on-site training at medical facilities in neighbouring Pakistan, the new programme seeks to train and certify 1,500 Afghan doctors.

In six regional hospitals in Kabul, Jalalabad, Kandahar, Herat, Mazar-e Sharif, and Khost, Butt said, “We will set up telehealth education and clinical support facilities starting from this month.

“The online training program will be followed by in-person training for one or two months in Pakistan's hospitals in Peshawar, Karachi and Islamabad in key health-related areas of high demand, including maternal and neonatal child health, and infectious and non-communicable diseases.”

Since many international aid organisations left the country after the Taliban took power in 2021, the situation for doctors practising in Afghanistan has gotten worse.

They lack ongoing training in their specialised fields. According to Butt, “establishing telemedicine and e-health as national platforms has been suggested to improve overall health care service delivery since medical universities in Afghanistan do not provide CME-related programmes.

After international donor organisations withdrew from Afghanistan, the IsDB-funded project identified the provision of health care services as a remedy for the negative effects of economic and political instability.

Approximately 1,200 doctors from around the world have joined the eDoctors programme since it launched in 2019. Since then, EduCast estimates that it has offered e-health services and counselling to more than 4.4 million patients.

KP, Google Partner To Launch Grow With Google Program

The program aims to upskill the province's youth so they can explore better career options in the global market and become more competitive on a global scale.

The “Grow with Google” program, which provides 5,000 scholarships for in-demand Google certifications, has been launched in collaboration with Google by the Khyber Pakhtunkhwa Information Technology Board (KPITB).

The programme aims to upskill the province's youth so they can explore better career options in the global market and become more competitive on a global scale.

With a launch on International Women's Day to recognise the contribution of women to society, the program, which is being run by TechValley in Pakistan, will also concentrate on enabling women to take advantage of the opportunity.

The initiative comes as experts warn that there is a global shortage of candidates with the necessary digital skills, leaving millions of open positions. According to a report by the World Economic Forum, a lack of skilled workers could result in over 85 million unfilled jobs by 2025.

The Higher Education Commission of Pakistan recently issued a report warning that Pakistan is experiencing a digital skills gap, with a lack of qualified workers



in fields like software development, data analytics, and cybersecurity. Pakistan is not immune to this trend.

The “Grow with Google” programme will give young people in Khyber Pakhtunkhwa the chance to acquire the skills necessary to succeed in the international job market, thereby addressing this skills shortage. The National Incubation Center Peshawar, the Social Welfare Department, the Higher Education Department of Khyber Pakhtunkhwa, and Khawateen Rozgar Services are all participating in the program's launch.

Dr. Sahibzada Ali Mahmud, the managing director of KPITB, stressed the significance of upskilling the youth to meet the demands of the digital age during his speech at the launch. He said, “The world is changing quickly, and we need to give

our children the tools they need to thrive in this new digital era.

The “Grow with Google” program will give our youth the chance to learn the skills that are in demand on the international job market and assist them in creating a better future for themselves and their families. The initiative was praised by the department's secretary for science, technology, and information technology, Muhammad Khalid, who asserted that it would help close the province's digital skills gap.

The “Grow with Google” program is a fantastic initiative that will provide young people in Khyber Pakhtunkhwa with the opportunity to acquire the skills they need to succeed in the digital age. In order to close the province's digital skills gap and give its youth the opportunity to compete in the global job market, he emphasised the need for more initiatives similar to this.

The KPITB and Science, Technology, and IT Department of the Government of Khyber Pakhtunkhwa are launching a number of initiatives to upskill the youth and close the province's digital skills gap, including the “Grow with Google” program. They are working to create a better future for Khyber Pakhtunkhwa's youth and make sure they are prepared to succeed in the digital age with the assistance of partners like Google.

China Developing Pakistan's PV Sector To Optimize Energy Structure

According to Majid, the goal of CPEC Phase II is to develop new technologies that will increase the efficiency and dependability of the energy sector.

Pakistan is one of the nations most susceptible to the negative effects of climate change, so LONGi, a leading provider of solar solutions in China, has long been committed to developing the PV sector with local partners and optimising Pakistan's energy structure.

According to Ali Majid, General Manager, Pakistan, LONGi Solar, we signed an MoU with the Government of Pakistan in July 2019 to invest in the development of a 50 MW solar power plant in Bahawalpur, Punjab, as our first step.

“Total shipments to Pakistan's market would amount to about 1 GW this year based on the current overall production capacity of LONGi's green energy projects there. Having developed the market over the past few years, I know that investment and

awareness are both necessary to advance the field of solar energy and new energy in general,” Majid continued.

According to CEN on Friday, Pakistan should promote investments in renewable energy infrastructure to the fullest extent possible, including public and



private investment in large-scale solar farms as well as in more modest rooftop solar installations.

As for raising awareness, Majid suggested stepping up out-

reach to businesses, communities, and schools as well as public education campaigns about the advantages of green energy. Beyond that, we can increase spending in PV sector in Pakistan, on research and development of new PV technologies, like enhancing solar panels' per-

formance and efficiency as well as creating new materials and manufacturing techniques. The International Energy Agency (IEA) refers to the current situation as “the first real

global energy crisis” because geopolitical conflicts are to a large extent to blame for the contradictions between the supply and demand of energy on a global scale.

The global photovoltaic market is booming in an effort to resolve the contradiction. China is a significant demand market, with an average annual growth rate of 59%. According to Alex Li, General Manager of LONGi's Central Asia branch, “the new installed capacity of photovoltaics in the world is expected to exceed 350 GW in 2023,” according to demand forecasts from significant consulting firms. It has been discovered that high costs have made it extremely difficult for the world to respond jointly to the energy crisis. For instance, a lack of fresh water is a major problem in the vast desertification areas of the Middle East. The main challenge is the rise in costs brought on by seawater desalination. According to Alex Li, PV is epoch-making...[Read More](#)

Executive Editor
A. M. Zaidi

Chief Editor
SAMZ Paras Ali

Managing Editor
Hina Ali Mustafa

News Editor
Sayyed Shehzer Abbas

Technology Editor
Sayyed Shozib Abbas

Web Editor
Raja Hamid

Bureau Chief
Syed Ali Raza

Head Office
Technology House
21-C, Street 7, Royal City, Lehtrar
Road, Islamabad, Pakistan
Tel: 0092 316 532 77 03

Bureau Office
C-89, Sherton Heights, Abul
Hassan Ispahani Road, Karachi,
Pakistan
Tel: 0092 333 57 55 926

Email: info@technologytimes.pk
URL: www.TechnologyTimes.pk

Published by: SAMZ Paras Ali for
"Foundation for Comprehensive
Social Development (FCSD)".



Usman Malik

Soybeans have also been found to have potential benefits for heart health. Some studies have suggested that consuming soy protein may help reduce LDL cholesterol levels, which is the "bad" type of cholesterol that can contribute to heart disease. Soybeans may also help lower blood pressure and reduce the risk of developing type 2 diabetes



Soybean: An Excellent Source Of Protein

Soybeans are used in a wide variety of foods and products and have also been found to have potential health benefits.

Soybeans are a type of legume that have become an important crop in many parts of the world and an excellent source of protein. They are native to East Asia but are now grown in many different countries due to their nutritional value and versatility. Soybeans are used in a wide variety of foods and products and have also been found to have potential health benefits.

Nutritional Value of Soybeans:

Soybeans are an excellent source of protein and contain all nine essential amino acids. They are also a good source of fiber, iron, calcium, and other minerals. In addition, soybeans are low in saturated fat and high in unsaturated fats, including omega-3 fatty acids.

Health Benefits of Soybeans:

Consuming soybeans has been linked to a number of potential health benefits. Some studies have suggested that soybeans may help reduce the risk of certain types of cancer, including breast and prostate cancer. This may be due to the presence of compounds called isoflavones, which are phytoestrogens that can mimic the effects of estrogen in the body.

Soybeans have also been found to have potential benefits for heart health. Some studies have suggested that consuming soy protein may help reduce LDL cholesterol levels, which is the "bad" type of cholesterol that can contribute to heart disease. Soybeans may also help lower blood pressure and reduce the risk of developing type 2 diabetes.

Uses of Soybeans:

Soybeans are used in a wide variety of foods and products. One of the most common uses is as a source of protein for vegetarian and vegan diets. Soybeans can be processed into a variety of products, including tofu, soy

milk, and tempeh. They are also used in many processed foods, including meat substitutes, snacks, and baked goods.

Soybeans are also used in non-food products, including industrial lubricants, plastics, and biodiesel fuel. The oil from soybeans is high in unsaturated fats and can be used for cooking and in salad dressings.

Growing Soybeans:

Soybeans are grown in many

different countries, including the United States, Brazil, and Argentina. They are typically grown in warm, moist climates and require well-drained soil. Soybeans are usually planted in the spring and harvested in the fall.

One of the challenges of growing soybeans is the risk of pests and diseases. Some common pests include aphids, soybean loopers, and bean leaf beetles. Diseases that can affect soy-

beans include soybean rust, sudden death syndrome, and root rot.

Conclusion:

Soybeans are an important crop that is used in a wide variety of foods and products. They are a good source of protein and other nutrients and have potential health benefits. Soybeans are also used in non-food products and are an important crop for many farmers around the world.



“Programming today is a race between software engineers striving to build bigger and better idiot-proof programs, and the Universe trying to produce bigger and better idiots. So far, the Universe is winning.”
--Nick Cook



Hamna Zaib

When soybeans are added to skin-care products, it is very helpful in reducing wrinkles. It contains a special type of isoflavone called aglycones, which reduce the symptoms of ageing skin. It is keeping our skin elastic that is helpful to control the ageing

Soybean Possess Different Skin Benefits Act As Beauty Enhancers

Soybean has a very good effect on our skin, like brightening it, reducing redness from the ultraviolet rays, and boosting the production of collagen.

Soybean is a very nutritious crop that has lots of benefits, like skin benefits, among many others. It is nutritious because of its high protein content. Soybean has a very good effect on our skin, like brightening it, reducing redness from the ultraviolet rays, and boosting the production of collagen.

Control ageing:

When soybeans are added to skincare products, it is very helpful in reducing wrinkles. It contains a special type of isoflavone called aglycones, which reduce the symptoms of ageing skin. It is keeping our skin elastic that is helpful to control the ageing.

Moisturize your skin:

A daily activity we must all indulge in is moisturizing, which is very helpful because it adds the needed hydration for your skin. It is very important to hydrate your skin to maintain its elasticity and fight excessive sun rays. If you want to see your skin hydrated and free of wrinkles, include soybean products in your daily routine. It is a beneficial crop for all of us.

Strengthens your nails:

Soybeans also strengthen your nails. After a mani-pedi, it looks

beautiful, but sometimes our nails can feel brittle and weak, and we don't care for them. That is not good; it can damage your nails soybean is a nutritious crop



that has minerals a protein that helpful for nails strengthens. That can help keep the fungal infections at bay as well as strengthen your nails.

Reduce sun damage to the skin:

The harmful rays of the sun affect our skin very much and increase skin problems. Creams that contain soybeans can help reduce the signs of sun damage on your skin. It is helpful for rough skin problems. Soybean is an important factor in our diet and also helps reduce the redness, so it can be our protector from the heat.

Firming:-

If your skin is puffy and tired looking or has very problematic

skin. Soybean can help it appear firmer and younger, as well as firmer and younger. Because soybeans have many benefits and important proteins and min-

erals that help for better skin. It is a great natural ingredient that can tighten our skin without any artificial method or surgery.

Use soybeans for skin lightening:

Soybeans are used for skin lightening because soybeans are very popular for their ability to reduce the production of melanin. Melanin is a pigment produced in our skin that determines our skin tone. If that amount of melanin is increases then darker the complexion.

Soybeans contain enzymes and protease inhibitors that block the reaction of melanin, which darkens the skin tone. This is how soybeans help lighten the skin tone.

This is a major benefit of soybeans for the skin.



Bently Maxwell



Smart LED Strips Control Lights Using Smartphone App

Smart light bulbs, smart LED strips, and smart lighting panels are all part of the smart home lighting category, but they differ in terms of their design, functionality, and versatility.

Smart LED strip lights can typically be kept on for extended periods of time without causing a fire, as long as they are used and installed correctly. Yes, smart LED strips can work with both Wi-Fi and remote control.

Some smart LED strips connect to your home Wi-Fi network, allowing you to control the lights using a smartphone app or voice assistant. Other smart LED strips come with a remote control, which can be used to adjust the brightness, color, and other settings.

Differentiate between a smart light bulb, smart LED strip lights, and smart lighting panel:

Smart light bulbs, smart LED strips, and smart lighting panels are all part of the smart home lighting category, but they differ in terms of their design, functionality, and versatility.

Smart Light Bulbs: A smart light bulb is a traditional light bulb that has been upgraded with smart technology, allowing you to control it using your smartphone or voice assistant. They are easy to install and can be used with most existing light fixtures.

Smart LED Strips: A smart LED strip is a flexible strip of lights that can be attached to various surfaces and can be cut

to length. They are often used for accent lighting and are available in a variety of colors and brightness levels. Some smart LED strips can be controlled using a smartphone app or a remote control.

Smart Lighting Panels: A smart lighting panel is a flat panel that can be mounted on a wall or ceiling. It typically provides a more uniform and diffuse light than other types of smart lighting and can be used as a primary light

source in a room. Some smart lighting panels can be controlled using a smartphone app or voice assistant.

Accent lighting: LED strips can be used to add an accent of color to walls, cabinets, bookshelves, or other areas.

Task lighting: LED strips can be used as task lighting in kitchens, bathrooms, or other areas where you need additional light for specific tasks.

Ambient lighting: LED strips can be used to create a warm and inviting ambiance in a room.

Holidays and special occasions: LED strips can be used to

Smart Light Bulbs: A smart light bulb is a traditional light bulb that has been upgraded with smart technology, allowing you to control it using your smartphone or voice assistant. They are easy to install and can be used with most existing light fixtures

decorate for holidays, birthdays, or other special occasions.

TV backlighting: LED strips can be used to backlight a TV, enhancing the viewing experience and reducing eye strain.

These are just a few examples of how smart LED light strips can be used to decorate a home. The versatility of smart LED light strips makes them a popular choice for homeowners looking to add a touch of style and functionality to their living spaces. LED strip lights can be used to decorate a house.



Abdullah Khalid

Soybean also contains compounds called phytoestrogens, which can mimic the effects of estrogen in the body. This has led to some concerns about the potential for soybean consumption to interfere with hormone levels, particularly in women. However, studies have shown that soybean consumption is safe and does not have any significant adverse effects on hormone levels



“Soybean: The Super Legume With Endless Possibilities”

Soybean contains compounds called isoflavones, which have been shown to lower cholesterol levels and reduce the risk of heart disease.

Soybean is a versatile super legume that is widely cultivated across the globe for its high nutritional value and wide range of applications. It is a great source of protein, fiber, and several essential vitamins and minerals, making it an excellent choice for a healthy diet.

In this article, we will take a closer look at soybean, the super legume, its nutritional benefits, and its various uses.

Nutritional Benefits of Soybean:

Soybean is a rich source of protein, which is essential for building and repairing tissues in the body. It contains all the essential amino acids that the body cannot produce on its own, making it a complete protein source.

Soybean is also a great source of fiber, which helps regulate digestion and prevent constipation. Additionally, it is rich in several essential vitamins and minerals, including vitamin K, vitamin C, folate, and iron, all of which play vital roles in maintaining overall health.

One of the most significant health benefits of soybeans is

their ability to reduce the risk of heart disease. Soybean contains compounds called isoflavones, which have been shown to lower cholesterol levels and reduce the risk of heart disease. Studies have also shown that soybean consumption can help to regulate blood sugar levels, making it a great choice for individuals with diabetes.

Soybean also contains compounds called phytoestrogens, which can mimic the effects of estrogen in the body. This has led to some concerns about the potential for soybean consumption to interfere with hormone levels, particularly in women. However, studies have shown that soybean consumption is safe and does not have any significant adverse effects on hormone levels.

Uses of Soybean:

Soybean is an incredibly versatile super legume that is used in a wide variety of food products. One of the most common uses of soybeans is in the production of soy milk and tofu. Soy milk is a popular dairy milk alternative that is made by soaking and grinding soybeans and then boiling the mixture to produce a creamy liquid.

Tofu, on the other hand, is a popular plant-based protein source that is made by coagulating soy milk and pressing the resulting curds into blocks.

Soybean is also a common

ingredient in many processed foods, including meat substitutes, snack foods, and baked goods. It is often used as a filler or binder to add texture and flavor to these products. Soybean oil, which is extracted from soybeans, is also widely used in cooking and food processing.

Beyond food, soybeans have several other applications. It is used as a feedstock for the production of biodiesel, a renewable fuel source that can be used to power vehicles and machinery.

Soybean is also used as a fertilizer and soil conditioner, as it is rich in nitrogen and other essential nutrients that are vital for plant growth.

Soybeans in Agriculture:

Soybean is a valuable crop for farmers, as it can be grown in a wide variety of environments and climates. It is a high-yielding crop that requires relatively low inputs of fertilizer and pesticides, making it a cost-effective option for farmers.

Additionally, soybean is an excellent rotation crop, as it can help improve soil health and reduce the incidence of pests and diseases.

In recent years, soybeans have become increasingly popular as a cash crop for small farmers in developing countries. The crop provides a reliable source of income and can be grown using sustainable

farming practices that are less damaging to the environment.

Conclusion:

Soybean is a highly nutritious and versatile legume that offers numerous health benefits and a wide range of applications.

Whether you are looking for a healthy source of protein or a plant-based alternative to dairy milk, soybean is an excellent choice. With its ability to grow in a wide variety of environments and its numerous agricultural applications, soybean is also a valuable crop for the sustainable production of food and energy.

Despite its many benefits,

however, soybean cultivation can also have negative impacts on the environment, particularly if it is grown using intensive farming practices that rely heavily on chemical inputs.

To mitigate these impacts, many farmers are adopting more sustainable farming practices, such as no-till agriculture and intercropping, which can help to improve soil health and reduce the use of pesticides and fertilizers. In addition to its agricultural and culinary uses, soybean is also a valuable industrial commodity.

It is used in the production of a wide range of products, including plastics, paints, and textiles. The oil extracted from

soybean is also used in the production of a variety of products, including biodiesel, candles, and soap.

Overall, soybean is an incredibly versatile and important crop that plays a vital role in our food systems, our economy, and our environment. While there are certainly challenges associated with soybean cultivation, there are also many opportunities for innovation and improvement in the way we produce and use this valuable legume.

By working together to address these challenges, we can ensure that soybean remains an important and sustainable crop for years to come.



Muhammad Ali

Pulses, chicken, beef, pork, and all other animals have been taken up as a protein source throughout the world for centuries. As the increase in population was observed, Wilmer Steele of Sussex initiated the commercialization of 10,000 flocks of broilers in 1926 to meet the global demand



Soybean: A Best Broiler Meat Replacer

The world population is increasing dramatically, and the resources inversely corresponding to this expansion in population mean they are being lost to sight at an identical rate.

In this article, we are going to discuss why soybeans should be favored over broiler meat. The world population is increasing dramatically, and the resources inversely corresponding to this expansion in population mean they are being lost to sight at an identical rate.

As the resources are exhausted, the world's food supply is running short, leading to the deaths of thousands of people throughout the world every year. So there is a necessity to work on not only food sustainability but an absolute or nutritive food that will be a key factor in the world's fight against hunger and will figure out the problem of malnutrition.

Protein is an integral part of the body and is needed for carrying out most of the body's operations. It is obtained chiefly from beef, pork, pulses, and chicken (broiler). But due to the growing population and some health concerns associated with animal protein, there is a need to cultivate such crops that could meet our body's need

for protein.

Soybean is one of them, which not only provides protein but has a more promising protein profile than broiler meat. It is also affordable for people of any class.

Soybean (Glycine max), also called soya bean or soja bean, is an annual, diploid, and self-pollinated legume plant. Where its leguminous essence favors the soil by improving, its profile through fixing nitrogen, On the other hand, it has edible oil, which makes it a significant bean in the world. In addition, it provides vegetable oil and ingredients for hundreds of chemical products. It is the richest and cheapest source of protein.

Pulses, chicken, beef, pork, and all other animals have been taken up as a protein source throughout the world for centuries. As the increase in population was observed, Wilmer Steele of Sussex initiated the commercialization of 10,000 flocks of broilers in 1926 to meet the global demand.

But due to a drastically increased population, high intake prices on feed, and some concerns related to broilers due to low-quality fats, the flock is lifted up on a lot of antibiotics and growth regulators, which may cause severe health issues like heart blockage, liver diseases, cancer, and male infertili-

ty in humans.

So there is a need to consider another source of protein that is easily attainable as far as raising animals and must have a complete nutrient profile necessary for growth and development. “Soybean is one of them.”

Soy may be used as a dairy and broiler meat alternative. Cooking and drying soybeans under high pressure create a texturized soy protein.

This gives soy a structure similar to that of meat, with which many versatile products may be formed. Vegan green tuna, vegan crunchy nuggets, soy milk, tofu, and soybean flour can be used directly for human consumption. India is a living example where soybean-related food products are common even in the streets, as in the Hindu religion the use of meat is prohibited.

As far as the nutrient profile goes, soybeans have 79% more protein content, containing 55.6g of protein per 100g, as compared to chicken meat, which contains 33g of protein. Soybean is higher in iron, copper, manganese, iron, folate, phosphorus, vitamin b1, vitamin b2, magnesium, and potassium as compared to chicken meat.

Vitamins B1 and B2 help the body strengthen the cells and protect them from damage. Soybean also contains HDL,

which is a good quality cholesterol that prevents artery blockage.

As mentioned above, soybean has more nutrient content than chicken meat, so we must

transform ourselves from costly and robust antibiotic residual meat to a healthy, easily accessible, and cheapest source of protein, soybean.

The government must encour-

age soybean cultivation through awareness campaigns and by making policies favorable for the farmers, as it might be helpful for the people who are dying of malnutrition.



This gives soy a structure similar to that of meat, with which many versatile products may be formed. Vegan green tuna, vegan crunchy nuggets, soy milk, tofu, and soybean flour can be used directly for human consumption. India is a living example where soybean-related food products are common even in the streets, as in the Hindu religion the use of meat is prohibited



Graphene Innovation Ecosystem Boosting UK's Levelling Up Agenda

Head of Global Education Insights at the British Council, is urging UK universities to take advantage of their connections around the world to support regional development.

The University of Manchester's graphene innovation ecosystem has been cited as an example of drawing outside capital into the local regional economy, which supports the UK's "levelling up" agenda.

The topic is highlighted in a report by Dr. Alexis Brown for the Higher Education Policy Institute (HEPI) titled, "The Role of Universities in Promoting Foreign Investment into UK Research and

Development".

Dr. Brown, Head of Global Education Insights at the British Council, is urging UK universities to take advantage of their connections around the world to support regional development.

Where this collaboration has already been successful, it is highlighted in the report. As an illustration, consider the development of strategic, long-term ties between The University of Manchester and regional civic stakeholders as well as with external partners from other countries, like those based in Abu Dhabi.

A bold agreement between the university and the Khalifa

University of Science and Technology, which is based in Abu Dhabi, was made possible by this type of relationship and aims to provide funding support for graphene innovation that will help address the world's major problems.

The UK government's top officials have also praised this project. The Graphene Engineering Innovation Centre (GEIC), a special innovation accelerator based at the University of Manchester, has received a lot of attention in this international collaboration on advanced materials.

The GEIC's development has in turn generated additional funding from a range of interna-

tional and domestic partners, including the Australian supplier of graphene products First Graphene, the Brazilian steel giant Gerdau, the surface-functionalized graphene specialists Haydale, and the advanced engineering materials group Versarien. Additionally, the GEIC will form a cornerstone element of the Middle East-wide collaboration.

"It's fantastic to see that Manchester's graphene innovation ecosystem has been highlighted in a national policy report that outlines how universities can bring inward investment into the regional economies they serve," said James Baker...[Read More](#)

Struggles Of Silicon Valley Bank Pose New Issues For Tech Startup Market



Orn referred to SVB as "crown jewel of Silicon Valley" and a "strong franchise" that he anticipates will make it through this challenging time & possibly be acquired by a larger bank.

Long regarded as the lifeblood of tech startups, Silicon Valley Bank offers conventional banking services while funding ventures and businesses that are deemed too risky for conventional lenders. Venture capital worth billions of dollars flows in and out of the bank's coffers.

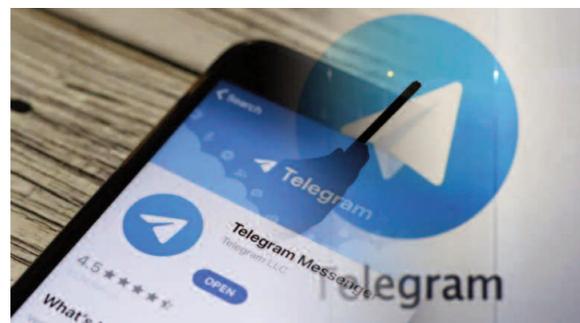
But because of its close ties to technology, the 40-year-old company is particularly vulnerable to the boom-and-bust cycles of the sector, and on Thursday, those risks were made abundantly clear. According to a financial update released late on Wednesday, Silicon Valley Bank was forced into a fire sale of its securities, selling \$21 billion worth of assets at a \$1.8 billion loss while also raising \$500 million from venture capital firm General Atlantic.

SVB's stock dropped two-thirds of its value last year, then fell another 60% during regular trading on Thursday and another 22% after the close after seeing a 75% increase in the 2021 market rally. The problems strike the Silicon Valley area at a particularly trying time. According to PitchBook, venture capital deal activity dropped over 30% last year to \$238 billion.

Even though that is still a historically high number, the lack of IPOs and the ongoing decline in valuations among once-high-fliers indicate that there will be much more suffering in 2023. SVB has been regarded as a stabilising force because it is a sizable, regulated bank. However, the firm's clientele is becoming increasingly concerned about its most recent financial actions.

According to Scott Orn, operating chief at Kruze Consulting, which provides tax, accounting, and human resources services to startups, "psychologically, it's a blow because everyone realises how fragile things can be..."[Read More](#)

Telegram Launches Power Saving Mode To Preserve Battery



The mode activates when the battery drops below a preset level and disables resource-intensive features like background updates, auto-playing videos and GIFs.

A new Power Saving Mode has been added to Telegram to protect device's battery. The mode activates when the battery drops below a preset level and disables resource-intensive features like background updates, auto-playing videos and GIFs, sticker animations, and video playback.

The new feature has a dedicated settings menu that also includes toggles for GIFs, stickers, emoji, auto-playing videos, GIFs, interface effects, preloading media, and background updates (for iOS only). To conserve battery, users can permanently turn these off. The business claimed to have "optimised default settings" for more than 200 Android phones after testing them. It should be noted that WhatsApp does not have a power saving mode, but it does have settings to turn off automatic media...[Read More](#)

Australia Entangles In Superpower Competition Over Control Of Lithium

As the transition to clean energy quickens, demand for lithium, a crucial component in lithium-ion batteries, has soared in the last three years.

A global supply chain made up of mineral extraction, production, and processing, battery-cell manufacturing, and battery-pack assembly is necessary for the production of lithium battery.

An intricate web of businesses, people, activities, information, and resources makes up this supply chain. The Paris Agreement's decarbonization goals cannot be met without the use of clean energy technologies. Lithium, nickel, cobalt, graphite, copper, and rare earth elements are crucial minerals needed to make clean energy products like solar panels, wind turbines, and electric vehicle batteries (EVs).



As the transition to clean energy quickens, demand for lithium, a crucial component in lithium-ion batteries, has soared in the last three years. Although plentiful, lithium is non-renewable and distributed unevenly. And lithium appears destined to be at the centre of geopolitical tensions over the control of essential resources until an alternative

material for or method of powering batteries becomes available.

The most important minerals used in lithium batteries are processed in more than 80% of the world's top three producers. With more than 50% of the global market share, China controls nearly all mineral processing, with the exception of nickel and copper, which it holds 35% and 40% of, respectively.

Industries that rely on technology are dependent on relationships between nations with various resources.

This works well during times of geopolitical harmony and stability, but due to the high processing concentration in the lithium battery supply chain, it is susceptible to disruption from armed conflict, pandemics, natural disasters, and geopolitical unrest...[Read More](#)

Scientists New Discovery Opens Possibility For Clean Source Of Power



The Huc enzyme has the potential to be used in tiny air-powered devices because it has the ability to convert hydrogen gas into an electrical current.

Australian researchers have found a bacterial enzyme that can turn air into energy, creating the potential for a brand-new clean source of power. The Huc enzyme has the potential to be used in tiny air-powered devices because it has the ability to convert hydrogen gas into an electrical current.

Researchers in Australia have found a bacterial enzyme that transforms air into energy, paving the way for a brand-new clean source of power. The research, which was published in the journal Nature, demonstrates that this enzyme generates an electrical current using the meagre amounts of hydrogen present in the atmosphere.

An enzyme that consumes hydrogen was created and examined by the research team using a common soil bacterium. Recent research by the team has demonstrated that many bacteria in nutrient-poor environments use atmospheric hydrogen as a source of energy...[Read More](#)

They write that in order to encourage private investment through transparent and reliable framework conditions, Germany and the EU must immediately "significantly strengthen...[Read More](#)

German, EU Govts Urged To Speedup Efforts For Energy Transformation

"The critical moment when Germany and Europe could create the conditions for achieving the Paris climate goals will soon have passed," write the researchers in a discussion paper.

Researchers at the German National Academy of Sciences have urged the German and European governments to step up efforts for transformation of energy system in order to help the continent meet its climate goals and to increase cooperation rather than turn to protectionism.

"The critical moment when Germany and Europe could create the conditions for achieving the Paris climate goals will soon have passed," write the researchers in a discussion paper.

They write that in order to encourage private investment through transparent and reliable framework conditions, Germany and the EU must immediately "significantly strengthen...[Read More](#)

Average IQ In US Declines For First Time In 100 Years

The findings indicate that IQ points decreased during the study period, though the researchers did not specify by how many points.

Recent studies stated that the average intelligence quotient (IQ) in the US has dropped for the first time in almost a century.

Researchers at Northwestern University and the University of Oregon examined the outcomes of 394,378 US adults who took online IQ tests between 2006 and 2018 to determine their level of intelligence.

The team was searching for any proof of the Flynn effect, which holds that an average population's IQ appears to rise with each succeeding generation. IQ scores have "significantly increased since 1932 and throughout the 20th century, with differences ranging from 3.0 to 5.0 IQ points," according to the study's authors.

However, they discovered the opposite. Overall, the findings indicate that IQ points decreased during the study period, though the researchers did not specify by how many points.

Although declines were observed in all age groups and genders, those with less education and younger participants (18 to 22) experienced the steepest declines.

From 2011 to 2018, scores on tests of 3D spatial reasoning increased, whereas scores on tests of verbal reasoning, visual problem-solving, and numerical series tests all decreased. The trend the researchers detected wasn't specifically investigated by them. They did make the assumption that it might be related to modifications in US education, though.

"Our findings might point to a

shift in educational quality or content as well as test-taking abilities within this sizable US sample.

Scores were lower for more recent participants across all educational levels, which may indicate either a decline in educational quality in this study's sample or a change in how certain cognitive skills are valued "The authors of the study write about their analysis.

But the US is not alone. Several studies conducted in Europe over the past 20 years indicate that the Flynn effect has already stalled or is starting to reverse...[Read More](#)

