**Urdu Digital Software for Self-Assessment and Treatment of Adult Stutters**

**Manual/User Guide**

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**Artifact Rationale**

Speech Pathologist plays an important role to help stutterers in managing their stuttering. In the case of Person who stutters, there is a need of intensive speech therapy, in certain cases on regular basis, on daily follow ups. It has been observed that adult stutters feel reluctant to follow up for extended period of time due to several reasons that may include stress, emotional trauma,psychological issues and financial constraint. These factors may lead to inconsistency in therapy sessions followed by halt in sessions, leading to relapse of stuttering. Such cases open the venues for some kind of technology that can assist the adult stutters for self-speech assesment and self therapy for severity of disfluencies. At the same time those stutters hailing from peripheries who cannot visit Speech Pathologists on regular basis, certain technology advancement can help them to practice their speech at the comfort of their home envoirenment with the guidance of a therapist. This tehnology assisstance can be provided through Application which will focus on increased participation of adult stutters in its management. It will be cost effective and decrease the health care burden. This digital Application will give an opportunity to the SLPs to guide and train those adult stutter that cannot follow up on regular therapy sessions or cannot continue due to any reason. As this Application will be in Urdu language as well, which is our national language and widely used by the people in the country, it will cater the population which is less literate and those hailing from peripheries to self-assessment or provide self-treatment options to the Person who stutters. It will allow adults for self-assessment and treatment options in Urdu language with the guidance of Speech Language Pathologist. It will enhance and improves the Quality of Life.

This manual provides the functions that will be directly accessible from SmartPhone (Android)

1. Install the Application from Playstore
2. Open the Application
3. Set a Pin or Code of your choice (Optional)
4. Once you will complete the steps above, you will be directed to the main page

**Main Page**

The Main Pagewill display the features and functions available in the mobile app.

Logo of the App will appear on the screen

1. At the bottom main menu will be given that includes
2. Settings
3. Stuttering Overview
4. Self Assessment
5. Self Management

All four menu tabs are explained in following detail

1. **Settings**

Settings of the App can be done by clicking on this tab. Settings will have the following functions,

1. Password

* Biometric (if device has biometric option)
* Pattern option
* Pin Code (4-5 digit code)

1. History

* All
* Last activity
* Delete history

1. Language

* Urdu
* English

1. **Stuttering Overview**

* Stuttering is a speech disorder that involves frequent and significant problems with normal fluency and flow of speech.
* **Triggers of Stuttering:** Stuttering may be worse when the person is excited, tired or under stress, or when feeling self-conscious, hurried or pressured. Certain situations such as speaking in front of a group or talking on the phone can be particularly difficult for people who stutter.
* **Emotional Reactions:** People who stutter may experience a variety of negative emotional reactions to the fact that they have difficulty in speaking. Examples include feelings of embarrassment, anxiety, and shame, which can lead to tension and struggle while speaking or attempts to avoid talking altogether.
* **Stuttering Varies**: People do not stutter the same way or the same amount in all situations. Variability can also confuse parents, teachers, and peers, for they may wonder why a person is fluent in one situation but struggles in another. It is not because the speaker is not trying hard enough; it is just because stuttering varies.
* **Nothing is Wrong with Stutters:** People aren’t doing anything wrong when they stutter; they are simply trying to talk, just like anyone else would do. If they feel embarrassed about their speech or ashamed of being different, then they are more likely to struggle with speaking or try to avoid talking. This makes the problem worse and increases the impact of the disorder. When people know that it is okay to stutter, then they can communicate more freely and more easily. They can say what they want to say, even if they sometimes say it disfluently. Thus, acceptance of stuttering is the key to successful communication
* **Management:** Treatment is most helpful when it focuses on more than just fluent speech. Since stuttering is more than just stuttering, treatment for stuttering should address more than just the observable speech disfluencies. Addressing the whole disorder is the key to helping people reduce the impact of stuttering on their lives Most people who stutter can speak without stuttering when they talk to themselves and when they sing or speak in unison with someone else, when they focus on more than just fluent speech and practice it more and more as they can.

**Facts about Stuttering:**

* Stutters can **learn to overcome** stuttering
* Most stutterers **don’t stutter when alone** as they feel relaxed and focused and all brain resources are directed towards speech but among people the stuation is difficult. They feel stressed leading to stuttering
* There are **situations when people don’t stutter** like singing, speaking in unison with people or whispiring while speaking on phone, talking to a stranger or public speaking may enhance the stuttering.
* There are many **famous people** including ators scientists, musicians and politicians who stutter such as US President Joe Biden, Marilyn Monroe, James Earl Jones, Emily Blunt, Shaquille O’Neal, Darwin, Whinston Churchill. Actor Hiritik Karoshan and Rani Mukharji.

**Motivational Quotes:**

* The one thing I’ve learned is that stuttering in public is never as bad as I fear it will be (John Stossel)
* Keep in mind that… the less you avoid words and situations, the less you will stutter in the long run (J.D. Williams)
* Stuttering is ok because what I have to say is worth repeating (Anonymous)
* I think that’s why I put my energy in making the Music (Kendrick Lamar)
* Learning how to help yourself should be the goal of every stutter (Malcom Fraser)

**The Journey & The Hierarchy:**

1. **Self Assessment**

There will be three tabs under this options

* Self rating of stuttering from 1 to 10
* Self evaluation of fluency
* Self rating of stutering in percentage

**Self Rating Of Stuttering:** Rate your stuttering intensity on the scale from 1 – 10

* Emojis will be use while rating the intensity level.
* 1 will be considered as less rate of suttering and 10 as severe intensity. (☺ to ☹)

**Self Evaluation of Fluency :** Rate your stuttering during the last week

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Questions | Never 1 | Occasionaly 2 | Often 3 | Mostly 4 |
| How Fluent was I? |  |  |  |  |
| How often did these features occur in my speech?   * Repitition * Blockage * Hesitation * Prolongation |  |  |  |  |
| How often did I use slowed speech? |  |  |  |  |
| How effective was mycommunication? |  |  |  |  |
| Were there any obstacles in communicating effectively? |  |  |  |  |
| Was there neck stiffness during my speech? |  |  |  |  |
| Have I observed rapid eye blinking, jaw jerking, foot taping and/or other involuntary movements during the speech? |  |  |  |  |

**Stutter Rater:**

Tutorial will be added to explain the procedure of self assessment

Speech sample will be taken and recorded for the purpose of self assessment. There will be 4 buttons on the screen

1. Start/Stop

o Start : Recording will start

o Stop: Recording will stop

2. Reset: It will reset the stats and recording3

3. D(Whenever user will stutter, he/she will tap the D button)

4. S(Whenever user will complete a Syllable, he/she will tap the S button)

• S and D buttons will stay on screen during the assessment.

It will be informal assessment on the basis of the recorded sample and stutter’s given informaion of stuttering.

1. **Self Management**

Three tabs will be there for the following options

* Breathing excrecises
* Flexable rate of speech
* Word level
* Phrase level
* Sentence level
* Paragraph level
* Easy Onset
* Word level
* Phrase level
* Sentence level
* Paragraph level
* **Breathing Exercise**: Tutorial will be added.

Lets move on to some breathing practice.

Set time duration (in Minutes options will be there)

Breatn in-------------------------------------Breath out

* **Flexible Rate**: you have to slow down the production. The best wayy s to stretch the vowel in first syllable.

Add one example; The word /Computer/ produce it as Cooooooomputer

The word /Cup/ Produce it as Cuuuuuup

* **Exercise Words:**

1. Happy
2. Location
3. City
4. Valley
5. Resources
6. Meal
7. Majesty
8. Flag
9. Tour
10. Hill
11. Identity
12. Famous
13. Building
14. Finished
15. Door
16. Bread
17. Example
18. Like
19. Beautiful
20. Homeland
21. Traditional
22. Game
23. Area
24. Information
25. Important
26. Health
27. Construction
28. Financial
29. Tent
30. Thousand
31. Travel
32. Site
33. Great
34. Restriction
35. Unique
36. Increase
37. Cause
38. Mountain
39. Plural
40. River
41. Identity
42. Blessing
43. Hands
44. Disease
45. Environment
46. ​​Life
47. Forest
48. Book
49. Marketplace
50. Fasting
51. Good
52. Daily
53. Sufficient
54. Clean
55. Promise
56. Hard work
57. Love
58. Habits.
59. Tree
60. Water
61. Topic
62. Condition
63. Sorry
64. Health
65. Trouble
66. Usage
67. Home
68. Copy
69. Lesson
70. Last
71. Return
72. Water
73. Status
74. Refusal
75. Order
76. Announcement
77. Accept
78. Bright
79. Story
80. Important
81. Easy
82. Color
83. Sky
84. Means
85. Night
86. Freedom
87. Difficult
88. Patience
89. Bestowment
90. Habilitation
91. Bliss
92. Happiness
93. Race
94. Significance
95. Celebration
96. Remember
97. Military
98. Try
99. Pencil
100. Forgotten

**Exercise Phrases:**

1. Independence Day

2. Long struggle

3. Dear daughter

4. National anthem

5. Holy land

6. Populated city

7. City of gardens

8. Historic buildings

9. Traditional dress

10. Charming scene

11. Flag of Pakistan

12. Significant success

13. Unique identity

14. Delicious dishes

15. Ancient civilization

16. The capital

17. Beautiful land

18. Beautiful sight

19. Traditional food

20. The Paradise

21. Last part of the movie

22. Game of hockey

23. A lot of houses

24. O homeland

25. Beach of the sea

26. Land of Pakistan

27. Millions of tourists

28. Interesting information

29. Magnificent house

30. Nice clothes

31. Sports demonstrations

32 Common things

33. Large electric chandelier

34. Large triangular tent

35. Game of mental testing

36. Polluted environment

37. Bad effects on life

38. Interesting stories

39. Book, copy and pen

40. Lessons learned

41. Caliph of the time

42. The world and the hereafter

43. Keeping a promise

44. Prisoner of war

45 Islamic Empire

46. Justice and fairness

47. Reliance of promise

48. The gates of mercy

49. Fulfillment of oath

50. Acquisition of Pakistan

51. Colorful flags

52. Formal Tea

53. Social life

54. Celebrations and festivals

55. Mainland of Pakistan

56 Destination mark

57. Getting dark

58. Green tree

59. Lawn walk

60 Flight of birds

61. Flexible branches

62. Country Identity

63. Brotherhood and unity

64. Meaning of strength

65. Honourable guest

66. Beautiful country

67. Shadow of tree

68. Great grandeur

69. Great magnitude

70. Well wishes

71. Pomp and show

72. Establishment of Islamic State

73 Spokesman for national aspirations

74. Power of brotherhood of the people

75. Leave school

76. Problems of society

77. Your point of view

78. School building

79. Hospital photo

80. Hotel building

81. Lush green

82. Agricultural lands

83. Agricultural experts

84. Need of society

85. Animal hunting

86. Increase in needs

87. Good habits

88. Shepherd's horses

89. Red flower

90. Foot of the lake

91. Mountain language

92. Enjoy the beautiful scenery

93. Precious gift of life

94. Millions of properties

95. Strong Welfare State

96. Mnay Blessings

97. Baby’s prayer

98. Mother's dream

99. Cry of a bird

100. Favorite landscape

* **Exercise sentence:**

1.This is a mango.

2. Every particle of the earth is shining.

3. The shadow of the sky covers the whole world

4. The ambassador conveyed the message of peace.

5. Stay together.

6. In joy the king commanded

7. Gold is a precious metal.

8. I like every city in Pakistan

9. Ayesha has bought fruits.

10. There was a whale in the sea.

11. Kashmir is a paradise

12. Put the babies back in the nest.

13. Keep your promise

14. Neelum Valley add to the beauty of Pakistan.

15. Hockey is our national game.

16. He runs away from breaking promises, lying and dishonesty.

17. Pakistan's highest peak mountain is K2.

18. Pakistan means "the abode of the Pak people".

19. I'm very happy today.

20. The flag of Pakistan was flying on this building.

21. The land of Baluchistan is rich in natural resources.

22. Gilgit-Baltistan has been blessed with innumerable natural resources.

23. It rained from morning till evening.

24. We love our country

25. I have a book, a copy, a pen and a pencil sharpener.

26. Baji told us good true and interesting stories.

27. We will work hard for its development.

28. Pakistan is our identity.

29. Whenever the national anthem is being sung, one should stand in respect.

30. Every nation in the world has its own anthem, called the "national anthem".

31. The land of their country is called the Holy Land.

32. All the people living in Pakistan are brothers.

33. Farah stole the parrot.

34. Staying quiet get people bored.

35. This is a picture of a hospital.

36. Master Sahib praised us all.

37. Thousands of years ago man lived in forests.

38. Mother cooks’ delicious food.

39. Man divided the work for his own convenience

40. Clifton is a resort.

41. What about roses?

42. We must obey the law of the land.

43. Today is Sunday.

44. All the candles were lit.

45. I saw the mountain of Uhud.

46. Summer walks are a delight.

47. Hamid is a stingy person.

48. Always support the truth.

49. This world is a temporary abode.

50. There was a lot of rush in the assembly today.

* **Exercise on story:**

1. Allah Almighty has given man the best status among His creatures. He sent Prophets for our guidance. Who commanded us to worship one God. He sent down the inspired books so that we may be guided by them. Allah Almighty is the sole creator and owner of this universe. He is Able to do all things. He is the Lord of the Day of Judgment. He loves his servants very much. We should worship one God and seek help only from Him
2. Faisal Mosque is located in Islamabad, the capital of Pakistan. This magnificent mosque is famous for its unique architecture. The construction of this mosque was proposed by the Saudi ruler Shah Faisal. Construction of the mosque began in 1973 with financial support from the Saudi government. About 80,000 worshipers can offer prayers in the central hall of this mosque. It is shaped like a large triangular tent. Inside the mosque is a large electric lantern. Its four large towers add to its beauty. These towers offer a breathtaking view at night between the mountains.

3. In order to survive on the planet we live on, Allah Almighty has blessed us with fresh air, clean water, good food, trees, plants and a peaceful atmosphere. Together they make our lives healthier and happier. If none of these things are available to us, then our system of life is surrounded by many diseases and unbearable sufferings. Trees are being cut down and replaced by factories and machines that produce toxic gases, which have a detrimental effect on our health and lives. According to environmentalists, it is very important for a country to have forests on a quarter of its area. Trees provide us with oxygen. In addition, they make the environment pleasant by absorbing dense and dirty air. Deforestation leads to excess of pollutants in the environment, which pollutes the environment and causes harmful diseases. To avoid these negative effects, we need to plant as many trees as possible and keep our surroundings clean. We can make the planet calm and secure by acting responsibly.

1. We love our homeland; we will work hard for its development. We will raise its flag. To us, all the people living in it are respectable. The example of our country is like a beautiful bouquet, each flower has its own fragrance, color and identity. For us, no one is more important or unimportant on the basis of color, race, language, we are all Pakistanis. Pakistan is our identity. We pledge that we will not compromise on the integrity of our homeland. We students are the future of our homeland. We will brighten the name of our homeland.
2. Thousands of years ago man lived in forests. He hunted animals to meet his needs, spent time on natural products and fruits, and took refuge in caves. This life was full of misery and danger. Man has found comfort in living together to make life easier and safer. He built settlements, built houses and started farming. As the population grew, so did the needs. It was not possible for one person to do all kinds of work. Man divided the work for his own convenience. Someone took care of the food needs; someone took care of the clothes. Thus different people became involved in different activities. This work is called profession
3. We set out to see Ratti Gali [Neelum Valley], the most beautiful lake in Pakistan. He traveled by car for six kilometers from Dwaria. Then we walked for four hours and reached Ratti Gali Lake. The colorful scenery at the foot of Ratti Gali is nowhere to be seen. There were also large herds of sheep and goats and herdsmen's horses running in the open fields. There were red flowers everywhere. Abu Jan said that in the mountain language, red is called ratti because of the abundance of red flowers, therefore this valley is called ratti gali. We pitched our tent in a vast meadow at the foot of the lake. Went around and tasted the roast beef roasted on the coals. We visited beautiful places like Kail, Arang Kail, Sardari, Helmat and Taubat.
4. We also need to improve our skills through the internet. Take advantage of the world's research but at the same time avoid its harmful effects. Spending all day on the computer or laptop does not give the opportunity to participate in physical activities. This can lead to poor health and bad eyesight. Similarly, pointless use of the Internet wastes our time and is detrimental to our education. Its harmful effects can be avoided if we use the Internet purposefully and with a definite purpose in mind.
5. The means by which messages, information and information are communicated to more people are called media. For example: newspapers, radio, magazines and internet, etc. These media work to convey information to the people. Thanks to them education, entertainment and other information is also obtained. The media of a country plays an important role in its development. The country's economic, social and political situation is also assessed by the media. There are two types of media: print media and electronic mediaMedia outlets that publish information to the public are called "print media". Such as: newspapers, magazines and journals etc. The media that transmit information to the people with the help of electric waves are called "electronic media". Pakistan has electronic media, radio, television and internet.
6. Rani Kot Fort is a famous fort located in Jamshoro District, Sindh. This magnificent fort is also called the Indus Wall. From the ruins of Rani Kot fort, it can be estimated that the fort was built more than two thousand years ago. This fort was repaired in the 18th century. Nestled in the mountains, the fort was like a chain of walls with numerous gates. The Rhine River is located in front of the Sun Gate, the east gate, which flows only in the rainy season and remains dry all year round. Traces of ancient writing are also found on the broken walls of the fort. As soon as you enter the fort, there is a stupa-like tower in front of it which is a reflection of the local style of architecture. Parts of its tower and dome have been martyred. The gate on the west side of the fort is called "Mohan Gate". There is a wide field in front of it. "Amri Gate" is called the last boundary of Rani Kot Fort. Inside the fort there was also a large water storage tank which has been in a state of disrepair since time immemorial. But still a good amount of rain water is collected in it. The fort has been renovated in different periods but now it is completely deserted.
7. The Edhi Foundation is a charitable organization founded by Abdul Sattar Edhi in Karachi in 1971. Edhi Foundation's services include a 4-hour emergency service. Abdul Sattar Edhi became the first welfare center with the help of only Rs. 5 and later established Edhi Trust. Today, the Edhi Foundation is the largest welfare organization in Pakistan. The Foundation has more than six centers across the country. As the largest volunteer ambulance service, the Guinness Book of World Records named Abdul Sattar Edhi the embellishment of its book in the year 2000, according to which the world's largest ambulance service belongs to the Edhi Foundation۔ Initially, their services were limited to transporting the injured to the hospital, but later their scope expanded. This network of ambulances connected to the wireless system is spread across Pakistan.

**Easy Onset:**  Start by breathing out with a quiet sigh. This will produce a quiet “hhhhh” sound. It should not be a harsh sound and the voice should not yet be turned on. Slowly turn on the voice to produce a vowel sound - “hhhhheee”. The voice should turn on very gradually. The “h” sound before the vowel should be stretched out at this stage. Try producing a range of vowels with easy onsets - e.g. ay, ah, ee, ow, oo.

* **Words excercise:**

1. As
2. An
3. At
4. Ab
5. Am
6. Apple
7. Answer
8. Annie
9. Ash
10. Ant
11. Ask
12. Anna
13. Andy
14. Agriculture
15. Alligator
16. Wake
17. Way
18. Yay
19. Aim
20. Wait
21. Ape
22. Ankle
23. Aim
24. Ache
25. Abe
26. Ale
27. Ace
28. Aid
29. Age
30. Ate
31. Acorn
32. Angel
33. Angle
34. Eight
35. Anchor
36. Excellent
37. Egg
38. Elbow
39. Education
40. Empty
41. Edit
42. Help
43. Well
44. Wet
45. Yet
46. Yes
47. Edge
48. Wreck
49. Eat
50. Heat
51. Weak
52. Heel
53. Ear
54. Hear
55. Effect
56. Edge
57. Excited
58. Element
59. Elk
60. Ellen
61. Emily
62. End
63. Epic
64. Errand
65. Escape
66. Et Cetera
67. Every
68. Extra
69. Example
70. Ezra
71. Echo
72. Emu
73. Eject
74. Elastic
75. Eek
76. Eel
77. Éclair
78. Eden
79. Emulsify
80. Enos
81. Easy
82. Equator
83. Eternal
84. Even
85. Hi
86. Oak
87. Hid
88. Hike
89. Off
90. Hill
91. Him
92. In
93. Hip
94. Ice
95. On
96. Hope
97. Win
98. Idiom
99. Ignore
100. Ink

* **Phrase Exercise:**
  1. An Apple
  2. An Elephant
  3. An Igloo
  4. An Oven
  5. An Umbrella
  6. A Ball
  7. A Car
  8. A Doll
  9. Unforgettable Experience
  10. A University
  11. An Octopus
  12. One Track
  13. Aged Lady
  14. In The Mind
  15. An Honour
  16. An Ostrich
  17. An Hour
  18. A Unicorn
  19. Ugly Dog
  20. Her Birthday
  21. His Hobbies
  22. Her Horse
  23. Honest Mistake
  24. Unbelieveable Day
  25. Honourable guests
  26. An Island
  27. Educated person
  28. Human laughter
  29. Exceptional performance
  30. Oh my Lord
  31. Everyone else
  32. Eating habits
  33. On the way
  34. Extra efforts
  35. In the name of Allah
  36. Hair brush
  37. Wonder women
  38. Wheat bread
  39. Air dryer
  40. Air fryer
  41. Holly book
  42. Hungry cat
  43. Anum’s umbrella
  44. Onion ring
  45. Oily meal
  46. An aeroplane
  47. Egg yolk
  48. Airy room
  49. Hot weather
  50. Hot talk
  51. Angry bird
  52. Ear care
  53. Elephant’s ear
  54. An owl
  55. Orange juice
  56. Only one
  57. Yours obediently
  58. Obedient boy
  59. Heared story
  60. Hard days
  61. Ink blot
  62. In inches
  63. Husky dog
  64. Hyper active boy
  65. Ear rings
  66. Indigo color
  67. Insects killer
  68. Insecure father
  69. Animal planet
  70. Android phone
  71. Amazing story
  72. Egg and bread
  73. Ear plugs
  74. Inseprable sentence
  75. Onset of disease
  76. One egg
  77. Amazing mother
  78. Honest opinion
  79. Ancient building
  80. Eagle eye
  81. Abnoxious sarcasm
  82. Eat well
  83. In drive
  84. Applications for kids
  85. Allied hospital
  86. Angry mommy
  87. Upside down
  88. Arrogant women
  89. Itsy bitsy spider
  90. Own home
  91. Extra charges
  92. Initial phase
  93. Anonymous writer
  94. Hair implant
  95. Opposite of the road
  96. Hilly area
  97. Agricultural land
  98. Home alone
  99. Easy way
  100. Operational defiition
* **Sentence Excercise:**

1. There's a mouse in the garden.
2. We saw an ostrich in the zoo.
3. Meet me in an hour.
4. The clown was riding on one-wheel bike.
5. Is that a picture of a unicorn?
6. She said I had an ugly dog.
7. Her parents bought her a horse for her birthday.
8. It was an honest mistake.
9. We all had an unbelievable day.
10. It was an honour meeting you.
11. She lived on an island for many year.
12. Is this price negotiatable?
13. An apple a day keeps the doctor away.
14. Hamza likes ham burger.
15. Hamna is watching angry birds.
16. We have got amazing children.
17. Honourable guests are just approaching.
18. She doesn't study German on Monday.
19. She lives in Pakistan
20. He doesn't teach math.
21. Cats hate water.
22. Every child likes an ice cream.
23. My brother takes out the trash.
24. The course starts next Sunday.
25. She swims every morning.
26. He drives to work
27. The train leaves in ten minutes
28. Awais enjoys hiking
29. Anum loves cooking
30. Stop! Close the door
31. It’s a funny story
32. He has a cow
33. What a funny story he told us!
34. I like coofee.
35. We watched TV last night
36. He hates dogs
37. Who lives nearby?
38. Marry had a little lamb.
39. Here you go.
40. Please give way.
41. Talk to you later
42. Come and get it
43. Look who is at the door?
44. Kites flies on skies
45. Huzaifa and hassan are friends
46. She is a little girl
47. The food is tasty
48. Can I have a cup of tea?
49. How exciting the movie was!
50. It’s a wonderful day today.

* **Paragraph Excercise:**

1. Atleast do what you can do. Dispose off the waste properly. Keep streets and drains clean so that water flow is not obstructed. Don't let the water stand for no reason. Mosquitoes breed in this standing water and spread diseases like dengue and malaria fever. Do not cause noise pollution. Celebrate but avoid making loud noises. Noise leads to a decrease in peace of mind and an increase in irritability. When you go to beaches, rivers, lakes and streams for recreation, collect garbage and throw it in a suitable place, plant as many trees and plants as much possible, be happy yourself and let me live hapy too. Your health and well-being are in my health.
2. Ahmed always looks fit and healthy. When Ahmed is asked about the secret of his health, he smiles and answers "cleanliness". Ahmed is well aware that cleanliness and health are closely linked. Diseases develop where hygiene is not taken care of. To stay healthy, the body, food, clothing, etc. must be clean. How does Ahmed take care of his health and hygiene? Let us know. He bathes every day. Because not bathing causes dirt to accumulate on the body. He brushes his teeth in the morning and in the evening. Because of this, food particles do not get stuck in his teeth, and he also avoids dental and gum diseases. Her nails always look trimmed. He must wash his hands with soap before and after eating. Everyone in Ahmed's house is fit and healthy because they all like cleanliness.
3. In Harappa, business ran on regular basis. Emphasis was placed on keeping weights and measures accurate and standard. The cleaning staff kept the streets and alleys clean. The planning of this city suggests that nobles lived in the upper part of the city. Their houses were big. There were separate rooms for employees. The majority of the people were poor. They lived in small houses in the lower part of the city.
4. The ruins of this city shows that these people were well acquainted with architecture. The craftsmen were familiar with the art of making bricks and baking them. The foundations of the houses were made deep and strong. The houses used solid bricks. There was a bathroom in every house. The houses were well-lit and well-ventilated. There were excellent drainage. There was no city in ancient times with such excellent drainage management and facilities. Today's drainage system seems to be a replica of that era.
5. The ruins of "Moin Jodro" are located at a distance of 5 km from the city of Larkana. Both Harappa and Moenjodaro have the same layout and layout, suggesting that they both belong to the Indus Valley Civilization. In the Sindhi language, 'Moin Judoro' means 'Hill of Men'. This extinct city was settled about five thousand years ago. From the ruins of this city children's toys, women's jewelry, ivory Artifacts, oysters, snails and sugar pots have been found. In addition, various sculptures and tools have been found. Archaeological remains show that the inhabitants of this city were intelligent and industrious. People knew how to use numbers. They had their own script based on gestures and pictures, which experts have not been able to read to this day. There is disagreement among experts about how this city came to be. Diseases have wiped out the entire population, and according to some experts, natural disasters, such as floods or earthquakes, have wiped out the city. Due to that, the city disappeared.
6. Zafar's father was a senior officer in an office. He was living a wonderful and peaceful life. Zafar was his only son. He had all kinds of luxuries. Usually, unrequited parental affection spoils children's habits. They become stubborn and arrogant but Zafar was not like that. He was a good kid in every way. The reason was that his parents were very kind and kind and paid special attention to their son's education and training.
7. Prior to Islam, prisoners of war were treated very badly. The Muslims captured some infidels in the battle of Badr. The Prophet (peace and blessings of Allaah be upon him) urged the Sahaabah to take special care of these prisoners. Therefore, the Companions would have gone hungry themselves or would have eaten dates, but would have provided the best food to the prisoners. The hands and feet of these prisoners were bound with ropes, which caused them to groan in pain. Hearing their voices, he became restless. The Companions, may Allah bless him and grant him peace, understood that he was anxious because of the suffering of the prisoners. So they loosened the ropes of the prisoners. When the prisoners were relieved, the anxiety of the Prophet (peace be upon him) disappeared.
8. Harmzan promised to pay Jizyah to the Muslims, but he did not keep his promise. He did this twice. The third time he went to the fortress of a city in Iran and closed. Hazrat Abu Musa al-Ash'ari, the commander of the Islamic army and a beloved companion of Hazrat Muhammad Rasoolullah Khatam-un-Nabiyyin, invaded the city and conquered it. Harmzan surrendered once again but this time before surrendering he made a condition that after surrendering he should be sent to Hazrat Umar Farooq.
9. Allah Almighty has decorated this universe with billions, trillions of galaxies. There are many stars, planets and planets in these galaxies. The solar system is also a part of our galaxy in this universe. The solar system means the solar system. Different planets revolve around the sun in their own orbits at all times. This system of planetary rotation has never changed a single moment.
10. The sun is the center of the solar system which is the largest natural source of light and heat. Crop and plant growth is due to its light and heat. We think the sun only shines in the morning and goes to rest somewhere at night, but friends, it is not so. It does not go anywhere but the earth revolves around it. The fact is that the cashew part of the earth is in front of the sun where there is daylight due to sunlight. In the same way, the part of the earth which is not in front of the sun, becomes night there.

**Additional Points**

* Calender and clock will be available in the Application to keep the record of Assessments and Therapy.
* Daily reminder will be given for speech practice
* After the first assessment, User can reasseess after the completion of 16 sessions.
* Session will be considered as held if the duration is more than 20 minutes.
* User can practice only once in a day.