

1. My Dream Apartment

My dream apartment is an ideal living space that is a reflection of dreams, desires, and aspirations. It is a sanctuary that combines comfort, style, and functionality. I agree with Emerson when he says:

“A house is made with walls and beams; a home is built with love and dreams.” (Ralph Waldo Emerson)



My dream apartment is ideally situated in a vibrant and dynamic urban setting. It is situated within a bustling city, providing easy access to various facilities, cultural attractions, and employment opportunities. Nearby parks, shops, restaurants, and entertainment venues are essential to foster a lively and convenient lifestyle. The layout of my dream apartment is thoughtfully designed to maximize space utilization and functionality. It features an open-concept floor and large windows that create a spacious and airy ambiance.

The interior design of my dream apartment has a serene environment. It has a cozy living room where I can unwind and entertain guests. Plush, comfortable furniture and a state-of-the-art entertainment system provide the perfect setting for relaxation and enjoyment. A small study corner with a desk and bookshelves is a quiet space for reading, working, or pursuing personal interests. The bedrooms in my dream apartment are designed to provide peace and scenic view through large windows. The restrooms are sleek and modern, equipped with spa-like features such as a rain showerhead, a soaking tub, and ambient lighting, creating a haven for relaxation and rejuvenation. Now, I would like to mention about my dream kitchen because:

A house is not a home unless it contains food and fire for the mind as well as the body. (Benjamin Franklin)

The kitchen of my dream apartment is a chef's delight. It is equipped with top-of-the-line appliances, ample counter space, and a functional layout that allows for efficient meal preparation. The adjacent dining area features a stylish table where I can enjoy meals with family and friends, fostering a sense of togetherness and creating lasting memories. Along with these,

my dream house also has a fitness center with state-of-the-art exercise equipment, a swimming pool for leisure and relaxation, and beautifully landscaped gardens for outdoor activities and gatherings. Additionally, the building provides 24/7 security service, and ample parking for convenience and peace of mind.

In conclusion, my dream apartment combines comfort, style, and functionality to create the perfect living space. It encompasses everything I envision for an ideal home. This dream apartment represents a sanctuary where I can thrive, de-stress, and make lasting memories, and I eagerly anticipate the day when this vision becomes a reality. I believe:

The house protects the dreamer, the house allows one to dream in peace

(Gaston Bachelard)



2. Financial Pressure and the Middle Class

Financial pressure is a significant concern for many individuals and families, particularly those in the middle class. The middle class typically refers to individuals and households who have a moderate income level, neither extremely wealthy nor in poverty. They are often considered the backbone of the economy, as they contribute to consumption, savings, and investment. **Bernie Sanders** has aptly put it:

The middle class is the backbone of our economy, but they are being squeezed by rising costs and stagnant wages.

Several factors contribute to financial pressure on the middle class. First one among them is “Income Stagnation”. Over the past few decades, middle-class wages have often remained stagnant or grown at a slower pace compared to the rising costs of living, including housing, healthcare, education, and other essentials. This lack of significant income growth makes it challenging for middle-class families to keep up with expenses and maintain a comfortable standard of living.

Secondly, “Rising Costs of Education” has placed a great burden on the middle class. Many individuals strive to provide their children with quality education, but tuition fees, textbooks, accommodation, and other related expenses have been rising faster, making it difficult for families to afford without getting into debt.

The middle class is being squeezed like never before, with healthcare, education, and housing costs all rising faster than their incomes. (Robert Reich)

Thirdly, “Maintenance of healthcare” is a major concern for the middle class. There are hardly few insurance policies available and meagre government assistance programs. In such situations, medical emergencies or ongoing health conditions can quickly end savings and lead to financial pressure.

Moreover, housing costs have been increasing in many regions. Middle-class families often face difficulties in finding affordable housing options that meet their needs. In some cases, individuals may be burdened with high mortgage payments or face rising rental costs, limiting their ability to save or invest for the future. Despite all the concerns, the middle class individuals are barely left with any retirement savings.

These are just a few instances of the financial pressures faced by the middle class. A cursory look at these makes us realize how difficult life is becoming for them in the present time of inflation. It is important for policymakers, businessmen, and individuals to recognize these challenges and work towards creating policies and strategies that promote economic stability and alleviate financial pressure on the middle class.

The middle class is the engine of our economy, but when they are struggling to make ends meet, it slows down growth for everyone. (Barack Obama)



3. Corona-Stricken Society

A corona-stricken society refers to a society that has been significantly impacted by the COVID-19 pandemic. The COVID-19 virus has had far-reaching effects on societies worldwide, including social, economic, and health-related consequences. The primary impact of the pandemic is the public health crisis it has caused. The virus has infected millions of people globally, leading to a significant number of hospitalizations and deaths. It can be said that,

We are not all in the same boat, but we are all in the same storm. (Damian Barr)



The strain on healthcare systems, shortage of medical supplies, and overwhelmed healthcare professionals have been major challenges in corona-stricken societies. Moreover, the pandemic has resulted in a tragic loss of lives, leaving families and communities devastated. Dealing with the grief and emotional effect of losing loved ones has been a challenging aspect of a corona-stricken society. Furthermore, the COVID-19 pandemic has caused severe economic disruptions, leading to job losses, business closures, and financial hardships. Lockdowns, restrictions, and reduced economic activity have resulted in decreased production, disrupted supply chains, and decreased consumer spending. This has led to increased unemployment rates, reduced incomes, and a rise in poverty levels.

The pandemic has exposed the deep inequalities in our society and highlighted the urgent need for social and economic justice. (Bernie Sanders)

Not only economically but also socially the society suffered due to Corona. Schools and educational institutions were closed or operated under restrictions in many corona-stricken societies. This disruption in education has affected students' learning outcomes, particularly those from underprivileged communities who may lack access to remote learning resources. The closure of schools has also had socio-emotional impacts on children and adolescents.

Furthermore, the pandemic and its consequences have had a significant impact on mental health. Isolation, fear, anxiety, grief, and uncertainty have taken a toll on individuals' psychological well-being. The corona stricken society must address mental health issues and provide adequate support and resources for those affected.

Social distancing measures, including lockdowns and restrictions on gatherings, have limited social interactions and created a sense of isolation. This has impacted social connections, community engagement, and mental well-being. Vulnerable individuals, such as the elderly, have been particularly affected by social isolation.

The rollout and distribution of vaccines have been crucial in combating the pandemic. However, disparities in vaccine distribution and access have been observed in corona-stricken societies, increasing existing inequalities. Ensuring equitable access to vaccines remains a critical challenge. Addressing the impact of a corona-stricken society requires a multi-faceted approach, including public health measures, economic support, mental health services, education plans, and efforts to address health inequities. Collaboration between governments, communities, and international organizations is essential in decreasing the consequences of the pandemic and building a more resilient society.

COVID-19 has shown us that we are all interconnected, and that we need to work together to overcome global challenges. (Angela Merkel)



4. My Hobby

According to the Oxford dictionary, a hobby is an activity that you do for pleasure when you are not working. A hobby is a recreation which brings about personal pleasure and amusement. It is an interesting pursuit which we adopt as an occupation for our free time.

It enables a man to find some soothing activity which keeps his mind and soul relaxed. A hobby is required to lessen the boredom and burden and provides pleasure in the midst of troubled feelings.

“A hobby is hard work you wouldn’t do for a living.” (Ralph Waldo Emerson)

Gardening is a beloved pastime that brings immense joy and satisfaction to people of all ages. Whether it's caring for a small balcony garden or maintaining a larger backyard oasis, nurturing plants and witnessing their growth is a truly rewarding experience. For me, gardening has become more than just a hobby; it has become a passion that nourishes both my surroundings and my soul.

“Gardening is the purest of human pleasures.” (Francis Bacon)

I take great pleasure in my small garden in front of my house. The colorful and fragrant flowers freshen my mind, providing a soothing escape from life's challenges. Not only does working in the garden pass the time in a fulfilling way, but it also improves my overall health through exercise, even if it is unintentional. Being close to nature in this way allows me to feel a sense of awe and comfort, similar to the experiences described by the poet Wordsworth.

“Nature never did betray the heart that loved her.” (William Wordsworth)

I am proud of my garden because it is the result of my own hard work. I have created smaller beds for seasonal flowers, and when they bloom, I feel a thrill of joy and pride in my creative efforts. I happily share my knowledge of sowing and maintaining plants with friends who seek guidance. Maintaining my lawn is another source of pride as I keep it trim, tidy and neat. It serves as a gathering place for conversations and discussions in the evenings for my family.

In addition to flowers and the lawn, I have also planted fruit trees along the edges of the grass. While some trees are still young, others have started to bear sweet and juicy fruits like

grapes, guavas, and pomegranates. The growth of a mango sapling that has unexpectedly borne fruit has surprised and impressed my friends, relatives, and even myself. I eagerly showcase this small tree to visitors, inviting their attention and sharing the sense of accomplishment it represents.

One of the most fulfilling aspects of gardening is the opportunity to create beauty. A well-tended garden reflects the gardener's creativity and aesthetic sense. Whether it's a vibrant flowerbed, a serene water feature, or a flourishing vegetable patch, the beauty we cultivate in our gardens brings joy not only to us but also to those who appreciate and admire our handiwork.

“To plant a garden is to believe in tomorrow.” (Audrey Hepburn)

In conclusion, gardening is not just a hobby but a passion that brings pleasure and nourishment to the mind, body, and soul. It provides an escape from the challenges of life and offers a sense of accomplishment through the creation of beauty. My garden, with its blooming flowers, well-maintained lawn, and fruitful trees, is a source of pride and happiness. It is a place where I find peace and a connection with nature, and it brings joy to those who visit and appreciate its beauty.



5. Why I Love Pakistan (Patriotism)

Patriotism is a deep love, loyalty, and devotion towards one's country. It is a sense of attachment and pride that individuals feel towards their nation, history, culture, traditions, and values. Pakistan holds a special place in my heart, and my love for this country runs deep. There are numerous reasons why I love Pakistan, ranging from its rich cultural heritage to its breathtaking landscapes, and from the resilience of its people to the sense of unity and diversity that permeates every corner.

“Patriotism is supporting your country all the time and your government when it deserves it.” (Mark Twain)

First and foremost, Pakistan is a land of diverse natural beauty. From the majestic mountain ranges of the Karakoram and the Himalayas to the serene valleys of Swat and Gilgit-Baltistan, the country is blessed with awe-inspiring landscapes that captivate the soul. The lush green fields of Punjab, the golden deserts of Sindh, and the coastal charm of Balochistan all contribute to the diverse and enchanting beauty of Pakistan. Exploring these scenic wonders fills me with a sense of wonder and gratitude for the bountiful blessings bestowed upon this land.

Moreover, Pakistan's rich cultural heritage is something that never fails to inspire me. The country boasts a history that spans thousands of years, with remnants of ancient civilizations like the Indus Valley Civilization and the Gandhara civilization. The architectural marvels such as the Badshahi Mosque, Shalimar Gardens, and Mohenjo-Daro speak volumes about the creativity and craftsmanship of our ancestors. The colorful festivals, traditional dances, and melodious music further add to the cultural vibrancy that is uniquely Pakistani. I take pride in this heritage and the sense of identity it provides.



Another reason why I love Pakistan is the resilience and determination of its people. Despite facing numerous challenges and setbacks, Pakistanis have always risen above adversity with an indomitable spirit. The strength, unity, and compassion displayed by the citizens during

times of hardship are truly commendable. It is this unwavering resolve that gives me hope for a brighter future and reminds me of the power of collective action.

Pakistan's commitment to democracy and the values of freedom and justice is also a source of admiration for me. The journey towards a stable democratic system has been a challenging one, but Pakistanis have demonstrated their unwavering belief in the power of democracy and the importance of upholding the rule of law.

**True Patriotism hates injustice in its own land more than
anywhere else (Clarence Darrow)**

The diverse and dynamic political landscape of Pakistan allows for a range of voices and opinions to be heard, fostering a healthy democratic discourse.

Furthermore, Pakistan's unique blend of unity in diversity is a testament to the strength of its national fabric. With a population comprising various ethnicities, languages, and religions, Pakistan celebrates the rich tapestry of its multicultural heritage. The respect and harmony that exist among different communities are a source of pride and inspiration, emphasizing the inclusive ethos of the nation.

Lastly, the hospitality and warmth of the people of Pakistan are unparalleled. The kindness and generosity I have experienced in every corner of the country are truly remarkable. Whether it is the humble villagers in the rural areas or the bustling city dwellers, the people of Pakistan never hesitate to extend a helping hand and make strangers feel at home. This sense of hospitality and communal spirit creates a strong sense of belonging and fosters a deep connection with the country.

**In Pakistan lies our deliverance, defense, and honor. (M. Ali
Jinnah)**

In conclusion, my love for Pakistan stems from its natural beauty, rich cultural heritage, resilient people, commitment to democracy, unity in diversity, and the warmth of its hospitality. This country has given me a sense of identity, belonging, and purpose. It is a land that continues to inspire me, and I am forever grateful for the blessings of being a Pakistani.



6. My Last Day at College

“The last day of college is not just the end of an academic journey, but it marks the beginning of a new phase of life.” (A.P.J. Abdul Kalam)

The time at College is an exceptional time in students' lives that they never forget. It is a time when they learn new things, make new friends, and create memories that last a lifetime. As the old saying goes, *"all good things must come to an end,"* and so, it was time for me to bid farewell to my college on my last day.

I woke up early in the morning, feeling a bit nostalgic and emotional about this day. I knew that it was the last time I would see my friends and teachers in this college. I got ready quickly and headed off to college.

Upon arriving, I went straight to the classroom to attend my class. The classroom was empty, later my classmates arrived. I took the time to look around the room and reflect on all the memories I had created in this room. I could hear the sound of my classmates' footsteps, and I knew it was time for the lecture to begin.

The lecture was quite different from usual I had attended in college. The atmosphere was more solemn, and my teacher was more emotional than usual. He gave us a heartfelt speech about our journey in college and how proud he was of us. It was a bittersweet moment, and we all knew that we would miss him.

After the lecture, we had a meeting with our teachers. We discussed our experiences in college and shared our thoughts on how we could improve our college in the future. It was a great opportunity to say thank you to our teachers for their guidance and support throughout our journey.

“The last day of college is like the last day of a really good book. You want to savour every moment, but at the same time, you're excited to see how it ends.” (John Green)

Next, we had some time to spend with our friends. We talked about our plans for the future and recollected all the good times we had in college. We took some pictures together and exchanged contact details to stay in touch.

Finally, it was time to leave. I walked around the college for one last time, taking in all the sights and sounds that had become so familiar to me. I felt a sense of pride and accomplishment, knowing that I had completed my college education.

As I walked out of the college gate, I turned back to take one last look. I had a mix feelings of sadness and happiness, knowing that this chapter of my life had come to an end. However, I was excited to see where my future would take me.

In conclusion, my last day at college will always hold a special place in my heart. It was a day of mixed emotions, but I am grateful for the memories and experiences that I gained during my time in college. It was a journey that I will never forget, and I will always remember my college with fondness and gratitude.

“The last day of college is not the end but the beginning of many beautiful memories that will be cherished for a lifetime.” (Debasish Mridha)



7. Science and Society

“Science knows no country, because knowledge belongs to humanity, and is the torch which illuminates the world.” (Louis Pasteur)

Science contributes a lot to society positively. It helps people solve many problems. Many people use it to their benefit and many to their harm.

Science has brought changes to the way people travel. In the past, people used to travel on foot or use their animals for traveling. The arrival of cars, buses, motorbikes, airplanes etc. has made it easier for people to travel from one place to another. The distance which took several days to cover can be covered in a few hours now. Science has helped reduce travel distances.

**“All of science is nothing more than the refinement of everyday thinking.”
(Albert Einstein)**

Science helps a lot in communication. The arrival of telephones helped people communicate with each other more swiftly. The telephones were followed by cell phones and smart phones which made communication faster. With the help of a smartphone, we can communicate via video-call. Video-calling helped students get education during COVID-19 when it was not possible for them to go to their educational institutes. People use video-calling for their meetings even in the post-COVID era. The unnecessary use of this facility causes the waste of time.

The internet is an important contribution of science to society. It helps in obtaining required information quickly. Students can learn from the internet when required. Video-calling and emailing are done using the internet. It also helps people keep watch on their houses by installing cameras. It helps people reach their destination with the help of navigation. The internet is used for wrong purposes as well. Children use it excessively to play games which, in turn affects their eyesight and causes them to lose focus on their studies.

Science plays an important role in the field of medicine. Many diseases which were fatal in the past are curable now. In recent times, children are vaccinated so that they are not infected by certain diseases and live a healthy life. COVID-19, a pandemic, has been prevented from spreading further with the help of vaccinations.

**“Science is the great antidote to the poison of enthusiasm and superstition.”
(Adam Smith)**

Thus, Science plays an important role in the advancement of society. People should use science for their benefits and not for disadvantages.

8. Advantages and Disadvantages of Cell Phone

Mobile phones are the greatest invention of technology and are used all over the world today. With the spread of mobile phones, communicating with people has become much easier. However, using mobile phones has both advantages and disadvantages.

“The mobile phone has become the adult's transitional object, replacing the toddler's teddy bear for comfort and a sense of belonging.”

(Margaret Heffernan)

Today's mobile phones have made it possible to communicate information verbally and in writing that was not possible before. Since there is no cable attached to the mobile phone, one can easily carry it anywhere, and it is not too big, so we can put it in our pocket. In the event of a student emergency, students can also contact parents immediately by phone. Mobile phones are considered very useful and have proven important in calling security and ambulance in case of emergencies such as fires, medical problems or accidents. Mobile phones are used to call and text someone, send emails, take pictures, communicate with people online and make new friends, etc. It has multiple functions. Everything is online and now we have easy access to any information we require. We can perform online banking, access to the latest services and apps, and online shopping through mobile phones.

On the other hand, mobile phones also have disadvantages as we know:

“Excess of everything is bad.”

Mobile phones are always-on, real-time means of communication and always-on connections, so it is very easy to reach someone else's mobile phone within seconds. This can be useful in some cases, but when a cell phone starts ringing during a meeting or lecture, it interrupts and annoys everyone. While mobile phones make communication easier, the thrill of texting, talking on the phone, or making a video call while working, studying, or driving can be a great pastime.

Reportedly, nearly nine people die every day in traffic accidents caused by drivers distracted by their mobile phones. Isolation is also one of the main negative effects of mobile

phone use. Everyone is busy using their mobile phones even when meeting face to face, which is also one of the major causes of damaging relationships in life.

“Technology is a useful servant but a dangerous master.”(Christian Lous Lange)

Health hazards caused by the heavy use of mobile phones are increasing day by day. Playing mobile games or late-night chats on bright screens can damage your eyes. Studies show that networks can cause skin cancer. Health problems caused by frequent use of mobile phone include insomnia and eye cancer etc.

"Mobile phones are misnamed. They should be called gateways to human knowledge." (Ray Kurzweil)

We can conclude that it not the gadget which is harmful or less harmful but it's the usage of people which make it good or bad. Hence, there are many advantages to using mobile phones, although there are also drawbacks to using mobile phones. In this way, mobile phones have provided numerous services and brought great benefits to mankind. If we use our cell phone while paying attention to all related issues, we can reduce the damage caused by using cell phone.



9. My Aim in life

“The aim, if reached or not, makes great the life.” (Robert Browning)

Every young man has a goal or ambition in life. Without a goal, a man cannot succeed. In fact, it is a goal that gives man a purpose. Without a goal, a man is a drift. Civilization is one of man's goals, and his efforts to achieve it are what make him civilized. Aimless living is a sin. Different people have different goals in life. Some people aim for wealth, some for power, some for fame, some for business, and some for education and knowledge. My goal is neither wealth nor fame. I want to use my talents to serve my country. My goal in life is to become a doctor. There is a reason for this choice. It is a noble profession. There is much more opportunity to serve in the medical field.

"Success is not something you pursue. Success is something you attract by the person you become."



(Jim Rohn)

I want to be a doctor so that I can help people all over the country. This is my own choice. My parents did not force me into it. I am studying hard to achieve my goal of becoming a successful doctor. I am much interested in medicine, so I do not find it difficult.

After I get my medical degree, I plan to work in rural areas where there is a shortage of doctors. My father is a wealthy person, so I don't need to worry about money. Actually, I want to help poor people in rural areas. In my opinion, it would be the best kind of service, and it would give me great satisfaction.

Once one of my classmates got sick with dengue fever. He was poor, so he couldn't get the medical care he needed. His condition worsened every day. When I went to see him, he looked at me helplessly. A few days later, he died. It was a terrible shock to me. I started thinking about the suffering of people. It was a turning point for me and I decided to become a doctor.

“You get what you work for, not what you wish for.”

(Howard A. Tullman)

In order to fulfill my dream i will study hard. After becoming doctor I will prefer to move to a rural area and open a clinic. I know that many doctors choose to live in cities, but I believe that there is a great need for doctors in rural areas. I will work long hours to serve the people in my community. I will also keep this in my mind that people need comfort and understanding just as much as they need medicine.

“Don't watch the clock; do what it does. Keep going.” (Sam Levenson)

I resolved, I will not be motivated by money. As , I have seen that many professions, including medicine, have lost their dignity because of this. But I will not charge poor patients for my services. I hope that my clinic will be a model for other doctors. They need to realize that there is a dire need of doctors in rural areas.

I know that my profession is noble and will bring peace and satisfaction to me. It will provide me with the best opportunity to serve others. As said Sympathy for others is sympathy for oneself.

“The mere act of aiming at something big makes you big”

(Jawaharlal)



10. Pollution

“Pollution is nothing but the resources we are not harvesting. We allow them to disperse because we have been ignorant of their value.”

(R. Buckminster Fuller)

Pollution is the presence of harmful substances into the environment. It can spoil the beauty and purity of things. Humans have made great progress by inventing gadgets that facilitate and ease their lives. However, these devices have also polluted the environment.

“Environmental pollution is an incurable disease. It can only be prevented.” (Barry Commoner)

There are many types of pollutions, and they can be classified in different ways. One way to classify pollution is by the environment it affects. The main types of pollution are air pollution, water pollution, soil pollution, and noise pollution.

Air pollution is the contamination of the air by harmful substances, such as smog, dust, and smoke. These substances can come from a variety of sources, including cars, factories, power plants, and wildfires. Air pollution can cause a variety of health problems, including respiratory problems, heart disease, and cancer.

The cars, trains, and airplanes are all sources of air pollution. The smoke that they emit can contain harmful pollutants, such as carbon monoxide, nitrogen dioxide, and particulate matter. These pollutants can irritate the lungs and worsen respiratory problems, such as asthma and bronchitis. They can also increase the risk of heart disease and cancer.

Factories are also a major source of air pollution. The pollutants such as sulfur dioxide, lead, and mercury can cause respiratory problems, damage the nervous system, and even lead to death.

Air pollution damages the environment. It can contribute to climate change, acid rain, and smog. It can also harm plants and animals. Smog is a type of air pollution that is caused by a combination of sunlight, vehicle exhaust, and industrial emissions. It is a mixture of fog and smoke, and it is harmful to human health.

Water pollution is the contamination of water resources, such as rivers, lakes, and oceans. This can be caused by a variety of sources like sewage wastewater from homes and industries. Industrial waste includes chemicals, metals, and other pollutants from factories. Moreover,

agricultural runoff also contains fertilizers, pesticides, and other chemicals from farms that wash into waterways during rain or irrigation. Water pollution can harm fish and other aquatic life, and it can also make water unsafe for drinking and swimming.

“We never know the worth of water till the well is dry.” (Thomas Fuller)

Soil pollution is when soil becomes contaminated with harmful substances. Industrial waste of factories is the major cause of these unclean materials. It contains heavy metals, solvents, and other harmful substances. As, the population in our country is growing day by day thus to meet the needs of the growing population, we need to produce more food. This has led to the widespread use of fertilizers, insecticides, pesticides and mechanized farming. While these methods have been successful in increasing crop yields but they also have negative impacts on soil.

Noise pollution is excessive sound that has negative impacts on human health and the environment. The noise pollution can damage the environment through number of ways as the unnecessary sounds and horns of cars, trucks, buses, and motorcycles. Construction noise is another common type of noise pollution. It can come from power tools, jackhammers, and other heavy machinery. Airplane noise is a type of noise pollution that can be found near airports. It can be caused by takeoffs and landing.

Noise pollution can have a variety of negative impacts on human health. It can damage the inner ear, which can lead to hearing loss. Noise pollution can cause stress, which can lead to a variety of health problems, including heart disease, high blood pressure, and anxiety. Noise pollution can make it difficult to sleep, which can lead to fatigue, irritability, and difficulty concentrating. Noise pollution can interfere with daily activities, such as reading, studying, and having conversations.

In conclusion, pollution has become a widespread problem that affects us all. The government has a responsibility to take steps to address this issue, but these efforts will not be enough without the active participation of individuals. We all need to do our part to reduce pollution and protect our planet.

11. Life in a Big City

“The seeds of civilization are in every culture, but it is city life that brings to fruition.”(Susane Katherine)

Life in a big city is always growing and moving. Also, there are hundreds and thousands of opportunities for people in big cities to learn and grow. In addition, they provide a chance to grow professionally and personally. Due to the exposure in cities, people tend to be smarter, and intelligent in comparison to the people who live in small towns and villages. Besides, the life of the city is very fast.

Life in a big city means you have to match the fast pace of the city and to indulge in the daily hustle and bustle. Otherwise, you will be lost in the crowd. Apart from this, a big city offers you a lot of support for living a comfortable life. Thus, it is all about making the right balance in the modern town.

A big city has a lot to offer for you to make your life a pleasant experience. However, as you know, good things never come easy, so, to reap the perks of city life, you have to make sure to work hard at the same pace as it runs. Hence, people work like machines to fulfill their dreams in order to become successful.

Moreover, people experience a lot of competition in big cities to achieve their life's goal. Whether a business owner or an employee both struggle to be at par and earn more fame as well as money. They all have to match the pace of life to let the ends meet. A good life in a big city is almost impossible unless you are well settled. Also, you will hardly get any free and peaceful time in such cities as you have to hustle consistently.

You will see there is a great rush of traffic at peak hours of the morning as well as evening. It is not easy to shop around in the markets because they are always bustling with the crowd. The parks are full, and the metro is congested. These thickly populated cities even go through housing problems, which is even increasing with every passing day. All this seldom gives the residents of the big city any peaceful moment.

“The city is a theater where we play our lives.” (Charles Baudelaire)

Furthermore, essentials are so expensive and day to day price hikes create frustration. Due to a high rate of population, demand for resources arises and people get into the race of ‘**survival of the fittest.**’ As a result, you will find every product adulterated, ranging from

milk, ghee, and oil to pulses. Pollution is another harsh reality of metropolitan cities. Air and water both are impure that create an unhealthy living environment.

On the contrary, life in a big city is a comfortable and convenient choice too. It is a place of luxury, abundant in technology, entertainment, job opportunities, advance education, and medical facilities. Undoubtedly, a big city is the best place to reside if your pockets are full of money.

There are oodles of recreational activities available in metro cities like gardens, amusement parks, restaurants, or clubs. One can hang out with one's family or friend, and can celebrate festivals here with more pomp and show. Additionally, there are fewer social issues when one lives in big cities as compared to villages or small towns.



One can have an enjoyable yet stressful life here. The metro city will present one with many struggles, but one can't give up on them to live a happy and successful life. Thus, all one needs is a thought and effort to live a balanced life for creating a sustainable living space. Indeed one has to work hard for better living in a big city but without losing other precious things in life.

When a person desires luxury in life he prefers to live in a big city. He can enjoy several perks and facilities, if earning well. People can't have a difficult life here as they will find good schools, hospitals, restaurants, malls, and travel conveniences. Moreover, job security and advanced facilities make life easy in big cities.

However, the big cities have some issues as well. First of all, everyone is in a hurry in these regions. Work-life is so hectic that parents don't get time for their kids. Besides, in our efforts to have an advanced life, we are destroying the nature around us. People are cutting trees to build more houses and factories. As a result, it leads to air and water pollution. There is also too much traffic that again affects the atmosphere. Hence, Life in a Big City is pleasurable yet difficult. It's up to a person how prepared he is to fight with the tough life of the city.

“City life is millions of people being lonesome together.” (Henry David Thoreau)

To sum it up, big cities, on the one hand, offer many opportunities for personal, professional, and economic growth. On the other hand, it takes away the comfort and relaxation from life. Also, life in cities is very busy and people do not have time for themselves and their families.

“Today's city is the most vulnerable social structure ever conceived by man.”
(Martin Oppenheimer)

12. A visit to a Historical Place

**What peaceful hours I once enjoyed!
How sweet their memories stay!
(William Cowper)**



There is no doubt in it that a historical place is our cultural heritage. Such places are a window to our splendid past. It is certainly a wonderful experience to visit such places. These visits add a lot to our knowledge. When we visit historical places, we come to know the skill and ability of the past. Sometimes such historical places tell us true stories better than the story that is described in books on history.

It is well said,

“Architecture is frozen music.”

(Johann Wolfgang von)

In this modern age, we remain busy day and night like machines. Our minds are all the time preoccupied with the worries and responsibilities of everyday life. In this humdrum life, people become dull in soul and drab in spirit. They have confined themselves to the small stinging nooks of the offices. They feed their big bellies but do nothing for their vexed souls, life has become flat, boring and monotonous for them. They have no free time to spend in the company of soothing nature.

“What is this life if, full of care,

We have no time to stand and stare.”

(W.H. Davies)

We should realize the fact that life should be enjoyed with all its charms and pleasures. We should also spare some time for pleasure and recreation. I have visited many places but the place I like most is the Jahangir Tomb, who was a Mughal Emperor. Sometimes such places tell us better stories than history books. A visit to a historical place is always valuable for a student.

As it is well said,

“All history is the biography of great men.”

(Carlyle)

Last Sunday, we decided to go for an outing. We planned to visit the Jahangir Tomb because we had not seen it. So we all agreed that this historical place should be visited. The Tomb of Jahangir is situated at Shahdara near Lahore. We started preparing for this visit. After two hours we reached there by bus. We were very excited. The great tomb of Jahangir was in front of our eyes. The four tall minarets of the tomb were visible from a distance. As we entered the gate, we saw large grassy lawns on both sides of the road. The weather was very pleasant.

The parks were full of blooming flowers. They were spreading their fragrance all around. It was a very charming sight. There were also some cool shady trees. Many birds were sitting on the branches of the trees. They were chirping. The colorful flowers were a charming sight. There was a beautiful fountain in front of the Jahangir Tomb. It was sprinkling its light shower. The drizzling of drops produced a charming music.

Then we reached the tomb itself. It is a low, large and beautiful building. In an inner room, the great Mughal Emperor used to sleep. Jahangir's grave was in the middle of the room. This was the king who led a luxurious life surrounded by courtiers. The room was decorated with colorful designs. It is a wonderful piece of Muslim architecture. We offered prayer there.

We went up to the roof and had a view of the city of Lahore. It was a beautiful sight. The cool breeze and the deep blue sky made a magical impression on us. We came down and sat under a shady tree to have our lunch and take rest. Soon it was evening and the place looked even more beautiful. The silence and the peace of the Jahangir's tomb were enchanting. The death of the great king reminded us that Man is mortal.

I enjoyed my visit to that place very much and would like to visit it again. Our visit to Jahangir's Tomb was memorable.

13. My favorite Personality

“A hero is someone who has given his or her life to something bigger than oneself.”(Joseph Campbell)

The favorite personality or hero is seen as a man of exceptional qualities and matchless genius. He has the potential and courage to change the fate of his nation. He is a man of strong will power, steadfastness and outstanding nerve. His inspiring personality benefits the nation in multiple ways.

“A hero is a man who does what he can.”

(Romaine Rolland)

In human history, there are countless people who served humanity with their outstanding tasks. When we talk about great personalities, various names such as Muhammad Ali Jinnah, Allama Muhammad Iqbal, Martin Luther King, Mother Teresa and much more come to mind. These people had done a lot of things for the people who needed them. They showed their tremendous courage in banishing the various ills of society and benefited their nations to a great deal.

“True heroism consists in being superior to the ills of life, in whatever shape they may challenge us to combat.” (Napoleon)

Among all these great men, my favourite personality is Allama Muhammad Iqbal. He is our national poet. A great poet only needs a simple verse to leave a long-lasting impression in the reader's mind. That's why the poets attract me the most. They are said to be the disciples of God. They feel and express themselves in an unusual way. I, being fond of poetry, besides reading Urdu poets like Faiz, Firaq, Iqbal, Hafeez, Josh, Ghalib and many others, have also read Keats, Shelley, Blake, Yeats, Browning, Wordsworth and few other English poets. But Iqbal is my favourite personality. He is not only a poet, he is a leader and a champion. He is a genius possessing matchless qualities in his personality.

The creator of the Idea of Pakistan, the poet of the East and champion of Islamic Philosophy was born in Sialkot on November 9th, 1877. He inherited mysticism from his father Sheikh Noor Muhammad and received his early education in his native town. After passing the intermediate examination from Murray College, he joined Government College Lahore. He got

his M.A in Philosophy with distinction and went over to England. There he did his PhD. After his return to the homeland, he settled down as a practicing lawyer. But he never felt eager for this profession. He had a higher calling in view. He aimed at the regeneration of the Muslims through poetry. He believed that nothing but Islamic Principles present the real code of life, as he says:

“I lead no party, I follow no leader, I have given the best of my life to the careful study of Islam, its law and policy, its culture, its history and its literature.”

He persuaded the Muslims of India to realize their worth and urged them to learn the lesson of “self-esteem”. He convinced the Muslims to break the chains of slavery and come out as an independent nation. He wrote various letters to Quid-e-Azam requesting him to do something for the Muslim Nation. It was he who gave an idea of Pakistan.

In 1930, he made a historic speech in which he pointed out that the Muslims are quite different in their beliefs, customs and religion from other nations. He proposed a plan of peace and happiness for Indian residents.

In his poetry, there are many references from the Holy Quran. Some critics even are of the view that Iqbal’s poetry is the true explanation of the Holy Quran. His poetry suggests that Islam is a universal religion which has the ideal guidance not only for the Muslims but also for the whole world. He urged the Muslims to rekindle the flame of faith in their heart.

“To have no faith is worse than slavery.”

There is no doubt his poetry has universality and would continue benefitting the whole world. He has provided a fantastic code of ethics in his poetry. How beautifully he delivers the idea of self-respect, ego and attainments in life.

If the Muslims begin to study, understand and follow his advice, they will surpass the nation and get an elevated place in this world. He is surely a hero in a true sense. He is my favourite personality. May the Muslims of this era get inspiration from his poetry and regain their lost glory.

14. Corona Pandemic in Pakistan

CoronaVirus (Covid-19) is a newly discovered species of viruses that have become a hot issue globally that started in China. There are many different kinds and causes of diseases. Basically, coronavirus is a group of large viruses that are responsible for normally causing disease in mammals and birds. Due to the recent corona Virus attacks, thousands of people have died as a result of this disease left untreated and unchecked. Although health officials tried tracking the exact source of this coronavirus, an early hypothesis thought it may be linked to a seafood market in Wuhan, China.

“The pandemic has highlighted the need for strong leadership and effective governance.” (Dr. Ishrat Hussain)



COVID-19 is the infectious disease caused by the most recently discovered severe acute respiratory syndrome coronavirus. The novel coronavirus, began in Wuhan, China, in December 2019, has spread to more than 213 countries including Pakistan. It is now a pandemic declared by the World Health Organization (WHO). Exponentially worse increase in the number of cases in many parts of the world has forced several governments as well as the Pakistani government to put people under lockdown, sealing borders and shutting down markets, schools and institutions.

Pakistan is sandwiched between two epicenters of Corona - China and Iran. Pakistan is among the top five most populated countries in the world and has the lowest health budget. The government has issued directives on risk mitigation strategies to the masses for prevention by avoiding public gatherings, regular hand washing, social distancing, and maintaining at least a distance of two meters or six feet. Many people are still ignorant and do not abide by the government's directives despite the propagation of these messages through mainstream media.

After a review of the emergency situation in the country by the National Security Council, Pakistan's government adopted risk mitigation measures such as closures of all educational institutions and banning public gatherings to control the further spread of COVID-

19. The western borders were closed and temporary suspension of all international flights was implemented. State of emergency was declared in all major hospitals and more beds were added to meet the needs of expected patients. Several places had been designated as quarantine facilities.

Low literacy rate and general lack of awareness leading to non-seriousness of people towards the adoption of social distancing and hand hygiene. The high population density in major cities of Pakistan can facilitate the spread of viruses. Three-pronged approach of trace, test and treat needs to be aggressively implemented to stop the transmission of virus leading to a drastic increase in cases.

“The pandemic has shown us the importance of investing in our healthcare system.” (Shireen Mazari)

Doctors form an essential part of an effective response to the COVID-19 pandemic. They have critical roles in diagnosis, containment and treatment, and their commitment to treatment despite increased personal risks is essential for a successful public health response. Frontline workers have been experiencing high work volume, personal risk and societal pressure to meet extraordinary demands for healthcare.

A COVID-19 vaccine began in 2021 at the earliest. Without a vaccine, other preventive measures are a key part of trying to decrease and delay the epidemic peak. The media should play a responsible role by avoiding spreading panic and anarchy. Prominent religious clerics should pursue people intellectually about the health measures and precautions. May Allah help us during these troubled times.

15. Technical Education

Education is the process of acquiring knowledge, developing the powers of reasoning and judgment and generally of preparing oneself for practical life. There are many kinds of education. General or liberal education means learning for learning's sake. Social education teaches us how to lead a good life in a society. Religious or spiritual education molds our characters and makes us virtuous and pious. But vocational or technical education is not learned for learning's sake only, it enables us to practice our learning to earn a living. Technical education may be defined as the practical application of scientific studies to the teaching of some trade, profession or handicraft.

“The principal goal of education is to create men who are capable of doing new things, not simply of repeating what other generations have done.” (Jean Piaget)

Modern age is the age of machines. The machine has entered into the soul of our social life and no aspect of society is complete without it. Even the smallest thing of our daily use is manufactured after several mechanical processes. Hence, there is a great need for technicians and skilled workers. A labourer who works on a machine should be fully trained and should possess a thorough knowledge of that machine. So the importance of technical education is increasing day by day.

There is a need for efficient and skilled workers in vocations. It is the age of large scale industries. It is very difficult to achieve progress in the industrial field without a sufficient number of technically trained hands. Hence, young men must be given technical education, so that they may contribute their best in the desired development of our country.

“The great end of life is not knowledge but action.” (T.H Huxley)

Technical education is lacking in Pakistan. Our schools and colleges produce men who are fit only to be clerks. Our youth hankers after office jobs. They dislike working in factories and hate to learn practical skills. This is why unemployment is on the rise in the country. Poverty in Pakistan is due to the neglect of technical education. Our country is rich in raw material resources, but we cannot enjoy the advantages only because we are not equipped with any technical knowledge.

To conclude, our government has done a great deal in establishing technical and vocational institutions throughout the country. We must take lessons from other countries which are powerful even though they are not rich in natural resources. Only technical education has made them distinguished in the world. Our Country is fortunate to have rich resources. The only need is to give technical and vocational guidance to our young men and women. This alone can solve many problems at the same time.



16. A Cricket Match

“Sport is the greatest physical poetry.” (Albert Camus)

Cricket is an outdoor sport that is loved by millions of people around the world. It is a game that requires skill, strategy, and teamwork. One of the best ways to experience the excitement of cricket is by watching a live match. Recently, I had the opportunity to witness a thrilling cricket match in the stadium.

The match was between two local teams and was held on a sunny Saturday afternoon. I arrived at the field early to get a good spot to watch the game. The stadium was buzzing with excitement as fans from both teams came in scores to support their players.

“There are moments in cricket that are beyond human imagination.” (Harsha Bhogle)



Luckily, our team won the toss and chose to bat first. The opening pair of our team started off with confidence, hitting boundaries and scoring runs. However, the other team's bowlers were equally strong and they managed to take wickets at regular intervals. Despite this, our team managed to score a decent total of 250 runs.

When the other team came out to bat, they started off slowly, trying to build a partnership. But our bowlers were too good for them and took wickets at crucial moments. The crowd was cheering loudly as our team kept taking wickets and the other team's score kept falling. In the end, the other team was all out for 150 runs, giving our team a comfortable victory.

It was a great match, with both teams displaying their skills and sportsmanship. The crowd thoroughly enjoyed the game, cheering for their team and appreciating good players from both sides.

Watching a live cricket match is an experience like no other. The thrill of the game, the energy of the crowd, and the skill of the players combine to create an unforgettable experience. As an intermediate student, I learned a lot from watching this match. I learned about sportsmanship, teamwork, and the importance of perseverance. I also learned that even when the odds are against you, you can still come out on top with hard work and determination.

“Sports teaches us humility, teamwork, and the importance of perseverance.” (Mahatma Gandhi)

In conclusion, the cricket match I witnessed was an incredible experience that I will always remember. It taught me valuable lessons about life and sportsmanship, and showed me the power of teamwork and determination. I would encourage everyone to watch a cricket match at least once in their life, as it is an unforgettable experience that will leave you feeling inspired and energized.

17. Inflation / Rising Prices

In economics, inflation is a sustained increase in the general price level of goods and services in an economy over a period of time. When the price level rises, each unit of currency buys fewer goods. Consequently, inflation reflects a reduction in the purchasing power per unit of money. The opposite of inflation is deflation. G. Ackley defines inflation as:

“Inflation is the one form of taxation that can be imposed without legislation.” (Milton Friedman)

There are three types of inflation: The inflation caused by the printing of currency notes is called currency inflation. Demand-pull inflation results due to the increase in aggregate demand in the economy. Cost push inflation is the increase in the cost of production. Many factors trigger pressure in an economy. The rarer a specific item is the more valuable it must be. The same logic goes for currency, the less currency there is in the money supply and the more valuable that currency will be. When a government decides to print new currency, it essentially waters down the value of the money already in circulation. An increase in the money supply will be having more dollars chasing the same amount of goods in an economy, which will inevitably lead to increase in demand and therefore higher prices.

When a country's debt increases, the government has two options: they can either raise taxes or print more money to pay off the debt. Inflation can be made worse by our increasing exposure to foreign marketplaces. In America, they function on a basis of the value of the dollar. On the other hand, demand-pull inflation and cost-push inflation causes an increase in the overall price level within an economy. Every day we hear of commodity prices going up and the value of money going down. We have also heard of inflation and the global economic crisis having far-reaching effects on the world economy.

“Inflation is a tax on money, not on income or wealth.” (Jacques Rueff)

In a fact that is surprising to most people, economists generally argue that some inflation is a good thing. A healthy rate of inflation is considered positive because it results in increasing wages and corporate profitability and keeps capital flowing in a presumably growing

economy. As long as things are moving in relative unison, inflation will not be detrimental. We all love to save. But when it comes to long-term investments, it allows us to benefit from inflation down the road. Besides the positive effects, inflation leaves long-term negative impacts on the people and the living. It becomes difficult for a consumer to purchase more goods. It generates bad effects on the poor labour force. Inflation reduces the living standard and purchasing power of people. It causes an increase in the tax bracket. In a competitive environment where demand and supply forces predominantly influence price movements, an attempt to keep the prices down artificially results in a dilution of quality and in some cases quantity too. Thus, inflation is taxation without legislation. Inflation is like the sun; every government denounces it and every government practices it.

“Inflation is like sin; every government denounces it and every government practices it.” (Frederick Leith-Ross)



18. A Day I wish to go back to

Time has a peculiar way of weaving memories and emotions into the fabric of our lives. Among the numerous moments that stay in our heart forever, is the one vivid memory of my result day. It was the day I was eagerly waiting for the outcome of my hard work and determination over the years. Looking back, I consider it the best day of my life. It is the day I yearn to relive. Even now after two years my memory is fresh in my mind and I relish every time I think of it. I must say real happiness is not only one's achievement but also seeing others happy for their success.

This is about the result of my Matriculation examination. Everyone knows that these exams mark a hallmark in every student's life. I had worked really hard for two years, appeared in the test sessions and dedicated myself to studies. Now was the day to harvest the fruit of my efforts. However, I had no idea that it would turn out to be so dramatic.

It also happened that I had been awake at night out of my anxiety and dozed off in the morning. My elder brother came running, pulled aside my sheet and said, "get up your result is out. Baba is very upset, you have secured 75% marks and now you will not get admission in your dream college." There I was half drowsy half awake, sitting in shock, and finally I was able to utter: "But how? How could this be? After all these efforts?" Bhai didn't reply to me and instead went out leaving me in shock.

I was just trying to gather my thoughts when Mama entered the room. She looked at me and tried to console me, "What can be done now? Don't worry." Well, fortunately looking at my dumb face she couldn't resist and giggled. I could realize that something was fishy. Bhai shouted immediately, "Mama please don't ruin our plan." I tried to comprehend his words, plan? What plan? And at the same time baba and Amna entered my room holding blowpipes, flowers, and a blaster. They were all laughing, shouting, giggling and I was amazed standing at the corner of my bed waiting to know my real marks. Looking at me and maybe understanding my confusion Baba hugged me and said, "Congratulations, you achieved your target and secured 95% marks. We are so proud of you."

These words I had urged to hear for so long. It was like a dream come true. I started jumping while baba was still holding me and we both jumped out of joy. Baba had always told me rightly:

Believe in yourself. You are braver than you think, more talented than you know, and capable of more than you imagine.”

— Roy T. Bennett



Then I fell down on the bed silently trying to believe that it was a reality and not a dream. Amna shook my arm and started demanding a treat. Mama interrupted and said, “ No bhai has done his job now it is Baba’s turn for a treat.” She fondled my hair and said, “ Beta always remember:

Success is not the destination, but the journey.” (Zig Ziglar)

The remaining day passed in entertaining guests. As soon as all close relatives got to know of my achievement they came to congratulate me, there were gifts, sweets and laughter all around. I was the man of the show and I felt over the moon. At night, Baba took us out to the best buffet and it was a delicious treat. On our way back Baba gave me the key for my new bike which was just a cherry on the top. This bike was my gift for my success and now I could ride to College independently.

Even now when I think of that day, Baba’s smile, Mama’s wet eyes, Bhai and Amna’s cheering, my excitement and satisfaction all freshen up as it was just yesterday. I hope that I will be able to score equally good in the intermediate examinations to add yet another sweet memory into my diary.

Memories are the diary we all carry with us. (Oscar Wilde)

19. Internet: Uses and Abuses

The Internet is so big, so powerful that for some people it is a complete substitute for life. (Andrew Brown)

The internet has become an integral part of our lives. It has revolutionized the way we communicate, interact, and access information. However, like any powerful tool, the internet has both uses and abuses. It is important to mention that a person get benefits from the internet while having well aware of its abuses and its potential consequences.

The internet could be a very positive step towards education, organisation and participation in a meaningful society.

(Noam Chomsky)

First of all the internet provides instant access to a vast amount of information on any topic. It serves as a valuable resource for research, education, and self-empowerment. Online libraries, databases, and educational platforms offer learning opportunities for people of all ages.

Secondly, the internet allows seamless communication across geographical boundaries. Emails, social media platforms, and instant messaging facilitate global connections as well as collaborations.

Thirdly, the internet has transformed the way we shop and conduct financial transactions. E-commerce platforms allow us to purchase goods and services online. Not only this, the internet also offers a plethora of entertainment options including gaming, movies and TV shows.

Moreover, one must agree that the internet has bridged the gap between people from different cultures and backgrounds. It promotes cross-cultural understanding, enables sharing of ideas, and facilitates collaboration on a global scale.

However as discussed earlier, the internet is not without its disadvantages.

The internet has been a boon and a curse for teenagers.

J. K. Rowling

Cybercrime has initiated and flourished due to the internet. Cybercrime includes hacking, identity theft, and online fraud. Criminals exploit vulnerabilities in the digital realm to harm individuals, and steal sensitive information. Furthermore, the anonymity provided by the internet

has unfortunately led to the proliferation of cyber bullying. Individuals can harass, intimidate or spread false information about others.

Moreover, since a lot of personal data is shared online, it puts privacy at risk. Online surveillance, data breaches and personal information pose risks to individuals' privacy and security. Besides, the internet can be addictive, leading to excessive use and dependency. Excessive time spent online can negatively impact mental and physical health. It has also become the breeding ground for misinformation and fake news.

Thus, the importance of the internet cannot be challenged in the present times especially in this globally connected world but it is crucial to strike a balance. Educational and digital literacy along with implementation of safeguards can help mitigate the abuses while maximizing the benefits of the internet.



20. Women's Place in Society

“The day may be approaching when the whole world will recognize woman as the equal of man.” (Susan B. Anthony)

The role of women in society has changed dramatically over the years. Women have made incredible strides in education, politics, and the workforce. Despite this progress, there are still many challenges that women face in their daily lives.

In the past, women were seen as homemakers, responsible for caring for their families and raising children. However, as society has evolved, women have been given more opportunities to pursue their dreams and achieve their goals. Today, women have access to education and can pursue careers in any field they choose.

“A woman is like a tea bag - you can't tell how strong she is until you put her in hot water.” (Eleanor Roosevelt)

However, there are still many obstacles that women face, such as unequal pay, gender discrimination, and the pressure to balance work and family life. Women are often paid less than their male counterparts for doing the same job. This is unacceptable and needs to change.

In addition to unequal pay, women also face discrimination in the workplace. They are often overlooked for promotions and leadership roles simply because of their gender. This is unfair and limits the potential of talented and capable women.

“We need to do a better job of putting ourselves higher on our own 'to do' list.” (Michelle Obama)

Women also face the challenge of balancing work and family life. Many women are expected to work full-time jobs while also caring for their families and children. This can be a difficult juggling act, and it is important that society supports working mothers by providing access to affordable childcare and flexible work arrangements.

In conclusion, women have come a long way in society, but there is still much work to be done. Despite the challenges, women have proven time and time again that they are capable of achieving great things. We should also continue to work together to ensure that women have equal rights and opportunities in all areas of life.

“I raise up my voice - not so that I can shout, but so that those without a voice can be heard.” (Malala Yousafzai)

21. Drug Addiction

“Addiction is a monster; it lives inside, and feeds off of a person, until there is nothing left.” Karen Quan

Our ancients have spoken of five cardinal sins, which must be avoided by all means, though they may appear to bring profit or pleasure for the time being. They are gambling, stealing, murder, lack of chastity and drugs. The history of humanity is replete with examples where people have been ruined by following the path of one or other of them. A whole nation was brought to disgrace by opium. Some people think that the use of drugs adds to the pleasure, some think that it takes away physical weariness. Still, others take it to forget their worries while others take it to please the company they keep. In cold countries, they have it to keep themselves warm. While in very small doses drugs act as medicines, they can only bring harm in large doses. They have a doping effect and hence at the spur of the moment, the person may act more vigorously. Sustained consumption of them in large quantities will lead to dependency and addiction.

Man is known to make drugs. Today, various kinds of addictions like wine, brandy, morphine, heroin, cocaine and opium are prevalent. These drugs affect the nervous system, especially the brain that controls voluntary action. So, a man under the influence of a drug is unable to walk properly and he staggers. It deadens the senses, so a man under the influence of drugs does not know what he does or speaks. Continued addiction upsets the digestive system, especially the liver, leading eventually to death.

The mental faculties will be numbed. Drug addiction brings moral degradation. The addict himself knows it and so he consumes them only in secret. It is against all religious sanctions. It leads to immoral and evil activities. Socially also an addict is looked down upon and people would try to avoid a drug addict. He is a nuisance wherever he is, at home or in the company. He would bring untold misery to his people and those around him. People will point the accusing finger at such a family.



Nowadays, youngsters under pretenses are taking drugs like marijuana and opium. It is sad; they don't realize the harmful effects. A drug addict becomes a drug dependent. He

cannot live without drugs. It is a form of psychological condition that implies a set of mental and behavioral responses to drugs that result from repeated reinforcement produced using drugs.

“Addiction is not a choice, it's a response to a situation where a person feels powerless.” (Gabor Maté)

There are many causes, which lead to drug addiction. These include social, economic and physiological factors. There is a strong nexus between drugs and torn family life. It has been found that a broken family structure often forces one to resort to the drug. In other words, personality make-up is another factor for drug addiction. The easy availability of different drugs in the market makes it easier to produce them.

Unless a person wishes to get rid of this evil, it is very difficult to give it up. Hence, an awareness campaign can serve the purpose and awareness should be given of the vices of addiction.

“Recovery is hard, but addiction is harder.” (Unknown)



22. Corruption

“Corruption is a global phenomenon and a challenge to democracy and the rule of law.” (Kofi Annan)

Corruption is a multi-faceted social evil. It is a dilemma and a great challenge the world faces today. It has stuck to humankind like a fatal and deadly malady. It is an extensive and worldwide moral degradation of society. Nepotism, misappropriation of public money and non-accountability has spread the waves of corruption in almost all departments of life. Even courts of justice and education are no exceptions. They have also become the arena of corruption.

Corruption is a severe threat to national existence and integrity. It damages the whole system of moral, ethical and religious values of civil society. The distinction between right and wrong vanishes. Revolutions and military takeovers have become common. Corruption is one of the main causes of the destruction of nations in the past.

“Corruption is like a ball of snow, once it's set a rolling it must increase.” (Charles Caleb Colton)

Corruption has also become an essential part of our economic, social and cultural activities. From the bottom to the top, the whole machinery is corrupt. The corrupt people use quite surprising techniques and phenomenal tricks to deceive others. From a peon to a boss, almost everyone is involved in corruption directly or indirectly. Usually, the police and income tax departments were notorious for corruption. But now, this evil has mushroomed in almost every department of the government. It has crept into our social system and corroded the machinery of government.

As **William Gaddis** said,

“Power doesn't corrupt people, people corrupt power.”

Partiality, bribery, nepotism and misuse of power have utterly knocked down the moral fiber of our society. Almost all the civil and military officials have fallen prey to corruption. For the sake of monetary gains, they touch the lowest level of immortality. Several strands contribute

to the rife of corruption. First, the people have a lack of contentment because of economic uncertainty and insecurity in our society.

Firstly, every person wishes to get rich overnight and, therefore, tries to feather his nest. Secondly, the inflation rate is unbridled in our society. The public officials are unable to carry on their standard of living within their salary. So, they are enticed to accept the bribe. Thirdly, a lack of accountability on the part of the public servants and politicians' water the flower of corruption. Fourthly, most people have disregarded religion and moral traditions. They want to accumulate wealth at any cost. They have no sense of right and wrong.

To eradicate corruption, we shall have to end the corruption culture. We should re-establish our connection with religion, which can keep us on the right path. All the responsible officials and politicians must be held answerable for their deeds. The anti-corruption department should be authorized to give drastic punishments to corrupt people.

“The World will not be destroyed by those who do evil, but by those who watch them without doing anything”

(Albert Einstein)

