

Essays

21 Essays

An essay is simply a combination of several paragraphs, rather than one paragraph, that supports a single point. In an essay, subjects should be given more importance than a paragraph. For that reason, an essay is longer than a paragraph. The main idea or point developed in an essay is called the thesis statement or thesis sentence. The thesis statement appears in the introductory paragraph, and it is then developed in the supporting paragraphs that follow. A concluding paragraph closes the essay. In this chapter, we will discuss two types of essays.

- Narrative
- Descriptive

Narrative Essays

A narrative essay details a story, often from a particular point of view. A narrative essay should include a set of characters, a location, a good plot and a climax to the story. The plot is used as a way of detailing events within the story/event. Mainly, it includes flashes from history or the future. The point of the essay should be mentioned early on, preferably in the opening line. This type of essay should be in either the third or first person.

Descriptive Essays

Descriptive essay describes a place, an object, an event or even a memory. But it is not just plainly describing things. The writer must paint a picture through his words by evoking the senses of the reader such as the sense of sight, smell, touch, sound, etc. A good descriptive essay makes the reader feel the emotions with the help of a description.

21.1 Structure of an Essay

Writing an essay involves critical thinking and excessive reading. The more you read, the better you write. An essay consists of the following essential constituents:

- Introduction
- Main body
- Conclusion

Introduction

This is the first paragraph of an essay where the writer introduces his topic to the reader. Generally, it is not very long but about 4-6 lines. There is plenty of scope to get creative in the introduction of essays to grab the attention of a reader. To make it impactful, an essay can begin with an authentic quotation, a definition or even a question. The beauty of an essay lies in the catchy sentences.

Main Body

An essay must have at least three supporting points comprising three separate paragraphs. However, some detailed essays may require four or more body paragraphs to support the subject of the essay. Each of the supporting paragraphs should begin with a topic sentence that states the point to be detailed in that paragraph. Just as a thesis provides a focus for the entire essay, the topic sentence provides a focus for a supporting paragraph.

Conclusion

The concluding paragraph often summarizes the essay by briefly restating the main supporting points. Also, the conclusion brings the essay to a natural and graceful end. It briefly and concisely provides the reader with a final thought on the subject.

21.2 Tips for Essay Writing

- Begin your essays interestingly and appropriately. It will help draw the attention of the reader and pique their curiosity.
- Keep it between 300-500 words. This is the ideal length. You can take creative license to increase or decrease it.
- Keep your language simple and crisp. Unnecessarily complicated and difficult words break the flow of the sentence.
- Avoid grammatical mistakes; use correct tenses. Failure to which can distract the reader from the content.
- Before starting to write an essay, brainstorm and organize your thoughts. In this way, you can ensure that the story will flow smoothly in an organized way.

21.3 Internet

Internet is a worldwide spread computer network. The process of connecting two or more computers with a cable or modem is known as the internet. It is the only means of exchanging data through computer networking. It can be very easily accessible. The internet is an advancement of modern technology that has swept the world off its feet with its vast usage. People all over the world are now using the internet daily. The internet has enabled the growth of society both positively and negatively.

The 21st century has brought about a great revolution in the field of the internet.

Consequently, human society has experienced innumerable pros and cons of the internet. Where the internet has badly diluted some of our moral values, there it has also helped us in different walks of life. Aspects of society such as economy, culture, politics and religion have been impacted by the use of the internet.

The internet has provided us with different communication platforms which have been of great benefit to people in different ways. These platforms consist of interconnected networks that use standardized communication protocols. The invention of Facebook, WhatsApp, email and many other social platforms has greatly aided people in the communication across continents without much struggle. Not only did the internet shorten the distance, but it also introduced the world to dynamic ways of communication such as video calls.

Additionally, the internet has broadened our horizons and enlightened our minds. With the help of the internet, humans have witnessed unbelievable revolutions and transformations. Today's man is less sceptical and more rational in his approaches. Education has been made easy because vast information is provided on websites like Google and it is accessible to whoever is interested. Like a virtual teacher, the internet has assisted us in learning. By and by, the trend of online learning has been getting accreditation and acknowledgement worldwide. As a result, society has become stronger over the years.

Not to paint the negative scenario, one cannot help thinking about how the magical wand of the internet has made the world one big family. The mind can be an excellent slave but a poor master. There are always two ways to choose: the red pill or the blue, heads or tails. On the one hand, the internet with the help of myriad of digital applications and social platforms has paved the way for convenient communication, but on the other hand, we seem to be enchained forever to an obsession with our virtual identities at the sad expense of our real selves. One of the ways could possibly be not a complete breakaway from our virtual selves, but be conscious of how not to let this tech environment eat up our whole real existence. The netizens should never forget that 'excess of everything is bad', and that 'only limits ensure freedom'.

21.4 Traffic Problems in Big Cities

The ever-increasing development in the modern world has bestowed upon us many gifts, but not without its banes. One such gift is in the field of communication. Though travelling to far-off places has become more comfortable and quicker due to the boom in the automobile industry, it has caused many traffic problems. The traffic problem in a big city has gone beyond proportion. The traffic jams in a big city are a daily occurrence.

Traffic congestion makes a city's life miserable and unsustainable. Sometimes, the traffic remains jammed for hours together. As a result, men and women going to their places of work are at once halted. They do not reach their offices in time. The school-going children are delayed to reach the schools. Many a time, the patients do not get medical aid timely due to traffic jams. The traffic tie-up also badly affects people's mental health. The passengers

delayed due to traffic jams feel frustrated and angry. Resultantly, they quarrel and shout at one another while hurling words of abuse and blowing horns constantly.

There are various reasons for the traffic jams. The unchecked population growth is the foremost cause. The population in big cities has been increasing rapidly. There is an influx of villagers who come to settle in the cities to improve their living. They come to the big cities in search of jobs and modern facilities for life. The ever-increasing number of people has resultantly increased the bulk of traffic on the roads.

The cities are also not developed. The roads are narrow and uneven in various places. They cannot withstand the pressure of traffic. As a result of the traffic jams, the flow of traffic is halted.

Moreover, people are not educated enough to follow the traffic rules. Many of them violate their lanes which causes traffic congestion.

The following measures can help reduce traffic congestion in big cities:

1. The villages should be urbanized. The migration of the villagers to the cities should be discouraged.
2. People must be educated to follow traffic rules.
3. The roads should be widened and properly maintained.
4. Protocol culture should be discouraged. Roads should not be reserved for the V.I.Ps.

21.5 A Visit to a Zoo

Gone are the days when zoo trips used to be the most thrilling spot that the children would love to visit. With the revolutions in digital gadgets, people find the task of going to the zoo rather tiring and less interesting. Yet for a person who has never visited a zoo, this long trip can be a cherishing visit. Apart from being an exciting experience, such a visit can offer many learning opportunities.

Deforestation and urbanization have endangered many animals. Zoo is a place that provides us with a chance to see the animals that cannot be seen in their natural habitats. A visit to a zoo also gives us information about the rare species.

Last Sunday, the weather was pleasant. I along with my family, visited Lahore Zoo. I always wanted to visit the zoo as it offers us an opportunity to see wild animals. There was a huge crowd present at the entrance gate. Men, women and children all appeared to be very excited. People were buying entrance tickets. We reached there at 11.30 a.m. We bought our tickets and went inside the zoo.

Firstly, the Zoological Garden was a feast for our eyes. Different species of water birds were swimming in the clear blue lake. The sight of a white duck swimming on the smooth surface of clean water was a wonderful delight. Adjacent to the zoological garden was a birds' enclosure where colourful birds such as sparrows, pigeons, eagles, and parrots from different regions of the world were chirping. Their enchanting music delighted us much.

We were very excited and scared at the same time to see wild animals like lions, tigers,

leopards and tigresses in the other enclosures. The roars of the lions terrorized the children who would cling to their parents. At the same time, it was awesome to see the king of the jungle. When someone moved near the enclosure, the majestic animal began to roar. Then, we moved to the den of the tiger. Its flashing glare and sharp teeth filled us with fear. We also saw elephants and bears.

Afterwards, we came across a big garden in which stags and deer were frisking about. These animals were enjoying the weather by running here and there. In one corner of the garden, there was a cage where a large number of monkeys and baboons were jumping. Their tricks and pranks were worth seeing. Some people threw bananas at them which they immediately tried to catch by jumping down. Children were enjoying themselves by making faces at them. Next to this enclosure were kept polar bears that looked deserted and dejected. Then we moved to a big tank which was full of crocodiles. We saw snakes like cobras and pythons.

We spent quite a good time in the zoo. It was in the zoo where I got the experience of petting wild animals. A simple touch taught me a lot and gave me an incredible experience that I would never forget. Trip to the zoo will never fail to bring out the inner child in you.

21.6 Village Life

A village reflects a picture of regional, cultural and social customs. It is very different from an urban area. Life is simple and pure here. Little signs of modern progress and development can be seen in a village. The simple mud houses, narrow paths and unpaved roads are the highlights of a village.

Pakistan is predominantly an agricultural country. The majority of the people reside in villages. They live a very simple and natural life. To the people, a village offers a matchless scenic beauty and freshness of atmosphere. Lush green fields, tall trees and blossoming flowers look very charming.

Life in a village is very calm and peaceful. It is almost free of noise pollution. There is no rush of traffic and no noise from factories. Villagers enjoy the peace of paradise here. Though all the necessities and comforts of life are not available to the villagers, they are free from tension, anxiety and artificiality. They are content with a few facilities and little joys. They inhale fresh air and eat pure food.

The occupation of the majority of villagers is agriculture. They live a very difficult and hard life. They set to their work in the small hours and remain busy all day long. They plough the fields, sow the seeds, water the plants and reap the crops. Both men and women work in the fields and look after the cattle. Government offices, private companies, factories, skilled workers and technicians are rare in a village. However, a few artisans like carpenters, blacksmiths and shoe-makers work in a village.

Villagers are generally simple, sincere and industrious people. They are very hospitable and generous to their guests. They enjoy mutual cooperation. Their joys and sorrows are

common. They avoid fashion and affectation. Generally, villagers entertain themselves with folk dances, village fairs, local games and music such as “*Maheyas*” and “*Tappas*”.

Though villagers enjoy a simple, pure, free and peaceful life they have to face several problems. As with all other things, village life is a mixed blessing. It has its advantages and disadvantages. Comparing it to modern standards, village life is not easy to live. It is devoid of the basic amenities of life. Though some villages are facilitated with roads and electricity, they are still lagging far behind. They need more education, awareness of modern means of cultivation and better amenities of life.

More than seventy per cent of our people live in the villages. But, very little attention is given to uplift the standards of villages. Without taking solid and adequate measures for the improvement of village life, Pakistan cannot make progress by leaps and bounds.

21.7 My Last Day at College

College life is one of the best periods of one's life. It is a life of freedom, friendship and intellectual growth. The campus that used to echo with laughter, the corridors where friends used to walk together, and the classrooms which used to resound with scholarly discussions, cannot be forgotten easily. That is why the last day at college brings tears to our eyes and grief to the heart.

I got up early as it was my last day at college. I wanted to relive, for one last time, all that what had I gained from my illustrious alma mater. The moment I reached there on the sunny April morning, I felt as if the fragrance of the flowers and the trees welcomed me by stretching out their branches far into the air. What I knew was that day, everything would become a memory of the past.

All of us were very emotional on the last day as we took our classes. The teachers were sad too. We had developed a strong bond with our teachers which made us feel nostalgic. We cracked jokes to cheer ourselves. Furthermore, we sought guidance from our teachers on our future plans. After the classes, some of us decided to go to the most favourite spots on the campus. The cafeteria was the centre of all our activities. Ali, the manager of the cafeteria, welcomed us wholeheartedly. He offered us some cold drinks and snacks and refused to take money from us, as it was our last day at college. We sat there for almost an hour and entertained ourselves with refreshments and gossip.

Passing across the green lawns and through symmetrical hedges, next, we reached the Boarding House. The students of the first year, our juniors, were waiting for us there. It was an invitation to a farewell dinner along with a musical night, organized by our talented juniors residing in the hostel. It was a pleasant evening. Food was palatable and the whole event was very well organized. To our surprise, the singers were some of our teachers and a few were students of first year. The Principal and the Vice Principal wished us a bright future and bade us goodbye at the end.

Finally, the festivities came to an end. It was the end of all the cherishing delights. That

day, indeed, was a memorable event of my life. Weighed down with a heavy heart and moving along the lonely road, at last, I returned home.

21.8 Advantages and Disadvantages of Cell Phones

Mobile phone is a significant technological advancement. It is a small, portable, and affordable electronic gadget which connects people of different areas with the rest of the world. It has greatly benefitted human race. To know about the outside world, majority of people have cell phones. To get in touch with the world, cell phone has become a medium of quick communication. It has become an advanced medium of business, healthcare, and education. There are numerous advantages of cell phones, but it also has negative aspects. Following are the pros and cons of cell phones:

Cell phones have made it possible to communicate with anyone anywhere in the world. People can find anything in the world easily just through a click. A survey report shows that 55% of adults keep a cell phone with them to access information. The use of the internet has become worldwide after the invention of mobile phones.

The invention of mobile phone has brought some revolutionary changes in the field of education and entertainment. With the help of these handy gadgets, the field of education has flourished dynamically. Students can learn and do research on their lessons through mobile phones. There are different types of educational applications which are available on App Store. Such applications have fostered the process of learning and have opened new gateways to the learners. Likewise, if we want to watch movies or plays, we do not need to go to cinemas anymore. Everything is just a click away; we can watch dramas, movies, and films on our phones free of cost.

The cell phone is not only a blessing but also a curse. It creates a distance between you and your parents, friends, and relatives. People get distracted by using too much mobile phone. It happens mostly to the people who excessively keep playing video games or use too much social media. Mobile phones have become a health hazard for young generation. People have become dependent on it and cannot work without it. In this way, they waste their precious time, money, and energy. These gadgets have also given birth to cybercrime. There are a number of mobile applications which steal data from us and misuse them in hideous crimes.

Nevertheless, through the magical wand of mobile phones the world has become one big family. Mind can be an excellent slave but a poor master. On the one hand, mobile phones with the help of myriad of digital applications and social platforms have paved the way for convenient communication, but on the other hand, we seem to be enchained forever to mobile mania. One must remember that cell phones are a means of communication and they should be used in a way that one may not become a slave to it.

21.9 Festivals

Festivals are such celebrations that make a nation honour its values and culture. A nation celebrates different festivals to promote its culture, by sharing and revising the reasons of events that has been already taken place. Pakistani people are very close to their culture and celebrate cultural festivals with great zeal and enthusiasm. There are numerous festivals that are celebrated in Pakistan. Some festivals are celebrated nation-wise, and others are celebrated within certain communities, with complete unity. However, if we look at the past, there were only few events that were celebrated. As a result of globalization, we have adopted many festivals from the West.

Pakistan is the land of diverse ethnicities. The cultural and the religious values are deeply-rooted in its society. Allah (سُبْحَانَهُ وَتَعَالَى) has blessed this country with many cultural and moral values which all have background stories. In addition to the religious festivals, the country also takes pride in several cultural festivals.

Every province has its own culture and values, which celebrated in different styles. However, being an Islamic Republic Nation, religious festivals are celebrated with great religious passion and enthusiasm. The most anticipated festivals are Eid-ul-Fitr, Eid-ul-Adha, Eid Milad-un-Nabi (عَلَيْهِ السَّلَامُ رَسُوْلُ اللهِ مُحَمَّدٌ), the Independence Day, the Defence Day, the Resolution Day, Mela Chiraghan, the Shindor Polo Festival, the Quaid's Day, and the Iqbal's Day. Nonetheless, there are some other festivals like Christmas, Easter, Guru Nanak's Birthday, and Holi, celebrated by the minorities.

In short, all these festivities are organized to celebrate special events. The government of Pakistan announces public holidays on some of these events. These festivals are celebrated with great zeal and zest by the communities of our beloved motherland.

21.10 A Rainy Day

Rainy days are expected during the rainy season. These days are an absolute joy for men, women and especially for children. Rain, after a long hot, scorching summer, is a welcoming relief. Especially, when it rains on unexpected days, it becomes enjoyable. The sparkling, clear shower pacifies our souls and rejuvenates our spirits. Small paper boats floating on the stream of water, the pure pearl like raindrops perching on trees and flowers, and the chirping and bathing of thousands of unidentified birds, are delights for eyes.

For children, rainy days are a sudden break from their busy schedule. They often leave their houses to run about and enjoy themselves, splashing water in the continuous rain.

Children stretch out their arms at the car windows and smile as raindrops drip from the palms of their hands. Schoolchildren draw a smiling face in smoke from window glass. Poets sit by their windows and capture natural dreams with beautiful metaphors and hide them in the pages of their diaries. Aloe vera plants that grow on the balcony are immersed in water for months. The children run back home as their schools announced a rainy day holiday. The tinkling sound of rain on the tin roof infuses new spirit into their exhausted souls. Rain brings

comfort to cats and dogs and other animals that run inside the sheds to shelter from the heavy rain. In this way, the scorching spell of hot, dull and dry summers is replaced with soft, cool and soothing rainy days.

Mother nature brings us back to her lap where we all forget the worries, tensions and the daily grind of our modern lives. It is the time of rare occasions when we can look away from our phones and gadgets and appreciate nature in all her splendor. Few people can resist running to their balconies to feel the rain. It fills our dead hearts with incredible warmth. Rainy days become harbinger of the birth of a new life. The trees look green after the rain, and the environment seems transformed. Tiny raindrops on windows and dandelions glow like pearls in the sunlight.

Grey clouds obscure the normal azure and protect the sun. In sort, every dark cloud has a silver lining, which renews our hope and motivates us. Thunder closes our ears, and we welcome the wrath of nature with outstretched arms. We are amazed at the white cracks in the clouds. Rainy days are refreshing for all of us, and we need to find ourselves leaving behind a busy work life.

21.11 My Favourite Personality

My favourite personality is Quaid-e-Azam Muhammad Ali Jinnah. He was a man of great courage and determination. His charismatic personality stimulates enthusiasm, courage and energy in people and unites them as a nation. His words have the power to inspire dedication and devotion.

Quaid-e-Azam was born in Karachi on the 25th December, 1876. He was born in a well-off merchant's family. He got his early education from Karachi. His father Poonjah Jinnah was conscious about his son's education so he kept his son away from the business. In his student life, he always observed discipline which pointed to his bright future. After passing matriculation, he went to England for higher education. He studied law in Lincoln's Inn. After becoming a barrister, he returned and started his law practice in Karachi. Within a short period of time, he became a distinguished lawyer. "With faith, discipline and selfless devotion to duty, there is nothing worthwhile that you cannot achieve," said Quaid-e-Azam.

At the same time, he began to take interest in politics. It was the time to liberate people from the British rule. In the beginning, he joined Indian National Congress, but soon left it. He then joined Muslim League and became its leader. He united the Muslims on a single platform and he gave them the spirit of unity. He fought for the rights of the Muslims and worked hard for his nation in spite of his failing health. The British and the Hindus were afraid of his endeavours and determination.

He made speeches in which he demanded a separate state for the Muslims of the subcontinent. In 1940 Jinnah declared the Lahore Resolution in which he demanded a separate state for the Muslims. He made people realize that the Muslims and the Hindus are different from each other in traditions and religion, and cannot live together in a single state.

Quaid-e-Azam Muhammad Ali Jinnah united and led an oppressed nation to a state where they could live an independent and free life. He united the Muslims of the subcontinent who were aimless and had no leader that could guide them to the right path. Muhammad Ali Jinnah showed them light. Owing to his love, honesty and truthfulness, he became the most charismatic leader of the Muslim history.

He said: "There is no power on the Earth that can undo Pakistan."

21.12 Terrorism

Terrorism is an act which aims at creating fear among people by illegal means. It is a threat to humanity by a person or a group, spreading violence, riots, burglaries, kidnapping, fighting, bombing, etc. Terrorism is an act of cowardice and often construed as a well-thought-out extreme form of violence.

The acts of terrorism are usually reported without understanding the underlying psychological and social determinants of the terrorist's intentions. Since '9/11', Pakistan has been at the epicenter of both terrorism and the war, and has gained a negative reputation among the countries. Although terrorism has got nothing to do with religion, the extremists usually use religion as their alibi for their acts.

Terrorism has various types that affect the lives of all and sundry and destroy them, plaguing it with fear of uncertainty. Terrorists feel that dying as a terrorist is a priceless and sacred experience, and they will go to any extent to attain it. Each of these terrorist groups was founded for a different motive. Individuals are filled with fear as a result of terrorism and cannot function as a proper productive citizen of the country. Millions of goods have been destroyed, thousands of people have lost their lives, families have torn apart, and animals have been slaughtered as a result of terrorist attacks. People lose hope and a cycle of uncertainty begins which only begets violence.

Our country has been spending a hefty amount of money every year to fight against the war of terrorism as well as to eradicate the terrorist groups from their foundations. However, it is still spreading like a disease as new terrorists are getting trained on daily basis. The dilemma of the situation is that these individuals are common people like us, but are victims of either social injustices or brainwashed by extremist groups, which makes them complacent to these fanatic ideologies. They are trained to act violently and to fight against their own society and countrymen. They are so precisely brainwashed that they are ready to compromise on their lives; they are always ready to die while fighting.

Terrorism has spread across the world, contaminating the minds of innocent people by stripping them off their sense of security. In order to reduce the regime of terror and effects of terrorism from the nation, a tight security arrangement should be made on the orders of the government.

21.13 A Road Accident

Every now and then we hear of some accidents. These are common sights in large cities. Newspapers daily report the ever increasing number of accidents. They kill and cripple people for life. The reason for most accidents is violation of traffic rules and regulations. The public transport buses are the worst offenders. They have turned into killer buses. There might hardly be any day on which they have not caused an accident.

Last week, I witnessed an accident. It was a scary and terrifying experience which raised my hair on end. It happened so suddenly and unexpectedly that I lost my senses for a while. It was late in the evening when a city bus came running at a great speed from the other side of the road. The rash driving led the driver to lose his control over the bus. As a result, the bus had a head-on collision with another vehicle. It crashed through many barriers before it finally smashed into a nearby iron railing and the boundary wall.

Unfortunately, the bus ran over a passerby who was standing there. He was crushed under the bus and died instantly. Regrettably, a few passengers lost their lives in the collision and some were injured seriously. Fortunately, there was only a driver in the other vehicle who survived miraculously, though his vehicle was completely smashed. The people gathered there and helped the victims came out of the ill-fated bus through the windows. The police and a team Rescue 1122 reached there well in time.

The driver and the conductor at once fled away from the scene of accident, leaving the passengers at Allah's mercy. The impact of the accident was so high that it was felt like a tremor. There was lot of confusion and crying, and the passengers of the bus were in a great shock. It took them some time before they could realize what had happened. However, those who survived thanked Allah (سبحانه وتعالى) for not having been killed or injured seriously. It was a narrow escape for all of the survivors. The wounded were sent to a nearby government hospital for treatment.

The police took out the papers and documents of the bus to identify the bus-driver and the owner. The witnesses informed the police that the driver was driving rashly and negligently. He was attempting to overtake another bus when he lost his control over the bus. It was late night when I came home, but the memory of that accident haunted me for many days to come.

21.14 Examinations

No nation can progress without education. It makes life worth living. A country without a proper system of education cannot compete with the modern world; hence, can never make development. Only the well-educated and highly skilled people can help uplift the pylons of a country.

A well-reformed system of examination is necessary for better education. Unfortunately, our system of examination is replete with faults. The current system of examination only tests the memory of the students and does not test their knowledge, understanding and comprehension. The questions asked in the examinations do not hone critical thinking skills

of students. As a result, most of the students tend to learn through cramming and rote learning.

The method of evaluation of scripts also does not do justice to the students. Every examiner has his/her own ways of marking; some are strict and some are lenient. Hence, it creates a disparity in the marks of the students. As a result, the assessment is somewhat personal and, therefore, inaccurate. Moreover, subjective questions cannot be awarded exact marks.

Every profession has got some black sheep. Some corrupt invigilators take money and help students cheat in the examination. The papers are leaked much before time. Moreover, the students also bribe the examiners to help them get through their examination. Owing to the malpractices in our examination system, students do not take interest in studies, knowing that they could qualify without putting in any effort.

The examinations are usually conducted in the scorching heat of summer. The extreme weather and the power outages do not let students concentrate fully on their studies. They have to go to the examination halls in the worst weather conditions. Besides that, the academic terms are short because of extreme weather conditions. Consequently, the students cannot complete their courses. This also adds to the difficulties of the students in the examination.

The examination system can be improved provided that more emphasis is placed on developing critical thinking skills of the learners. It will minimize rote learning and students would be able to focus on grasping the concepts rather than learning them by heart, without understanding them.

The examinations should be held in the spring season so that the students may work in the pleasant weather conditions. This will enable the students to focus their attention on their studies. This would also increase the length of the academic year.

The question papers should test a student's knowledge and insight. The students should be motivated with prizes, scholarships and other perks. Not only will it muster up their motivation, but it will also help them perform well in the examinations.

21.15 Education System of Pakistan

Education is the process of acquiring knowledge, developing skills, getting training, learning moral values, etc. Education is important for every age. It is irrespective of caste, creed, or gender. It is necessary for a stable life, self-independence, self-confidence, etc. It brings reforms to the political, social, and economic levels. The main goal of education system is to develop high sense of responsibility, social integrity, and selfless service to the nation and to the country also.

The education system of Pakistan lacks uniformity. The system is divided into two sectors: the private and the government sector, which promotes discrimination among community. The elite class is usually attracted by the private sector. On the other hand, the

government schools are of low quality due to lack of accountability and inadequate budget. Lack of qualified and trained staff is also the main reason for the poor education system.

The government has never seriously worked why the education system has suffered a lot. Parental participation is very crucial for ensuring quality aspects. Home is the first school of a child. Without parental involvement, there will be less effective implementation of policies that will remain a far cry. The education system of Pakistan has been suffering because of lack of budget, lack of implementation of policies, poor physical facilities, political interference, old and outdated curriculum, and due to the unavailability of science and computer laboratories.

Unfortunately, in Pakistan, the education system has not really improved much because no one bothers about it. Old teaching methods are still prevalent. Although new syllabi are being developed, they are far from being implemented. The government institutes do not concentrate on quality delivery and the private institutes only focus on activities that are profitable for them monetarily. The government in power has other priorities and is not interested in investing in new educational projects.

Moreover, the electronic and print media seems to be paralysed by the political influence. Consequently, the media does not feel the need to highlight the corrupt practices in the education system, which is one of the causes of its negligence. The officials working in the education sector are eyeing their interests and do not go at lengths to bring visible changes. All of these factors contribute to the high illiteracy rate and the flaws in our educational system which is producing educated cripples who know only how to read and write.

In short, the need of hour is to take some radical measures in order to reform the ailing state education system, so that more intellectual literates can be produced. Not only will they bring us to limelight, but they will also lead us to the glory we deserve as a nation.

21.16 Atomic Energy

During the outbreak of the Second World War, America fought against Japan with all its might. Bombs were used but they were not so destructive. Both the countries were trying hard to make such a weapon that could vanquish the enemy completely. It was the time when Einstein had already presented his theory of relativity and scientists had a direction to work on it. Finally, the Americans were successful in making an atomic bomb first of its nature.

Consequently, they dropped it on Hiroshima and Nagasaki, the two cities of Japan. The detonation of these atomic bombs caused hellacious massacre and destruction. In an instant, thousands of people were decimated and transformed into ashes. That very event showed the world how dangerous atomic energy could be, if used for war purposes.

Presently, scientists have been working on using this technology for peaceful and constructive ends. It was soon found that atomic energy is a blessing in disguise, if utilized properly. The splitting of atoms creates an infinite amount of energy which can cause unlimited destruction, if left unchecked. But, if that energy is harnessed properly, it can solve

the energy crises quite efficiently. It was later found in a research that energy produced during an atomic reaction was so powerful that a few grams of the desired element could satisfy the electricity demands of thousands of villages.

Compared with other types of energy, nuclear power stands out as an environmentally friendly energy source. Nuclear power generates clean energy by bombarding uranium with neutrons as opposed to burning fossil fuels. Nuclear reactors do not produce carbon dioxide emissions, and any indirectly produced emissions have negligible impacts on the environment. In addition, most nuclear waste has a fairly low level of radioactivity.

Currently, more than seven countries have their atomic plants which have been working on utilizing this energy for the betterment and welfare of humankind. It is a highly emphasized fact that atomic energy should only be used for productive sources and not for destructive ends.

21.17 Pollution

Pollution is the main factor which affects our lives badly on the earth. There are several types of pollution such as noise, water, air, and land pollution. Pollution is hazardous to life. It leads to severe complications. Pollution is not only changing and damaging the habitat, but also affecting other species.

The deadliest type of pollution is air pollution. It is caused by the unwanted particles suspended in the air. The leading causes are the emission of smokes by cars, factories, and CFCs. CFCs are responsible for destroying ozone layer. The ozone layer is responsible for blocking bad rays that are emitted by the sun. It deflects the rays which are not good. But pollution-causing agents like CFCs react on ozone layer and reduce themselves to nascent oxygen atoms, allowing the ultraviolet rays to enter the atmosphere of the earth. Moreover, carbon dioxide envelops the earth's atmosphere, preventing unwanted rays to leave the earth's atmosphere that results in an increase in temperature day by day. This increase in temperature melts the ice all over the continents, resulting in high levels of water and excessive floods.

Another type of pollution is water pollution. Humans are throwing their garbage and waste into the clean water. It is very dangerous for aquatic life. For the sake of cost-cutting, many factories dispose of their unwanted chemicals in clean water. This is polluting the clean water and the amount of drinkable water is also reducing. Oil spillage is also a serious issue that leads to the death of thousands of marine lives.

Land pollution is also one of the problems caused by humans. People do not throw their garbage into the trashcans and often throw it on the land. Similarly, waste disposal companies collect garbage from all the areas and do not dispose them of at proper sites. That is increasing land pollution.

In short, pollution is not only harmful but also a very serious threat for us. In order to fight this menace of pollution, vigorous efforts should be put in. Anti pollution law should be

strictly implemented. In order to check water pollution, the sewage and the factory waste should be dumped properly. Public education and awareness of the relationship between the climate change and human health is the key to deal with these problems more effectively.

21.18 The Dignity of Labour

Nobody in this world can survive independently as we are all social animals. Human beings work in collaboration with one another. Everyone has a role to play. Through the division of these roles, we can function properly. People believe that professions that fetch good money are respectable but it must be kept in mind that all jobs and professions are respectable provided they are permissible and are done honestly.

Islam puts great emphasis on the dignity of labour. We come across many jobs where we find people working as helpers in houses, electricians, plumbers, sewerage workers, gardeners, and road cleaners. All of them are contributing to the welfare of society and are no less honourable than their other counterparts working as doctors, teachers or engineers.

Treating them with utmost respect is the duty of all. Unfortunately, it seems that people show negligence through misconduct. Some people treat the labourers harshly and inhumanely. In some cases they do not pay the labourers wages just in time. Everyone should understand the fact that all professions are equally respectable and should be regarded in high esteem. People who mock labour related professions are unaware of the fact that if these people stop doing their jobs, life will become a living hell for them.

Labourers of any kind should be dealt with dignity. It is their right to be treated equally and in the same way as others. Discrimination against labourers should be discouraged by spreading awareness among the masses. The campaign should be organized, and the message should be conveyed that labourers of any type should be equally respected. Strict punishment should also be given to the people who insult them or harass them. Moreover, a legal action should be taken against the people who do not pay them timely.

Hence, the dignity of labour should not be compromised by any means because it is a sin against humanity. The labourers should be given due respect, and we ought to pay respect to all and sundry, no matter what one does for one's living.

21.19 Uses of Science

Gone are the days when people used to believe in the phenomenon that the planet Earth is stationary and flat, and the planet Sun revolves around it. Then science came and rejected all these theories and people started to discover new things. New continents were discovered, and new routes were found.

Life before science was very dull and dark. There were no electricity, gas, telephone, internet, vehicles, or T.V. People were living their lives in fear and without any adventure. Then the scientists brought revolutions to life by making wonderful discoveries in every walk of life.

When new theories came, they were tested, and they turned into laws. Many theories were rejected after experimentation, but all of this added to science. With the passage of time, many inventions came about, and those inventions kept getting better and better with time. For example, the first computer occupied a lot of space and was operated by many people. Its functions were also limited. With the passage of time, these computers became smaller and smaller. A lot of new functions were introduced into them. Nowadays laptops are available which can be carried anywhere quite easily. Moreover, they have all the functions a person can ask for.

Similarly, people are not afraid of superstitions as they were in the past. They feared smallest things such as black cats, broken mirrors, spilled milk, the sound of scissors, and the number thirteen. But now with the advancement of science, it has proved that all these superstitions are baseless and have no sound reasoning or logic behind them.

In short, science is the greatest collective endeavour. It contributes to ensuring a longer and healthier life, monitors our health, provides medicines to cure our diseases, and alleviates our aches and pains. Additionally, science helps us provide clean water for our basic needs including our food, and invigorating us by sports, music, entertainment and the latest communication technology. Last but not least, science nourishes our spirit.

21.20 Patriotism

Patriotism is the feeling of love and devotion to one's country. Love for one's country is an inborn phenomenon. It is a natural and pure feeling which surpasses all the things in one's life. A true patriot knows the actual worth of his country, and he understands all the sacrifices that one ought to make for one's country. He loves his country because it is his motherland. The soil of his motherland has gone deep into his flesh and bones. Everyone ought to be patriot because his country takes care of him like his own mother. It nurtures him and nurses him at every stage of his life. It provides him with a home to live in, food to eat, and air to breathe in.

Pakistan is our dear country, and a true patriot should know how it came into being; what hardships our leaders had to bear in the beginning of its creation. Quaid-e-Azam Muhammad Ali Jinnah worked day and night for achieving independence from the British. The Hindus were the British favourites whereas the Muslims were already at a disadvantage. But against all odds, Quaid-e-Azam remained firm and worked hard. In the end, we were able to attain a separate homeland at the cost of severe atrocities during the process of migration.

Thousands of people were brutally murdered but they refrained from yielding. Soon after independence, the due financial share of Pakistan was not handed over and unfair adjustments were made so that Pakistan could fail as an independent state. Moreover, a war was imposed with the intention of destroying Pakistan once and for all. But the true patriots offered their lives and saved the country many times. Whenever the situation was adverse, they did not give up just because it was difficult for them. They were not afraid of losing their

lives. They proved, time and again, that a single true patriot can overcome a thousand traitors.

Loyalty and love are the two characteristics that every patriot should possess. A person who is not fighting for the cause of the country cannot be called a patriot because he is thinking of his own interests. Similarly, loving one's nation has always been integral part of one's personality because without it there will be no driving force left for him. Homeland is a great asset to them. At the time of distress, we should be ready to stand by it, to work for it, even to sacrifice our lives for it, if the need be.

21.21 Beggary

Begging is the act of asking favour which includes asking for money, clothes, food, etc. for free with no intent of reciprocation. Beggary is as old as human history and the people who have no option for survival have often been seen supporting themselves through it. Beggary mostly starts when a person is in desperate need and does not have any other means.

Various financial, social and biological factors contribute to beggary. The most important ones are poverty, unemployment and the conception of beggary as a lucrative source of income. In the developed countries, economies are stable and inflation rate is low. As a result, very few people there can be seen begging. On the other hand, this situation is quite alarming in the under developed countries. Low wages, ever-increasing inflation rates and lack of jobs have made people's lives extremely difficult.

There are many types of beggars. Some people are in desperate need of money and they do not have any alternative option for their survival. Some are just begging for the sake of it, and it is their profession. The needy people on being helped often give up begging. Contrary to that, some beggars function under the patronage of beggar mafias which recruit a certain number of people for begging. These beggars' rings are governed by the head that monitors and controls the beggars. These beggars are found to be involved in the supply of drugs, loot and plunder, murder and other crimes also.

These beggars are often found begging in the streets, at the traffic signals, and at public places. They know the art of winning sympathy and often try new methods for acquiring money. Some of them are organized and are a part of the organizations that beg through many tricks. These professional beggars are involved in emotional and religious blackmails as they deceive people to portray themselves as helpless and needy, which they truly are not. The drowsy and sleepy infants in the laps of their so-called mothers are often found to be drugged. Islam is strictly against the professional beggary, and it prohibits giving alms to such people.

Beggary is loathsome whether it a profession or done out of dire need. Awareness should be spread against it, and it needs to be ended by the people and government. Strict laws and proper planning is required to eradicate this curse. Being poor is not a crime but fulfilling one's needs through illegal means instead of hard work is a huge crime. Elimination of this single blight will nip many evils in the bud.

21.22 Why I Love My Country

Love for one's country is an inborn phenomenon. It is a natural and pure feeling which surpasses all the things in one's life. Pakistan is my country which was emancipated from the shackles of the British on the 14th August, 1947. It is rich in culture and tradition, and has the diversity of race, languages, food and places. It is replete with many outstanding natural and man-made features that one cannot find anywhere else in the world.

I love my country because she is my motherland. I was born and brought up here. She takes care of me like my own mother. She nurtured me and nursed me at every stage of my life. She provides me with a home to live in, food to eat, and air to breathe in. Above all, loving my country is loving myself.

I love my country because it is the land of lofty mountains that add to its beauty and provide much delight for the eyes. There is a range of mountains in Pakistan. The Hindu Kush, the Himalayas and the Karakoram ranges are present with their majestic, sublime and boundless beauty. Pakistan is a home to world's second-highest peak K2. Also occasionally known as the "King of Mountains" and "The Mountaineers Mountain". It is a source of great pride for the Pakistanis.

I love Pakistan because it is blessed with fascinating lakes like Saif-ul-Malook, Satpara, Ansoo, and Attabad Lake. Similarly, the Arabian Sea touches southern part of Pakistan. Moreover, a stream of rivers such as the River Ravi, the River Satluj, the River Chenab, the River Jhelum, the River Indus, and the River Kabul also irrigate its fertile and rich agricultural lands.

Technological advancements have also touched new heights in my country. Pakistan is one of the few powerful countries in the world which have atomic technology. It was attained by Pakistan in the 1980s. Similarly, Pakistan is on the list of the countries which have advanced tactical warfare machinery including long-range ballistic missiles, next-generation fighter aircrafts, and loaded warships. Pakistan is also making latest weapons. Besides that, many technological fields and hubs are being established which are facilitated with state-of-the-art system.

In the end, I would say that Pakistan is blessed with all the treasures, and it is by no means inferior to any other country. On account of these reasons, among too many to mention, I love my motherland from the bottom of my heart.

21.23 My Aim in Life

An aimless life is directionless. Aims and goals are very important for a person's life. Without a serious goal, life is useless and makes people dull. To develop personal utility, it is crucial to have a clear aim in mind. Striving hard for an aim makes a person capable and productive.

Different people dream differently. Some wish to be doctors or engineers, some to be

architects, a few to be teachers, and some to be developers. My aim in life is to be a soldier in the army. Army has always fascinated me because this is a place where I can directly serve my nation. The mission of our army is to defend the nation from known and unknown factors. The Pakistan army has always been fully prepared for enemies and threats. Our army has always valiantly fought and defended the honour of our nation very well.

Countless heroes are present in our army and some of the greatest ones are role models for every Pakistani. Heroes like Naik Saif Ali Janjua **(awarded Hilal-e-Kashmir – an equivalent to Nishan-e-Haider)*, Captain Muhammad Sarwar, Major Tufail Muhammad, Major Raja Aziz Bhatti, Pilot Officer Rashid Minhas, Major Shabbir Sharif, Sowar Muhammad Hussain, Major Muhammad Akram, Lance Naik Muhammad Mahfuz, Havildar Lalak Jan and Captain Karnal Sher Khan are an epitome of pride and inspiration for every Pakistani. Other than these famous army men, thousands of unheard heroes have worked behind the scenes and are still working to protect our country.

There is a hard procedure for securing a place in the army and the best among the best are selected for it. There are multiple trials that consist of a preliminary knowledge test, an initial medical test, a physical test, and an interview. After that, some other psychological and performance tests are also given so that the aptitude of a person can be tested strictly.

I know my strengths and weaknesses very well. Therefore, I have been working day and night to overcome my shortcomings so that I can give my best in the time of trials. I will apply after my intermediate examination and make sure to secure a place in the army so that I can become a proud defender of my country.

I strongly believe in the saying, 'One must dream big, sky is the limit.' The choices that we make can bring differences in our lives as well as in the lives of those for whom we want to make a difference. It requires courage, strong will power, determination, consistent efforts, patience, persistence and perseverance to fulfil one's dream. Challenges, problems and setbacks are bound to come on the journey towards achieving your aim. Once we have taken a decision, we need to keep striving till the end.

21.24 A Journey by Train

Travelling and nature are the great masters as they teach us through experiences. Travelling is one of the exciting ways to experience and observe nature. Trains are fascinating means of transportation. The greatest benefit of traveling by train is that we can make many observations. Keeping a learner's perspective, there is infinite knowledge we can grasp from our surroundings during the travel.

Previously, I had travelled on an airplane and a ship, but my most desired wish was to travel by train. One day, I had to go to Rawalpindi for a test and I had two options. I could go either by a bus, or I could travel by a train. Without a moment's hesitation, I chose the train. I had to leave on Saturday, so I pre-booked the tickets a week before. It was a ticket for an A.C sleeper. I reached the station at 7 o'clock. The train was supposed to arrive at eight. I waited at the platform. It was beautiful but old. There was a huge crowd of people making bookings

and waiting for the train.

The train did not arrive at eight, so I got worried a little bit. I asked around from the management and staff. They told me that the train would be delayed due to some technical issues. Owing to that inconvenience, I got a bit disappointed.

Finally, the train arrived at 9:30 a.m. with a roaring sound. I went on the train with the conductor and asked about my seat. He guided me very politely. I went to my cabin which was quite spacious and only one other man shared it with me. It was a neat and clean cabin and I felt very comfortable there. The cabin was air-conditioned, facilitated with berths for the passengers. From the window where I was sitting, I saw the trees, crop fields, the working farmers, the scenery of nature, and many other things that quickly slid past me. After stopping at every station, the train at last reached my destination.

Many great writers and philosophers have written inspirational quotes related to trains. The train travel symbolises the ups and downs of life. Just like the invention of the train has brought a great transformation to world of transportation, it can bring a noticeable transformation to the minds of travellers who love nature by observing their surroundings.

21.25 A Visit to a Hill Station

Visiting a hill station in the summer can be full of fun and excitement. It is the best way to get rid of the scorching heat of the city you live in. In addition to that, the pleasant weather and temperature of a hill station are helpful in maintaining health.

Once when my papers were over, I needed a break from my day-to-day grind. I thought of many ways to refresh my mind, but nothing worked for me. One of my friends suggested that a trip to a hill station would be the best way to invigorate yourself.

So, two of my friends planned to visit a hill station on a weekend. Our destination was Nathia Gali. We prepared all the necessities required for the trip. We departed at 7 a.m. on the Saturday morning. After a six-hour drive, we reached Nathia Gali. We had already reserved a hotel through an online booking application. We went in and found that our room was very comfortable and much better than expectation. We rested for two hours, and then went out to see the famous spots over there.

But none of us was familiar with the tourist spots there. Therefore, we started asking the locals about the famous spots. Some of them told us that there were a waterfall and a lake nearby, and they were not to be missed. We decided to visit the lake on the same day because it was only thirty minutes away. So, we rented a jeep and started the journey towards the lake. When we reached there, we were amazed by the scenery. The water was so pure and clean and was coming straight from the mountains. It was very peaceful and we also ate fish from there. It was very delicious. Then we sat for an hour and enjoyed the view and made our way back to the hotel. We were so tired that we slept right away.

The next day, after having breakfast, we went out, rented a jeep again, to see the waterfall. The road to the waterfall was very uneven and dangerous, but the driver was quite

expert and knew the route too well. We reached there and were mesmerized by the beauty of nature. The waterfall was 140 meters high and the sound coming from the waterfall was like an orchestra's. We took some pictures, had some tea, and ate *pakor*s from the local stall.

It was time for our journey back and it was by bus. It was captivating as the stars, the nightlife, the music, and the far-stretching hills were alluring us to revisit the place. The zigzag roads gave us an opportunity to view nature from different angles. We would all love to come here again to find out the unexplored spots.

21.26 Hostel Life

Living a hostel life for learning how to study and prepare for classes, to experience different cultures and languages across the country, provides an incredible foundation for the students to excel in life. This has been a huge benefit of hostel life. Students are encouraged to explore and learn, make friends, take responsibility and experience a new sense of independence. They develop outstanding study habits and learn how to manage their own schedules. The boarders are encouraged and rewarded in the ways that allow them to safely explore their potential and passion.

My hostel life has been one of the greatest experiences of my life. I remember the first time I travelled from Lahore to Islamabad with my entire luggage to live in a hostel. I was both excited and sad to leave my family and begin a new chapter of my life. Throughout my journey, I was constantly thinking about my room and the roommates with whom I would be living for 4 years of my life.

I travelled there by bus, so it took around 5 hours to reach the Rawalpindi Terminal. After reaching the bus terminal, I took a taxi and finally reached my destination, my hostel which surprisingly was quite far from the university. As I arrived on the hostel premises, I was greeted by the head warden, who shifted me to the room which was allotted to me. I was the first one to arrive there. In this way, it was easy to set up my entire luggage in the cupboards. My roommates arrived the next morning that was our orientation day at the university.

After spending the next day at the university, I came back to the hostel and chatted with my roommates. We started exploring the facilities provided by the hostel which included the mess hall, gym, and small area designated for *Namaz*. For the first few days, my interaction was unusually limited to my roommates but with each passing day, we all started making new friends. Most of my friends were from the department of computer and I was the only one from the department of bio sciences. But still, it did not matter as we all shared a common place for our daily activities.

We all were from different cities and shared stories about our experiences with one another. I made lots of good friends during the time I spent there and some of them have become friends for life. It has been a life-changing experience for me. I am indebted to them for the faculty who worked tirelessly to help me, and to the opportunities and experiences that helped shape me. I can proudly say that the time I spent at my hostel was the best time of my life and will be a part of me forever.

21.27 A Visit to a Fair

A fair is an annual family-friendly event held in a city or mostly in a countryside. Friends from near and far venture on an adventure to spend some memorable moments together. They entertain themselves with concerts, great food, animals, and adventures. The fairs have a rich history in the Punjab. This long history of the fair guides us as we strive to honour the past while continuing a tradition and looking to the future.

During the last summer vacation, we visited our grandmother's house in Sahiwal. We planned to spend our vacation there. We did lots of fun activities as all our cousins were present there, yet one of the most memorable activities was going to the fair. After two days of our visit, our uncle told us that there was a fair going on in the suburb of the city Sahiwal. He announced that he would take us to the fair the next evening. We all were quite excited to explore the festivities of the fair.

Next day, we got ready and reached there in time so that we could spend a few hours there. We were all fascinated by the different things there. It was a big marquee divided into different portions where different activities were taking place. Some clowns were showing spectacular tricks. The clowns were surrounded by the kids and the place was filled with laughter.

Then there was a haunted house. It was a scary place. Kids under five were not allowed to enter there. We all went inside. The house was full of scary statues, mannequins, and skeletons. After that, we went on and saw some animals like horses and goats performing different acts. It was a unique experience for us. We had never seen such things in our city before. The next thing was jaw-dropping. It was an aerial performance by acrobats. One girl was walking on a rope and then a man came and started cycling with a single wheel on it. It was really scary for me.

After watching that sensational performance, we went to the food stalls and enjoyed some traditional food like *Qatlama*, *Kulfi*, and *Rabbri*. We were about to depart when, all of a sudden, the well of death caught our eyes. It was very dangerous, we decided to enjoy it and we stayed there for a while. It was a big well and a car was moving in it, in a circular motion at around 100 km/hour. That sight gave us goosebumps. After a few minutes, our heads were dizzy, and we came down from the well.

The time passed quickly. However, that visit of the village fair bestowed on me with a flood of nostalgic memories. It was indeed a memorable trip. I wish I could visit it again.

21.28 A Visit to a Historical Place

Historical places are very important assets of a country and have a great significance not only in culture but also in history. Historical monuments are the proof of our past and tell us about our lineage and ancestors. These historical places cannot be separated from a culture because discarding them is like disposing of one's identity.

There are many historical places in my country, but I always have cherished to visit the Badshahi Masjid. I had heard all sorts of good things about it, and I also knew the fact that it had been considered the world's largest masjid for almost three centuries. I wanted to see this historical monument with my own eyes so that I could figure out whether all of it was true or just exaggeration.

Eventually, I planned a trip with my friends, and we decided to go there on Friday so that we could offer *Namaz-e-Jummah* in that Masjid. I departed from my house at seven o'clock and went to pick my friends. From there, we went to the Badshahi Masjid. It is located near the Lahore Fort. I was amazed to see that it had become a fine tourist hub. I was surprised to see people belonging to different communities gathered there. Families and kids all came there to enjoy themselves.

An elderly person told us that the Badshahi Masjid was constructed between 1671 and 1673, in the reign of Aurangzeb, the famous Mughal Emperor. It was quite spacious and there was a whole new world inside it. It had eight minarets and three domes. There were many corridors and lawns in it which were very spacious. The Masjid was built from red stone and its interior, still a wonder for artists, was given a Persian and Turkish look.

Later we found that it was a trend at that time to build buildings by hiring famous architects from the Persian origin. There was a spacious room turned into a museum for old transcripts of the Holy Quran and many other Islamic manuscripts. We visited every inch of this Islamic gallery and offered our *Namaz-e-Jummah* there. It was a memorable trip that I could never forget.

21.29 My Hobby

Someone has rightly said, 'A mind with no thoughts is the mind of a demon.' An empty mind having no creativity at all and a mind that lacks passion for learning are completely useless in today's world. Therefore, in order to keep our free minds occupied and away from all the worries in the world, nothing can be better than having a hobby.

People have different hobbies according to their tastes. Some like to collect antiques; the others like gardening the most. The children of today's era are more interested in technology than any other field of life. As a result, they spend their free time by making videos, watching plays, playing video games, and communication online with their friends. For me, reading books is what I do in my spare time.

Since my childhood, I have developed a taste for reading story books. On my fifth birthday, my father gifted me with a wonderful story book. The book was '100 Great Muslim Leaders' who dominated the world. This book inspired me so greatly that I started to develop the habit of reading books. As a result, I have started purchasing books with my pocket money. The more I grew up, the more I started visiting different libraries. My experience of going to libraries was very fruitful and enlightening. I was amazed by the fact that there are so many books on different subjects that I had not read. So, my passion for books turned into a hobby.

Book reading for me is not only a hobby but it is also a healthy way of spending my leisure time. It has many benefits too. Firstly, the more I read, the more I learn about the world. Secondly, reading imparts knowledge to me and guides me through different walks of life. After reading a number of books on a subject, a feeling of achievement and satisfaction starts to get over me. Hence, it enhances my confidence and sense of satisfaction.

Reading fosters my appetite for learning. It ignites my spirit and invigorates me in the time of despair. So, this never-ending process of book reading continues and keeps making me read more and more books. This hobby does not let my spark and excitement down in a world full of stress. Book reading is a perfect stress-buster for me, particularly at the time of monotony.

A person should find a hobby which is interesting and constructive at the same time. My hobby of reading books keeps me indulged in it and makes me knowledgeable at the same time. This hobby of mine serves me like an all weather friend that always stands by my side through thick and thin, and that never leaves me in the lurch.

21.30 Women Empowerment

The empowerment of women and the improvement of their political, social, economic, and health status play an integral part in the development of a country. Additionally, it is very important for the achievement of sustainable development. The endeavours of both women and men are highly required for the development of a country.

In earlier centuries, women were treated as useless creatures. No wonder, they have suffered a lot through the years from domestic violence, sexual harassment, and physical torture. They couldn't go out and work like men. Though the scenario has been changing gradually, a lot is still left to be desired. In all parts of the world, women are facing threats to their lives, health and well-being as a result of being overburdened with work and of their lack of power and influence. In most regions of the world, women receive less formal education than men, and at the same time, women's own knowledge, abilities and coping with mechanisms often go unrecognized.

Women empowerment has five components: women's sense of self-worth; their right to have and determine choices; their right to have access to choices; their right to have access to opportunities and resources; their right to have power to control their own lives, both within and outside the home and their ability to influence the direction of social change to create a more just social and economic order, nationally and internationally.

To bring women into the mainstream of life, proper education is a must. The social right of a human being has to be ensured strictly for women. To implement all the rights of women, laws should be enforced. Many working women face problems at their workplaces because of gender discrimination, and sexual harassment. The authorities should take necessary steps to make their workplace secure.

A nation can't reach its desired goal of development without the help of women. They

make more than half of the total population. If they remain ignorant and unemployed, they can't take part in the development of a country and ultimately become a burden.

An empowered woman can stand for the rights with her bold decisions. She is an asset to a country. With the empowerment, she can become a force that can give direction to a society and can take part in economic and political development of a country. If the equal rights are ensured to the women, they can add new dimensions to the growth of a society.

21.31 Smog

Smog is a type of air pollution which is a mixture of smoke and fog. Scientifically, smog is a mixture of different pollutants, including oxides of nitrogen (NO_x), oxides of sulphur (SO_x), carbon monoxide (CO), particulate matter (PM), volatile organic compounds (VOC), and the ozone. The main pollutant responsible for smog built up is NO_x. This describes atmospheric condition of a particular area. In its worst form it blocks out the winter sunshine, causes closure of motorways after dusk, and prevents flights from landing at the international airports at night. Residents of that particular area face a dense blanket of smog that reduces visibility for commuters and is responsible for several respiratory and mental ailments.

Historically, the most lethal smog was the London's Great Smog in 1952. Owing to that hellacious smog, more than 12,000 people died from either traffic accidents or respiratory ailments. In 2012, Beijing faced deadly smog which resulted in a large number of casualties. Over a couple of years, Pakistan and India have been badly hit by smog. In winter, with delayed rainfall, the cold and continuously dry conditions retain all the pollutants in the lower levels of the atmosphere, causing the smog to spread in both the countries.

In Pakistan, particularly in Lahore, the problem of smog has been growing worse and worse over the last five years. This problem occurs due to the high level of air pollution. Emission of smoke by the vehicles and industries, combustion of coal-based power plants and agriculture waste are the main reasons of smog among too many to mention.

In Lahore, smog enters through the bordering state of the Indian Punjab and Jalandhar, mainly due to setting the paddy fields on fire. According to The New York Times, farmers in these areas burn the leftover straws of the rice fields. Leftover straws can be as many as thirty-two million. For a couple of years, Lahore has been reported as the most polluted city of Asia.

Air pollution needs to be redressed on immediate basis. There is a need of an action plan to address this alarming situation of air pollution. Following measures can prove helpful in reducing smog.

- The government should keep monitoring the air quality index on regular basis.
- Specific mitigation measures should be adopted by the government and the policy makers to control the growing air pollution.
- Planting of more trees can mitigate the hex of these chemical gases.
- Citizens should avoid using such products that can release high levels of oxides of sulphur and carbon mono oxides.