

### Writing an Essay (K.B)

#### 1) Rubrics for Essays ( instructions for scoring) (K.B)

Area	Marks
Content	4
Point of view	2
Language	4
Step by step	4
Punctuation, spelling, Grammar	1
<b>Total Marks</b>	<b>15</b>

#### 2) Tips for Writing a Good Essay (K.B)

1)- Spend 3-5 min on making an "Outline/Mindmap", 10-15 min on writing the essay and 3-5 min on revision.

2)- Use a range of vocabulary, idiomatic sentences, subject knowledge, and include your personal feelings/views.

3)- Organize your essay in three major parts  
(Introduction, Middle Part, Conclusion)

4)- In Introductory paragraph, state your purpose/point of view and tell the readers what you are will be writing about

5)- In Middle part and supporting paragraphs, use relevant examples, facts and logics to explain your point of view/purpose

6)- In Concluding Paragraph, give a brief summary of your major points and give a conclusion.

7)- Revise your work for errors of grammar, punctuation etc.

**3)four Main Types of Essays (K.B)****Descriptive Essays (K.B)**

- Essays written to describe something living, non-living or any process.
- Such essays usually include features, appearance, shape, uses, purpose, advantages and disadvantages etc.
- For Example
  1. Quaid-e-Azam
  2. Libraries
  - How to Make Tea

**Argumentative Essays (K.B)**

- Essays written to advocate, support or condemn an issue or problem.
- Usually starts with a statement or hypothesis, proves with arguments, logics, examples in favour or against and ends with a conclusion.
- **For Example:**
  1. Internet, Good or Bad.
  2. Corrupt politicians should be punished publically
  3. Honesty is the Best Policy

**Narrative Essays (K.B)**

- Essays written like a personal account, sharing an experience etc.
- Usually have an order, chronological details, unfolding of events, like a story.
- **For Example:**
  1. A visit to a zoo
  2. A cricket match
  3. A Railway Journey

**Comparative Essays (K.B)**

- Essays written to compare one thing or issue to another.
- Use examples, logics, facts, analogies etc.
- For Example:
  1. City and village life
  2. Nature vs. Nurture
  3. Parents more important or teachers?

**WRITING AN ESSAY(K.B)**

An essay is an attempt to write meaningful sentences on a certain theme or subject. A composition shows your range of vocabulary, its correct use in simple, idiomatic sentences, and some knowledge of the subject.

You may be asked to write on an object like a house, a tree, an animal or a garden. You begin to describe them as they are in their appearance, size, place, history and purpose.

On the other hand, themes or subjects like an incident, an accident, a journey, a fair, a biography, a favourite book or a visit require you to write about them step by step. You know, every situation has a beginning, a middle and an end. You have to develop each stage of the essay in a paragraph of suitable length, containing relative details,

An essay is a reflection of your personal feelings and opinions. You should have the courage to express your personal opinion in your essay. It should have the touch of originality. It should not be a mere repetition of what others say. Come on, add something of your own to the great beauty of the world. Write an essay. Why to hesitate?

## 1. MY LAST DAY AT SCHOOL (K.B)

The first and the last day at school are of unique significance for students. While the first day at school may cause anxiety, fear and nervousness, the last day is surely a day of hope, confidence and preparedness. During the whole era of studentship, the very first and last day at school have a vital importance for students. Both the days leave their everlasting impression and impact on the mind of every student and he keeps enjoying the sweet and pleasant memories of these two days throughout the rest of his life. Last day of school beholds great significance in a student's life. This day opens up the pathway to an actual career life.

### **The last day at school is of exceptional impact for students.**

Like any other student, I had also been waiting for this day anxiously. It seemed to me, that this day would mean freedom, independence or something even greater. The picture of my last day at school is still crystal clear in my mind. In my leisure hours, I often keep recalling it and enjoying its various unforgettable glorious moments. They always make me free of all types of tensions and exhaustion of daily life, whatsoever. I often get lost in the corridors of my mind. The ever-charming scene of my last day at school flashes before my eyes. Such recollections of my last day at school keep presenting themselves vividly before my very eyes and within seconds, I feel myself present at school on that very last day once again.

### **Days come and Days pass by but fine days remain in our heart.**

On my last day at school, I woke up early in the morning. I skipped breakfast in a hurry and was absolutely overjoyed while leaving home in coloured, instead of the regular uniform. Without the heavy satchel on my back, which clearly meant that there was no teaching work that day; it was really a great relief to a student of teenage like me. Knitting a number of different joyful ideas in my mind, when I walked towards the school bus-stop, I got overjoyed to see all my school and class fellows walking briskly to school in a joyous mood. I also made my way through small groups of schoolfellows, talking happily.

**“The best and most beautiful things in the world cannot be seen or even touched- they must be felt with the heart.”**

**(Helen Keller)**

The front lawn was decorated with colourful buntings and banners saying farewell to the outgoing tenth classes. A large seating arrangement was made for the students. The students in colourful costumes were gathered up in circles, sharing jokes and sending laughters in the air. The ninth class-students were hosting the function. The function started with the recitation of verses from the Holy Quran and Naat. After that, a student of class nine amused the audience with his melodious ghazal. Then some students of class ten presented a comic skit, which was liked and applauded by all. After that, a student spoke on behalf of the outgoing class. It was an emotional speech in which the teachers and the principal were paid rich tributes and the promise was made to enlighten the name of the institution and the country in the days to come. She thanked each and every one for making our last day at school an auspicious one. Then, the principal stood up and stepped forward to give his speech. The words were same artificial, but they had some meaning for us.

### **My last day at school was a big relief indeed.**

Afterwards, lunch was served to the students. The tenth class students had informal chat with teachers. Autographs were exchanged and the snaps were taken.

**“A good snapshot stops a moment from running away.”**

**(Eudra Welty)**

After a while, I bade farewell to my friends. While leaving my school for the last time, it flashed through my mind to have a last look at my school campus and get it imprinted upon my slab of mind. I went around the whole campus and took a last review of each and every corner of the school including cafeteria, library, grounds and my beloved class room. I became gloomy at that moment when I thought that I was leaving the school once and for all. But, at the same time, I was also happy to realize that I was achieving a milestone in my academic career and heading towards the future goals regarding my brilliant and bright future. With this optimistic notion, I felt relaxed. I left my school with a heavy heart but my eyes brightened with soaring ambitions of the future.

**Farewell my friends!**

**Farewell my foes.**

**My peace with these,**

**My love with those.**

**(Robert Burns)**

## **2. SPORTS AND GAMES(K.B)**

Sports and games play an important role in the development of human personality. They are no less important than food and fresh water. The developed countries like England, Germany, France and the USA have made games an essential part of education at the school level. It is interesting to note that there are many nurseries and training centers for games in these countries. They admit boys and girls for necessary training to become future athletes, gymnasts and sportsmen. According to Hazrat Ali (R.A), the fourth caliph of Islam:

**“A healthy mind can realize God.”**

Games are the source of keeping the body healthy and fit. In the light of so much crucial importance of sports and games, one may say they are not less than other necessities of life. Realizing this very fact, the developed countries have made games an essential part of education at school level. Specific sports teachers are hired to instruct the students to keep their body fit. The chief objective of sports is, of course body exercise. Moreover, different matches and competitions are held to develop the spirit of sportsmanship.

**“A sound body has a sound mind.”**

One thing must be kept in mind that “all work and no play makes Jack a dull boy.” A dull boy is not the one who does not stand first in his class but one who is not physically and mentally fit and has developed poor reflexes towards his daily activities including studies. Sports and games enable a student in particular and all others in general to improve and sharpen their reflexes.

The ancient Egyptians are said to be the pioneers of sports but according to history the games were actually refined in the period of the Greek. The Greek introduced many games. For the first time, they played games to build up their bodies and to become strong rather than to cherish themselves. The sports flourished in the Greek era and it made them the strongest people of that time. The Romans followed the Greek and built-up their interest in chariot racing which was thought to be a royal game.

Thus, different civilizations made games, which suited their lifestyle and tradition. The Spanish had bullfights, the Japanese had their martial arts, and so on. Different people developed games and the Greek concept started to make sense when sports made people’s mind keener and their body stronger.

**Sports combine the instincts with bold mass and effort.**

These days, with the affluence of technology and machines, men do not use their limbs as much as they used to do before and thus suffer from lack of exercise. It has been proved and verified that sports and games are essential for health. They play a very vital role in our lives. Mere academic and literary life is not sufficient. Our body actually needs sports and games to work properly.

We should also have clear distinction between sports and games in our mind. All those things, which are played according to some definite rules and regulations, are termed as games whereas all those, which do not follow the strict rules and regulation but just, come under physical exercise, are called sports. For example in general sports include hunting, fishing, riding, cycling etc. on the other hand games include cricket, hockey, football, squash, etc. thus sports and games teach us a number of good moral and spiritual aspects.

The best thing that sports and games teach or inculcate among the players is the sense of sports-man ship. This very sense makes a person behave honestly, cooperatively, boldly, and patiently not only on the field but also off the field. He or she begins to be more modest and humble along with extra-ordinary hard work in his or her practical life.

**Games and sports widen the mental horizon of players and make them true followers of the rule of law.**

It is therefore, necessary that our government should work out a long-term national sports policy. The students should be taught the advantages of games in the school itself. Various games and sports should also be popularized and encouraged in rural areas of our country because nearly 64 percent population of our country lives in villages, we can produce many sportsmen of international level. Sportsmen and sportswomen should be given honour and big monetary incentives to encourage them. In short, sports and games are really among the most constructive activities of the world. If organized, they do the miracles to the gangsters of the nation and make them fit and alert enough to handle the future affairs freshly, healthily and superbly.

**3. MY HOUSE(K.B)**

A house is an important necessity. The quality of life improves when you have a house of your own. It gives you an opportunity to translate some of your dreams into reality. You decorate your room according to your taste. You look after your plants and flowers with a loving care.

**The home is paradise for all family members.**

As far as my memory recalls, I have always been living in the same house. It will be unjust if I only call it a house, because it is more like a home. A house is indeed a great blessing.

**A house is made up of walls and beams;****A home is built with love and dreams.**

My house is something very dear and near to me. It holds all my childhood memories. It may look very ordinary to an outsider but to me it's my personal paradise. So the comfort I feel in my house cannot be compared to any other place.

**East or West, Home is the Best**

It is situated at a very suitable place with all the facilities nearby. The street that runs by my house is very wide. There are high buildings on both sides of it.

My house is not very large but it's big enough for my family. It has three stories but we only use the first and the second one. It was especially designed by my father. It has a very beautiful front that attracts the attention of those who pass by.

It has a very nice living room, which has been beautifully decorated by my mother and me. The living room contains all the necessary stuff including a television, couches, lamps, etc. The kitchen of the house is very airy and decent. It is painted in different colours by my mother, which gives it really a majestic look. The walls are made up of plywood and so is the floor. My mother's crockery is placed in a very alluring and captivating cupboard made up of mahogany wood.

**“Peace – that was the other name for home.”**

**(Kathleen Norris)**

My parent's bedroom is carpeted wall to wall and has some wonderfully painted beautiful pictures of hills, forests and seas. My mother's contribution to this room is in the form of artistically designed and finely sewn curtains across the window. The dining room has a small dining table made up of glass and metal. As we go upstairs, the steps are covered by a thin carpet. The house has long windows, which make it very cool and lightened up. There are a lot of flowerpots in the house, which give it a nice fragrance.

**“Home is the place where it feels right to walk around without shoes.”**

The part I love the most about my house is my own room. It is the most beautiful thing I own. Every inch of it is decorated according to my own choice. The best thing about it is that it has its own balcony from where I can see the garden of my house.

My father and I love to work in the garden. We prune the bushes once in a year and in summer; we get our fruit-trees sprayed once a month. My mother loves roses and lilies and she looks after the flowerbeds herself from time to time. I take extra care to keep the lawn tidy enough by using a lawn mower. There is a small bench in my garden, which I usually use for relaxing.

**“A man's home is his castle.”**

**(Proverb)**

The front yard is also great. I usually skate and play with my brothers in the front yard. Everything is right in its place and perfect for my family. I love everything about my house. It's the place where I can be myself. Its atmosphere relaxes my thoughts.

Apart from this, my house is surrounded by wonderful neighbours. We have known them for very long time. They often come to meet us. They are very gracious people. Our house is located at a suitable area, which makes it quite a great advantage.

Whenever I look at my house, I feel warmth, love and satisfaction. It gives me the type of comfort I can never feel anywhere else. Even the thought of living away from my house makes me shiver. It is more like a dream house. It is the type of house, which everyone wants and I am very thankful to Allah Almighty for providing me such a nice shelter. To me, my house is out of this world. It gives me necessary shelter from the world.

**“There is nothing half as pleasant as coming home again.”**

I would never want to replace it with anything bigger or better because I think that it is the best house and I can never ask for anything else.

**(K.B) Every house where love abides,  
And friendship is a guest,  
Is surely home and home sweet home?  
For there the heart can rest.**

#### 4. COURTESY(K.B)

Courtesy means excellence of manners or polite behavior. It, of course, springs from good breeding and kindness of heart. A courteous man is pleasant and polite to everybody. He observes good manner on all occasions and always respects the feelings of others.

**Courtesy costs nothing but it counts a lot.**

Courtesy may be set in contrast with tyranny. If tyranny is the greatest evil, courtesy is the most cordial virtue of society. As tyranny is the root of all vices, courtesy is the spring of all virtues. Courtesy means to practise good manners, refined habits and polite behavior. Courtesy, in fact, springs from good breeding, nobleness of mind and the gentle heart. To be more precise, to do one's duty in a consummate manner displays courtesy. Law of injustice is ruling the universe, misdeeds are punished and noble deeds are rewarded by a hidden power. If we sow seeds of gram, we cannot expect a crop of wheat. If we plant a lemon tree, we cannot expect it to yield sweet mangoes. This world is like a dome. Cry loud and you hear back what you cry. Same is the case with courtesy. A courteous man is always respected by everyone. Someone has rightly said,

**“As you sow, so shall you reap.”**

Courtesy is the other name of excellence of manners or polite behavior. Wheels of fortune grind slowly but surely. Life is duty. We should take it seriously by adding all the typical characters of courteous person. A courteous person believes that a man who digs pit for others himself falls into it because it is well said,

**Do good, have good.**

Moral norms and ethical values form the basis of teachings of all the religions of the world. In Islam, Muslims greet one another and they often add some remarks about each other's health and welfare. A Muslim greeting is kind of a wish and a prayer for mutual happiness, peace and security. The Holy Quran also lays stress on courtesy.

**“The best among you is the one who has the best of morals.”**

A man of good manners is always humble and modest. He does not boast of his rank, position, wealth or achievements. He does not make fun of other people's weakness or lower position. Without these virtues, life is vicious and venomous.

Because of this, Allah has again and again enjoined upon us to be humble and courteous towards others. Those who are impolite, rude and imperious are disliked by all. Nobody loves or respects them. Thus they are left alone, helpless and friendless. Life without angelic feelings of love, respect and kindness is like a hell where the fire of contempt, rudeness, envy and cruelty burns our mind, bodies and souls.

**“A courtesy much entreated is half recompensed.”**

Courtesy brings tremendous satisfaction and profound joy. Courteous people become popular not only with humans but also with animals. They can be the best preacher of the world. They can propagate their sublime thoughts and ideas easily. They can fetch everyone to them.

**“Try not to become a man of success rather a man of value.”**

**(Albert Einstein)**

Courtesy is such a great virtue, which can turn the enemies into bosom friends, sorrow into joy and tears into happiness. Polite behavior and a little timely appreciative remark can win a friend's heart and can soften the hearts of the enemy as well. Our words can determine our action. Words have the power and magic to guide us. A little kind word can cheer, heal, console, elevate and enlighten man.

The real beauty lies in the heart. The real grace lies in our attitude. It lies in the behavior that we show to everyone. It can create peaceful and happy atmosphere. Our dealings should be equal to everyone i.e. with the rich, the poor, and the needy. We can please others by our kindness and well behaved approach.

**“Courtesy costs nothing and buys everything.”**

Our Holy Prophet (S.A.W.W.) imposed a great stress upon courtesy and kindness. He (S.A.W.W.) himself led a life, which was virtuous and polite. He (S.A.W.W.) taught us all the basic manners we needed and he (S.A.W.W.) preached his message to respect our fellow beings. Courtesy helps a man to become true Muslim and a good citizen.

Hazrat Ali (R.A) was a noble, kind-hearted and righteous man. He (R.A) was also a man of brave, humble and forgiving spirit. Gentle in behavior and affectionate in conduct, he (R.A) set the noblest example of the character to the world. Even during his khilafat, he (R.A) remained simple in living and courteous with poor. So, courtesy is very necessary as

**“A man should not open a shop unless he has a smiling face.”**

Our great and beloved leader Quaid-e-Azam was a great paragon of courtesy. He treated people with politeness. This quality not only endeared him to his own people but also won respect and admiration of his opponents.

## 5. LIBRARIES (K.B)

With the spread of literacy, libraries have become essential tools for learning. Public instruction is making rapid progress everywhere in Pakistan. It is no more the privilege of the well-to-do to acquire knowledge as it was not so very long ago. There are schools and colleges in almost every part of the country. The twenty-first century dawns with a sure promise to be a century of peace and educational explosion.

A library is a building where books on different branches of knowledge are stacked in a scientifically organized way, just to facilitate the readers to avail themselves of the knowledge compiled inside. A Library is a shed of knowledge. In fact it is the house of wisdom where those people are welcomed who want to enrich their minds with most valuable human experiences. It is in a library where a student develops a feeling of belonging to the whole of mankind. Great importance is attached to the libraries as they play a vital role in promoting literacy and education.

**“The True University of these days is a collection of books.”**

**(Thomas Carlyle)**

The word Library has been derived from a Latin word ‘Liber’ which means ‘book.’ Library is a house of knowledge and books. A usual library may contain tall standing shelves filled with books of all sizes, big and small, thick and thin, arranged in a vertical manner exhibiting their titles, tempting the readers to take the book off the shelf and to explore new horizons. Books related to all topics e.g. astronomy, fiction, arts and crafts, novels, lifestyle, dramas, history, literature and many more are available. A library also has tables and chairs for the readers to sit upon in order to browse their favourite books. A library is incomplete without a librarian.

Our world and universe is filled with various innumerable phenomena. This all can be accessed from a single place called library. Library is like a key that provides a path for being aware of these phenomena. Information we may say a vast sea, with books as boats taking the readers to their destinations which they are searching for.

**“We may sit in our library and yet be in all corners of earth”**

**(Sir John Lubbock)**



A library enables every student to get the book according to their taste. Books which are not readily available in the market or, are so costly that very few students can buy them; are kept in library. The libraries are particularly useful for poor students, whose education would be hampered without libraries.

**A library is a place just like a garden with different flowers of every type**

Books in the library are for all kind of students. Books are the best companions of man in sadness. Library creates a sense of love and respect for the books, in fact.

**“The reading of all good books is like a conversation with the finest minds of past centuries”**

**(Rene Descartes)**

In the world, there are about 6490 libraries, which are known throughout the world. The biggest library is in UK, which is the best library in the world. Libraries like Quid-e-Azam Library, are one of the renowned libraries of the world where most of the authentic books are available.

**“I have always imagined that Paradise will be a kind of library”**

**(Jorge Luis Borges)**

Libraries also serve as a storehouse of ancient learning books which were published long ago and are safely kept in the libraries. Rare manuscripts in the form of books, letters and diaries are preserved in libraries.

Libraries in schools, colleges are of significant importance for nourishing the brains of students and to keep their knowledge of every field, up to date. Moreover, the students can keep studying them and can prepare their notes in a cool and calm place, where there is no distraction. Unfortunately, in most of our schools and colleges, the libraries are not functioning well. There is no incentive to read general books or fiction. There is no ventilation system due to which a strange odour prevails all around.

**“It is the interest that one takes in books that makes a library.”**

**(Carolyn Wells)**

With the growing ratio of literacy, advancements are being made. Moreover, Internet facilities are also available in some libraries, but unfortunately in Pakistan, the condition is really pathetic due to which our youth does not visit them frequently. Government and other private companies should join hands to improve the condition if libraries which is the utmost need of the 21<sup>st</sup> century. Moreover, the libraries should be neat, clean and well – decorated so that our youth and other readers may feel attracted towards them. People should also follow rules and regulations of the library. In this way we will be able to create a more civilized and prosperous society.

**“An hour spent in the Library is worth a month in a Laboratory”.**

## **6. HEALTH (K.B)**

‘Health is wealth’ is a well known proverb often quoted by our parents and teachers. When people meet, they usually ask one another “How are you?”, “How are you getting along?”

A dynamic state of mind, body and spirit, which brings the best out of a person and makes him capable of doing his task, is known as health. The English word hale, meaning wholesomeness, being whole, sound or well. Health is the ability of a human body to meet demands imposed by the environment and daily life. The great wealth of a person in this world is health.

**“Health is a thing that makes you feel that now is the best time of the year.”**

**(Franklin P. Adams)**

Health is the precious gift and is a great blessing of Allah. Once lost like an arrow, shot from a bow, it can never be found again. Body, mind and spirit are needed in reality to meet the needs of the world. A healthy body means a store of energy, which is essential for every high ambition. Money cannot buy health. So we should be very cautious about health.

**To get rich never risk your health. For it is truth that health is wealth.**

Health is more crucial and important than pieces of gold and silver in our life. A person can live without material possessions and riches but a life without health is impossible, no one can survive with an unhealthy body. A healthy person though, he may not be rich; can still strive to earn livelihood. In contrast, if a person having all the riches of the world is unhealthy; then all the wealth is of no use to him, as money cannot buy health.

**Money is the most envied but least enjoyed. Health is the most enjoyed but the least envied.**

(Charles Caleb Colton)

The importance of sound health is realized by one who is ill. He becomes frustrated and life becomes meaningless and boring to him. He can't enjoy and feel the marvels of the world. Lying on the bed he thinks and recollects the moments when he could do whatever he desires to. A state of anxiety takes over. Nothing in this world cheers him up because he lost the most treasured gifts of all. He remains uninterested, unexcited, and restless.

Regular exercise is as important as balanced nutrition. A person who exercises regularly enjoys a good night sleep, a good appetite and a sense of wellbeing throughout the day. Exercise keeps our spirits up whenever dealing with depression and allows us to have a relaxed life style. Walking is one of the most effective forms of exercise and can be included in everyday life. Swimming, cycling and skating are also very helpful. Lack of exercise results in flabby muscles and general physical weakness.

Health never means a bulky or fat physique of body with a huge height and weight. Rather it means a smart, stout and fit figure, which can perform the best for long lasting hours. Balanced diet and regular light exercises along with some sports, if possible, are the key to a good health. This very fact is medically proved that a healthy body has a healthy mind and it is often reflected in our daily matters as well.

**“A healthy body is a guest chamber for the soul, a sick body is a prison.”**

(Francis)

A diet consists of what we eat and drink. We need right kind of food which is rich in nutrients and has the essential vitamins that the body demands. These nutrients help us to grow, improve our immune system and to stay active and fit. Nowadays, people are eating too much processed foods. The intake of sugar must be cut down to very little quantities and instead of eating candies, fizzy drinks and fast food, we should take healthier foods like cereals, oats, dietary fiber, fruits, vegetables along with meat and dairy products. By doing this, we will be able to lower cholesterol level, the root of many diseases.

**“The best doctors in the world are Doctor diet, Doctor quiet and doctor Merry man.”**

(Jonathan Swift)

Our religion has laid great stress on health. There are many commandments which force us to live a healthy life like act of cleaning. Islam wants Muslims to be sound because only then they can perform Allah's commandments. The Holy Prophet (S.A.W.W.) says

**“Cleanliness is half the faith.”**

Health is so important to us that people are rearranging their life styles and their priorities to gain or maintain it. Some endure great pain for health, some sacrifice their wealth for it; some believe and act upon the strangest things in the hope of obtaining it; some even kill themselves because they cannot get it. Finding good health is a blessing that must be maintained to enjoy life.

## 7. THE MONSOON / A RAINY DAY (K.B)

In the first week of July, the sky was heavily overcast and rain clouds swept across the sky. Strong south-westerly winds that blew over the Indian Ocean, brought the monsoon clouds which caused a lot of rain,

**“Rain is grace; rain is the sky condescending to the Earth; without rain, there would be no life.”**

**(John Updike)**

In Pakistan, every year April, May and June are the months of scorching and sweltering heat and people get exhausted due to the severe weather conditions. They naturally want a change and this they are granted with in the mid of July when the sky often gets heavily overcast and rain clouds are swept across the sky. This is due to the South-Westerly winds that blow over the Indian Ocean and bring the monsoon clouds which cause a lot of rain. The gasping and heat-stricken people thank God for this blessing and they feel quite refreshed and energetic after this very change in the usual Weather. South-westerly winds are refreshingly cool and they bring relief to all the heat stricken creatures.

**Rain showers my spirit and waters my soul.**

Everything that has an advantage has also a draw back. Rain which can provide existence and sustenance can also cause mayhem and damage. In contrast to the fact that rain is a life giver it is also a cause of chaos and destruction. Rain can destroy accommodations, field, crops and shelters. It can result in devastating floods, hurricanes and storms. It can wipe away anything that comes in its way. It can be a blessing as well as a curse.

**“Some people walk in the rain, others just get wet.”**

**Roger Miller)**

It was quite humid as well and both the animals and the human beings were feeling much disturbed and upset due to alarming heat and high temperature all around. Everybody was praying for a pleasant change in weather. Surprisingly, the wind rustled through the swaying tops of trees in a manner which was splendid and magnificent. Perhaps, nature had decided after all, to please the heat-affected persons with a cool, refreshing and soothing change. Due to the fast blowing South-Westerly wind, the humid heat was gone in no time. Along with this, the rolling mass of black clouds, began to appear in the sky and in a matter of seconds the sun hid itself behind this veil of dark clouds. The sky was heavily overcast and there were flashes of lightning, quickly followed by claps of thunder, the roaring clouds created an atmosphere of a horror film. All of a sudden, large raindrops began to fall. The dry earth sucked these if it were thirsty for centuries.

**Anyone who says sunshine brings happiness has never danced in rain.**

The steady raindrops soon got converted into a heavy shower which lasted for almost an hour, making everything refreshed and bright having been washed thoroughly. The plants that seemed lifeless and inert, were dancing in the rain. Their leaves turned into the most radiant shades of green. Everyone was glad and delighted. All the sorrows and sadness faded away. Soaked clothes and wet shoes didn't bother anyone.

**“The best thing one can do when it's raining is to let it rain.”**

**(Henry Wadsworth Longfellow)**

When the rain stopped, I came into my street which was presenting the sight of a stream because the drainage system had got locked. There were a lot of children who had been playing in the rain and were still enjoying themselves by floating the paper boats on the rainwater. They were laughing, cheering, screaming and shouting gladly and their happiness knew no bounds. The young and the old all were overjoyed and feeling much relieved and quite grateful to Allah Almighty for His benevolence. There were a number of scenes of jubilation all around.

**“One touch of nature maketh the whole world kin.”**

**(Shakespeare)**

In addition to those effects of rain on the human beings, the rain also had a dominating and prevailing impact on the non-living things. The roof tops of all the houses, for instance, had got fully wet and the high walls, thoroughly drenched. The tree and plants were presenting a totally new look as their leaves had got washed and were then sparkling in glee. Moreover, low-lying areas were flooded and the public transport was having a lot of trouble while passing through them. A number of vehicles had got stuck in water and their drivers were trying hard to get them started once again. In spite of all the hurdles, everybody was happy inwardly and was taking the things in a very relaxed way without any kind of tension. In fact it was a gala day. In short the rainy season or rainy day brings happiness and pleasure to all the creatures of God.

**“A thing of beauty is a joy forever.”**

**(John Keats)**

## **8. A SCENE AT A RAILWAY STATION(K.B)**

The British invented the railway and the locomotive. The rail-track was laid for the trains to connect different towns and villages on the route. The train, drawn by heavy engine, would stop briefly for the passengers at places called railway stations.

**The railway station is a place which presents a blend of feelings of sorrow and joys.**

During last days, I also happened to visit the Lahore Railway Station in order to receive my friend who was coming from Karachi by ‘The Shalimar’. The train was due at 10:00 p.m. and I reached the respective platform at 9:50 p.m. in a jubilant mood as my friend was coming to me at least after two years. I was quite eager and curious to see him and observe the physical changes that might have taken place in his personality. There was a great hustle and bustle all over the platform. Men, women and children have thronged the place. Passengers who wanted to travel to different destinations were buying tickets and many were waiting for their respective trains while standing along with their luggage.

**A railway station obviously has typical scenes.**

A good many people had come to receive or see-off their dear or near ones. There was a huge crowd and cry all around and the deafening noise. There were a number of vendors and hawkers doing a roaring trade. They were selling meals, fruit, books, magazines, souvenirs, knick-knacks etc. with an appreciable zeal and zest. The brightly lit colorful stalls and carts at different points attract the passengers who visit them quite frequently. Many people were roaming around looking at the colourful ads with their wistful eyes twinkling brightly at different attractions. There were few who could be seen worrying about the journey.

**The prospect of a long arduous journey ahead worries the passengers.**

The smart stationmaster along with his efficient staff was moving about hurriedly because the rain was about to come shortly. The porters were looking for some good, handsome business and so were moving about in agility. I saw a few persons reading the magazines, novels, newspapers and other things of this sort sitting on the waiting benches. Some passengers were offering their prayers in one corner of the platform, neglecting the whole clamour all around. I got very much impressed by their preoccupation and appreciated them a lot in my heart.

In the meanwhile a loud noise of ‘train’, ‘train’ came from the platform and everything got in full swing in the wink of an eye. There was a strange atmosphere and made everyone to be in a hurry which was beyond all senses. The passengers alighting from or getting into the train were set against each other in a thorough quarrelsome mood. They were pushing one another just for nothing and the overall result was zero. Nobody was willing to wait for his train and do the

courtesy for his fellow beings. In addition to this, the potters were doing their own job by pushing the luggage in and out of the different compartments. While shouting at the vendors together with the frightful cries that I was forced to think that we, as a nation, stand far behind the comity of cultured nations.

I was so engaged in all this that I forgot my friend at the moment and got shocked or startled when he called me loudly from inside the compartment. I rushed towards him and after a long struggle against various obstacles; I managed to get him outside the train. Both of us were thankful to Allah that after all we were safe and sound. This was truly a fun experience that shall always remain in my heart with all its specialties. It was just like a fair.

**“The worst part of holding the memories is not the pain. It’s the loneliness of it. Memories need to be shared.”**

(Lois Lowry)

## 9. **A HOCKEY MATCH(K.B)**

Matches are essential parts of sports and games. Matches give rise to sportsmanship. Moreover, matches are a sort of get together where players, apart from playing and displaying their physical stamina, exchange ideas and information and have free and frank discussion among themselves.

**“Sports do not build character they reveal it.”**

(John Wooden)

A game resembling hockey was played in Persia about 200 B.C. The Greeks played this kind of game in the 5<sup>th</sup> and 6<sup>th</sup> centuries B.C. Hockey was also played in France in the middle ages. Many countries of the world started playing modern hockey in the 19<sup>th</sup> century. It became very popular in Britain. It also spread to other European countries and to Australia and New Zealand. British soldiers brought this game to the sub-continent when Great Britain occupied this part of the world in the 19<sup>th</sup> century. Hockey was included in Olympic Games in 1968 and 1930. World Cup for Hockey was started in 971 and Champion Trophy was introduced in 1978 by Pakistan.

**“A puck is a hard rubber disc that hockey players strike when they can’t hit one another.”**

(Jimmy Cannon)

Hockey is our national game. It is an exciting outdoor sport. It gives us moments of leisure and pleasure. The sense of discipline, team spirit and fellow feelings make it significant. For a long time, our country has been the world champion and our game is admired everywhere. Hockey is the game in which there is a lot of action and suspense. In this game, the situation changes very fast. Every minute can bring a surprise. The players continue running fast with the ball to score a goal. Pakistan has produced famous hockey players like Saleem Ullah and Hanif Khan. They were known as the hockey wizard.

**Hockey is the original extreme sport.**

I take a great interest in hockey and never miss a chance to watch it on television. I always cherished a dream to visit a ground or stadium and see the match, being the part of spectators. I witnessed the demonstration of great excitement and determination at our college ground.

A hockey match was played between our college team and team of Science College. Both the teams were evenly attached. Hundreds of students had come to see the match between the college teams.

**Hockey players have fire in their hearts and ice in their veins.**

At exact 11:00 p.m., the players of both the teams entered the playground along with the referee. Our science teacher was the referee. He is well known for his impartial decisions. The teams took their positions when the referee blew the whistle, the game started. The eyes of all the spectators were following the actions and moves of the players. The ball was rolling very swiftly between the players of the two teams.

Although in the beginning, the game was not very fast but it picked up speed in the later half. The two teams were playing with great effort. The players of both teams were quite healthy and active. After nearly fifteen minutes, the game became very fast. Both the teams were now becoming more and more aggressive in their moves. They were trying their best to score a goal. The Science College team was dominating the field for a long time, but they were unable to score a goal. The defenders of our team were very strong. They fought and repulsed every attack. They did not allow the opposite team to score a goal so easily.

Just before the interval, the captain of Science College was able to score a goal in quick and sudden move. The boys of our college team did not lose their hearts. They played courageously and potentially. But nothing could be done before the half time.

**We did not lose the game. We just ran out of time.**

After the interval the game started again quite briskly. The spectators were really enjoying the game. Now our school team was dominating the ground. Soon our team scored two goals against their opponents. The students of our college were very happy. They cheered the boys to encourage them.

The players of Science College fought back and played a very good game in a stylish manner. Their captain was again in terrific form. But he also was unable to score any goal till the end in spite of his best efforts because our goalkeeper stood his ground and cleared the ball.

The spectators praised the goal game played by both the teams. At last, the time was up and the game came to an end. Hurray! Our college team won. We clapped and shouted with joy. The Principal of our college congratulated the players of our team for their fine teamwork. Our players had not let us down.

**One of the key qualities that you need to be a great hockey players is fantastic anticipation and feel for the game.**

## 10. **A CRICKET MATCH(K.B)**

**Life is strife - If we rest we rest and if we work; we shine and world gives us credit.**

Nobody can deny the importance of sports and games in life. They play a vital role in building our body and muscles and nerves. Besides this, games teach us endurance and tolerance. Matches are the events full of enthusiasm. Some matches are quite thrilling, sensational and full of suspense. Such matches are really enjoyable and people are amazed to watch them. I also got a chance to watch such a match just last Friday. It was the final match of cricket tournament. A cricket match is always interesting whether it is played at international or national level. Modern media has made this game popular among the people, especially our youth. Our youth is very much ambitious about games; especially about cricket. Every game has its plus points. It fosters discipline, duty, team spirit, co-operation and a sports man ship.

**There is something called a spirit of cricket which cannot be defined.**

The match was played between Pak Fighters Cricket Club Lahore and Eleven Stars Cricket Faisalabad. It was played on a pleasant morning. The stadium was jam-packed with the spectators full of enthusiasm. Players of both teams were very active and energetic. Pak Fighters were dressed in blue while the other team was dressed white. The umpires with the two captains came into the ground. First of all, the two captains tossed up a coin. It was won by the captain of

Eleven Stars Club. They elected to bat first. Both the opener entered the ground with dignity. They came running towards the pitch circling their bats around the fielding team that also came up running to take their positions in the field. The two official scorers took their seats. The commentary on the match, both in English and Urdu, was exciting and enjoyable. The sky was slightly overcast at the start of the match, but soon afterwards it was a sunny day.

**True batsman should in most of his strokes tell the truth about himself.**

The players played a steady game. The match started approximately at 9 a.m. At the beginning, the match was a bit slow in tempo. The batsman could not score well. It was of 25 overs. In the next 10 overs, the batting team could score only 30 runs with the loss of 3 wickets in just few hours. At the other side, the fielding of the other team was just splendid. Then next ten overs were full of zeal and zest. The spectators just got up and encouraged the players of Eleven Stars. There are sixes one after the other. They scored 49 runs in the last five overs, they scored almost 60 with the loss of two wickets in these overs. The Eleven Stars team scored 160 runs in 25 overs with the loss of nine wickets. After the first innings, there was a break of 45 minutes. During it, the vendors appeared with various edibles. The spectators began chatting, eating and drinking tea and cold drinks. I was in a jolly mood.

**Cricket was my reason for living.**

At 12 p.m. the match resumed. It was very fascinating to see the white ball rolling on green grass and flying in the golden sunlight. The Pak Fighters started their innings. They responded well. Although they lost an early wicket but it was an irreparable loss. At the 20<sup>th</sup> over, their score was 82. There was a chance for them to win. It was a tough competition because the fielding was quite strong. But the last five overs gave the match an interesting turn. The spectators were appreciating the players with thunders of claps. These were the crucial overs. The batsman played well. The match was heading towards a nail-biting finish. Every ball created suspense and excitement among the crowd. In the last over, Pak Fighters Club required 16 overs to win.

**Cricket is a game of pressure and team work.**

The last over was followed by two fours and two singles. At last ball, they required 6 runs. The batsman played towards extra over; batter chased and threw back. The keeper took the bails off and umpire raised finger, and Eleven Stars won the match. It was incredible for the opposition. Some excited spectators ran towards the winning team, to encourage them. When the captain lifted the trophy, the spectators gave them a standing ovation. It was a matter of pride for them.

**“The spirit, the will to win, and the will to excel are the things that endure these qualities are so much more important than the events that occur.”**

**(Vince Lombardi)**

To conclude, sports are healthy activity to create a healthy society. They are an expression of player’s stamina, athleticism, sportsman spirit and of teamwork. Besides, sports are great fun for players as well as spectators. This match was an evidence of such ideas.

**“Games give you a chance to excel, and if you’re playing in good company, you don’t even mind if you lose because you had the enjoyment of the company during the course of the game.”**

**(Gary Gygax)**

### 11. **A TRUE MUSLIM(K.B)**

The word Islam meaning “surrender,” is related to Arabic Islam or peace. Islam is a religion that came down to offer humanity a life filled with peace and well-being in which Allah’s external mercy and compassion is manifested in the world. Allah invites people to accept the moral teachings of the Quran as a model whereby mercy, tolerance and peace may be experienced in the world.

**“You who believe, enter into Islam completely and do not follow the footsteps of Satan. He is indeed, to you a clear enemy.”**

**(Surah Al-Baqra)**

The follower of Islam is called a Muslim. A true Muslim has a firm belief in Allah and His last Prophet Muhammad (s.a.w.w.). He fears none but Allah Almighty. The fear of Allah guides him and helps him stay away from evils and empowers him to resist satanic temptations. It is his faith that Allah is Creator of everything in the universe and is the Lord of The Day of Judgment. He avoids evil actions because he knows that he will be held answerable for his deeds. He performs five times prayers regularly and punctually with the immense pleasure and proper concentrations.

**“It takes many good deeds to build a good reputation, and only one bad one to lose it.”**

**(Benjamin Franklin)**

A true Muslim loves Hazrat Muhammad (s.a.w.w.), the last prophet of Islam, more than his own life, for he believes that his faith remains incomplete unless he loves his Prophet (s.a.w.w.) above everyone else. Having unshakeable belief in the Holy Qur’an, he also has firm belief in the saying of Holy Prophet Hazrat Muhammad (s.a.w.w.).

**“Obey Allah and the messenger of Allah and the one who is placed above you.”**

**(Surah Al-Imran)**

A true Muslim leads a simple and pure life. He earns his livelihood through honest means and is contented with it. He controls his desires. He does not beg for things. He does not bring down his self-respect. He spends his life according to the teachings of Islam. He always bows his head before Allah in all the matters of his life. He reads the Holy Quran and feels a great joy. He gives alms to the poor. He is good at heart, true to his word and honest in the performance of his duties.

**“According to the sutras, evil deeds result in hardship and good deeds result in blessings.”**

**(Bodhidhrama)**

In Islam, Haqooq Allah means the rights of Allah Almighty. Offering prayers, fasting and Hajj are the forms of Haqooq Allah. Haqooq-ul-Ibaad means the rights of man. The rights of men, children, parents, friends, neighbours, poor, needy and rights of labours are the forms of Haqooq-Ullah. It is compulsion for a true Muslim that he should practise the Haqooq-ul-Ibaad because in Islam, great emphasis is laid on Haqooq-ul-Ibaad and the Muslims are those who follow these principles.

**“To be doing good deeds is man’s most glorious task.”**

**(Sophocles)**

A true Muslim is far from the treacherous deed of telling a lie. He is the speaker of the truth and nothing else. He does not use flattering words but speaks according to the laws laid down by Islam.

**“A hypocrite is the one who tells a lie whenever he fasts, offers prayer and considers himself a Muslim.”**

**(Al-Hadith)**



Islam preaches peace. It is indeed a religion of peace. Its true followers are all peace-loving people. A true Muslim hates violence and extremism. Ironically and regrettably, Muslims are being labeled as terrorist these days because of some gross misconceptions among Western media, which needs to understand the true picture or reality before it goes ahead to say something about Islam and its followers. Due to few misguided Muslims, one cannot blame all the Muslims in the world.

To conclude, a heart of Muslim is free from hatred, bias, prejudice, grudge and ill will. He loves all irrespective of his caste, colour, creed and religion. He believes in equality, brotherhood, unity, and love for all. A good Muslim always seeks salvation from God. The worldly failures or success is immaterial for him. He aims at ultimate success to win the pleasures of Allah and his apostle to be successful, herein and the hereafter.

**“Our sins are more easily remembered than our good deeds.”**

(Democritus)

## 12. **LIFE IN A BIG CITY(K.B)**

City is one of the most exciting places to visit. Life in a big city is a whirl of activities. Multitude has its advantages but it annoys someone who is a part of such a thick population. Cities are the product of civilization.

**A city is a large community where people are lonesome together.**

Life in a big city is an interminable war in different battlefields. All the necessities and comforts are available to the city people. Everything is within reach. Life is full of luxuries and is very mobile.

City life seems to be studded with sky scrapers, carpeted by metal lead roads with seething population, commodious bungalow in the posh areas, long rows of vehicles with shining roof tops and sophisticated food outlets that present yet another wonderful sight. One seems to be enamoured by digital electronics boards, with pictures and names, to get in and be a part of that shopping outlet. The wares displaced invitingly seem to attract us more than anything else.

**A great city is not to be confounded with a populous one.**

City has many things to offer from entertainment and convenience. Most advanced medical facilities are available to city dwellers. There are a large number of hospitals and clinics, in the city. The hospitals have highly qualified staff and most expensive and advanced equipment. Other than the hospitals, there are numerous pharmacies and medical stores.

City life offers innumerable opportunities and challenges to those who have courage to accept the ever-increasing demands of their social life. Almost all the big cities dish up countless opportunities of earning for those who are willing to join the race for better living standard. No one remains without fixing his appetites, as a variety of food items from cheaper to expensive ones are available. One relishes and enjoys different food items to one's fill.

**“If bread is the first necessity of life, Recreation is a close second.”**

(Edward Bellamy)

Leading life is an art. To lead a contented and well-balanced life one needs soothing and suitable surroundings. Leading life is greatly affected by one's thoughts, aptitudes and surroundings. Most of the people in the world like to live in cities which offer varied opportunities for employment, innumerable ways of enjoyments which in sense make their lives worthwhile.

**Divine nature gave the fields. Human built the cities.**

There is a mad competition of getting material gains in the cities. Everyone is hypnotized of money and luxuries. There is no place for emotions and sentiments. The cities are

also facing problems of over population. There is a sharp contrast in different areas of cities. The slums present behind the posh areas. The slums are a scar on the beautiful face of shining, well-paved and well-trimmed parts of a city. Narrow streets, closely knit or fabricated houses, and scarcity of space and over flowing of drains have made life problematic in big cities.

“Peace is not in a city”, is an oft-quoted proverb is an effort to belittle the luxuries, and challenges which city life offers. It is true that one needs to put a lot of efforts to maintain it. If peace is attributed to scarcity of resources, fewer members of human beings, immature or raw infrastructures, less experienced and moderately educated persons, then, of course, city life is not a boom.

**“Peace is a journey of a thousand miles and it must be taken one step at a time.”**

**(Lyndon B. Johnson)**

Life in a big city sometimes seems to be surrounded by health hazards. Brisk and noisy vehicles emanate smoke which to the advertisement of our health gets into our body like everything. Obnoxious fumes of different industrial concerns are yet another threat to our health. Congested traffic signals and throbbing markets seem to stifle us. Besides, the most important thing is that people in cities are not close enough. They don't know each other intimately. They do not cooperate and work together like villages.

In spite of disadvantages of city life, people are attracted towards cities. Everything has some drawback and problems everywhere but these problems can be solved by honesty, education, awareness and literacy. But still life in a city is colourful and worth enjoying. Necessities of life are easily available but in a vanity.

**“We cannot solve our problems with the same level of thinking that created them.”**

**(Albert Einstein)**

### **13. VILLAGE LIFE(K.B)**

Everything in the world has its own merits and demerits. City and village life both have their own attractions and pleasures. Life in a village may seem tough but it still has its unique charms. The village is panorama of charming scenes of nature. Lush green fields, vast plains, flowing streams are seen everywhere. The scenery of changing seasons has profound effect on village life. It brings a divine touch into human mind. The atmosphere is clean and fresh. Thus, life is more peaceful and healthier in villages.

**“Look deep into nature, and then you will understand everything better.”**

**(Elbert Einstein)**

Pakistan is predominantly a land of villages. A major proportion of Pakistani population resides in villages because agriculture is the main occupation of our people.

A Pakistani village reflects the real picture of Pakistan. A Pakistani village is the epitome of Pakistani culture and tradition. The village life is made up of farmhouses, mud houses, uneven dirt lanes and ponds. Numerous orchards and gardens of different fruits are found in the village. The streets are usually narrow and made up of dirt. Fresh food is available in the villages, which is free from all kinds of impurities.

Villagers lead a simple and a happy life. They have no linkage of luxury. They get to eat pure, simple and healthy diet. They live a life close to nature. They discharge their social duties in simplest manner possible. They spend a lot of time in fields as their major profession is agriculture. In the evening they sit in a “chopal” and talk about different local matters. The farmers take rest during their leisure time under the shady trees. They work from dawn to dusk and earn an honest living.

**“Honesty is the best chapter of the book wisdom.”**

(Thomas Jefferson)

A village is free from din and dust, noise and clamour, smoke and heat of the cities. There are piles of bricks and stones stacked side by side in an unending line to choke the atmosphere, no mills and factories to taint the pure breeze. A person can enjoy the pure open air to his heart's content. He can sit for hours on end, by the side of some babbling brook and listen to its soft murmur as the flower past, its waves lapping the banks. A village is an embodiment of simplicity and symbol of God's bountifulness.

**Nothing is good or bad but thinking makes it so.**

Life in a village is not devoid of its amusements. Although there are no cinemas, clubs and recreational places in villages yet it provides innocent players some enjoyments. Apart from the passive gratification of the senses of sight and sound, one can engage himself in the active pursuits which are healthy and delightful. Rising from the bed early in the morning, along tram through the fields and meadows along rivers, breathing pure air and smelling the fresh-blown flowers, is indeed delightful. Other than this, very simple and amusing games are played in villages which bring joy in the life of villagers.

**"Happiness is not something readymade. It comes from your own actions."**

(Dalai Lama)

The villagers are very lively people. Their liveliness is represented in their songs and stories. Villagers although poor, are not only hospitable and caring but they like to share the sorrows and happiness of their follows.

The beauty of nature can be easily seen and felt in a village. The day begins with chirping of birds and with the musical sound of morning wind. Rainy season is the most pleasant. The whole atmosphere looks clear and brilliant. Summer and winter have their own marvels. There is season of sowing and harvesting crops. There is a great hustle and bustle seen during these days. Fairs and festivals are special occasions for rejoicing.

This is only one side of the picture of village. Villages have their own drawbacks too. People lack new and modern facilities. There are less number of hospitals and medication centers. Due to lack of quality education, the literacy rate is very low. There are no transportation and communication facilities. But rural life can be reformed, with a little attention.

**You can complain because roses have thorns, you can rejoice because thorns have roses.**

Country life and town life stand of one a striking contrast. The facilities of one are drawbacks of others and vice-versa. City people are cultured, civilized and cleverer than their counter parts dwelling in villages. But still, life of small village is worth enjoying because it provides tranquility, calmness and peace of mind which are conspicuously absent from lives of people living in towns and cities.

#### 14. **TELEVISION(K.B)**

Television is one of the greatest wonders of science. Modern science has invented many valuable things but there is nothing which has contributed so much to our joy of life as the television. If men of last century could rise from their graves, it is certain they would be speechless on watching the television. Television is one of the wonderful inventions. It plays vital role in determination of knowledge and information, formation of public opinion, national integration etc. T.V. is a miracle of 20<sup>th</sup> century. It has brought about a revolution in the field of entertainment, education and communication. Indeed one should be grateful to its inventors J. L. Baird of United Kingdom who has brought cinema and stage into the houses of the masses.

**"Television is more interesting than people. If it were not, we would have people standing in the corners of our rooms."**

(Alan Corenak)

While sitting in our homes we can watch all kinds of programmes which are televised. Many educative and informative programmes can also be shown on television which is of great importance to the students. One can enjoy movies while sitting in one's own house. Classical dramas are also shown on T.V. Television helps us to see cricket, hockey, wrestling, cartoons, etc. It also telecasts various concerts and dance programmes. T.V. can highlight the evils of society like casteism, dowry, drinking, gambling etc. and help in their removal.

**Television helps in removing the social and political evils from the society.**

Television is especially very valuable for an under-developed country like Pakistan where a great majority of the people is illiterate and live in the villages. People can be imparted much information and education through the television programmes.

Through talks delivered by the eminent scholars, people can be informed about the latest happenings and about current problems. The politicians, scientists, social workers and other eminent persons can also talk to the people directly through the medium of television. Thus the benefits of television are numerous. People can hear the point of view of all the eminent persons which can greatly help them in forming their opinions. They can improve their view through these programmes.

**Time has convinced me of one thing: Television is for appearing on – not for looking at.**

Similarly, the government programmes like family planning, adult education and cleanliness of the cities can also be propagated through the medium of television very successfully. It has everlasting results as well. During the time of election the results of the successful candidates can also be announced through television. The V.I.Ps like the President, the Prime Minister, etc. can also keep a direct contact with the people by addressing them on television. In this way, television becomes a link between masses and government.

In Pakistan, much may be done through television. Our villages may be told how to improve their methods of cultivation. And what the world is like of which they know very little. Our women may be taught cooking, sewing, etc. through the television. The television would be powerful weapon of social reforms and political awakening. At present, Punjabi, Urdu and English bulletins are also shown on T.V. It also telecasts programmes in various dialects. Different people can enjoy different programmes in their own languages.

**Television provides national as well as regional and local identities.**

Every picture has two sides. With its advantages the television also has certain disadvantages. If a person spends too much time in watching television every day, then he will become lazy and shirk work. He would like to sit idle and waste his time. If one sees picture from a close distance on the television set, it affects the eyesight. It is thus always risky for the small children who always sit very close to the television set.

The students also get the bad effects of seeing films on the television. During the study time the students do not pay attention to their studies which will affect their educational career. The use of television set also increases the electricity bill greatly but all this depends on man how he uses T.V.

**Television is a corporate vulgarity.**

In spite of all these disadvantages, the advantages are out-weighed. In the field of education and entertainment its vast importance cannot be denied. That is why it is getting more and more popularity every day.

**15. A VISIT TO A HILL STATION(K.B)**

My love of adventure is natural to me of course; the degree of love varies from person to person. One of my cousins suggested me to visit Muree Hills. Muree, a beautiful valley situated between the huge mountains of Himalaya range. It was almost mid of July when we all cousins left for Muree. We enjoyed the whole journey from Lahore to Rawalpindi. We reached Rawalpindi at 10 o' clock. We rested for a while in Rawalpindi and purchased many things of daily needs.

**"The best part of beauty is that which no picture can express."**

**(Francis Bacon)**

We reached Muree at 2 p.m. the same day. The weather was gusty and dusty. The huge masses of clouds appeared in the winking of an eye. An inky darkness prevailed everywhere. Cool wind was blowing. Birds were diving up and down on the waves of cool breeze and at that time, it seemed as if:

**"Nature is standing in front of us in all its beauty and grace."**

We put up at an old hotel "Sunny View". After having rested there for a while, we came out to have a view of Muree hills. The valley below hills looked like a great cup of flowers and flowing streams. The beautiful flowers of eye catching colours were dancing in cool breeze and looking so beautiful, as the poet says:

**Flowers are the sweetest things God ever made and forgot to put a soul into.**

Next day, we walked to Kashmir Point and enjoyed ourselves with its scenic beauty. Well dressed ladies and gents crowded the Mall cafes and tea houses. I wondered how so many educated and cultured people had come together as such a far off hill station at one and the same time but the next moment I knew because I was also one of them. Evening time is also very nice at the hill station. When it was dark, we made our way for the hotel. A gentle shower of rain began to fall. When it started tipping down, it created a musical sound and that was the beauty and music of nature. After a while, it started raining cats and dogs and continued till late at night but when it was dawn, the rain stopped.

After our breakfast, we went out to see Salmi Sanitorium. Salmi is a beautiful spot situated in a fine valley. There are fruit gardens on the slopes. There were also thick forests of pine trees, and the entire area is green and charming. On our way back, we crossed two fast flowing streams. Their silvery water was clear and cool. We washed our hands and faces. We enjoyed there for quite some time. The number of glowing colours looked as much beautiful as:

**"The best and most beautiful things in the world cannot be seen or even touched. They must be felt with heart."**

**(Helen Keller)**

Next day, we went to Patriata, early in the morning. We enjoyed to have a ride of chair-lift. It was an interesting experience. Running clouds, blowing breeze and bird eye view of Muree Hills. It seemed like a dream.

In our ten days visit of Muree Hills, we enjoyed hiking, and did a lot of shopping from Muree Mall. These moments are unforgettable for me. Those days were most well-spent days of my life. Beauty of Muree Hills left a lasting imprint on screen of my mind. It will be commemorating me of the switching beauty of Muree forever, because:

**"A thing of beauty is a joy forever."**

**(John Keats)**

**16. QUAID-E-AZAM(K.B)**

Great people are not born every-day. These are the personalities who sacrifice their rest and life, and strive for a main goal and greatest of them are those whose goals are for the betterment of people. These personalities fight for their people's rights without any personal interest. They fight for all of those who trust on them. The 20<sup>th</sup> century has seen a number of great personalities on the international scene but none of them was comparable to Quaid-e-Azam Muhammad Ali Jinnah, in intellect and honesty of purpose.

**“Some people are born great, some achieve greatness and some have thrust upon them.”**

**(William Shakespeare)**

Quaid-e-Azam was one of the finest leaders of the sub-continent. He was born on 25<sup>th</sup> December, 1876 in Karachi. He offered the Muslims of the sub-continent a precedent leadership. His father, Jinnah Poonja was a great merchant of Karachi; who could have ever thought that the weakling son of Poonja is blessed with all the qualities of a great leader by Allah, and would be one day the founder of Pakistan.

**“Success, remember, is the reward of toil.”**

**(Sophocles)**

Quaid-e-Azam attained his early education in Karachi and Bombay. Even in student life, he was painstaking in his studies. He strictly followed the rules of discipline and mannerism. He was also very punctual. As a result of those attributes, he was loved by his teachers and fellow students. He burnt the midnight oil, which pointed out that he would attain greatness in future.

His father's friend Fredrick Croft saw a great man in him. He advised his friend to send his son to England for higher studies. Accordingly, Jinnah left for England. He got admitted to Lincon's Inn where he attained the degree of Bar-at-Law. He used to deeply indulge himself in his studies and often read the lives of great men in his spare time.

**“Heights by great men reached and kept were not obtained by sudden flight, but, while their companions slept, they were toiling upward in the night.”**

**(Henry Wadsworth Longfellow)**

Quaid-e-Azam returned to his country and had to get a job because his father's business was not running well. He started practicing in Karachi but could not do well. He went to Bombay and joined the Third Presidency Magistrate. He knew that he had potential to be a good leader and lawyer and tried his luck again. This time he was successful and became a famous lawyer.

**“India is neither a country, nor its people a nation. This is sub-continent where many nations live.”**

**(Muhammad Ali Jinnah)**

He joined the Indian National Congress in 1906, but soon realized that Congress was an all Hindu league. Therefore, he left Congress and joined Muslim League in 1913. He assembled the Muslims and gave them a new glorious vision. He knew that never the twain shall meet.

Quaid was a matchless leader. Our leader had many great qualities as well. He was fearless and courageous. Everybody knew that he always meant what he said. This quality endeared him not only to his own people but also won the respect and admiration of his opponents.

When the Muslims of the sub-continent faced emancipation and separation, they turned their eyes and hopes towards Quaid. Jinnah came forward and broke the fetters of slavery

and freed the Muslims of the sub-continent from the dual enslavement of both the British rule and the Hindu majority. It was due to his convincing argument and unflinching and keen personality that the British could not keep sub-continent united.

Quaid's motto "work, work and work" is a call to wake up from deep slumbers and to work hard to achieve national goals. He himself employed it in his life. Despite his falling health due to over working Quaid had an abundant wealth of will power. Quaid died of a serious disease "Tuberculosis" on 11<sup>th</sup> September, 1948. His death was great loss but his services to the nation will always remain in our hearts.

### 17. **BOY SCOUTS(K.B)**

Boy Scout is a member of the Boy Scouts, and international movement whose objectives are to develop character, physical fitness and citizenship of boys. They are trained for the responsibilities of adult life through community and outdoor activities. If they are properly trained, they may be employed in doing other social useful jobs. School scouts are formed in batches. Thus, they are put under a sort of military training. Sometimes senior scouts are trained as scout masters. Sir Robert Baden Powell, a British soldier, started his movement in 1908 in England. Scouting spread very fast because of its simple and noble objectives. Now it exists in more than 140 countries. Dr. Annie Besant started India Scouts Association. National and International rallies called jamborees are held after every four years.

**"The most important object in Boy Scout training is to educate, not instruct.**

**(Beden-Powell)**

The boy scouts organization encourages boys to participate in vigorous outdoor activities. Boy scouts learn things which are of practical use in life. They are taught to be brave, courageous and helpful. In their uniform they are always active as spirit of heroism and patriotism is filled in them. Indeed everything that makes a citizen useful is taught to them. Camping is a regular part of the scout programme. The programme also stresses the development of skills in woodcraft, swimming, first aid, signaling and other activities. Scouts are trained in cycling, cooking, extinguishing fire and other activities. They are also taught how to put up tents, make rope bridges and raise a flag. The Boy Scouts motto is "**Be prepared**" and the slogan is "**do a good turn daily**".

**"The Scoutmaster teaches boys to play the game by doing so himself."**

A boy scout takes an oath first. He tries to hold fast to his noble promise under all moral values and he fulfills his duties to God Almighty, to his country and to the suffering people. A boy scout is expected to be a well-balanced person. His morals are without a blemish. He enjoys a very sound physical and mental health. He is very eager to help the injured, the needy and the handicapped. He knows that a cheery smile and a helping hand can make life easier for others. He refrains from the feelings of others.

Moreover, a boy scout has qualities of leadership. He is firm and noble in command. He is humble and willing in obedience. He learns useful crafts and skills. He knows basic facts about trees, hills, rivers and stars. He is efficient in using a knife and an axe, in trying various knots, in cooking food and in pitching a tent. In peace and in emergencies, a boy scout shows courage, responsibility and self-confidence.

**"A scout is never taken by surprise; he knows exactly what to do when anything unexpected happens".**

The duties of scouts are of many types. They serve the sick. They protect persons from violence. If they find any helpless person lying on the road, they carry him to his home or a hospital. Thus boy scouts helps people in their daily life. Boy scouts also render help in fairs and

exhibitions. They carry on fight against diseases. The services they render to the pilgrims are worth praising in local melas. Indeed boy scouts are a very useful team of workers.

The Boy Scouts grow into loyal and useful citizens. They are trained in habits of obedience, cleanliness and truthfulness. They are taught to be always active and ready for any useful service which may be required of them, and for which they may be fit. All scouts are equal and are brothers and have to take a pledge before they become a scout to obey a scout law and to be loyal to the country. A Scout's word is always to be believed. The boy scouts are never called upon to go to war. But they have to fight every hour and every day. If a house is on fire, they run to render help. They are like the good knights of middle ages. They give the needy what they need. When there is any useful work to be done they come first to do it. The scouts build high ideals before the public. Thus they improve the moral tone of the society.

**“The most worth-while thing is to try to put happiness into the lives of others.”**

**(Sir Robert)**

A Scout looks very smart in his uniform. He always carries a rope and a handkerchief and a long stick is always with him for use in emergencies. Scouts salute by raising the first two fingers of the right hand to the forehead. In several schools, scout troops have bands of their own. The scouts render very useful service on great fairs. In short, the Boys Scouts movement proves useful for the suffering humanity. It creates a zeal for service and cooperation among boys and youths. It seeks to bring out the best boy or a girl. It tries to develop in him or her the strength of character, physical health and sense of service.

**“Being in the army is like being in the Boy Scouts except that the Boy Scouts have adult supervision.”**

**(Blake Clark)**

## **ESSAYS IN OUTLINE (K.B)**

### **1. MY FAVOURITE BOOK(K.B)**

Books are no doubt, our best friend. They are food for thought. They console us in our sorrow and make us forget the worries of life. They make us happy. The books are unfailing and sincere companions. They guide us like true friends. They enrich our mind and supply us with a lot of informative lessons. They change our mind and lead us to realistic code of life. Books are like a food as

**“Some books are to be tasted, others to be swallowed and some few to be chewed and digested.”**

**(Sir Francis Bacon)**

Reading a book is very important as it makes our mind fresh. The reading is very important for me because book is cognitive. Whenever I read a book, I recognized something interesting. I get to know about new things. It gives me a lot of knowledge.

**“The newest books are those that never grew old.”**

**(Logan Pearsall Smith)**

I have read many novels, dramas, short stories and poems. Some books merely give enjoyment. There are others which leave a deeper impression on the mind. Some books infuse the spirit of nationalism in the reader. Some books have such a colourful cover which forces a person to read it. Some books have so much suspense that they have to be read at once. Which is my favourite book? Now a days there are many different genres of literature. Different people have different choices. Some like story books, others like the detective novels and others like Science fiction, but I have different mind. I do not have any of those favourite books. In my view,



**“That is a good book which is opened with expectation, and closed with delight profit.”**

**(Amos Bronson Alcott)**

I like the Holy Quran the most. It is a divine book. The Holy Quran was revealed to the Holy Prophet (S.A.W.W.). It is in Arabic language. It is the holy book of the Muslims. The Muslims love to recite it. I get satisfaction after reciting the Holy Quran that is why it is my favourite book. Every morning I love to recite the Holy Quran. I recite it with its Urdu translation. There is a lot of information in it. Every Muslim has a firm belief in it. It tells us about this life and the life hereafter. We should act upon its teachings. We should live according to its rules. The Holy Quran is a solution to every problem face by humanity. By acting upon it we can create heaven in this world. It is a complete code of life, It not only deals with the worldly affairs but also with affairs of the world hereafter. It gives complete guidance. There are clear instructions about our life in the Holy Quran. Every aspect of our life has been discussed in detail in it. Only the Holy Quran is the most widely read book. Usually a book is read only once or twice but the Holy Quran is read over and over. It is the only book which a large number of people have learned by heart. They recite it during the month of Ramadan.

The Holy Quran is a book of directions, showing man the right path to tread. It is a light which guides his faltering steps, giving him timely reminders of Allah’s will, awakening his sleeping nature and conveying the Lord’s admonition. It is a book that cures man and his society, of all ills by developing a moral sense to distinguish right from wrong. Moreover, it is a book of laws, laying down for us the very foundations on which to build and organize society.

In short, it provides everything that man \_\_\_\_\_ as an individual and as a member of society can ever need. Without this, man can never be the gainer, no matter how hard he tries.

## **2. MY AMBITION (K.B)**

Ambition is simply our aim in life that defines clear point where we should steadfast our efforts. Aim motivates us; it forces us to be honest, hardworking and punctual. It acts as a scale by which a man’s prosperity is determined. It acts as a guiding star or a lighthouse. Aim provides direction for our attempts. Without an aim; life is like walking in the dark where a man stumbles here and there.

**“A life living without an aim is like sailing without a compass.”**

**(John Ruskin)**

It is a fact that progress, peace and prosperity are the result of human ambitions. It is ambition that urges us forward. But simply having an ambition is not enough. Ambition must be backed up by continuous efforts to achieve it. If a man sets an ambition before him, but does nothing to achieve it, he will never achieve anything. His ambition is no more than an unreal dream.

A good aim brings peace, tranquility of mind and soul. Unlike a wrong profession results in mind’s agony. It mars the delight of body as well as of the soul. So one should be careful and clear in choosing a profession that shall pay off well. There are multifarious professions and aims. Different people choose aims according to their taste and temperament. It depends upon his family background, upbringing, economic position and social status. Some people want to be doctors, others to be engineers or civil and military officers. The ambition of some other persons is to earn wealth and fame so that even after their death, their name lives on. Thus, we find people striving to become top sportsman, poets, novelists, artists, educationist, film stars, etc. It is my ultimate desire to be a teacher in future. My love is teaching. A teacher is the one who teaches people, enlighten their mind and fills them with loads of useful knowledge. A teacher can change the fate of a person.

**“Teaching is the profession that creates all the others professions.”**

Teaching is work of prophets, saints and priest. All prophets were teachers. They put their soul and their mind in just educating the people, teaching them good moral values. Therefore, it is a sacred profession as well. Our Holy Prophet (s.a.w.w.) is the most inspiring educationist in the whole world. His way of teaching and dedication made this profession more appreciable and worth choosing.

**“I have been sent down as a teacher.”**

**(Al-Hadith)**

Teaching is a profession which is according to my mood. By taking up this profession I shall gain many advantages. I shall build my own library of reference books that will help my students to learn more than just facts printed on their books. I shall observe the educational systems of the best class and try to implement it. By teaching I shall also be able to increase any knowledge and unwind the ties of questions that are in my mind.

**“To teach is to learn twice.”**

**(Joseph Joubert)**

The best part is that I shall be able to serve my nation in a better way. I shall teach the poor who are waiting for a person who can pull them out of their world of darkness of unawareness. I would act as a torchbearer to them. I would not only teach students from books but shall also inspire them to learn and discover new horizons.

**“The mediocre teacher tells.**

**The good teacher explains.**

**The superior teacher demonstrates.**

**The great teacher inspires.”**

**(William Arthur Ward)**

I know that teaching is not a well-paid job but I don't want to be moneybags. The rank and respect of a teacher is set high by Allah Almighty. The wealth of inner satisfaction and happiness gained through educating people is more precious than gold. There are other professions which bring greater fame and fortune but I like it for sacredness, simplicity, sincerity and service of humanity.

**“The aim if reached or not makes great the life.”**

**(Robert Browning)**

I love teaching for it helps to establish a very sacred relation. These are between teacher and student. He feels pleased and respected with being loved and honored by students. Whenever he sees any of his students doing something exceptional, he feels proud. He takes pride in the achievements of his pupil.

**“A teacher is like a candle which it consumes itself to light the way for others.”**

**(Mustafa Kamal Ataturk)**

In the light of above-mentioned reasons, I am convinced that my decision is right. I will, therefore, leave no stone unturned to achieve this ambition of my life.

### **3. MY HOBBY(K.B)**

Hobby or Pastime is an activity which a person performs in his spare or leisure time. It is pursued for relaxation and pleasure and not as a main occupation. They bring a feeling of joy and satisfaction to a person. Hobbies help us to pass our free time happily as when man has nothing to do, his mind is like devil's one.

**“Idle Brain is a devil's workshop.”**

Hobbies make us busy. They add zest to dull and monotonous life. They stimulate the minds and leave an imprint upon character. Hobbies enhance creativity and develop our skill, refresh our minds. These are a source of recreation for retired people as well.

Hobbies indicate the versatility of the individual. Great men were well known for their hobbies. Samuel Johnson, the famous eighteenth century suit and lexicographer loved cats. George Lewis studied longevity Gladstone, the Prime Minister of England often dived into Mathematics. Sir James Jeans was fond of music and Sir Winston Churchill was fond of painting.

Hobby also provides us information and help us to solve many problems. My hobby is book reading. In my opinion, this is the best hobby. It provides us information, gives us relaxation and helps us in passing our spare time joyfully. A person who adopts this hobby infact, does not need any friend because.

**“Books are your best friends.”**

I have this hobby since my childhood when I was quite young, only about six, seven years old. In start, I was very fond of reading colourful story books and charming poems. I had a great collection of story books.

But with passage of time, I stopped reading those books. Now I read all kinds of books, historical books, Islamic books, books on science and technology, novels and poetic books. Books of poetry have their entertainment value. Books of travel take us to unknown land, people and customs.

**“Books enlighten our intellect and broaden our vision.”**

I have a number of books. Mainly I am interested in literacy books. Urdu literature is the most interesting. Poetry also appeals me especially poetry of Iqbal has its own importance. I am also interested in study of books on latest research work in science and technology as they increase our information.

I like my all books. I like my hobby the most because it is not only a source of relaxation but also a source of information. Whenever I am alone or have nothing to do, I take out a book and start reading it and my spare time passes joyfully.

In fact, all hobbies make life charming and add to our happiness. They bring us new friends and make us social. Book reading is a great hobby because.

**“Books are of greatest importance in our life.”**

**4. OUR SCHOOL CANTEEN(K.B)**

The canteen is a place of rest and refreshment. Our school has a neat and clean canteen. A canteen is one of the vital parts of the school. It may consist of a big hall, a kitchen and a lawn. It is usually situated at one side of the building. It may be furnished with fine furniture and exquisite equipments.

**Our school canteen is a place of attraction for all.**

A canteen is necessary at least at school level. The school going age is a growing age. The children usually play and run about wildly at break time. They soon feel hungry. It is canteen that can satisfy their hunger. The canteen of our school is modern and first-class. It has two kitchens and a big hall. There is a grassy lawn in front of it. It surrounded by many thick green trees. The furniture of the canteen is modern and fine. The canteen remains open during the school time. Stationary items are also available here. At break time, the students rush towards the canteen. They stand in a queue and wait for their turn to buy things. Our school canteen provides efficient services. They quality of food is excellent. Our school itself checks the quality of food daily. A committee of three senior teachers also supervise the affairs of the canteen.

**Our school canteen serves to meet the need of our appetite when mind gets tired after long hours of study and hard work.**

Our school canteen provides all kinds of food. You have the rice varieties, soft drinks and juices. The presence of many students makes it a jolly place. Sometimes, students take things on credit. Our canteen contractor is a very nice man. He handles all the students efficiently there is a great rush in the canteen during the recess period. I always enjoy myself there, and look forward to the recess when I can rush to the canteen with my friends. It is a nice place for informal discussions.

**Our school canteen is place where great ideas are discussed in light mood.**

Thus, our school canteen is an enjoyable place. One misses its charm during holidays. It is really great to have a canteen in the premises of the school and to get good and tasty food, whenever we want.

**5. MY BEST FRIEND(K.B)**

My best friend and I have been studying in the same school since kindergarten. We share a very close bond and have a special friendship that we cherish and reassure. My friend is my partner, sitting beside me in class. She is kind and helpful, and if I have any difficulties in understanding any topic in my studies, or in completing my homework or school project, she helps me.

**Friendship is a noble thing****It's like a lily in Spring**

She is brilliant in Mathematics and Sciences, while I am good at English. So we both help each other in whatever way possible. She helps me without ever belittling me. I greatly appreciate the quality in her. She does not make me feel obliged.

**It's like a sunny ray of hope****In trouble when you can't cope**

When I am ill at school or hurt myself on the playground or in the craft room, she is the one who readily helps me. she helps me get first aid in the school's medical room. When I once fell ill at school she took me to the medical room at school and then helped me reach home safely. I am always very grateful to her.

**Friends can go to any lengths****To give you joy; to give you strength**

We travel to school on the same bus, and sometimes when we both miss our bus, we go together to school in her car. Her mother is also friendly and sweet. She loves to host me when I go visiting my friend. She loves to bake cakes and whip ice cream for us during our summer vacations. My friend and I do our co-curricular and extra-curricular activities together at school and at home. When we have projects to do as part of the holiday homework from school during the summer vacations; we do them together, it becomes more fun and easier together. Our parents also take us wherever we need to go to complete our projects.

We also enjoy doing our art and craft activities together. When we have to do embroidery work or needlework, we prefer to work together. It is fun because we listen to music and chat as we complete our work. It becomes easy this way.

We also for yoga classes in the mornings or evenings together depending on whether we have holidays or have to go to school. Doing yoga regularly is good for physical health. We also practice meditation as it is useful in experiencing balance, clarity and peace in our minds. We like attending these classes together.