

Topic : Chitral the paradise on earth. ①

The city has lush green valleys, high mountains peaks, huge glaciers and natural water reserves. More over the resident witnessed four different season in a year. In winters the snow filled valleys gives the most serene view, in spring the blossoms surrounds the valley depicts the breathtaking scenery to it's residents. Furthermore when autums arrives all trees turned colors and cover the whole valley with it's magical show. In short every season of the valley loudly says that if there would be any para on earth that would be chitral.

 **Notes**

Just now

(2) Fasting

Fasting purifies the soul, not only it benefits the body but it has infinite potential to purify the soul .one who fasts develops the power to control all the evil thought.Moreover It helps to restrains a person from all the bad deeds and teaches patience and gives the message of submission.thus give ones an insight to the sole purpose of creation of mankind In short fasting rejuvenate the soul.



Albums



Audio



To-do list



Reminder



 **Notes**

Just now

(3) Suicide

suicide triggered by circumstances. there's always a reason that something happens. According to the survey 176 people in Chitral ended their lives between 2013 and 2019. This rate is so alarming. it's so easy to name it suicide but there's always a reason that someone prefers to end his life. the reason could be depression. Depression is something that is triggered by events, unwanted thought. such thoughts or events born with issues like domestic violence, abuse partner, toxic relationships with parents or sibling, exam pressure, failure in careers and so on. Rather than just naming it suicide the thing is to investigate the root cause, the circumstances that gives someone really tough time that ending life seems so easy than to talk on the issue.



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