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Female health care A forgotton cause

Female healthcare - A forgotten cause

1. Introduction

Thesis statement:

In modern developed world, female healthcare has been underestimated by many sectors of society. The Role of females in health care has reduced which caused many social problems. It is therefore, need of the hour that government and society must take measures ~~the~~ to revive female healthcare

2. Dismal state of affairs for female health care

3. Why has female healthcare become a forgotten cause

- a) Lack of cooperation from the society and the government
- b) Lack of planning in terms of female health care
- c) ~~Traditionally~~ less dominated role of women
- d) Lagging role of women in contemporary society

e) Conservative role of women for consulting male doctors

f) Under age marriages and considering female health care a taboo

4. Impacts due to underestimation of female healthcare

- a) Decrease in female strength in market and increase in poverty
- b) Unavailability of female doctors lead to high mortality rate
- c) Child marriages result in high school drop rate
- d) Risk of gender based violence

5. Action plans to ensure female health care in the country

- a) Pragmatic planning to enhance role of female healthcare
- b) Making the profession female friendly
- c) Increasing awareness about the gravity of issue in people
- d) Establishing day care for female health workers

6. Conclusion

According to Rebecca Milner, "if you check the health of a woman, you check the health of society". It means that health of a society is in tandem with the health of women. It also shows that development of a society depends on the active participation of its women. However, in contemporary world, female healthcare has become a forgotten cause due to many reasons. The major among them is lack of cooperation from government and the society. Also, lack of planning is adding to underestimation of the cause. Similarly, lagging role of women in traditional and contemporary societies, added to negligence of female healthcare. Moreover, conservative role of women in some cases and underage marriages of females

have increased the mitigation of female healthcare. Due to these reasons of undervaluing female health care, female strength in market has reduced which increased poverty. Also, unavailability of female doctors lead to high mortality rate. Moreover, early marriages resulted in high school drop rates. However, female healthcare in the country can be engorged by pragmatic planning of female participation in healthcare and making the profession female friendly. Moreover, by increasing awareness among masses about its significance and by establishing day care for female health workers would result in the active participation of females in health care. In a nutshell, female healthcare has been underestimated by many sectors of society. The Role of females in health care has

has reduced which caused many social problems. It is therefore, need of the hour that government and the society must take measures to revive female healthcare.

The negligence of the female health care has resulted in the dismal state of affairs for women health.

According to UNICEF, 211 women out of 100,000 become victim of maternal mortality in all over the world (2017). Similarly, the deaths of females have been increased. About 830 female deaths occur per day according to UN women report of 2020. Many organizations are trying hard to reduce the number of women deaths due to lag in female healthcare. According to UN's sustainable development goal #3, it has set the goal to reduce the

females death to 70 out of 100,000 women, by 2030. This depicts that dismal 'affairs' state of women health care.

There are many reasons for the underestimation of female healthcare. The major among them is the lack of cooperation from the government and the society. This lack of cooperation resulted in the creation of imbalance between males and females in the society. The government is unable to create equilibrium in payment of wages and providing facilities to female healthcare. Tough schedule, low wages and lack of work-life balance increased difficulties for female healthcare. This may lead to career gap because of their increased responsibilities. (Dr Wajiha, AKUH). In this way, lack of cooperation from the society

and the government has created a dismal situation for female healthcare.

Similarly, lack of planning in terms of female healthcare has made it a forgotten cause. Female healthcare is not included in the mainstream policies of the government. Due to which Ratio of female healthcare is not in tandem with its counterpart, the male healthcare.

Six out of every ten female doctors in Pakistan are unemployed. (tribune, 2022). Also,

the health of female is neglected in prevailing disasters.

More than 1m women are pregnant and facing widespread sanitation problems due to recent floods in Pakistan (Dawn News, female health, Oct 2022). Therefore, lack of planning in female healthcare is another reason for its underestimation.

In addition to lack of planning, the role of women had been remained less dominated traditionally. In agrarian society, women played no extra-ordinary role, due to which they have been neglected. This produced an imbalance of power between females and its counterparts. In traditional societies, women were treated as children of lesser God. Therefore, negligence of women healthcare in the traditional societies has resulted in disequilibrium between females and males.

Moreover, lagging role of women even in the contemporary world has underestimated the cause of female healthcare. This lag in women role is due to patriarch nature of society in which male is the head of the family, responsible

for all economic affairs while women is confined to homes.

Similarly, there is a huge gap of women participation in health care in the country. **Total**

number of physician registered with Pakistan Medical Council include 53% males and 47% females (female representation in academic medicine in Pakistan, 2022).

Therefore, lag of women in contemporary world has resulted in making the ~~cause of~~ female health care dull.

⇒ ~~Additionally, conservative~~ role of women for consulting male doctor has exacerbated the situation of female health. This conservative behaviour is shown by women residing in rural and tribal areas of the country. A large ~~number of~~ women die due to their conservative behaviour of

not reporting to male doctors.

The mortality rates of mothers in rural areas is 23.8 deaths per 100,000 live births as compared to 14.6 in large metropolitan areas.

(Centres for disease control and Prevention Report, 2021). In this way, conservation in rural areas has resulted in more deaths as compared to urban areas.

Furthermore under-age marriages and considering female health care a taboo has made it a forgotten cause. Due to lack of awareness about female issues, people undergo early age marriages. Similarly female healthcare situation is worst in rural area where it is considered a taboo. Due to lack of seriousness of female health issues, this has resulted in breast cancer

1 out of 9 women in Pakistan becomes victim of breast cancer,

which is highest in Asia (Breast cancer among Pakistan women, PMC, 2015). In this way, early-marriages and lack of importance to female health care has resulted in fatal diseases.

The underestimation of female healthcare has resulted in the reduction of female strength in markets and increase in poverty. Due to lack of focus on female health, women participation in labor markets reduce. The reduction in women participation in employment works reduces the income of family and results in poverty. Unintended pregnancies can push women out of labour markets, which can push them into poverty (world economic forum report on female health, 2022). Thus, negligence in female healthcare can result in the deterioration of economic condition of society.

Further, due to underestimation of female healthcare, unavailability of female doctors lead to high mortality rate. In rural areas, finding a qualified doctor especially a female doctor is difficult. Since many women in rural areas prefer to deliver either at home or by consulting female gynaecologist. Unfortunately, 536,000 women die every year due to pregnancy issues because they prefer to deliver at home.

(Decision making for birth, Usman Shakoor, 2018). In this way, negligence in female healthcare causes higher mortality rate because of the unavailability of female doctors.

Furthermore, Child marriages result in high school drop rate. After marriages, females had to left school in order to fulfill their responsibilities

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in new family. In many areas, women are not allowed to continue their education after marriage. In Punjab, researchers identify that girls are forced to drop out schools after marriage. They are expected to stay at their new homes. Even they are bullied by students and teachers for their pregnancy. (child marriages in Pakistan, Global Dev, 2020). In this way, child marriages resulted in higher school drop out rate. Moreover, risk of gender based violence has been increased due to underestimation of female healthcare. The negligence in female healthcare cause the society to plan for child marriages. These immature females are more exposed to violence on gender basis parity. Globally, girls married before 15 years age, almost 50% of them faced

physical or sexual violence more than those who are married after 18 years. (Gender based violence and child marriages, Kidman, 2017). In this way, gender based violence has increased due to negligence in female healthcare.

However, female healthcare situation can be improved by the pragmating planning to enhance the role of females. Females healthcare should be incorporated in mainstream policies of a country to increase their participation. They should be incorporated in every field of country by taking care of their health. By adopting UN's measures, sustainable development goal of UN, which states that good health and well being include female healthcare (UN report). In this way, female healthcare is not only necessary

for their own well being but also for the development of a society.

In addition to taking measures pragmatically, the profession of healthcare should be made female friendly. This can be done by ensuring the limit of minimum salary and reducing exploitation by the private sectors. Severe actions should be taken against those who exploit the rights of women given to her by the government. **House jobs should be paid, as they are necessary for graduates of MBBS.** Therefore, pragmatic measures should be taken to make profession female friendly so that they can contribute in the well being of society.

Furthermore, awareness about the gravity of issue should be raised in the

people. This can be done by educating them about the impacts of neglecting female healthcare and telling about the importance of female healthcare. Education about female healthcare should be included in education curriculum disseminate through technology. By introducing programs in rural areas and caller tunes regarding breast cancer would enhance the importance of female healthcare. (Female health, Dawn News, 2020). Therefore, awareness about female healthcare would mitigate its negligence for long time.

Moreover, by establishing daycare for female healthcare workers would facilitate them and help in their growth. Many female leave their profession after marriage, or due to carrier gap or after the

birth of children. Therefore, day care centres should be established for female health workers which would solve all of the problems of works regarding their families and children. AKUH is among few models with the facility of day care centre. This should be copied in public sectors (Dr. Wajaha, AKUH). In this way, by caring about female health work would enable them to contribute in the development of their country.

In a nutshell, female healthcare has been neglected by the society which reduced the role of females in society's welfare. This negligence of the female healthcare is due to lack of cooperation from government and the society. Similarly lack of planning introduced negligence in female healthcare cause. Also, role of

Female in the conservative and the contemporary societies remained less dominant. Furthermore early marriages and women's conservative behaviour also contributed to fragility of the cause. Due to these issues, maternal mortality rate has increased which has reduced their market strength. However, female health care can be ensured by pragmatic planning and making professions female friendly. Also, awareness about the cause of female health care should be enhanced to show its importance. This would increase the participation of females in every field and country would move towards road of development.

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Essay 2

Has UN failed in
averting wars in the
world

Has UN succeeded in averting war in the world

1 Introduction

Thesis statement

UN has failed in averting war in the world due to its structural problems. Its failure has been proved by the ongoing wars in different parts of the world.

2. **How** UN has failed or succeeded in averting war in the world.

3. UN has failed in averting war in the world (Thesis).

a) Failed to stop governments from attacking others

b) Political hegemony of P5 states and their justification over waging war

c) UN has ^{remained} unable to stop war funding

d) UN failed to avert civil wars proxied by foreign states

e) UN could not control over technological advancement of weapons of war

4. UN has succeeded in averting war in the world. (Anti-thesis)

a) Succeeded in convincing governments to counter the aggressor

b) PS states are still questionable in front of UNGA.

c) UN supported countries financially to resolve social issues.

d) UN successful peacekeeping missions averted many wars

e) UN keeps checks and balances on weapons of war

5. Although there are positives, but war still happens under the nose of UN (Synthesis)

a) War continues even after the efforts of UN

b) UNGA resolutions can be rejected by any PS member

c) UN has failed has failed to stop the finance from states

to violent non-state actors

d) Peace keeping missions are post conflict mechanism.

e) The P5 states are out jurisdiction of checks and balances.

6. Conclusion

According to Atal Bihari Vajpayee, "the reality is that international institutions like the UN can only be as effective as its members allowed it to be". This means that international organizations like UN would be efficient if it is democratic. But due to dominance of some states, UN is unable to make decisions democratically. As a result of this issue, UN has failed in averting war in the world due to its structure problems. Its failure has been proved

by the ongoing wars in different parts of the world.

UN has failed in averting war in the sense that it is

unable to stop government from attacking others. Similarly hegemony

of PS states has tied its hand. In addition to political hegemony

of some states, UN has remained unable to stop funding for war

and to avoid proxies wars by foreign lands. Furthermore, it could

not control over the harmful advancement of weapons of war.

However, UN has succeeded at

some fronts in suppressing aggressors

while questioning PS states. Also

it has succeeded in dispersing financial funds on humanitarian

crises and keeping some checks

on weapons of war. Besides

some positives, war still continues

under the nose of UN and

PS states continue to reject

UN's resolutions. Similarly, UN has failed to stop funding to non-state actors. Consequently, UN has failed to deliver its objectives due to ~~lack~~ of structural reforms.

UN- has registered both successes and failures at different occasions and different locations. UN has helped to resolve conflicts in many regions of world. Since 1948, UN resolved conflicts by conducting successful peace keeping missions in countries like Cambodia, Namibia, and Tajikistan. (our successes, UN). However, UN has failed to avert war at many fronts in the history and ~~at~~ in contemporary world. UN has failed to avert wars of 1948, 1965 and 1971 between Pakistan and India. (Pakistan at the cross roads, Christophe Jefferlot, 2016). This depicts that UN has

faced failure in stopping countries from going into war.

UN has failed stop governments and countries from attacking other countries. United Nations being an international organization, which has 193 member states, is unable to hinder countries from waging war on others. UN has failed to stop a powerful country from exploiting a weak country. On 24 Feb, 2022 Russia declared war on Ukraine, as it started progress for getting NATO membership. (Russia-Ukraine war, Al-Jazeera, 2022). In this way, UN has faced failures in stopping countries from attacking others.

In addition to UN's failure to stop governments from attacking others, it has been under the political hegemony of PS states

and they have justified over the waging of war. P5 countries are permanent members of UN which have veto power. These countries include USA, Russia, UK, France and China. These countries have justified the unjust war due to their hegemonic powers in UN, in order to serve their interests.

In 2003, USA waged a war over Iraq, in which it accused Iraq of using weapons of mass destruction. After that, it was proved that no weapons of mass destruction were used but USA continued to justify its war. (BBC News Report). In this way, political hegemony is a hurdle in the peace keeping missions of UN.

Further, UN has remained inefficient to stop war funding from one state to others. In current era, ^{when} one country wages

a war against other; then the allies on both sides aid their favourite country. UN has remained ineffective in stopping the flow of war aids whether it is in the form of military assistance, weapons or financial aids. **NATO and its allies** have committed to give \$13bn worth of military assistance to Ukraine in ongoing conflict with Russia. Similarly Iran has sold drones to Russia to be used in war. (USA state department).

In this way, United had failed in freezing war funds from one state to other.

Moreover, UN remained ineffective to avert civil wars which are proxied by foreign states. A proxy war is war in which states are not directly involved but a third party fight on behalf of them. In

contemporary world, a large number of proxy wars have been fought in Middle East, Asia and Africa but UN is unable to, avert them. Civil unrests in Rawanda, Syria and Yemen are the prime example of UN's failure (BBC News, Mar 2022). Therefore, United Nations failures can be seen in the ongoing proxy wars in the different parts of world.

More over UN could not control over the technological advancement of weapons of war. UN inability to control war weapons has made people vulnerable to devastating effects of destructive weapons. Due to absence of control of global watch dog many countries have increased the production of weapons of war. Global military expenditure reached all time

high to \$121 trillion (SIPRI, 2022)

Similarly, many countries illegally continued their manufacturing of nuclear enrichment projects. Iran and North Korea are accused of increased-level manufacturing of nuclear enrichment projects (Economist, 2022). In this way, UN failure in controlling weapons of war has resulted in exposition of people towards destruction.

However, UN has succeeded in convincing government to counter the aggressor upto some extent. UN convinced its members to impose sanctions or take harsh measures against a country which attacked another country. In some cases, sanctions are imposed by other countries to deter aggressive country. USA and western Europe have imposed sanctions on Russia. These sanctions include:

trade ban and energy supply cut off. and reduced to as minimum as possible (Russia-Ukraine war, Al-Jazeera, 2022). In this way, UN has succeeded in unifying countries against aggressive state.

Moreover, PS states of UN are still questionable in front of United Nations General assembly. UN considered this a big success to treat all its member states equally and democratically. In past, PS states have used their veto power over the resolutions of United Nations. UN, therefore, unanimously adopted a resolution in April requiring the PS states to justify their use of veto power in the future (UN resolutions, UNGA, 2022). In this way, UN has succeeded in treating all members democratically

by questioning PS states.
Furthermore, UN has supported countries financially to resolve social issues. UN supports war-affected countries on humanitarian crises to resolve many social evils. UN's volunteers have been working in many parts of the world to help countries resolve their social issues. UN gave

humanitarian support to Ukraine of worth \$1.7 bn in March 2022. (our successes, UN, 2022).

Therefore, UN has helped countries financially on humanitarian grounds to avoid social issues.

Additionally, UN peacekeeping missions averted many wars in different parts of the world. Although these wars were between small countries but it is considered a big success for UN. Since its

inception, UN has averted wars in middle east, South Asia and Africa. Since cold war, UN peace keeping missions have successfully averted 11 wars. (Our successes, UN, 2022). Similarly, UN has remained successful in averting wars between neighbouring countries. The large troops deployment by Pakistan and India in 1999, was successfully brought to halt by UN resolutions. (Pakistan at cross roads, Christophe Jefferault, 2016). In this way, UN remained successful in avoiding wars.

Similarly, UN keeps checks and balances over weapons of war and strives to avert war. United Nations has kept a standard for weapons of war through its articles and resolution. For this purpose, it implements policies for weapons of war in different regions

of the world. UN has started disarmament, demobilization, Rehabilitation and Reintegration process in Africa. (our successes; UN). In this way, UN strives to avert war by keeping checks and balances on weapons of war.

Although, there are positives, but wars still continue under the nose of UN even after its efforts.

UN has tried to convince governments to counter aggressive states but states prefer to pursue their national interests.

Despite many efforts of UN, war is still happening in some parts of the world and countries support their ally participant to war. **War is still**

happening in Ukraine, it is approximately one year ago when Russia attacked Ukraine

in Feb 2022. (Russia-Ukraine war, Aljazeera, Jan 2023). Thus UN has failed to avert war because of its failure to convince governments to counter aggressor harshly.

In addition to the continuation of the war despite UN efforts, UN General assembly's resolution can be rejected by any P5 members. P5 members have veto power to reject any resolution of General Assembly. UNGA passed a resolution to justify their use of veto power in future but veto power is still used by P5 states. Russia vetoed against UN resolution in justifying Russian attack on Ukraine. Similarly USA backed Israel's attacks on Palestine by vetoing UN's resolution 4 times. (UN security Council meeting and outcomes, 2022). Therefore, UN has failed

in harnessing P5 states which resulted in its failure of averting wars.

Similarly, UN has failed to freeze the flow of funds from one state to violent non-state actors. These funds are used by the non-state actors in targeted country to meet the interests of aggressive state. Many countries in Asia, Africa and some other regions give assistance in form of military training, military weapons and financial aid to non-state actors to harm their rivals. In 2016, an Indian RAW agent Kulbushen Yadav was arrested from Balochistan. He approved the Indian objectives in Balochistan. In this way, UN's failure can be seen in ~~the~~ its inability to stop financial aids used in wars.

Moreover, UN's peace keeping missions are post conflict mechanism. UN not directly intervenes in the conflict but UN's peace making missions are deployed after conflict with the consent of main parties to the conflict. UN tries to resolve the conflict after it had been occurred instead of ~~be~~ nipping it in the bud. UN's failure to stop India from conflict in Kashmir, Russia in Ukraine and Israel in Palestine are its evidences. Therefore, UN's peace keeping missions have not averted war instead it is a post war procedure.

Last but not the least, P5 states are out of jurisdiction of checks and balance of UN in weapons of war. No one would question the development of weapons of

wars by the P5 states. This has produced unequilibrium in democratic process of UN. Many developed and powerful countries have manufactured weapons of the wars which are out of jurisdiction of UN's balances and checks.

For instance, Russia has of nuclear arsenals while USA has increased its nuclear arsenals to in number but they are not under the checks and balances of UN. In this way, lack of check and balances on P5 states in the weapons of war has resulted in the failure of UN in averting war.

In a nutshell, UN has failed to avert war due to its inefficiency to stop governments from attacking other. Beside this,

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It, political hegemony of P5 state over the resolutions of UN has made it a failed organization in avoiding wars. Similarly, UN has remained unable to stop the influx of assistance from states to violent non-state actors which resulted in conflicts.

Furthermore, peace making missions of United Nations is post conflict resolution or mechanism in which it makes peace with the consent of parties of the conflict. Last but not the least, UN's failure to confine P5 states in its jurisdiction of checks and balances over was of weapons.

In short, UN has failed to avert war in different parts of the world, as it can be seen from the ongoing wars.

————— The End —————

Essay 3

Our life is what our
thoughts make it

Our Life is what our thoughts make it

1. Introduction

Thesis statement

An individual's thinking dictates the decisions of his life. If one sets a larger goal, he can get that by firm commitment

2. How our life is shaped by our thoughts

3. Individual thinking dictates life decisions

- ✓ a) Human's cognitive ability
- b) Financial condition of a family affects an individual
- c) the way of socialization of a person
- d) family thinking imposed on individual
- e) Peer group impacts on a person.

4. Profession and society affects our decisions

- a) Individual is a looking Glass Self
- b) Education gives direction to an individual
- c) Different professions have different lifestyles
- d) Religion shapes the mentality of an individual

5. Societies make safe political decisions

- a) A country's foreign policy is shaped by thoughts of leadership
- b) Type of government decides the people's way of living

e) Security issues lead to make defense centric decisions

d) Historical perspective about something makes our construct.

6. Conclusion.

The thoughts of an individual are reflected in his life decisions. An individual can achieve his goal by proper planning and firm commitment. Our thoughts make us believe things all over again. We decide things not just as they are but by the way we see them. An individual who lives in a village and other individual who lives in an urban area, the two have different thinking ability which dictates their life decisions. Individual thinking directs life decisions in the sense that humans have the cognitive ability. In addition to human skill of cognition, financial attributes of a family shapes the sphere of human thinking. Furthermore, the way in which a person is socialized and impact of family response shapes the life. Moreover, peer group also has an impact

on individual thoughts. Similarly, a person sees himself through perception of others. Additionally, education gives direction to an individual and different professions have different living styles which shape his life. In addition to professional life, religion shapes the moral ethics of his life. Furthermore, leadership and subjects' thinking is reflected in the making of foreign policy of a country. Moreover, government type decides the people's way of life. Similarly, security concerns lead to make defense centric decisions. Last but not the least, historical perspective about something makes our construct. In a nutshell, we decide things in the way in which one sees them.

The life of people is decided and shaped by their thinking ideas. It was the ideology of Muslims in subcontinent which

led them achieve a separate country for them. "We are a separate nation and we totally fulfill the criteria of definition of a nation, therefore, we should be given a separate homeland" (Quaid-e-Azam M.A. Jinnah).

Similarly, they are human thoughts which led them to enter into peace or war. "After world war II, all major power entered into an agreement and kept the foundation of United Nations in 1945". This depicts that how people can shape their life according to their thoughts.

Human thoughts dictate the decision of his life in the sense of human's cognitive ability. Human cognitive ability is a skill to think, intimidate, and observe things (and) to make decisions of life. The difference between a human and an animal is that one has cognitive

ability and other has not. According to Ibn-e-Khaldoon, humans are superior to all other living creatures because of their ability to think or of intellectual skills and accumulate knowledge.

He gave reference from Holy Quran. (Al-Muqadama). In this life decisions are made by humans because of its distinctive cognitive ability.

In addition to human's ability of cognition, human thoughts are developed in the way a human is socialized. The environment, in which a person grows, has a direct impact on his life. People give importance to the values of his society because they are taught in such a way.

"For instance, eating pig's pork is haram in Islam. Similarly, incest Taboo in Pakistan, is a immoral thing. (society and

culture of Pakistan). Therefore, socialization develops the personal thoughts which shape their lives.

Furthermore, family thoughts are imposed on its members which shape their lives. A religious family makes its members religious while a secular family makes its members secular. The priorities of the family to send its members to a specific institution shapes his life. A person sent to madarassa and a person sent to a school or college would have different thoughts which determine their life decisions. In this way, family thoughts shape individual thoughts to make their life decisions.

Moreover, peer groups also impact on personal life of an individual. Peer groups are friends of educational institutions, sports and neighbourhood who

interact with each other. Peer groups greatly help in resolving problems and making decisions. A man is recognized by a company he keeps. A person accompanied with warrior would be considered a warrior while a person residing in a robbing gang would be identified as robber. In this way, groups of friends also affect the thinking of a person which shape their lives.

Similarly, financial conditions of a family affects an individual's life. Some families are rich while others are poor which decide the life style of its members. Families which have more capita income can feed, educate and nurture its members in a well-defined manner.

Pakistan has a poverty rate of 35.7%. It means approximately 35 people out of 100 belong to

poor families which decide their life style. (World health Organization, 2022). So financial decisions/conditions of a family also determine the life decisions of its members.

Additionally, individual's thought is a looking glass self. He/she perceives himself/herself according to lens of others' thoughts. An individual makes decision according to his thoughts about what others think about him. "I am not what I think I am, I am not what you think I am, but I am what I think you think I am" (R.H Cooley, theory of looking glass self). Therefore, a person decides about his life according to his thoughts about others' perception.

Similarly, education gives direction to an individual to make decision. Education equips a person with skills to lead

his life according to his thoughts developed by education. Educated people have more developed thoughts than illiterate people and are leading ~~a~~ ^{more} good life comparatively.

"People living in urban areas are more educated and are leading a high standard life as compare to people in rural areas who are more illiterate and have no education.

Therefore, education develop the skills of ~~a~~ persons which enable them to live more prosperous life.

Moreover, different professions are adopted by people which determine different life style.

Many people in the world are related to different professions like teaching, engineering, medicine, mechanics, labor work and many more. Some people decide to become engineer while others

adopt a different field, The decision made by them in choosing different profession determine their relation and interaction with people.

"For instance, an engineers have to deal with machines, doctors have to deal with patients while teachers have to interact with their students. In this way, different profession adopted by people determine their life style.

In addition to different professions ^{that} affecting life, Religion also shapes the mentality of an individual. Religion fulfills the moral needs of a person and gives purpose to his life. People belonging to different religions have different thoughts about the people of a specific community.

A person went into Sunni school of thought Madarrasa would become a sunni while a person went into Shia school of thought

would become a Shia (Dr Israr Ahmed, different aspects of religion). Therefore, religion develops the mentality of a person that decide his lifestyle.

Further, a country's foreign policy is shaped by leadership thoughts. The leadership of a nation decides its future, like maintaining relations with some countries or not. Leaders, according to their outlook, make decisions of the country's relations with others countries. "Former government was in favor of maintaining and increasing ties with Russia while incumbent government is in favor of increasing ties with USA (Dawn News Report, dec 2022).

In this way, leaders make the decisions of their country according to their thoughts and outlook.

Beside this, type of government

in a country decides the people's living way. People in democratic governments have freedom of speech and they themselves decide their government. While autocratic or totalitarian governments did not allow people freedom of speech. In democratic government, people can think independently while in authoritarian government, people can live according to government decision. Pakistan is

a democratic country, people have the right of freedom, speech and information. While north Korea is under an authoritarian regime which allow people to live according to its will. Therefore, type of government also shapes the lives of people;

Similarly, security issues and concerns lead the state to make defense centric decisions. The countries which are more prone to security issues give

Large room to defense in their domestic and foreign policy. Countries expend a large portion of their budget in defense in order to mitigate the security concerns. Pakistan expends about its $\frac{1}{3}$ part of GDP on defense, similarly, India expends, double of this amount. Both do this, in order to counter their security concerns.

(Cristophe Jefferelote, Pakistan at the cross roads, 2016). In this way, country's concern for security shape their decisions in a defensive mood.

Last but not the least, historical perspective about some thing makes our construct. A country or state's construct is built by the past events which happened in ~~the~~ its history. If a country gave loss to other country in the past, it would build a hostile construct, but if a country (build) gave benefit to other

country, it would build a positive construct about that country. Pakistan perceives India as hostile nation because of wars between them in 1948, 1965 and 1971. Similarly, Pakistan perceives China as friendly, because it helped Pakistan at many occasions. (Muhammad Wasim, Political developments in Pakistan). In this way, historical perception of a country makes its construct about other country.

In a nutshell, individual decides things not just as they are but by the way he sees them. The thoughts of an individual are reflected in shaping their lives. Individual thoughts shape his life due to his cognitive ability and family thoughts imposed on him. Moreover, way of socialization of a person and the company he keeps

impact his thoughts and ultimately his decisions of life. In professional life, individual perceives through the lens of others. Similarly, education gave him direction and different profession led him to lead a specific and distinctive life. Further, Religion teaches him the moral ethics of life and bounds him to its limited sphere. Furthermore, leader's thoughts shapes the foreign policy of a country. In addition to this, type of government and security concerns shapes the thought of people. Therefore, life decisions reflect the thoughts of a person.

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