

Topic: So, Surely with hardship comes ease.

Outline

1 Introduction

Thesis Statement: ~~The Quranic verse "Surely with hardship there is ease" conveys a timeless truth, illustrating humanity's capacity to overcome adversity. This essay explores real-life instances, offering valuable lessons in resilience, growth and unwavering determination.~~

Do not specify it to Quran

Just give your stance

2 Indeed with hardship there is ease

3 With hardship there is ease at the individual, and communal level.

a Labor pain of mothers: The hardships mothers endure during childbirth.

b Parents hardship while raising children:

c. Ultimately leading to the joys of seeing them succeed.

c Students constant struggle to achieve their dreams

Not specify anything

d Community's combined struggle to achieve greater goals.

4 With hardship there is ease at the national level.

a Struggle of independence: Salvation from colonialism

- b Struggle of development, overcoming poverty and underdevelopment.
- c Struggle of democracy, resisting dictatorship and authoritarianism.
- d Struggle of unity, overcoming sectarianism and division.

5: With hardship there is ease at international level.

- a. Rising from the ruins: — Example of, technological might, Japan
- b South African's long struggle against apartheid regime.
- c The civil right movements of USA
- d Struggle of China: ... becoming the economic giant.
- e Indeed there is ease with hardship with regard to Palestinian struggle.

6 Conclusion.

Individual part could have done in a better way

The verse "So, Surely with hardship there is ease conveys a timeless truth, illustrating humanity's capacity to overcome adversity. This essay explores real-life instances offering valuable lessons in resilience, growth and unwavering determination. This verse encourages to endure hardship with patience knowing that ease will follow. Just like the eagle, a symbol of resilience. Each day falcon faces the challenges of ascending above strong winds and rain, piercing through the clouds. It undergoes these difficulties because it understands that beyond this struggles lies a period of tranquility. Those who lacks the determination to persist will never achieve great heights. Hence, as Allama Iqbal has expressed :

Avoid Urdu

شکستیں کبھی اپنی پرواز سے تھک کر نہیں گرتا
 پر در سے گرتے تو نہیں غمگین غمگین استاد

The Eagle never succumbs to exhaustion, and if you possess the

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determination, you too can soar to great heights. Hardships is an inherent part of life's journey, accompanying a person from birth to the challenges of adolescence. Simultaneously, parents and guardians joins the expedition. The establishment of and consolidation of a nation entail their own set of hardships. This process includes the quest for economic prosperity, social equality, and the purification of society from its impurities. The international stage showcases remarkable examples where countries have risen from the ashes of hardships, such as Japan's technological prowess, the fight against apartheid in South Africa, and the American civil rights movement. These stories affirm the Quranic verse "That with hardship comes ease", underscoring the human capacity for resilience and progress in the face of adversity.

The verse "So, Surely with hardship there is ease" carries profound philosophical and theological belief.

It serves as a reminder to humans that hardship and ease are intertwined aspect of life. The verse conveys the message of hope and reassurances that, no matter how challenging or distressing the circumstances may be, there is always a divine promise of ease that accompanies hardship.

This verse highlights the balance between hardship and ease in life. It is a reminder that life is a series of ups and downs, and moments of difficulty should not lead to despair, as they are followed by moments of ease.

Childbirth is a profound experience, often marked by the incredible hardships that mothers endure. The physical and emotional toll of labour and delivery is an exemplary demonstration of the Quranic verse, "Indeed with hardship there is ease".

A research published in the journal of obstetrics and Gynecology, found that childbirth is one of the most painful experience women can endure, with varying degrees of pain. Yet it also emphasized the profound sense of fulfilment and joy experienced by mothers after giving birth. This exemplifies the idea that hardship during childbirth is accompanied by the ease of welcoming a new life into the world.

Raising children is a deeply rewarding yet challenging endeavor, encompassing various hardships that parents endure on their journey. These challenges span the financial

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emotional, and educational domains and perfectly exemplify the Quranic verse

Switch reference with another pen

"Indeed with hardship there is ease".

According to a report by the US Department of Agriculture the cost of raising a child from birth to age 17 can be substantial, with expenses, encompassing food, housing, healthcare and education. Despite these hardships, parents are rewarded with the joy and fulfilment of seeing their children grow highlighting the profound truth of the Quranic verse.

The journey of students in pursuit of their educational dreams is often laden with various obstacles ranging from academic pressure to career uncertainty. Academic pressure is a significant challenge that students face. According to research published in Journal of Educational Psychology reveals the high levels of stress students experience,

due to academic expectations, examinations and the desire to secure their future. Despite these challenges, the belief in the Quranic verse "Indeed with hardship there is ease", offers hope and reassurance that opportunities lie ahead for those who persevere.

Communities often come together to face adversity and jointly pursue shared objectives manifesting with Quranic verse, "Indeed, with hardship there is ease". Whether it is disaster recovery, grassroots development projects, or neighbourhood initiatives, communities have showcased resilience and collective spirit. For example in the aftermath of the devastating earthquakes in Pakistan in 2005, communities displayed remarkable unity and resilience. Local residents, as well as international aid organizations collaborated to

provide relief, rebuild damaged areas^a and support those affected by the catastrophe. Such initiatives highlight the collaborative efforts of communities to overcome challenges and achieve greater aspirations.

At the national level, the Quranic verse "with hardship comes ease" echoes through the history of nations striving for independence and liberation from colonial rule. Pakistan's emergence as a sovereign state provides a compelling example of a nation that faced numerous hardships during its struggle for independence. This historic example underscores that achieving independence at the national level often involves significant hardships. However, it shows that with dedicated leadership, collective perseverance and

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a vision for a better future, nations can overcome adversity and secure their sovereignty.

"Indeed with hardship there is ease" resonates profoundly in the context of Pakistan's nation building journey. Pakistan faced the myriad of crisis encompassing political, economic and social domains. With limited resources, nascent infrastructure, and the burden of accommodating diverse linguistic, religious and cultural groups. Pakistan's post-independence history is intertwined with the tragedy of partition in 1947 which resulted in inter-communal violence and the displacement of millions of people. The country was faced with the enormous challenge of rebuilding lives and reconciling communities. Pakistan has also been affected by natural disasters such as earthquakes, floods which have

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brought devastation to communities. The response to such crisis exemplifies the resilience of the nation and the spirit of recovery and reconciliation. These instances underscore that Pakistan's history has been marked by challenges, yet the nation's journey from the hardships of partition to efforts at post-conflict recovery and reconciliation is a testament to the enduring spirit of its people and leadership.

The struggle for democracy, the resistance against dictatorship, and the battle against authoritarianism in Pakistan are emblematic of the verse, "Indeed with hardship, there is ease". Despite numerous challenges, Pakistan's path toward democratic governance reflects the nation's resilience and unwavering commitment of the principles of democracy. Pakistan's history of military interventions, which have tested the nation's democratic spirit. The coup

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in 1958, 1977 and 1999 caused inter-
ruptions in civilian rule. Still Pakistan
faced these hardships. It ultimately
rebounded. The struggle against autho-
ritarianism has ultimately strengthened
the resolve of its people, reminding
that with determination and the will for
for positive change, "indeed with hardship,
there is ease".

Pakistan, a nation known for
its diversity, has faced the formid-
able challenge of fostering unity in
the face of sectarian divisions
and communal tensions. Sectarian
divisions have led to tragic incidents,
causing immense pain and suffering.
However, Pakistan has also witnessed
inspiring stories of unity emerging
from these hardships. Efforts like
Edhi Foundation, Pakistan's largest
and the most respected philanthropic
organizations, exemplify the spirit of

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unity. Edhi foundation provided services irrespective of sectarian or ethnic backgrounds. These efforts reflect the core principles of "indeed with hardship there is ease".

At international level, the story of Japan's post-war recovery, from the ruins of World War II to becoming a technological giant, exemplifies the profound truth of Quranic verse, indeed, "with hardship there is ease." Following the devastation of WWII, Japan was in a state of despair. The nation faced immense challenges - its cities lay in ruins, its economy was in shambles and its society was grappling with the trauma of war.

The nation's transformation from the ashes of war to an economic and technological powerhouse is a testament to resilience, determination and spirit. It is a compelling example of how hardship can be a stepping stone to enduring success and prosperity.

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The prolonged and arduous struggle against apartheid in South Africa exemplifies the profound truth of the Quranic verse, "Indeed, with hardship there is ease." The era of apartheid, which enforced a system of social discrimination, was a dark chapter in the country's history, presenting immense challenges and hardship. The struggle against apartheid was a long and difficult journey, marked by hardship, sacrifices and resilience. Leaders like Nelson Mandela became icons of this struggle. South Africa's transformation from apartheid to democracy underscores the message of the Quranic verse. The struggle against apartheid serves as an enduring inspiration and a global example of how hardship can lead to lasting positive change.

The Civil Rights Movement in the USA is a poignant illustration of the Quranic verse "Indeed, with

hardship there is ease". It reflects the struggles, sacrifices and eventual triumph in the fight against racial discrimination and segregation. They faced daily hardships, including racial violence, unequal access to education and employment and denial of fundamental civil rights. Dr. Martin Luther King Jr. was a key figure in this movement advocating for non-violent civil disobedience and equality. The dream of Martin Luther King Jr. and collective efforts of countless individuals who fought for civil rights exemplify how enduring hardship can eventually lead to transformative change. The struggle for equality continues but the progress made is a testament to the resilience of individuals in the face of adversity.

The rise of China as an economic giant is a remarkable example that embodies the concept of "with hardship there is ease".

In the not-so-distant past, China¹⁶ faced considerable hardship, including a period where it was often associated with drug addiction and economic destitution. Through persistent efforts, hardwork and the resolve of the Chinese people, China's economy started to recover and grow rapidly. The nation shifted from being associated with drug addiction to becoming an economic powerhouse with strong focus on manufacturing and export. The example of China's transformation serves as a powerful reminder that there is ease after hardship.

The Palestinian struggle for freedom has been marked by immense hardship, but it also carries a message of hope and the belief that "indeed, with hardship there is ease". For decades the Palestinian people have faced the hardships of occupation, displacement and conflict.

Amidst the challenges, the Palestinian¹⁷ people have demonstrated remarkable resilience. They have maintained their cultural identity, upheld their aspirations for statehood and continued to work towards a peaceful and just resolution to Israel-Palestinian conflict. This Palestinian struggle is a testament to human spirit's enduring quest for justice, self-determination and freedom. The Palestinian people, facing adversity hold onto the rays of hope, believing that they can overcome their hardships and achieve a brighter future.

In conclusion, the phrase "with hardship comes ease" resonates profoundly in the global context, exemplified by stories of resilience, transformation and success. This fundamental concept — encapsulates the idea that challenges and difficulties are often followed by opportunities and progress.

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In essence, "With hardship comes ease" signifies the invincible human spirit to transcend difficulties, seek opportunities for growth and progress and find hope even in the bleakest of times. It is a reminder that challenges are not insurmountable barriers but rather stepping stones on the path to success, unity, and a brighter future for individuals, communities and nations.

Your writing and expressions are good

You just need to improve the individual level part

Come up with diversification of references