

"I fell upon the thorns of life! I bleed"

analogy
 inevitable, unexpected adversities and
 strives throughout life. human misery
 and endurance - as a
 result of demands
 throw in one's life.

human sufferings,
 writers own pain during
 oppression by European
 rulers in England.

Thomas
 Introduction (P.B) Shelley's Poem - Ode to the west.

of the fittest" Thesis statement
 adopting collective & collaborative approaches
 at all fronts can work
 antidote, some-how mending
 What the metaphor actually
 debunks

while passing through the tumultuous path
 of life's roller-coaster journey filled with
 socio economic obstacles, one's personality
 is punctured with a pierced soul at
 individual and societal level, making one's
 survival a question in the race of "survival
 of the fittest"

Swift rounds bed of Roses

Brainstorming

1) Individual level - distress,
 mental exhaustion

2) USA - 1/5 students = depression.
 Diminishing individual growth
 with low self confidence -
 case: women - gender taboos

3) Society level, Mounting economic
 burden on society -
 unskilled labour etc.

Survey report published by
 manpower - 91 countries have
 faced inflation of 77 percent in 2022
 compared to 35% in 2013

4) Heightening barbarism for the
 state's people
 case: Rise in terrorism -
 case in Pak.

5) Global level.
 Impaired global peace - wars
 in action.

1) Ukraine - Russia - power hungry nation

2) Israel - Gaza - HR violations

1) Develop resilience - personal growth
 focusing on
 case: Kadako's perseverance - ~~10~~ 2 year
 old survivor of Hiroshima and Nagasaki
 bombing.

2) Distribute resources among all in the
 society for fostering economical growth &
 moral uplifting.
 case: Practising Zakat like all Muslims

Conclusion.

3) Encourage innovation and boost
 collaboration all all fronts globally.
 case: Avoiding wars, fostering peace
 via schemes, eg Australia-Germany
 Joint research Cooperation Scheme.
 logistic, tech-led agreements - security HRs.

4) Provide equal opportunity to all,
 create political awareness among
 case: "formulation of gender equality
 based policies like Sweden and
 Iceland in Pakistan."

"Recipe of Finland's happiness from
 straight seven years = community engagement
 equality, quality education and stopping
 violence"

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Outline

A. Introduction

1. Debunking what P.B. Shelley's metaphor actually mean

2. Tumultuous paths of life

3. Thesis Statement

"Pain is an inevitable element of life, yet overcoming it with the potential of positive growth and forbearance is necessary to achieve peace."

B. What felling upon the thorns of life signify

1. Human beings coping with mental distress due to various reasons, feel as if, they fell upon the thorn of life;

a) Case in Point:

NAT college health
Assessment USA about every One
out of five student are suffering depression

2. Women in patriarchal society and their sufferings;

a) Gender based discrimination

i) Global Gender Gap Report

3. Mounting economic pressure on individuals

- a) Rising inflation
- b) Cases of suicide, frustration and intolerance in society

4. Heightening barbarism in public due to daily challenges;

- a) Case in Point: Reviving insurgency in Pakistan

5. Impaired global peace due to wars escalating the emotional tensions of public;

- a) Cases in Point:
 - 1) Russia-Ukraine war
 - 2) Israel's atrocities over Gaza and Lebanon
 - 3) Several cases of displacement of people

C. What practical steps can be taken to transition towards the bed of roses

1. Developing resilience and focus on self growth is utmost necessary;

a) Case in Point:

Sadako - 02 year old survivor of Hiroshima and Nagasaki bombing

2. Proper distribution of resources and access to opportunities for all segments of society;
a) case in Point: Practicing Zakat

3. Economic opportunities for men and women alike
a) Case in Point: Women as entrepreneurs.

4. Reducing violent extremism to counter terrorism and other evils,
a) Case in Point: Finland's recipe of happiness

5. Cooperation amongst global powers to form regional alliance in the shape of multilateral alliances

D. Conclusion