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A ship feels safe in the harbor, but that's not what ships are built for

1- Introduction

Thesis statement: one can feel safe in his/her comfort zone, but to achieve something, one should get out of his/her comfort zone.

2- Individuals prefer to stay in their comfort zones for several reasons:

a- Lack of confidence does not allow them to face the world

b- To avoid failure, individuals prefer to stay in their comfort zone

c- Negative comments from others impact their mental health

d- one can act according to his/her own will rather than following others' instructions

e- Hardships of life can easily be avoided in one's comfort zone

f- The environment in which an individual lives in, does not encourage him.

3- However, one has to face the world and its challenges because:

- a- one cannot learn without getting himself exposed to the world
- b- It is important for one's confidence-building
- c- Individuals can search for and find their meaning of life.
- d- one can learn to tackle the negative people.
- e- It makes a person resilient to the difficulties of life.
- f- Individuals can work for their betterment.

4- How can a person learn to move out of his comfort zone?

- a- one should set a goal of his life
- b- Accepting failures is important in the process.
- c- significance of learning in one's life keeps a person motivated.
- d- Learning from the ^{progress of} nations like china and Bangladesh.
- e- setting up an ideal to learn from his life's hardships and achievements.

5- Conclusion.

The controversial issue of Feminism in contemporary women's rights movements.

1- Introduction

2- The issue of feminism is a controversy in the recent women's rights movements.

a- The movements receive backlash from the religious segment of the society

b- It is considered unacceptable in traditional families.

c- Some of the slogans were portrayed in a controversial manner

(i) My Body; My choice.

d- Media showed portrayal of movements was negative.

e- A strong opposition between the liberals and conservatives was seen.

f- The case study of Aurat March - 2023

(i) opposing case of Haya March.

3- How does this controversial issue impacts the society

a- The society becomes unable to grasp its actual meanings

b- More importance is given to patriarchal norms and values.

c- Essence of the struggle is lost

d- The demanded rights are disregarded.

e- State's image at international level is tarnished.

(i) Pakistan's case on Gender Disparity Index.

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4- Several ways to overcome the controversy.

- a- Media should play its positive role in bringing out its actual meanings.
- b- State's policies regarding the protection of such movements must be adopted.
- c- The religious segments need to accept such movements.
- d- Subject of women studies in all educational institutions should be introduced.
- e- Dialogue between the government and march demonstrators.
- f- More and more women to be involved in policy making process.

5. conclusion.