Nuclear Risk anywhere is challenge to Peace everywhere.

A- Introduction

Nuclear weapons are so devastating and fatal, that, they pose threat to the whole world. With thousands of nuclear arsenals present in the world, global security has become a conundrum. Although blocks for both nuclear non-proliferation and disarmament are there, but they cannot avert the nuclear danger altogether.

B- An Overview of Nuclear Weapons and their subsequent Danger

C- Risk of Nuclear Weapons is challenge to World's peace

1- Devastating potential of nuclear weapons
   i- The bombs used against Japan were like firecrackers compared to modern bombs
2- Interconnectedness of the world
   i- Advancement of globalisation
   ii- Security alliances of countries
3- Risk of escalation
   i- One nuclear war is going to be the last war :- Lawrence Eagleburger

4- Undermines trust and cooperation

   i- Creates environment of suspicion and insecurity

   ii- Nuclear competition exacerbates tensions

5- Technological proliferation of nukes

   i- South Africa's secret nuclear mission exposed

   ii- Iran is facing sanction for nuclear aspirations

6- ~~Economic failure~~ Threat to human security

   i- Accidents can cause destruction

7- ~~Humanitarian crisis~~ Danger of terrorist's access

   i- These madmen, if gets hand on nukes,
will kill innocents said 'Barack Obama'

8- Conflicts of arch rival nuclear countries

   i- United States – Russia

   ii – Pakistan – India

9- Extremist policies of leaders

   i- Our Arsenal is not For Diwali :-" Modi "

   ii-

10- Environmental consequences of nukes.

   i- Extreme smoke cloud as result of
explosion will result in life impossible.

D- The potential of nuclear weapons' threat is overrated

1- Nuclear Weapons are not as destructive
as they are considered

   i- The excessive Fear is overhyped

   ii-

2- Nuclear weapons are necessary for peace

   i- To maintain balance of power.

   ii- Balance of terror is nesessary for peace.

3- Efforts for reducing nukes
  i- Nuclear Non-Proliferation Treaty
  ii- Comprehensive Test Ban Treaty

E- Conclusion

ESSAY

"As long as nuclear weapons exist, the chances of the survival of human species are quite slight" writes public intellectual 'Noam Chomsky'. Nuclear weapons are simply the most indiscriminately inhumane weapons ever invented, and the only one capable of destroying life on planet as we all know it. Chomsky, thus emphasize their dange that, their presence in the world is direct threat to humans. Nuclear weapons are challenge to world's peace because of their devastating potential World is much more interconnected now, and such threats can escalate very easily and cause destructive consequences to globe. The technological proliferation of nukes have undermined

the trust and cooperation between the states. The biggest threat in this regard is access of terrorists and non-state actors to this technology. Many countries are aspiring to c lay hands on nuclear weapons to balance power with rivals. Nuclear weapons, if used again will result in unculculated loss of not just lives and livelihood, but would destroy every sector and sphere of society. But some people think otherwise, they conside potential of nuclear weapons overrated. They emphasize on the necessity of nuclear weapons for maintenance of peace, and balance of power. But thes are mere speculations of some pefel people. Nuclear weapons are so devastating and fatal, they pose threat to wo whole world. With thousands of nuclear arsenals present in the world, global security has become a conundrum. Although the diplomatic bodies for nuclear non-proliferation and disarmament are there, but they cannot avert the dange altogether Nuclear weapons are the most lethal weapons ever produced. United States was the

first country to acquire nuclear weapon power, also the first and only to use them practically. Eight sovereign states have so far publically announced successful detonation of nuclear weapons. These are United States, Russia, France, United Kingdom, China, India, Pakistan, and North Korea. According to "Stockholm International Peace Research Institute", "the worldwide inventory of nuclear weapons is about 14900". Around 30 percent of these are deployed with operational forces, and more than 90 percent are owned by United states and Russia. The first ever use of nuclear bombs by United States on Japan in August 1945 resulted in deaths of about 0.2 million people. Thus, nuclear weapons are the most destructive weapons.

Threat of nuclear weapons is challenge to world's peace, mainly because of their devastating potential. Nuclear weapons have widespread and long-lasting impacts. So far two nuclear bombs have been dropped namely 'Little Man' and 'Fatman' on 6th and 9th August 1945 respectively. The resulted deaths and destruction by these bombs is much more comparable to other weapons of same quantity.

Now, as the world have become advanced so does the weapons. Nuclear scientists claimed that, "the two bombs used earlier were like firecrackers as compared to modern bombs". The intensity of the nuclear threat can be understand from number of weapons present, and their magnitude, while considering the impacts of previous bombs. So, the nuclear weapons in any skirmish or conflict are dangerous & not only for that region, but the whole world.

Also, the world is no more simple, as it was 75 years ago, it is interconnected through globalisation. Any conflict in any region of the world has directly or indirectly impacts on other countries too. This can be visualised from ongoing conflicts in the world. Another global issue that is comparable to nuclear threat in a sense that it too has worldwide effects is climate change, but nuclear weapons can kill a lot faster than CO_2. At the time of first ever nuclear attack only United Stated possessed nukes, but now many countries have

acquired this technology. Now use of nuclear weapons in any state or country will result in rebuttal, and this process would not stop easily. Thus, the consequences of any nuclear attack in future would not be restricted.

Similarly, the coalition of and united defence strategies of countries enhance the risk of escalation. Concerning the security threats, world powers have made pacts and alliances to ensure their security. For example, National Atlantic Treaty Organisation (NATO) is the alliance of wester countries, which contain three nuclear powers. It is established on the maxim of 'attack against one is attack against all'. Therefore the attack on one country, would not be strategically attack on one, but tensions would escalate further. The prediction of next nuclear war are so ruinous. Former United States' secretary of state Lawrence Eagleburger said; "One nuclear war is going to be the last nuclear— the last war, if it really gets out of hand". Hence, the enormity of threat is unimaginable.

Moreover, technological proliferation of nuclear weapons is also a threat to world's peace. Many of the aspiring countries are struggling for acquiring nuclear weapons. The more the atomic weapons, the more potent is threat to world peace. Many intellectuals argue that, some of the developed countries have already acquired the nuclear weapons, but they are not proclaiming it to avert sanctions. Although the United Nations have strict regulations and policies regarding proliferation of nuclear technologies, many countries have pursued it over the years. South Africa's secret nuclear test was discovered in 1977; Iraq was alleged for making nuclear weapon sites; Iran is already facing sanctions; and statements of Israeli Prime Minister in ongoing war depicts that, they too have acquired these weapons. Thus, the more common the existence of these weapons is, the more dangerous it is for world peace.

The existence of nuclear weapons' threat casts a shadow over international relations, eroding trust and cooperation among nations. The possession of such destructive

capabilities fuels a perpetual arms race, creating an environment of suspicion and insecurity. Countries avoid security cooperation with others to keep theirself safe. Nuclear weapons and their associated conflicts trigger the atmosphere of unrest. American Scientist George Wald wrote that: "Nuclear weapons offer us nothing but a balance of terror, and a balance of terror is still a terror". The emphasis on 'balance of terror' manifestes that terror exists on both sides, or all concerning sides. Therefore nuclear tensions and competition between countries result in lacking trust and cooperation.

Besides that, the existence of nuclear weapons poses a direct threat to human security. It is not just through its potential but also through the risk of accidents and lack of control. Nuclear energy is very complex to understand, and intensive care is required to have hold of it. Because it has series of fission and fusion reaction taking place. Responsibility for nuclear security rests entirely with each

state. Any accidents in nuclear reactors, or malfunctioning due to negligence can cause heavy destruction, same as a b nuclear bomb can. On the basis of precautionary measures, "The Nuclear Security Index" reveals a ranking of countries every year. It shows, the world as whole is concerned about nuclear security everywhere.

Not just accidents, danger of terrorists' access to nuclear weapons is also a challenge for world security. Terrorist organisations operate from every corner of the world, and their methods of terrorism have also get modernised. After the tragedy of 9/11, world has acknowledged the potential and penetration of terrorists. If terrorists acquire access to these henious weapons, they can create significant unrest in world. Former President of United States Barrak Obama says, "nuclear terrorism is one of the greatest threat to global security and there is no doubt that if these madmen ever got their hands on a nuclear bomb, they most certainly would use it to kill as many innocent people

as possible". Terrorists have no ethical codes or moral values. Their access to nuclear weapons is threat to whole world.

In addition to that, conflicts of arch rival nuclear countries can distort world peace. The clashes between nuclear powers are continued from very long. Any major advancement in this regard can trigger a greater war, engaging nuclear weapons. United states had decade long Cold War with Russia, which many time witnessed the compelling situation of nuclear war, but averted last minutes. China has now replaced Russia as major rival of United States at all fronts. They have ongoing diplomatic tussle in Middle East, Europe and South China Sea. But a confrontation can involve nukes. Similar is the case with Pakistan and India. Both countries have already fought traditional battles, but any greater conflict can compell them to nuclear war. In any of the situation, the affectees would not only be warring countries, nuclear war will have global consequences.

Likewise, extremist leaders can cause trouble in world peace by nuclear activity. World over the course has seen many fanatic leaders who believe in force. Like Benito Mussolini, who used to say, "People have only two functions, to obey and fight". If such a ruler would have got hand on nuclear weapons, imagine the destruction, he would have caused in the world. Leaders with same school of thought still exist. Indian Prime Minister Narendra Modi, while addressing to Pakistan said; "our nuclear arsenal is not for diwali". Such country-heads with power over nukes are also threat to global peace. Modi is not the unique case, take North Korean dictator kim Jong Un or Israeli Prime Minister Benjamin Netanyahu. have also the same attitude.

Besides that, nuclear weapons have deteriorating impacts on environment. They come with discharge of excessive amount of radiations. These radiations have very dangerous effects on the health of individuals. Take the situation of Heroshima and Nagasaki, with about 80 years passed

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so far, they have not completely escaped the dilemma. Also, nuclear explosion will result in change of temprature pattern, excessive heat and smoke, making the planet inhabitable. Paul Curtz and John Bricks, two scientists conducted a research for situation of earth in aftermath of nuclear war. They suggested that; "it will result in 'nuclear winter', which posited that worldwide climatic cooling from stratospheric smoke would cause agricultural collapse". It can threaten the majority of human population with starvation. Thus, nuclear attack anywhere, will have serious implications all accross the world.

In the above paragraphs, we have study disscussed that nuclear threat in any region of the world is dangerous for whole of the planet's life. And recent advancement and globalisation have made this threat eminent. But, the critics of nuclear threat have opinions otherwise. They state that, although nuclear warfare is dangerous, but more often it is overhyped. What arguments they narrate are

explained in following paragraphs.
Firstly, nuclear weapons are not as destructive as they are considered. They are overated, overrated though is a complex concept. In sports, a player can be great and overated at the same time. Similar is the case with nuclear weapons. They have great potential, but much of it is overrated. It is often regarded that that, any other nuclear conflict will trigger a nuclear war, which would result in destruction of the world. The world itself is too big and complex. An infinite amount of nuclear arsenals are required to wipe out the life from the planet. The atomic bombs on cities of japans killed about two hundred thousand people; more than these people were killed in great war or the ancient wars fought with swords and arrows. So, the capabilities of nuclear weapons are exaggerated. But this debate needs more consideration. Nuclear weapons cannot be compared with conventional ones. It is because they have become more

developed and lethal over the years. They cause annihilation in blink of eye. Also they have long lasting impacts, which haunt for years and decades. The modern nuclear weapons are more powerful than those used against Japan. Thus, their destruction will be unimaginabile.

Secondly, nuclear weapons are necessary for peace. They maintain the balance of power and restrained the other countries from regression. Many intellectuals often claimed that United states would not hakve attacked Japan, if Japan have nuclear arsenals at that time or any warring ally of Japan had. This can be better visualized from the skirmishes of Cold War. The four decades long war at many fronts ~~seen~~ saw many ups and downs, but none of them used nuclear weapons. The reason was the threat of nuclear weapons from opposing side. In this way the threat of nuclear weapons is itself a guarantee of peace and non-aggression. Margret Thatcher, former Prime Minister

of United Kingdom said; "A world without nuclear weapons would be less stable and more dangerous for all of us." Thus, nuclear weapons ensure the peace in the world. But this statement is not viable altogether. Nuclear weapons though maintain the balance of power and retain their status quo, but it is an eminent threat for human kind.

Lastly, the efforts by world's diplomatic channels to reduce the nuclear strength suppress their dangers. Most of the countries participate in international initiatives designed to limit the proliferation of nuclear weapons. The international safeguard systems has since 1970 successfully prevented the diversion of fissile materials into weapons. Its scope has been widened to address undeclared nuclear activities. The 'Nuclear Non-Proliferation Treaty' was an agreement signed in 1968 by several nuclear and non-nuclear powers that pledged their cooperation in stemming the spread of nuclear technology. Another treaty is Comprehensive Test Ban Treaty (CTBT) prohibits any

any nuclear weapon test explosion or any other nuclear explosion. The treaty was opened for signature in September 1996, and has been signed by 187 nations. Therefore, diplomatic efforts reduce spread of nuclear technology and suppress its dangere. But, in reality these efforts are of little importance. They have done nothing to prevent the spread of nuclear technology. Nuclear Non-proliferation Treaty is active from 60s but both United States and Russia (Soviet union of that time) developed piles of arsenals in the period of cold war. India, Pakistan and all other nuclear countries have acquired the nuclear power in those years. CTBT, which prohibits the test of nuclear bombs is also of little importance. North Korea tested its explosives, and besides that many other countries are pursuing in that field. In a nutshell, one may that, nuclear weapon are an omnipresent threat to world. They are deadly to such an extent

that there presence anywhere in world is challenge to world's peace. It is because the technology has gotten the more dangerous over the years that, bombs used against japan are considered firecrackers compared to modern one. World is more interconnected and multipolar now, it creates environment of suspicion and threats. Many aspiring countries are pursuing for nukes and continuous fear of terrorist's access to this technology is threat for human security. Conflicts of arch-rivals possessing nuclear arsenals is another threat. Nuclear weapons have significant environmental consequences. They can make planet earth uninhabitable. On the other hand, threat of nuclear weapons is regarded overrated. Critics say that, although nukes are destructive, yet the excessive fear is overhyped. They consider nuclear weapons, as necessary to maintain balance of power and fear. Efforts are there for reducing nukes, but are not much influential. Nuclear weapons are in any way destructive, hence they should be avoided. John F. Kennedy said, "The weapons of war must be abolished, before they abolish us".

Next Essay

Growing Aging Population: Challenges and Remedies

Outline:

A- Introduction

Growing aging population has many challenges which need remedies. These problems have made the aging population a burden on society. Concerted efforts are required to address these issues.

B- An Overview of Growing Aging Population

C- Causes of Aging Population

1- Advancement in medical Field

i- Production of vaccines and antibiotics

2- Improved living conditions

i- Better nutrition products

ii- Healthy lifestyle mechanism

3- Public health awareness

i- Hygiene measures

ii- care against contagious diseases

D- Challenges of Aging Population

1- Increased strain on healthcare system

i- Rush in clinics and Hospitals

2 - Un-affordability of basic care services

   i - care expenditures more than earning

   ii - Requirement of specific diet, medication etc

3 - Economic dependence of old people

   i - Living, clothing, shelter of old people

4 - Old people with no children

   i - Social isolation and loneliness

   ii - End up begging

5 - Limited social saftey net in developing Countries.

   i - Poor strategies for health, food, shelter etc

6 - Decline of extended family system

   i - Children living separate from parents

   ii - Migration offshore, leaving parents behind

7 - Social and cultural constraints

   i - CII declared old-age home contradictory to religion

E - Remedies to Counter the Challenges of Aging Population

1 - Enhancing social security and pensions

   i - Provision of basic services by government

   ii - Reforms in pension policies

2 - Promoting inter - generational integration.

   i - To promote social cohesion

   ii - Better for mental health of old people.

3 - Ensuring policies that prohibit the discriminatory practices

   i - Same wages for old people

   ii - Inclusion of working elder in workforce

4- Leveraging wisdom and experience
of older adults
   i- Imparting knowledge to youth
5- Fostering Social service Organisations
   i- Public - Private partnership to equip
     NGOs for better working
6- Cultivating the system of home nursing
   i- Specialized care availability at home
   ii- Round the clock guidance
7- Encouraging the mechanism of old-
age homes
   i- For better care of old folks
   ii- For old people with no children

F - Conclusion

ESSAY

"Every sector is going to be
affected by the aging population.
This creates tremendous opportunities
and tremendous challenges" writes famous
American author 'Pat Conrow'. Aging
population is a conundrum. On one
side, where it has lot of challenges
which have made it a burden. It
By applying certain measures their
potential of experiences can be
unleashed. Population throughout the
world is aging, nearly every country
in the world is undergoing growth
in proportion of older persons.

Aging population is because of advancement in medical fields and awareness of better living facilities. A higher proportion of aged people comes up with lot of challenges like, stress on healthcare system, economic burden and unaffordability of aged care services. Old people face generation gap and are unable to be in line with technological progress. They often encounter social isolation and neglect. However, these issues can be encountered by enhancing social security networks for aged people, and promoting the inter-generational integration. Age discriminatory practices must be abolished and their experience must be leveraged to young generations. Mechanisms like home nursing and old age home must be promoted. Therefore, growing aging population has many challenges which need remedies. These problems have made the aging population a burden on society. Concerted efforts are required to address these issues.

Population aging refers to the increase in number and percentage of older population. Although no proper limit is set to regard population as aged, but generally people aged

60 years or above are declared aged. In 2020, the number of people aged 60 years and older outnumbered children younger than 5 years. According to 'World Health Organisation', "between 2015 and 2050, the proportion of the world's population over 60 years will nearly doubled from 12 per cent to 22 per cent". The pace of population aging is much faster than in the past. It is because of declining fertility rates, and increase in life expectancy. By 2030, 1 in 6 people in the world will be aged 60 years or above. At this time the share of the population aged 60 years and above will increase from 1 billion in 2020 to 1.4 billion in 2030.

The aged population has increased because of many reasons, mainly the advancement in medical field. In the previous times people were more vulnerable to diseases. The diseases which are normal and curable today, at that time proved to be fatal. The reason was no availability of method and medication for diseases. Tuberculosis, was most common in older adults. It accounted for thousands

of deaths in previous times, is now curable. Pandemics were deadly and long-lasting, # affecting the old people violently. Now, the medicines and preventive measures have been established against all lethal diseases. Vaccines are developed against contagious viruses and a wide variety of antibiotics has made to counter inflow of bacterias. Advancement in medical and its research field has stopped the stream of diseases. Consequently, the life expectancy has increased and so does the population of old aged people.

Likewise, living conditions have also improved over the time. People have easy access to clean water and sanitation. Nutritional improvements have helped older people follow better diet routines. Aged people required preventive measures more than medicines to face diseases. Improvement in nutritional products and their strategies is helpful to old aged people according to their health. Similar edible products are available with their sugar free, cholestrol free versions for old and especially ill people.

Overall hygiene contributes to longer lifespans. Famous proverb is, "hygiene is two third of health". It prevents the connection with unhealthy particles. Clean and filtered water alone, save from various diseases. Therefore, people have high life expectancy because of these improved living conditions.

Also, public health awareness has helped the people to confront health problems. Education has equipped people with guidance, necessary for better life. This can be understand from the outbreak of Covid-19. It was probably the only pandemic so far in the history of mankind, which was omnipresent in every nook of the world at a time. But, public health awareness has helped mankind best, and viable and effective strategies were adopted against it. The most severe effects of Covid-19 was on old aged people. Hence the strategies were opted to isolate older people and taken care of them separately. Also, healthy lifestyle has been promoted, especially for older adults. It includes, excercise, routine medical check-ups and certain preventions. In previous

times these public health awareness was not entertained or it was confined merely to developed regions of the world. It has helped improve life expectancy.

In the above paragraphs, we have discussed the causes of improving life expectancy which consequently resulted in higher proportion of old aged people. In the following paragraphs, we will discuss the challenges occured due to old age population.

Old aged people increased stress on healthcare systems. With the advancement of age and especially in the later part of life humans are more vulnerable to diseases. It is often seen than hospitals are alway filled with old aged people. It is because their immunity gets frailed with time or prolonged diseases get deteriorated. The later age and health problems are rightly related. As Japanese writer Shigeru Miyamoto says; "Japan actually is an aging population, and so as the population has aged, they have had a lot more problems with health". The more the

stress on healthcare sector, more is the demand. Thus, old-aged population puts heavy pressure on healthcare sector.

More challenges arose where the basic care services are unaffordable. for old-aged people. In developing countries, with no mechanism of social security nets, the needs of old-aged people are unaffordable. Families already in perilous conditions are unable to fulfil the requirements of medicine, specilized diet and further specific requirements. The financial and logistical challenges of accessing care services are ubiquitous for them. The high cost of care puts a lot of pressure on family's financial sources. The major head in these expenditure is healthcare. A survey conducted by 'Health Research Policy' in three provinces of Vietnam states that; "of the overall budget spent on healthcare 86.14 percent spent on old aged people's health". Hence, the basic care services are expensive and may not be readily available or affordable for everyone.

Besides that, old age people have economic dependence. Those who are retired from services have somehow social and financial security, but other face a lot of issues. In the working age, they can work and make their ends meet, but in later period of life they have complete dependence on their offsprings. In the time of inflation, it is pretty tough for children to bear this burden. Expanses of life often increased with age, especially the medical expanses. Old aged people have dependency of expenditure including living, clothing, food and medication. Children are unable to meet the requirments in the case of their chronic health conditions. Thus, the economic dependence of old age people is challenge for children.

The problems excerbates for old people with no children. They come up against social isolation and loneliness. Demands and requirements for care and support increase with the age. Those old people, who have no children end up begging.

Because they are left with no other option. Elderly beggars, alongside these problems have been experiencing hardships of life. A survey by 'Shah Abdul Latif Universty Khairpur' states that; "More than 60 per cent of elderly beggers in streets or at road signals narrate that, they have no children who take their care off, and have no other source to meet their basic needs". To address their worries is a pressing challenge. Moreover, limited social security nets are available in developing countries. Only a few enjoy the independence and comfort in later period of their life, the rest is dependent either on government or children. Governments in developing countries are unable to cope up with this challenge. This can be visualised from the situation of Pakistan, where thousands of old age people are vulnerable to neglect. There is no proper mechanism for social services, like old age home, provision of healthcare facilities and monthly allowances. If any such policy exist, the social infrastructures is in such doldrums

that, not all the needy old people can benefit from it. Hence, most of the countries are impotent to entertain the old age people's of so issues.

In addition to that, decline in extended family system is evident. A surge has been seen in the proportion of younger people living away and separate from older parents. Firstly, it was ubiquitous in western society, but this abmysmal trend is now followed in the whole world. Despite being a socially cohesive society, the decline of extended family system is omnipresent in Pakistan. A study by Aga Khan University Hospital demonstrates that, "about 9-12 percent visiting patients at clinics, are living alone with little or no external assistance". This trend help us understand the fault in social lines. Older parents left alone helpless is an appalling dilemma of society.

Also, the social and cultural constraints worsen the situation for old age people. Pakistani society is highly religious, the impact of religion permeates to the lives of all people.

It is family obligations to take care of elderly parents. Most of the poor people, who are unable to meet the requirements of old parents, do not intend to seek help from welfare organisations for parents. The hinderance is because of societal obligations, and fear of what other will say about them. The institutions for the well-being of population are highly discourged in our society, due to cultural norms. Recently the 'Council of Islamic Ideology, a watchdog body to look into the laws of state whether they are in accordance with islamic principle or not "has given verdict against the establishment of such welfare homes, and declare these measures as contradictory to religious principles". Therefore, societal restrictions add up to the problems of old age people.

In the above paragraphs, we have discussed the challenges present regarding the glaring proportion of old age population. Stern measures are necessary to address these challenges. Old age must be regarded as a phase of life, similar to young age, which

has its own implications and essence. English writer, William S. Maugham says, "old age has its pleasures, which, though different, are not less than the pleasures of youth." In the following paragraphs, we will discuss the remedies to counter challenges of old age, and how the potential of elderly people can be unleashed.

Firstly, enhancing social security net and pension system is mandatory. The demands of old aged people cannot be easily fulfilled by family alone, help of government is essential in this regard. Provision of basic facilities must be ensured. The most stern in this regard is medical expenditure. Special units in hospitals are must be established for the old people. Government should take responsibility of treatment of those unprivileged old peers suffering with chronic diseases like cancer. Pensions system needs certain reformations. A mechanism must be deduced to address the pleadings of retired servants. In this regard, the social security system of developed

countries can be studied. Sweden has the world's best ^{social} security system to address the problems of old age people. Therefore, revolution in social welfare system are a requisite.

Secondly, inter-generational integration must be promoted. Generation gap between young and older population must be eliminated. Public meetings and gatherings should be arranged for inter generational integration. Exchange of ideas between the people of different generation is healthy for progress of society. It eradicates the sense of social isolation and loneliness from old age people. Social interaction are beneficial for old folks. Doctor Zafar Mirza says; "People who are more socially connected to community are happier, physically healthier and live longer than those who are less connected." People who are isolated are less happy, their health declines earlier and their brain functions decline sooner. Therefore, social integration is necessary for well-being of older people.

Thirdly, the policies must be deduced in a way, that ensure the prohibition of discriminatory practices. Old people must be included in every sector and sphere of society. Many of the old people, seek private jobs after retirement are unable to find better jobs according to their aptitude. Therefore, they are left with low paying and tough jobs such as security guards. There is need of leniency in policies regarding old people, who want inclusiveness in workforce, rather being burden on society. Government and private, both sector must take steps to guarantee their participation. They must be provided jobs according to their skills and aptitude, and eradicate all discriminatory practices, such as wage gap. This will surely help confront the challenges of old age.

Fourthly, wisdom and experience of older adults must be leveraged. Old people are symbole of wisdom and genius. They carry vast experience and exceptional intellectual brilliance. Their potential must be unleashed for guidance

of young population. It is infact an easy opportunity for youth to learn. Betty Friedan, an eminent writer says; "aging is not lost youth but a new stage of opportunity and strength". Old population has stability of thoughts and ideas. Former US politician & Emanuel Celler said that, "Our population is headed for a stable plateau, which means an aging population". Many of old people are expert in economy, agriculture, science and many other key sectors. Their knowledge can be imparted to youth by government's efforts.

Fifthly, fostering social service organisations can produce better results. Pakistan, luckily have an already established network of social service organisations, both public and private. Focus is needed to equip them with facilities, that help the older population. Significant policy alternatives are required to in broader context to help establish a better social security system. Public-private partnership is dire need of the issue, which demands the collaboration of Social Welfare Department of government and

various NGOs working all across the country. Improvement of existing schemes regarding social organisations is crucial. This collective approach will safeguard the rights of old age people.

Sixthly, the system of home nursing must be championed in Pakistan. With advancement all-pervasive in society, the concept of home nursing has not yet fostered properly. It has hinderances both infrastructural and societal. Home nursing is viable solution for care of old-aged people. Home nursing staff is expert in handling the daily issues of old age care. They provide necessary treatments and help in excercises. Round the clock availability of guide ensures the health of aged people. It is also the best solution for working class. They are unable to manage time to look after their parents Also, the old people, who are too sick to travel will have better treatment at home. Thus, the home nursing must be promoted.

Lastly, the mechanism of old age home must be encouraged. It needs a multifaceted approach

to intercept the issue. The taboo against old-age home needs to be tackled. The current practice of the elderly living alone when they can afford it, but still battling loneliness and, worse still, abandonment and subsequent residence at centers. The government should come forward and establish state-owned old age home. It is helpful for people who wish to be in such homes, as well as those forced by their circumstances. Old-age homes have become a dire need of hour. Muna Khan says; "Despite pressing need of old-aged home, resistance to them is abysmal failure of Pakistani society". Therefore, the taboo must be kicked off and old age homes should be promoted and established for welfare of old people.

Conclusively, one may say that old age population is increasing with time. It is an inevitable reality of life. It comes up with many precautions and respon-sibilities both on state and individuals. Population is aging because of advancement in world, which resulted in decline of old age

mortality. It also has many challenges alongside, such as burden on health sector and requirements of more care services. They have dependence of home, cloth and shelter. Problems are devastating for old people with no children, because developing countries do not have effecient port- folio to address their worries. A major issue is constraits by society and culture against welfare organ- isations and old age homes. They are of dire need because the extended family system is declining day by day. However, these problems can be confronted by stern efforts. These efforts include provision of basic services, reforms in policies, inclusion of working old people in workforce, and promoting social cohesion by inter-generational integration. The potential of old intellectuals must be imparted to young generation. Cultural and societal taboos need to be laid off and home nursing and old age home must be fostered. Caring the Care of old should be done as moral duty, because it is phase of life to come- for everyone