* Freedom of Medic, * Start working on outline Freedom of media is unerguebly 3 great nocessity to strengthen the institution of democracy in Paleistan. The importance of medic has shown so much are the years. It is now woder cuerted and considered as the yourth piller of every state important this important Organ in Pakirton & under entreme sheckles. As highlighted in the recently meders' by the Reporters without Borders', Pakiston i media & being largery controlled by the civilian government and the overbearing establishment the sepost her Tanked Palitten at 152 amongst the combries based on the degree of preedom to media Shockingly, it also described Palitan as one of the most dangerous countries in the world for journalists without free welow, democracy an not thrive on true sense. In order to make democracy feourist

* lactics to control media * There are veryon tectory at play in Parsistom to curtail the freedom of media and melie it subjugated. Bassially freedom of medea means that this institution is free to act independently without being doctated by atta institutions; the heart to gos this is the heart to see that the media is Paleiston its enor mouthy centrolked and commended by heavy arequits. It does not enjoy the preedon. It There are several forces that are hot headed in nothing module to chains and to module putting medias to chains and to modulete it as per their worker and wright. These actors are doing this practice with the aid of 5 number of tools. Consorship, chevalled assanisherion, illegal demends, heravements, with draw by the public advertizements and lenders are the most conspuous in Amments to control medox for them. Treedom of me to cen therefore, only meterstage when these practices are nipped is bud for good.

+ Overcoming extremism + To tackle the uninhibited extremism, Pakistan needs to obliterate its supportive drivers Beyond any doubt, the entremism has immerely diser in past some years. It would not be wrong to say that occurrence of one over more extremism-related insidents within 8 minter hes become & new normal Ina span of merely feur & weeker, two eye- opening incidents have transpired line ate of them took place in Swat, where a person was put to death after swning bis; the other took place is Engodies. These area isreputable restament to a larmingly Wising enternism To this end, the combry needs to put to ree its drivers, which include porkniked-erganizerson working under different nemes curtaily cleares been any esadicating poverty, and controlling seligious uses. Undoubtedly, the country cer thrive is putting extraism to morgine of it dismantles

x7-00 and 1

* Evadicating estremin * Pakistan needs to creeke more economic opportunities for the youth in order to deblitate entremism At present. entremien has enormously consolidated at bastion in the country, which is apparent from the gest thet there has been an alarming up tick in entranism-related inudants. Episodes that came to fore in Ichern Bazar, Sergocher and Swat attest to this notion. Confortunately, the country has failed to direct its efforts to the vert cause that has been enoundary extremism, wide spread poverby. Shockingly, the country has 38%. people coving below the poverty line as reported by the Economic Syring of Palititan when people are prosmicially weak and artify in the meledy of poverty, they are easy to entice to engage in anti-state practices. Moreover, such & woebgrone state itself pushes them to ver out their desperation on some outless. It seplets that the comby needs uplight people economically to evadicate coverism

* Global botting * The internity of global warming hes entremely elevanted in lest few years that is a wider section, a new term has come as its replacement celled global botting dest your was declared to be the hottest ever in the recorded withy, which hes been validated by 9 lerge number of studies and seposts. One of them is the famous Ell's chinete monteny body called Copaniens, where attended to the conjecture of 2023 bey the hottest year Amidst this alarmy change is weather patterns, floods, dirasters heatwees, etc., the crewered Sciescharg of UN deninted this novele menomenon as grobal boiley which has gropped the artic world with no enception this newly instructured his new second a wide recognitions in Nordettes, as There is indeed a peritour clange in chiefe.