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① With the advent of technology, education in Pakistan has revolutionized. Modernized technology provides multitude of benefits. In addition, digital learning platforms offer interactive lessons and quizzes which has made learning more accessible and inclusive for everyone. Moreover, educational institutes can harness the availability of smartphones especially in rural areas. Educational content can be shared via WhatsApp groups to shorten the learning curve. Furthermore, cutting-edge technology provides free access to e-books, lecture notes and informational videos which ultimately reduces the financial burden. Therefore, this paradigm shift in technology has evolved education in Pakistan.

② Illiteracy in Pakistan is a widespread challenge. However, an array of methodologies can facilitate this persistent issue in Pakistan. Initially, community education programs should be endorsed especially in rural areas. These programs should provide basic education and skills through various seminars, campaigns and learning programs. Secondly, public awareness campaigns should be stimulated which can underline the importance of education. Moreover, government should enact incentives for participants to boost engagement in community programs. Incentives like cash prizes, free food and vouchers can encourage them to take a step toward the betterment of society.

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Lastly, accessible learning material should be introduced in the respective local languages. This would assist them in comprehending the material more effectively. As the study of World Bank suggests: Pakistan's illiteracy rate was 54.9% for females and 22.8% for males in the rural areas of Pakistan - It emphasizes the need to adopt a workable and realistic strategy to address this challenge. Conclusively, these strategies can serve or serve as a gamechanger to eradicate Illiteracy in Pakistan.

③ The ripple effect of parental involvement in student's academic serves to be a double-edged sword in their success - As per the study of National Center of Education Statistics (NCEU) illustrates that there is a positive correlation between parental involvement and higher grades. Significantly, it is imperative to understand how strong monitoring programs assists students to learn more efficiently. From leading a hand in difficult topics to attending parent-teacher meetings religiously, staying well-informed can advocate their children's need effectively. Moreover, caretakers provide a vital foundation for the emotional and mental support of their children. Parents should also address their children's needs which instills a sense of belonging and support in them. Thus, parental involvement

an everlasting impact on student's success.

④ It is incumbent upon us to understand the ramification of screen timings on children development. During the formative years of children, excessive digital media consumption can give birth to many behavioral issues. Through the lens of United Nation Children's Fund (UNICEF); screen timings hinders language development and interactions with caregivers. Higher screen consumption before bedtime can disrupt their sleep patterns influencing their overall well-being. Moreover, over-consumption of phonescreens can lessen their concentration span which hinders their learning abilities. In addition, it can also interfere with in parent-child bonding leading to strained relationship forever. Consequently, screentiming leaves a looming shadow on child's development.

⑤ One can not overemphasize enough on the importance of empowering youth for climate change advocates. Educational programs proves to be a cornerstone for enhancing public understanding of climate changes. Additionally, these programs should provide education about evolving weather patterns, causes and its impact. Youth-led initiatives like public campaigns and educational programs should be ratified.

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Moreover, these advocacy efforts should address local environment issues to raise awareness among common masses. Access to resources like research material, funding opportunities can mobilize support for climate change. For instance, 'Pakistan Friday's for Future,' is a campaign inspired by Greta Thunberg's global movement ~~results~~ ~~in~~ leading for stricter ~~movements~~ environmental regulation. To sum it up, empowering youth for climate can be a powerful tool in bringing the positive change.

(C) ~~outline vs~~ single gender school vs co-education.

⑦ The differences between retail and E-commerce shopping has a great impact on retail therapy. Traditional retail shopping embraces the physical interaction which makes shopping a hassle-free experience for everyone. In-store shopping provides personalized ~~customers~~ assistance by helping customers from sales associates. They offer recommendations and cater to questions facilitating the ease of physical shopping. Moreover, brick-and-mortar shopping bestows physical shoppers with immediate gratification. Customers can purchase goods and take them home directly without waiting for delivery. On the other hand, lack of physical interaction might be a setback for people who prefer seeing and feeling products before buying. Unlike in-store shopping, online retailing deprives customers of personalized assistance. Online chatbox and customer care sometimes lag in catering to the needs of ~~to shoppers~~ buyers. Furthermore, online buyers also go through a long time of waiting for shipments.

confusion - how to conclude?

⑧ The paradigm shift of lifestyle medicine has a salubrious effect on healthcare. It is imperative to acknowledge the role of diet, exercise, and stress management in healthcare. In addition, a balanced diet is the cornerstone in achieving good health. The inclusion of whole foods and plant-based balanced diet can reduce the chances of chronic diseases. Moreover, exercise is another contributing factor which strengthens your muscles that makes your body active. As outlined in the report by World Health Organization (WHO); regular physical activity is beneficial for both physical and mental health. Furthermore, stress management techniques like meditation and yoga aids in stress mitigation. Thus, the evolution of lifestyle medicine holds paramount significance in healthcare.

⑨ Tracing back the time, coronavirus (COVID-19) emerged in 2019 which turned the whole world upside down that left a detrimental impact on mental health <sup>of people</sup>. Loneliness and isolation are among the topmost pressing challenges individuals faced during the pandemic. Social isolation and physical health safety measures exacerbated the physical separation and loneliness. Not only this, frontline healthcare workers experienced mental toll which also influenced their overall well-being.

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The spike in cases along with prophylactic measures poised to be another factor leading to adverse psychological consequences. Furthermore, quarantine also ignited depression and anxiety in people. As stated in the report of World Health Organization (WHO) in 2020; there was 25% rise in global prevalence of anxiety and depression during COVID-19 pandemic. Consequently, COVID-19 pandemic left an indispensible mark on the mental health of people.

(10) Women's struggles with gender inequality in workplaces leaves a question mark on women's rights in Pakistan. Gender pay gap is one of the most preening issues women face in private and government job sectors. Additionally, most women hired in private organizations are offered subsistence salaries. This practice is strengthened under the impression that women do not share the financial strain of responsibilities. Nonetheless, there is a stark discrimination in hiring and promotion within organizational settings. Most women are deprived of giving managerial positions. According to the report of International Labour Organization (ILO); women hold low number of leadership and management positions in Pakistan as compared to men. Above all, the denial of maternity leaves creates uncertainty about women's

rights in private job sectors. The continuous struggle with gender inequality flags a potential issue of women's rights in Pakistan.

(ii) Domestic violence is an issue of paramount importance in the contemporary ~~use~~ society, fueled by multiple challenges. Economic dependance is an uphill battle suppressing women for more than decades. Daughters, due to lack of education and societal restrictions are considered as financial burden on families, especially in rural areas. This negligence in education makes them dependant on their fathers and later on their husbands. According to a case reported in Swabi District, KPK, Saba faced domestic violence for more than two years at the hands of her in-laws and husband. The psychological consequences along with physical brutalities followed Saba to her grave. This showcases the dark reality of most women in rural areas. Moreover, the prevalent victim blaming ~~with~~ culture strengthens perpetrators normalizing the domestic violence in societies. In addition, inadequate enforcement of existing laws strengthen this pressing issue in the society. To sum it up, domestic violence is a threat to women's rights in Pakistan.



(12) Domestic violence serves to be the continuous unrelenting challenge in Pakistan. However, following a multifold approach can mitigate the outcomes. Firstly, raising awareness and educating youth can act as a catalyst for change. As a visionary individual, it is valuable to learn how ~~literary~~ can empower young girls about their basic rights. Secondly, implementing and enforcing domestic laws can safeguard women and ensure swift justice for survivors. Thirdly, economic independence is another crucial step to eradicate domestic abuse. It is of utmost importance to promote equal access of employment that will ultimately empower survivors to achieve financial dependance. Lastly, financial independence programs should be endorsed to assist women escape the confines of their abusers. Conclusively, implementing these strategies can be beneficial to combat pressing issues like domestic violence in Pakistan.

(13) In an era of profound change, social media proves to be an innovative tool for spreading awareness in society. You can seamlessly navigate the ever-evolving social sphere with just one click. In addition, accessibility of various social media platforms like Instagram, Facebook, Youtube and WhatsApp allows you to stay abreast of current times.

Moreover, it proves to be a potent resource for the amplification of voices. Drawing reference from a Pakistani case, a young girl named Saffora was brutally abused and murdered. In 2020, the hashtag #JusticeforSaffora emerged as a powerful digital voice which led to the swift arrest of the suspects. Another such example is of the most heinous war crimes unfolding in Gaza. Resultantly, social media serves as a window to the atrocities of war in Gaza which began on October 7, 2023. Moreover digital media campaigns including call to action invigorates the public to voice their opinions and become advocates of change. To conclude, digital media is a potent technology in spreading awareness in society.

(14) Despite being a fundamental right, Higher education in Pakistan remains a luxury for most of the people. The exorbitant fees of universities makes higher education a dream for working class families. Increasing charges with a decline in merits makes it challenging for white-collar students to ~~pay~~ study further. In this regard, medical universities like Dow University of Health Sciences (DUHS) charges more than 7,26,500 on self-finance for BPS. While other institutes like Quaid-e-Azam Law College levies fees more than 3000 00 for LLB per

Semester. In addition, no fee installment programs are offered for self-funded students. This contributes to the inaccessibility of higher education, especially in underprivileged classes. Moreover, the mounting prices of fuel makes transportation expensive each day. Escalating fuel prices serves as a barrier for students using public transport coming from distant areas. To conclude, these factors make higher education a luxury good rather than a basic right in Pakistan.

(15) The emergence of online learning provides a wide array of benefits for students. Digital learning model encourages inclusivity, assisting students who are unable to attend traditional learning classes. Additionally, it provides access to various e-books, learning material and online quizzes, which enhances the remote learning experiences. For instance, with the use of EdTech companies like Noon Academy promotes 'blended learning' after Pandemic. Moreover, flexibility makes online learning a blessing for ~~students~~ learners as they can attend classes on their own pace and comfort, which makes e-learning an inclusive experience for all. Consequently, embracing remote learning demonstrates its efficacy on learning experiences of students.

(16) Indisputably, acid rain is a silent threat to the quality of soil. Acid rain is a major contributing factor of soil erosion in various parts of the world like Europe, Czech Republic, Germany and Poland. Additionally, acid rain weakens the structure of soil, making it more susceptible to erosion by water and wind. This leads to the degradation of soil. Moreover, acid rain ~~is~~ significantly impairs plant tissues which leads to stunted growth of green-plants. The lower pH level of soil also precipitates acidity in soil and nutrients availability. As the report of European Environment Agency (EEA) illustrates, almost 90% of forest was degraded due to soil acidification. As a result, acid rain yields the most devastating impact on soil erosion.

(17) It is worth reiterating that strategic leadership offers a plethora of benefits, paving way for success of team. Good leaders with their exceptional leading prowess fosters a positive work environment. Leadership skills like problem-solving abilities, empathy, open communication and transparency cultivates an inclusive environment. In addition, leaders build trust with their team members which leads them forward to cohesive working relationship. Exceptional leadership grows the ordinary people to become the

leaders. With honesty, inclusive learning environments and mutual respect, leaders can achieve their desired results. As the African proverb elucidates, 'without a captain, a ship can not sail' which reflects the significance of good leadership. In retrospect, visionary leadership yields multitude benefits for teams.

⑬ With the increasing influence of media, achieving unrealistic beauty standards have become a prevailing trend in society. Media has plagued youth with a constant struggle to become 'perfect' as per the curated standards of society. The marathon of achieving this 'illusion' leaves girl with a feeling of worthlessness and low self-esteem. Nonetheless, the influence of celebrities and influencers culture has strained the concept of beauty by showcasing fake beauty routines, appearances, and perfect lifestyles. Exemplifying this, with Pakistani beauty products like 'Faiza Beauty Cream' heavily promotes achieving fair and white skin - Various taglines promoting these ~~suggest~~ products suggests the fixed notion of beauty standards. In addition, these products also contributes to the consumerism and commodification of beauty. Consequently, social media serves to be a major contributor of endorsing unachievably perfect beauty standards in society.

(19) Devaluation of Pakistani Rupees (Pkr) is one of the most perennial issues of Pakistan. It is imperative for governments to adopt following policies to address this issue at earliest. First of all, government should implement monetary policies to stabilize the currency. Controlling inflation is a crucial step in preventing the rapid devaluation of Pkr. As per the year 2024, one rupee is 277 against 1 dollar, which illustrates the devaluation of Pakistani currency. In addition, it is fundamental for government to maintain adequate foreign exchange reserves to support the Pakistani rupee value. Moreover, authoritative parties should improve trade deficits and its reliance on imports. As the Pakistani Bureau of Statistics (BPS); the trade deficit was \$114.48 billion as compared to \$16.965 billion in the same fiscal year of 2021 and 2022. Resultantly, government should implement on the above mentioned strategies to mitigate the devaluation of Pkr.

(20) A significant surge in inflation has casted a long shadow on the accessibility of healthcare for low income families. The mounted prices of basic healthcare services has made it a luxury for

working class families. Through the lens of World Health Organization (WHO) report of 2021, it is evident that low-middle ~~class~~ class families suffer with healthcare affordability especially in rural areas of Pakistan. Moreover, the high inflation has led families to shift to informal healthcare. The growing dependence on informal healthcare exposes patients to more chronic diseases, and wrong treatments. It also strains healthcare infrastructure leading to shortage of medical supplies, equipment and ~~qualified~~ qualified healthcare professionals. As a result, ~~inflation~~ inflationary pressure is the biggest cause of the ~~unaccessibility~~ unaccessibility of healthcare for low-income families.