

## ESSAY WRITING :-

“BRAVERY IN TIME OF CRISIS,  
HOW COURAGEOUS ACTIONS SHAPE  
GLOBAL RESPECT”

### OUTLINE :-

#### 1. Introduction :-

‘The darkest hour lasts only sixty minutes.’ This is a powerful statement by American educationalist Morris Mandel. It is a reminder of fleeting nature of adversity. Depicting the fact that temporary hardships are notion of bravery, carrying a silver lining within. For either an individual or a nation it is necessary to remain steadfast in time of Crisis. Bravery, courage and steadfastness pave way for global recognition and respect.

#### 2. The world admires those who confront darkness with unwavering resolve.

“You may encounter defeats but you should never be defeated.”



### 3 Lessons from real life heroes:-

#### a) Nelson Mandela

Globally regarded for resilience and dedication to end racial segregation despite under decade long imprisonment.

#### b) Malala Yusufzai

After surviving a brutal assassination attempt, a young Pakistani girl, continued her activism for girls education. She earned a Nobel Peace Prize for her efforts.

#### c) Stephen Hawking

Diagnosed with ALS at the age of 21 and handicapped, Stephen Hawking never stopped to channel his intellect into ground breaking researches about origins of universe, black holes and universe.

#### d) Muhammad Ali Jinnah:-

Courage and determination for a separate identity and homeland for Muslims of British India, not only made him an effective leader but globally recognised Muslim leader.



### (c) Jim Carrey

A well known comedian, opened up about his challenges and journey towards self discovery & becoming an acclaimed actor in Hollywood.

## 4. Nations - In the face of adversity :-

### (a) United Kingdom during wwii

During immense pressure from nazi forces and bombing of blitz, rallying speeches of Churchill and exemplified national bravery are globally recognized to this day.

### (b) Japanese Reconstruction after wwii :-

After devastating bombing of wwii, with their resilience, Japan rebuilt itself. Through determination it is skyrocketing in technology and science. It has a global economic prominence.



### (c) Germany reunification and reconciliation :-

challenge of reunification of east & west Germany after decade long cold war.

Courage and overcoming ideological differences led them to be a global example of peaceful reconciliation.

### (d) Muslim Community Post Hijrah

After immense demotivation and struggles faced by Prophet Muhammad (SAW) and his followers in Mecca, they established an ideal society in Medina. It gained global recognition leading to increasing size of Muslims.

## 5. PAKISTAN - In face of crisis :-

### (a) Post-Partition :- (1947)

Post-partition, Pakistan emerged as a new state but it stabilized itself, gaining international recognition.



## (b) Pakistan in face of Natural disasters:-

Floods of 2010 and 2022 had greatly affected but hope and determination of Pakistan's nation didn't hesitate to rebuild. It was globally praised and recognised.

## (c) Fighting COVID-19

Pakistani people, government and healthcare fought the pandemic of COVID-19 very efficiently. This limiting is Pakistan being one of the countries with controlled cases of COVID on global stage.

## 6 How do we find courage to face challenging times:-

- a) Focus on present moment.
- b) Accept and embrace.
- c) Positive mindset.
- d) Trusting your ability to adapt.
- e) Visualise success.

## 7) Conclusion.



Have you ever felt tired and hopeless because your circumstances didn't work out as you planned? Your thoughts and your situation landing into land of hopelessness because you haven't stepped on the ladder of success, which your peers have climbed up halfway? It is alright if your answer is yes. Each and every individual surviving this world has been through a setback. What should be kept in mind is that these moments test our resolve. It is in the moments that courage becomes our most valuable weapon. A statement we've been listening to since our childhood, 'Tough times don't last, Tough people do' by Robert H Schuller is a testament to such scenarios. An American Educationalist Morris Mandel made an effective statement as I quote, "The darkest hour lasts only 60 minutes". In the face of adversity feeling disheartened, overwhelmed and demotivated is natural. What matters is our response to these momentary hardships and how we react, with strength or by succumbing to setback, paves our way for global respect & recognition.



"The darkest hour lasts  
only sixty minutes"

When an individual or a nation chooses resilience over surrender, they walk the path of greatness and glory. It is the strength to push forward when doubts whisper in your ear. But the question arises, what does it mean to be courageous?

Courage, my dear reader, comes in many forms:

Standing for what is right, facing personal backlashes, endurance of unsettling circumstances with dignity.

Courage is to take the first step even when your legs are shaking. Sir Winston Churchill,

the leader whose words were a ~~beacon~~ beacon of hope for United Kingdom during WWII said and I quote

"Success is not final, failure is not fatal: It is the courage to continue that counts". Hence our unwavering resolve

during the challenges reveal our true character.

Ultimately strength leading us to the road of greatness and glory, acclaimed globally.



According to Aristotle, Human is a social animal. A man's sociality isn't defined to only interact with other humans rather it goes far beyond to have another life impacting our own's. Luckily, in our case we have got plenty of inspirations. The legacy of Malala Yusufzai, Nelson Mandela, Stephen Hawking, Quaid-e-Azam Muhammad Ali Jinnah and many more remind us that power of resilience can transcend personal suffering and leave an ~~indelible~~ indelible impact on society.

Nelson Mandela, an icon of resilience and champion of justice. In the books of history, Mandela is a high shining beacon of hope. His story is etched with hardships that shaped his character and fueled his commitment to justice. His life is a testament to transformative power of perseverance. His social activism and fight for racial segregation may have led to his 27 years of imprisonment but Mandela didn't succumb to bitterness of life.

"Don't Judge me by my success,  
judge me by how many times I fell  
down and got back up again"



During his imprisonment in Robben Island, he maintained his composure and dignity. His commitment to justice and ability to forgive became cornerstone of his legacy. Upon his release in 1990, he dismantled apartheid and reconciled South Africa. In 1994, he became first black president of country through a historic transition to democracy. Mandela's legacy challenges us to confront adversity with courage to forgive and his words continue to resonate as source of inspiration, globally.

Malala Yousafzai, another inspiration for all women and young girls to never stop dreaming and fighting for their rights. At age of 15, Malala was shot by Taliban while riding a bus back home. The attack was aimed to silence her blogs for women education, under Taliban in Swat valley. She never stopped and stood up for her beliefs, becoming youngest ever recipient of Nobel peace prize. She also co-founded 'Malala Fund' to raise awareness. She is a symbol of standing up for right in face of extreme adversity and a symbol of power of education.



Stephen Hawking, renowned physicist and cosmologist is a model for overcoming adversity. He was diagnosed with Amyotrophic Lateral Sclerosis (ALS), a form of neurological disease at age of 21. His condition paralyzed his whole body. Despite his physical limitations, Hawking refused to be defined by his condition. His steadfastness led him to live upto 76 years ~~which~~ contradictory to ~~what his doctors~~ a couple of years given to him by his doctors. Using assistive technology to compensate for his immobility he became of the world's brilliant theoretical physicist with his ground-breaking work and researches on black holes and origins of universe made him an icon of human determination. In the hardest circumstances, human spirit can achieve greatness.

'Just because you are struggling doesn't mean you are failing. Every success requires some kind of struggle to get there' - Stephen Hawking.



Quaid-e-Azam, Muhammad Ali Jinnah's life is embodiment of personal, political and family challenges. His life's journey is marked by political and personal struggles. Despite numerous political setbacks, persistent battle with tuberculosis, personal losses and immense opposition, his unwavering resolve culminated in the creation of Pakistan, in 1947. His resilience, leadership and commitment to his vision turned an idea into reality, acclaimed globally,

"With courage, faith and determination,  
nothing is impossible"

Quaid-e-Azam

Jim Carrey: a testament to belief in oneself and power of resilience. From struggling with financial instability and personal challenges he became to be a successful actor. After years of rejection, living in a van, his persistent hardwork and self assurance. his breakthrough in career came with 'Ace Ventura'. His most powerful message is in 'power of visualization'. His positive mindset & determination turned adversity into a catalyst, propelling him towards his fame.



"Our imagination is preview of  
life's incoming attractions"  
- Jim Carrey.

Just as individuals grow through adversity, nations too, discover their potential and true power when confronted with challenges. Nations grow with unwavering resilience in times of crisis. The utmost example is Japan. Japan's resilience in face of adversity lies in their ability to recover from even the most devastating challenges - Hiroshima Nagasaki Atomic bombing in WWII. Destroyed infrastructure, 90,000 to 166,000 people in Hiroshima and 60,000 - 80,000 people in Nagasaki ~~are~~ dead, the Japanese remained steadfast. Ultimately emerging as an economic powerhouse. More recently, 2011 Tohoku earthquakes and tsunami tested nation's resolve. It, however, recovered swiftly demonstrating unwavering spirit. Through innovation, resilience & unity the nation's character was defined.

In the midst of chaos, there is  
opportunity  
- Sun Tzu.



The United Kingdom's determination during WWII is a remarkable example of national unity and power. In the face of threat by Nazi Germany, the country stood composed and firm with PM Winston Churchill. The relentless bombing of Blitz, targeted British cities didn't effect the routine and hope of civilians. The RAF's victory turned into a major turning point for the nation. Their ability to persevere through darkest days and support for their military proved to be defeat of Nazi Germany. Britain's determination continues to inspire nations of today's world.

In the Aftermath of WWII, Germany is ultimate example of national strength and recovery. Rubbled infrastructure and crippled economy didn't stop the nation ultimately leading to The economic miracle of 1950s and 1960s. It transformed it into world leading economic. Addition reunification after cold-war is a strong example of overcoming ideological difference and urge to become a great nation, which Germany did.



Muslim resilience post Hijrah (migration) from Mecca to Medina in 622 CE is remarkable. After facing numerous challenges in their homeland of Mecca, they established a safe and thriving community in Medina. Forced to flee and oppression didn't hinder their path to make Islam one of the greatest religions. Society built on unity, cooperation and faith, while fighting battles like Uhud, Badr and Trench, they remained steadfast. Their unwavering determination laid the foundation of Islamic state.

Lastly we Pakistanis, have shown resilience and steadfastness in all phases of their country. From post partition massacre of 1947 to COVID19, it has emerged to stabilize itself after every setback. Emerging as a new nation on map with crippling economy, the hope of nation and their determination for a separate homeland, quickly stabilized Pakistan, gaining international recognition. Moreover the floods of 2010 and 2022 greatly demolished infrastructure and displacing many people. With military, government and tireless efforts of citizens the country rebuilt and again stood firm on its



roots. It strengthened its disaster response mechanism.

This showcased nation's strength in overcoming adversity.

Lastly, effectively campaigning and fighting SARS COVID-19 outbreak, Pakistan gained global recognition. Being among the few countries who effectively controlled the outbreak, number of cases, Pakistan gained international praise. The nation's determination and cooperation with institutes proved fruitful ~~and~~ with healthcare facilities and controlling public activities we fought COVID-19 with bravery and perseverance.

The question arises, "How". How do we deal with our fears? How do we stay courageous?

The answers are simple, yet practical.

**'Courage is grace under pressure'**

**~ Ernest Hemingway**

Overcoming adversity refers to ability to face and rise above challenges. First and foremost, living in the present moment, expressing gratitude without worrying about future or advocating past, be engaged here and now.

The next step is to accept and embrace, rather than crying over spilt milk, face the circumstances undaunted.



To workout an effective plan out of the dungeon, embrace, accept and truly develop a positive mindset.

In tough time focusing on positive outcomes provides the motivation to keep moving forward.

It's your attitude not your aptitude that will define your altitude.

- Zig Zigler.

Once you've gained a positive mindset, an individual or nation, need to start trusting its ability to adapt. Adversity lands us in new situations where actions are required as per. Trust your ability to grow, change allows yourself to steer clear on the path.

Lastly, always visualize success. While walking the road, never forget how beautiful your destination is.

Focus on your feelings of accomplishment and you'll overcome difficulty effectively.

In conclusion, crisis and adversity, though inevitable, also presents with opportunity to be our own hero. To grow above and beyond. To gain immense pride and strength. Crisis shouldn't only be survived but they should be thrived. A nation or individual, needs be an inspiration with their journey and accomplishments. Determination, Acceptance, positive



mindset, trusting oneself and visualisation of success can help attain a beautiful pathway out of darkest dungeons. Individuals like M. Ali Jinnah, Nelson Mandela and nations like Japan, Germany ensure us of fleeting nature of adversity. They provide a clear lesson, with courage in time of bravery we discover our true potential which is globally respected and recognized.

The human spirit is stronger  
than anything that can happen  
to it.

- C. C. Scott.

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