

DATE: 12/Nov/2025

Monday

BOOKS BUILD NATION: SCREEN DISTRACT THEM

i have gone through your whole essay plz work on your language and effective paragraph writing

1. Introduction:

2. How books help in building a Nation;

- i- Books ~~literate~~ people and promote intellectual development.
- ii- Books ~~create~~ moral and ethical uplift.
- iii- Books ~~create~~ equality & Justice.
- iv- Books ~~promote~~ cultural and religious values.
- v- Books ~~create~~ a sense of modernization instead of westernization

3. Analyzing the Distractive and Detrimental Effects of Screen;

- i- Over dependence on screen and promotion of AI.
- ii- Screen ~~created~~ fragmented focus society.
- iii- Promoting ~~Xenophobic~~ extremism and ~~divisive~~ narrative through social media.
- iv- Screen : ~~promote~~ 5th generation warfare
- v- Negative ~~psychological~~ impacts.

4- Strategies to promote books instead of screen usage;

i- Promote cultural and local literature

ii- Encouraging public libraries and strengthening book Access.

iii- Create digital discipline; Digital detox.

iv- Awareness of attention deficit economy.

v- Building habit of reading books, newspapers, magazines etc.

5- Conclusion.

Readers create Leaders, scrollers create followers. In the history of 4.54 billions years; Since the world was created, first time, nations face the problems of usage of screen. Probably, the advancement created this problem. often while reading; we get distracted by our phones which create hurdles and created nation paralyzed. Book creates a sense that develop nations in a manners. Without reading books, an era of declining nation start. Ray Bradbury in his book Fahrenheit said that; "You do not have to burn books to destroy a nation. Just get people to stop reading them." This shows that how important reading books for a nation instead of scrolling ~~go books~~ screen. Books create intellectual development through literation, also uplift the moral and ethical values in the nation. Habit of reading books creates a sense of equality and justice among nation. It also create cultural and religious values of their own as well as others. The concept of modernization widespread all over the

world, as per, this books create a
 sense to adopt modernization
 with their own values. But;
 Unfortunately, knowing about
 the advantages of books reading
 the wide spread of screen use
 distract the nations to stray from
 the right path. Over dependence of
 screen create parolization for the
 nations. Screen created fragmented
 focus society, Xenophobic is also
 promoted which create an evils,
 through social media. Moreover, worst
 form of war; 5th generation warfare
 promote and succeed through social
 media, directly impact psychologically.
 Therefore; we must take some measure
 promote for the welfare of nation;
 promote cultural and local libexations,
 to encourage public libexeries. Create
 digital delon, and to cultivate an
 intrinsic habit of reading books.

In the
 many advantages of books reading,
 the one most important and powerfull
 quality is that, books literate peoples
 which create intellectual development
 that is very necessary for nation progress.
 Out of 195 countries 124-127 countries
 probabaly - is in democratic form - that

Just as books offer countless benefits for individual and for the society, a screen over usage along with the numerous detrimental effects which distract nations, reduce productivity and weakened social fabric. Let us have a discussion on the effects of over usage of screen.

Over usage of screen distract nation create dependency on the screen usage and on AI which paralyze own style of thinking totally depend on technology undermine personality and creativity of nation. One's nation lost creativity undermine, the progress also lost, which create a huge socio-economic differences among nations. According to Johann Hari; Nassim Nicholas Taleb; "the difference between technology and slavery is that slaves are fully aware that they are not free." Use of screen distract and make a slaves nation which is totally depend. They live their lives according to social media thinking not with their own critical evaluation. Over dependence create a stagnant

growth of nation which directly ~~effects~~ on the economy, ~~reduces~~ social harmony and undermines political stability, ultimately halting progress and prosperity.

However, Screen also promote and create such society which is totally fragmented to focus on their work. To use screen, and do work with screen, is really a ~~tentextbook~~ for the nation because it ~~stolen~~ your attention and creates distract society.

Johann haxi said that; "Your attention is not collapse it was stolen?"

So, when attention is collapse, people did not can not achieve target to build a nation in straightline which create many already on going social problems. In recent years, especially after the invention of social media people are facing numerous problem while maintaining attention. Attention deficit economy which is a result of that short and crisped videos on the screen. If you are not paying attention for a product, you are the product. Hence, focus fragmented society is the root cause

plz write with proper subject verb and object

of ~~hurdles~~ which people are facing in their daily life.

~~Furthermore,~~
* when the usage of screen spread throughout the world, it increase Xenophobia and extreme level of extremism which effects the level of humanity of nations that rips humanity to shreds. Such that, political parties use hate speeches and negative narratives for their grievances which extract nations from their direction. Different narratives build; different thought, different destination build which directly effect nation progress and divided one nation into many groups, peices and ideologies. Nation build from the base of ideology when ideology distract nation building and standing pillars become weak. So, Screen usage has created immense problem and negative revolution among nations. Every-time when screen usage create new attention, Xenophobia born - people have to reorient to that new revolutionary activity which distract nation.

In today world due to

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emergence of nuclear, became virtually impossible for state to evade on other state completely, but unfortunately hostile state, in this technological era, use screen as the 5th generation warfare to achieve long term strategic dominance. Through screen, people use screen and ~~ambitions~~ depend upon these distracted screen and they become the target of this 5th generation warfare. 5th generation warfare is known as kinetic, decentralized and ideologically driven warfare totally achieve through the people over usage of social media. Daniel H. Abou, The handbook of fifth generation warfare; said that, "5GW is war of information and perception". So that, to avoid these type of perception building which distract nation, must thing with their own intellectual thinking and avoid over usage of screen which makes mind and perception with their own will.

Due to the emergence growth of social media, children use social media from their childhood which distract nation of excess and excessivity.

avoid writing in general terms
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points to the intellectual development of nation; who is literate through books make a sense what is good and what is wrong for the nation progress and development phase of life. De, Seuss says that; "The more that you read, the more you will know, the more that you know, the more places you will ^{go} know." That phrase shows, ~~that~~ how knowledge of books is important to live in the develop society. The one who literate is not equal, the one who do not literate and do not know anything. Books create intellectual development, which broad human mind to think from their own sense - what is right for the nation and their own life, that is important for the socio and political process.

Books also promote and uplift the moral and ethical values which brings peace in the society. It creates empathy and broader understanding to create moral and ethical principle beyond their immediate environment. Books encourage people to question, action, ethical dilemmas, fostering thoughtful moral reasoning. John Steinbeck said in

in the book "East of Eden"; "A man
after he had brushed off the
dust and chips of life will
have left only the hard clean
question: Was it good or was it
evil? Have I done well or ill?"

An educated man knows about
the clear ethical and moral
values of life and brushed the
dust through books reading - which
teaches how to live a life based
on correct moral and ethical
values. Through their timeless wisdom,
books instruct humanity on moral
values and avoid screens.

As we know that, justice
and equality is impossible to
bring in society without knowledge,
and knowledge comes from books.
Especially gender equality has
become an extremely pressing issue -
the global gender parity score stand
at 31.2% - it bring a great
gap of justice and equality among
nation. Books literate people to
understand how the evils like;
injustice and non-equality to
expel from the nations. Nelson Mandela
said that; literature is most powerfull
mean of promotion.

equality." So that, this clearly define how much ~~literature~~ is important? ~~for justice and bring equality among the various classes of the society.~~ When the people was not literate, book were not common - the very concept of equality did not even exist. ~~To make the society with justice and equality only books is the way to achieve effectiveness and avoided wage of screen which distract humanity from the rightness.~~

Subsequently, books also promote the cultural and religious values in the society, which bring a revolution against tyrant peoples.

A literate man knows his religion and cultured as well as their own value. Sir Sayed emphasise muslim in the subcontinent to identify their own cultural and religious value through education or reading books. Book of virtue serving as a guiding life - understanding and give or gave respect to the own and other religious cultural values. Once Mahatama Gandhi said; "A nation culture resides in the heart and in soul of it people" To gave the peace and satisfaction

of soul and heart, necessary to know about the real values of culture and religion, which comes through reading of books not by the usage of screens.

When the post modernism era came, in the sub continent muslims, the religious scholars issues a fatwa on this matter, that; create a mess between the modernization and westernization. But that is the very impressive quality of books, which create a sense of modernization, clearly define that to add modernism with own values and norms. Alama Iqbal said that; "Books create mind modernize not mind that mimic the west." This mean that a literate man through the reading and pleasures of books knows the real and beautiful meaning of life. Books train mind to seek truth and stand person to live life according to their survival needs. Those who remain ignorant and refuse to seek knowledge are destined to wander in misguidance throughout their lives.

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firstly, it distract or disrupt nation childrens psychologically as well as physically which will very badly poored for nation future. Children which are psychologically disrupted grow with a negative activites and thoughts, born a many evils of society. It increase illiteracy that's mother of every devil, in the society. Senior psychologists Dr. Edward; said that "the earlier we introduced, screen the more effect the child brain development and they more likely trouble managing their trouble addition to screen and technology later in life". Disruption in mind especially in developing era of every child disrupt whole society disection. Screen addict a child with them which consequences have been faced by whole nation. Because, children will be a youth and youth is the future of every nation.

But despite, all this facts and figures, it can be tackled through some effort which makes nation more progressive and efficient. Books build nations that is very hopefull advancement for the nation but this is delay on us how we tackle this problem

sense. let we discuss about some suggestion and way forwards. to promote books reading instead of screen usage.

In the third world countries literacy rate is very low nearly 60% nearly 40 percent of population become uneducated and they become the victim easily of this technological war.

To overcome these problem government as well as citizens makes efforts to promote cultural and local literation, through this literacy rate promote which promote the book.

When people knows how to read and how to learn they will automatically attract through the cultural and local literation. Screen

usage level became low, people do not waste their mind and read. Reading of books are

declining through digital distraction, but promoting of local as well as cultural literation promote

ethics and develop revive interest in books. Local literation connect readers with their roots, tradition and identity. Book reading preserve national heritage and cultural as

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well as ideological values.

Moreover, when the access is easy to books people get attach with books. Encouraging public libraries which strengthening book access promote book reading and to avoid screen using of social media in scrolling. Reading of books create intellectual growth of human mind which decrease human dependency on social media and create thinking of ability to generate or create development for the progress of nation. When book access is easy people reach books for life not use AI generated data. Library is only solution, library is a house of hope. According to Jorge Luis Borges, Argentine writer; "I have always imagined that paradise will be a kind of library." He called library as paradise, that's called it. the whole world reward that can eliminate the problems in life and create dependency onself. It will become more effective rather than using screen/social media.

However, when the use of digital media

increase, many disruption were seen in society. To eliminate ~~technology~~ and all other evils like ~~the~~ generation warfare which whole distract the society ideologically. This different perception ~~is~~ ~~change~~ society which change the direction of the whole nation. To overcome these disruptions ~~create~~ digital discipline; digital detox is very necessary, which is through the book. Books reading promote must reduce digital ~~once~~ influence. Aristotle says; "Books train mind to seek truth, justice and equality." Digital detox is very important to eliminates the evils of the society and promote book reading. This detoxification ~~create~~ a sense of literacy and further ~~poison~~ like digital things has been stop.

To create awareness of attention deficit ~~economy~~ is very important to promote nation building, which can be distracted by the ~~over~~ use of screen. Attention ~~create~~ a sense and effective as well as productive work which directly ~~promote~~ nation

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China progressive era is one of the example, china citizens work with the attention which results they become the more efficient and progressive nation in the world. According to Gloris Mark; "Every time you switch your attention, you have to reorient to that new activity... and it take a little bit of time." This show that how attention effects. Awareness about intention must spread through education, locally, campaigns; effective speeches, that educate society and reduce attention deficit through some efforts. This must needed in this spreading technological era.

Lastly, that is very important to put own efforts in nation building process. Reading of book must be habitual from the childhood. Parents must build habit in their child to read more book which they were interested instead of using mobile phone in scrolling social media apps to make or seen reels which badly effect nations and distract them badly. But, unfortunately despite we know all the

facts and figures but we did not reduce it; we ^{should} not stop focus on the social media and depend; but this is very necessary for nation to shine and ~~thinking~~ what is good or what is bad for any nation. Only the way we tackle this problem is that to build a reading habit books, newspapers and reports for progress and intellectual growth, for the whole nation. ~~in the~~ ~~con~~

In the conclusion, it is stated that book is only the way to ~~also~~ eliminate all the evil in the society. Books develop nation which properly. Those problems which has faced nation in the first time in history must reduced through some steps not totally eliminate but ~~work on language~~ through the passage of time. Take steps, of ~~literation~~ in a local level and also promote cultural values; to read books which is possible when the access of books is easy for the local citizens, promote and encourage public libraries which ~~to~~ make easy access for

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peoples. Screen social media create mess ~~with very extreme messes.~~
This problem solve a solution which is through digital detoxification. Attention awareness is also very necessary for any nation, ~~because they know about good or bad productive or non-productive.~~ Despite this must develop own habit to read book for the intellectual as well as nation growth. ~~If we not do this work screen create a fragmented focus society, nation become over depend on technology.~~
Over usage create a problems of divisive nature for ideology, ideology is basic it is very necessary to protect ideology; division in ideology create a psychological impacts on the society which is only created by the over time wastage usage of screen. This is only possible when nation reads book for literacy and intellectual growth, which ~~also create moral and ethical uplift.~~
Book create justice and equality among different classes. It also create a sense of modernization for ideological nation which think

But it is a westernization. Hence,
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media.