

Books BUILD NATION://

SCREEN DISTRACT THEM

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

1- Introduction :-

How books help in building a Nation;

- i- Books ~~litterate~~ 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 ~~Determental~~ Effects of Screen;

- i- Over dependence on screen and promotion of AI: well done but try to
- 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, ~~the~~ 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 paralized. Book creates a sense that develop nations in a manner. Without reading books, an era of declining nation start. Ray Bradbury in his book Fahrenheit 451 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 ~~books~~ screen. Books create intellectual development through literature, 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 decide the wide-spread of screen usage distract the nations to stay from the right path. Over dependence of screen create polarization 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 measures promote for the welfare of nation; promote cultural and local liberations, to encourage public liberations. Create digital detox, 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 people which create intellectual development that is very necessary for nation progress. Out of 195 countries 124-127 countries probably - is in democratic form - that

Just as books offer countless benefits for individual and for the society ~~o~~ screen over usage along with the numerous 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. Ones nation lost creativity undermine, the progress also lost, which create a huge socio-economic differences among nations. According to Johnson Koati; 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 ~~lives their lives~~ according to social media thinking not with their own critical evaluation.

Over dependency create a stagnant

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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 tenthook for the nation because it stolen yours attention and creates distract society.

Johann 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 straight line 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 take not paying attention for a product, you are the product. Hence, focus fragmented society is the root cause

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of hurdles which people are facing in their daily life.

Furthermore, when the usage of screen spread throughout the world, it increases Xenophobia and extreme level of extremism which affects the level of humanity of nations that tips humanity to shied. 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, pieces 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 affection , Xenophobia born - people have to react 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 erode 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 ~~ambition~~ depend upon these distract ~~ambition~~ 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 L. About, The handbook of fifth generation warfare, said that, "SGW is war of information and perception". So that, to avoid these type of perception building which distract nation, must think with their own intellectual thinking and avoid over usage of screen which makes mind and perception with their own will.

avoid writing in general terms
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the emergence growth of social media, children use social media from their childhood which distract nation allows of express and anxiety.

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. Dr. Seuss says that; "The more that you read, the more you will know, the more that you know, the more places you will go." That phrase shows, 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 more 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, book 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 literature people to understand how the evils like; injustice and non-equality to expel from the nations. Nelson Mandela said that; literature is most powerful mean of promoting social justice.

equality?" So that, this clearly defines how much ~~literature~~ is important? For justice and bring equality among the various classes of the society. When the people were 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 usage 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 cultural 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 serve as a guiding life - understanding and give or gave respect to the own and other religious cultural values. Once Mahatma Gandhi said; "A nation culture resides in the heart and in soul of its 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 issued 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 prepared for nation future. Children which are psychologically disrupted grow with a negative activities and thoughts, born a many evils of society. It increase illiteracy that's matter 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 direction. Screen affect a child with them which consequences have been faced of 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 ^{stage} advancement for the nation but this is rely 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 10 percent of population become uneducated and they become the victim easily of this technological world. 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 strengthen book access, appropriate 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 search 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 on self. It will become more effective rather than using screen/social media.

However, when the use of digital media

increase, many disruptions were been in society. To eliminate terrorism and all other evils like fifth generation warfare which whole distract the society ideologically. This different perspective is taught 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 over 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 passion like digital things has been stop.

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

Chins progressive era is one of the example, chins citizens work with the attention which results they become the more efficient and progressive nation in the world. According to Gloria Mark; "Every time you switch your attention, you have to reorient to that new activity... and it takes a little bit of time" This shows 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 be 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 feels which badly affect nations and distract them badly. But, unfortunately despite we know all the

facts and figures but we
did not reduce it; we ^{should} now 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 of habit
books, newspapers and reports for
progress and intellectual growth, for
the whole nation. in ~~the~~ ^{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 become ~~adhere~~ 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 make easy access for

peoples. Screen social media create mess with very extreme remarks. This problem solve a solution which is ~~through~~ digital identification. 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 ones depend on technology. Once usage create a problems of divisive narrative 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 waste 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

First it is a westernization. Hence, only the way to tackle such evils of the society to literate nation through books not by the dictative nature of social media.