

Final  
Digital distraction is also one of the reasons of failure in competitive exams. Aspirants use social media excessively which consumes their productive time for study and lessens their study <sup>time</sup>. Research shows that average use of social media of a person is above 2 hours and these two hours <sup>average</sup> usage have ability to cripple the productivity in other times. Further, doom scrolling and meme watching shorten their attention span and concentration, as the reels or memes are of few seconds or less than a minute while study takes minimum 15 minutes to focus and grab a concept completely. The digital distraction wastes energy and creates health issues also which ultimately hinders in the preparation of Aspirants for the competitive exams. Moreover, the blind use of Artificial intelligence in the form of ChatGPT, Deepseek, Proximity, Gemini etc and reliance solely on them ~~them~~ reduces the cognitive capabilities and independent problem-solving skills. However, <sup>The</sup> exams are given/attempted on papers with pens without using any kind of electronic device. Hence, digital distraction hinders

## Introduction of Climate Change

"The climate change is no longer a some far-off problem, it is happening here, it is happening now." These words are of the former president of the United States of America, Barack Obama, about the climate change on the Earth. The threat of climate change is neither a new <sup>issue</sup> nor is it a fully settled. It started creating from the very beginning of the industrialization era. However, developed nations are dealing with it successfully like China and USA whereas developing nations are struggling with it such as ~~Pakistan~~ and ~~Nauru~~. Unfortunately Pakistan is one of them. The recent held conference with almost 6 sessions highlighted the importance and dire need of taking meaningful steps along with practical approach. The frequent floods, cloud burst in some areas and droughts and storms in other regions reflect the devastating consequences of the climate change. Climate change is a severe global threat caused by anthropogenically such as through burning fossil fuels, deforestation, industrialization, urbanization and transportation along with agricultural practices as well as naturally such as through volcanic eruption, solar radiation, fluctuations, oceanic and atmospheric cycles leading

to school.

the devastating consequences such as environmental including global boiling, sea level rise, extreme weather events, biodiversity loss and desertification, economic such as agricultural decline and infrastructure damage, water resources stress, social consequences including migration, livelihood loss, health crises and poverty, political and security consequences including resource conflicts and regional instability. The climate change also hinders the prosperity of Pakistan even though it contributes less than 1% in it.

# Deforestation

Deforestation is another major cause of climate change. forests act as the lungs of the Mother Earth. They provide a huge bulge of oxygen in air as well as remove the hazardous gas of carbon dioxide. Carbon dioxide trap heat from the atmosphere and make it warm. It is released from industries, urban centers and most importantly from vehicles. forests absorb it from through photosynthesis and store it trees, soil and vegetation. However, deforestation brought two harmful processes. One is the stored carbon in trees releases back into the atmosphere. Second is future carbon absorption capacity decreases because fewer trees remain to absorb emissions. These processes accelerate green house effect and intensifies global boiling ultimately irregulate the climate of the regions where deforestation is done at large-scale. hence, deforestation is threat also a cause of climate change.

# Urbanization:

Urbanization is one of the major causes of climate change. It acts as heat bed for the region. It expands rapidly due to the better facilities of life and job opportunities. Urban centers are built on the grounds where once were forests. Meaning that urbanization leads to the deforestation and loss of habitat. Further more, the use of materials in building is almost concrete which absorbs heat and do not reflect while use and demand of natural resources also increase. It increases pollution due to the higher energy consumption and industrial activities. It increases the risk of flash flooding because of its being heat island. If we talk about Pakistan, it is headed for dangerous future because of urbanization which is being expanded without climate resilience in mind. This can lead to rising heat mortality in the Pakistan. The drastic effects of urbanization leads to the climate change.

Major causes of Climate Change

Volcanic eruption is one of the natural causes of climate change. It spreads smoke with dust particles and lava. Their spread increases the temperature of the region. It lightens the air and creates air pressure transfers from hot air regions to cold air regions and become the reason for tornadoes and wind storms which drastically impact the climate change. Like wise, the oceanic and atmospheric cycles also contribute in the climate change. The carbon cycle manages global temperature if balanced. Its disruption warms or cools the region. The atmospheric circulation moves water vapor creating precipitations that shape climate change. However, the oceans store vast amounts of heat and  $CO_2$ . When they become warm, their capacity to absorb heat decreases which remains in atmosphere and it becomes warm. Hence climate change

## Topic #2

# Reforestation as a global urgency

## 1/ Introduction

Hook

Background

**Thesis Statement:** The Reforestation as a global urgency is required to mitigate the hazardous consequences of climate change and preserve the Mother Earth for sustainable life.

## 2/ Reasons for the Reforestation as a global urgency

### (a) Environmental Reasons

#### • Global boiling

Increase average global temperature

Melt glaciers and sea ice

Emu

#### • Carbon sink reduction

Trees: Lungs. Oxygen producers

Forests: Lungs of the Mother Earth

#### • Frequent soil erosion

Floods and landsliding

droughts and soil infertility

#### • Extinction of forms of life

Species of plants

Species of animals

## • Extreme weather events

Heat waves and intense rainfall  
droughts and wildfires  
winter storms and cyclones

## (b) Political Social Reasons

- Climate induced migration  
dense population in urban centers

## • Pollution

Air pollution causes lung and skin infections  
Increased AQI (Above 500)

## (c) Economic Reasons

Agricultural decline

Infrastructure damage

Increased disaster recovery expenditure

## Importance of

## 3 Impacts for the Reforestation as a global urgency

### (a) Environmental Impacts

- Climate regulation
- Increase in carbon sink
- Increase soil fertility
- Promotes sustainable life forms
- \* Reduce extreme weather events

## (b) Social Impacts

Reduce climate induced migration

Reduce pollution particularly air pollution

Reduce AQI

## (c) Economic ~~Reo~~ Impacts

Agriculture increase

Protection of infrastructure in coastal areas.

## 4/ Conclusion.