

LAINAB TARIQ

BATCH 392

National officers Academy
(PRECIS)

Title :-

- 1: Laziness: A Misunderstood virtue
- 2: The Harm of constant Activity
- 3: Idleness as a source of Balance
- 4: why Rest is Necessary for wisdom

The writer argues that most problems in the world are caused not by laziness but by restless and misguided activity. People remain busy all the time without knowing when to stop and think. The world has enough energy and goodwill, but it is wrongly used. Sometimes, doing nothing and taking rest can prevent serious mistakes. The writer believes that if leaders and people paused, relaxed and reflected instead of acting hostilely, many conflicts could be avoided. Occasional idleness

refreshes the mind and improves judgments
while constant activity only increases
confusion and harm.