Jts od Distribute the topic according to the demand of the topic not equally In the Bird Swith 6 2 2 0 mg +3 morre hurdley -2 points Dast Know the bath lides Fact 200tsmares AD OUL Daves Did Wheir 花 先 the pridoppy 14 makes one self relient 0 depression Jul 4 growth manut Gull utu building Elaborate Statement Hrom to tace decision tood ignering eus luing Order segrets NC devision ppochs 20 How can learning them able to Past able 18 way Methodologies in 54 cond Revoluing; not Strengthen under ò 10 rem Education Introduction plake one Number the main headings Character (tograve) 201 The Drowback to grow Darents e) Makes one Coin 4 Anxiety ž wal earning Dave Civing hobby Lack Essay given 17 to cuvay the 5 6 6 0 0 5 9 0 J

c) Shaving problems with friends and closed ones d) changing the living place can schamp the thoughts e) should make onesilf busy Conclusion

You couldn't erase the past. you couldn't even change it. But sometimes offered you the apportunition to pot it right", Ann Brashes. Learning from the past makes life beautiful, it paves the way for Juture. However, then are several chattenges comes in mining away from past. Therefore, it is pertinent to take progressive measury to cope with Those hurdless. The learning from post makes one self relient and buildy character. It also strongthen deussion making skill and one able to face hardships. The ignorance of learning Cost one stagnant growth and circulation of anniety and apression. Additionally it declines only confidence level and makes them compart to live in regrets. However, in order to cope mall away from post and What does t so fequeral life Parentale rate can play ncor the role . Furthermore, Shaing sproblem, intro and changing the truing place also can reacomp their thought building

when it makes them self resultient and the past mistakes independant. By relating to person or to a normal a country, every ones go from rearning. The most important example is chipa and South Koren. Earlier they had problems What was the problem Also at the desoment feuds but since What did they learn from it. How does that relate to human perspective power and empowering being self relient. their Economy 1's fourithing Similar learning play huge role in every No artucture no individual life, now both these for Countries are independent and self relient. Character builds through earning if doesn't happen instantly. Those who face hardships and hurdles lives but does not take their in action to cope with and stort living in it, they just destroying their lives, However, by making & inite attues through Stort other 10 learning the it and Character Start It does not relate teganding coping their building instantly. Hence learning from past. past and not letting depression and annety in maker one life small smooth

It makes one able to face hardless. when someone goes through difficult fimes be it their personal life or coreer rudred, all they should do is to learn from those bod doels. when someone break up their relationship and it get them stuck in their past lives They won't How with the world. However, it is pertinent to learn from them and those who hearn from it the upcoming life of the become beaution as they already seen the hard times so now they are able to face any sort of hardships. It is evident that fearning from poilt makes the Juture Profitable. Indian enample is the epitome of it. Their space Discuss first then agency launched recently Chandray an 3 write an example successfully, Indeed it was great success but the Jallure they faced in past is also visible They failed two finds but they didn't gave up ando structure to continue it by learney from their and expressiones which they done it in post. Therefore, it is important to learn from past because it ultimately filled one success just like India as they committed to their decision.

Mistake happens ones but ignoring for them and not learn from it, is worst. In this regard Pakistan example is perfectly suited. Papaistan gave acces to United States of America of using their land to invode Afghanist back in 2001. America fullfilled her mission and texte left Afghanistan in the hands of Taliban. After their depositore the conditions of Patriston No argument in the devestated whether it is securityparagraph e conomically or financially, Patristant History of Pakistan billion of dollars in this war on terror but got nothing. But note two years let America trying to enter Agghanisten once gain but this time the situation is not some again and Patriston arresty learned from mittake which they did in Prest. Therefore it perfinant to learn and grow. The drowbacks up ignoring the fact from farming caused the stagnant of growth. Pakistan is making Same mistories which they did in

early years. During Equirner general Exhulam Gons judiciung was handling by him and it is unible in Dasso case, some thing is happening now. In this twenty grist century the Pakistanis pro largumentation hundred years old life . would flow Why is this but populition growth is stagnant contopic will continue unless untill it Jearny From Past and take programutic measury to resolve those problem. Additionally living in past makes one life revolue. They do not work on themselves, because they are living in Their own imaginary world which wet letting them allow to go outside. Their focus is limited to specific events incidents or whatever thing, happoned to them. So they reveale cround and not learn from them. Their life become miserable and their growth stagnant. They lose in their lives but win in their imaginary world which is pallwhere they stack in.

Furthermore it stuck people in deprinion and anxiety. Those people live the rest of lives in disaster. Depression and anniety makes their lives Vulnerable and it cost their health as well. They just live in their own world and have no cuttention to world infact not to their fomilies. Drugs and other intoxicated things become te/ port of their lives and Their survival becomes burden to their parents and families. All this hoppen because of not leaving from past and live in regets. By Biving in past and growing with the flowing world it becomes one life miserable. Those who live in past lost their potential in pregative things which they are thinking of They lose their potential and eventually 11 decline their confidence which make them able to not taking part in activities hopping around They lock then decision making skew and live rest of life in regrets.

post is makes one competentia in regrets. As their dreams one went in warn and they stat living the fantasy world, which is post which makes them pleasure. But as soon they realize their dreems and goals life becom so cruel to them and thok persons embrace the past where They feel happy. In order to order to more away from part the most important role should be played by parents, As they are the ones who knows their strength end weakening. They should encourage them to not think about Dast and make them indulge in different activities. This is the role parents can play and Should play, they should keep eyes on them to not letting them allow to stuck in post. They should fave proper core of them and fell them regarding all those bad qualitary emistic this world.

Education is the most impostant thing by not letting allow pregative Thought, in ones mind. Through education people grow and flourish. A well educated person peur allow onesely to Domited thing, they learn from past and work hand forwards forture . There life is focused and Committed to upcoming events, and it comes through propos oducation. They know the importance of future. Therefore it is pertinent that education is the been to success. Additionally it is also helpful to make energy from post, through shoring with loved ones. As preminent saying that " shaving is caving", it is indeed important because it gives selicity it's like seleuring the strep. By sharg problems is itself a learning after living in past and bearing all those burden and then develop to share with others is a learning. Therefore, it is importing to show and four, brieday That fearning will give them success in upcoming life.

living in same place and Commemorating the old memories makes life miserable. Therefor, in order to move on from post one must change the Oiving place. This is where one finds new people, new place and new environment, where their intentions not limiting to a porticular thing, which they yed by living on same spot where that fragical incident happened to them. It is imperative to change the place and learn from mistakes, oltomately it will pause the way for Juture. last but not the least land one can be anything with whether it is gaming or playing sports the thing is offer Diving some fime busy it instantly lift the thoughts and makes one able to not go back to post with this The development emergence stort in persondity growth. Therefor it is important to realize that being indulge in some activities. ultimately charge that whole thought procen.

Darenting role to education, not adapted realistick . It also by the that matter programice Nort max taken to tackle the dry Wilen repercursion. 0 uture In a nutshell teeming in the Shape Seure ar E2 int. unrealtyp be measures Arcm were will have measures to 740 cheller geo 140 hallenges Dalles and

	Category	Total marks	Obtained marks
	Qualitative analysis	10	1
Content	Quantitative analysis	10	1
	Validity & Reliability	10	0
	Relevance	10	1
	Sentence structure	5	1
Language	Vocabulary	5	0
	Clarity	5	1
	Command of language	5	0
	Expression	5	0
	Outline	5	1
Structure	Introduction	5	1
	Body paragraphs	5	1
	Conclusion	5	0
Coherence	Cohesion	5	1
	Coherence	10	1
		Total	10