

Mock Exams For CSS - 2026

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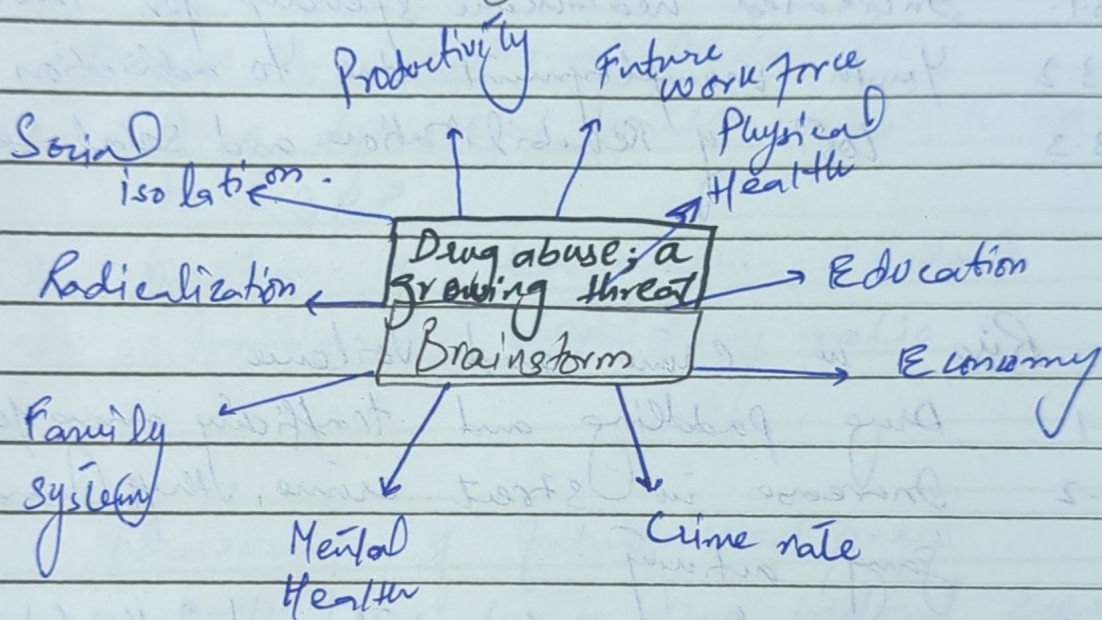
'ENGLISH ESSAY'

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1- Topic: Drug Abuse: A Growing threat to Pakistan's young Generation.



'Outline'

1- Introduction

1.1- Attention Grabber

1.2- General Statements

1.3- Thesis Statement

2- Main Body

2.1 - Health Deterioration

2.1.1 - Physical Impacts: liver failure, HIV, organ damage

2.1.2 Drug resistant diseases and burden on the healthcare system

2.1.3 Rising number of deaths and overdoses among youth.

- 2.2 - Decline in Educational Attainment
- 2.2.1 - Drop outs and poor educational performance
 - 2.2.2 - Increased absenteeism and school indiscipline
 - 2.2.3 - Drug culture in campus creating peer pressure

2.3 - Economic Burden

- 2.3.1 - Increased healthcare spending for treatment
- 2.3.2 - Youth unemployment due to addiction
- 2.3.3 - Cost of Rehabilitation and Social Services

2.4 - Rise in Crime and Violence

- 2.4.1 - Drug paddling and trafficking among youth
- 2.4.2 - Increase in street crime, theft and gang activity
- 2.4.3 - Weak law enforcement and judicial handling

2.5 - Mental Health Crisis

- 2.5.1 - Depression, Anxiety and Psychosis
- 2.5.2 - Suicidal tendencies and self harm
- 2.5.3 - Lack of access to mental health support

2.6 - Breakdown of Family Structure

- 2.6.1 - Parental despair and sibling neglect
- 2.6.2 - Domestic violence triggered by drug dependency
- 2.6.3 - Financial and emotional stress on families.

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2.7 Risk of radicalization and Extremism

- 2.7.1 Vulnerability to exploitation by extremist groups
- 2.7.2 Drug used to manipulate and control young minds
- 2.7.3 Use of drug profits to fund militancy

2.8 Decline in National productivity

- 2.8.1 Drug dependent youth unable to contribute to GDP
- 2.8.2 Wastage of demographic dividend
- 2.8.3 Increased dependency ratio

2.9 Weakening of future workforce

- 2.9.1 Skill loss due to drug induced cognitive decline
- 2.9.2 Fewer qualified professionals for future sectors
- 2.9.3 Lower global competitiveness of Pakistan

2.10 Social Isolation and Alienation

- 2.10.1 Addicts being marginalized and rejected by society
- 2.10.2 Erosion of social bonds
- 2.10.3 Stigma preventing rehabilitation

3. Conclusion

- 3.1 Thesis restated
- 3.2 Concluding thoughts

'THE ESSAY'

The first casualty of drug abuse is not the body, it is the future. Bob Riley said that, "drugs are the enemies of ambition and hope, and when we fight against drugs, we are fighting for the future". This haunting reality of drugs is becoming increasingly visible on streets, in schools, academic institutes and even within the homes of Pakistan. According to the estimates of UNODC, there are nearly 8.9 million drug users nationwide, and many of them are under age 30. The actual figure can be far more disturbing than the estimated one. Drug is a silent epidemic that Pakistan is facing right now, that threatens to hollow out its most valuable asset; its youth. Youth is a future of any nation, it is the asset where all the hopes lives in. Easy availability of narcotics and weak law enforcement, lack of awareness have turned drug into a growing monster. Young individuals, once brimming with potential are now grappling with ruined health, academic failures, crime and social isolation. This crisis of drugs extends beyond individuals, impacting families, draining national productivity and jeopardizing Pakistan's future workforce. Despite its alarming spread, drug abuse remains shrouded in stigma and silence. This stigma

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related to drugs is making it even worse. Drug abuse is not only threatening for Pakistan's young generation in on Casper, but its impacts and threats are multidimensional. It is not only eroding their mental and physical health but also acting as a barrier between them and their successful future, societal contributions and a very bright future that has been made blurry due to looming clouds of addiction.

Drug abuse is causing severe physical harm and health issues. A few of these issues are heart diseases, liver failure, lung infection, allergies, organ failure and in worst cases HIV/AIDS due to the shared needles used for drugs - specially for the pain killers like heroine. Addicted youth often suffer from malnutrition, immune deficiencies and irreversible organ damage. The downside of this addiction is also that drug users are often left helpless in case of severe diseases and damages become irreversible. The reason for this is the resistant nature of illicit drugs that make human body resistant to medications which are designed to kill the microorganisms of the drugs in human body. This scenario makes the addicted youth miserable. Drug dependence has a whole cycle which starts from first time use followed by daily use, then abuse of drugs and eventually leads

to drug dependence. At this stage tolerance is created and addicts become helpless and keep on increasing the amount of drug intake in order to get that feeling of being high again. This leads to drug overdose, which is the case for most of the times.

The growing number of overdoses adds pressure on the already burdened healthcare system of Pakistan.

One of the few things that gets deteriorated right after the use of drugs is the day to day functioning of the individual; their academic performance, job performance and social relationships. The poor concentration, frequent absenteeism and disciplinary issues disrupt the academic performance of these young addicts. Eventually, the poor performance leads to drop outs from schools, colleges and even universities. Another big issue is the peer pressure in the campuses that promotes the use of drugs. One of the main sources of drug is the peer group. Young minds fall prey to the fear of missing out and fear of not being included in the friends group. In this year many attempt to try drugs for the first time, which then slowly makes them ^{mentally} handicapped and injects an irresistible desire to try

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it me again. This drug culture in academic institutions promote escapism among youth over learning. Escapism is the second name of drug addiction as it promotes the ideas detaching from the reality in place of ~~learning~~ taking the solutions for any issue actively.

The economic cost of drug addiction is massive, both at personal and national levels. Families spend large sums on medical care and rehabilitation. Another issue in drug abuse and dependence is the relapse rate among addicts. It is much higher than the recovery rate. Frequent relapses leads to readmissions in the rehabilitation centers, which puts the biggest financial burden on average and even financially well off families. The family remains stuck in this process and all the income is gone after every few months. When seeing this situation on a broader scale, the state bears the financial strain of treating addicts while losing potential contributors to the economy. On one side, the loss is the youth, which could contribute immensely for the bright future of the country, and on the other hand state bears the cost of this medical

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emergency in the country - this way the situation becomes lose-lose for the state.

Addiction makes an individual change on many levels. First the morals and ethical values are gone, then the responsibility of being a productive and civilized citizen of the country. Addicted youth turn to theft, mugging and even organized crime to fund their habits. An addict is in the state of being physically, emotionally and mentally dependent on drugs. He doesn't even think about right and wrong because drugs bend the biochemistry of their brain in such a way that all they would want is the next dose of drugs, which they need to attain by all means. Brain chemistry of an addicted mind gets affected to that extent that, out of symptoms of drugs intoxication one can even kill their own family or can commit any crime. Many studies have found out that the level of aggression and violence is at much higher rate in addicts than non addicts. National statistics of Pakistan suggests that narcotics are linked to 35% of homicides and 55% of sexual assault cases nationwide. These statistics highlight the deep

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connection between drug abuse and serious violent crimes.

Drugs severely affect mental well being, leading to depression, anxiety, paranoia and in some cases psychosis. Many users exhibit suicidal thoughts or self harming behaviours. Unfortunately Pakistan lacks adequate mental health resources, leaving affected youth, untreated and vulnerable. Mental health and drug abuse are bound with each other in a vicious cycle. Where in many cases, the impaired wellbeing and psychological health issues leads towards the use of drugs, the drug abuse in return makes the mental health even more compromised and completely deteriorates the normal thought processes. Drugs like cocaine and hashish are the mind benders that alter the cognitive and thought processes of individuals, these addicts later develop the symptoms of paranoia and psychosis. Suicidal tendencies and self harm is also common among drug abusers. Lack of access to mental health support is another leading cause that further exacerbate this situation. First the lack of access to mental health support and lack of recognition and realization of the problem leads the youth towards finding solutions in drug

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abuse. This situation further leads to the stigma and neglect of these addicts by the society as the society lacks awareness of this issue. In this way this addicted youth remains stuck in this vicious cycle of drugs.

Addiction leads to strained family relationships, as parents struggle to cope with a drug dependent child. Domestic violence and emotional neglect become common in such households. Financial and psychological stress on families deepens the dysfunction.

Slowly the addict becomes isolated as society does not accept the behaviours they display out of the drug intoxication.

In Pakistani households, the parenting style is usually authoritative, hence when they lose the authority over the child actions, parents usually start blaming them for their actions, choices and failures. This creates a gap between the addicted young individual and parental figures. The dysfunction in families leads towards deteriorated sibling relationships, and feeling of mistrust among family. Many fail to understand that the opposite of addiction is not recovery but it's connection. Family experiences their own struggles related to the infected individual, and the drug addict also suffers in their own way. The

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Lack of education and understanding further complicates these struggles.

In Pakistan, drug addicted youth are increasingly vulnerable to recruitment by extremists and militant groups who prey on their psychological instability, financial desperation and social isolation. Regions with high drug abuse, such as parts of Khyber Pakhtunkhwa, Balochistan and South Punjab, often overlap with areas historically affected by radical networks. Militant groups have reportedly used narcotics both as a means of funding operations and as a method to dull the conscience of young recruits before suicide attacks or violent missions. The use of substance like heroin or crystal meth (ice) compromises critical thinking, making radical narratives easier to embed. This nexus between drug abuse and extremism not only endangers youth but also poses a serious internal security threat to Pakistan by fueling instability, violence and terrorism from within.

Pakistan is currently experiencing a demographic window where over 60% of the population is under the age of 30. However, the rising trend of drug addiction

among youth threatens to turn this potential advantage into a long term liability. Instead of driving economic growth, drug dependent individuals contribute little to the national development and often rely on state and family resources. This not only increases the dependency ratio but also strains public health and social support systems. As a result Pakistan risks losing its demographic dividend, which could otherwise propel the country towards sustainable economic progress.

The increasing prevalence of drug abuse among students, graduates and vocational trainees in Pakistan is eroding the quality of future work force. Addicted individuals often suffer from impaired memory, poor decision making and deteriorating health, which diminishes their ability to meet the demands of a modern, knowledge based economy. Key sectors like IT, engineering and healthcare face a shortage of drug-free, well trained professionals. If left unchecked, this trend will undermine Pakistan's human capital development and its global competitiveness in trade, industry and innovation.

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Drug users often face stigma and social rejection, leading to isolation and further addiction. They disengage from community life, lose ^{healthy} peer connections and often turn into outcasts. This disconnection fuels criminal behaviours and deteriorates social cohesion. In Pakistan, individuals struggling with drug addiction are often isolated rather than supported, largely due to cultural stigma and lack of public understanding of addiction as a health issue. Families, schools and communities tend to disown addicts, which deepens their emotional distress and pushes them further into substance dependence. The widespread social alienation weakens the country's social fabric, undermines communal values and contributes to rising insecurity within society. Unless addressed through inclusive policies, education and community based rehabilitation, drug addiction will continue to create invisible social divide in Pakistan.

Drug abuse poses a multidimensional threat to Pakistan's young generation, endangering their health, education and role in nation building. This growing crisis if left unaddressed, could

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Severely undermines the country's social and economic future. Tackling it requires a coordinated response involving families, institutions and the state. With timely intervention, Pakistan can still reclaim its youth and secure its tomorrow. "Youth is the hope of our future", says Jose Rizal.

