

General instructions to be followed to pass essay

DATE: 29/7/2025

Mock Exams For CSS - 2026

"ENGLISH ESSAY"

1- Spend time on rightly comprehension of the topic, you won't pass the essay unless and until you addressed the asked part

NAME: ADEENA AHMED

BATCH: 67- CSS

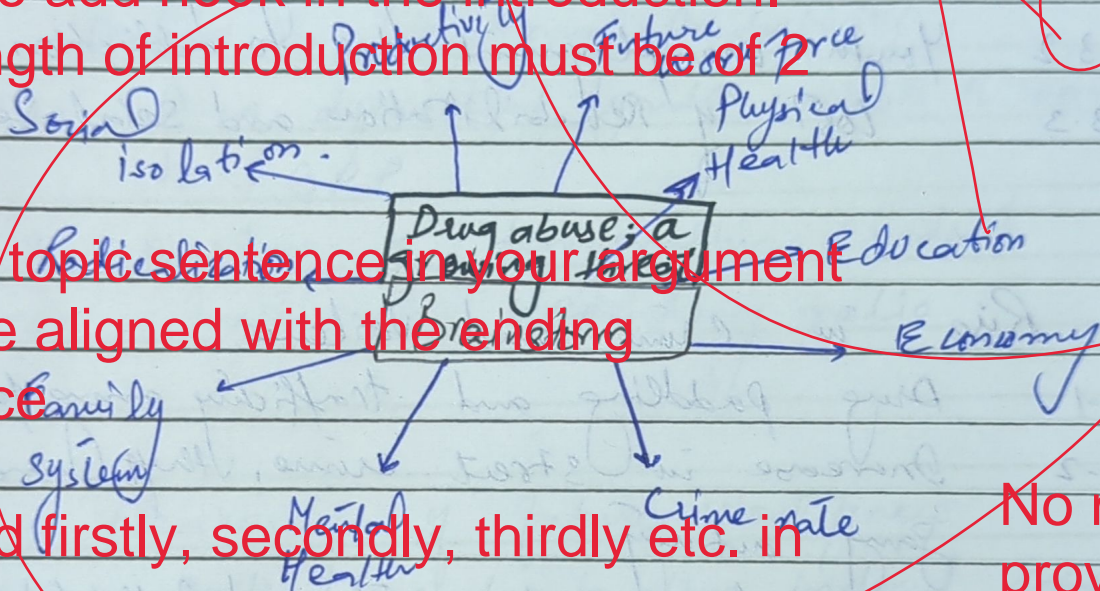
Ans id: 38628 — Adeena ahmed - 67

2- Try to make your main heading in the outline from the words in the question statement

1. Topic: Drug Abuse: A Growing Threat to Pakistan's Young Generation.

3- Try to add hook in the introduction. The length of introduction must be of 2 sides

4- your topic sentence in your argument must be aligned with the ending sentence



5- Avoid firstly, secondly, thirdly etc. in outline

No need to provide

'Outline'

6- add references in your arguments with proper source. Go for diversification of references

Provide proper headings

7- Do not add new idea or point in

2. Conclusion

8- You won't pass the essay if make more than 4-5 grammatical mistakes

Phrase it properly

9- outlines that are not self explanatory or does not aligned to with the essay statement are liable to mark 0 and the essay would become null and void

2.1 - Health Deterioration

2.2 - Drug abuse has a direct impact on the healthcare system and burden on the economy.

2.3 - Drug abuse is a growing problem and need to be addressed.



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Work on your outline making.

Phrasing should be improved.

Must work on your handwriting.

Argumentation style should be

improved.

Try to provide your own thoughts.

Must attend the tutorial session  
for further suggestions and  
mistakes.

2-2 -

2-2-1 -

2-2-2 -

2-2-3

2-3 - Economic Burden

2-3-1

2-3-2

2-3-3

2-4. Rise in Crime and Violence

2-4-1

2-4-2

2-4-3

2-5 Mental Health Crisis

2-5-1

2-5-2

2-5-3

2-6.

2-6-1

2-6-2

2-6-3



Work on your handwriting. One  
cannot read your arguments

## 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 worldwide, 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 and lives lie. 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



Improve your introduction. Your introduction isn't up to the mark

related to drugs is making it even worse. Drug abuse is not only the bane 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 bright future, societal contribution 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

Substantially low argument



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.

You are not following the standard patterns of paragraphs

One of the ~~major~~ <sup>problems</sup> 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 disrupts 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 makes them slowly makes them <sup>mentally</sup> 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. But 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 in the state of being physically, emotionally and mentally dependent on drugs 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 intoxicating 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 behaviors. 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 well being 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 the situation.

You are providing me the  
information. Your own thoughts  
are missing

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 substances 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 behaviors 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.

