

Essay Test 1

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Natural Disasters as test of national resilience (Outline)

1. Introduction

- 1.1 Attention grabber / Hook
- 1.2 Background Information
- 1.3 Thesis Statement

2. Natural disasters as test of national resilience

- 2.1 ~~to~~ Threat to Human life because of natural disasters is a test of national resilience

- 2.1.1 Thousands of people are losing their lives

- 2.1.2 Millions of people are displaced from their homeland

- 2.1.3 Waterborne and vectorborne diseases like dengue, malaria and cholera are becoming increasingly common

2.2

~~2.1.4~~

Threat to Economy is a test of national resilience

- 2.2.1 Infrastructure gets destroyed because of floods, avalanches and

earthquakes.

2.2.2 Agriculture contributes 24% into ~~the~~ GDP (Gross Domestic Product) of Pakistan, but because of ~~the~~ natural disaster, it gets affected.

2.2.3 livestock gets displaced or killed ~~to~~ during natural disasters.

2.3 **Threat to Environment** is a test of national resilience

2.3.1 Loss of biodiversity

2.4 **Threat to Social Life** is a test of national resilience

2.4.1 Closure of school, colleges and universities

2.4.2 Tourism gets affected

2.4.3 Normal day-to-day life gets disrupted

3. **Mitigation Strategies to curtail the effects of natural disasters**

3.1 **Structural Measures**

3.1.1 Construction of dams and diversion channels like canals and barrages

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3.1.2 Reforestation

3.2 Non-Structural Measures

3.2.1 Strengthening the coordination between National Disaster

Management Agency and Provincial Disaster Management Agencies

3.2.2 Introducing community based Disaster Risk Reduction

3.2.3 Crop and livestock insurance incase of disaster

3.2.4 Strict policies against to restrict construction on high risk areas.

4. Conclusion.

The Essay

A wedding in Buri turned into a tragedy when the entire family except the groom lost their lives during floods. This incidents show that such calamities are a test of one's resilience. Natural disasters like floods, cloudbursts, earthquakes

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and avalanches are becoming increasingly common in Pakistan. Thousands of people are losing their lives each year and millions are being displaced.

These disasters are affecting the mental health of people.

PTSD (Post traumatic stress Disorder) and anxiety are one of the most common issues among the disaster-induced

victims. In Pakistan, floods are one of the most are becoming increasingly common.

Floods of 2022 and 2025 are breaking records, but

this disaster is more of a gov. governance and policy failure rather than a natural calamity which is further testing the patience of people.

This essay will illustrate the reasons of how natural

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disasters are a threat to national resilience and what structural and non-structural measures need to be adopted to curtail those effects.

~(Brainstorming)~ ~(Topic 4)~

Natural Disaster as test of NR

↳ Reasons

↳ Human life

- ↳ Loss of life
- ↳ Displacements
- ↳ Stress
- ↳ Snake bites

↳ Economy

- ↳ Agriculture
- ↳ GDP
- ↳ Livestock (China)
- ↳ Infrastructure

↳ Social

- ↳ Tourism
- ↳ schools
- ↳ offices

↳ Env

- ↳ Ocean acidification
- ↳ Loss of biodiversity

↳ Way Forward

(Mitigation strategies)

↳ structural (Dams, canals)

↳ Non-structural (CBDRR, PDMA, NDMA, Crop insurance, Earthquake, INT)

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Pathways to Building Pak's positive image

- ↳ Non Alignment Policy (Neutrality) with Global Powers
- ↳ Pursuit of power through national interest
- ↳ Acquire soft powers (tech advancements, AI. etc) along with hard power
- ↳ Spread +ve image through media (Postmodernism)
- ↳ Dramas can play an important role in spreading +ve ~~to~~ image just like South Korea (now its culture is dominating) ~~every~~ & US
- ↳ ~~Explore~~ Reduce militancy in Balochistan, Afghanistan
- ↳ Improve education & make it accessible
- ↳ Creation of space working space for women
- ↳ ~~Str~~ strict laws against honor killing