

DATE: 3rd / 10 / 2025

Essay

Name: Maryam Kainaat

Essay Topic:

4- Natural Disasters as Tests of National Resilience

Outline

1- Introduction

- a- Definition of natural disasters.
- b- National resilience: the ability to face, recover, and adapt to shocks.
- c- Thesis statement

2- Observing Nature's Growing Payback

- a- Global warming intensifying monsoon rains, glacial melt, and sea-level rise.
- b- Pakistan's 2025 floods: over 100 deaths and massive displacement due to record monsoon rains.
- c- 2022 floods: affected 33 million people and caused billions in economic losses.
- d- Environmental neglect and deforestation worsening natural cycles - nature's payback to human exploitation.

3- Human Negligence and Institutional Weaknesses

- a- Poor urban planning and illegal construction near riverbanks.
- b- Weak enforcement of safety standards and building codes.
- c- limited coordination among federal and provincial disaster authorities.
- d- Inadequate early warning systems and delayed response.

4- Learning from Global Experiences

- a- Japan's 2011 tsunami: early warning systems and preparedness culture.
- b- Turkey-Syria earthquake: governance failures worsened damage.
- c- Bangladesh's cyclone management model for low-cost community resilience.

5- Identifying Policy and Preparedness Gaps

- a- Previous national reviews after 2022 floods stressed "building back better", but progress was limited.
- ~~b- Infrastructure infrastructure budget for disaster risk~~
- b- Infrastructure rebuilt without climate screening failed again in 2025.
- c- Inadequate budget for disaster risk reduction - under 2% of total development spending.
- d- Lack of gender-inclusive and community-led disaster response plans.

6- Strengthening National Resilience. The way Forward

- a- Investing in disaster preparedness and climate adaptation.
- b- Enforcing land-use laws and climate-resilient construction codes.
- c- Promoting coordination between national, provincial, and district disaster authorities.
- d- Seeking global climate justice and funding support: Pakistan contributes less than 1% of global emissions but faces severe losses.
- e- Empowering ~~global~~ local communities for early response.
- f- Raising environmental awareness.
- g- Learning from successful international modes (Japan, Bangladesh).

7- Conclusion

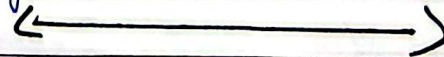
- a- Natural disasters test a nation's preparedness and unity.
- b- Weak governance systems often intensify natural impact.
- c- Learning from past catastrophes can transform vulnerability into strength.
- d- Strengthening institutions and communities is key to lasting resilience.
- e- True national resilience lies in preparedness, accountability, and collective responsibility.

Introductory Paragraph

Natural disasters are sudden environmental shocks, such as floods, earthquakes, and droughts that test the preparedness and endurance of nations. They disrupt economies, displace populations, and expose the fragility of institutions. Pakistan has faced repeated catastrophes, from the 2005 earthquake to the devastating 2010 and 2022 floods, and again the 2025 floods that caused mass destruction. These recurring crises show that disasters are not purely natural; they are intensified by human negligence, poor planning, and weak governance. Resilient nations transform such trials into opportunities for reform, learning, and sustainable development.

Thesis Statement :-

Natural disasters expose the true ~~strength~~ strength of a ~~nation's~~ nation's resilience by testing its governance, preparedness, and social unity, revealing whether the country can withstand and recover from nature's shocks effectively.



The End