



Prepared by: Iqra Afzal

Checked by: Sir Yasir Nawaz Cheema

Pakistan Model Higher Secondary School & College Saroki Cheema

1. My Last Day at School

"What peaceful hours I once enjoyed! How sweet their memory still!"

Cowper

Sweet memories are like sweet-smelling flowers grown along the strenuous path of life. Though they transform life into a blooming and beaming garden, genuine wisdom is often showered from the dark clouds of painful experiences. The person who learns nothing from the past should expect nothing from a fragrant future because:

"What is bitter to bear may be rosy to remember."

My last day at school is a memorable experience in my life. No doubt, it is also a bit bitter, but it will forever shine in my mind's eye like a smiling tear. It is marked with anxiety, sadness, and well wishes. It was the day when I parted from my dear friends. The good past days came to mind, and their remembrance sometimes made me sad and at other times delighted.

"When can you feel happiness and sorrow at the same time? On the last day of school!"

In every school, there is a tradition that junior students give a farewell party to the outgoing seniors. In our school, every year, the students of the 9th class give a farewell to the 10th class students who are departing for their board examinations. Although leaving school is always sad, the farewell party makes the last day at school a memorable occasion for the students.

"The quality of a school is measured more by the kind of student it turns out than by the kind it takes in."

— Robert J. Kibbee

On this day, both students and teachers organized a wonderful function under the supervision of the vice principal. On my last day at school, I got ready early in the morning and reached school at about 8:00 AM with my friends to spend the whole day there. It was a chilly but sunny day.

The farewell party was to be held in a big hall. The function started at 10:00 AM. All the students sat peacefully, along with the worthy principal and teachers. As the principal entered the hall, all the students and teachers rose from their chairs to welcome him. The ceremony began with verses from the Holy Quran. Someone has rightly said:

"The first day of school turned strangers into friends. The last day turned friends into strangers with memories."

First, a student from the 9th class rose to speak. She appreciated our behavior and interactions with them. She recalled the good events and joyful days spent with us and then bade us farewell. Then, on behalf of my class, I was asked to say a few words. I thanked the 9th class students for arranging such a grand party. I also thanked the teachers and office staff for their guidance and cooperation during our stay at school. Someone has rightly said:

"Goodbyes are not forever. Goodbyes are not the end. They simply mean I'll miss you until we meet again!"

My feelings at that time were a mixture of joy and sadness. Then the principal rose to speak. He shared various valuable and practical tips beneficial for our examinations. He reminded us of our responsibilities as students and as citizens of the state. He encouraged us to fight against evils and urged us to work hard. Moreover, he also advised us:

"The purpose of life is to live a life of purpose. As long as you live, keep learning how to live!"

After the ceremony was over, we were served with chicken biryani, chicken korma, and naan. We enjoyed the meal thoroughly. We talked to each other while eating, and everyone was engaged in conversation with someone. The dining hall was filled with waves of laughter. I cannot forget the taste of that meal. I miss that day so much.

After the meal was over, we met our teachers one by one. They were all friendly and helpful. They gave us tips and guidance for our future life and career planning. They shared pieces of advice, and we thanked them wholeheartedly. We also met our juniors and expressed our gratitude for the wonderful farewell.

"School inspired me to think differently. It's like no other time in your life!"

At 3:30 PM, I left for home with a heavy heart after embracing my best friends in a rain of tears. I was not feeling well while returning home. I could not sleep that night. Tears fell from my eyes as I tried to sleep, overwhelmed by the painful fact that my school life had ended.

"Farewell, my friends, farewell, my foes. My love is with thee, my care for those!"

Robert Burns

2. Quaid-e-Azam

Few people can change the course of history. Few can alter the map of the world. Such people always face big obstacles, but the work of a great leader is to turn obstacles into stepping stones. Quaid-e-Azam did the same for the Muslims of the Indian Subcontinent.

"Jinnah contributed more than any other man to Pakistan's survival."

Richard Symons

He is the founder of Pakistan. He was a great leader. He was born in Karachi on 25th December 1876. His father, Mr. Pooja Jinnah, was a famous businessman. After being taught at home, Jinnah was sent in 1887 to Sindh Madrassa-tul-Islam. Later, he attended the

Christian Missionary Society High School. At the age of 16, he passed the matriculation examination. He went abroad for higher studies. He had made up **his** mind to become a **barrister**, and no one could **change** his decision because he was a resolute man.

“Once you have taken a decision, stand by it as a man.”

Quaid-e-Azam

He joined **Lincoln’s Inn** and obtained a **degree in law**. After that, he started **his** legal practice. Jinnah entered **politics** by participating in the **1906 session of the Indian National Congress**. Initially, Jinnah wanted the unity of **Muslims and Hindus**, but soon, he said:

“India is not a nation, nor a country. It is a subcontinent of different nations, in which Muslims have their own distinctive identity!”

Quaid-e-Azam

Quaid-e-Azam openly **opposed** the idea of a united India. He **wanted** a separate homeland for the **Muslims** of the Indian Subcontinent. As he once said:

“Any idea of a united India would lead us to terrific disaster!”

Quaid-e-Azam joined the **Muslim League** and united the Muslims on one platform. He asked the Muslims to stand up for their homeland and guided them towards independence.

“Jinnah is the only Muslim in India to whom the community has a right to look up for safe guidance.”

Allama Iqbal

He asked the Muslims of the Indian subcontinent to **unite** and fight against the British rulers. He gave them **hope**.

“My message to all of you is hope, courage, and confidence.”

Quaid-e-Azam

In **1940**, he presented the demand to divide the subcontinent. It is well known as the **Lahore Resolution**, also called the **Pakistan Resolution**. He faced strong opposition from **Hindus and the British** but remained steadfast.

“Let us plan to build, reconstruct, and regenerate our great nation.”

Quaid-e-Azam

As a result of his **endless efforts**, Pakistan came into being on **14th August 1947**. He was appointed as the **first Governor-General of Pakistan**. He once said:

“Failure is a word unknown to me.”

He urged the whole nation to work for the integrity of Pakistan. He himself **worked tirelessly** as Governor-General. He focused on maintaining **law and order** and reducing **poverty**.

“The first duty of the government is to maintain law that protects life, property, and religious beliefs of its subjects.”

Quaid-e-Azam fully allowed minorities to practice their religion freely. He gave them their **rights** and assured their **safety**.

“You are free; you are free to go to your religious places!”

Quaid-e-Azam also greatly **respected women**. He wanted them to have equal rights as men. He declared on many occasions that **women are the building blocks of a nation**.

“No nation is worthy of its existence that cannot take its women along with its men!”

He always encouraged the Muslim **Ummah** and advised them to work hard.

“Don’t be overwhelmed with the enormity of tasks.”

Due to his **immense hard work**, Quaid-e-Azam **became weak**. Since **1930**, he had been suffering from **tuberculosis (TB)**, but only his **sister, Fatima Jinnah**, and a few others were aware of his illness. He passed away on **11th September 1948**.

“Strong flowers decay, but a great name shall never pass away!”

Longfellow

3. Libraries

The twenty-first century has dawned with the promise of being a century of peace and educational advancement. This can only be achieved if we educate people. One of the most vivid sources of education is books, and the most significant repositories of books are libraries. Therefore, libraries play a crucial role in the development of society.

“The only thing that you absolutely have to know is the location of a library.”

Albert Einstein

When there is a quest for knowledge, there is also an ever-increasing demand for books. Books provide us with wisdom and insight.

“When you are in doubt, go to the library.”

J.K. Rowling

Due to the spread of literacy, libraries have become essential tools for learning. A library can be defined as:

“A library is a place where books are kept for reading.”

Libraries can be classified into three main categories:

- **Personal Libraries**
- **Public Libraries**
- **Institutional Libraries**

Public libraries are the most popular as they are open to the general public. They are the most affordable way to gain knowledge and help develop reading habits. Libraries are incredibly beneficial and have many advantages. They provide access to historical records and allow us to study past events, enriching our understanding of history.

“A library is a place where history comes to life.”

Norman

Libraries play a vital role in expanding our knowledge. Books allow us to transcend the barriers of time and space. Reading a good book is one of the most pleasant experiences.

“I do believe that something very magical can happen when you read a book.”

J.K. Rowling

Books are like intimate friends—they provide knowledge, wisdom, and amusement.

“One good book is equal to a hundred good friends.”

A.P.J. Abdul Kalam

Libraries inspire students to develop a reading habit. A reader stays informed about new discoveries, inventions, and current global affairs. Libraries allow us to explore the world through books and provide immense reading pleasure.

“Nothing is pleasanter than exploring a library.”

Walter Savage Landor

A library is a storehouse of knowledge, open to all who seek to benefit from it. It offers books on a diverse range of topics.

“I have always imagined that paradise will be a kind of library.”

Jorge Luis Borges

Libraries significantly enhance intellectual growth. They serve as the biggest and most reliable sources of learning. As the former U.S. President once said:

“All I have learned, I learned from books.”

Abraham Lincoln

Developed countries like Canada, the USA, France, the UK, Germany, and Italy have a vast number of libraries. These nations provide personal, public, and institutional libraries where students can study in a peaceful environment. Library cards are issued to readers, granting them access to a wealth of knowledge.

“I have found that the most valuable thing in my wallet is my library card.” **Laura Bush-**

Pakistan also has many libraries, but more efforts should be made to promote a reading culture. Students should be encouraged to visit libraries and explore books of their interest. The government and private sectors should work together to improve library facilities and encourage the habit of reading. Children, in particular, should be motivated to visit libraries, as they play a fundamental role in shaping individuals.

“Libraries raised me.”

Ray Bradbury

4. My School

“Through the windows of my school, I see a world of possibilities, where every lesson is a bridge to tomorrow.”

School is not just a place; it is a remarkable second home where we embark on a journey of knowledge, friendships, and personal development. My school, a small yet vibrant institution, holds a special place in my heart, shaping my character and nurturing my dreams.

First and foremost, my school is a foundation of learning. As Mark Twain once said,

“Education consists mainly of what we have unlearned.”

My school exemplifies this by encouraging curiosity and fostering an environment where teamwork is valued, friendships are forged, and individual differences are celebrated. The school campus itself is a canvas for creativity. As Pablo Picasso said,

“Every child is an artist.”

My school provides the space for students to explore their artistic potential. From vibrant murals to captivating performances, creativity thrives within these walls. Moreover, my school emphasizes character building. Sports and physical activities are an integral part of my school, aligning with Aristotle’s belief that:

“In all things of nature, there is something marvelous.”

In the classrooms of my school, I have found not just answers but the courage to question, explore, and embrace the beauty of learning. The school library, often hailed as the heart of any educational institution, is a treasure trove of knowledge.

“The more you read, the more you will know.”

Dr. Seuss

In conclusion, my school is more than just a building with classrooms; it is a sanctuary of knowledge, friendship, and personal growth. With the guidance of dedicated educators and the support of a vibrant community, I am not just a student; I am part of a legacy, ready to face the world armed with wisdom, values, and a passion for learning.

“Within the walls of my school, each lesson is a stepping stone towards wisdom, and every challenge is an opportunity to grow.”

5. Sports & Games

Sports and games play an essential role in the development of human personality. They are an integral part of our lives and are equally important as food and fresh water. They have a significant impact on both our physical and mental health.

“Sports is a preserver of health!”

Hippocrates

Sports and games keep our bodies active and vigorous. They enable us to face challenges with bravery and valor. Not only do they instill courage, but they also provide amusement. Thus, we can define sports and games as:

“Any activity that involves physical or mental exertion and provides entertainment is called a game.”

Sports and games can be classified into two categories:

- **Indoor games**
- **Outdoor games**

Indoor games are those played inside a house, such as badminton, table tennis, and card games. On the other hand, outdoor games are played in open grounds, such as cricket, football, and hockey. Sports and games help develop many admirable qualities, including:

Hard work is the key to success in all domains of life. It is needed in almost every field. This outstanding quality can be cultivated through sports. As it is said:

“If you want to shine like a star, first burn like a sun.”

A.P.J. Abdul Kalam

Confidence is another quality gained through sports and games. They build self-assurance and boost energy levels. Confidence is essential for achieving any goal in life.

“Nothing can be done without hope and confidence.”

Helen Keller

Sports and games emphasize confidence, enabling us to perform the fundamental tasks of life with the same enthusiasm.

“The first wealth is health.”

Emerson

Health is the greatest blessing of Allah Almighty and one of the most precious aspects of life. A healthy person is more productive and innovative than an ill one.

“A healthy mind can realize Allah Almighty.”

Hazrat Ali

Besides food and water, sports keep us healthy. They significantly impact both mental and physical well-being.

“A strong body has a strong mind.”

Thales

Another valuable trait learned from sports and games is discipline. Discipline involves following rules and maintaining self-control, both of which are essential for success. Every athlete must possess this quality.

“Discipline is the bridge between goals and accomplishment.”

Jim Rohn

Developed countries like the USA, UK, Germany, and France have made sports an essential part of education at the school level.

“Countries promoting sports and games for their bright future!”

These nations have training centers where boys and girls are trained to become future athletes, gymnasts, and sports professionals. Sports and games are also gaining popularity in Pakistan, but more efforts are needed. Pakistani boys and girls must fully understand that:

“All work and no play make Jack a dull boy.”

James Howell

The government of Pakistan should pass an ordinance to promote sports and games publicly. The private sector should also contribute by establishing training centers to foster a healthy society.

6. A Hockey Match

Sports and games play an important role in our lives. They are as beneficial as food and water. They make us healthy, as we know that:

“The first wealth is health.”

Emerson

Being healthy is one of the basic needs of life, and the things that make us healthy, active, and smart are sports.

“Sport preserves health.”

Hippocrates

There are many indoor as well as outdoor games. All games, including hockey, teach us many good qualities. They teach us to be confident, as confidence is needed in almost every field of life.

“Nothing can be done without hope and confidence.”

Helen Keller

A hockey match teaches us to follow the rules. It makes us disciplined. Discipline is the practice of making people obey rules and laws. It is important, as it leads to a successful and meaningful life.

“Discipline is the bridge between goals and accomplishment.”

Jim Rohn

Pakistani students also actively participate in hockey. They play hockey just like other sports because they understand well that:

“All work and no play make Jack a dull boy.”

James Howell

I was delighted to witness a hockey match between Pakistan and Germany at the Hockey Stadium recently. The Germans dominated in the beginning, but the Pakistani players fought back and coordinated remarkably. The Germans made strong attempts, but our goalkeeper made spectacular saves. The match was briefly suspended when the home crowd fired crackers, causing dense smoke to spread all around.

The Pakistani forwards kept possession of the ball and played in an open, professional, and coordinated manner. Pakistan attacked mostly from the flanks, but the Germans' speed and timely interceptions saved them. Our left half took the ball from the German attackers and, after running a few steps, sent a through pass to the inside left. He dispatched the ball towards the goal with a flick. Another Pakistani player, who was closely following him, pushed the ball to score the goal.

“Every day is a great day for hockey.”

Mario Lemieux.

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Jim Rohn

Pakistani students also actively participate in cricket. They play cricket just like other games because they know very well that:

“All work and no play make Jack a dull boy.”

James Howell

Cricket is an interesting game—a game that develops discipline, team spirit, cooperation, and sportsmanship.

“Many continentals think life is a game; the English think cricket is a game.”

Some Pakistani players are famous all over the world. Last winter, I watched a cricket match in Faisalabad. It was played between the Pakistani cricket team and the West Indies cricket team at Iqbal Stadium. There was a huge gathering at the stadium. Leading Pakistani cricketers participated in this match. I witnessed the fine game of Inzamam-ul-Haq. He scored a brilliant 75 runs in 100 deliveries, hitting eight fours and two towering sixes.

“A gun is no more dangerous than a cricket bat in the hands of a madman.”

The Pakistani team made 219 runs. Then, the West Indies took their turn. Lara played until the end and scored a century, hitting three sixes. There was a tremendous cheer from the spectators.

“A true batsman, in most of his strokes, tells the truth about himself.”

Neville Cardus

The Greens scored magnificent runs, and Javed impressed the spectators with his strokes. He dominated the rival bowlers and hit his first century in the tournament.

“If we play good cricket, we should win.”

Rahul Dravid

Everybody was in high spirits. The West Indians scored 203 runs. Some of their players performed poorly. Only Lara and Chander Paul played brilliantly, delighting the audience with their strokes and a couple of towering sixes.

“If you play good cricket, a lot of bad things get hidden.”

Kapil Dev

The West Indies lost the match by 16 runs. The cricket fans were very happy and raised slogans:
“PAKISTAN ZINDABAD.”

“The team which handles the pressure best carries the day.”

Imran Khan

8. A True Muslim

Islam is a perfect religion. It offers solutions to every problem. The followers of Islam are called Muslims. Being a Muslim is a great blessing, but being a true Muslim is like icing on the cake.

“A true Muslim is one who follows the teachings of Islam in the real sense.”

A true Muslim life according to the Sunnah of the Holy Prophet (S.A.W) and the commandments of the Holy Quran. A true Muslim has firm faith in:

- Allah Almighty
- Holy Prophets
- Heavenly Books
- Angels
- The Day of Judgment

A true Muslim offers five prayers a day on time. In preparation for prayer, a true Muslim performs ablution five times a day to cleanse himself/herself from all kinds of impurities. He never misses any prayer because he knows that:

“Prayer is the pillar of Islam.”

Hazrat Muhammad (S.A.W)

A true Muslim observes fasting in every Ramadan because he knows that fasting is one of the most significant pillars of Islam. It strengthens him spiritually and physically.

“Fasting is a shield between a person and his sins.”

Hazrat Muhammad (S.A.W)

Alms giving is another quality found in a true Muslim. A true Muslim spends his money on the poor and needy because he knows that giving alms is a means of atonement for some of his sins.

“A man’s true wealth is the good deeds he does in the world.”

Hazrat Muhammad (S.A.W)

A true Muslim has compassion for humanity. He never says words that could hurt others. Our Holy Prophet (P.B.U.H) said:

“A true Muslim is one from whose hands and tongue others are safe.”

Thus, a true Muslim is an embodiment of courtesy and good deeds. Whenever he meets others, he greets them by saying Assalam-o-Alaikum. After that, he inquires about their health and well-being because he knows that the Quran emphasizes this form of greeting. A true Muslim also values cleanliness and maintains it by offering five prayers a day.

“Cleanliness is half of faith.”

Hazrat Muhammad (S.A.W)

The Holy Quran is the last heavenly book and a source of guidance for the entire Muslim Ummah. A true Muslim learns and teaches the Holy Quran because he follows the words of our beloved Prophet (S.A.W):

“A true Muslim is the one who learns and teaches the Holy Quran.”

A true Muslim has immense love for our beloved Rasool, Hazrat Muhammad (S.A.W). He always follows the sayings of the Holy Prophet (S.A.W) because he is well aware of the following verse from the Holy Quran:

“O Muslims! Follow the commands of Allah Almighty and His Prophet (S.A.W).”

Surah Al-Anfal

A true Muslim also knows that Islam emphasizes justice. Therefore, he deals fairly and justly with others, as commanded by Allah Almighty:

“O Muslims! Be just, as Allah loves those who practice justice.”

Al-Quran

A true Muslim respects the faith of others. He is always ready to sacrifice for the sake of Islam. We pray to Allah Almighty to guide us on the straight path and make us true Muslims. **Ameen!**

9. My Neighbours

"Good neighbours are priceless treasures."

I have many neighbours, most of whom are extremely nice, but the best family among them lives on our right side. Mr. Shayam is the name of our neighbour. He is a doctor by profession. He is married and has two children. His wife is a very civilized and humble lady. Their sons are my age, and we go to school together.

"A good neighbour increases the value of your property."

I often visit his house after school. His wife offers me chocolates and snacks. She and my mother spend a lot of time together. Mr. Shayam is a very hardworking person. He is a well-reputed man in our locality. Everyone likes him because he is soft-spoken and kind-hearted.

"A true neighbour is someone you can count on when times get tough."

He always has a smile on his face. He regularly goes for an evening walk. Sometimes, his son and I accompany him. I often ask him to help me with my assignments, and I am impressed by his general knowledge.

"Your neighbour is the one who needs you."

I enjoy spending time with him to learn and expand my knowledge. He has inspired me in many ways. The people in my area trust him a lot. If there is a dispute between two neighbours, he is often asked to settle it. We get along quite well with him because of his polite nature.

He knows how to deal with his patients. He has come to treat me many times in the middle of the night. He never charges a fee for attending to any patient in our society. If there is an emergency, he does not hesitate for a second to help the patient, even if it is late at night.

"Kindness is the language that the deaf can hear and the blind can see."

It has been a year since they shifted to our area, yet no one has ever seen his family arguing about anything. They are the nicest and humblest people in my neighborhood. They are very generous and try to help everyone around. Despite their wealth and status, they are not proud or arrogant. Every year, their family organizes charity events in our area to raise funds for poor people.

"Neighborhoods are successful when they are built on a foundation of unity."

Our families share a very strong bond. We share all our joys and sorrows like a family. Whenever my mom prepares something special, she always makes sure to send some to them too. We always remember them on special occasions like birthdays, anniversaries, and gatherings. We are very attached to their family. Sometimes, when we are away from home, we still miss and think about them.

"Love thy neighbour as thyself."

My family is very lucky to have such good neighbours. I wish that everyone is fortunate enough to have neighbours like mine.

"In every neighborhood, there is at least one person who makes the place special."

10. My Favorite Book

"Books wash away from the soul the dust of everyday life."

Books are a treasure of knowledge and one of the greatest gifts to mankind. They console us when we are worried, guide us in leading a fantastic life, and teach us how to handle different situations. They help us develop the habit of deep thinking and self-reflection. Books provide strength to individuals in all phases of life, uncover hidden truths, and serve as an invaluable resource in the world.

"Books have to be heavy because the whole world is inside them!"

Cornelia Funke

Books guide us when we are lost and console us in times of sorrow. They keep us company when we feel lonely and inspire us when we are discouraged. The best thing about books is that they give us so much without asking for anything in return. Books are like sincere friends, always ready to educate, entertain, and guide us.

"A home without books is like a body without a soul!"

Marcus Tullius Cicero

Reading books increases our thirst for knowledge and curiosity about the world. However, just as good books are beneficial, bad books can be dangerous. Everyone has different preferences when it comes to reading. I personally enjoy books that are based on facts and figures because they provide awareness about discoveries and inventions happening around the world.

"Books are mirrors; you only see in them what you already have inside you!"

Carlos Ruiz Zafon

No doubt, all books are valuable, but not all of them become our favourites. I have read many books on different topics, and I consider each page a treasure of knowledge. However, the book that has inspired me the most is the **Holy Quran**. It is the ultimate source of knowledge, not only for this world but also for the hereafter.

"If you use the Quran as a guide, you will never lose your sense of direction."

The Holy Quran is the key to success, progress, and prosperity. It is the word of Allah, and there is no doubt in it. It is the most widely read book in the world and was revealed in Arabic. To this day, it remains preserved in its original form. While it has been translated into many languages, the Arabic version has remained unchanged since the day of its revelation. Allah Almighty Himself has taken the responsibility of preserving it.

The Holy Quran was revealed to the last Prophet of Allah, **Hazrat Muhammad (PBUH)**, and consists of **30 paras** and **114 surahs**. The first surah, **Surah Al-Fatiha**, is regarded as the gateway to the Quran. It is the only infallible book in the world.

"This is the Book about which there is no doubt, a guidance for those conscious of Allah!"

(Al-Quran 2:2)

The Holy Quran is a complete code of life. It contains guidance for every aspect of life, addressing both worldly matters and issues related to the hereafter. It teaches us to lead a noble, honest, and humble life while maintaining harmony with our fellow human beings. The Quran provides solutions to all problems and inspires us to be better individuals. The Holy Prophet Muhammad (PBUH) said:

"The Holy Quran is a wealth that no wealth can equal (or reach), and there will be no poverty after it."

The Quran is a timeless book of guidance, applicable to all people and all eras. It offers complete wisdom on major affairs of life, including birth, marriage, divorce, death, and the Day of Judgment. Those who follow its teachings find success both in this world and in the hereafter. It establishes moral boundaries and instructs us on how to live a righteous and purposeful life.

"Laws die, but books never."

Edward George

The Holy Quran is not just a book for individuals or specific nations—it is for the entire universe. It is not only my favourite book but also the most cherished book for all Muslims. By following its teachings, we can lead an ideal life. Its verses are filled with wisdom, encouraging us to abandon wrongdoing and work for the benefit of humanity. May Allah help all of us to be regular in reciting the Holy Quran so that we can lead a righteous, peaceful, and fulfilling life. **Ameen!**

11. Allama Muhammad Iqbal

"A hero is a man who does what he can."

Romain Rolland-

History remembers those whose noble deeds shape the destiny of nations. Many great personalities—scientists, philosophers, poets, and leaders—have dedicated their lives to the welfare of humanity. Although they may no longer be with us, their contributions make them immortal. Among them, **Allama Muhammad Iqbal** holds a special place in the hearts of Muslims.

"Time makes heroes but dissolves celebrities."

Daniel J. Boorstin

Allama Iqbal, the great poet-philosopher of the Muslim world, was born in **Sialkot** on **November 9, 1877**. His father, **Sheikh Noor Muhammad**, was a deeply religious man, and Iqbal inherited his spiritual inclination. His teacher, **Syed Mir Hassan**, played a crucial role in shaping his personality by teaching him **Arabic, Islamiyat, and Persian**.

"A good teacher can inspire hope, ignite the imagination, and instill a love of learning."

Brad Henry

After completing his early education, Iqbal moved to **Lahore**, where he joined **Government College** and earned a **Master's degree in Philosophy**. He then began teaching at the same institution. Later, he traveled to **Europe** for higher education, earning a **Ph.D. in Philosophy from Germany** and qualifying as a lawyer in **London**. Upon his return, he started practicing law at **Lahore High Court** but remained deeply involved in poetry, philosophy, and religious thought.

"Hard times don't create heroes. It is during hard times that the 'hero' within us is revealed."

Bob Riley

Iqbal was deeply concerned about the declining state of **Muslims in the subcontinent**. He saw that they had strayed from the teachings of Islam and had become engrossed in worldly desires. Through his poetry, he awakened a sense of **self-respect, discipline, and love for religion** among Muslims. His concepts of **"Khudi"** (self-identity), **"Mard-e-Momin"** (true believer), and **"Shaheen"** (falcon) inspired them to reclaim their lost dignity.

"Poetry is the spontaneous overflow of powerful feelings: it takes its origin from emotion recollected in tranquility."

William Wordsworth

Iqbal's most remarkable contribution was his **vision of a separate homeland for Muslims**. In 1930, he presided over the **Allahabad Session of the All-India Muslim League**, where he clearly stated that Muslims needed an independent state to live according to Islamic principles. This laid the foundation for the **creation of Pakistan**.

"Rise above sectional interests and private ambitions. Pass from matter to spirit. Matter is diversity; spirit is light, life, and unity!"

Allama Iqbal

Sadly, Iqbal did not live to see his dream fulfilled. He passed away on **April 21, 1938**, and was buried in Lahore, near **Minar-e-Pakistan**—a monument that later symbolized the realization of his vision.

"Greatness is nothing unless it is lasting."

Napoleon Bonaparte

Allama Iqbal is not only remembered as the **"Poet of the East"** but also as a guiding force behind the creation of Pakistan. His poetry continues to inspire millions, urging them to strive for greatness, self-discovery, and unity. His legacy remains a source of pride for the entire Muslim world.

12. My Hobby

"Happy is the man who is living by his hobby."

To spend one's time in a desirable manner is one of the greatest achievements of civilization. Hobbies play an essential role in our mental and physical well-being. They allow us to utilize our leisure time in a productive and enjoyable way. Keeping ourselves engaged in a favorite activity helps us relax and rejuvenate.

A hobby is something that we do for pleasure, not as a profession. Today, life is full of struggles and challenges, requiring constant effort for survival. The daily routine can be exhausting, making life monotonous. A good hobby provides relief from this dullness and refreshes the mind.

"There is a very fine line between a hobby and mental illness."

While our jobs and responsibilities are primary, hobbies serve as secondary yet significant aspects of life. Some people are so passionate about their hobbies that they give them more attention than their actual duties. Everyone needs a pleasant activity to escape from the stress of life.

"It's hard to escape when your hobby is your job."

To soothe the troubled soul, one must spare time to connect with nature and engage in creative activities. The beauty of nature has a unique way of calming our anxieties.

"A thing of beauty is a joy forever."

There are numerous hobbies, including gardening, fishing, hunting, painting, photography, drawing, music, and collecting coins or stamps. However, hobby culture is not as widespread in Pakistan as it is in Western countries. Still, some passionate hobbyists in Pakistan enjoy activities like hiking, trekking, and traveling.

My favorite hobby is **stamp collecting**. It is an affordable yet highly interesting pastime. This hobby is both creative and informative. I developed an interest in stamp collecting when I saw a beautiful stamp album belonging to a close friend. Inspired by it, I started my own collection and have now compiled three albums containing over six hundred stamps from different eras.

"Preserving tradition has become a nice hobby, like stamp collecting."

I do not have to spend much money on my collection. I often receive stamps from local and foreign friends through correspondence. Occasionally, I buy rare and special edition stamps from shops.

"Be like a postage stamp—stick to one thing and you will get there."

Josh Billings

Stamp collecting has significantly improved my knowledge of **history and geography**. Each stamp tells a story about different cultures, historical events, and famous personalities. Through my collection, I have learned about ancient kings and queens, old empires, and remarkable achievements in human history.

"History is not a burden on the memory, but an illumination of the soul."

Stamps allow me to travel through time and space, providing glimpses of different countries such as England, France, Russia, America, and China. I get to see images of historical buildings, flags, and famous monuments that I may never witness in real life.

"That which is not measurable is not science. That which is not physics is stamp collecting."

My stamp album is a **treasure of knowledge and inspiration**. It reminds me of mankind's achievements over the centuries and serves as a source of relaxation and escape from daily stress.

"All science is either physics or stamp collecting."

Hobbies teach us the **value of time**. My hobby keeps me engaged, informed, and active. It has broadened my perspective, making me more aware of the world.

"Imagination is more important than knowledge."

Albert Einstein

In conclusion, hobbies are essential for a balanced and fulfilling life. They provide mental relaxation, enhance creativity, and bring joy. For me, stamp collecting is not just a hobby—it is a passion that brings endless learning and enjoyment.

"A hobby a day keeps the doldrums away."

Phyllis McGinley

13. A Rainy Day

Rain is an amazing phenomenon of nature. It has existed since the beginning of life and continues to be a source of fascination and calmness. It soothes the spirit and washes away all that is bad. Indeed, it is a great blessing from Allah Almighty, as it brings life to the dead earth. Rain is both beautiful and healing.

"Rain is grace; without rain, there would be no life on earth."

Rain occurs when water vapor in the air condenses into clouds. When these clouds become heavy with water, precipitation occurs, resulting in rain. A rainy day can be defined as:

"The day when nature becomes kind to the earth and causes the water to come down is called a rainy day."

Rains are very common in Pakistan during the monsoon season. One such rainy day occurred in July when the heat was unbearable. The earth seemed to be burning, and everyone was exhausted. The plants appeared dry and drooping due to the intense heat. Suddenly, the sky became overcast with dark clouds, and the wind began to blow faster and faster.

A strong gust of wind arrived, carrying dust that obscured everything in sight. Darkness enveloped the entire area. Soon after, thunder was heard, and within moments, raindrops began to fall. The dust in the air settled, and the sound of raindrops was pleasing to the ears. Everything seemed to come to life again. Children started playing in the rain, and joy spread among people. As John Keats said:

"A thing of beauty is a joy forever."

Rain is a form of beauty that brings joy to all. Not only were humans enjoying the rain, but even the plants seemed to be dancing with delight. After a long period of intense heat, the rain brought much-needed relief and happiness.

"Rain in the burning heat of summer is a blessing of Allah!"

Emerson

The rainy day revived everything, making nature look fresh and vibrant. As the rain stopped, the sun emerged, and its golden rays reflected beautifully on the water droplets. A rainbow added to the breathtaking scenery. A pleasant fragrance spread through the air, and the rainwater nourished the plants, accelerating their growth. As the famous Persian poet Rumi said:

"It is the rain that grows flowers."

However, while rain has many advantages, it also has some disadvantages. It can alter the landscape dramatically, sometimes causing significant destruction.

"Everything has its positive and negative perspectives."

Proverb

While rain brings happiness, it can also bring calamities. Roads were blocked due to fallen trees, and many valuable things were lost. As Dr. Siliva Hartmann writes:

"The wind is now a roaring, smashing monster of destruction."

Despite its calming nature, excessive rain can have serious consequences. The streets became flooded, making it difficult for people to move around. Many were stranded due to stagnant water, and low-lying areas experienced a flood-like situation. Motorcyclists struggled to maintain balance on the slippery roads. As Shakespeare wisely said:

"The web of life has good and ill together."

Shakespeare acknowledges that life is a mix of good and bad experiences. Similarly, rainy days have their joys and challenges. Instead of focusing on the negative aspects, we should embrace the beauty of rain and appreciate its blessings. After all:

"Every day is not a rainy day."

14. My Aim in Life

"A life without aim is a world without meaning, eyes without sight, and a boat without oars."

Progress, peace, and prosperity are the outcomes of human ambition. A man without ambition cannot triumph in this world. Every person is sent into this world with a purpose, and the essence of life lies in having a goal. Without ambition, life becomes meaningless. Ambition works as a guiding star, sharpening one's abilities and directing one's efforts. God has bestowed man with unique traits to perform different duties in life. Therefore, it is essential for everyone to understand themselves and set a goal, as having an aim in life is as important as a destination for a ship.

"An aim in life is a fortune worth finding."

People differ in their ambitions. Some wish to become poets, while others aspire to conquer Mount Everest. Some dream of becoming great scientists, while others aim to be renowned athletes. In contrast, some people lack ambition entirely.

"Not failure, but no aim is a crime."

A person without a goal or destination lacks the motivation to start their journey. The absence of ambition makes life dull and directionless. Every person should have an ambition to follow, regardless of whether they ultimately achieve it or not.

"A man without aim is like a rudderless ship in a stormy sea."

Aim acts as a guiding light. With ambition, one can pursue a goal throughout life without feeling weary. Ambition serves as a great incentive to work. Therefore, a person must choose a profession that aligns with their interests and nature.

"The aim, if reached or not, makes great the life."

There are numerous professions, such as teaching, journalism, farming, medicine, and engineering. The profession that aligns with my reason and passion is the medical field. Becoming a doctor is my ideal ambition.

"Great ambition is a passion of a great character."

It is my ambition to serve my country by becoming a doctor, especially to address the health issues of the underprivileged in rural areas. Many people in remote villages lack access to medical care when they fall victim to accidents or diseases. It is my desire to serve them.

"An ambition is a seed through which the branches of kindness grow."

After obtaining my M.B.B.S degree, my aim is to establish a clinic in a remote village. It will bring me great pleasure to relieve people of their illnesses. The best service to humanity is to alleviate their suffering. Our beloved Prophet Muhammad (S.A.W) said:

"Among you, he is the best who is best for others."

Hadith

I would not turn this profession into a means of amassing wealth by exploiting helpless people. I would not charge an examination fee, and as far as possible, I would treat deserving and poor patients for free. I would not allow greed to dominate my sense of service.

"A faithful heart is a noble deed; in whose pure sight all virtues succeed."

I admire this profession because it requires intelligence, dedication, and hard work. Many diseases, such as severe cancers and COVID-19, pose serious threats to human health and have taken many lives. My dream is to contribute to the fight against such ailments.

"Small aim is a crime; have a big aim."

This profession grants both freedom and respect, which cannot be attained in many other careers. A doctor is not bound by any authority and can establish their own private hospital. A competent and experienced doctor holds more respect than any officer or businessman.

"High dreams form high characters, and great objects bring out great minds."

15. Understand the Quran with its meaning

"Indeed, we have sent it down as an Arabic Quran that you might understand."

Quran, 12:2

The Quran, given to Prophet Muhammad (peace be upon him) a long time ago, is full of divine messages. Understanding it means more than just reading it. It's about thinking about what it says and using it in our lives.

"And We have certainly made the Quran easy to remember. So, is there anyone who will be mindful?"

Quran, 54:17

The Quran is made easy to remember so everyone can understand it. It's not hard to learn its verses, so we can Elway's think about what it roaches us. This makes it easy for everyone to connect with Allah.

"This is the Book about which there is no doubt, a guidance for those conscious of Allah."

Quran, 2:2

The Quran is a guide for people who want to be good and mindful of Allah. To understand it, we need to know the Important ideas it talks about. Each verse tells us something valuable, like stories about prophets and how to be a good person.

"An. We have certainly revealed to you verses (which are] clear proofs, and no one would deny them except the defiantly disobedient.

Quran, 2:99

We should approach the Quran with sincerity and humility, being open-minded helps us understand it a message better. When we read it, we should listen carefully and try to understand its meaning.

"So, when the Quran is recited, then listen to it and pay attention that you may receive mercy."

Quran, 7:204

Thinking about what the Quran teaches helps us become better people. It shows us the right way to live and helps us understand life better. The Quran gives hope and encouragement to those who believe in Allah and do good things.

"Indeed, this Quran guides to that which is most suitable and gives good tidings to the believers who do righteous deeds that they will have a great reward."

Quran, 17:9

In summary, understanding the Quran Isn't just about being religious. It's a journey to learn about ourselves and find enlightenment.

16. A Visit to Hill Station

A visit to a hill station is a refreshing experience that offers a break from the hustle and bustle of daily life Last summer, I had the opportunity to visit Murree, a popular hill station in Pakistan. The trip was a delightful escape into nature's beauty, and it left me with memories that I will cherish forever. As John Muir once said,

"In every walk with nature, one receives far more than he seeks.

The journey to Murree was as exciting as the destination itself. As we drove up the winding roads, the air became cooler, and the landscape changed from bustling city streets to serene mountain views "Climb the mountains and get their good tidings," said Muir, capturing the essence of the peace we felt as the tall pine trees, lush greenery, and cool breeze lifted our spirits. The sight of mist-covered mountains and valleys below filled us with awe and wonder, reminding me of Ralph Waldo Emerson's words,

"Nature always wears the colors of the spirit."

Upon reaching Murree. we explored the famous Mall Road, full of life with shops, restaurants, and people enjoying the pleasant weather. The street was lined with quaint little shops selling local handicrafts, shawls, and souvenirs. The aroma of fresh corn on the cob and traditional snacks filled the air, making it impossible to resist a quick bite. As we walked, the words of William Wordsworth came to mind:

"Come forth into the light of things, let Nature be your teacher."

One of the highlights of our trip was the visit to Patriota, also known as New Murree. The cable car ride offered breathtaking views of the hills and valleys, and the chairlift ride further up the mountains was an exhilarating experience. "The mountains are calling, and I must go," Muir's famous words echoed in my mind as we took in the panoramic view of the surrounding hills. In the evening, we enjoyed a quiet walk through the pine forests. The sound of rustling leaves, the chirping of birds, and the calmness of the surroundings provided a perfect end to our day. Henry David Thoreau's words rang true: "I took a walk in the woods and came out taller than the trees."

My visit to Murree was a rejuvenating experience that brought me closer to nature. The beauty of the hill station, combined with the peaceful environment, made it a perfect getaway. As Albert Einstein wisely said,

"Look deep into nature, and then you will understand everything better."

It was a trip that refreshed my mind and soul, and I look forward to visiting again.

17. Health

Health is one of the most important things in life. There's a saying, "Health is wealth," which means that being healthy is more valuable than having lots of money. When we are healthy, we can do the things we love, work towards our goals, and enjoy life. Without good health, even the richest person can't fully enjoy life.

Taking care of our health should be a top priority. This means eating nutritious food, exercising regularly, and getting enough sleep. As Hippocrates, a famous doctor from ancient times, said,

"Let food be your medicine"

This means that what we eat plays a big role in how healthy we are. Eating fresh fruits, vegetables, whole grains, and lean meats helps our bodies stay strong.

Exercise is also very important. Moving our bodies through activities like walking, running, or playing sports keeps us fit, makes us feel happier, and helps prevent diseases. There's a saying,

"Prevention is better than cure"

which means that taking care of our health now can stop problems from happening later.

Mental health is just as important as physical health. Feeling stressed, worried, or sad can affect how we feel overall. Taking time to relax, spending time with family and friends, and doing things we enjoy can help keep our minds healthy. Mahatma Gandhi once said,

"Health is real wealth, not money"

This reminds us that being healthy is the most valuable thing we can have.

It's also important to avoid bad habits like smoking or drinking too much alcohol. These can harm our health and shorten our lives. Benjamin Franklin wisely said,

"Early to bed and early to rise makes a person healthy, wealthy, and wise."

This means that good habits lead to a healthy and successful life.

In conclusion, health is the key to a happy life. By making healthy choices every day, we can live longer and enjoy life more. As Ralph Waldo Emerson said,

"The first wealth is health."

Taking care of our health is the best thing we can do for ourselves.

18. Courtesy

Courtesy is the practice of showing kindness, respect, and consideration to others. It is a fundamental part of good manners and plays a crucial role in building positive relationships and a harmonious society. Courtesy is expressed through simple actions like saying "please" and "thank you," holding the door for someone, or simply listening when someone is speaking. As William Wordsworth once said,

"The best portion of a good man's life is his little, nameless, unremembered acts of kindness and love,"

These small gestures may seem minor, but they have a significant impact on our interactions and the way people feel. Being courteous means thinking about others' feelings and needs. When we speak politely and act with respect, we show that we care about the other person. The golden rule,

"Treat others the way you want to be treated,"

Reminds us that our actions have an effect on those around us. When we are kind and respectful, we create a friendly environment where everyone feels valued and appreciated.

"Manner's cost nothing, but they mean everything."

Courtesy is important in every aspect of life—whether at home, school, or in public. At home, being courteous helps build strong and happy relationships with family members. Simple things like helping with chores, speaking nicely, and being patient contribute to a pleasant home environment. In school, courtesy makes it easier to get along with classmates and teachers. A kind word or a friendly smile can brighten someone's day and help everyone work together smoothly.

"Life is short, but there is always time for courtesy."

Ralph Waldo Emerson

in public, courtesy helps maintain peace and order. Small acts like letting someone go ahead in line or saying "excuse me" when passing by make public spaces more enjoyable for everyone.

"Politeness is the flower of humanity,"

Joseph Joubert reminding us that courtesy is a reflection of our shared humanity. Courtesy is a simple yet powerful way to show kindness and respect to others. It makes our interactions more pleasant and helps create a positive and caring world. As the famous quote goes,

"A little courtesy goes a long way."

By practicing courtesy every day, we can make life better not only for ourselves but for everyone around us.

19. Junk Food

"Junk food provides calories but little nutritional value."

Marion Nestle

Junk food has become a common part of many people's diets, especially among teenagers. These foods are often tasty and convenient, but they can have serious effects on health. Junk food typically refers to food that is high in calories but low in essential nutrients. Examples include chips, candies, fast food, and sugary drinks. One of the main problems with junk food is its high content of unhealthy fats, sugars, and salt.

"Food can be the most powerful form of medicine or the slowest form of poison."

Ann Wigmore

One of the most significant effects of consuming too much junk food is weight gain. These foods are often loaded with calories that can lead to obesity if consumed in large amounts. Obesity is not just about appearance; it can lead to serious health problems such as diabetes, heart disease, and joint issues. According to the World Health Organization (WHO)

"Childhood obesity is associated with a higher chance of obesity, premature death, and disability in adulthood."

Junk food can negatively impact mental health. Studies have shown that diets high in processed foods and sugar can contribute to depression and anxiety. This is particularly concerning for teenagers, who are already navigating a challenging period of emotional and psychological development.

"Good nutrition is critical for cognitive function and learning."

Dr. Paul

Another concerning aspect of junk food is how it affects academic performance. Eating too much junk food can lead to poor concentration and fatigue, making it harder to focus in school. A study by the University of Alberta found that students who ate more junk food performed worse academically compared to those who had healthier diets.

"Processed food is deliberately engineered to maximize craving"

Michael Mos

Despite these negative impacts, junk food remains popular because of its convenience and taste. Many junk foods are designed to be addictive, making it hard for people to stop eating them once they start. Food companies use a combination of sugar, salt, and fat to create flavors that are hard to resist.

"You are what you eat."

To make healthier choices, it's important to be aware of what you are eating. Reading labels and understanding the ingredients can help you make better decisions. Try to limit foods high in sugar, salt, and unhealthy fats. Instead, focus on eating a balanced diet with plenty of fruits, vegetables, whole grains, and lean proteins. Drinking water instead of sugary drinks is another simple way to improve your diet.

Planning meals and snacks can also help avoid reaching for junk food when hungry. Involving friends and family in making healthier choices can provide support and encouragement. Remember, making small changes can lead to big improvements in your health over time. As the saying goes, "You are what you eat," so choose wisely and take care of your body and mind.