**Group Discussion**

**Topic: - Problems**

**Shayan(chair): -** Hello everyone, Good afternoon! Welcome to our final session of group discussion. I must appreciate everyone's punctuality as we are right about time. I hope everyone is prepared as we all already know the topic of our discussion is “Problems”. So, let's start with the very first and obvious question. How do u deal with problems? Mukand, let’s start with you.

**Mukand: -** In this regard, I always expect problems to occur. Because, when I do work and assume that it would be the best and when that doesn’t happen, I become surprised. So, it shouldn’t happen.

Now, I deal with problems by following these 4 points.

**1)** First of all, I see the nature and severity of problems. How much important the problem is. **2)** Secondly, I see that what are causes that arose the problem. **3)** Then, I see what are the requirements needed to solve the problem. **4)** In last, I make sure that this problem should not be repeated.

**Azam: -** I completely agree with Mukand's point, anticipating problems works for me. If I’m mentally ready to solve a problem then solving them in actuality becomes easier for me as I keep a proper perspective of the problem. Let's say if we were a teen during either of the world wars, what problems we would've faced. so, keeping the right perspective of problems is essential in problem-solving. no problem is the end of the world.

**Yasir**: - I, first of all, try to understand the problem and think about possible ideas to solve it, then depending on the nature of the problem, I try them each by each for what works the best or discuss with my trustworthy friends and family members for best possible solution to try. I create a plan before doing work to avoid most of the problems while also because worst-case scenarios can occur.

**Hammad: -** For me, I prefer to avoid the problem but if the is to be dealt with then. The best way to deal with your problem is to take action as soon as possible. Once I acknowledge my problems and set up some constructive goals to handle them, I take action to meet those goals. For example, I cut down the problem into pieces sometimes the best way to manage a problem is to figure out a way to do it in stages so it divides a big problem into a much smaller problem which is easier to solve and also more manageable.

**Shayan: -** Seems like everyone has their unique way of dealing with problems and it’s fair to say that problems sharpen our way of thinking analytically and hence play an important role in our journey… talking of which, I believe in the idea of “knowing when to fold”. If there’s a problem that can’t be fixed or the solution of which is not in your control then rather wasting time on it, one should step back and get going with other things. let's jump onto the next question which is “what common problems do you come across in life?”

**Azam**: - This one is right on point, one of the problems that I face every day is time management. It’s like a curse for me. I tried scheduling all day’s work but just can’t get them all managed. It’s hard for me to act following priority and that’s why I think I lack time management.

**Yasir**: - I dealt with somewhat similar problems, I had to deal with mostly studies-related problems as I am a student, the most crucial ones are caused by poor stress and time management.

**Mukand: -** The first one is Social isolation as I remain away from my home town which is Hyderabad and living in MULTAN for many years. I have not attended many social gatherings of my dear ones living in Hyderabad and near cities. The second one is a health issue, I remember that when I was in childhood, I used to get sick 3-4 times in a single year and especially in winters and as a result, I was not able to attend the classes. sometimes I caught food poisoning, common cold, and flu too. These were the problems I came across in life.

**Hammad**: - I come across a lot of problems in my life but the problem that I always face is the commute from my home to my educational institution and my way back to home when I was in school my school was way far from my home and I had to travel a long distance same and for the college and now university I have to wake up early to take transport facility and travel a long distance alone

**Shayan**: - Procrastination is something which affects my progress sometimes and I've read many self-help books to overcome it but the irony is, I even procrastinated reading them … so it’s one of the hurdles which throw me off track sometimes … have u guys ever felt that problems are opportunities? in my opinion. problems really are opportunities indeed but with thorns on them as they give us a really tough time and sometimes make us doubt ourselves but in reality, problems enlighten the best version of ourselves … what do u say Yasir?

**Yasir**: - Yes, they are, after going through each hurdle in life we become better than before. each challenge or problem teaches us a unique lesson and may allow us to see life from a different perspective at different times in life.

**Hammad**: - yeah, I think so because Solving problems always allows you to learn the ways to its solution. there is a very nice quote that “Life is easier when you enjoy what you do" Coming out of a difficult situation is always an experience where you are getting another opportunity to analyze all the issues and finding a solution to them.

**Mukand**: - Yes, because when any problem arises, we concentrate on the issue and our brain has to work more in stress, so we think about the issue from more angles, possibilities and so we get more and more ideas resultantly our brain efficiency increases, our confidence to face the problem increase, our experience to solve problem increase and when one can solve successfully the problems of his life that person becomes successful and so no doubt it is an opportunity. We can still keep a positive attitude and we see them as a blessing in disguise.

**Azam**: - There is an old saying, “There are no problems – only opportunities”. Indeed, problems are opportunities. They are golden steps for one to climb over. Solving or even dealing with problems always allows you to learn the ways to its solution. No one wants problems. Neither in the workplace nor at home. But they are and will be there from time to time. That is the journey of life dotted with hindrances, obstacles, and problems. Some people are discouraged by the problems. They seek the help of others in mitigating them. They pray to God to remove those problems of life at the earliest. Others take it as a challenge and face them boldly and find out the solutions even in extreme cases. So different people have different approaches towards the problems in life. There are a few who find and seek opportunities in such difficult times.

**Shayan**: - It’s a surprise to see that we all have a consensus that problems are opportunities and in the agreement of which. what was the last problem that you guys solved and how did u do it? Let us hear from u Azam first.

**Azam**: - The last problem I experienced, and btw I'm still experiencing it, was in my studies. The subject of object-oriented programming, also known as oop, has been troubling me a lot since the start of this semester. I have tried many ways to try to understand and up myself in it, but couldn’t. I tried watching YouTube videos by renowned creators for tips and explanations. But I haven’t given up yet, and I don't think of doing that too.

**Mukand**: - I remember that when I was shifted to the new city that is Karachi. I saw that it was a different environment for me that is., a new city, the life of university and hostel. In a hostel, I ate that food which was not fresh and was spicy which I have never used in Multan and thus I became ill and there was the pressure of studies too. So, to maintain my health I took precautionary steps like I started to depend more on fresh juices, eating fruits, and doing exercises to boost my immunity. As a result, I not only recover my health but also became stronger than before.

**Hammad**: - I have just recently shifted my house and in my new home, there was no internet facility in that house as I had to take my classes and do other online stuff so it was a problem for me. for two days I used my mobile data to take an online class but I decided to talk to my cable operator for the internet. then so after four days, he set internet wires in my router and I have access to the internet.

**Yasir**: - The major problem I faced last time was inter-board exams which had quite a toll on me, going through its preparation had me under intense stress, it was only a month left to prepare for board exams and I didn’t even know how many chapters are in each subject, I was blank and absent the whole year regarding my studies. I couldn’t answer a single question in my premium exams in coaching and I was crying at first thinking only a month is left.  
I created a plan and followed it with utmost determination and I separated myself from all kinds of distractions for a month and prepared intensely. I somehow got through that phase with good results.

**Shayan**: - Congrats everyone for getting out of the mentioned problems. the very recent problem that I faced was completing a programming project within the due date in days of Eid. It’s hard to do anything on days of occasions but I somehow managed to not procrastinate this time and stayed away from distractions. last but not least. Do u guys agree that “problems don’t matter, the solution does?” I disagree because there won’t be any solutions if there aren’t any problems… I think both of them are equally important and being prepared to face problems is the right attitude.

**Mukand**: - Yes, I do agree, because nobody can avoid the problem, they are to come in everybody's life, the matter is that how he faces it, how he solves it. If he could solve it successfully then his life is successful. If one thinks that he could avoid the problem then he is at mistake, nobody could avoid but one has to face it, solve it. After solving the problems his experience plays the important role in making his life successful. So, it is correct that the problem does not matter but the solutions do.

**Yasir: -** Yes, I agree, solutions are what bring about the actual change both in ourselves and the situation. Problems challenge us while solutions make us not only feel better about our abilities but also bring us the confidence to face upcoming difficulties in life. Problems are not in our hands but solutions are.

**Azam**: - I do agree. We should focus on the solution, not on the problem. No matter how big is your problem but if you are not doing anything to think of any solutions to it then nothing will be resolved, I don't think there is anyone who doesn't have any problem at all. It is always a matter of how you deal with your problems and think of the best possible way to solve them. problems are like the wind. the come and go but never stops. so, we shouldn't be affected by problems. but the solutions do matter a lot. if your solutions are good, you will be happy and forget all your problems but if your solutions are not good you will have one more problem!!

**Hammad**: - As long as we are a living entity of this world there will be problems that come. But the fact of the matter is for every problem there is a solution.

I don't think there is anyone who doesn't have any problem at all. It's always a matter of how you deal with your problems and think of the best possible way to solve them.

And I agree with you that it matters much how we deal and look into solutions for every problem that may arise.

**Shayan**: - Thank you everyone for your time. We had a good discussion today and all your opinions are respected... this being said. Our session has reached its end. Allah hafiz.