**Topics:**

1. Man as part of a design infinitely vaster than himself.
2. Knowledge demands love as its complement.
3. Requisites for social progress in Pakistan.
4. How words change our lives?
5. Man is condemned to be free.
6. Leaders and followers
7. Competitive results of planned economy?
8. The divided self and the process of its unification.
9. Conscience versus Command.
10. Education for Varied Talents.
11. “Our Sweetest Songs are those that tell Of Saddest thoughts”.
12. Mass Media and Opinion formation.
13. “If all mankind minus one were of one opinion, and only one person were of the contrary opinion, mankind would be no more justified in silencing mankind”. (J.S.)
14. One today is Worth Two Tomorrows.
15. Theatre of the Absurd.
16. Man is the Slave of Habit.
17. The Value of Architecture and its influence on life.
18. If winter comes, can spring be far behind.
19. Values of literature and its influence on life.
20. Value of Faith in a computerized world.
21. Art as a vehicle of social reconstruction.
22. Art and Morality.
23. “Purpose of life on earth”.
24. Is Democracy panacea for all political and economic evils?
25. "Blessings and Joys of Adversity”.
26. Interest-Free banking is it fact or fiction?
27. Sweet arc the uses of adversity.
28. Eternal vigilance is the price of Liberty.
29. A thing of beauty is a joy forever.
30. Growing debt problem of the Third-World.
31. “Better to reign in hell, than serve in heaven.”
32. Man does no live by bread alone
33. “What a Piece of work is Man.”
34. Role of female education in social development.
35. Blow, blow, thou winter wind, Thou art not so unkind. As man’s ingratitude.
36. Prosperity is a great teacher, adversity is greater.
37. ‘Man proposes and God disposes’.
38. ‘Science without conscience is the ruin of a people’.
39. Table Manners.
40. Is Democracy Out of Date?
41. “The survival of modern civilization depends not on the advance, but on the distribution of knowledge”.
42. The Power of Imagination.
43. “Let there be light!” said God, “And there was light” “Let there be blood!” says man, and there’s a sea!
44. "I disapprove of what you say but l will defend to the death your right to say it.” Valtaire.
45. in the quest for happiness, success is only one ingredient and is often too dearly purchased;
46. The way to hell is paved with good intentions.
47. Nothing is so self-blinding as self-righteousness.
48. Economic and Political development is not possible without social transformation.
49. Human kind cannot bear very much of reality.
50. Man was born free and every where he is in chains.
51. The Press and the nation rise and fall together
52. Eternal’ vigilance is the price of liberty..
53. The causes of female backwardness in Pakistan and an appraisal of the contribution that women can make to the national development effort.
54. Pleasure of idleness.
55. “None but the brave deserves the fair”.
56. In democracy the voter of the vicious and stupid count. But, under any other system they might “be running the show., -
57. The national economy, and its tribulation.
58. Literature transmits incontrovertible condensed experience from generation to generation. In this way literature becomes the living memory of a nation
59. History as ‘the biography of great men
60. “The struggle to raise’ a nation’s living standards is fought first and foremost in the classroom”.
61. “For forms, of government, Let fools contest; whatever is administered best is best”.
62. Sweet are the uses of adversity. :
63. "Education make a people easy to lead, but ‘difficult to drive, easy to govern, but impossible to enslave". ‘ ,
64. "We never know the worth’ of water till the well is dry.
65. "Personal liberty is the paramount essential to human dignity and human happiness"
66. "The purification of politics is an iridescent dream".
67. “Experience is the name everyone gives to their mistakes”.
68. It is not only fine feathers that make fine birds.
69. Self-conceit may lead to self destruction.
70. "Every art is an imitation of nature".
71. Austerity as a solution of all our economic problems.
72. "Politics is perhaps the only profession for which no preparation is thought necessary".
73. Art and Morality.
74. Humanism
75. The search for truth.
76. Truth in Short Supply
77. 'every Solution Breeds New Problems'
78. The future of mankind in a global warming perspective
79. A country is backward because its people are backward
80. Moral depravity is the root cause of poverty.
81. Health is not a condition of matter, but of mind.
82. Literature is the best criticism of life.
83. The time we live in is the winter of the world.
84. In this country reason does not apply to anything.
85. Does Pakistani society regard woman as the angel in the house or the source of all evils?
86. The pleasures of reading.
87. What are the hurdles in our way to becoming a truly independent state?
88. Democracy is a culture rather than a process.
89. Gender equality is a myth.
90. Meaning and purpose of education.
91. If gold rust what shall the iron do.
92. Not economy but politics is a key to success.
93. Literature as a great cultural artifact.
94. Language is a fit data for research in humanities and social sciences.
95. Privatizing higher education-generating knowledge or making more money for the opulent.
96. Great nations win without fighting.
97. Violence is the large refuge of the incompetent.
98. Only a progressive education at all levels can ensure national progress.
99. No national progress possible without a comprehensive justice system in place.
100. Anticipation is often greater than realization.
101. Punctuality is the virtue of bored.
102. The introduction of new digital technologies has radically altered identities.
103. I disapprove of what you say, but I defend to death your right to say.
104. When life throws you lemons, make lemonade.
105. Is colonial mentality impeding Pakistan’s progress?
106. Modernity is an unending project.
107. Literature is a lonely planet of idealists.
108. Being a minority is a fate no one wants. Can nationalism be really inclusive?
109. Ideologies thrive on notions of resistance, yet change is a simulation.
110. Life without controversy is no life. But why one should not choose the safe haven of conformism?
111. Beware the barrenness of a busy life!
112. New war fronts lie in economic zones.
113. Art for peace.
114. Truth is lived, not taught.
115. Do we really need literature in our lives?
116. Polarized politics: the issues and challenges of democracy in Pakistan.
117. I do not agree with what you have to say, but I’ll defend to the death your right to say it.
118. IMF bailouts: roads to stability or recipes for disaster.
119. Human inventions move the societies backward.
120. Universal human equality is utopic.
121. World food systems: the economics of agriculture.
122. Is there such a thing as ethical consumerism?
123. Human development and economic sustainability.
124. How are terrorism and its perception shaped by the Mass Media?
125. Instruction in youth is like engraving in stone.
126. The one who uses force is afraid of reasoning.
127. Not all recycling projects are cost-effective.
128. The fool speaks, and the wise listen.
129. A friend walks in when everyone else walks out.
130. Online learning is not only convenient but often more effective than traditional classroom instruction.
131. To encourage healthy eating, higher taxes should be imposed on soft drinks and junk food.
132. People have become overly dependent on technology.
133. Both parents should assume equal responsibility in raising a child.

**UPSC Essays:**

**2019:**

**SECTION A**

1. Wisdom finds truth

2. Values are not what humanity is, but what humanity ought to be

3. Best for an individual is not necessarily best for the society

4. Courage to accept and dedication to improve are two keys to success

**SECTION B**

5. South Asian societies are woven not around the state, but around their plural cultures and plural identities

6. Neglect of primary health care and education in India are reasons for its backwardness

7. Biased media is a real threat to Indian democracy

8. Rise of Artificial Intelligence: the threat of jobless future or better job opportunities through reskilling and upskilling

**2020:**

**Section A**

1. Life is a long journey between human being and being humane.
2. Mindful manifesto is the catalyst to a tranquil self.
3. Ships do not sink because of water around them, ships sink because of water that gets into them.
4. Simplicity is the ultimate sophistication.

**Section B**

1. Culture is what we are, civilization is what we have.
2. There can be no social justice without economic prosperity but economic prosperity without social justice is meaningless.
3. Patriarchy is the least noticed yet the most significant structure of social inequality.
4. Technology as the silent factor in international relations

**2021:**

**Section A**

1. The process of self-discovery has now been technologically outsourced.

2. Your perception of me is a reflection of you; my reaction to you is an awareness of me.

3. Philosophy of wantlessness is Utopian, while materialism is a chimera.

4. The real is rational and the rational is real.

**Section B**

5. Hand that rocks the cradle rules the world.

6. What is research, but a blind date with knowledge!

7. History repeats itself, first as a tragedy, second as a farce.

8. There are better practices to “best practices”.

**2022:**

**Section A**

1. Forests are the best case studies for economic excellence

2. Poets are the unacknowledged legislators of the world

3. History is a series of victories won by the scientific man over the romantic man

4. A ship in harbour is safe, but that is not what ship is for

**Section B**

5. The time to repair the roof is when the sun is shining

6. You cannot step twice in the same river

7. A smile is the chosen vehicle for all ambiguities

8. Just because you have a choice, it does not mean that any of them has to be right.

**Topics related to International Relations**

1. Intercultural communication is panacea to avoid 3rd world war.
2. Global trade and trade policies of China.
3. Global politics and international relations.
4. Are modern wars not holy wars?
5. The introduction of new digital technologies has radically altered identities.
6. Education and Internationalism.
7. The U.N.O has failed to measure up to the demands of its charter.

**Gender Topics**

**Dimensions to be covered**: Historical and contemporary Issues confronting women or other genders, origin of the issues and underlying reasons, stakeholders and actors involved, solutions/recommendations. Key figures from past to present alongside prominent historical gender related events or developments of both positive and negative nature.

**Keywords:** Empowerment, Feminism and its compatibility with our culture, Women’s plight, Gender inequality, Gender stereotypical remarks alongside various other issues due to rampant masculine and patriarchal structures.

Women Empowerment and Feminism (a movement for women empowerment and dismantling any gender stereotypes)

**Pioneers of gender equality**

Anita Augspurg (Efforts for permission to practice law in Germany as part of Feminist struggle)

Hedwig Dohm (She was the one who challenged the belief that gender roles were determined by biological differences and posit that these roles are the byproduct of cultural and social norms)

Louise Dittmar (Endeavored for right to assembly, suffrage and independent employment for women)

1. Greater political power alone will not improve women’s plight. (Imp)
2. Ground realities of the new emerging women power.
3. Women universities as agents of change.
4. Hand that rocks the cradle rules the world
5. What if all the developed countries had women as their heads?
6. Women in sports: a new challenge to cope with.
7. Feminism is not really a Third World issue.
8. The controversial issues of feminism in contemporary women’s rights movements.
9. New waves of feminism and our culture.

Women’s plight, Gender inequality, Gender stereotypical remarks alongside various other issues due to rampant masculine and patriarchal structures.

1. Boys will be boys.

**Outline:**

Introduction

Interpretation and origin of the phrase “Boys will be boys”

Implications of normalization of aggressive behavior in men through the phrase

1. Inequality
2. Boys tend to dominate women
3. Misogynist behavior in men

Recommendations to cater to the gender stereotypical behaviors nurturing from such attitude

Conclusion.

1. **Gender equality: A popular slogan**

**Outline 01**

Introduction

Misconception about equality: Gender equality is a popular slogan to sloganeer

1. Inherent biological difference between different genders
2. Different physical and emotional strength between men and women

Supporting arguments: Gender equality is not merely a slogan and can be achieved

1, 2, 3, 4, 5,

Upsides of a more gender inclusive world

1, 2, 3, 4

Ongoing challenges in achieving a more gender equal world

1, 2, 3, 4

Recommendations

1, 2, 3, 4

Conclusion

**Outline 02**

1. Introduction.
2. Why is Gender Equality considered a myth by some critics?
   1. Due to patriarchal structures, many people still believe that men are inherently superior to women both physically and intellectually.
   2. Such people posit that men and women will never achieve similar level of success in life regardless of social, political and economic interventions due to innate biological difference between them.
3. Why has there been Gender Inequality in the world?
   1. Men having greater advantage over women in hunter-gatherer society due to their perceived greater physical strength which created patriarchal structures in society.
   2. This led to unequal social, political and economic outcomes for women due to unequal opportunities provided to them.
4. Why is Gender Equality not a myth?
   1. Technological advancements have rendered physical strength obsolete and excellence is determined by character and intellectual prowess in the modern world.
   2. Scientifically, both men and women have equal opportunities to excel in modern day life
   3. Given equal opportunities, women have always performed as good, if not better, as men in all walks of life
5. What is the evidence that Gender Equality is achievable?
   1. Historically, many women have earned their name in life of most consequential people such as:
6. Joan of Arc as a great fighter;
7. Catherine the great as ruler;
8. Sojourner Truth as suffragist and Civil Rights activist;
9. Fatima Jinnah as a freedom fighter;
10. Alexa Grasso as Mixed Martial Arts champion
    1. Despite being provided with less opportunities than men, women have also been trailblazers in many walks of life such as:
11. Marie Curie as a revolutionary scientist;
12. Ada Lovelace as the first computer programmer
13. Margret Hamilton as a key engineer for Apollo 11 mission to moon;
14. Jennifer Doudna and Emmanuelle Charpentier as inventors of Gene editing tool – CRISPR
    1. Evidences show that as societies become more equal, the outcomes for both men and women become increasingly equal as well
15. Canada and Scandinavian countries have the lowest rates of income inequality among men and women due to inclusive socio-political structures
16. The share of women in Nobel Prize is also increasing with time as societies are providing greater opportunities to women:
    1. 12 women were awarded Nobel Prize in sixty years between 1901 to 1960
    2. 18 women were awarded Nobel Prize in forty years between 1960 to 2000
    3. 28 women have been awarded with Nobel Prize in twenty years between 2000 to 2020
17. Why is Gender Equality desirable?
    1. On humanistic grounds, both women and men deserve to be provided with equal opportunities
    2. Gender parity has a fundamental bearing on whether or not economies and societies thrive.
18. Comparative case study of Scandinavia and Sub-Saharan Africa
19. How can third-world countries like Pakistan can strive to achieve Gender Equality?
    1. Third-world countries must improve access to quality education and healthcare
    2. Creating a conducive environment for political empowerment of women
    3. Improving economic participation and opportunities for women
20. Conclusion.
21. Fulfillment of ‘new woman’ in Pakistan is a myth. (Imp)
22. Frailty, thy name is woman.

**Outline**

Introduction

Interpretation of the statement “Frailty, thy name is woman”

Wrong notion: Women are deemed fragile historically due to cultural norms and gender stereotypes

Or

Misconceptions about women: Challenging the historical myth of female fragility

1. misconceptions about fragile physical appearance of women
2. Historical cultural norms of women being emotionally weak

Supporting arguments: Frailty is not a defining characteristic of women

Or

Debunking the Myth of Female Weakness: Examining Evidence and Examples

1. Women in fitness and combat sports
2. Women in politics and being world leaders
3. Women in science and technology
4. Women in military because of their strong emotional strength
5. Historical and contemporary examples of women who have demonstrated physical and emotional strength and resilience

Ongoing challenges confronting women in the twenty-first century

1, 2, 3, 4

Recommendations

1, 2, 3, 4

**TOPIC WISE PAST PAPERS OF ESSAY**  
  
**1. RELIGION**  
1. Art and Religion (1971)  
2. Relevance of Islam to Science (1972)  
3. Iqbal's Reinterpretation of Islam (1973)  
4. Religion and Science (1978)  
5. Islam and Democracy (1980)  
6. The Influence of Religion on Civilization (1981)  
7. Role of Zakat in Society Building (1982)  
8. Value of Faith in a Computerized World (1983)  
9. National Dynamism and Islamic Internationalism (1983)  
10. Islam as a Religion of Universal Love and Peace (1984)  
11. Pakistan and the Muslim World (1984)  
12. Example of the Holy Prophet Mohammad, Peace Be Upon Him, As a Perfect Human Being, Soldier and Administrator (1985)  
13. Pakistan's Achievements Towards Islamisation (1985)  
14. Muslim Ummah at the Cross-Road (1987)  
15. Islam and Women (1989)  
16. Religious Toleration (1991)  
17. Muslim Perception of the West, And the Western Perception of Islam (1997)  
18. Pakistan as Leader of the Islamic World in 21st Century (1998)  
19. Renaissance in the Muslim World: Prospects and Perils (1999)  
20. Pluralistic Vision of Islam (2004)  
21. Islam Versus the West (2005)  
22. The Image of Islam in the Western World and Responsibilities of the Muslim Ummah (2007)  
23. Peace - The Essential Message of Our Religion (2008)  
24. Status of Women in Islam (2009)  
25. Religion Has Done More Harm Than Help to Human Relations in the World (2010)\  
  
**2. SCIENCE AND TECHNOLOGY**  
1. Solar Energy (1973)  
2. Interplanetary Travel (1973)  
3. The Peaceful Uses of Nuclear Energy (1974)  
4. The Uses of Computers (1975)  
5. The Nuclear Power Programme in Pakistan (1978)  
6. Impact of Science on Society (1980)  
7. Industrial Development and Environmental Pollution (1983)  
8. Past and Future Perspective of the Nuclear Disarmament Talks (1985)  
9. Nuclear Contamination - Is the Threat Real or Imaginary? (1986)  
10. We have entered the Computer Age. What are the dimensions and prospects of this modern technology? (1986)  
11. Machines and Emotions (1988)  
12. Science Without Conscience Is the Ruin of a People (1990)  
13. Energy: A Critical Factor in Pakistan's Economic Development (1994)  
14. Pakistan's Nuclear Program: Alternative Scenarios (1994)  
15. Universe Is the Light of Modern Scientific Discoveries (1995)  
16. Expanding Information Technology; A Curse Or Blessing? (1997)  
17. Danger of a Nuclear War in the Years to Come (1998)  
18. The Role of Science in the Next Century (1998)  
19. Is the World Ready for the Gene Age? (1999)  
20. Advancement in Science and Technology Is the Gateway to the Economic Prosperity of a Country (2000)  
21. Global Warming (2006)  
22. Nuclear Weapon Are Not Only a Great Peril, But Also a Great Hope (2006)  
23. The Future of Mankind in Global Warming Perspective (2007)  
24. Global Warming - Fact or Fiction? (2008)  
25. The Suffering Soul in the Scientific Age (2012)  
  
**3. POLITICS**  
1. Leaders and Followers (1971)  
2. The Strategy of Political Warfare (1972)  
3. Statesmen and Diplomatists (1972)  
4. The Role of Democracy in a Developing Country (1979)  
5. Nationalism and Super Nationalism in Our Times (1979)  
6. Ideological Frontiers of Pakistan and Its Preservation (1982)  
7. Need of Moral Standards in International Relations (1982)  
8. Freedom Movement and Establishment of Pakistan (1983)  
9. Patriotism (1984)  
10. The Ideology of Pakistan (1984)  
11. Is Democracy a Panacea of All Political and Economic Evils? (1985)  
12. Foreign Aid - Is It a Blessing or a Curse? (1986)  
13. Federalism and National Integration (1987)  
14. Party System and Democracy (1988)  
15. Is Democracy Out of Date? (1990)  
16. Democracy and Mass Illiteracy Do Not Go Together (1993)  
17. Discuss the Slogan: Accountability First and Elections Later (1996)  
18. The Purification of Politics Is an Iridescent Dream (2000)  
19. Devolution of Power in Pakistan (2001)  
20. Politics Is Perhaps the Only Profession for Which No Preparation Is Thought Necessary (2002)  
21. Personalization of Pakistani Politics (2006)  
22. The Future of Democracy in Pakistan (2009)  
23. The World Politics Stands More Derisive Than It Was Ever Before Due to the Specific Imperialist Designs (2010)  
24. What Are the Hurdles in Our Way to Becoming a Truly Independent State? (2011)  
25. Democracy Is a Culture Rather Than a Process (2012)  
  
**5. BOOKS AND LITERATURE**  
1. How Words Change Our Lives? (1971)  
2. Experiment in Literature (1973)  
3. The Influence of Western Literature (1974)  
4. Urdu Literature Since 1935 (1975)  
5. The Writer's Role in an Ideological State (1977)  
6. Urdu Poetry Today (1977)  
7. The Social Role of a Writer (1978)  
8. Dreams and Poetry (1979)  
9. Theatre of the Absurd (1980)  
10. Contemporary Pakistani Literature (1981)  
11. Values of Literature and Its Influence on Life (1982)  
12. If the Poetry Comes Not as Naturally as the Leaves to a Tree It Had Better Not Come at All (1984)  
13. The Power of Imagination (1991)  
14. Literature transmits incontrovertible condensed experience from generation to generation. In this way Literature becomes the living memory of a nation. (1998)  
15. Of All the Needs a Book Has, the Chief Need Is That It Be Readable (2002)  
16. Humour in Urdu Literature (2006)  
17. Poetry Is the Highest Form of Expression - The Greatest Proof Is the Holy Quran (2008)  
18. Literature Is the Best Criticism of Life (2010)  
19. The Pleasure of Reading (2011)  
20. Literature as a Great Cultural Artifact (2014)  
  
**6. MEDIA**  
1. The Art of Feature Films Made in Pakistan (1971)  
2. Our Movies and Our National Character (1977)  
3. Mass Media and Opinion Formation (1978)  
4. Role of Press in the Third World (1982)  
5. Press Freedom and Responsibility (1995)  
6. The Press and the Nation Rise and Fall Together (1996)  
7. Power of Media in the Modern World (2009)  
8. Truth Is a Rare Commodity Despite the Freedom Enjoyed by the Print and Electronic Media (2011)  
9. The Emerging Power of Public Opinion (2012)  
10. Modern Day Communication Via Social Networks Puts an End of True and Sincere Relationships (2013)  
  
**7. HISTORY**  
1. The Lessons of the Past (1971)  
2. "If" in History (1972)  
3. Freedom Movement and Establishment of Pakistan (1983)  
4. The Value of the Study of History (1991)  
5. Those Who Will Not Learn from History Shall Relieve It (1992)  
6. Hankering After the Past Is an Admission of One's Inability to Shape the Future (1994)  
7. The United Nations: Its Triumphs and Failures Since Its Inception (1998)  
8. History as the Biography of Great Men (1998)  
9. Most of the History Is Guessing, and the Rest Is Prejudice (1999)  
10. All Recorded History Is Contemporaneous (2004)  
  
**8. PSYCHOLOGY**  
1. Brain Washing (1971)  
2. Psychology and Its Social Meaning (1972)  
3. The Divided Self and the Process of Its Unification (1972)  
4. Archetypes (1973)  
5. Man's Psychological Relationship with Animals (1973)  
6. The Measurement of Personality (1974)  
7. An Evaluation of Various Theories of Psychotherapy (1975)  
8. Conscience Versus Command (1977)  
9. Longing for Love (2004)  
10. Brain, Like Hearts, Go Where They Are Appreciated (2012)  
  
**9. PHILOSOPHY**  
1. The Sick Soul (1972)  
2. Pragmatism (1975)  
3. Existentialism (1979)  
4. Man is the Slave of Habit (1981)  
5. On Being a Pessimist (1982)  
6. Human Kind Cannot Bear Very Much Reality (1983)  
7. Purpose of Life on Earth (1985)  
8. Self-Conceit May Lead to Self Destruction (2001)  
9. The Search of Truth (2005)  
10. Materialism Is the Death of Spirituality (2008)