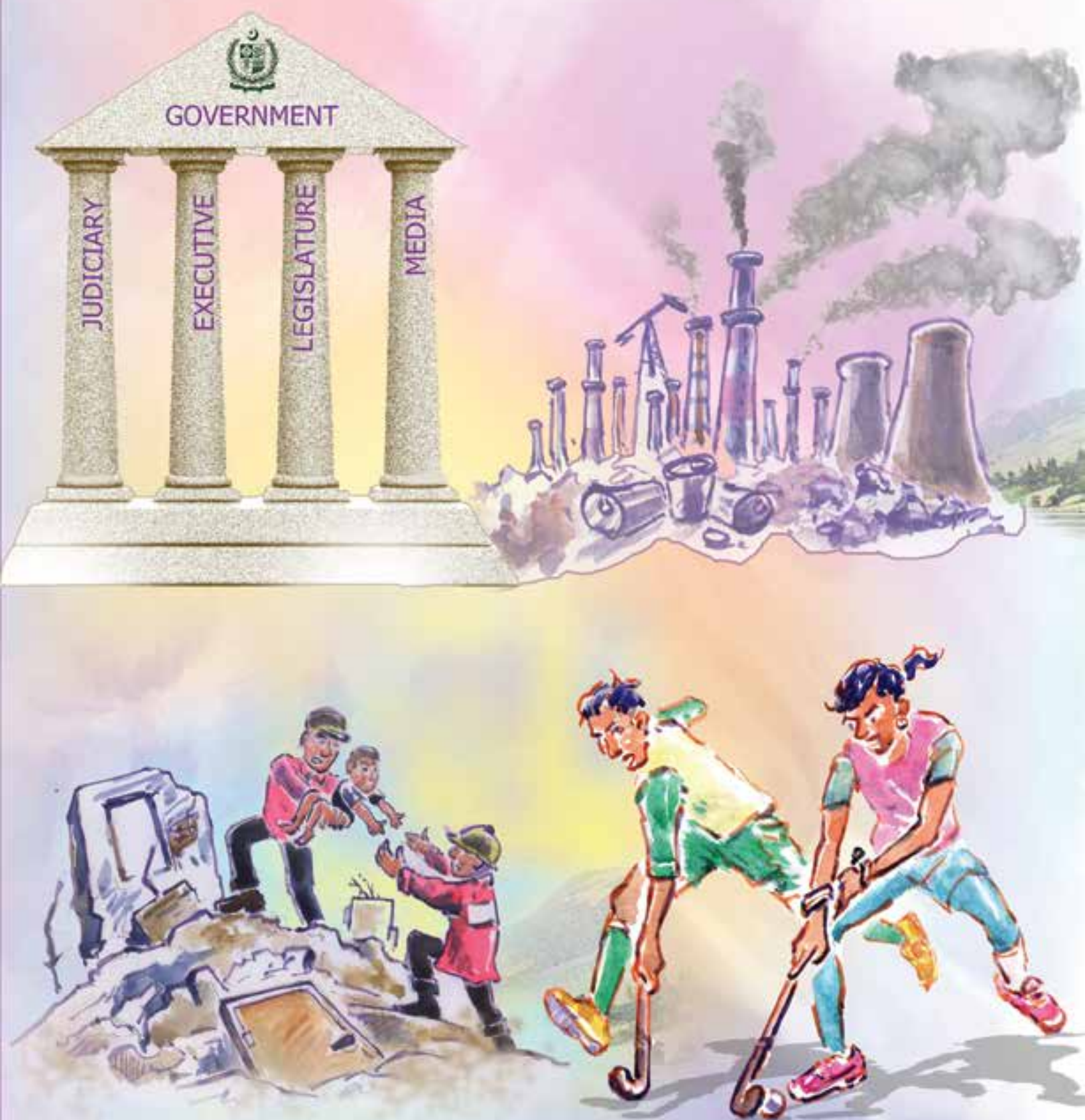


# THE FIRST BOOK OF CIVIC EDUCATION



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Center for Peace & Secular Studies

فروغ امن و روشن خیالی

## First Book of Civic Education

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# INTRODUCTION

## Dear Children,

You must have read different subjects in your curriculum, these include; computer science, mathematics, Urdu, social studies, biology and others. While these subjects and sciences are essential for learning and becoming valuable assets. At this stage you should also be taught on how to become good and responsible citizens. Things like how to behave on the road, your rights and responsibilities should be taught to you. For the same reason we have furnished the First Book of Civic Education, so that the knowledge to become good citizens can be passed on to you.

To become useful citizens of a country we need to know our rights and responsibilities. For example, it is our right to know the functions of the state, structure of the government and the role of political parties in a democratic country. Besides, having the knowledge of the Government, it is also important to learn how to live healthy and peaceful life and interact with our fellow citizens, along with the knowledge of how to protect our environment and other living species.

Since the above mentioned topics are missing from our national/provincial curriculum, it is need of the hour to introduce this book to you. We hope the book fulfills your queries and encourages a healthy debate.

Thank you.

- 1 - Civics**
- 2 - Constitution**
- 3 - Democracy**
- 4 - Government, State, and Politics**
- 5 - Environment and Global Warming**
- 6 - Peace and Tolerance**
- 7 - Importance of Gender Equality**
- 8 - People and Festivals of Pakistan**
- 9 - Personal Hygiene and Physical Activity**
- 10 - Mental Health**
- 11 - Responsibilities**
- 12 - Rights**
- 13 - Volunteerism**



# CIVICS

## What is Civics?

Civics is the study of the rights and duties of citizenship. It also teaches about the basics of how the government works.

## What is meant by citizenship?

Living in a country does not mean that a person is necessarily a citizen of that country, because a citizen has to meet the legal requirements of a national, state, or local government, which in turn grants certain rights and privileges to its citizens.

## What is the origin of Civics?

Civics originated from ancient Greece. The term derives from the Latin word *civicus*, meaning "relating to a citizen". The purpose of political (that is civic or city-life) was the self-development of the citizens.

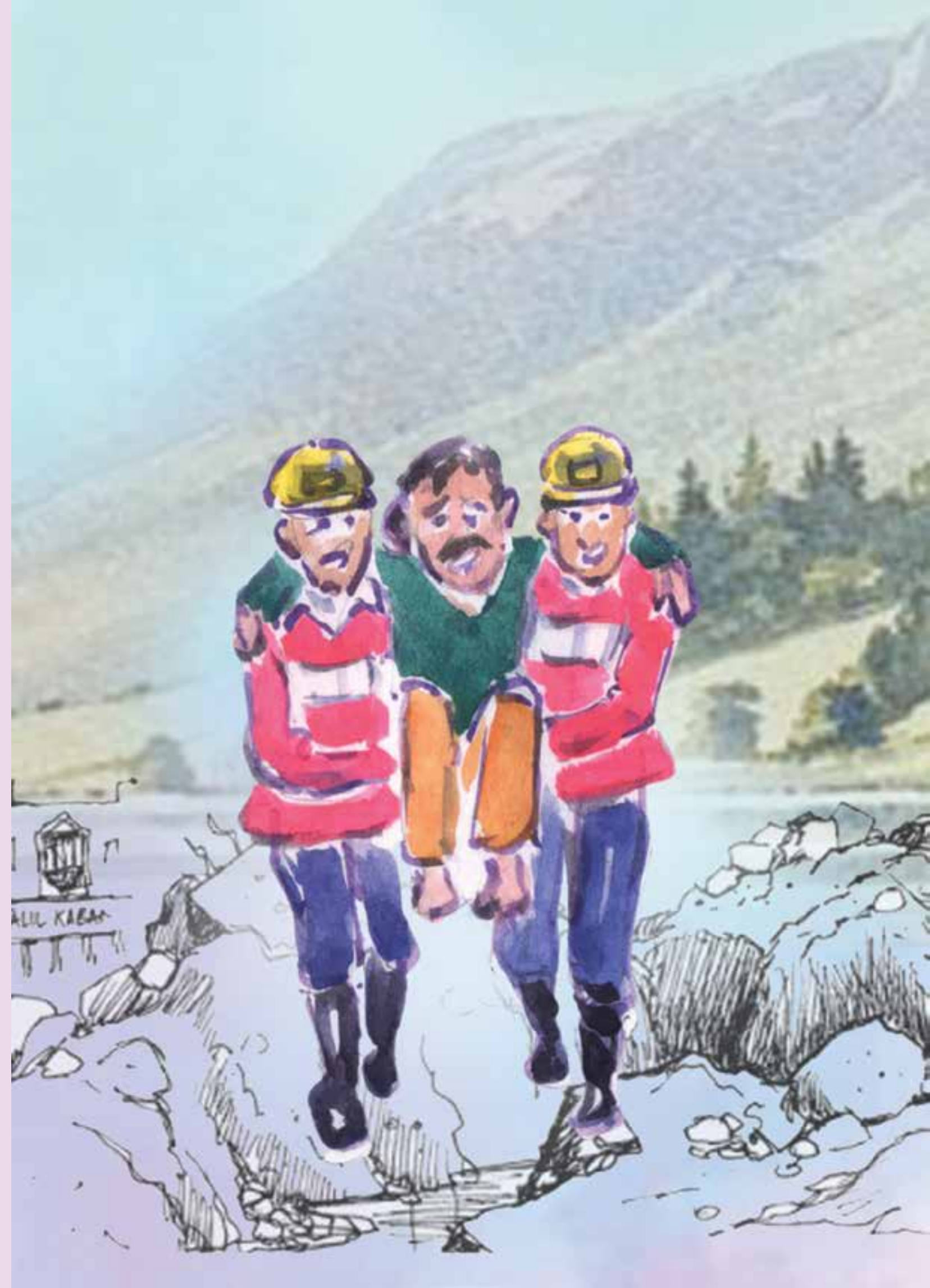
## Why should we study Civics?

The idea that children across the country go to school or receive an education has everything to do with civic education.

It is important to learn to read, and study math and science, but it is equally important to develop self-awareness and relationship skills as we have to live and work in a society where others live as well.

Each of us should try to be a citizen that is actively involved in our governance. Civic education is not limited to participation in politics alone, as it also includes participation in classrooms, neighbourhoods, groups and organisations. Students learn to contribute to public processes and discussions of real issues. Students can also learn civic practices such as voting, volunteering, and joining with others to improve society.

Through the lessons learnt in this book, we can become peaceful, tolerant and law-abiding citizens who have some understanding of the structure of government, voting, democracy and society. We will also learn how our own active participation is important and useful for our own as well as for the wellbeing of other individuals and the society as a whole.





# CONSTITUTION

## What is meant by Constitution?

The Constitution of a country is a legal framework or structure that sets out the powers and duties of the government and the rights of its citizens.

## What was the vision of Mohammad Ali Jinnah?

In his speech delivered on 11th August 1947 to the first Constituent Assembly of Pakistan in Karachi, the Father of the Nation, Mohammad Ali Jinnah, whom we refer to as 'Quaid-e-Azam' (the Great Leader) had said to the members something that we must always remember:

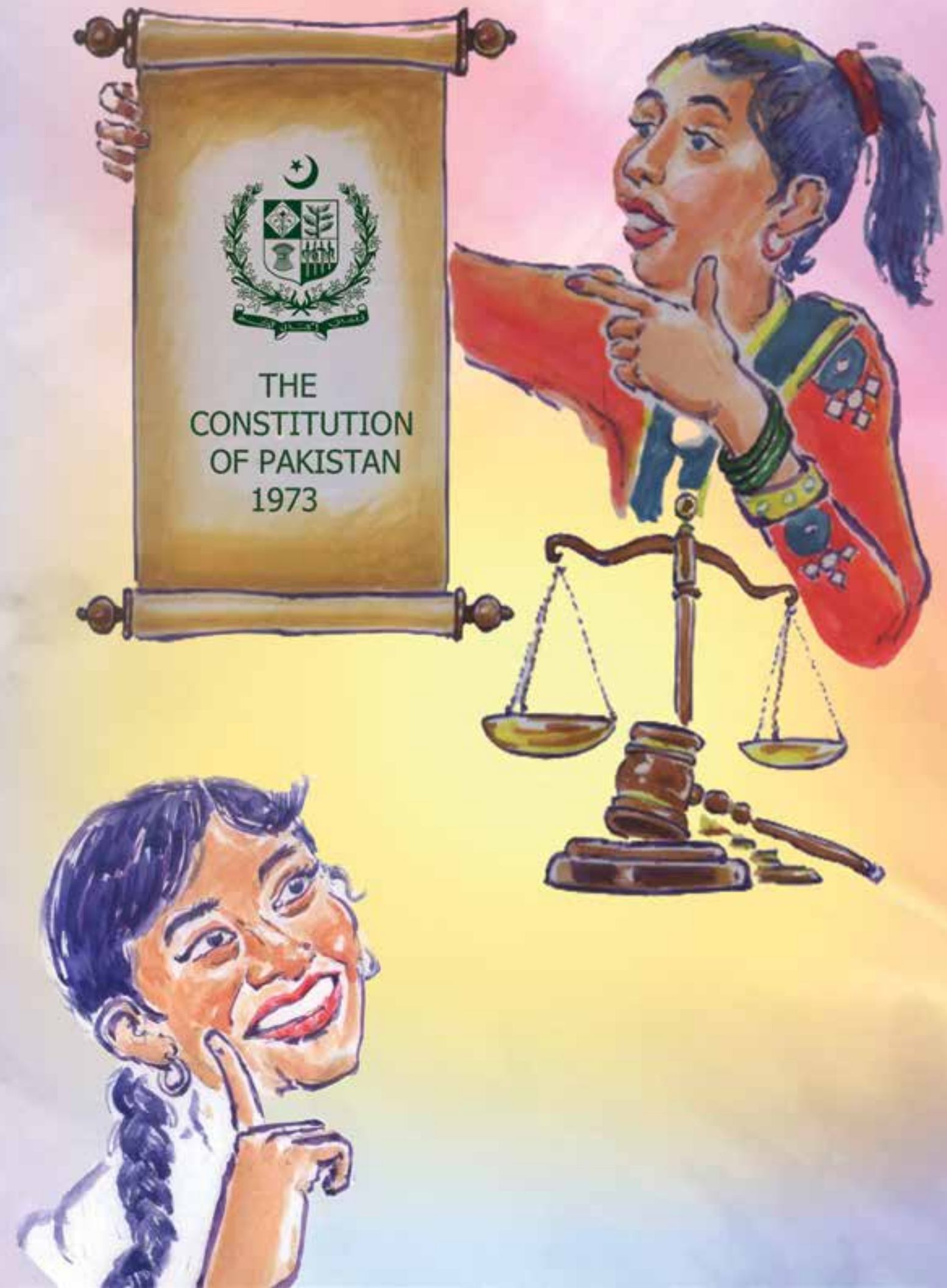
"You are free; you are free to go to your temples, you are free to go to your mosques or to any other place or worship in this State of Pakistan. You may belong to any religion or caste or creed that has nothing to do with the business of the State...We are starting in the days where there is no discrimination, no distinction between one community and another, no discrimination between one caste or creed and another. We are starting with this fundamental principle that we are all citizens and equal citizens of one State."

The above words are significant, as they are proof that Quaid-e-Azam had intended a Pakistan not just for Muslims but people of all religions where they could live peacefully and practice their religious obligations freely.

## Constitution of Pakistan

The present Constitution of Pakistan is the one that was passed in 1973. The few main features are:

- Pakistan shall be a Federal Republic with a Parliamentary system of government. The prime minister shall be the head of government, elected from the majority party.
- The special position of Islam as the state religion shall be emphasised and both the prime minister and president are required to be Muslims.
- All fundamental human rights shall be guaranteed but the condition was added that it was subject to reasonable restrictions imposed by law.
- The Supreme Court and High Courts shall be given the power to enforce fundamental rights.





# DEMOCRACY

## There are different types of governments

You might know that there are different types of governments, such as totalitarian (a political system in which all authority is in the hands of the state), a monarchy (a form of government with a monarch-a king or queen -at the head), or a theocracy (using religion to govern the country), oligarchy (where a small segment of society rules). However, a democracy is an example most people are familiar with. Let us learn some more about it.

## What is a Democracy?

The word democracy comes from the Greek words "demos", meaning people, and "kratos" meaning power; so democracy can be thought of as "power of the people": a way of governing which depends on the will of the people. In other words, democracy is a system of governance, in the famous words of America's President Abraham Lincoln: "Of the people, by the people, for the people."

In an ideal democratic process, free and fair elections are held periodically. All those voters who are above the age of 18 years can participate in the election process and elect their favourite representatives. Democracy is more than just the right to vote, therefore the voters need to keep a close eye on their representatives, as those who are elected are accountable to the voters for all their decisions for the country. Since the power lies with the people, the political party or candidate can be voted out of office if they do not deliver the promises made to their voters.

## Democracy in the modern world

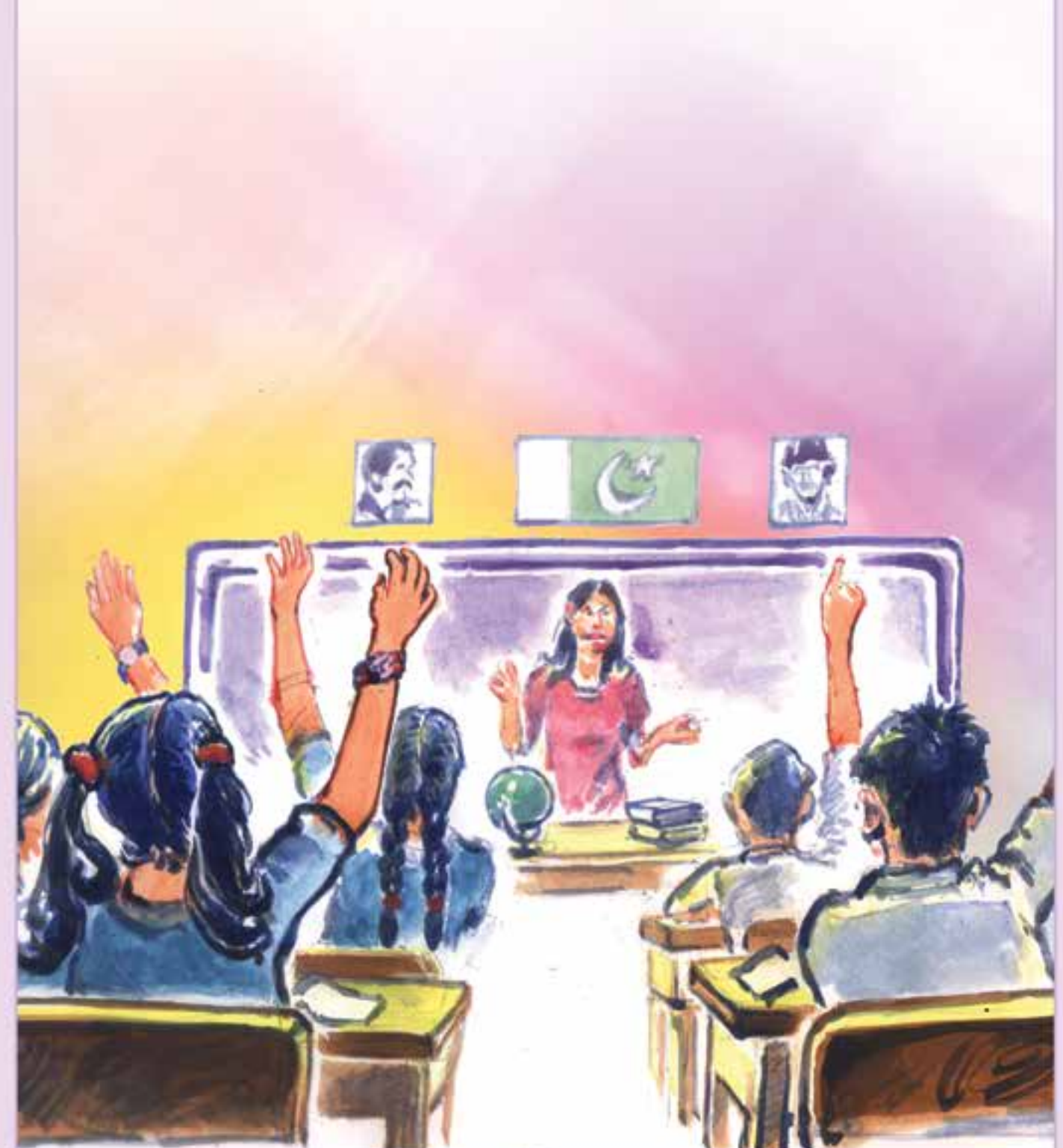
Today there are as many different forms of democracy as there are democratic nations in the world. No two systems are exactly the same and no one system can be taken as a "model".

However, one thing that unites modern systems of democracy, and which also distinguishes them from the ancient model, is the use of representatives of the people. Instead of taking part directly in law making, modern democracies use elections to select representatives who are sent by the people to govern on their behalf. Such a system is known as representative democracy. It can lay some claim to being "democratic" because it is, at least to some degree, based on the two principles above:

equality of all (one person – one vote), and the right of every individual to some degree of personal independence.

## Democracy in Pakistan

For over 70 years, the country has alternated between authoritarian military regimes and ineffective elected civilian rule. Pakistan constitutionally is a democratic parliamentary republic with its political system based on an elected form of governance.







## GOVERNMENT, STATE, AND POLITICS

Let us examine these three terms.

### What is meant by Government?

A bit similar to your school's administration, the Government of a country is a group of people who are in authority and have administrative powers to manage the actions of the citizens of its country, and also decides its relationship with the rest of the world. It decides how to spend on which aspect of the society in each city/town/village, as well as in other areas that impact the overall wellbeing of the country. It has formal institutions that have the authority to make laws and implement them.

#### The three branches of Government are:

1. The Parliament (for legislature) that makes laws,
2. The Executive Branch (office of the Prime Minister or the President and the Cabinet) that implements the laws, and
3. The Judiciary (the Supreme Court and other Courts) that interprets the laws.

### What is a State?

A State is an organized political community acting under a government. States differ in independence, governance, geography, and interests. In other words, a State is a society of people politically organised within a definite territory, having its own government with strong powers to enforce obedience and which is free from external control.

### What is Politics?

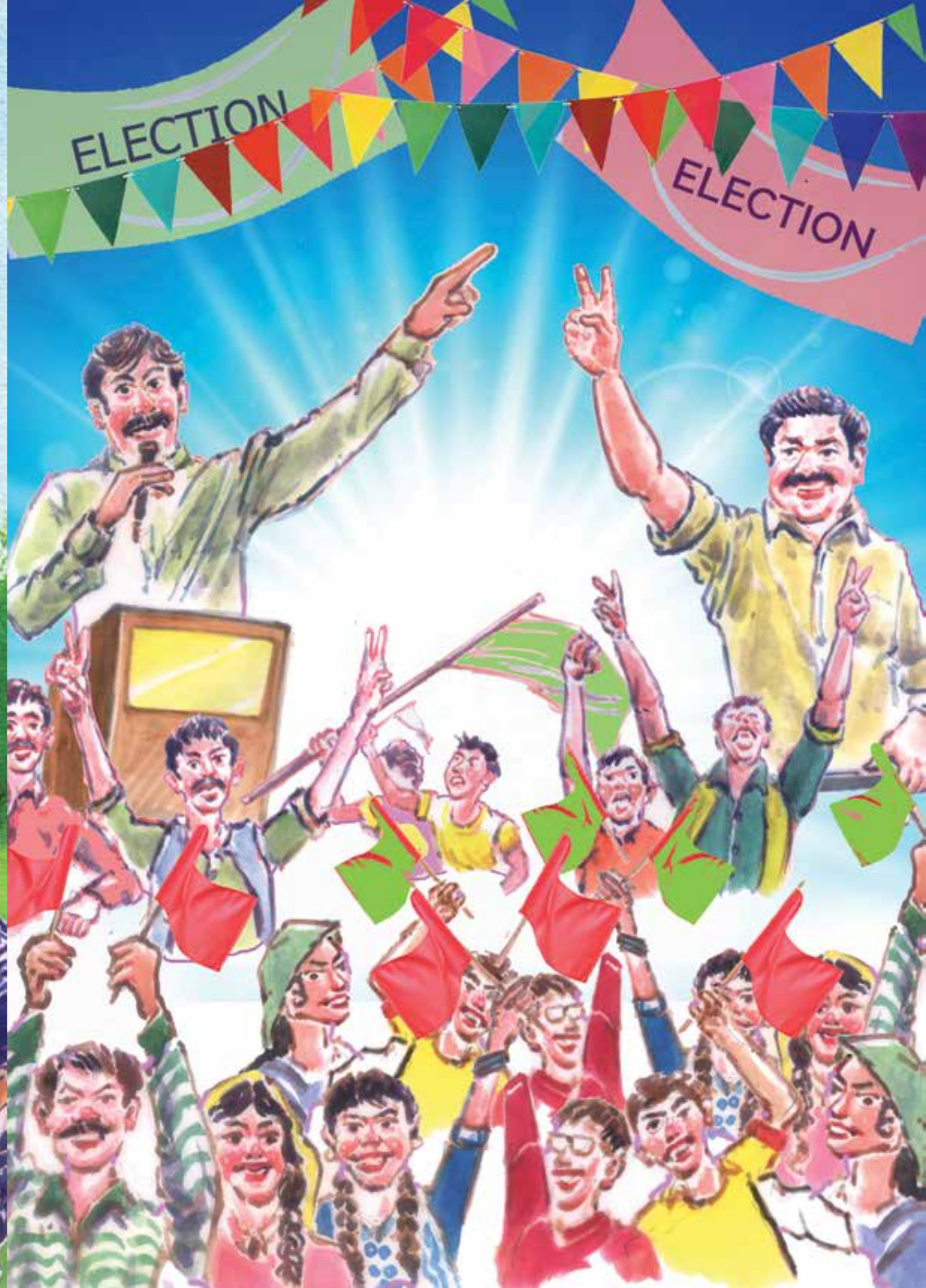
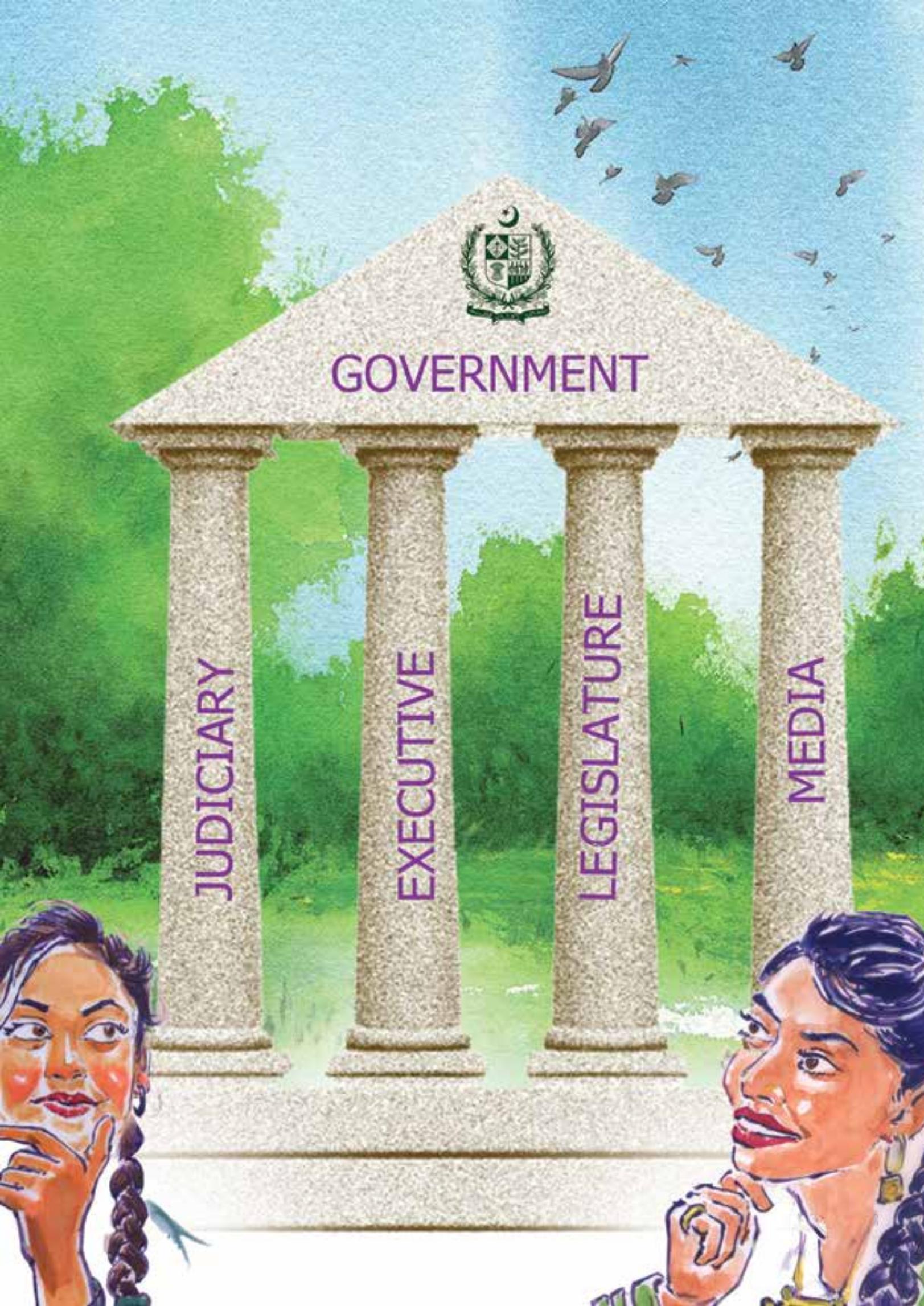
One common answer to this question is that politics is about who gets what, when and how. We often refer to something as being 'political', or 'all about politics', to mean it boils down to a power struggle between people or groups. In other words, it is the art or science concerned with guiding or influencing governmental policy.

You may wonder how the people or rival groups translate their ideas or materials into policy. In multi-party democracies, the obvious answer to this is through winning elections, which allows parties to implement their programmes.

#### There is politics in the classroom! You know how?

Say a class representative or a prefect or a monitor is selected by the class-teacher versus one who is elected by the students. The student elected by the class fellows is more likely to represent the interests of the class, instead of only following what the teacher wants her/him to do.







# ENVIRONMENT AND GLOBAL WARMING

## Environment

Environment is the surroundings or conditions in which a human, animal, or plant lives. Simply put, environment is the area in which we live. There are two different types of environment:

### Geographical Environment Man-made Environment

The geographical or natural environment is also referred to as the physical environment, and these physical or geographic conditions are not dependent on the existence of humans.

The man-made environment is created by humans. Some may also refer to it as a social-cultural environment.

## Global Warming

Global Warming is the gradual increase in the overall temperature of the earth's atmosphere. It is attributed to what is known as the 'greenhouse effect' caused by increased levels of carbon dioxide, CFCs, and other pollutants. This is due to human activities, primarily fossil fuel burning, which releases and increases heat-trapping greenhouse gases into the atmosphere, which trap warmth from the sun and bring up Earth's surface and air temperature.

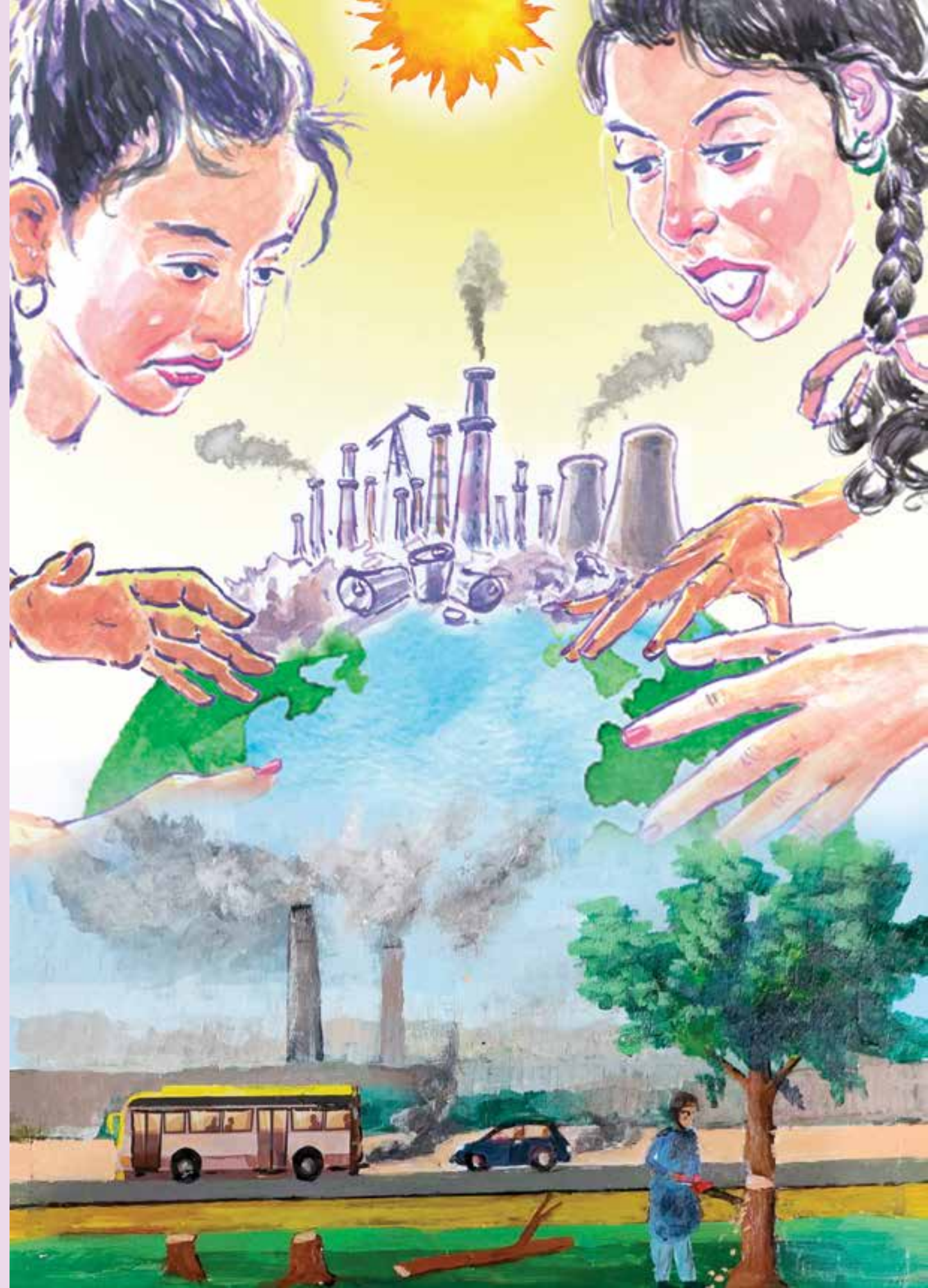
Below are a few results of global warming:

### a. Loss of biodiversity

Our global ecosystem is based on biodiversity. It provides us with fresh air, clean water, medicines, and it regulates our climate. It is infinitely beautiful, and we are an integral part of it. Our connection with nature, and its countless life forms, is larger and deeper than us. Each of the million species of animals and plants at risk of extinction has a unique story.

### b. Bad air quality

Air quality gets compromised due to air pollution, which is one of the biggest threats for the environment and affects humans, animals, crops, forests, cities and all water bodies. Children face special risks from air pollution because their lungs are growing and because they are so active





and breathe in a great deal of air.

### c. Water quality

We need clean, safe, plentiful, reliable and affordable drinking water. Water pollution contaminates water bodies such as oceans, seas, lakes and streams as a result of human activities and irresponsible behaviour.

More about irresponsible human behavior:

### Plastic pollution

Plastic trash is everywhere. Plastic pollution is one of the most pressing environmental issues, as disposable plastic products overwhelm our ability to deal with them. The throw-away culture that reveals the dark side of the single-use material is that plastic bags and food wrappers have a lifespan of a few minutes to hours, but they live on in the environment for hundreds of years!

### Food waste

Food waste or food loss is food that is not eaten. It happens at home, in restaurants and hotels, schools and other institutions, during festivals and celebrations, marriage ceremonies and so on. It happens due to uneaten leftovers to spoiled produce. Donating surplus food to the needy can do away with hunger, providing people with food security

### Local climate change impacts.

Climate change affects our society through different social, cultural, and natural ways. It affects our health, social infrastructure, and transportation systems, as well as energy, food, and water supplies. Climate change especially impacts people who live in coastal areas as they are vulnerable to storms, drought, and sea level rise. It also impacts people who are poor, older adults, and immigrant communities. Professions that are closely linked to weather and climate, such as tourism, commerce, and agriculture, are all being affected

### How can we help to reduce the impact of climate change?

#### What can we do

We can do the following. When we are taking any action, we just have to remember these six 'Rs' and we will be able to do some damage-control:

- a. Reduce - Reduce your consumption of goods.
- b. Rethink - Before buying unnecessary goods.
- c. Reuse - Try to reuse old goods instead of buying new.
- d. Repair - Repair broken toys and other items.
- e. Recycle - Recycle goods to avoid increasing your carbon footprint.
- f. Refuse - Refuse the urge to over consume.

## PEACE AND TOLERANCE

There are three useful words to remember:

### ■ Care ■ Compassion ■ Cooperation

For a peaceful coexistence in this world, it is important to respect other people. We can bring about a change and make this world peaceful and beautiful. Care and compassion simply means that we are kind, helpful, feel the pain of others, and are considerate. Cooperation means to work willingly for a mutual or common purpose or assist in working towards a common goal.

In order for the country to develop, absence of violence and war is extremely important. Possession of weapons must be the exclusive right of the State, and no citizen, regardless of his/her rank or status, must be allowed to possess, carry or display any weapon.

It is also important to understand that peace can be achieved not only by saying no to guns and wars but also by promoting social justice and equal rights for all citizens. People should be able to work and engage in social and religious activities without any fear. Men and women have equal opportunities and equal rights. Every citizen, irrespective of age, gender, belief, faith and social class, feels safe.

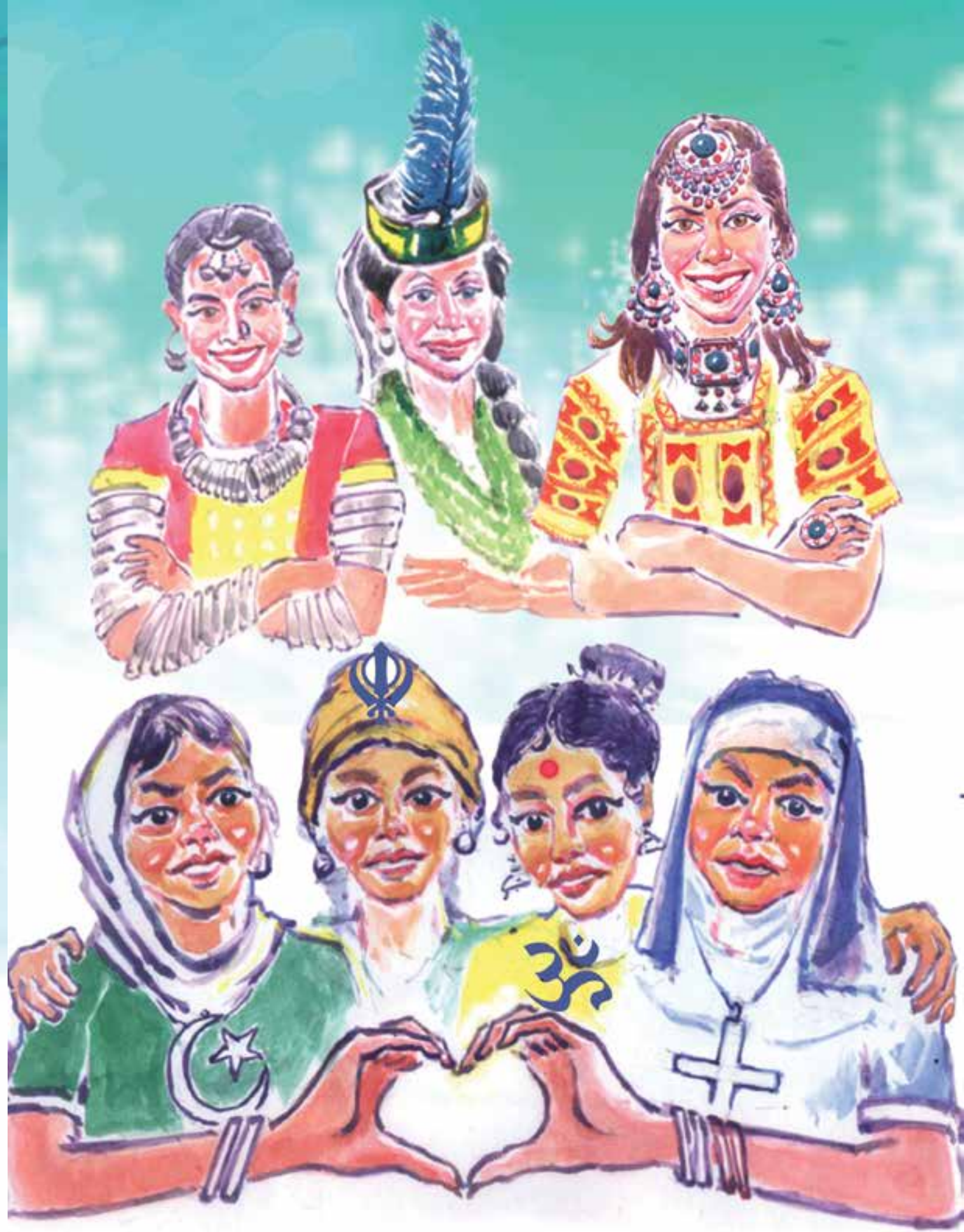
Violence could be verbal, emotional as well as physical. We have to begin peace-keeping from home and school. In order to contribute to a peaceful environment of tolerance, acceptance and a peaceful conflict resolution, we must pledge that the following will not be practiced at any point:

- bullying or hitting anyone at any time.
- using mean ways at work and play to surpass others to succeed.
- not joining any individual or group that uses or promotes violence.
- saying no to violence, whether at home, at school, in the community, sports or other social activities.
- using and contributing for the peaceful conflict resolution whether at home, at school, in the community, or at public places.

In an understanding, tolerant society, people live without fear. They live without being discriminated. Another word for discrimination is prejudice or bias. There are different categories of people, and if there is intolerance especially on the grounds of their age, gender, ethnicity, language, faith or disability, then that society cannot remain safe or peaceful. People may have different points of view but everyone has the right to express their views.

Tolerance brings harmony and beauty in society.







## IMPORTANCE OF GENDER EQUALITY

### What is the meaning of Gender Equality?

When all individuals are considered to be equal in a society, irrespective of their caste, colour, profession, status and gender, we call it equality.

Gender equality means that men and women are treated similarly. A nation can progress and attain higher development growth only when women are provided equal rights and opportunities as men, to health, education, decision-making and economic independence.

### Pakistani Women

Unfortunately, in Pakistan women are still not given those rights. However, there are many women in our country who have made a huge name for themselves locally, nationally and internationally. Women work in all kinds of professions – from carrying out domestic work, sowing seeds and harvesting crops in the fields to conquering the highest mountain peaks of the world, serving in the armed forces, working as scientists, doctors, teachers, and in numerous other fields.

### A Few Outstanding Examples

Below are only a handful of examples from the present as well as the past, out of hundreds of thousands of women high achievers of Pakistan.

#### ■ MOHTARMA FATIMA JINNAH

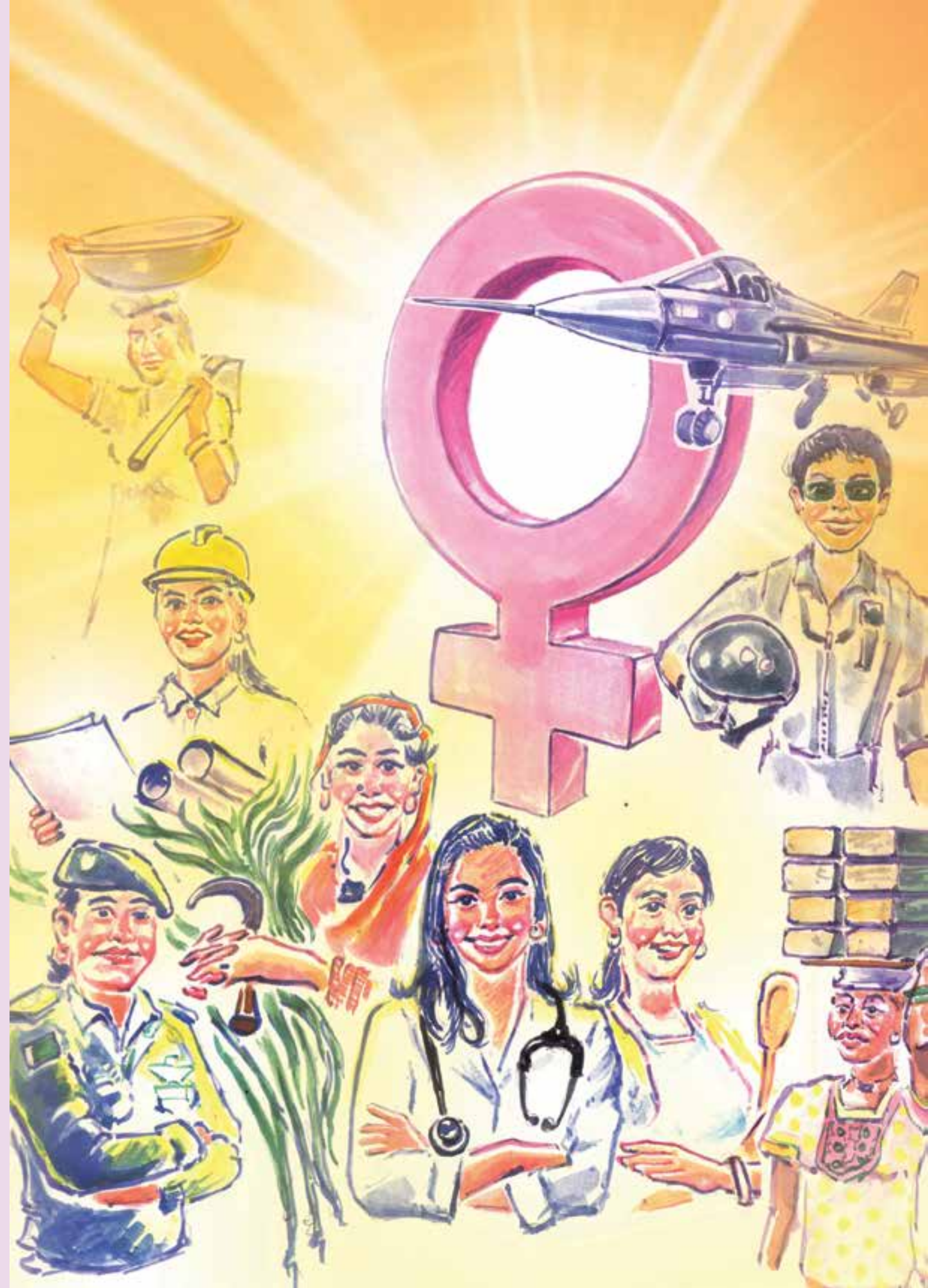
Mohtarma Fatima Jinnah was the sister of the Founder of Pakistan, Mohammad Ali Jinnah, known as Quaid-e-Azam. She trained as a dentist but tirelessly worked alongside her brother to gain independence from British rule in India and in creating a separate country-Pakistan.

#### ■ BENAZIR BHUTTO

Benazir Bhutto became the first female Prime Minister of Pakistan. She was the youngest elected leader in the Islamic world, the world's youngest Prime Minister, and the youngest female Prime Minister ever elected anywhere. She graduated from Harvard university and university of Oxford. She is the author of 3 books, Daughter of destiny, Reconciliation: Islam, Democracy, and the West and Pakistan: the gathering storm.

#### ■ KISHOO BAI (KRISHNA KOHLI)

Kishoo Bai is the first Hindu Dalit woman to become a senator of Pakistan. She has held this position since 2018. She is known for her role in defending Human Rights and has fought against bonded labor. She was named one of the most influential women of the World in 2018 by BBC. She was made the Chairperson of Senate for a single day.





#### ■ JUSTICE RETD MAJIDA RIZVI

Justice Retd Majida Rizvi is the first woman to be appointed the judge of a High Court in Pakistan. While working as lawyer she practiced at High Courts and Supreme Court of Pakistan. She was known for her work in rights of women and children. She was also the Chairperson of Sindh Human Rights Commission.

#### ■ MAJOR GENERAL SHAHIDA MALIK

Major General Shahida Malik is the first ever lady to become the female General not only of Pakistan, but of the whole Muslim world. Trained as a doctor, she was also appointed the Inspector-General Hospitals as well as deputy commander of the Pakistan Army Medical Corps. She retired in 2004.

#### ■ FLIGHT LIEUTENANT AYESHA FAROOQ

Flight Lieutenant Ayesha Farooq is Pakistan's, and South Asia's, first female war-ready fighter pilot. Hailing from Bahawalpur, Ayesha flies Chinese F-7PG combat planes for the Pakistan Air Force.

#### ■ NAMIRA SALIM

Namira Salim is a professional astronaut. In 2007 she became the first Pakistani to reach the North Pole. In 2008, she was the first Pakistani to reach the South Pole, making her not just the first Pakistani woman, but the first Pakistani to reach both the Poles. She is also the first Pakistani and the first Asian to skydive over Mount Everest in 2008 during the First Everest Skydives.

#### ■ SAMINA KHAYAL BAIG

Samina Khayal Baig is the first Pakistani woman and the third Pakistani to climb Mount Everest. At the age of 21, she also became the youngest Muslim woman to climb the world's highest peak. Samina Baig has yet another first to her credit; that of being the first Pakistani woman and the first Muslim to climb all seven highest summits of the world.

#### ■ NASEEM HAMEED

Naseem Hameed was crowned the fastest woman in South Asia in the SAF (South Asian Federation) Games in 2010. The 22-year-old covered the distance of 100m in just 11.81 seconds to win the gold medal at Dhaka, Bangladesh.

#### ■ MARIA TOORPAKAI WAZIR

Maria Toorpakai Wazir used to practice squash in an academy in Peshawar, posing as a boy. When it was discovered that actually she was a girl, she was bullied but she continued to practice and started winning national



Fatima Jinnah, Benazir Bhutto, Justice (Rtd.) Majida Rizvi, Senator Krishna Kohli, Arfa Abdul Karim



junior championships and turned professional in 2006. She is Pakistan's top female player and ranked the 41st best woman in the world squash.

#### ■ MEHAK GUL

Mehak Gul started to master the game of chess from the age of 6. She first participated in an international chess event at age 12. At 14 years, she was the youngest Pakistani to participate in and win the Woman Candidate Master title at 42nd Chess Olympiad, held in Baku, Azerbaijan. She also holds the Guinness World Record for arranging a chessboard in a span of only forty-five seconds.

#### ■ SHARMEEN OBAID-CHINYOY

Sharmeen Obaid-Chinoy won two Oscars for Pakistan and she has also bagged two Emmy Awards for her documentary films.

#### ■ ARFA ABDUL KARIM

Arfa Abdul Karim was the youngest Microsoft Certified Professional in 2004. For her achievement, she became part of the Guinness Book of World Records. She represented Pakistan on numerous technological and IT based platforms. She was rewarded the Presidential Pride of Performance in 2005. The Government of Punjab in her honor made the first ever IT tower of Pakistan. She died at the young age of 16 in 2012.

#### ■ TASNEEM ZEHRA HUSAIN

Tasneem Zehra Husain is Pakistan's first female string theorist. String theory is based on the idea that everything in the universe is a particular expression of a fluttering, microscopic, string. She has a PhD from Stockholm University, and moved to the U.S to do post-doctoral research at Harvard University. She helped establish the LUMS School of Science and Engineering in her hometown Lahore, where she was also a founding faculty member. Besides being a scientist, she is also a writer and a teacher.

**NOTE:** It would be a good idea for you to do some research about several other Pakistani women of prominence such as Bilquis Edhi, Dr Ruth Pfau, Malala Yousafzai, Asma Jahangir, Madam Noor Jehan, Haseena Moin, and many others.

## PEOPLE AND FESTIVALS OF PAKISTAN

Like many other countries, Pakistan is also made up of a diverse mix of people. You may have heard a famous saying that there is "Richness in Diversity", or "We are all different, which is great because we are all unique. Without diversity, life would be very boring."

It is true, isn't it? If we were all the same, it would be certainly a boring life

There are over seventy languages spoken in the country, but Urdu and English are the two official languages. Urdu is also the national language used as a common mode of communication between people who may or may not have it as their mother tongue. The other major languages spoken in Pakistan are Punjabi, Pushto, Sindhi, Seraiki, Balochi, followed by Hindko, Gujarati, Brahui, Shina, Kashmiri, Gujarati, Khowar, Burushaski, Kalasha, and many others.

Pakistan is an Islamic Republic, meaning Islam is the official religion. Mosques are located in almost every urban neighbourhood and the azaan or call to prayer is heard five times a day.

Muslims are an overwhelming majority in Pakistan. There are two major Muslim sects: Sunni and Shia, and they are further sub-divided into several other sects. In 1974, the Pakistan National Assembly passed a law declaring members of the Ahmadi community non-Muslims. Non-Muslim minorities include Hindus, Christians, Sikhs, Zoroastrians, Kalash, Jain and others.

Imagine two Pakistani children from two different backgrounds. Think of their names, families, locations, faiths, languages, clothes, jewelry, customs, rituals, games, handicrafts, music, food, etc. Isn't it exciting to imagine these differences?

Pakistanis celebrate several different festivals. The two major ones are: Eid-ul-Fitr on 1st Shawwal, after a month of fasting in the month of Ramazan, and Eid-ul-Azha on 10th Zil Haj, commemorating sacrifice. These are the dates of the Islamic calendar. Christians celebrate December 25 with enthusiasm as it is Christmas, which is the day Jesus Christ was born. Easter is considered the day when Christ was reborn; hence it is a day symbolising life and hope. Hindus celebrate Diwali or Deepawali – the festival of lights, and Holi – the festival of colours, which symbolises the victory of good over evil. It is a celebration of the arrival of Spring and harvests to come. Baisakhi or Vaisakhi is the festival that is celebrated after harvesting the wheat crop, the festival is also celebrated in Spring, in the month of April, marking the start of the Punjabi New Year.



One other Spring festival is Basant, which is celebrated by flying colourful kites. Guru Nanak Jayanti, also known as GURPURAB, is the most important festival for the followers of the religion of Sikhism. It is celebrated to commemorate the birth anniversary of the first Sikh Guru, Guru Nanak. Nowruz is celebrated not only by the Zoroastrians (also known as Parsis), but also by some Muslim communities. It is yet another festival that celebrates the beginning of Spring, and new life.

The world is changing every day, and we must learn to get along with people of all ethnicities, religions, cultures, and races. In order to become productive citizens of our country and of the world, we must accept, respect, love and include each other.

"Differences must be celebrated so much that there are no differences left."



## EID-AL-FITR

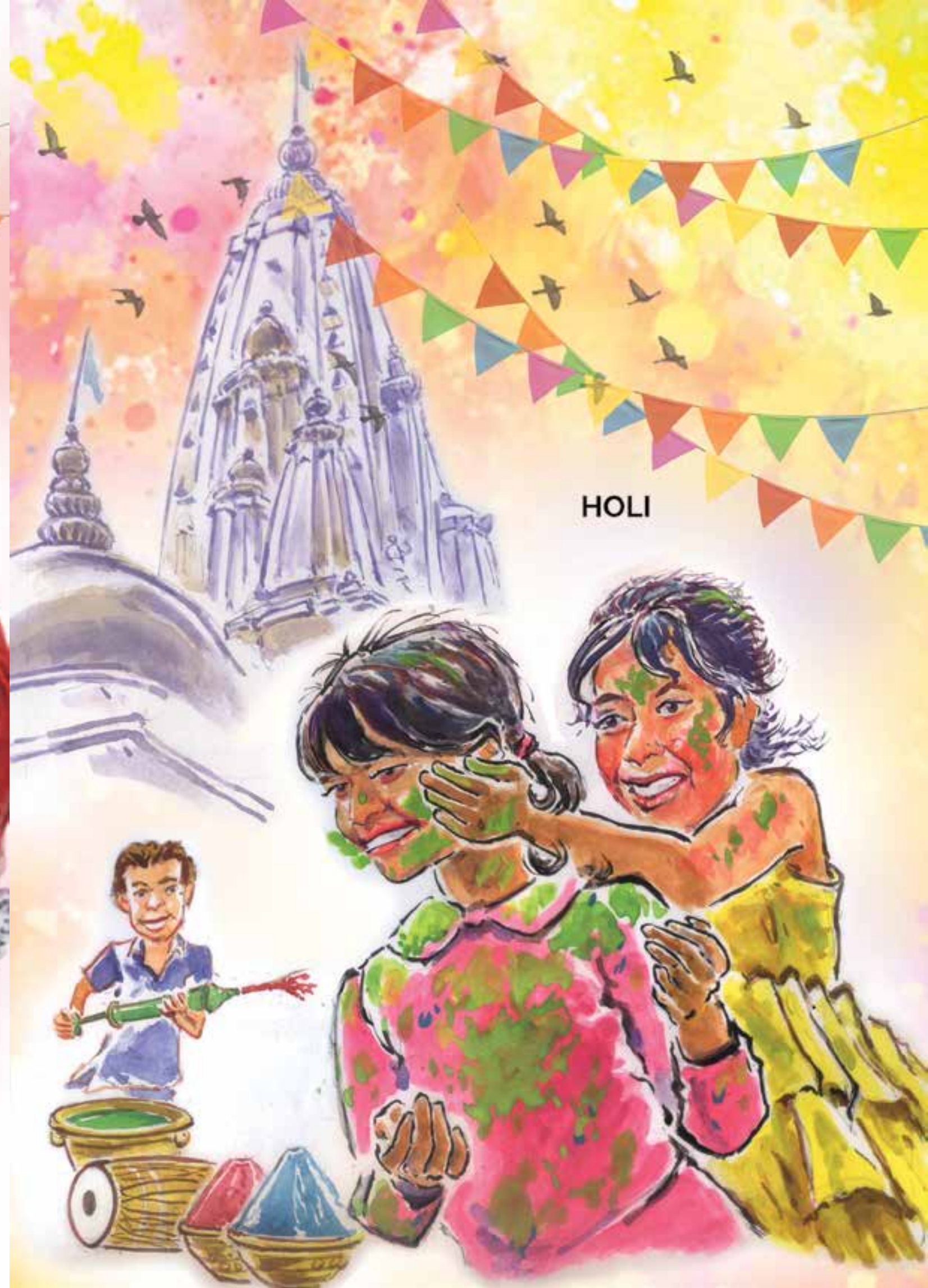




CHRISTMAS



HOLI






EID-AL-AZHA



NOWRUZ







GURU NANAK  
JAYANTI

## PERSONAL HYGIENE AND PHYSICAL ACTIVITY

### Why is Personal Hygiene important?

Practicing good personal hygiene is important for helping keep the body healthy and clean. It includes bathing, washing hands, brushing teeth, and more. Good personal hygiene is important for maintaining both physical and mental health.

Every day, we come into contact with millions of germs and viruses. They can linger on our bodies, and in some cases, they may make us sick. Personal hygiene practices can help us and the people around us prevent illnesses. They can also help us feel good about our appearance.

### What happens if we have poor Personal Hygiene?

In people with poor personal hygiene, the body provides an ideal environment for germs to grow, and vulnerable to infection. It also has a social aspect, as people avoid a person with poor personal hygiene, which results in isolation and loneliness.

### A Few Basic Tips

#### Nail hygiene

Trim the nails regularly to keep them short and clean. When we eat with our hands, the nails go into our mouth, and if they are not clean, the dirt and germs go directly inside our bodies. Do not bite your nails. It is a dirty habit.

#### Teeth hygiene

Good dental hygiene is not only shiny white teeth. Caring for the teeth and gums is a smart way to prevent any gum disease and cavities. Brush at least twice a day for 2 minutes after waking up in the morning and before going to bed at night. It is also good to brush after every meal, and floss between the teeth daily.

#### Hands hygiene

During the Covid-19 Pandemic, we all learnt how important it is to wash our hands a few times a day. Germs on our hands can easily enter the body through the mouth, nose, eyes, or ears, therefore pandemic or not, we must wash our hands:

- When handling food
- before eating
- if handling garbage
- when we sneeze
- any time we touch an animal
- when cleaning a cut or wound

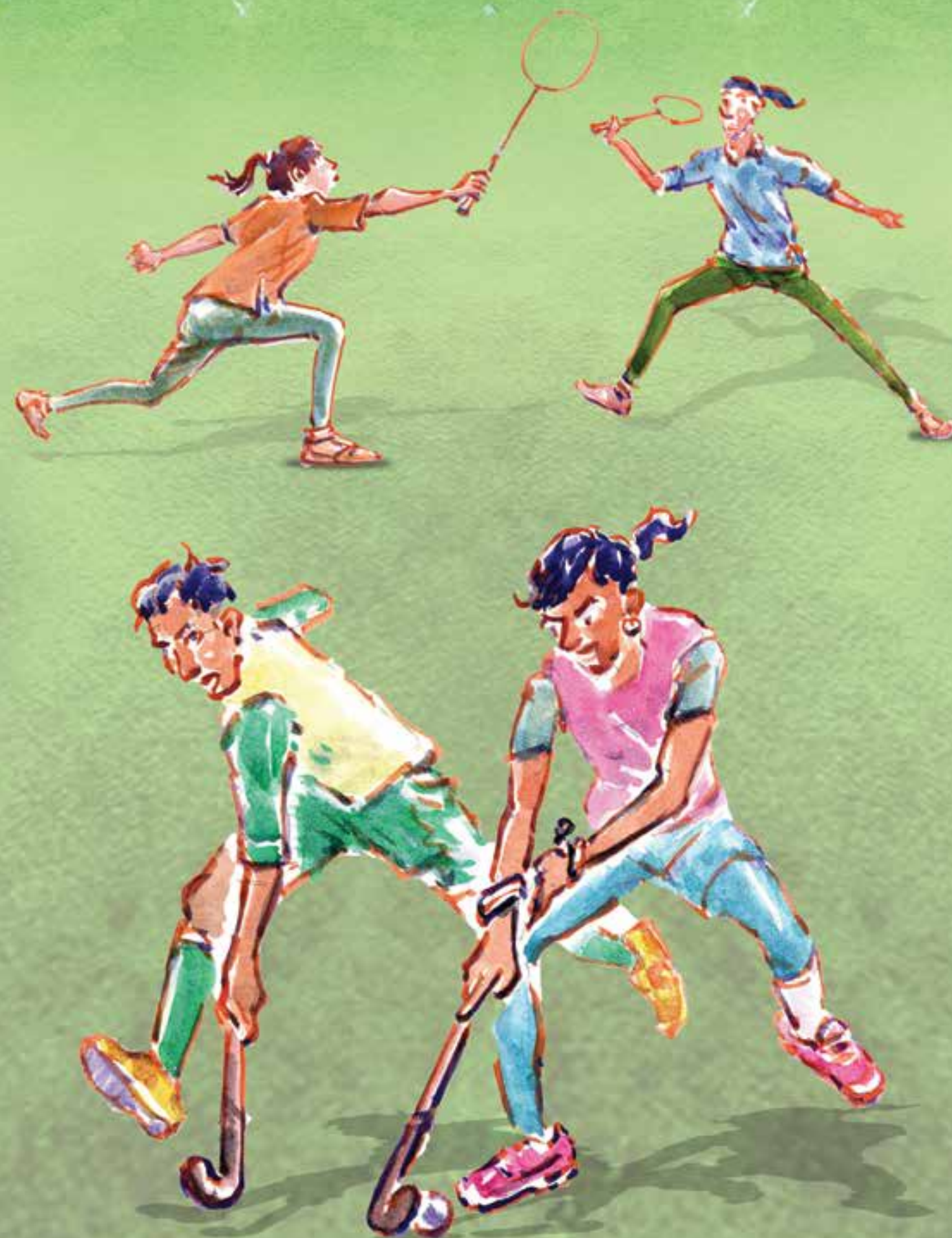


### Why is Physical Activity important?

Regular physical activity is one of the most important things for our health. Physical activity refers to all movement. Popular ways to be active include walking, cycling, swimming, sports, and play, and can be done at any level of skill and for enjoyment by everybody.

When we exercise, we make our bodies stronger. We must be active every day. Our body and our heart will thank us! The heart is a muscle. It works hard, pumping blood every day. We must therefore help our hearts get stronger by doing exercises.

In short, physical activity builds strong bones and muscles, controls weight, reduces symptoms of nervousness, worry and unhappiness, and reduces the risk of developing health conditions and diseases.





## MENTAL HEALTH

In earlier chapters we have discussed about personal health and hygiene. Now, we are going to talk about mental health.

Just as we take care of our physical health and hygiene, in the same way, we need to take care of our mental health. Ignoring our mental health, our emotional needs and requirements can be bad for our life in the long run, that's why it is important to take care of our mental needs.

One of the biggest crisis faced by millions of people across the World are mental health issues. It is estimated that around 264 million people worldwide are effected by depression and other mental disorders. These disorders and mental health issues can be inherited or due to circumstances surrounding our life. It is important to understand that regardless of the common myths about people, sometimes people don't have the capacity to tackle with their day to day issues and a lot of this could be due to mental health disorders, these individuals might look normal and behave normally, yet their abilities might be limited.

### What is mental health?

Currently, scientists claim that we know very little about the brain. We know about how it is connected, yet we are unfamiliar with how it processes information. However, we have to understand that the human brain is an organ of the body, it requires certain chemicals, hormones and conditions to work in a healthy way. What happens is that sometimes either due to lifestyle or inherent chemical disorders, the brain starts to function in a different way, which results in mental health disorders.

### So how can we better take care of our mental health?

It is important to understand that mental health issues are something serious. While we all have good and bad days, sleepless nights when we are awaiting our results, or have not prepared for the exams. These worries, excitement and troubles are that bother us. Sometimes we want to cry or get angry, and we at times feel confused: all this is pretty normal. However, if these things last for long durations, it becomes a sign that something might be wrong with the chemical balance or functioning of the brain. Like all diseases and problems like flu, fever or any cold, these things can be cured using medication, therapy and proper care in guidance with a medical professional.

It is important to understand that it is okay to be different, some of your class fellows might be bulky, others might be skinny, some might have dark skin tones and some might be fair. In the same way, some children



HELP



might have difficulty in speaking, hearing, walking, reading or some might be slow to understand, these children might be facing mental health issues. Even our elders, parents, teachers or guardians are sometimes effected by mental health issues.

But all of this is fine, everyone is unique and have a part in the society. We have to be less judgmental about our fellows and understand that they might have some health concerns; physical or mental.

As for taking care of our mental health, it is very simple, the best remedy to take care of our mental health is to live a balanced lifestyle that includes:

1. Timely eating a balanced diet
2. Waking up and sleeping on time
3. Engaging in sport activities on a daily basis
4. Keeping friendships with positive people
5. Discussing daily events with elders (Parents, grandparents or guardians)
6. Engaging in positive activities (lending a hand to your fellows, neighbors and volunteering)
7. Finding time for recreational activities
8. Taking proper amount of rest

It is important to remember that everything can be managed or restored with time and effort, if you feel like you have any problems, talk to your elders and communicate with them in order to get proper help.

## RESPONSIBILITIES

Strengthening of Responsibilities is the best solution to make the world a better place to live in.

As students, do you think about your responsibilities? If not, we will help you by listing some of them below. You are free to add to this list:

### Responsibilities of Students

1. Regularly attending classes, and on time
2. Being prepared for classes
3. Completing all class and home assignments on time
4. Taking good care of school property
5. Respecting other students and all staff members
6. Reading books on a regular basis
7. Eating well
8. Playing a sport, exercising and keeping fit

Similar to your responsibilities towards your school, you also have responsibilities towards your parents, siblings, neighbours, your neighbourhood, the town and city where you live, and the country at large. It is our civic duty to perform our responsibilities towards the State and to each other as law-abiding and peaceful citizens. Although school-going children are not yet adults, but they too are citizens. What can you, as students, do to be better citizens and improve the quality of life?

### Responsibilities of Children as good Citizens

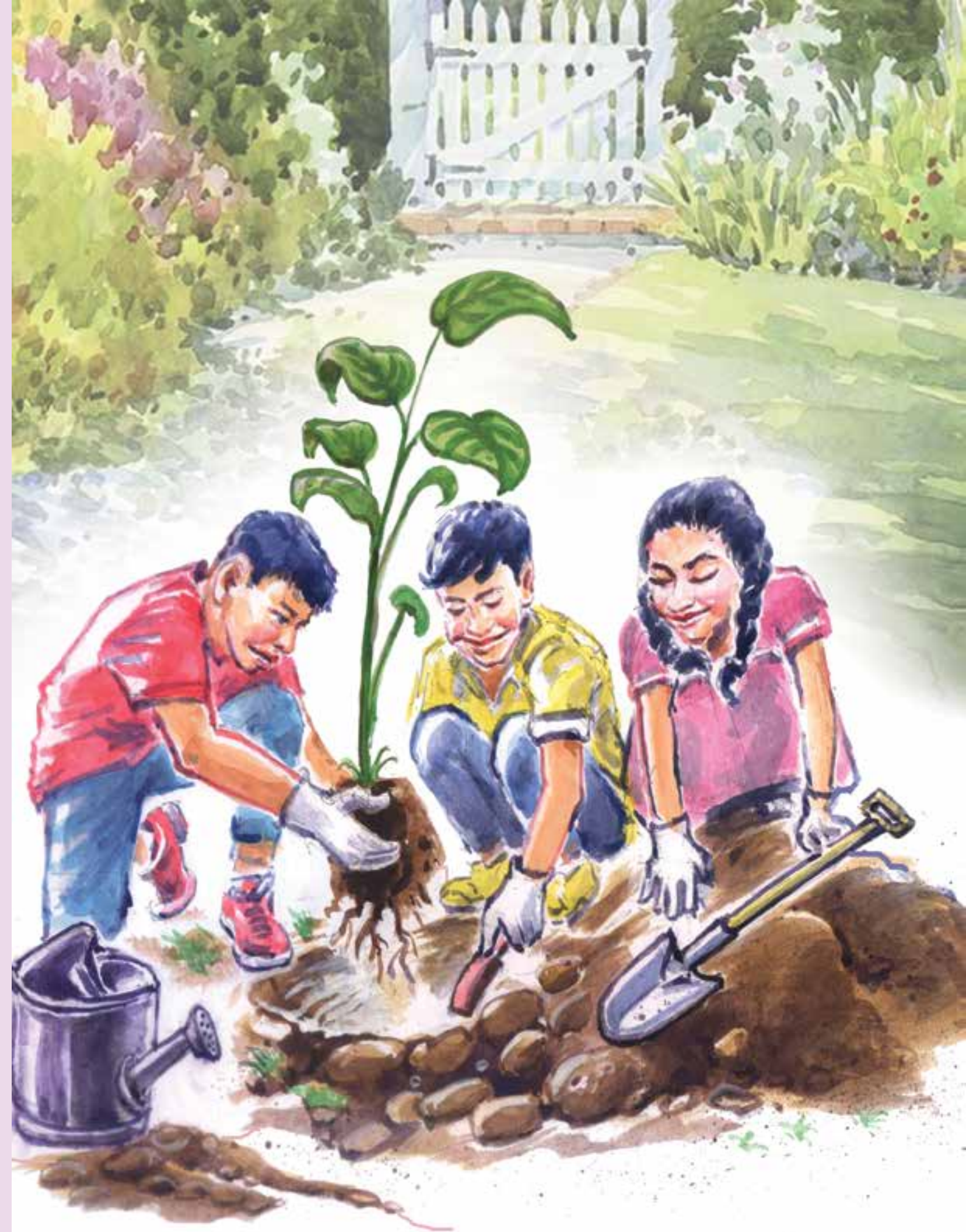
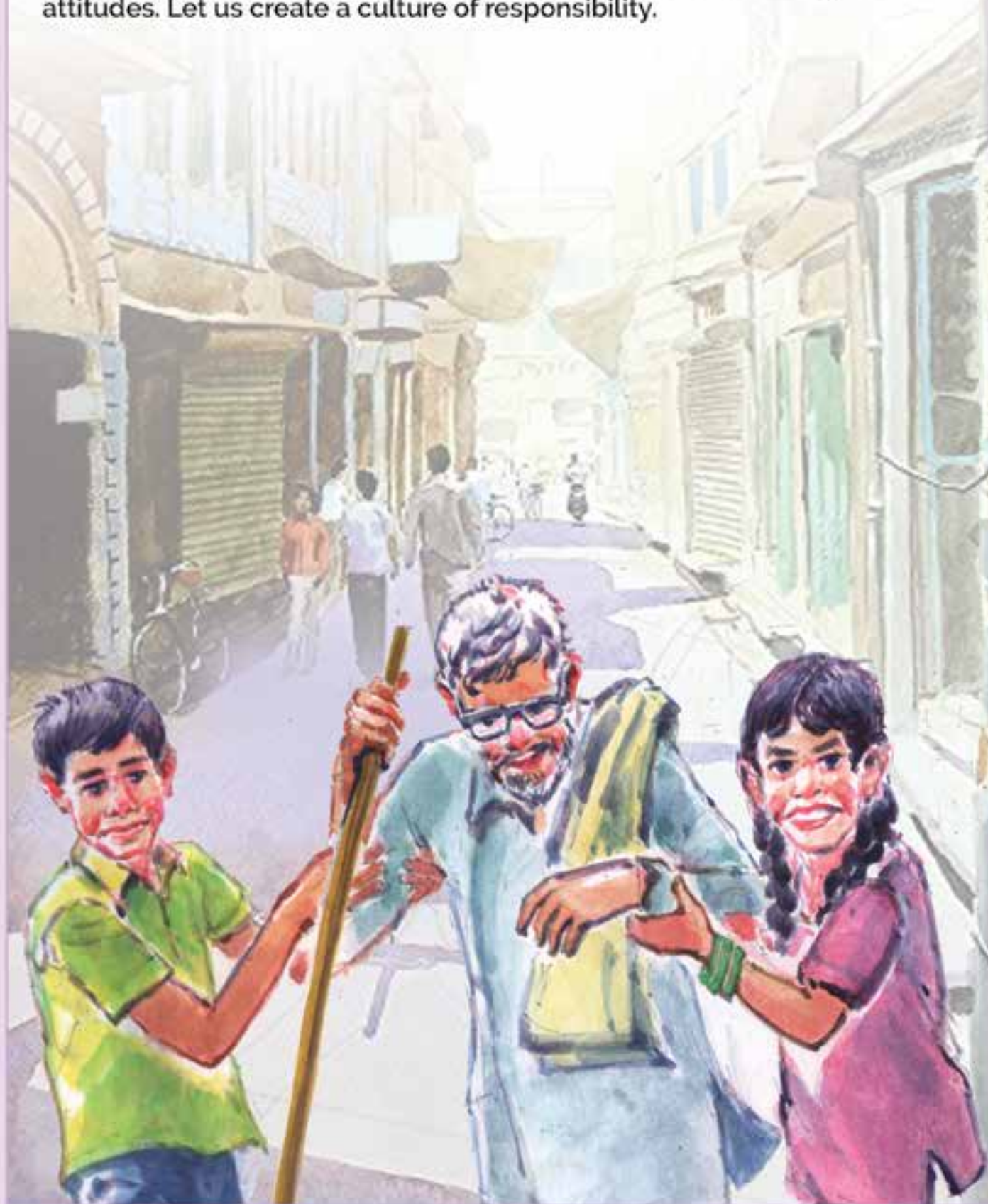
1. Keep our neighbourhood, city, and country clean by not littering.
2. Not waste precious resources such as water, electricity, fuel, etc.
3. Plant trees and take care of them.
4. Be kind and loving towards animals and birds.
5. Say no to violence of any kind.
6. Defend the rights of any minority group, such as poor people, people with special needs, people belonging to various religious or ethnic communities, etc.
7. Obey traffic rules, even when walking on foot or riding a bicycle.

Adults have other responsibilities, such as taking care of their children if they are parents and guardians, teaching them good values, treating well the less privileged or those who work for them, paying taxes, voting, following the law, etc. If anyone has a different point of view, it should be expressed peacefully and with civility rather than resorting to violence of any kind.



It is also the State's responsibility to protect us and provide us with certain basic rights.

Responsibilities go hand in hand with Rights. We will be discussing our Rights in the next chapter, but we need to understand that if we want to live in a peaceful and developed society, we should first change our own attitudes. Let us create a culture of responsibility.





# RIGHTS

We have discussed Responsibilities as the best solution to make the world a better place to live in. Let us now look into our Rights and have conviction that the same rights also belong to others.

## Who are entitled to Rights?

The easy and quick answer to this question is, everyone! For example:

- Children
- Women
- Transgender
- Men
- Orphans
- The differently-abled
- The poor
- Ethnic and religious minorities
- Employees
- Unskilled workers (labourers), and so on.

In other words, human rights apply equally to all human beings regardless of gender, race, colour, religion, and language, political or other opinion, etc.

The United Nations Convention on the Rights of the Child is an important agreement by countries who have agreed and signed it to protect the rights of the child. Pakistan is also one of them.

## Child Rights

A child is any person under the age of 18. There are over forty Rights of the Child, but we are naming only a few here:

- All children have these rights, no matter who they are, where they live, what language they speak, what their religion is, what they think, what they look like, if they are a girl or a boy, if they have a disability, if they are poor or rich. No child should be treated unfairly for any reason
- Governments must do all they can to make sure that every child in their countries can enjoy all the rights in this Convention.
- Children must be registered and given a name when they are born, which is officially recognized by the government.
- Governments must stop children being taken out of the country (against their will) when this is against the law.





- Children have the right to give their opinions freely on issues that affect them. Adults should listen and take children seriously.
- Parents are the main people responsible for bringing up a child. When the child does not have any parents, another adult will have this responsibility and they are called a 'guardian'.
- Governments must protect children from violence, abuse and being neglected by anyone who looks after them.
- Children have the right to the best healthcare possible, clean water to drink, healthy food and a clean and safe environment to live in.
- Every child has the right to an education. Primary education should be free. Secondary and higher education should be available to every child.

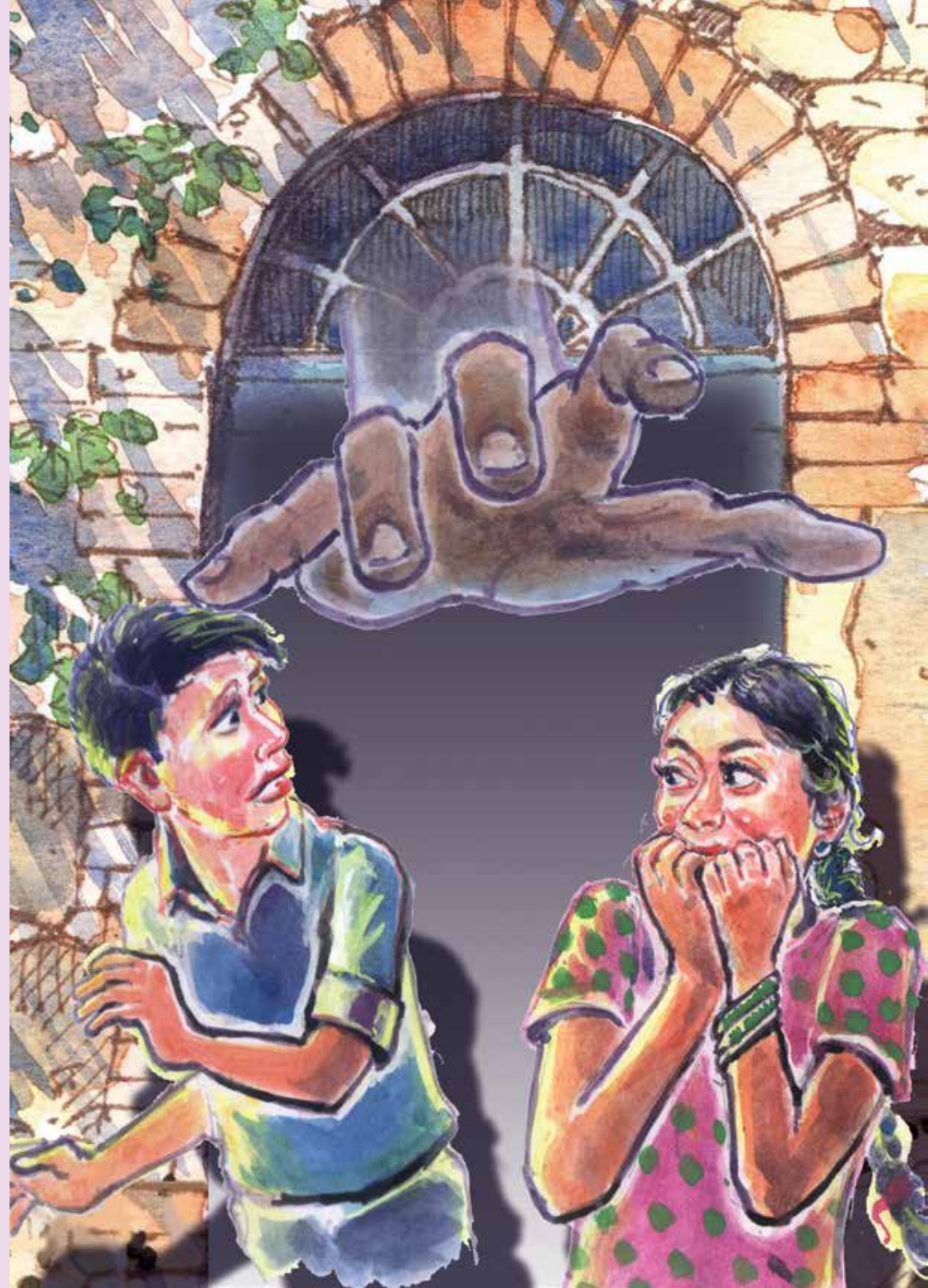
The Universal Declaration of Human Rights includes the right to life, liberty, security, education, right to privacy, freedom of movement, freedom to practice religion, freedom of expression, freedom from slavery and torture, and the right to work.

There are certain other rights, such as freedom of speech, freedom of worship, freedom of political association and the rights of people not to be mistreated.

We must of course not forget the rights of animals and the rights of plants. It is an endless list.

**Important:** All children have the right to protect their bodies from unwanted touch. If anyone, even a family member, approaches you or touches you in a way that is uncomfortable, you have the right to object and scream and report to another sympathetic adult.

The Government of Punjab has a Child Helpline: 1121, where you can call to report any acts of violence or abuse.





# VOLUNTEERISM

## What is Volunteerism?

Volunteerism means to work for an individual, an institution or a community without any monetary reward. In other words, it is a self-less act.

## Why should we Volunteer?

Volunteering provides us with incredible growth opportunities. We not only learn new skills but we also feel more connected to our communities and find a deeper meaning and purpose in our lives.

## Can children Volunteer?

Sure, volunteerism could begin from a very young age, first at home, by volunteering to carry out small chores for parents, grandparents, and siblings.

Some schools not only encourage volunteerism but they also make it a compulsory part of their students' academic years. However, where there is no such formal volunteerism programme, students could suggest it to their teachers and head of school. In case, the school does not wish to do that, students could still participate in voluntary work in their free hours, over weekends, or during summer and winter holidays.

## Benefits of Volunteerism

- Children who volunteer are more successful in school and more likely to graduate from high school and college, because most service opportunities teach them essential school and life-skills, such as making a plan, working in groups, interacting with people who are different from themselves, and learning problem-solving skills.
- Children hear, read or see terrible things such as poverty, disease, natural or man-made disasters. Volunteerism gives an opportunity and outlet to help others and makes them feel that they can make a difference.
- Children who are interested in the environment, animals, current issues, educating out-of-school children, are learning as well as building several specific skills.
- Children gain appreciation from their family as well as from their teachers.
- Children develop balanced habits.
- Developing a sense of purpose increases self-awareness, self-esteem and self-confidence.





- Serving others improves the lives of those people, but it can also improve children's own outlook on life, and they gain a deeper understanding of how others live. As the saying goes: "Don't just stand in someone else's shoes, but take a walk in them."

### Our Hero: Abdul Sattar Edhi

Abdul Sattar Edhi is a great example of self-less Volunteerism. He is known not only in Pakistan where he lived and died, but is famous all over the world for his work.

Abdul Sattar Edhi was born on 28 February 1928 in a small village of Bantva near Junagarh, Gujarat (India). The seeds of compassion for the suffering humanity were sown in him early on due to his mother's illness. When he was only eleven years old, his mother became paralysed and later got mentally ill. Young Abdul Sattar devoted himself for looking after all her needs; bathing her, changing her clothes and feeding.

After migrating to Pakistan, Edhi began his humanitarian work in 1947. He started small, but he was able to build a nationwide network of humanitarian centres offering a wide range of life-saving services to the people of Pakistan, and whenever possible, the Edhi Foundation also helped people of other countries.

The Edhi Foundation is run entirely with the help of volunteers. There are about six thousand volunteers at several Edhi Homes, Edhi Centers, maternity homes and ambulance drivers.

This great Pakistani died on 8 July 2016. His Motto was "No religion is higher than humanity".

