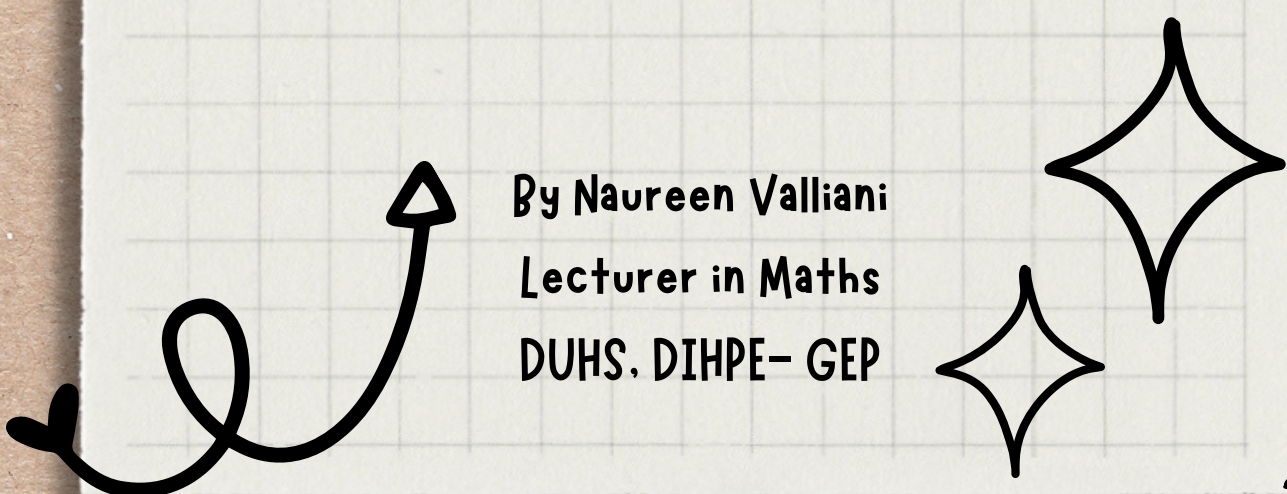




# THE CLEAN AND GREEN KARACHI

PROJECT:  
A DRIVE TO HEALTHY MINDS



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# INTRODUCTION

A CITY OR A COUNTRY LOOKS BEAUTIFUL WITH ITS PEOPLE LIVING CHEERFULLY; HEALTHILY AND BLISSFULLY OTHERWISE IT'S A PIECE OF LAND WITH COLLECTION OF PHYSICAL FEATURES. TO BE BLISSFUL MEANS ACCEPTING WITH GRATITUDE WHATEVER ALMIGHTY HAS BLESSED ONE WITH AND THAT COMES WITH HEALTHY MIND ONLY. IF A MIND IS HEALTHY, ONE CAN DRIVE THROUGH DARKNESS AND CHANGE THE FATE BUT IF IT IS SICK, UNHEALTHY, ALL THE BLESSINGS MAY SEEM CURSE. TO ME, TRANSFORMATION BEGINS FROM ONE'S MIND. A PERSON IS DECLARED HEALTHY ONLY IF A MIND IS HEALTHY AND IT NURTURES IN HEALTHY ENVIRONMENT, FREE FROM STRESS, ANXIETY, DEPRESSION ETC. DO SUCH PLACES EXIST?????

# PROBLEM

UNEMPLOYMENT, HUNGER, INFLATION, POVERTY COUNT AS THE ROOT CAUSE MAKING ONE'S MIND SICK. ALL THE INDIVIDUALS WHO ARE STUDENTS OR EMPLOYED OFFICIALS SOMEHOW GO THROUGH THE PROCESS OF MIND THERAPY TO GET REMOVED BRAIN FOG EITHER THROUGH CURRICULA OR AS ONE OF THE EMPLOYMENT TESTS. IT'S ONLY THE PEOPLE, LESS PRIVILEGED WHO STRUGGLE AND KEEP THINKING IF THEY GET MONEY SOMEHOW, SHOULD THEY BE PAYING FOR BREAD AND BUTTER OF THE FAMILY OR SPENT MONEY FOR PAYING TAXES, THINKING NOT FOR THEIR HEALTH WHICH SHOULD BE A PRIMARY CONCERN.

# SOLUTION

THERE SHOULD BE A PLACE WHERE ONE SUFFERED PERSON CAN COME FREELY FOR MIND THERAPY INCLUDING DIAGNOSIS AND CURE OF THE PROBLEM WITHOUT EVEN HESITATING OR THINKING ABOUT THE FEE, WHERE MEDICATIONS ARE GIVEN WITH ALMOST NO COST. A PLACE THAT ORGANIZES FREE MEDICAL CAMPS FREQUENTLY FOR FULL BODY TUNING UNDER MONITORING OF EXPERT DOCTORS/SURGEON.

ONCE THE MIND IS BROUGHT BACK TO A NORMAL STATE, A STATE WHERE PERSON DISTINGUISHES BETWEEN RIGHT AND WRONG, HE WOULD HIMSELF INITIATES TO SERVE THE PEOPLE AND THE COUNTRY BY UNDERSTANDING LAWS AND WHAT SERVES THE HUMANITY.

HE WOULD AT ONCE STOP SPITTING ON THE FLOOR, STOP WETTING THE WALLS, REFRAIN FROM FIGHTS AND TAKING OFFENCES, AVOID HARMING THE PROPERTY OF A NATION AND OPTING TO EARN BREAD AND BUTTER FOR HIMSELF AND FOR THE FAMILY. TAKING A PART IN PLANTATION IS NOT THE ONLY WAY TO MAKE CITY GREEN, AVOIDING TO TRASH AROUND IT ALSO HELPS TO ENHANCE ITS BEAUTY.

IF EVERYONE TAKES HIS OWN RESPONSIBILITY AS AN INDIVIDUAL, A COLLECTIVE CHANGE WOULD BE OBSERVED IN THE NEAR FUTURE. AS A SYSTEM CANNOT BE ALTERED IN A BLINK OF AN EYE. ITS NEEDS TO BE CHANGED GRADUALLY STEP BY STEP WITH PATIENCE AND CARE.

WE CANNOT GENERATE EMPLOYMENT FOR EVERYONE BUT WE CAN TEACH THEM HOW TO HUNT FOR A GOOD JOB WITH HEALTHY MIND SET. THIS WAY, POVERTY CAN ALSO BE DEMOTED. WE CAN ALWAYS CREATE WHAT THAT HASN'T EXISTED YET AND IF IT IS FOR THE NOBLE CAUSE, IT SHOULDN'T BE DELAYED. THE ANSWER TO A QUESTION " DO SUCH PLACES EXIST?????? " CAN BE FOUND YES IF ONE DARES TO INITIATE.

## **COST/SCHEDULE**

**SETTING UP SUCH A PLACE REQUIRES A COLLECTIVE EFFORT OF DIFFERENT INDUSTRIES BE IT A HEALTH INDUSTRY, EDUCATIONAL SECTOR OR ARMY.**

**IF HEALTH INDUSTRY TAKES INITIATIVE FOR PROVIDING THERAPIES, MEDICATIONS, ETC. TO WANDERERS (NO HOME PEOPLE) THEN EDUCATIONAL SECTOR MAY TAKE A LEAD IN COUNSELLING, PROVIDING SESSIONS, TEACHING SKILLS AND GUIDING WAYS AS HOW TO LOOK FOR BETTER JOB HUNT. THIS NEEDS A HUGE SHARE OF ORGANIZATIONS VIA FUND RAISE OR A SUM FROM THE BUDGET BUT CAN BE MADE COST EFFECTIVE THROUGH VOLUNTEERING FOR THE NOBLE CAUSE.**

## **CONCLUSION**

**OUR BELOVED NATION PAKISTAN IS ALREADY A BEAUTIFUL COUNTRY BUT TRUE COLOURS OF IT'S BEAUTY CAN BE SEEN IN THE EYES OF ITS PEOPLE. IT'S ONLY THE PEOPLE OF PAKISTAN WHO CAN WORK TOGETHER TO MAKE IT FREE FROM THE CHALLENGES IT IS FACING.**

**LAWS ARE BY THE PEOPLE, FOR THE PEOPLE. IN ORDER TO MAKE THEM ABIDE BY IT, THEY SHOULD MENTALLY ACCEPT IT AS GOOD FOR THEIR OWN SELVES.**

**A PLATFORM/ORGANIZATION SHOULD BE THERE WHICH COULD OFFER FREE OF COST PSYCHOLOGICAL THERAPIES, WORKSHOPS SESSIONS, TRAININGS TO THE UNDERPRIVILEGED PEOPLE OR PEOPLE ON STREETS WITH NO HOMES OR SHELTERS, WHO COULD TRY TO UPLIFT THEM WITH LITTLE HELP AND MAKE THEM SHINE.**