

Name	Fahim Khan
I d No	16231
Section	A
Department	MLT
Assignment	communication skills
Submit	madam Hajra iqbal

Smoking in public places has to be banned

The numbers of smokers are increasing every year. Although everyone is educated and equipped with the knowledge that how smoking makes a man unhealthy? Despite of having knowledge they still choose to smoke. Smoking is a damn addictive habit. By choosing it a man can put himself to a health risk. However, smoking does not only affect the smoker but it also affects all the others around those who smoke because when people smoke in a public area then the others around them also smoke with the help of air which is called "passive smoking". Thus, smoking affects all the living and breathing creatures. Therefore smoking should be banned in public areas.

Those who smoke in public areas display a bad example. Children get affected from them in their growing stages because children have a low maturity level due to which they cannot differentiate between right and wrong. Resultantly, they start imitating those who smoke in the public areas which give rise to the smoking rate. Beside children, teenagers see the people who smoke in the public area and take it as an example to start smoking as well. There is an English proverb "When the old cock crows, the young cock learns". The mentioned proverb effectively describes the above lines. Some teenagers think that smoking makes a person cool by seeing the adults doing it in public areas like parks, streets and markets. It strengthens their belief in the coolness of smoking. Some teenagers start smoking by thinking that smoking is a fashion by looking to other smoker's style. Hence, teenagers take part in smoking due to influence by seeing others smoking in public areas.

If smoking is banned in public areas, it will promote a healthier lifestyle for everyone. People will see it as a government endorsement for a healthier lifestyle of everybody. This is because by banning smoking in public areas the government sends the message that the government cares about the health of the citizens and that the government discourages people from smoking. Thus, when smoking is not allowed in public areas it reminds people that health care is very important. It reminds each and every person that the government is seriously concerned for the well-being of its citizens. Therefore, people would be reminded to live a healthy lifestyle.

If smoking banned in the public places it protected not only the life smokers as well as of those people who around them because smoking is what which kill them most. It has a lot of consequences on health like mouth cancer, lung cancer and heart attack etc. According to CDC "The California Environmental Protection Agency estimates that second hand smoke exposure causes approximately 3,400 lung cancer deaths and 22,700-69,600 heart disease deaths annually among adult nonsmokers in USA (CDC, 2009). Thus it will be better that Government bans smoking in public areas to save the lives of these innocent nonsmokers.

By disallowing people who smoke in public places it will decrease the smoke rate and will cause smokers to smoke less because of smoking is not allowed in public area, smokers are only allowed to smoke in their homes. As a result, their cigarette consumption reduces and they smoke less. This in turn of those will be benefits who have been trying to quit smoking. Governments should issue some laws for banning the smoking in public places if someone is doing it again in the public place by violating the law then Governments should give him punishment according to the law which will do more help in the reducing of cigarette consumption which will give rise to the healthy environment.

By banning smoking in the public places. Government can promote a healthier lifestyle everybody. It can protect every citizen from many diseases and health risks such as cancer and other deadly diseases. The ban will eliminate the bad example set forth by people smoking in the public places. The ban will wash out the brains of children and teenagers and will have mind set implemented by the government that smoking is bad. The ban will discourage non-smokers from starting to smoke, thus preventing them from getting addicted to cigarettes. Also it will encourage smokers to quit. ☑Don't smoke, live long☑

Parents are our first most important teachers

Parents are one of the quintessential gifts from God to every person. Parents are those who give life to wonderful babies. Nowadays parents in our life are more precious because they don't realize how their parents sacrificed everything for them. They play a very important role in our life. Parents are the best teachers, friends, advisors and guide liners. Therefore I would like to describe their role as a teacher in our life.

First of all we learn something from our parents. Mother gives birth to a child after nine months. She also teaches us how to say, how to walk. She also takes care of us more than her own health. She is a doctor in life. When we are sick parents protect us and give us our first aid before going to hospital. They with great patience pass down essential knowledge that we need in order to join the "real world". Children often copy their parents' habits and traits because children are sure that parents do only right things. Often children first wish to be like their mother or father. Parents are the best teachers because they wish their children to be successful and they don't teach the bad things.

Another important aspect of this is that parents are the first people whom must warn their children about the danger of drugs and cigarettes and how to avoid and say "No" when they need to. In the modern world parents must talk with their children about everything because it can save their life and make them happier. So, the role of parents is really important because it gives the strength and understanding the real world.

One of the most important aspects is that parents teach us how to differentiate between right and wrong. Also teach us that always respect your elders. Parents also teach us how to pray and always instruct to recite holy Qur'an daily. Parents always help their children in their homework.

In the light of the famous quote of the great naturalistic poet "Wordsworth" that "A child is the father of man". It means that the psyche of children develops during childhood even they don't differentiate between right and wrong. Child continues the habits and traits that he/she has acquired during childhood for the rest of life. For example if you teach them in their childhood to respect elders that he/she will continue the same respect towards elders for the rest of life. So, childhood gets precedence of adulthood and child leads the man in later life. My point is that it's up to parents either to cultivate love in his/her psyche or hate but it will continue for lifetime according to the above quote.

In conclusion, I think that parents are the best teachers because they give their knowledge that cannot be taken from books when it needs to be known by children

=====

👁👁👁 《 The End 》 👁👁👁