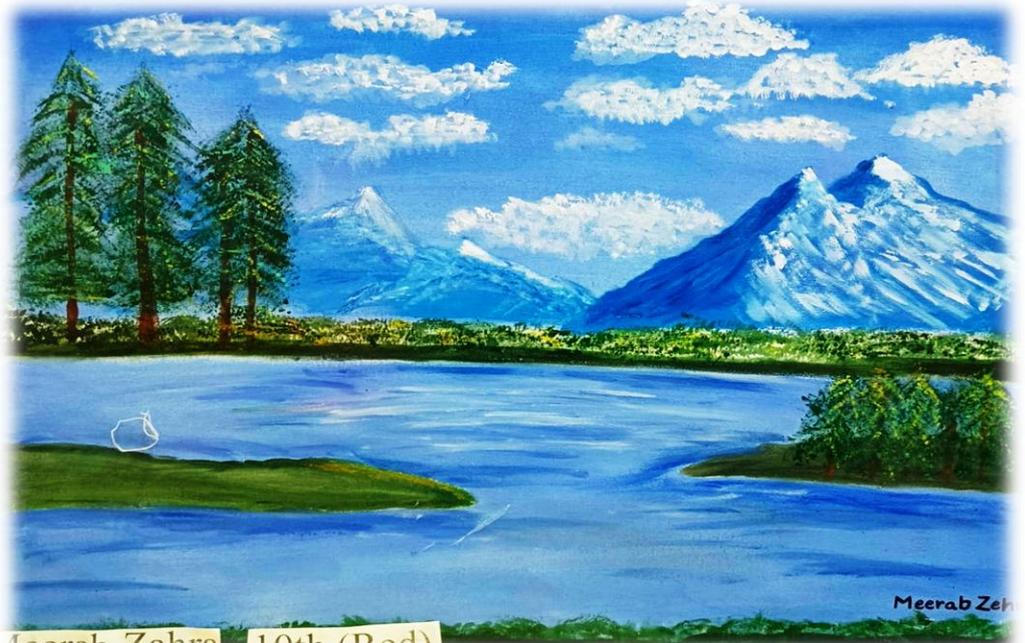


# ADN Junior Champion Magazine

Children and Youths Stories from Pakistan



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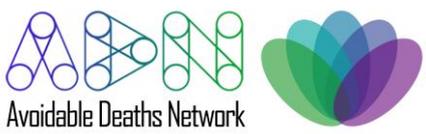


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*Children and Youths Stories from Pakistan*

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The **Avoidable Deaths Network (ADN)** is a diverse, dynamic, inclusive, and innovative global-local membership network uniting experts, practitioners, and researchers.

Our primary focus is on avoiding human deaths and injuries resulting from natural hazards, naturally-triggered technological hazards, and human-made hazards in low- and middle-income countries.

ADN exists to empower policymakers, researchers, practitioners, and citizens to make better decisions to save lives and achieve sustainable development.

Our purpose directly aligns with the first two global targets of the United Nations Sendai Framework for Disaster Risk Reduction, and we are a member of the Sendai Framework's Voluntary Commitment Platform.

On March 12, 2023, ADN launched a major global campaign: the International Awareness Day for Avoidable Deaths (IAD4AD) and this issue was released to mark this campaign with global children and youths affected by crises and disasters

For more details on the global campaign, please visit: <https://iad4ad.avoidable-deaths.net/> ; <https://iad4ad.avoidable-deaths.net/>

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## Table of Contents

Message from the Presidents.....	1
Foreword from the Guest Editor.....	3
Message from the Editors.....	6
Floods in Chiniot: A personal experience & lessons for a resilient future.....	8
Floods in Kalri: Suffering, Heroes, Hope .....	10
Extreme Weather and Climate Change: A Flood Story from Pakistan.....	12
If Weather Had a Diary.....	14
Flood Disasters: A Wake-Up Call in the Age of Climate Change .....	16
A City Under Threat: The Story of Cyclone Biparjoy .....	18
Burning Earth.....	20
How Are Human Activities Affecting Climate Change? .....	22
The Day the Hills Fell Silent: Landslides and Loss in Pakistan .....	24
When Water Rises: Lives Caught in the Floods of Pakistan.....	25
Echoes of the School Bell.....	27
Drowning Crops and Silent Wedding Bells.....	29
The Unseen Trauma .....	31

## Message from the Presidents

The ADN Junior Champion Magazine is a landmark initiative led by three exceptional young editors: Master Arkoneil Ghosh and Miss Anushka Konar. Our editors have grown into powerful agents of change, inspiring children and youths alike through their creativity, commitment, and courage.

We are delighted to launch Volume 5 on October 12, 2026, in alignment with the ADN's global campaign, the 'International Awareness Day for Avoidable Deaths' (IAD4AD). Although IAD4AD is marked worldwide in March, this special issue contributes meaningfully to the momentum of the campaign by amplifying youth voices and their insights into disaster risks and avoidable deaths.

First launched in 2023 under the Future Leader Scheme, the ADN Junior Champion Magazine provides a vital platform for children and youths to share their stories from the frontlines of climate change, extreme weather, and disaster impacts. Each issue explores a timely theme, guided by subject-matter experts. For this volume, we were honoured to work with Ms. Tahira Khan (District Emergency Officer, Pakistan) and Mr. Mohammad Asad Tahir Jappa (University of Leicester) as our Guest Editors—both of whom also serve as ADN Pakistan's Regional Coordinators.

This edition aligns directly with the objectives of the IAD4AD global campaign by highlighting the direct and indirect impacts of disasters in urban, semi-urban, and remote rural settings, celebrating heroes and reflecting on our successes and failures so that lessons can be learned to save lives. Pakistan, as a highly disaster-prone region, offers a compelling and urgent case study. The Magazine showcases the lived experiences of children aged 10 to 13 who witnessed—or were deeply affected by—the 2025 floods and 2023 cyclone in Pakistan.

What makes this volume particularly unique is the way many authors identified local heroes who risked their own lives to save others during these disasters:

- a volunteer from the Alkhidmat Foundation
- a schoolteacher from interior Sindh
- children addressing heartfelt pleas to Mother Nature

The authors also demonstrate impressive reflection and a striking call to action to local and international actors to reduce disaster impacts and safeguard a resilient future. They draw attention not only to immediate disaster effects but also to secondary impacts such as malaria, dengue, displacement, and loss of livelihoods. Their voices remind us of the urgency of investing in risk reduction, preparedness, and sustainable solutions at local levels.

As we read these stories, they moved us in ways that are difficult to express. One author wrote, “Global warming is like giving the Earth a fever.” Such reflections capture the wisdom, sensitivity, and moral clarity that young writers bring to global challenges.

Our sincerest thanks go to our Guest Editors for their dedicated efforts in gathering and shaping these powerful stories for Volume 5. We hope you find as much inspiration, courage, and hope in these pages as we did in bringing them to you.

**Professor Nibedita Ray-Bennett and Dr. Hideyuki Shiroshita**

## Foreword from the Guest Editor

This fifth issue of Junior Champion Magazine brings forward the voices of children and youths from Pakistan, particularly from District Chiniot in Punjab, whose lives have been deeply influenced by floods, landslides, and climate change. Situated along the River Chenab, Chiniot and its surrounding rural communities remain highly vulnerable to recurrent monsoon flooding, riverine overflow, and extreme weather variability. The narratives in this volume emerge directly from these lived experiences.

Pakistan stands among the countries most exposed to climate-related hazards. The catastrophic 2022 floods affected over 33 million people nationwide, submerging one-third of the country and exposing structural vulnerabilities in infrastructure, land management, and urban planning. In 2023, Cyclone Biparjoy threatened coastal Sindh and Karachi, highlighting the intensifying nature of tropical cyclones in the Arabian Sea. By 2025, recurrent monsoon surges once again displaced thousands of families in Punjab and Sindh, reinforcing a troubling pattern: disasters are becoming more frequent, more intense, and more complex.

Pakistan's demographic landscape further deepens the urgency of youth engagement. With one of the largest youth populations in the world, the country's future resilience depends significantly on how well young people are equipped with disaster risk knowledge, climate literacy, and civic agency. Education systems must move beyond theoretical instruction and integrate practical preparedness, environmental stewardship, and critical thinking. These writings demonstrate that when given a platform, young people are not merely recipients of policy decisions; they are thoughtful contributors to national resilience discourse.

The young authors in this issue write from within this reality. Some witnessed river embankments collapse along the Chenab. Others observed the long aftermath of stagnant floodwaters, malaria, dengue, damaged crops, livestock loss, interrupted schooling, and psychological trauma. A few describe landslides in mountainous regions such as Babusar Top, where intense rainfall destabilized fragile slopes. Their accounts move beyond description. They analyzed causes, deforestation, poor drainage, weak enforcement of land-use regulation, glacier melt in the north, and

warming seas in the south. They skillfully connect local suffering to the global climate crisis.

What distinguishes this edition is the strong presence of community resilience. Across villages in Tehsil Lalian and Bhowana and urban neighborhoods of Chiniot, youth observed the role of Rescue 1122 teams, the Pakistan Army, local volunteers, teachers, journalists, and civil society organizations in emergency response. They recognized both the importance of immediate lifesaving actions and the need for long-term preparedness, stronger embankments, early warning systems, afforestation, climate education, and responsible governance.

This issue is released in alignment with the global campaign of the Avoidable Deaths Network, the International Awareness Day for Avoidable Deaths (IAD4AD). Pakistan's recent disasters underscore the campaign's central message: many disaster deaths and injuries are preventable through risk-informed development, community preparedness, and inclusive governance. The children and youths featured here clearly understand that disasters are not purely "natural"; they are shaped by human decisions.

Several contributions were written in accessible English by students from Chenab College Chiniot, Pearls Education City Bhowana, and Masoomen Schools & College Chiniot. These institutions represent not only centers of academic learning but also institutions where climate awareness and civic reflection are taking root. The authenticity of these voices, sometimes emotional, sometimes analytical, but always sincere, reveals a generation thinking deeply about their civic responsibility.

Furthermore, this volume stands as a testament to courage, reflection, and hope. The youth of Chiniot and beyond are not waiting passively for rescue; they are documenting, questioning, and envisioning safer futures. Their words remind us that resilience is not an abstract policy term; it is lived, practiced, and built further as a cherished legacy by communities.

Thus, as Guest Editors, we encourage readers, policymakers, disaster management authorities, educators, researchers, and development practitioners to read these narratives as community-based action and resilience manifested in disaster scenarios. They highlight indirect impacts often overlooked in formal reports: lost textbooks, silent school bells, livestock diseases, mental trauma, broken wedding

plans, displaced friendships. These are not peripheral losses; they are central to understanding community resilience, evidenced by the lived experiences and reflected in the moving accounts narrated in these short stories. Let us listen carefully and respond responsibly. Above all, let us commit together to reducing avoidable deaths and building a climate-resilient Pakistan.

**Mr. Muhammad Asad Tahir and Ms. Tahira Khan**

## Message from the Editors

Dear Readers,

Welcome to the fifth issue of the Junior Champion Magazine: Children and Youth Stories from Pakistan. This edition brings together the lived experiences of children and youths from Chiniot, Pakistan, whose lives have been shaped by floods, climate change, and the growing realities of global warming.

As editors, we are privileged to amplify these emerging voices. Their stories emerge from moments of disruption and uncertainty, yet they speak strongly of resilience, awareness, and hope. These are not simply accounts of disaster; they are reflections of courage, adaptation, and community strength in the face of environmental challenges that continue to intensify.

Across this Volume, authors describe how recurrent flooding, changing weather patterns, and environmental degradation have affected their homes, schools, and daily lives. Alongside these challenges, they highlight the solidarity within families and communities, the lessons learned from hardship, and the determination to protect both people and the environment. Their narratives reveal that even in vulnerable settings, knowledge, care, and collective responsibility can become powerful tools for resilience.

This issue also underscores the deep connection between human lives and the natural world. The stories from Chiniot remind us that climate change is not a distant or abstract concept; it is a lived reality with real consequences, particularly for children. At the same time, these young voices show us that awareness and action can begin early, and that youth play a vital role in shaping safer and more sustainable futures.

More than personal reflections, these stories serve as a call to think critically about risk, vulnerability, and responsibility. As we release this Volume to mark the global campaign 'International Awareness Day for Avoidable Deaths' (IAD4AD), they remind us that disasters are not inevitable; they are often the result of unaddressed risks and unequal impacts. By listening to these experiences, we are better equipped to act through education, preparedness, and long-term climate-conscious decisions.

We extend our sincere gratitude to our guest editors, Ms. Tahira Khan and Mr. Muhammad Asad Tahir, for their guidance and commitment in bringing this Volume to life. Their support has been essential in ensuring that the voices of Chiniot's children and youths are shared with care, authenticity, and purpose.

We invite you to engage deeply with these stories; to reflect on the strength of these authors and the communities they represent. May their words inspire greater empathy, responsibility, and action as we work collectively toward a more resilient, equitable, and sustainable future for all children.

**Arkoneil Ghosh and Anushka Konar**

# Floods in Chiniot: A personal experience & lessons for a resilient future

*Insharah Rehman*

I live in Chiniot, a small city in Punjab, Pakistan. In 2025, our city was struck by one of the most devastating floods I have ever experienced. Ongoing monsoon rains and the fast-rising water level of the Chenab River altered our daily routine within a short span. I get frightened whenever I remember how worried and anxious people were when the water kept rising and the streets gradually submerged.

When floodwater entered nearby villages, many families were forced and obliged to leave their homes. It is never easy to abandon your home, regardless of the situation. Blocked roads, closed schools, and a sudden power outage brought life to a standstill. Drinking water was scarce, and daily life felt uncertain. There was a shortage of crops and vegetables, and whatever was available became very expensive. Aquatic animals were destroyed. At night, the silence felt overwhelming, and fear kept us from sleeping peacefully. Around our home, water was gathered in many places. I saw my family, relatives, and everyone in our neighborhood helping each other. It was something entirely different that I witnessed, and at that moment, I truly understood that fear shakes your confidence, but responsibility steadies your steps, reminding you that you cannot run away.

The floods inflicted severe damage to crops and houses. Farmers lost their field, their sole source of livelihood. Though the water eventually went down, normal life did not resume quickly. I saw mud, broken walls, and foul smells everywhere, and it left me deeply troubled. In our areas, standing water began to cause the spread of diseases like malaria and dengue. Weeks were spent cleaning houses and fixing destruction, and families suffered both financially and emotionally.

In the midst of that struggle, I witnessed true heroes in action. Rescue 1122, the Pakistan Army, and local volunteers worked day and night tirelessly. They rescued people, distributed food, and moved families to safe shelters. Seeing their dedication made me realise how powerful kindness and teamwork can be during emergencies and crises. Their courage left a deep and lasting inspiration in me.

This experience taught me that floods are not just natural accidents; they are painful realities that change lives forever. Climate change is making such disasters stronger and more frequent.

To reduce and prevent future damage, it is crucial to strengthen river embankments, improve drainage facilities, and establish early warning alert mechanisms. Communities need to practice emergency plans, and citizens must follow safety instructions seriously.

Deep within my heart, I feel a responsibility to shield and cherish nature. Environmental care through afforestation, clean waterways, and responsible stewardship plays a key role in reducing flood hazards.

Dear Future Me,

Please don't forget what you felt today. Carry this memory with you, and let it remind you to always stand for a safer, cleaner planet. I dream of a time when our cities are strong, ready to face any storm or catastrophe, and when children can grow without fear, carrying only hope in the depths of their gaze.

I dream of a world where safety surrounds us.

Where the air is pristine, and rivers run clear,

And where hope shines in every heart.

(5th Grade, Chenab College Chiniot, Chiniot)

# Floods in Kalri: Suffering, Heroes, Hope

*Mishal Fatima*

Flood disasters have become one of the most serious problems in Punjab, especially along rivers such as the Chenab. In recent years, heavy monsoon rains and rising river levels have caused severe floods that affected many villages, including Kalri in Tehsil Lalian, District Chiniot, Punjab.

## **Personal Experience: Kalri Under Water**

During the recent flood in 2025, the river water in Kalri rose rapidly and soon crossed the zero point, causing extreme danger for everyone. The protective embankment built by villagers broke after continuous rain, and water began entering houses, streets, and fields. The flood destroyed crops that are the main source of livelihood for farmers. Roads were deeply damaged, especially near the Zero Point area, making travel and help difficult. Clean drinking water became scarce, electricity was lost for days, and hunger spread among families who could not reach markets. One of the saddest sights in Kalri was the graveyard being destroyed by floodwater. Many graves were washed away or submerged, causing deep emotional sorrow for families who lost loved ones and could not protect their ancestors' resting places. This loss made the disaster even harder for our village to bear.

## **A Hero Story: Hamid bin Ismail**

In this challenging situation, real heroes emerged. Hamid bin Ismail, a volunteer from the Alkhidmat Foundation Pakistan, worked day and night to help flood victims. He provided food, rescue assistance, and medical aid to families in Kalri and nearby villages. While serving others, he was bitten by a stray dog and developed rabies, but he survived and continued inspiring people with his courage and dedication. His bravery showed how one person can make a big difference in a crisis.

## **The Solutions**

To prevent future disasters, we need better flood management. The government should build stronger embankments, install early warning systems, and improve drainage to protect villages like Kalri. Tree plantation and preventing illegal

construction near rivers can reduce flood risks. After floods, fast relief, medical care, and building support are necessary to help communities recover.

### **A Letter to My Future Self**

Dear Future Me,

Never forget the flood disaster and the heroism of people like Hamid bin Ismail. Promise to protect the environment, help humanity, and stand with those in need. I hope you live in a safer world where people respect nature and value human life.

Conclusion: Flood disasters bring destruction, but they also reveal courage and unity. With awareness, strong solutions, and heroes like Hamid bin Ismail, we can build a better and safer future.

(6th Grade, Chenab College Chiniot, Chiniot)

# Extreme Weather and Climate Change: A Flood Story from Pakistan

*Aleeza Fatima*

In August 2025, climate change showed its cruel face in Pakistan. Continuous monsoon rains are the worst flood disasters in history. I still remember the fear in the air when news came that nearby villages were underwater. Roads disappeared, electricity failed, and mobile networks stopped working. In Sindh and Balochistan, entire communities were drowned in muddy water.

People were forced to leave their homes with nothing but the clothes they were wearing. Crops were destroyed, household animals were lost, and clean drinking water became rare. For many families, these floods did not just damage houses; they destroyed their only source of income and hope. Seeing children sleep on open "roads" and families living in tents made it clear that climate change is not a distant problem; it is happening here and now.

Among this destruction, real heroes emerged. One such hero was a school teacher named Hameedullah from interior Sindh. When floodwater entered his village, he did not run to save himself. Instead, he tied empty plastic bottles together to make a floating support and helped children and elderly people cross dangerous water currents. Later, he turned a school building on higher ground into a temporary shelter. He shared food, guided rescue teams, and comforted frightened children by teaching them simple lessons to keep their spirits alive.

Hameedullah did not wear a uniform or receive awards, but his courage saved many lives. His story proves that heroes are born in difficult times.

To the future generation of Pakistan, an important question remains: will floods like those of 2025 become normal for you? Will you accept destruction as fate, or will you fight for a Safer future? Climate change warnings are clear. The decisions you make about protecting the environment, saving water, and supporting sustainable development will decide whether Pakistan sinks deeper into crisis or rises stronger than before.

The 2025 flood disaster was not an accident; it was a warning. Climate change is increasing extreme weather events, and Pakistan is paying a heavy price. Emergency relief is necessary, but prevention is more important. Better planning, strong infrastructure, tree plantation, and public awareness can reduce future damage. As citizens, we must demand action and change our own habits. Flood waters may dry up, but the lesson of 2025 must never be forgotten. Our future depends on what we do today.

(6th Grade, Chenab College Chiniot, Chiniot)

# If Weather Had a Diary

*Inshal Fatima*

If the weather had a diary, today's page might begin like this:

“Dear Humans, I tried being gentle. I brought you rain for crops and cool winds for comfort. But you cut my forests, heated my air, and blocked my rivers. Now I cry as floods. Please stop acting surprised.”

Once upon a time, rain was friendly. It arrived quietly with umbrellas and tea. Today, rain comes like an uninvited guest who eats all your snacks, breaks your furniture, and refuses to leave. Summers sweat too much, winters forget their duty, and seasons seem confused about their timetable. Climate change has turned weather into drama, and we are all actors in it, whether we like it or not.

I have never walked through floodwater myself, but I have watched floods enter people's homes through my screen. I saw children holding schoolbags that were heavier with water than with books. I imagined my own room floating away with my pillow and homework inside. That picture stayed in my mind for days. Suddenly, climate change was not just a topic for exams. It became something personal.

Global warming is like giving the Earth a fever. When someone has a fever, strange things happen. The sky holds too much rain, storms grow louder, and rivers forget their manners. Floods do not only wash away roads; they wash away routines. Schools close. Work stops. Life presses pause. And when the water finally leaves, it takes peace with it.

People often say, “This is natural.” But deep inside, we know nature did not choose this by herself. We helped. We cut trees that used to drink rain like thirsty giants. We built cities that gave rivers no space to breathe. We burned fuels as if the sky had unlimited lungs. And now we wonder why the weather is coughing.

As a young person, I live between cartoons and climate news. One minute I am laughing at funny videos, and the next minute I am reading about floods and storms. Growing up in this world feels strange. Our future looks like a question mark written in dark clouds. But maybe this is exactly why young voices matter. We do not speak

from comfort. We speak from concern. We do not write for marks. We write for meaning.

Writing is my small superpower. I cannot stop floods with my hands, but I can try to stop silence with my words. Stories can travel faster than storms. A good article can knock on minds before danger knocks on doors. Words can turn fear into awareness and awareness into action.

The solutions are not magical or expensive. Plant trees. Save energy. Use less plastic. Respect rivers. Build smarter cities. Teach children to love nature, not just study it. Prevention is like doing homework early; it saves you from panic later. It is easier to protect a forest than to rebuild a flooded town.

This is not an essay of sadness. It is an essay about listening. Maybe the weather is not angry. Maybe it is tired of shouting. Maybe it just wants balance. The planet does not need perfect heroes in capes. It needs to awaken humans with kind habits.

If the weather writes another diary entry tomorrow, I hope it says:

“Dear Humans, thank you for finally paying attention.”

Because the best story is not about disasters.

The best story is about change.

Maybe the future will say that our generation was the one that noticed early, laughed gently at its own mistakes, and decided to grow wiser. Maybe history will write that when the floods came, young people did not look away. They picked up their pens, their voices, and their responsibility.

And maybe that is how the weather will learn to smile again.

(6th Grade, Chenab College Chiniot, Chiniot)

# Flood Disasters: A Wake-Up Call in the Age of Climate Change

*Saha Eman*

Climate change is no longer a distant threat discussed only in books or conferences; it is a harsh reality unfolding before our eyes through extreme weather events. Among these, flood disasters have become one of the most devastating consequences, especially in countries like Pakistan. Every year, floods destroy homes, crops, livelihoods, and hopes, leaving millions struggling to survive.

Although I have never personally experienced a flood, witnessing others suffer through news reports, social media videos, and real-life stories deeply affected me. Seeing children clinging to rooftops, families standing helplessly in muddy waters, and elders mourning the loss of their homes made me feel powerless, sad, and guilty. Guilty because while they were fighting for survival, many of us were living comfortably, scrolling past their pain. It made me realize that floods are not just natural hazard disasters; they are human tragedies intensified by our actions.

During Pakistan's devastating floods in 2025, many heroes emerged from among ordinary people. One such inspiring story is of Pakistani youth and volunteers who risked their lives to rescue stranded families using small boats, ropes, and even makeshift rafts. Despite limited resources, they provided food, shelter, and medical aid. These heroes proved that humanity still exists and that one person's courage can save countless lives.

Flood disasters are becoming more frequent due to several reasons. Climate change has caused irregular and intense rainfall, rapid glacier melting in northern areas, deforestation, poor urban planning, and blocked drainage systems. Human negligence has worsened nature's response. The effects are severe: loss of life, the spread of diseases, food shortages, economic instability, and long-term psychological trauma for survivors.

This raises an important question for the younger generation: What kind of future are we preparing for ourselves? Will we continue to ignore environmental warnings, or will we become the generation that chooses responsibility over convenience? Another question we must ask is: If we don't act now, who will?

There is still hope if we take action. We can reduce pollution, plant trees, conserve water, support sustainable development, spread awareness, and pressure governments to implement effective climate policies. Small actions, when multiplied, create powerful change.

In conclusion, flood disasters are not isolated events but warnings from a planet in distress. Climate change demands immediate attention, compassion, and action. If we learn from the suffering of others and act responsibly today, we can protect tomorrow, not just for ourselves, but for generations to come.

(7th Grade, Chenab College Chiniot, Chiniot)

# A City Under Threat: The Story of Cyclone Biparjoy

*Syeda Dur E Adan*

In June 2023, television news channels across Pakistan repeatedly warned people about a powerful storm forming in the Arabian Sea. The cyclone, named Biparjoy, was moving slowly but dangerously toward the coast. News channels showed satellite images and weather maps while reporters explained that the storm was gaining unusual strength. Experts said that climate change and global warming had warmed the sea, giving the cyclone more energy than normal. Karachi, a large coastal city, was placed on high alert, and residents were told to remain careful and prepared.

As updates continued, dramatic scenes from the shoreline appeared on television. Strong winds began to lash the coast, waves crashed violently, and dark clouds covered the sky. Meteorologists explained that rising global temperatures are increasing the intensity of cyclones, making them more destructive than before. Warmer oceans provide storms with more energy, allowing them to grow bigger and last longer. Fishermen were ordered to stay ashore, beaches were closed, and evacuation warnings were issued for people living in risky coastal areas. The news made it clear that such extreme weather events are becoming more common because of environmental changes.

When the cyclone's effects reached Karachi, many problems quickly became visible. Heavy rainfall caused flooding in low-lying neighbourhoods due to poor drainage systems. Roads were submerged, traffic came to a standstill, and electricity outages affected many areas of the city. News reporters stood in flooded streets, showing how daily life had come to a halt. People struggled to protect their homes, and fear spread as citizens realised how exposed Karachi was to extreme weather events. Families worried about safety, and many areas faced serious disruption.

Amid this danger, true heroes emerged. Rescue and disaster management teams worked day and night, moving families from dangerous coastal settlements to safer locations. Meteorologists became heroes by providing accurate and timely warnings that helped prevent a greater tragedy. Volunteers distributed food, drinking water, and basic supplies to those in need, while emergency workers stayed on duty despite

exhaustion. Journalists also played an important role by risking heavy rain and strong winds to keep the public informed. Even ordinary citizens acted heroically by helping neighbours, checking on the elderly, and remaining calm during the crisis. These acts of kindness showed the importance of unity during difficult times.

After the cyclone weakened, its after-effects remained. Floodwater damaged homes, vehicles, and city infrastructure, and many small businesses suffered financial losses. Stagnant water increases health risks such as dengue and other diseases. The news showed that cyclones do not end when the storm passes; their impacts continue long after the skies clear. Cyclone Biparjoy raised an important question for future generations: if climate change continues to strengthen cyclones, will cities like Karachi be prepared, or will warnings continue to be ignored?

In conclusion, Cyclone Biparjoy was not only a weather event but also a serious warning for the future. Watching it on the news revealed the dangerous link between climate change and extreme weather. While nature showed its power, the courage of heroes gave hope. Protecting the environment and improving disaster preparedness are essential to ensure a safer future for generations to come.

(7th Grade, Chenab College Chiniot, Chiniot)

# Burning Earth

*Maryam Zia*

As I sit down to write about global warming, I'm reminded of my own experiences with the changing climate. Growing up in Pakistan, I noticed the unpredictable weather patterns and rising temperatures. Summers seemed hotter, and winters milder. The once-perennial rivers were drying up, and the glaciers in the north were melting at an alarming rate.

Global warming is primarily driven by the enhanced greenhouse effect, a process in which human activities increase the concentration of gases that trap heat in the Earth's atmosphere. The foremost cause is the burning of fossil fuels, such as coal, oil, and natural gas, for electricity generation, industrial manufacturing, and transportation, which releases massive quantities of carbon dioxide (CO<sub>2</sub>). This problem is compounded by widespread deforestation, as forests are cleared for timber or agriculture, the carbon stored in trees is released, and the planet's natural capacity to absorb atmospheric CO<sub>2</sub> is significantly reduced.

The after-effects of global warming have unleashed a devastating domino effect that is fundamentally reshaping Pakistan's geography and seasonal cycles. As global temperatures climb, the country's northern regions are witnessing the rapid melting of the "Third Pole", the massive glaciers of the Hindu Kush and Himalayas. This has resulted in the catastrophic phenomenon of Glacial Lake Outburst Floods (GLOFs), which wreak havoc on mountain communities before the excess water travels downstream to inundate the plains. This is not merely a seasonal issue; as sea levels rise along the Sindh and Makran coasts, seawater intrusion is turning fertile agricultural land into saline wastelands, particularly in the Indus Delta, where the livelihoods of thousands of fishing and farming families are being eroded.

Beyond the melting ice, the atmosphere has become a volatile reservoir of energy, leading to "monsoon madness" and increasingly extreme weather patterns. Pakistan now experiences an intensified heatwave phenomenon in cities such as Jacobabad and Karachi, pushing temperatures beyond the limits of human endurance.

For society, these environmental changes translate into a direct threat to food security, as the country's "breadbasket" provinces struggle with heat stress and erratic water supplies, causing wheat and cotton yields to falter.

This instability is creating a new class of internally displaced persons, forced to migrate from ancestral villages to overcrowded urban centres in search of survival.

To combat global warming, a combination of individual actions, governmental policies, and technological innovations is essential. Reducing the reliance on fossil fuels by shifting to renewable energy sources such as solar, wind, and hydroelectric power can significantly lower greenhouse gas emissions. Planting trees and protecting forests help absorb carbon dioxide from the atmosphere, while promoting sustainable agriculture reduces environmental impact. Individuals can contribute by conserving energy, reducing waste, using public transportation, and adopting eco-friendly lifestyles. Additionally, governments and industries must enforce strict environmental regulations, invest in green technologies, and raise awareness about climate change.

In conclusion, global warming is one of the most serious problems facing our planet today. Its effects, such as rising temperatures, melting glaciers, and extreme weather, are a threat to both the environment and human life. Although the problem is serious, it can be solved. By using sustainable practices, reducing carbon emissions, and taking action together at personal, national, and global levels, we can slow down climate change and protect the Earth for future generations. The time to act is now, because every small effort helps in saving our planet.

(7th Grade, Chenab College Chiniot, Chiniot)

# How Are Human Activities Affecting Climate Change?

*Musaffa Fatima*

Climate change is one of the most serious challenges facing the world today, and human activities are its primary cause. Over the past century, the Earth's average temperature has increased significantly, mainly due to actions that release large amounts of greenhouse gases into the atmosphere. These gases trap heat and disrupt the planet's natural climate system, leading to widespread environmental, social, and economic impacts.

One of the biggest contributors to climate change is the burning of fossil fuels such as coal, oil, and natural gas. These fuels are widely used to generate electricity, power vehicles, and run industries. When fossil fuels are burned, they release carbon dioxide (CO<sub>2</sub>), a major greenhouse gas. As industrialisation and population growth increase energy demand, CO<sub>2</sub> levels in the atmosphere continue to rise, intensifying the greenhouse effect and causing global temperatures to increase. Deforestation is another major human activity contributing to climate change. Forests play a crucial role in regulating the climate by absorbing carbon dioxide from the air. However, large areas of forests are being cleared for agriculture, urban development, logging, and infrastructure projects. When trees are cut down or burned, the stored carbon is released back into the atmosphere. At the same time, the loss of forests reduces the Earth's capacity to absorb future carbon emissions, worsening climate change.

Agriculture also has a significant impact on the climate. Farming activities produce greenhouse gases such as methane and nitrous oxide. Livestock like cows and sheep release methane during digestion, while the use of chemical fertilizers emits nitrous oxide from soils. Both gases are much more effective at trapping heat than carbon dioxide. In addition, large-scale farming often involves land clearing, heavy water use, and energy-intensive machinery, further increasing emissions. Industrial processes and waste management contribute as well. Factories emit greenhouse gases through manufacturing, chemical production, and cement making. Improper waste disposal in landfills produces methane as organic waste decomposes. The growing use of plastics, which are made from fossil fuels, adds to pollution and emissions throughout their production and disposal cycles.

Human activities also influence climate change through transportation and urbanization. Cars, trucks, ships, and airplanes burn fossil fuels and release large amounts of carbon dioxide. Rapid urban growth leads to higher energy consumption, increased waste, and the “urban heat island” effect, where cities become significantly warmer than surrounding areas.

In conclusion, human activities are the main drivers of climate change through the release of greenhouse gases, deforestation, industrialization, and unsustainable land use. These actions are altering Earth’s climate at an unprecedented rate. Addressing climate change requires reducing emissions, protecting natural ecosystems, adopting renewable energy sources, and making more sustainable choices. Human actions caused the problem, and human actions are essential to solving it.

(7th Grade, Chenab College Chiniot, Chiniot)

# The Day the Hills Fell Silent: Landslides and Loss in Pakistan

*Sameen Babar*

Today I am writing about a type of natural hazard disaster which is called a landslide. The landslides are caused by heavy rainfalls and can also be caused by earthquakes. The shorter definition of landslide is “Movement of rocks or soil down a slope”. A landslide is a major type of natural hazard disaster. It can be very dangerous. If we plant trees, it can help to stop the landslide. It can also smash the roads. The trees can help to reduce the flow of rocks or soil. Mostly, the landslides take place in mountainous areas. It can also be caused by heavy rainfall during the monsoon. We should plant trees and reduce deforestation. Once, I went on a trip with my family to the mountainous areas. When we went near the mountains, we realised that the rocks were moving, and we went far away from the place, and we watched the rocks going down the slope. A landslide is a dangerous situation. Everything gets destroyed in this situation. A landslide is a process that takes people away from life.

In 2024, Pakistan faced the same issue. Many people drowned along with their families and loved ones. All of a sudden, landslides started near Babusar top, and rain started. In this jingling, people saw there was a horrible situation. People were drowning, and their belongings were floating in the river. They were crying and looking for help. In that situation, the Pakistan army rescued them, but unfortunately, many people were killed, and many were missing. Their dead bodies were found after some days. That was the worst situation I've ever seen in my life. Land sliding is causing deaths every year. A few years back, Sri Lanka faced the same situation. Landslides can be stopped by planting more trees and plants. It can also be stopped by asking people to stop cutting the tree. Trees are the main key to keeping our environment clean. So we should take some initial steps to stop the landslide. It needs to be stopped at any cost as it is becoming more threatening every day. It should be the end to save many lives and our environment.

(6th Grade, Massoomeen Schools & College Chiniot, Chiniot)

# When Water Rises: Lives Caught in the Floods of Pakistan

*Muhammad Hasnain Sultan*

Floods are one of the most common natural hazard disasters, like earthquakes. They are dangerous and pose a threat to people's homes. Floods are one of the main reasons some people can't get an education. In 2022, there was very intense monsoon rain that affected 33 million people nationwide. Today, many floods are destroying the homes of ordinary families; they are ruthless and harmful.

I personally think about those innocent families and how they were once happy. Floods occur because water overflows its banks. When the speed of water decreases, the harmful damage has already been done. For example, many people drowned in the city of Lahore when the Ravi flooded in 1925, 2010, 2014, and 2025. These floods caused great damage, and many lakhs of rupees were lost. Popular rivers like the River Chenab, the River Ravi, and the River Neelum flow in Pakistan. Last summer vacation, my family was going on a trip to the mountains, and on the road, we saw landslides. We were shocked by it. We even stayed one more night because it could have been dangerous. We were not really talking about landslides, but heavy landslides can cause floods. I was very scared and afraid that night could have been very dangerous.

Floods are listed among nearly every country's major threats. There is major loss of life and infrastructure damage in many countries. I think floods are more dangerous than earthquakes. In my opinion, earthquakes are safer than floods because floods are quick enough to make people unable to even stand up from a chair.

Floods can happen because of earthquakes. Tsunamis are also caused by large earthquakes, where strong movements push water forcefully outward as huge waves. Floods can sometimes be beneficial in small quantities. For example, floodwater and rainwater can fertilize infertile soil and help farmers. Sometimes floods can be good for non-fertile land. However, most floods cause destruction.

One place that is currently affected is Venice, Italy. Trees can be very helpful in such situations. Planting grass and plants is also helpful in reducing floods. They can

slow down water and prevent soil erosion. Floods cause serious damage to crops and livelihoods.

I want to be the voice of my future generation. I want to ask the authorities of the world to please save us and our future. These kinds of natural disasters are not good for anyone. Countries that face these catastrophes also face massive destruction.

In one of my friend's villages, there was great destruction. I saw him after two months in school. He had been living like a prisoner in his uncle's home. I felt his pain when I saw the fear in his eyes. He was even missing his goat, which was his favorite pet.

It is my humble request to save the next generation from floods, so that no one will cry for their home, village, cattle, and belongings. I can't see another Hamza weeping over his goat. Please save us all from floods. Please save us all from disaster.

I know it is a natural phenomenon, and we believe in the will of Allah, but there are many ways to reduce its effects. As China has made dams and embankments to control floodwater, we can also do the same. But we are doing very little and are seeing a lot of damage every year.

I beg my government to please do constructive work. We need to protect the Earth from catastrophes. We can handle this situation by building dams and stopping deforestation.

(6th Grade, Massoomeen Schools & College Chiniot, Chiniot)

## Echoes of the School Bell

*M. Zeeshan*

The village of Basti Ahmed Pur was never a place of great material wealth, but it possessed a singular treasure that the community guarded with fierce, collective pride: a small, single-room government school painted a hopeful, fading shade of sunflower yellow. For ten-year-old Zeeshan, this humble room was more than just a building; it was a sanctuary of the mind. To his father, a man whose calloused hands were mapped with the deep scars of decades of grueling manual labor, that school represented a sturdy bridge to a better life; a life where his son wouldn't have to depend on the cruel whims of the weather or the raw physical strength of his aching back. Zeeshan was the undisputed brightest in his small class, a boy who treated his few tattered, second-hand textbooks as if they were holy relics. He loved the piercing sound of the rusted iron bell; a sharp, clanging melody that signaled the daily start of a wonderful world where he was not just a poor village boy, but a future engineer with infinite potential.

Then came the monster monsoon of 2022. It was not the gentle, life-giving rain they were used to; it was a sky that had turned into a violent, unending ocean. For days, the clouds hung low and bruised over the plains, pouring down a relentless deluge that turned the streets into rivers. When the mighty Indus finally breached its ancient, weakened embankments, the sound was like a massive mountain collapsing in the dark. In the middle of a terrifying night, the entire village was swallowed by the rising tide. Zeeshan's father hoisted him high onto his shoulders, the cold, black water swirling dangerously around his waist as they waded through the ruins of their neighborhood. As they struggled through the heavy current toward higher ground, Zeeshan's school bag, which he had clutched desperately to his chest like a lifeline, was ripped from his small, frozen hands by the sudden, brutal force of a passing wave. He watched his precious notebooks; filled with his neat handwriting and perfectly solved equations; disappear forever into the dark, murky abyss. He let out a piercing scream that was instantly drowned by the relentless, mocking roar of the flood.

Three weeks later, the water finally retreated, leaving behind a world transformed into a desolate graveyard of thick, stinking grey silt. Zeeshan walked slowly back to

where the "Yellow Room" had once stood. He found nothing but a tragic heap of melting mud bricks and twisted rebar. The roof had collapsed completely, the wooden desks were mere splinters, and the iron bell lay half-buried in the mud, its metal tongue silenced by the heavy sludge. There were no teachers, no laughter, and no visible future in sight. He sat on a piece of broken timber, staring at the empty void where his dreams used to live.

In the cold, clinical language of disaster management, experts called this "infrastructural damage." They calculated the cost of bricks, mortar, and cement. But for Zeeshan, the loss was unquantifiable. It was a theft of his precious time and his only escape. Every single day that the school remained a ruin was another day his dreams drifted further out of reach. He found a single, mud-caked page from his math book snagged on a thorn bush. He realized then that a disaster doesn't just take what you have; it tries to take who you are truly meant to become. The school bell was gone, but the ghost of its ring still echoed in the silence of his broken heart.

(8th Grade, Pearls Education City, Bhowana)

# Drowning Crops and Silent Wedding Bells

## *Shab-E-Mehdi*

At present, my area is facing severe destruction caused by floods. This story is not only about my family but about the entire village, where floods have shattered our lives, our economy, and our future. As a student, I am deeply worried and uncertain about my education and the days ahead.

Most families in our area depend on agriculture and livestock for their livelihood, and my family is no exception. Unfortunately, the recent floods have taken away our basic source of income. Our six acres of rice, five acres of sugarcane, and seven acres of maize crops have been completely destroyed. These eighteen acres of crops were not just agricultural fields; they were the result of a year's hard work and the only source of food and income for our family. Their destruction means that our entire year has been lost financially, and we have no food reserves left.

Along with agriculture, our dairy farm was also badly affected by the floods. The strong flow of water caused the farm structure to collapse, resulting in severe losses to our livestock. After the floods, the dirty and polluted environment led to the spread of various diseases among the animals. The livestock that survived now face a serious shortage of proper feed and safe shelter. Taking care of them and arranging medical treatment has become a major challenge, even though these animals are the backbone of our family's survival.

The situation during the floods was terrifying. Water rushed into our village faster than expected and entered our mud house. Household items, clothes, utensils, and other essential belongings were either washed away or completely damaged. After the floodwaters receded, stagnant dirty water, lack of clean drinking water, and the absence of basic health facilities became our biggest challenges. Diseases are spreading rapidly in the village, and due to the lack of proper medical care, the situation is becoming more dangerous. In addition to this, the electricity system has been badly damaged, further increasing our difficulties.

I am a student, and my parents dream that through education I can build a better future for myself, my family, and my community. However, under the current circumstances, continuing my education has become extremely difficult. The loss of

educational materials, financial hardships, and an unsafe environment have diverted my attention away from my studies.

I humbly appeal to the government, philanthropists, and concerned organizations to come forward and help us. We do not need temporary relief alone; we need sustainable solutions so that we can stand on our feet again. Rehabilitation of crops and the dairy farm, medical treatment and feed for livestock, access to clean drinking water, basic healthcare facilities, and restoration of electricity are our most urgent needs. We are hardworking people; we only need an opportunity and support to overcome this disaster and continue our lives and education.

(9th Grade, Pearls Education City, Bhowana)

# The Unseen Trauma

*Arfa Saeed Kiyani*

For young Bilal, the 2025 floods in rural areas of Punjab did not end when the brown waters finally receded from the broken streets. While the adults in his village were busy clearing thick layers of putrid mud from their doorsteps and haggling over the price of bamboo poles for reconstruction, the eight-year-old boy remained trapped in a silent, internal deluge. To the casual observer, Bilal looked perfectly fine; he had no physical scars, and he didn't complain of hunger like the others. However, the trauma was a phantom that lived in the sudden widening of his eyes whenever a heavy monsoon cloud blocked the sun, or in the way his small hands trembled uncontrollably at the simple sound of a neighbor pouring a bucket of water. He felt like he was still drowning inside.

Before the disaster, Bilal was the loudest child in the village, a boy whose laughter echoed through the mango orchards. Now, he was a shadow. He spent his long days sitting on a jagged piece of sunbaked earth that used to be his bedroom floor, staring at the horizon with an intensity that made his mother's heart ache. He was constantly listening for the roar of the river. In his mind, the sound of the river breaking the levee was a permanent loop, a deafening thunder that drowned out the comforting voices of the present. Every time the wind picked up, he would instinctively grab the nearest sturdy object, his knuckles turning white, bracing for a wave that was no longer there. His mind was a locked room.

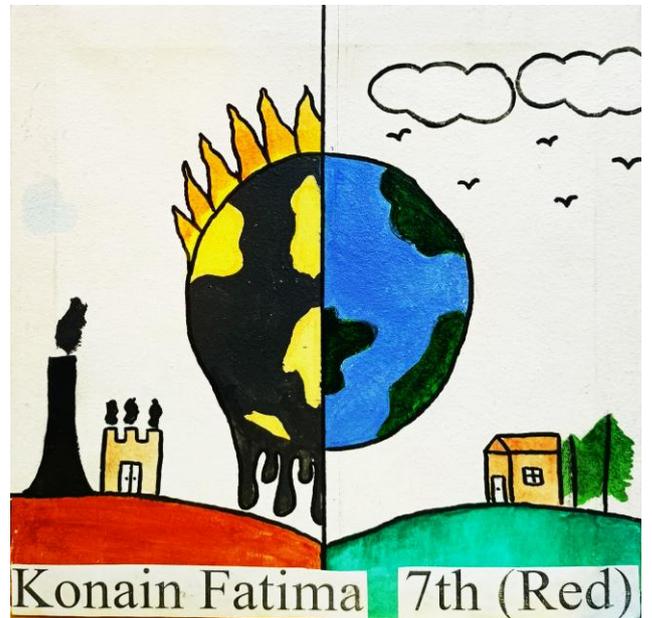
His father, a man named Jamil who had lost his entire cotton crop to the surge, tried to coax him back into the world with a carved wooden truck. But Bilal only looked at the toy and saw debris. In the eyes of a traumatized child, the world is no longer a stable place of play; it is a fragile thin crust that can be swallowed by the earth at any given moment. This was the "unseen trauma"—the psychological erosion that no relief package or bag of flour could ever hope to repair. The village elders spoke of lost infrastructure and destroyed bridges, but they rarely spoke of the broken bridges within the minds of the children who had watched their world dissolve in a single night. They saw the mud on the walls, but not the deep mud in the spirit.

One afternoon, a local volunteer set up a small tent with some crayons and large sheets of white paper. Bilal sat in the corner for hours, refusing to touch the bright colors. Finally, he picked up a black wax crayon and drew a single, heavy line across the middle of the page. Then, he drew a small, stick-figure boy standing on top of a very tall tree. As he colored the bottom of the page in a frantic, dark blue, he let out a long, shaky breath he seemed to have been holding for months. It was the first step toward a very long recovery. The water had taken his house, his toys, and his sense of safety, but on a small piece of paper, he was finally beginning to map out his way back to the shore. Healing was slow, but it was possible. He was brave.

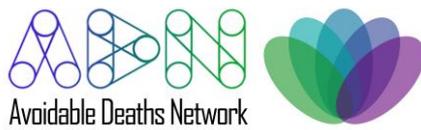
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