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Dear YLF members, let me thank all of you for your support and contribution for the third issue of the YLF Newsletter. Meanwhile, I would like to congratulate all the new members who joined the YLF family in 2008. As the Young Leaders Forum Newsletter is a platform to reflect the ideas of young Afghans, this issue contains articles on the new generation of YLF members, as well as contributions of the members on different important socio-political and educational issues of Afghanistan. The YLF Newsletter has been a tool in spreading the message of peace, understanding & youth's achievements to other young Afghans living in the corners of Afghanistan. The rich educational content of this Newsletter makes it a useful source for Afghan boys and girls studying in educational courses, universities and schools.

I would like to add that, it is our responsibility to be united, work together and put all misunderstandings aside, to set the example of change and progress not as individuals but as a network of young Afghans sharing the values of a united country.

Thank you

Note From the Editor

The YLF Family...

Thursday afternoon, 21st of February 2008. I was inside the conference hall of FES-Afghanistan office for the first session of the new generation of YLF members. I never realized that how fast this one year has passed and now I am working to welcome the new members. When I came out I saw Mr. Sanjar Sohail. He was setting with other senior members of YLF. He is from the first generation of Young Leaders Forum. “It is good that more young and intelligent Afghans are joining us and we are not alone now, it is an especial feeling.” Sanjar was saying to others. Truly, that was really a special day for YLF. All the different generations of YLF were setting to know each other. Each one was sharing their experiences in YLF and that how much YLF changed their lives. “YLF is a place to put in practice your capabilities, share your knowledge and use your talent.” Sanjar said to the new members.

And he is right, we are not alone now. We are part of a stronger and bigger family of YLF. And I am proud of it.

How Can Youths Make a Difference?

Youths constitute a vast majority of our population today. But could they all be involved in making a difference and bringing a constructive change in the society? I still believe YES, they could do it! To me being youth means feeling full of energy, powerful, hopeful and looking forward. By combining all these feelings in an active manner with awareness, values, responsibility and capacity as;

1. believing in humanity, freedom and equality,
2. being open-minded and tolerant,
3. feeling motivated, committed and responsible,
4. building a fair and if possible, a professional capacity,
5. working hard and objective-oriented,
6. being communicative to others and
7. developing networking skills,

it is all about making a difference and spreading out the sense of “Yes, you can make a difference by starting to believe and behave differently!” And this is the message; this newsletter carries on behalf of the Young Leaders Forum to the Afghan youths.

By Sulaiman Qeyamat
Project Co-ordinator, FES-Afghanistan
The Paradox of a Critical Media and an Unresponsive Government

After the fall of Taliban in 2001, the international community has been unsparing in its efforts to foster peace and stability through the creation of a democratically elected government in Afghanistan. Billions of dollars have been expended for reconstruction of the country’s fragile political, social and economical infrastructures. Foremost, among the western backed reconstruction has been a nationwide free media development program. The new government has embraced free media with little opposition. Indeed, in the last seven years, we have witnessed the launch of 15 private TV stations, more than 40 provincial and independent radio stations and a remarkable progress in publishing media. Most of these media have been established with the financial support of international donors.

As being the fourth power, have free media been giving their entity? The answer is No. The paradox is that while the media have been free in criticizing the government, these have been unable to influence government policies and actions. What we have is a free media and unresponsive government. But, why this paradox exists?

To identify the root causes of the Afghan government’s obstinacy, I talked with several media and political experts. Some saw the cause in a partisan media that have not yet to developed professional standards. But the most interesting opinion I heard came from a human rights activist who believes that Afghanistan’s government has a flawed understanding of freedom of press and democracy.

“The Afghan government lets the people and the media say what they want to say but never listens to them,” the human rights activist added. This is the point “a flawed understanding of democracy and media” whereas, in democratic societies, governments certainly listen to the critics of the people.

In my opinion, if the government had paid attention to the media and critics at the beginning and reformed itself, I have no doubt we’d have a strong, stable and democratic government now. The result is that instead of fostering government reform, media criticism serves to undermine the government. And we have lost a golden opportunity.

By Abdullah Khudadad
"The Young Leader Forum Programme of the Friedrich-Ebert-Stiftung offers fair and equal access to youth in Afghanistan. It provides youth with the opportunity to learn about politics/democracy and give them the opportunity to think of a better solution for the problems of their country/government and gain valuable experience while improving their skills." So why not?! A quick check of the admissibility criteria confirmed that I was eligible to apply. All I had to do was to complete the online FES's YLF 2008/09 application form. I remember being very impressed by reading the information, what the FES does for the young people. There was the possibility of doing research and asking myself what do politics and democracy mean to me and give me the idea that I could also do something to my country.

In the beginning, the recruitment process was a little torturous on the nerves. Perhaps this is due in part to the fact of many applications - no other organization gives such opportunity to the young people in Afghanistan! My application was accepted and I was invited to take part at the 'Final Young Leaders Forum 2008/09' assessment centre, the first true step in the YLF selection process.

Picture the situation: I am a young Afghan, my colleagues are young Afghans, I am with young Afghans and I'm supervised by young professionals.

My first impression: they are all dynamic, young, initiative-driven, motivated individuals.

My first reaction: WOW! So here I am, a YLF member. I have really learned a lot and enjoyed my participation in the programmes and appreciated the trust that I received from the other YLF members. Throughout the last time, I often asked myself "what can these programmes contribute to my professional development as compared to other members?" Here is the answer: The experience of knowing other youths and sharing experiences and the problems of our country and people and getting an idea of social responsibility. As it says in the Values and Ethics Code for the Public Service, through their work, members of YLF contribute to the positive functioning of the government, to democracy, and to Afghan society as a whole I hope.

By Frozan Siddiqi

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**Musafir Quqandi**

Mr. Quqandi joined YLF in 2006 and as he says, a new day had come for him. Musafir Quqandi is now an employee of the Ministry of Labor and Social Affairs. He is an active member of YLF and member of Faryab Province Peace Council. He has conducted many workshops in different provinces of Afghanistan since 2006. He believes in equal participation of females in politics and more chances for young Afghans especially in provinces. "YLF helped me to engage in bigger network of young Afghans who care for Afghanistan. "He says. "Its young Afghans who carry the biggest responsibility today. It is only possible if we carry it together."

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**Moh. Omar Rahmati**

Mr. Rahmati joined YLF in 2007. Mr. Rahmati is working as IT technician in the Goethe Institute in Kabul. He is one of the most active members of YLF. He can speak fluent German and English languages. He has learned German language in three months. Mr. Rahmati spends his time in developing computer programs and reading books. He is optimistic about the future of Afghanistan and for him YLF is the source of inspiration which changed his life: "In YLF I learned that everyone in any profession must work hard to build Afghanistan." He believes that "to serve Afghanistan is not to betray it."
The Need for a Change

In Afghanistan whenever we talk about changes, simultaneously the “political change” hits our minds. It is true that from time to time we do need political changes, but that is not the only change required in order to improve the overall situation in the country. Other changes such as change in our economy system, international relations education are also required.

And despite all advantages our lifestyle has, some problem also exists. For example, we Afghans, most of the time live for others and have very little time for ourselves. Living in bigger families sometimes can prevent us from being with ourselves and identifying our likes and dislikes, talents, exposing our skills and advancing our knowledge. In order to solve this problem we should follow an effective daily agenda. Good time management can lead us towards success. Keeping in mind the saying “time is gold.”, we need to give an order to our activities and should manage our time in a way that enables us to spare time for ourselves as well as for others.

Our daily agenda should provide us with proper time for work, studying, house chores, entertainment, socializing, and religious affairs. Unfortunately today, most of us due to loads of work do not pursue a sound daily agenda as a result of which we can not achieve what we should want to. One activity exceeds another or all. There is no doubt that political and security instability made us very uncertain about the future and resulted in relying on our today and ignoring our tomorrow. This kind of perspective needs to be changed. We should work harder today in order to have a better tomorrow and we should plan our future to some extent. Today the world is very advanced and we by no means can compare ourselves with the rest of the world. If we as a nation want to meet the standards set in the world, we need to change ourselves as well as our lifestyle. We should become very practical, focus on our profession; whatever we do we should aim for excellence, use our time efficiently and focus on reading books and enhancing our knowledge. We should take this as a challenge and make it one of our resolutions for the upcoming traditional holidays.

By Najla Sabri
Democratic governments are to gain people's trust. It is usually difficult for systems that work for the people to function without peoples support. In a democratic government system, the government is accountable to the public. This means that the people who trust the government nominate trustworthy and professional candidates for the political debates and elections in order to improve the society and fulfill their citizen responsibility. In this regard it is the government achievements for providing social welfare and security to satisfy people's needs and wants. If the government is not accountable and does not satisfy people's expectations, the trust between the government and people collapses and this underestimates the government's credibility. The only way for the government to overcome the challenges and gain public support is to satisfy public expectations through being transparent and accountable to them.

The government of Afghanistan should come out of a symbolic demonstration of transparency, in order to bring reform in the structure of the government. For the first time in 2005, President Karzia spoke about elimination of corruption and reform in the government structure as well as the government accountability and reveal of his cabinet ministers' private asset to the public. However the president initiative is not something new in most of the democratic governments of the world.

The process of government accountability in Afghanistan known as the government accountability week to the public, has had lots of short comes since it is first round in 2005. Especially the methods used so far have been always more symbolic rather than being practical and has never counted as the government commitment to the laws.

In March 2007, which was the latest round of government accountability week to the public, only media were present on the spot while ministers were giving reports of their achievements and activities. Civil society organizations haven't had any involvement to the process as civil society plays a major role between government and the public.

Accountability and the good mechanism need to have a clear definition. What has been called government accountability so far is not, accountability in real manner of transparency; it is more like delivering activities reports to the media. It is very difficult to judge when the responsible person or a minister is explaining his activities that how much of his/her reports has taken place truly and reflects the reality in their work. On the other hand there is no other party to monitor the process. Lack of monitoring of government ministries' activities provides the chance to the responsible person to prepare more a publicity report rather than a comprehensive content.

I believe that the current accountability mechanism is not based on a democratic standard. Accountability without monitoring, activities analysis and follow up in the ministries will not help stability in Afghanistan. In this case there is a huge need of change in the process of government transparency and accountability process, which has to be practiced in a very democratic mechanism.

By Mohammad Aliase Hassany
Advent of Internet

There are few other innovations as far reaching consequences and comparable importance which have impacted the life and living styles as the Internet in the contemporary society.

The advent of Internet has been so pervasive and all embracing at least in the developed world that it has given rise to new technology-"Internet-ophilia". Although to some discerning critics, this ideology seems to be over-hyped, accompanied by international exuberance, others see in the Internet the cure for a number of ills be setting in the contemporary society.

Organizations are finding that the Internet is not just a new way to communicate. It is a market place where they can put orders out for bids, it is an instant newspaper for its staff, it is an ever order facility for its customers plus an endlessly updates inventory of those customers’ likes and dislikes. In theory, it reduces the cost of every business process that involves information, be it a plan, and advertisement, a set of accounts, a request for suppliers or a schedule of deliveries. Organizations do not have to own everything anymore; they can be virtually integrated instead, connecting the different bits and pieces through this new medium.

B2B, or business to business is a real future of Internet and it will transform our organizations.

Internet has suddenly accelerated the pace of change. It is said that “All of the world’s trade in 1949 happens in a single day today, all the foreign exchange dealings in 1979 happens now in a single day, as do all the telephone calls made around the world in 1984, a year in a day is exactly how it feels sometimes.

The ideology of Internet-Internetophilia has been announcing the inevitable arrival of a whole new era, whose features are dramatically different, whose qualities and mechanisms cannot be understood with past methods of analysis. The key to new era is the ability to store information in combinations of 1 and 0. The basic qualities processed by the digital technology are newness and dynamism. Everything is new; everything is in constant fast movement.

Some other characteristics claimed for the Internet are: Its global nature (because it annuls distances and removes the limitations of geography), the capacity to empower the individuals, institutions and countries of socio-economic periphery and also to transform citizens across the globe from orthodox media couch-potatoes to active producers of online information.

Such empowerment is enabled by the fact that Internet is decentralized: it has no centre and thus, it cannot be controlled. It is argued that Internet gives rise to a whole new financial environment, a new economy. A market where supplies equal the demand and prices is set to the lowest optimum level.

The article then goes on to enlist the Internet equalities and points out that to a large extent telecom capacity and infrastructure will determine Internet usage growth. A country’s existing telecommunication infrastructure is paramount for the growth of Internet usage. In addition, connection bandwidth is important for the speed of transmission, which varies significantly across the globe.

Children and use of Internet:
Children are growing up with the Internet as a normal part of life, using it at home, with friends and at school and exploring its amazing possibilities. The Internet has become a vital tool for communication, information, entertainment and shopping and is critical for children’s development in today’s world. When the child goes on to further education or a job he will almost certainly be expected to be a confident user of computers and the Internet.

Children use the Internet to find out information, get in touch with others, play online games, buy online, and further more.

Continued on page 11
Decades of brutal conflicts of all kinds; foreign occupation, civil war and social strife have not only inflicted grief, destruction, economical and social ruin to Afghanistan, it has left deep mental scars on its inhabitants; child, young and old.

Very low levels of literacy, poverty, unemployment and fragile security situations have augmented people’s problems, which has resulted in lack of communication, impatience, intolerance, hasty pre-judgments and the loss of the Afghan tradition of listening to others. This has created an environment of prejudice, discrimination, mistrust and misunderstanding among the Afghans.

Misunderstanding, the core cause of ethnic, tribal, linguistic and religious prejudice, discrimination and even pure hostility has led to many armed conflicts in the country, and is still spreading its poisonous roots among the Afghan people.

To prevent the young generation from this debilitating and destructive trend, it’s suggested to first call on the government, the international community, and other interested parties to facilitate nation-wide exposure visits for the youth representatives at provincial and district levels. These visits will assist the young people, from both urban and rural areas of the country to exchange experiences and views, to share difficulties and ideas, try to identify the roots of misunderstandings and misconceptions and find solutions to the problems that separate them and create prejudice and discrimination.

The establishment of a strong youth network is another hopeful solution to this long, miserable and devastating saga in the life of generations of Afghan youth which will contribute to the unifying, and clearing the pollution from the minds of not just the young people, but the country as a whole, now and for generations to come.

The listening attitude is the third element, which could help Afghan communities to reduce the high levels of misunderstanding and decrease the level of problems. The listening tolerance and dialogue will open the closed doors of communication to, and between, sidelined groups of the nation who have been the target of many attacks of many kinds.

Provincial, cross-provincial and national visits and networking will transmit traditional, cultural and social aspects of various provinces to each other, and will gradually change the attitudes and replace the old misunderstandings, creating better understanding and tolerance, and help retrieve the importance and pride of sharing one of the most glorious histories and cultures in the world as one Afghan nation.

Young Afghans have a fundamental task and role in the success of this plan, so that together they could serve their people, and lead the country towards a prosperous, peaceful and stable future.

By Enayat Safi
Introduction of Open Space Technology in Afghanistan

What is Open Space Technology?
Open space technology is one way to enable all kinds of people, in any kind of organization to create inspired meetings and events. Over the last 20+ years it has also become clear that opening space can create organizations where people work together to create extraordinary results with regularity.

In open space meetings and events participants create and manage their own agenda of parallel working sessions around a central theme of strategic importance.

With groups of 5 - 2000+ working in one-day workshops, three-day conference, or the regular weekly staff meetings the common result is a powerful, effective connecting and strengthening of what's already happening in the organization: planning and action, learning and doing, passion and responsibility, participation and performance.

Open space works best when the work to be done is complex, the people and ideas involved are diverse, the passion for resolution (and potential for conflict) are high, and the time to get it done was yesterday. It's been called passion bounded by responsibility, the energy of a good coffee-break, intentional self-organization, spirit at work, chaos and creativity, evolution in organization, and a simple powerful way to get people and organizations moving- when and where it's needed the most.

While open space is known for its apparent lack of structure and welcoming of surprises, it turns out that an open space is actually very structured. May be it comes to your mind that What Will Happen in an open space:

1. All of the issues that are MOST important to the group will be raised.
2. All of the issues raised will be addressed by those participants most qualified and capable of getting something done on each of them.
3. In a time as short as one or two days, all of the most important ideas, discussions, data, recommendations, conclusions, questions for further study, and plans for immediate action will be documented in one comprehensive report finished, printed and in the hands of participants when they leave.
4. When appropriate and time is allowed for it, the total contents of this report document can be focused and prioritized in a matter of a few hours, even with very large groups (100s).
5. After an event, all of these results can be made available to an entire organization or community within days of the event, so the conversation can invite every stakeholder in to implementation right now.
6. AND...results like these can be planned and implemented faster than any other kind of so-called 'large-group intervention.'
Over the years some experienced open space workers have developed a design that really takes seriously the old saying: “Open Space can neither be taught, nor learned but possibly remembered”.

As an introduction, for the very first time in Afghanistan the open space technology was brought to 27 participants from the different backgrounds by the open space trainer Mrs. Jutta Weimar, from April 9th-10th 2008 at the Afghanistan office of the Friedrich-Ebert-Stiftung in Kabul.

The training design consisted of one open space event and a number of parallel activities to support self-organized learning spread over 2 days.

The book of proceedings produced during this open space event represented an integral and important part of the whole meeting. It contained the table of contents, all reports of issues worked on, the action steps planned with a detailed description of what to undertake with respective time frames, contact persons, the contact list of all participants and photos. The entire content of the meeting is reflected in the book of proceedings.

Another portion of the outcome of that meeting was the contact between participants.

As phase one, the training started with the preparation of the open space event within the training. The group went through the traditional planning meeting, the main purpose of which was to find a theme that is congruent with the prerequisites under which Open Space Technology works best:

- A common theme of concern that is complex and tends to conflict.
- Nobody knows the answer...

And the theme selected by the group was: “HOW CAN WE ENSURE THE ROLE OF YOUTH IN THE CHANGE PROCESS?”, which was the title of the Open Space there.

The trainer did the classic open space introduction in six phases: welcome, focus the group, stating the theme, introducing the principles, collecting the issues, open the market place.

At the end of this first open space 21 reports were brought by the participants at the new’s wall. The most important ones were:

- How can we choose a suitable profession for ourselves?
- How can we ensure the role of youth in all levels of decision making in Afghanistan?
- How to invent a suitable communication pool among youth?
- How to overcome men-women differences inside a family structure?
- How to bring awareness around the country about democracy and peace?
- How to create political awareness among youth?
- How to build mutual trust among youth?
- How to reduce the ethnical differences and provocations among the youth and then throughout the country?

Afterwards there was action-planning phase. During this planning the participants announced 18 projects; some of those were as following:

- Holding a workshop on open space technology for my colleagues.
- To reach to a clear mechanism for editing and publishing the “book of proceedings” with interested colleagues.
- Discuss with YLF members the idea of how to create a suitable communication pool among the active youth in Afghanistan.
- Introducing the open space technology to a larger group of youth.

Afterwards it was up to the project groups how and when they are going to implement these plans. This is a common phenomenon for most of open space events and even more in such a dynamic field.

Parallel to the consecutive open space events the following learning spaces were available for the participants for individual studying and reflection during the entire time of training: library, audio and video room, questions-and-answers wall.

The last hour of the training was a press conference. A common conversation about remaining questions and the chance for the participants and the training team to exchange ideas, stories, questions, and wisdom about open space technology.

By Humaira Sadeqyar
جطول تبعیض علیه زنان را از بین بریم
بهره‌مندی‌هایی از کانسپسیون رفع تبعیض علیه
زنان

مواد ۳
دول عضو در تمامی زمینه‌ها، به ویژه زمینه‌های سیاسی، اجتماعی، اقتصادی و فرهنگی، همه اقدامات مقتضی از جمله قانونگذاری، را برای تضمین توده و پیشرفت کامل زنان، بی‌بهرمتی آنان از حقوق بشری و آزادی‌های اساسی برای برای
برابری با مردان اتخاذ خواهد کرد.

مواد ۴
۱- اظهار تأیید و پذیری موقتی تسریع دول عضو با هدف تسهیل برای ولی عضو در زن تایید
تبعیض به صورتی که در این کانسپسیون
تعیین شده، تلقی شود. اما به هیچ وجه به حفظ معیارهای ناپایدار یا مجزا نخواهد شد. این
اقدامات پس از تحقق اهداف برای قرص‌سازی و
زنده‌نظر خواهد شد.

۲- اظهار تأیید و پذیری تسریع دول عضو با
از جمله اقداماتی که در این کانسپسیون برای حمایت از
مادران گنجانده شده، تبعیض ایمیل تلقی نخواهد
شد.

مواد ۵
دول عضو کلیه اقدامات مقتضی را انجام خواهد
داد:
الف) کرایه‌های اجتماعی و فرهنگی رفتار مردان و
زنان، را به منظور از میان برداشت توحید و
عمل بکر و روش‌های دیگری که بر اندازه
پسته‌ها یا پرتر دانستن هرکدام زنان بر
دارام‌نقش‌های قابلی مقدام و زن استوار باشد
تغییر بهند:
ادامه پس...
**How to Eliminate Discrimination against Women**

**Guidelines from the Convention of Elimination of Discrimination against Women (CEDAW)**

**Article 3**
States parties shall take in all fields, in particular in the political, social, economic and cultural fields, all appropriate measures, including legislation, to ensure the full development and advancement of women, for the purpose of guaranteeing them the exercise and enjoyment of human rights and fundamental freedoms on a basis of equality with men.

**Article 4**

1- Adoption by states parties of temporary special measures aimed at accelerating de facto equality between men and women shall not be considered discrimination as defined in the present Convention, but shall in no way entail as a consequence the maintenance of unequal or separate standards; these measures shall be discontinued when the objectives of equality of opportunity and treatment have been achieved.

2- Adoption by States Parties of special measures, including those measures contained in the present Convention, aimed at protecting maternity shall not be considered discriminatory.

**Article 5**
States Parties shall take all appropriate measures:

a) To modify the social and cultural patterns of conduct of men and women, with a view to achieving the elimination of prejudices and customary and all other practices which are based on the idea of the inferiority or the superiority of either of the sexes or on stereotyped roles for men and women;

Continues…

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**Risk of the Internet:**

because children cannot see the person they contact online, they have no idea if they are who they say they are. Chat rooms are particularly popular with children and teenagers, and there is a risk that pedophiles or sex abusers might use them to look for victims. They might pose as children or teenagers, try to strike up a friendship and eventually try to persuade them to meet up. Even if an adult is honest about his age, that is no guarantee of his good intentions.

Surfing the Internet from the comfort or safety of home or through a mobile phone can give a false sense of security. Children can unwittingly give away personal details such as where they live or go to school, or even begin to trust someone they don't know and willingly give them personal contact details.

The vast majority of material on the Internet is legal, decent and honest. But it is easy to find, or even to stumble across, information or images that may be unsuitable for children. This could include pornography, or material that is violent, racist, inaccurate, or harmful in some other way. There is also Internet material that is clearly illegal, such as images of child abuse.

**Search engines:**

search engines are the market makers of the Internet. They connect consumers with providers at the very moment of consumer interest and enable all of us to find exactly what we want, when we want it. Ninety percent of people looking for websites come through a handful of search engines. The important ones are: Google, yahoo, MSN, AOL, AskJaves, Overture, Info space, Netscape and Alta Vista.

There are hundreds of other search engines, but these are the ones that require special effort to attain those top rankings for your keyword phrases.

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**Advent of Internet**

By Humaira Sadeqyar

From page 6
We have perceived the fact that the future of a county depends upon its youth. They are the hope of their nation and the leaders of tomorrow. Youth can lead a county towards prosperity and success and the effort of youth can bring new outlook to the county image. Youth play the most important role in development and prosperity of a county and prosperity and development can be achieved only by realistic thinking, accurate planning and hard working. Our people feel very sorry about the insecurity, war and poor situation of Afghanistan and the effects of these all inflicted our people specially our youth about 50 thousand of our kids supporting their families financially, it’s their time to study but because of poor economy and troubles they are obliged to work and support their families. Everyone in Afghanistan is fed up with war discrimination and killing each other. Afghanistan is our home land and we should never think of doing anything wrong with this land and its people. As other countries we don’t have many facilities and job opportunities that our youth can go and work part time, and we don’t have enough facilities where they can go enjoy and spend their spare time with good memories. But we can have all of them in the future if we start working on them today. Every one of us can bring a little change and contribute with our efforts towards peace and prosperity in Afghanistan.

I would like to add one of my favorite quotation in this paragraph as it says “Most of us will never do great things but we can do small things in a great way” with our small effort, kind relations and hardworking we can bring a new outlook in to our beautiful land. We should learn from our past to be united and criticize to make the life of a person better but not to disrespect him/her. Our time is the most precious thing that we have; we should not waste it I don’t mean a minute even a second.

We should become more social responsible. We shall try to keep our environment of existence clean and consider all places as our own home. Hazrath-e-Ali said “Use your brain, heart and hand for kind purpose and train your brain for positive thoughts, positive perception and positive attitude.” Afghanistan is ours it’s in our own hands to destroy it or build it up if we don’t build it and work for it then who else will do that ? Of cores no one! We have to take a step if we want to see a bright future for our country Afghanistan.

By Huma Naseri
Which one is better?