

In the Name of God, the Most Merciful, the Most Kind



October 08, 2016

## Smile Can Eradicate Grief

The first Friday of October was celebrated as World Smile Day in many parts of the world. The Day has a very interesting history. Harvey Ball, an artist from Worcester, Massachusetts created the smiley face in 1963, which became the most popular symbol of happiness and goodwill around the world. However, soon the symbol was commercialized and started losing its original meaning which Harvey had in mind. Harvey out of a concern came up with the idea of World Smile Day. He thought that everyone should devote one day each year to smiles and kind acts throughout the world. The smiley face knows no politics, no geography and no religion. He declared that the first Friday in October each year would henceforth be World Smile Day. Ever since that first World Smile Day held in 1999, it has continued every year in Smiley's hometown of Worcester, MA and around the world. After Harvey died in 2001, the Harvey Ball World Smile Foundation was created to honor his name and memory. The Foundation continues as the official sponsor of World Smile Day each year.

It is very important for human beings that they have smile, laughter and bliss prevailing in the society. In fact, that is one of the basic objectives of human beings - to be happy and smile, laugh and enjoy the life. However, it can be seen in our world that grievances, hatred, grief and sadness have dominated many of the human societies. It is because human beings have not been able to value their smiles and their bliss. Moreover, they have been subdued by grief - in most of the cases they give up their optimistic attitude and stop the actions that may help them fight their grief and attain bliss.

There is no doubt in the fact that one of the most important cures for grief is action. The grief showers the sadness on the faces of the people, the tears on the faces of newly widowed women, who have lost the affection of the loved ones, the newly orphans that would never have their fathers back, nor their affections. Sisters who remain waiting for their brothers at door, and brothers, shed tears having the cadavers of the brothers in their laps. Grief takes all the happiness, smiles and laughter of the innocent people of the world including our nation. The darkness of grief is to be torn by action.

Life is a long tale of suffering, misfortune, difficulties and vicissitudes. A few of these mishaps are so inscrutable and mysterious that they defy explanation and are put down to bad luck. However, we have to understand this important fact that majority of them are of our making for which none but we ourselves are responsible.

To give up hope is to surrender and to surrender means to give the causes more chances to enter our homes and threaten us. Well said, "It is the hope that changes the history and it is the right action at right time that makes the sure events not to happen!"

We should never give up our will, as it reveals our strength, our deterrence against invasions, our hope, unity and determination that will lead to action.

It is a common experience that if a hole in a cloth is neglected for sometimes, it grows so big as to require many stitches. What is true of a hole in a cloth is also true of social, political, and moral problems. If these problems are not mended for a long period, a time comes when they become irreversible and solution for them becomes unattainable. So for our better future, we must not get late for an action and cure our grief. Life is full of such instances, which prove that much harm can be done by a little thing which is overlooked or is altogether neglected.

However, for tangible actions we have to leave the comforts of our cozy abodes, move to the ground and be counted; otherwise, the history with its weak memory may forget our existence within no time.

Keeping in view the today's practical world and the competitive mood of state of affairs in the world one must be quite active and energetic to bring his ideas into life by taking suitable and favorable acts/steps against the customary problems so that he could promise his survival through the tough and rapid pace of political and economic struggle. Currently we are suffering the worst form of terrorism and disorder yet again we lack the unity of thought and no clear vision to overcome the prevailing pathetic condition of the people.

We are scattered into many groups and schools of thoughts. We are ill with the differences existing among us and on the other hand we wish to beat the present miseries.

Every single person must strive to come together, join hands with one another and think with broader perspective, removing all our personal clashes and differences in order to bring about constructive remedies to our tribulations. But one has to bear in mind that these are only miraculous ideas which may never ever be acted over or even mused upon. Or if we consider them with better understanding, we will be capable enough to change these ideas to strong practical measures.

## Five Priorities to Boost Afghanistan's Development

By Annette Dixon

Exclusive for the Daily Out-

Today I joined leaders and representatives from 70 countries and 20 international organizations and agencies at the Brussels Conference on Afghanistan. Together with its development partners, the World Bank Group pledged its continued support to the Afghan people and outlined a course of action to help all Afghans realize their dream of living in peace and prosperity. Afghanistan has come a long way since 2001 and has made much progress under extremely challenging circumstances: life expectancy has increased from 44 to 60 years, maternal mortality has decreased by more than three quarters and, from almost none in 2001, the country now counts 18 million mobile phone subscribers.

Yet, enormous challenges remain as nearly 40 percent of Afghans live in poverty and almost 70 percent of the population is illiterate. This is made worse by growing insecurity and the return of 5.8 million refugees and 1.2 million internally displaced people. Much also remains to create jobs for the nearly 400,000 people entering the labor market each year.

To that end, here are five priorities we need to address to ensure a more prosperous and more secure future for all Afghans:

1-Aid is critical for Afghanistan's future. Afghanistan's future depends heavily on aid over coming years. Increased aid and an increasing share of aid delivered through the government's budget are crucial. This aid is necessary to finance the public investments that will move Afghanistan onto a higher long-term economic growth trajectory, while improving living standards, reducing poverty, and generating revenues that could substitute for aid over time. Without such investment, growth prospects are limited and conflict risks will remain elevated.

2-Afghanistan's future is agriculture, human capital investment, and labor mobility. 61 percent of Afghans earn their wages from agriculture, and improving agriculture productivity is the most direct way to improve incomes and employment opportunities. Investing in education and health is also vital to any growth strategy - inclusive growth is impossible when the majority of the population is illiterate

and 3 million children are out of school. Further, helping Afghan workers find jobs with competitive salaries abroad through formal migration agreements with other countries offer opportunities to reduce labor market pressures. This would increase remittances and address some of the frustrations among youth that can trigger conflict.

3-Afghanistan's mining and hydrocarbon potential must be realized. Agriculture can bring growth and employment, but only extractive industries can provide sufficient government revenues and exports to offset expected declines in aid. Governance risks surrounding extractive industries are real, but must be - and can be - successfully managed with the support of the international community.

4-Regional integration with neighboring countries should be encouraged. Developing closer trade ties with countries in the region will boost energy transit trade and expand export opportunities in agriculture and extractives. In addition, regional energy transit trade and IT connectivity have the potential to generate additional revenue. Given that resources for infrastructure investments are scarce, key productive sectors, including agriculture for domestic production and export, and - later - mining should be given priority.

5-Finally, fragility is likely to persist in Afghanistan. Institutional weakness and violent conflict are not quickly resolved and the challenge is to enable private sector investment and economic growth despite these realities.

Possible options are to invest in social transfers to shield households from the long-term impacts of natural disasters and sectarian violence.

A transfer program costing around \$210 million a year could cover 5 percent of the population and halve food poverty. Afghanistan's path to prosperity is likely to be long and now is the time to press forward with our support for the country.

To that end, the World Bank proposes to increase its overall financial support for Afghanistan and provide risk-sharing instruments and guarantees to encourage international and domestic private investment in the context of the country's fragility. In these challenging times, we will stay the course in supporting the people of Afghanistan build their future toward self-reliance, prosperity, and peace.

The author is the World Bank Vice President for the South Asia Region.

## Social Stigma and Youth Trouble in South Asia

By Dwaipayan Regmi

Exclusive for the Daily Outlook

The shame or disgrace attached to something that is unacceptable to society can be regarded as social stigma. Erving Goffman, one of the most influential sociologists of twentieth century explains, the phenomenon whereby an individual with an attribute which is deeply discredited by his/her society is rejected as a result of the attribute. Stigma is a process by which the reaction of others spoils normal identity. Social stigma can be regarded as social exercise done by peoples of society to fulfill psychological needs. It is generally a mark that indicates shameful quality in any individual. Social stigma is one common trouble faced by youths of our country.

Inter caste marriage is one popular stigma that can still be noticed in the country. No matter, how we regard ourselves advanced, the society wants youth to get married with the same caste people.

Else, they are likely to be ignored during various social moments. One cannot still say that my husband/wife is from different cast openly to the society. Menstruation has still been regarded as the stigma. Females have to go through not just physical trouble but even the mental trouble four days a month. The hesitation within them to be involved in any social events has always been a trouble. Apart, they are not entertained in public places as well.

Abortion again is social stigma. Let that be the case of married or unmarried girls, the society perceives it in negative way, and hence, they cannot say it publicly that I have done abortion. Teenage pregnancy on the other hand can be regarded as social stigma. So, any people of LGBTI should hesitate in introducing their gender in the society. Sexual identity has been kept hidden, and that again is the stigma of the society that is been getting issue.

Forceful sex is next thing that is kept hidden, and not talked of. No matter, the couple is married or unmarried, if sexual intercourse is done without the will of both, that is limited within them. Infanticide has been practically found in the countries as well. Similarly, widow marriage is a social stigma!

Gender discrimination has not yet been completely removed from the society; it is still within the society. People hesitate to say it publicly, but they do have the desire for son than daughter for running their generation.

They want to educate sons, and marry the daughter as soon as possible. As a result, we can see female under 19

getting married even in educated families. Ghar Jwai is a stigma too. There can be necessity of son in law in the house, but when he stays there more than a week, society has negative vision for it.

Apart all, the basic social stigmas popularly observed is flirting, teasing girls. They cannot speak up for it. Sexual Harassments in public places has been next trouble for the younger generation these days.

Let that be crowded micro, or crowded concerts, female tends to be harassed thereby time and again. Now, they will have no place to share this, and rather remain silent. If they speak up on the spot, peoples perceive girls from separate vision than the culprit. This has been major social stigma faced by today's youths in Nepal.

Disability is next issue that society has been taking it in a complete negative manner.

They regard it as a curse, and restrict them from large proportion of opportunities. Rather than supporting them and motivating them, they regard disability a curse and keep them in a boundary.

Social Stigma is generally the outcome of our deep rooted society that has limited thinking ability, and exists boundary in concept. They do not want to exercise and move ahead with growing trend, but want to stick with the old traditional norms and follow them.

In the book Psychiatric illness and family stigma of Phe-lan, J. C he has mentioned that these stigmas are the one major cause of suicide. These stigmas can be one reason, why youths do not prefer to stay in the country and move where these marks are easily digested.

We are again lagging behind to talk about the mental health problem openly, only when these stigmas get a wise discussion platform, they can be taken into the space of solution.

Over all, we need to change our thinking style and perception and make a society a better place to live.

Only when youths get out of these stigmas, they can come up with their ability and show up their potentiality.

If the society wants to stick up with issues like this, when will the society gain platform for further development? Nepal's solidarity in Sustainable goals or Global Goals certainly marks up with a symbol in attaining 5th and 10th Goals indicating Gender Equality and Reduced Inequalities, but they certainly seem a challenge.

Writer is a freelance writer and a blogger from Nepal. He blogs at dwaipon.blogspot.com dwaipayan.regmi@gmail.com



Chairman / Editor-in-Chief: Dr. Hussain Yasa  
Vice-Chairman: Kazim Ali Gulzari  
Email: outlookafghanistan@gmail.com  
Phone: 0093 (799) 005019/777-005019  
www.outlookafghanistan.net



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