

XII STD -ENGLISH GENERAL PARAGRAPH

1. IMPORTANCE OF PHYSICAL EXERCISEI SPORTS AND GAMES.

Health is wealth. We keep guards to protect our wealth from thieves. Similarly we should protect our health from disease. Physical exercise guards our health. Good health is impossible without proper exercise. Physical exercise prevents the attack of disease. There are some diseases which can be cured through physical exercise. Different people do different exercises. It depends upon their physical constitution and their likings. Morning walk and evening walk are recommended for all. But those who have weak constitutions are advised not to go for gymnastics. Free-hand exercises can be easily practiced by all. In villages, some rural sports are played. Those include kho-kho, kabadi, monkey-dance on trees etc. Young boys climb trees to collect fruits. These kinds of games and habits serve as exercises. Boating and riding are also good examples of exercise. Playing football, hockey and cricket in school and college has become very popular. In advanced age, people should adopt morning walk in order to keep themselves active and agile. Mental work has increased for modern man. He does more mental work and less of physical work. In this way he ruins his body. He becomes an easy victim to different ailments. Only physical exercise can help him maintain his health. It is a matter of concern that the scope for physical exercise is gradually decreasing. Students are busy in preparing for competitive examinations. They are not paying attention to their health. They believe that only good food can keep them healthy. But it is a wrong idea. They can be healthy and strong only if they do regular physical exercise. Swami Vivekanada says, "you can be nearer to God by playing football rather than by reading the Gita".

2. WATER CONSERVATION

Water is a precious gift from Mother Nature to all the living beings on earth. We all understand the importance of water in our lives and could not imagine life without water. Human beings, animals, trees, plants, insects and other living things depend on water for survival. The balance of water on earth is maintained through the process of rain and evaporation. Threefourth surface of the earth is covered by water. However it contains very less percentage of the clean water which is fit for human use. So, the problem is with the scarcity of lean water and if the quantity of clean water decreases it will create major issues in future. We should join our hands together and take a pledge for using water according to the need without wasting it. We should also avoid the contamination of water by not throwing medicines or oils in water outlets. We should save water from being

polluted and avoid the mixing of industrial wastes into the water. There should be proper waste management system which must be followed by everyone. In conclusion, clean water is a very essential component of life, so we need to conserve water for the future safety. Clean water is not only a necessity of human beings but it is also important for the survival of other species. If we save water we will also be helping other species to survive on earth and help to preserve the biodiversity of a place. "To a thirsty man, a drop of water is worth more than a sack of gold."

3. CHILD LABOUR

Child labour has become the biggest social issue in India which needs to be solved on war-footing scale. It is not the responsibility of the government only. It should be solved and taken care by all the parents, employers and other social organizations. It is the issue of everyone which should be solved

personally as it can happen with the child of any person. In many developing countries child labour is very common because of abject poverty and poor schooling opportunities. The highest incidence rate of the child labour is still more than 50 percent in which children of age group 5 to 14 are working in the developing countries. The rate of child labour is high in the agriculture field which is mostly found in the rural and informal urban economy where most of the children are predominantly employed into the agriculture work by their own parents instead of sending them to the school. The issue of the child labour has now been an international concern as it highly inhibits the growth and development of the country. Healthy children are the bright future and power of any country. Thus child labour is crippling and destroying the future of the children and finally the country. "Little ones are destroyed when child labour is employed."

4. MOBILE PHONES ADVANTAGES AND DISADVANTAGES

Nowadays, the mobile phone plays a major role in our lives, which brings many benefits to us but also contains some drawbacks. Generally, the mobile phone will certainly bring about a lot of advantages. First of all, the mobile phone is considered the quickest means of communication in our daily life. We can contact easily our friends and our relatives wherever they are by calling or sending messages. Second, the mobile phone is also a means of entertainment for people. We can listen to music and play games on mobile phone. Moreover, by using the latest apps for smart phones, we can access the internet to watch film and check our profile in social networks and update our status wherever we are. If we have

a smart phone in hand, our studying becomes more effective, and looking up dictionary and finding out many sources of reference on internet, make learning a fun. On the other hand, the mobile phone has also many disadvantages. First, mobile users become addicted to their phone. Moreover, the ability of human communication is limited if the mobile phone is more present in some event such as class meetings, on the bus, in the park etc. Some people only focus on their phone without communicating. We should not use mobile phone while we are driving because it can cause traffic accidents. Children waste their invaluable time playing games on the phone. Antisocial elements use the phone for personal gains. In conclusion, mobile phone is necessary for our modern lives today. However its usefulness depends on our ways of using it. It will be better if we use it for true purpose and in an appropriate time. "Cell phones are so convenient that they're an inconvenience."

5. VALUE EDUCATION

Education is a must for both men and women equally as both together make a healthy and educated society. It is an essential tool for getting bright future and it plays the most important role in the development and progress of the country. Citizens of the country become responsible for the better future and development of the country. Highly educated people become the base of the developed country. So, proper education makes the bright future for both, the individual and the country. It is only educated leaders who build the nation and lead it to the height of success and progress. Education makes people as perfect and noble as possible. Good education gives many directions to the life such as enhancement of personal advancement, desirable social status, better health, economic progress and success to the nation. It motivates us to set goals of life, make us aware of many social issues and gives solutions to solve environmental problems and other related issues. Now-a-days, education has become very simple and easy because of the implementation of distance learning programmes. Modern education system is fully capable of removing the social issues of illiteracy and inequality among the people of different race, religion and caste. Education develops the people's minds to a great level and helps in removing all the differences in the society. It makes us able to become a good learner and understand every aspect of life. It enables us to understand all the human rights, social rights, duties and responsibilities towards the country. "An investment in knowledge pays the best interest" - Benjamin Franklin

6. THE PROFESSION YOU WOULD LIKE TO CHOOSE

In olden days, choosing a profession was not all a cause of worry. A farmer's son became a farmer, a potter's son a potter, a king's son a king and so on. But in the modern era, it is skill and knowledge, not the caste or community of a person which decides what profession to choose. The choice of a right profession is one of the most dreadful tasks a child has to face in his transition from childhood to adolescence. My desire is to become a software engineer when I grow up. My interest in this field has been since my primary school days. I have always had a fascination for computers. I love playing computer games very much. It was this interest in computer games that sparked off my curiosity about how software code is written and how graphics and animation are done. The basic skill required for a software engineer is to have a sense of logic and commonsense, a mind that can think in many

dimensions simultaneously and the knack of solving problems. I am well aware of the pros and cons of becoming an IT engineer. A software professional has to work under tremendous pressure, work late nights and has to meet almost impossible deadlines. He might get no time for family and friends. And as one moves up the ladder, the pressure would only increase. On the brighter side, this job provides the best salary in the industry. Apart from regular salary hikes, one also gets ample opportunities to travel abroad and in the process makes a lot of money. More than the money, there are a lot of learning opportunities. Also there is a deep sense of satisfaction in helping to build systems that make people's lives easier. My plan is to do my bachelor and master degree in engineering from the best engineering college in the country and then bag a job in a reputed company like Microsoft or Google. I hope that God willing, everything will turn out fine and I will get a chance to pursue the career of my choice and live the life of my dreams.

7. IMPORTANCE OF BALANCED DIET

A balanced diet is a key to healthy lifestyle. A balanced diet should contain all right foods in right quantities like carbohydrates, high fiber content, water, proteins, fats, vitamins and minerals. If you want to lead a healthy lifestyle, eating healthy food is crucial. A balanced diet is not all about eating the right foods, but having them at correct time in right proportions. Fluids are very essential for human body to have healthy lifestyle. Nearly 80% of human cell is filled with water as water is a cofactor in many of the metabolic activities and reactions. We

should maximize the intake of fresh fruits and vegetables which will help avoid many health disorders. Our balanced diet should contain all five elements which are bitter, pungent, sour, sweet, and salt. We must avoid eating processed food and packed food which may wipe out nutrients. Healthy eating starts with smart eating. Most people do not recognize the importance of chewing as it is essential to digest many of components It is obligatory that we eat slowly rather than swallow. We must avoid eating when we don't have appetite. Excess food may lead to overweight in the long run. We must avoid eating while working or watching TV which could disturb our concentration. It may lead to heartburn and colitis, if we eat with stress. If we want to know more about health, we can read health related magazines and search through various health related websites.

8. THE RICH AND THE POOR

A rich man had a neighbour who was suffering from acute poverty. The rich man was proud of his wealth and treated his poor neighbour with disrespect and derision. One day, a fortuneteller told the rich man that all his wealth would be possessed by his neighbour within a month. The rich man became greatly worried and spent sleepless nights. He did not know how to safeguard his wealth round the clock. Suddenly he thought of a plan. He disposed of everything he had and with all that money, he bought a large, precious diamond. He sewed up the diamond in his turban. He proudly said to himself, "Now, there's no way. My poor neighbour can never secure my wealth. The words of the fortune-teller will prove false.

" The rich man was walking around happily with the diamond in his turban. The poor man was suffering without enough food. But he was not much worried about his plight. The rich man's turban attracted the attention of many people. They talked about the size and the way the turban was worn. Some people made some insulting comments also. For a few days he did not mind anything about the comment. One day he was walking past the poor man. At that time another villager told the rich man that a lizard was sitting on his turban. He raised his hand above the turban and pushed down the lizard. When he saw the lizard on the ground he was happy and walked away. But without his knowledge the diamond fell near the poor man who took it without knowing the value of it and kept it in his house. When the old man reached his house he realised that the diamond was missing. He had no idea where it must have fallen. He was worried about the loss but he could not reveal it to anyone. Thus he lost all his wealth to the poor man.

9. THE TEACHER I LIKE MOST

Our teachers are all our role models whom we are fortunate to follow. Among them is our English teacher, Ms. Gita, who is patience-personified. She radiates confidence and compassion. Her command over English is outstanding and we are spell-bound by her oratorical skill. She teaches us English adopting innovative techniques. She teaches grammar using audio-visual aids that make us understand difficult concepts easily. Her smile is infectious and our dullness and tiredness will vanish the moment she enters our class room. She is pro-active and guides us. She handles the late bloomers patiently. Many a time I have seen her helping some poor boys by rendering financial support. So I like my English teacher the most as she is an inspiration to the students.

10. THE IMPORTANCE OF READING

"Think before you speak but read before you think" is a famous quote on the importance of reading. Books are our never failing friends. They make us cheerful, enthusiastic and energetic. We wipe out our ignorance by reading books. We become better informed and make wise choices. Reading books makes us effective communicators. We acquire problem-solving and decision-making skills. They motivate us to do our best in everything. Creativity is stimulated by reading the books of great minds. Our sorrows and sufferings are lessened by reading books. We come into communion with great souls and our character is elevated and ennobled. Margret Fuller says, "Today a reader, tomorrow a leader." The books 'Civil Disobedience' and 'Unto This Last' changed the thinking of Gandhiji and gave him the most potent weapon, non-violence. As Bacon says, 'Reading makes a man.'