

Write a paragraph in about 100 words on one of the following topics.

[06]

‘Forests, the Friends of People’

[A home to many living and non-living beings – helping in reducing global warming – benefits of forests – hilly people and forests]

A forest refers to vast areas of land covered with thick vegetation, trees and animals dwelling within. It includes various living organisms such as trees, shrubs, plants, microorganisms, wild animals and birds. They also include inanimate factors of the environment like temperature, wind, topography, water and rocks. Forests are one of the major natural resources of a country.

Forests are a precious resource given to us by nature. It provides livelihood to many tribal, shelter to animals and plants and also lots of oxygen to human beings and animals. Along with trees, there are various types of shrubs, herbs, creepers, grass, climbers are found in forests. Their use in fuel, timber and industrial raw material cannot be undermined. Forest helps in controlling floods to a large extent. The roots of the trees absorb the rainwater, preventing soil from getting battered.

We know that plants absorb carbon dioxide and release oxygen. Hence, trees in the forest provide oxygen to the animals and animals provide carbon dioxide to the trees and plants. They prevent global warming. The atmosphere is always cool inside the forest and receives a good amount of rainfall.

They provide fodder to millions of animals and livestock. They provide fruits, vegetables to animals and human beings. They provide a livelihood to woodcutters, carpenters, and craftsmen. Forest’s contribution toward the national income has been increasing gradually over years. Forests are home to rich and varied wildlife.

Forests are a resource to humankind that just keeps on giving. Forest is a great help to mankind and there are benefits of forests. The benefits of the forest should be understood and proper care should be taken.

III Effects of Watching Television

[Television – a source of entertainment, news, activities around us – mental and physical health – impact on children – personal, professional and social loss]

Television is a popular form of entertainment, but it also has some negative effects. Watching television for extended periods of time can lead to bad physical and mental health outcomes. Television can be harmful to your physical health. It can lead to obesity, heart disease, and other serious problems. Television also has negative effects on your mental health. Watching television can increase your stress levels and make you more anxious or depressed. It can also cause you to spend too much time on the computer or in front of the television screen.

It has been shown to have many benefits, such as providing relaxation, exercise, and education. However, there are also negative effects to be aware of. Television can be addictive and have negative effects on your mental and physical health. Watching television for hours on end can lead to sleep deprivation and a decrease in physical activity. Television also has a harmful effect on your brain by altering its function.

Too much television watching can have a number of negative effects on both children and adults. One of the most common bad effects of watching too much television is that it can lead to decreased attention span and concentration.