

Nuclear Challenges to World during 21st Century

Topic Sentence: Nuclear issue continues to be a pressing concern in 21 century.

Explanatory Sentence: Nuclear issues remains a significant challenge to the world with the potential for catastrophic destruction, environmental and health risk associated with nuclear power.

Supporting Sentence: Nuclear power plants and weapons produce radioactive waste that can remain hazardous for thousands years.

Evidence According to M. Ahmed and R. Nawaz, there are positive aspects of nuclear energy, such as low green house gas emission but also address the negative environmental impacts including production of radioactive waste and risk of nuclear accident.

(Nuclear energy and its environmental effects, 2021)

Supporting Point 2. Exposure to ionizing radiation from nuclear accidents or weapons test can cause a range of health effects including radiations sickness, cancer and genetic mutation.

Evidence: V.V. Chernobyl examined the long term health affect of chernobyl disaster, including increased rates of cancer and other health problems among affected population.

Conclusion: Hence the nuclear issue is the one of the challenging for environment as well as health in 21 century.

120 words

Positive impact of Daily walk on health.

Topic Sentence: Dailywalk has very beneficial impact on human health.

Reason/Explanation: Doing walk on regular basis has proved to be very effective for overall health, either it is children, teenager, adults or old age people, the daily walk brings about good health and fitness to the body.

Supporting Point Dailywalk increase the blood circulation to all over the body e.g to heart, kidneys, lungs, ^{muscles} and skin. It increase the oxidation of blood. Hence purify the vascular system of body. It helps to boost energy levels by releasing certain hormones like endorphin and delivering oxygen throughout the body.

Evidence A 2018 Physical activity guidelines for American recommends that adults with chronic conditions do atleast 150-300 minutes of moderate-intensity aerobic physical activity weekly if able.

Concluding Sentence:

Hence, daily walking improve the physiology, fitness, health and wellbeing of humans.

136-words

Sub-heading: Negative effects of social media on youth.

Topic sentence	Social media has significantly detrimental effects on youth, particularly by disrupting their circadian rhythm.
Explanatory sentence	Circadian rhythm is internal body clock that regulate sleep-wake cycle and coordinates other physical, mental and behavioral patterns that follow a 24-hour cycle.
Supporting Point	This sleep-wake cycle regulates how awake or tired we feel. As we are exposed to more artificial light, using social media and devices late night, our circadian rhythm are no more linked to day and night.
Evidence	A 2018 British study shown that blue light from electronic devices including smartphone influence and disrupt circadian rhythm, and night time exposure suppress melatonin hormone making it difficult to fall asleep.
Conclusion	Hence the use of social media via excessive screen timing severely disrupt circadian - Rhythm.

Words - 120