

Nuclear Challenges to World during 21st Century

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

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

Define nuclear issues.

This is more like a topic sentence. The above topic sentence is very generic and redundant.

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

Evidence According to M. Ahmed and R. Nawaz, there are positive aspects of nuclear energy, such as low green house gas emission.

Irrelevant

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. Chornobyl examined the long term health effect of chornobyl 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 21st century.

120 words

Positive impact of Daily walk on health.

Topic Sentence: Dailywalk has very ^{many} beneficial impact ~~s~~ on human health.

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

Supporting Point Dailywalk increase ~~s~~ the blood circulation ~~to~~ all over the body e.g. to heart, kidneys, lungs, ^{muscles} and skin. It increase ~~s~~ the oxidation of blood, hence purifying ~~ing~~ 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 ~~x~~ for American recommends that adults with chronic conditions do atleast 150-300 minutes of moderate-intensity aerobic physical activity weekly if able. Daily walk ...?

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~~ ^{the disruption of} their circadian rhythm.

Explanatory sentence Circadian rhythm is internal body clock that regulates sleep-wake cycle and coordinates other physical, mental and behavioral patterns that follow a 24-hour cycle.
Avoid using 'we', 'our'

Supporting Point This sleep-wake cycle regulates how awake or tired we feel. As we are exposed to more artificial light ^{by} using social media and devices late night, our circadian rhythm ~~are~~ ^{is} no more linked to day and night.

Evidence A 2018 British study ^{ed} shows that blue light from electronic devices including smartphones influence and disrupt circadian rhythm, and night time exposure ^{Releases} melatonin hormone making it difficult to fall asleep.

Conclusion Hence the use of social media via excessive screen timing severely disrupts circadian - Rhythm.

Words - 120