

when sudden breaks occur, the destructive force of the water is like a great tidal wave.

EXERCISE NO 11

Trees give shade for the benefit of others and while they themselves stand in the sun and endure scorching heat, they produce the fruit by which others profit. The character of good men is like that of trees. What is the use of this perishable body, if no use of it is made for the benefit of mankind? Sandalwood - the more it is rubbed the more scent does it yield. Sugarcane - the more it is peeled and cut into pieces, the more juice does it produce. Gold - the more it is burnt, the more brightly does it shine. The men who are noble at heart do not lose these qualities even in losing their lives. What does it matter whether men praise them or not? What difference does it make whether riches abide with them or not? What does it signify whether they die at this moment or whether their lives are prolonged? Happen what may, those who tread in the right path will not set foot in any other. Life itself is unprofitable to a man who does not live for others. To live for the mere sake of living one's life is to live the life of dogs and cows. Those who lay down their lives for the sake of a friend, or even for the sake of a stranger, will assuredly dwell forever in a world of bliss.

EXERCISE NO 12

Title A man's life purpose

Trees provide shade and fruit for others to benefit others. The qualities of good men is like trees beneficial to others.

If it is not then what's its use

~~The~~ Sandal wood, sugarcane and gold are beneficial. Like one's heart qualities which are beneficial to others and does not

require anyone's praise, abides, or long life

Life is unprofitable if living for own it is like living animal's life. Living for other is a bliss

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Exercise No 9:

There are numerous physical effects of stress. Stress can affect the heart. It can increase the pulse rate, make the heart miss beats, and can cause high blood pressure. Stress can affect the respiratory system. It can lead to asthma. It can cause a person to breathe too fast, resulting in a loss of important carbon dioxide. Stress can affect the stomach. It can cause stomach aches and problems digesting food. These are only a few examples of the wide range of illnesses and symptoms resulting from stress.

Emotions are also easily affected by stress. People suffering from stress often feel anxious. They may have panic attacks. They may feel tired all the time. When people are under stress, they often overreact to little problems. For example, a normally gentle parent under a lot of stress at work may yell at a child for dropping a glass of juice. Stress can make people angry, moody, or nervous.

Long-term stress can lead to a variety of serious mental illnesses. Depression, an extreme feeling of sadness and hopelessness, can be the result of continued and increasing stress. Alcoholism and other addictions often develop as a result of overuse of alcohol or drugs to try to relieve stress.

Title → stress a hidden enemy

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' ~~Mental health~~ ~~effect~~ stress & is cause
of diseases like cardiovascular, respiratory
and ~~endocrine~~ hormone imbalance. Due to
emotional disturbance a parent get furious ~~at~~
child's mistake. Prolonged stress result into
depression and to get relief one may ~~get into~~
alcohol and anorexia which lead mental health
at risk.

Exercise No 10:

Floods are second only to fire as the most common of all natural disasters. They occur almost everywhere in the world, resulting in widespread damage and even death. Consequently, scientists have long tried to perfect their ability to predict floods. So far, the best that scientists can do is to recognize the potential for flooding in certain conditions. There are a number of conditions, from deep snow on the ground to human error, that cause flooding. When deep snow melts it creates a large amount of water. Although deep snow alone rarely causes floods, when it occurs together with heavy rain and sudden warmer weather it can lead to serious flooding. Rivers that are covered in ice can also lead to flooding. When ice begins to melt, the surface of the ice cracks and breaks into large pieces. These pieces of ice move and float down the river, causing flood. When a large human-made dam breaks or fails to hold the water collected behind it, the results can be devastating. Dams contain such huge amounts of water behind them that when sudden breaks occur, the destructive force of the water is like a great tidal wave.

the causes of the disaster
Title: Flood and its causes.

Floods rank second to fire in natural disasters.

It occurs globally resulting death and damage.

Scientists predicted its cause and come up with some reason like deep snow, heavy rainfall and warm weather. When deep snow breaks ~~and~~

~~due~~ due to warm weather and heavy rainfall

brings flood also river covered with ice bring

flood. Due to floods, dam breaks ~~and~~ which results into great tidal wave and bring destruction

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