

### Example 1

A man in the east left all worldly thoughts and went to a wood, where he built a hut and lived there. His only clothing was a piece of cloth that he wore around his waist. But luckily, mice were plentiful in the wood; So he had to keep a cat. Cats need milk; So he had to rear a cow. Cows needed tending, so a cowboy was hired.

The boy needed room to stay. So a house was built for him. A maid had to be employed to look after the house. A few more houses had to be built to provide company for the maids, and people were invited to stay in them. Thus, a small town sprung up in the lovely woods. **(136 words)**

### FINAL DRAFT

In the east, a man moved to the jungle. Initially, he started living with a cow, cat and cowboy in his woody hut. Maid was also called to take care of them. There was a need of company of others, so more houses were built and town was established. (50 words)

## Example 2

Nelson, in childhood, did not have a strong body. Yet he gave evidence of that stout heart and nobility which have so distinguished him throughout his illustrious career. One day he strayed from his grandmother's house with a cow. Dinner time passed; He was missing and could not be found. The family's apprehension became great, for they feared that he might be taken away by the gipsies.

After much searching, he was found sitting huddled on the banks of a river which he could not cross. "I wonder, child," said the old woman, seeing her, "that hunger and fear did not drive you home", fear! Grandmother," answered the future hero, "I was never afraid; What is it?" (137 words)

### FINAL DRAFT

Nelson was physically weak since childhood. He had proved his extraordinary courage. One day, he went away along with a cow from his grandmother's house. Family started searching for him all of worry. His grandmother found him sitting alongside the river. She asked him why that why had he not come home out of hunger or fear. He denied her by saying that he doesn't know what fear is. (60 words)

### Example 3

There is a strong connection between sleep and mental health. Getting enough sleep is essential to maintaining good mental health and can help improve mood, cognitive functioning and overall well-being. On the other hand, lack of sleep can increase the risk of developing mental health conditions such as irritability, difficulty concentrating, depression and anxiety. Prioritizing sleep and establishing healthy sleep habits are important to support good mental health. **(141 words)**

### FINAL DRAFT

Sleep and mental health are strongly connected. enough sleep improves overall well-being. However, lack of sleep causes psychological disturbances. (21 words)



#### Example 4

Exercise in nature is very beneficial for both physical and mental health. In addition to the general benefits of exercise, such as improving cardiovascular health and increasing muscle strength, outdoor activities also provide an opportunity to experience the beauty and tranquillity of nature. It can increase feelings of well-being and reduce stress and anxiety. It is important to embrace the benefits of outdoor exercise and incorporate it into your regular routine. **(141 words)**

#### FINAL DRAFT

Exercise has many psychological as well as physical benefits. It not only improves our physiological health but also gives relaxation. Furthermore, it enhances well-being and reduces stress. Hence, it is important to add exercises in our daily routine. (40 words)

### Example 5

From the moment we are born, we cannot be alone; We stand in constant need of support from all around us, body and soul and spirit; We need clothes that other men make; Houses, which other men build, food, which other men produce; We earn our living by working for others, others earn their living by working for us.

As children we need our parents to be our comforters and take care of others: we cannot live a day without our peers; We need teachers to educate: books and masters to teach us trades; And when we learn it and settle ourselves in life, we need laws made by other men who died hundreds of years before we were born, to secure for us our rights and property, to secure our comfort in our station; And we need friends to comfort us in our sorrows and share our joys. **(161 words)**

### FINAL DRAFT

we are born with an innate need of affiliation. we are dependent on others to fulfil our basic needs. In our childhood, we need parents, peers, teachers and books to provide us company. when we grow up, we start following laws to enjoy our rights. we accompany friends to share emotions.