

Humans first appeared on earth a million and a half years ago. He was little more than an animal then. Still, early humans had some advantages over animals. He had a large brain, an erect body with fast-moving hands. He invented a language to communicate with his colleagues. This ability to speak was of the highest value because it allowed men to share ideas and plan together: speech enabled the transmission of ideas from generation to generation. These special advantages put humans far ahead of all other living creatures. Since that distant time, when he first made his appearance, man has achieved a lot.

Title :- Superiority of Humans and language.

Humans were better than animals. Humans had physical features. Man had the ability of ideas and plan. This gives the over animals. Man earned alot.

Humans had physical language to share credit of superiority

$\frac{1}{3}$ of precis words = 35

Total words = 105

Exercise is a natural and effective way to reduce stress and improve mental health. Physical activity has been shown to release endorphins, which are chemicals that act as natural pain relievers and mood lifters. In addition to these mood-boosting effects, exercise can help distract from everyday stress and provide a sense of accomplishment. It's important to find an exercise routine that works for you and make it a regular part of your routine to support stress reduction and mental health.

Title :- The Link between Exercise and stress Reduction

Exercise reduces stress and release endorphins (chemical) and providing a sense of accomplishment. To reduce stress, one had to follow the routine of exercise.

$\frac{1}{3}$ of precis = 27.

Total words = 83