

Nelson, as a child, was not of a strong body. Yet he gave proof of that resolute heart and nobleness of mind which during the whole of his glorious career so eminently distinguished him. One day he strayed from his grandmother's house in the company of a cowboy. The dinner hour passed; he was absent and could not be found. The alarm of the family became very great, for they feared that he might have been carried off by the gipsies. At length after a long search, he was discovered sitting composedly by the side of a brook which he could not get over. "I wonder, child," said the old lady, when she saw him, "That hunger and fear did not drive you home", Fear! grandmamma," replied the future hero, "I never saw fear; what is it?"

Total words = 137

Title: Nelson's Heroic Spirit

Precis:-

Nelson was weak physically but determinant by heart. Due to this he had wonderful career. One day he was lost and family thought that he was taken by travellers. Grandmother found him near the bank of river. Grandmother asked that you did not feel hungry and fear. Nelson replied what is fear?

$\frac{1}{3} = 47$

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, and depression and anxiety. Prioritizing sleep and establishing healthy sleep habits are important to support good mental health.

Title :- Sleep is essential for mental health Total words = 69

Proper sleep is important for mental health including mood, brain functions and well being. If not proper sleep then it enhances the risk of irritability, depression, low concentration and anxiety. Sleep habits are necessary.

$\frac{1}{3}$  of Precis = 23

There is a growing body of research that indicates that excessive social media use can have a negative impact on mental health. Studies have shown that people who spend a lot of time on social media platforms may have an increased risk of developing conditions such as depression, anxiety and low self-esteem. It is important to be aware of social media use and take steps to limit time spent on these platforms to support good mental health

Total words = 78

Title :- Side Effects of Social Media

Precis :

Research shows that too much use of social media can have negative effects on mental health including depression, anxiety, and low self-esteem. It is necessary to use less these platforms for mental ~~good~~ health.

$\frac{1}{3}$  of Precis = 26

Religion seems to me to be based primarily and mainly on fear. It is partly the terror of the unknown and the desire to feel that you have a kind of big brother who will stand by you in all your troubles and conflicts. Fear is the basis of the whole thing - fear of the mysterious, fear of failure, fear of death. Fear is the parent of cruelty and therefore, it is not surprising that cruelty and religion go together. For fear in this world is the foundation of these two things, that we now understand certain things, and can master them with the help of science, which has forced its way step by step against Christianity: against the churches, and against all the opposition of the old doctrines. Science can help us overcome this terrible fear that mankind has lived in for generations. Science can no longer teach us to look for allies in the sky but to look below at our own efforts to make this earth a habitable place.

Total words = 174

Title :- The Role of Science overcoming Fear.

Precis :

Religion based on fear, fear of the unknown, fear of failure, and fear of death. Cruelty and Religion are linked together with fear. Science is against the fear of churches, Christianity, and old beliefs. Science urges to make this planet liveable.

Precis = 42 words

Mindfulness is the practice of paying attention to the present moment without judgment. This simple yet powerful practice has been shown to have many benefits for both physical and mental health. Regular mindfulness practice can reduce stress and anxiety, improve sleep, and increase self-awareness and focus. Incorporating mindfulness into daily life is important to reap the numerous benefits of this practice.

Total words = 62

Title :- The Benefits of Mindfulness

Precis :- Mindfulness is a powerful practice that can reduce stress, anxiety, improve sleep and increase awareness. It has advantage for both physical and mental health.

$\frac{1}{3}$  of Precis = 20

Charity is a universal duty, which is in every man's power to be sometimes exercised since every assistance given to another from a right motive is an act of charity; and is seldom in such infirmity that he cannot benefit his neighbour in any case. He who cannot relieve the poor can instruct the ignorant, and he who cannot minister to the sick can restore the wicked. He who can give little help himself may undertake the duty of alms by inciting the greed of others and recommending petitions that he cannot grant, to those who have more power to give. The widow who puts her mite into her treasury and the poor man who brings a cup of cold water to the thirsty will not lose their reward.

Total words = 129

Title :- Every act of assistance is charity

Precis :- Charity is everyone's duty, must be practiced according to his ability. Besides money, any deed/help such as guiding, taking care, reforming is charity. Every right act will be rewarded ~~whether~~ whether it is small or big.

Having a strong support system has many benefits for mental health. Research has shown that people with networks of supportive friends and family members are less likely to experience depression and anxiety and are more likely to have a positive outlook on life. It is important to prioritize building and maintaining social connections, as they can provide a sense of belonging and emotional support in times of need.

Title: Social support enhances mental health Total words = 69  
Precis: Friends and family members overcome depression and anxiety. It is necessary to maintain social connections for positive outlooks.  $\frac{1}{3}$  of Precis = 23

We call beautiful anything that gives us pleasure and that depends on things outside of us. Perhaps most people think the sea is beautiful only when it is blue. One has been in Italy as a child and has grown up beside the grey North Sea, he will think that grey seas are ugly: and nothing can be so beautiful as the blue Mediterranean. But suppose a Scotsman who loves Scotland should go to Italy. He might find the blue sea too uninteresting after a while. When he goes home and sees the grey sea again, he will see the sea as beautiful. We are made in different ways, and grey can be as beautiful as blue, just as a baby's cry can be sweeter to someone's ears than the best notes of the greatest singer of all time. Nothing is beautiful or ugly in itself, but thinking makes it so.

Title: The Subjectivity of Beauty. Total words = 153  
Precis: Anything beautiful gives pleasure and anything ugly gives discomfort. Many people like blue Mediterranean sea and grey not. ~~scotlan~~ Scotsman first likes blue then grey sea as well. Some like baby's cry. Everything matters according to ~~the~~ perception. Nothing is beautiful or ugly, its just a game of mindset.  $\frac{1}{3}$  of Precis = 50