

Social media is making us more ~~more~~ unsocial.

1. ~~Introduction.~~

2. ~~Side effects of social media.~~

3. ~~Social media is making us unsocial.~~

3.1 ~~Horror of virtual reality is degrading confidence.~~

3.2 ~~The culture of social gatherings have declined.~~

3.3 ~~Communication skills have been downgraded.~~

3.4 ~~Human ~~to~~ emotions have taken the dip.~~

3.5 ~~Physical activities have been restricted.~~

3.6 ~~Volunteering in social work has declined.~~

3.7 ~~The span time has shortened.~~

3.8 ~~The ethical conduct has been compromised.~~

3.9 ~~Misinformation has caused the riots.~~

4. ~~Effects of unsocialising due to social media.~~

4.1 ~~Misinformation has prevailed.~~

4.2 People are facing depression and stress

4.3 Extra ~~curriculum~~ activities are lost.

4.4 The sense of physical touch is deteriorating

## 5. ~~6~~ Suggestions for enhancing the social life.

5.1 Restricting the screen time

5.2 Scheduling regular ~~social~~ gatherings

5.3 Participating in volunteer work

5.4 Joining different social societies and groups.



Water, water everywhere not  
a drop to drink

1. Introduction

2. Water: a basic unit of  
life

3. Crisis of safe drinking  
water

3.1 The rise in population has declined  
water resources

3.2 Floods have contaminated the  
water

3.3 Climate change has effected the  
chemical <sup>and</sup> physical properties of  
water

3.4 Irresponsible treatment of  
solid waste

3.5 Water polluting chemicals have  
increased salinity in the water

3.6 Uneven water distribution between  
states.

3.7 Insufficient ~~str.~~ <sup>infra</sup> structure for  
fresh water storage

3.8 water wastage

3.9 Contamination of ground water

3.10 Agriculture run off have compromised the cleanliness of fresh water.

#### 4. The devastating effects of water pollution (crisis)

4.1 Water-borne disease in living beings.

4.2 Long-term health issues

4.3 Biodiversity loss

4.4 The loss of agricultural yield.

4.5 Increase in hydro-politics

#### 5. Addressing the crisis of safe drinking water

5.1 Implementation of water-related policies.

5.2 Installing waste water treatment

5.3 International assistance and collaboration on water related projects

5.4 Ensuring sustainable use of fresh water

5.5 Awareness regarding water treatment.

6. Conclusion.



# Disaster preparedness: lessons from flood management.

## 1. Introduction

## 2. Disaster preparedness: The need of an hour

## 3. Some required steps towards disaster preparedness

3.1 Developing disaster sustainable infrastructure

3.2 Sustainable Urbanization: climate resilient infrastructure

3.3 Utilizing wet lands to accumulate water

3.4 Forestation and afforestation to mitigate climate change

3.5 Transforming agriculture to sustainable agriculture.

3.6 Strengthening disaster management institutes

3.7 Use of technology for managing disasters: remote sensing and geographic information system (GIS)

3.8 Regular training to rapid response teams and equip them with modern technology

3.9 Maintaining disaster management funds.

3.10 Workshops and awareness on regarding disaster management among general public.

#### 4. Devastating effects of disaster mismanagement

4.1 The loss to the agriculture sector.

4.2 Infra-structure is brought down by disasters

4.3 Mass displacements of humans and livestock

4.4 Loss of lives due to disasters.

#### 5. Hurdles in achieving proper disaster management.

5.1 Insufficient finance allocation for disaster management.



5.2 Current infrastructure lacks to bear the shocks of disaster

5.3 Lack of training and equipment for rapid response teams

5.4 Natural causes for the recurrence of disasters.

6- Conclusion

ur phrase formation is fine

it is quite relevant and well organized