

Date: 03/01/2025 CSS 2018 Precis Day: Friday

## Title: Effects of Weather on Human Beings

In temperate countries cold has beneficial effects on human as it stimulates energy by acting as an obstacle. Without hurdles it is difficult to gain energy by exercising and training. Survival struggles in cold weather automatically bring energy. While in tropics man needs less energy and efforts to survive the day. Human beings can feel differences in themselves during different weather conditions.