

DATE: Oct 18, 2025

DAY: _____

Write a paragraph of 150-200 words on "Physical and Mental Health issues" in the context of why aspirants fail in CSS exams.

Physical and Mental Health Issues

An important but unconsidered reason behind the failure of aspirants in CSS exams is their physical and mental health issues. "If you fail to plan, then you plan to fail" is a proof of it.

First of all, mostly students do not make a proper time-table for their studies.

A proper time-table provides sufficient time for study, exercise, and rest. By the

perspective of science, a person who used to sit for more than five hours

requires forty minutes exercise daily. Mostly aspirants do not pay attention to it.

Secondly, those aspirants who do not exercise daily and ~~sitting~~ for long hours

~~turned~~ to become obese. Obesity calls for other multiple health issues including hormonal imbalance, ~~more~~ weight gain and reduction of dopamine in body and excessive

secretion of cortisol hormone leading towards ~~more~~ weight gain. Thirdly, this ^{hormonal} unbalance in body starts ~~creating~~ ^{making} an anxious aspirant and divide his attention in both studies and in physical deformation. The diverted attention of student shattered his tempo and enthusiasm of study. Therefore, ~~from~~ by the start of preparation ignoring physical and mental health directly leads towards failure of aspirants in CSS exams.

lot of work is needed in the grammatical part, sentence structure and vocabulary.