

DAY:

205 words

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## Physical and Mental health issues.

(a) Lack of exercise.

(b) Unhealthy junk food/eating habits.

Your understanding is fine but substantiate your argument with proper evidences.

A sound body nurtures a sound mind. One of the major problems faced by CDS aspirants is the decline in their physical and mental health.

The main reason behind this is the lack of exercise. Many aspirants develop a habit of sitting for long hours in the same place, without walking, or breathing in fresh air. Their entire routine revolves around study, tests, and revisions.



As a result, they feel lazy, tired, and isolated, often suffering from headaches and weak eyesight due to late-night study sessions. Secondly, unhealthy eating habits also contribute to their poor physical condition. Those who live in hostels often rely on junk food on a daily basis. Such food not only weakens their body but also causes stomach problems and fatigue, further reducing study efficiency. Last but not least, almost every aspirant experiences stress and anxiety. The fear of vast syllabi, frequent



tests, and uncertain results continuously haunts them. Many withdraw from social gatherings and family events, believing such occasions are a waste of time. This constant pressure gradually destroys their peace of mind.

In conclusion, when the body becomes weak and the mind remains burdened with stress, aspirants fail to perform well in the examination. Their physical weakness and mental distress ultimately lead to poor performance and sometimes even depression.