

WRITING SAMPLE

PAPER - 5



Summarize Written Text

1. Noise pollution is a growing problem in urban environments, caused mainly by traffic, construction, and industrial activities. Prolonged exposure to loud noises can lead to hearing loss, stress, and sleep disturbances, which can further impact overall health. It also affects wildlife, disrupting their natural habitats and communication. Many cities are taking measures to reduce noise pollution, such as enforcing regulations on vehicle emissions, promoting the use of electric cars, and developing green spaces. Individuals can also contribute by using noise-canceling headphones, reducing vehicle use, and avoiding loud music in public areas. A coordinated effort by government and individuals can reduce the harmful effects of noise pollution.
2. Sports offer numerous benefits beyond physical fitness. Participating in sports helps improve cardiovascular health, increase strength, and enhance coordination. Mentally, sports reduce stress, boost mood, and increase concentration, offering a natural way to combat anxiety and depression. Team sports teach essential social skills like teamwork, leadership, and communication, while individual sports develop discipline and perseverance. Sports also promote a sense of community and belonging, providing opportunities for people to connect with others. Whether professionally or recreationally, regular involvement in sports can improve both physical and mental well-being.
3. Success is often seen as the result of hard work, persistence, and opportunity. While talent and luck play a role, a consistent effort to improve and overcome challenges is essential to achieving goals. Success is also subjective, as it varies across individuals and cultures. For some, it might be financial achievement, while for others, it may mean personal fulfillment or social impact. Setting realistic goals, staying disciplined, and learning from failures are key components of the success journey. Ultimately, true success comes from aligning values with actions and striving for continuous improvement.
4. Water is essential for life, supporting hydration, digestion, and the regulation of body temperature. It makes up a significant portion of the human body and plays a key role in transporting nutrients and removing waste. Beyond its biological importance, water is crucial for agriculture, industry, and sanitation. However, with increasing global populations and climate change, access to clean water is becoming a growing challenge. It is essential to conserve water and ensure that it remains accessible to all, as a lack of clean water can lead to disease, food insecurity, and economic hardship.
5. Health is not merely the absence of illness but a state of physical, mental, and social well-being. Regular physical activity, a balanced diet, and sufficient sleep are crucial for maintaining good health. Mental health is equally important, as stress, anxiety, and depression can impact overall well-being. Preventive healthcare, such as regular check-ups and vaccinations, plays a significant role in maintaining health and preventing diseases. A healthy lifestyle promotes longevity, boosts energy, and improves quality of life. It is important to integrate health-conscious habits into daily routines to achieve a balanced and fulfilling life.

6. A clean and hygienic environment is essential for the well-being of individuals and communities. India has launched various initiatives such as the Swachh Bharat Abhiyan to improve sanitation and cleanliness across the country. This initiative encourages citizens to reduce waste, maintain proper sanitation, and keep public spaces clean. It also aims to eliminate open defecation, improve waste management systems, and raise awareness about the importance of hygiene. Government support, community participation, and individual responsibility are crucial for making India cleaner and healthier for everyone.
7. The Goods and Services Tax (GST) is a comprehensive tax system introduced in India to simplify indirect taxation. GST replaced multiple indirect taxes such as sales tax, VAT, and service tax. It provides a single tax structure across the country, making business transactions smoother and more transparent. By streamlining the tax system, GST aims to reduce tax evasion, encourage compliance, and boost economic growth. While it has led to a more unified market, challenges such as implementation issues, tax rate complexities, and the need for digital literacy remain.
8. Corruption is the abuse of power for personal gain and is a major issue that hampers development, especially in developing countries. It manifests in various forms, including bribery, embezzlement, and favoritism. Corruption undermines public trust, reduces foreign investment, and impedes economic growth. Efforts to combat corruption include transparency measures, stricter laws, and an empowered judiciary. However, addressing corruption requires strong political will, public participation, and a cultural shift towards honesty and integrity in both public and private sectors.
9. Effective time management is crucial for personal and professional success. By prioritizing tasks, setting clear goals, and avoiding procrastination, individuals can achieve their objectives more efficiently. Time management helps reduce stress, improves productivity, and allows for better work-life balance. Techniques such as creating to-do lists, using calendars, and breaking tasks into smaller steps can enhance focus and organization. Learning to manage time effectively empowers individuals to make the most of their resources, achieve goals, and maintain a sense of control in a busy world.
10. Music has been an integral part of human culture for centuries, influencing emotions and bringing people together. It has the power to evoke deep emotional responses, whether it's joy, sadness, or nostalgia. Music can also have therapeutic effects, helping reduce stress and improve mental health. Different genres of music offer diverse ways of expression, and each culture has its own musical traditions. Beyond entertainment, music plays a key role in education, self-expression, and social movements, creating bonds and promoting change.

Write Essay

1. Science has drastically transformed human life, contributing to advances in medicine, technology, and daily living, yet its rapid growth also raises ethical concerns that need to be addressed to ensure its responsible use.
2. In the digital age, cybersecurity has become one of the most pressing global concerns, as individuals, businesses, and governments must defend against increasingly sophisticated cyber threats that can compromise privacy, security, and economic stability.
3. Terrorism, driven by political, religious, or ideological motives, continues to threaten global peace, and combating it requires not only military responses but also international cooperation, diplomacy, and addressing its causes, such as poverty and political instability.
4. Plastic bags, widely used for convenience, have become one of the biggest environmental challenges, contributing to pollution and harming wildlife, and it is imperative for governments and individuals to adopt sustainable alternatives to mitigate their negative impact.
5. Obesity, a growing global health crisis, is primarily driven by poor diet, lack of exercise, and socio-economic factors, and addressing it requires a multi-faceted approach, including education, government policies, and community initiatives to promote healthier lifestyles.
6. Urban life offers both opportunities and challenges, as the rapid growth of cities presents benefits like economic development and cultural exchange but also brings problems like congestion, pollution, and the erosion of personal well-being.
7. While digital media has rapidly transformed how people consume news, traditional newspapers continue to play a critical role in providing in-depth analysis and fostering informed public discourse, though they must adapt to new media trends to remain relevant.
8. The caste system, deeply rooted in social structures in some parts of the world, perpetuates inequality and discrimination, and while progress has been made, it remains a barrier to social mobility and equality, requiring continued legal and cultural reforms.
9. Literacy is a fundamental human right that empowers individuals, fosters economic growth, and strengthens societies, yet millions of people worldwide still lack access to quality education, which hinders progress in developing countries.
10. Road safety is a critical issue that affects millions of lives each year, and improving it requires a combination of stricter traffic laws, better infrastructure, public awareness, and the use of advanced technologies to reduce accidents and fatalities.