

146. Some people prefer to live in hot climate, while others like to live in cold climate. Discuss both of the views and give your own opinions.

There are various factors which a person considers while deciding a place to live and climate is just one of them. This essay shall discuss why some people prefer a cold climate and others choose to live in a warmer one.

There are several benefits of living in a country with a hot climate. The main advantage is that people can afford being outside in the sun and doing outdoor activities. For example, residents of the hot countries spend their time sunbathing, swimming in the sea and eating in the open air. Another benefit of warm weather is that it is cheaper and easier to buy clothes and wearing less clothing gives you a feeling of freedom. Also many elderly people choose to move to hotter climates for health reasons and to avoid the harsh winter conditions.

On the other hand, cold climate also has its advantages. The main advantage is economic benefits. Many people like snow activities such as skiing, sledding and building snowmen and therefore they come to these places as tourists for such activities, so the residents get a chance to earn from tourism. What is more, people don't have to worry about sweating and suffering from heat strokes.

Personally, I believe that extremes of both hot and cold climate are not good. Both types of climates have their share of pleasures and challenges. In India, we generally have the tropical climate in which there are four seasons – summer, winter, autumn and spring. Summers are generally very hot and winters very cool. Autumn and spring generally have pleasant weather which is neither too hot nor too cold. So we get to enjoy all types of weather.

To conclude, it can be said that there are pros and cons of both types of climates and choosing to live in any climate is a matter of personal choice.

Plan followed

Intro: Discuss essay intro

Para 1: Advantages of hot climate

people can afford being outside in the sun and doing outdoor activities
it is cheaper and easier to buy clothes and wearing less clothing gives you a feeling of freedom
many elderly people choose to move to hotter climates for health reasons and to avoid the harsh winter conditions

Para 2: Advantages of cold climate

main advantage is economic benefits
people like snow activities such as skiing, sledding and building snowmen
people earn from tourism

Para 3: own view – refer to climate of your country

Conclusion: it is a matter of personal choice

147. To what extent do you think governments should be held responsible when problems of homelessness and unemployment arise?

When a country has a large number of homeless and unemployed people, it is a clear indication that something is wrong with the way it is governed. However, I do not agree that the governments can be held completely responsible for loss of jobs and homes. A number of arguments surround my opinion.

It is a well known fact that the economy of any country depends on internal and external factors. A government can be held responsible for the internal conflicts that might be causing joblessness and homelessness. However, no government in the world can effectively control external affairs. For example, a lot of people lost jobs due to the economic crisis in 2008. In fact, the US recession caused job loss in countries like India and China. It affected India's booming outsourcing industry. And because it was an external factor, the governments in India couldn't be held responsible for this situation.

Nonetheless, there are many things that governments can do to reduce the severity of these problems and protect their citizens. Governments collect taxes from the wealthy people. It is definitely the onus of the government to use this money effectively to improve the living standards of the poorer sections of the society. If a government fails to do it, it is certainly inefficient. In India, for example, the government has launched several schemes to provide housing and employment to people. Although the country still faces these problems, the situation has considerably improved in recent years. This is a clear indication that political willpower and proper governance can improve the economic status of a country and its people.

To sum up, it is difficult to arrive at the conclusion that governments can be held completely responsible for problems like job loss and unemployment. Of course, the governments have a role to play in easing these problems, but factors outside the control of a government too can upset a nation's financial status.

Plan followed

Intro: I do not agree that the governments can be held completely responsible for loss of jobs and homes

Para 1: External factors can cause homelessness and unemployment

Para 2: how good governance can help ease the situation

Conclusion:

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148. Some people believe that hobbies need to be difficult to be enjoyable. To what extent do you agree or disagree?

Hobbies of people change over period of time. Some hobbies are relatively easy, while others involve more of a challenge. Personally, I believe that hobby is an activity which can give us pleasure and hence both types of hobbies can be fun for different people and therefore I disagree with the statement that hobbies need to be difficult in order to be enjoyable. A number of arguments surround my opinion.

Firstly, one follows hobby to get fun and so he does it with heart, it is not necessary to have difficult hobbies to get fun from it. Many people enjoy easy hobbies. One example of an activity that is easy for most people is watching movies or listening to music which is one of the most popular hobbies of mostly all families in my town. One another instance is playing some easy games like angry birds or snakes do not involve as much difficulty as some other games, even though they become more popular hobbies of many people in short time. These kinds of hobbies require no hardship; they are simple and yet people enjoy them a lot.

Moreover, some activities which can be very tough for one can be easier for others who possess it as a hobby. For example, knitting is my passion and I find it very easy. I can even make very complicated patterns and knit all types of sweaters with ease. But when my sister tries to knit, she finds it really hard and cannot do it well even if she tries very hard. So, I believe it is not the degree of difficulty which makes hobby more interesting or enjoyable but the interest we take in it.

On the other hand, there are some hobbies which involve some challenges can give us sense of satisfaction or sense of achievement, and sometimes this sense of achievement makes us enjoy those hobbies more. However, I still believe that a hobby is an activity which provides us fun and this could be anything from playing with one's favourite pet to filling colours on canvas. One can get fun from anything and, it is not essential in every case to face a challenge to enjoy it.

To summarise, choosing hobbies and enjoying them varies from person to person. It is not necessary for any activity to involve some difficulty to become enjoyable. In fact a simple hobby can give us a lot of pleasure with relaxation.

Plan followed:

Intro: Disagree

Para 1: Firstly, one follows hobby to get fun and so he does it with heart, it is not necessary to have difficult hobbies to get fun from it. Give examples.

Para 2: What is tough for one may be easy for others.

Para 3: there are some hobbies which involve some challenges

Conclusion:

149. Some people believe that old public buildings in the cities should be restored while others say that they should be demolished and new buildings should be built instead. Discuss both sides and give your opinion.

It has been a matter of intense debate for quite some time now as to what should be done with old buildings. Some opine that it is futile to spend money on their restoration and upkeep, while others want to see them restored to their old glory. I believe that those old buildings which are neither beautiful nor useful, should be demolished where as those buildings which add character to a place, give it a unique identity or have a historic significance should be repaired and restored at all costs.

There are many arguments in favour of demolishing old buildings. It is not very uncommon to hear news on TV that a building in a particular city crumbled killing a few people. Such buildings should be demolished even if they have an emotional value for the owners. The maintenance costs of such buildings, which are in a very bad shape, are much more than the cost of demolishing and building new ones instead.

What is more, the newer buildings could be made in such a way that they can accommodate more people in that much space. These buildings could also be made to be energy efficient by using newer technologies, which could save a lot of energy later on. For example, double glass panels could be used for insulation and the terraces could be made as to accommodate solar panels. All these measures are the need of the hour considering the rapidly occurring climate changes and the burgeoning population.

On the other hand, there are some old buildings, which give a unique identity to a place and with a little maintenance can be used effectively even today. For example, the Sainik School of Kapurthala was the home of the maharaja of Kapurthala, Jagatjit Singh. It is a magnificent piece of architecture and is now serving a very good purpose. There are many other such buildings which house important government offices or have been converted to hotels for tourists. The Umedh Bhawan Palace in Jodhpur, Rajasthan has been converted into a hotel and is a good source of revenue for the government. We would be losing a lot of our historical and cultural background if we demolish such buildings.

To summarise, the decision to preserve or demolish old buildings should be made after considering many factors. If the old building can be used effectively or be made into a tourist attraction or is giving a unique identity to a place, it should definitely be preserved. If a building is occupying a lot of space and is unfit to live in, then it should be demolished.

Plan followed:

Intro: Discuss essay

Para 1: arguments in favour of demolishing old buildings

Para 2: Advantages of newer buildings

Para 3: Advantages of restoration

Conclusion:

150. Too many old historic buildings are in danger and destroyed in many countries. What are the main reasons? How to protect them?

Modernization of cities is the need of the hour as a result of which many historic buildings are being destroyed. This essay shall highlight the reasons for this phenomenon and also suggest ways to protect these buildings.

The main reason for the demolition of these old historic buildings is to meet the needs of the growing population. Sky-scrappers are part of modern cities and they are needed today as land is becoming scarce. Some old historic buildings are serving no purpose today. They are neither safe to live in nor are attracting tourists. On top of that they occupy a lot of space. Everything has a life and if these are not demolished or renovated, these may crumble anytime and cause threat to life.

Furthermore, road systems are being expanded to meet the needs of the growing number of vehicles. Many old buildings come in the way of these road systems. That is why these buildings need to be destroyed. The benefits of these changes are becoming obvious as traffic jams are becoming things of the past in these places.

Some steps can be taken to preserve these buildings. There are some old buildings which give a unique identity to a place and with a little maintenance can be used effectively even today. For example, the Sainik School of Kapurthala was the home the maharaja of Kapurthala, Jagatjit Singh. It is a magnificent piece of architecture and is now serving a very good purpose. There are many other such buildings which house important government offices or have been converted to hotels for tourists. The Umedh Bhawan Palace in Jodhpur, Rajasthan has been converted into a hotel and is a good source of revenue for the government. Therefore, if we renovate these buildings and make them utilitarian, then we can preserve them.

To conclude, demolishing old buildings for modernization is definitely advantageous. However, if the historic building is a tourist attraction, is giving a unique identity to a place, it should definitely be preserved.

Plan followed

Intro: This essay shall highlight the reasons for this phenomenon and also suggest ways to protect these buildings

Para 1: Reasons

Para 2: More reason

Para 3: Steps to preserve

Conclusion:

151. Many old cities around the world are going through a major process of modernization. What are the advantages and disadvantages of modernization?

Modernization is the process by which cities are being transformed under the impact of the scientific and technological revolution. Modernization is usually associated with urban and industrial development. Cities are growing as economic and cultural centers, and new technologies have transformed almost every aspect of life. As everything has its pros and cons, similarly modernization also has its good and bad points which I shall discuss in this essay.

On the one hand modernization of cities is very beneficial to meet the needs of the growing population. Skyscrapers are part of modern cities and they are needed today as land is becoming scarce. Modern architecture uses pre-fabricated material instead of wood for the doors and windows, which is also the need of the day. Modern buildings are also being made to be energy-efficient. For example, walls are being insulated so that lesser air-conditioning is needed. This is also a big plus point as we are all facing energy crises today.

Furthermore, road systems are being expanded to meet the needs of the growing number of vehicles. The benefits of these changes are becoming obvious as traffic jams are becoming things of the past in these places. Finally, as globalization is opening doors for the developing countries to expand their trade, modernization is becoming mandatory to attract foreign investments in these cities. It goes without doubt that these changes are bringing tangible benefits to these cities. For instance, the various multinational companies have opened in these cities and these are providing employment to many.

On the other hand, in the process of modernizing, most of the city administrators just copied the architecture of other cities from the developed world and this resulted in cloning of cities. Very naturally, to rebuild any city with modernization while maintaining its historical and cultural uniqueness is a difficult task that demands know-how in many areas. Copying is relatively simple and fast. Most of the cities now look similar and this has led to a loss of architectural diversity.

Summing up, modernizing cities is the need of the time and it has obviously much more advantages than disadvantages. However, care should be taken, as far as possible, to preserve some of the historic and cultural uniqueness of these cities.

Plan followed

Intro:

Para 1: Advantages

Para 2: more advantages

Para 3: Disadvantages

Conclusion

152. Discuss the advantages and disadvantages of living in a house and living in an apartment and give your opinion as to which is better.

Many people nowadays face a difficult decision when they buy their own home. The question is whether they should buy a house or an apartment. This essay shall discuss the advantages and disadvantages of both options before forming an opinion.

Perhaps the major advantage of living in a house is the issue of privacy. Typically, there is more opportunity for peace and quiet, if you live in a house. This is particularly the case if it is a detached house. Other significant advantages are that houses are generally more spacious and on the whole have gardens. This is especially important if there is a family so that the children can have a safe environment to play in.

There are, of course, negative aspects to living in houses. The greatest of these is that they tend to be more expensive to purchase and to maintain. Indeed, a large majority of people choose to live in apartments because they cannot afford the mortgage to buy a house. Another possible problem is that there are fewer houses in cities than the countryside. So the facilities of urban life may be far away.

On the other hand, in an apartment there is always somebody near to help you in an emergency or watch your flat when you are away. As well as this, flats have very low maintenance costs. For example, with only a balcony, there are no bushes to trim, no lawn to mow and no leaves to rake. Finally, flats are usually located closer to city centre and so public transport is easy to get.

The downside of apartment life is that the neighbours may be noisy and bothersome. This can be extremely unpleasant, particularly if your sleep is constantly interrupted. Also, living in a neighbourhood crowded with blocks of flats means that parking is limited and finding a space for your car could take a considerable amount of your time.

To conclude, it can be seen that there are probably an equal number of pros and cons to making either choice. Ultimately, whether you decide to live in a house or a flat depends on a person's family and financial circumstances.

Plan followed

Intro: Discuss essay intro

Para 1: advantages of living in a house

Para 2: disadvantages of living in a house

Para 3: advantages of apartments

Para 4: disadvantages of apartments

Conclusion: Matter of individual taste

153. Many people think living in high-rise apartment blocks makes people feel lonely and unhappy, while others argue it has advantages. Discuss both views and give your own opinion.

The number of high rise buildings has grown many-fold in the past few years. This essay shall discuss the advantages and disadvantages of high-rise apartments'

There are many advantages of living in high-rise apartment buildings. The main advantage is that everything that you need is just a stone's throw away. This is because high-rise apartments or condominiums tend to be either very close to or right in the middle of downtown. Some apartment buildings may be located near beautiful, natural surroundings such as parks, gardens, and white-sand beaches. A person can relax and escape from the stresses and hassles of city living by going up the top floor and marvel at the cityscape with the wonderful perspective of everything around you. Furthermore, there are shared amenities in the building such as swimming pools, recreation centers and gyms which one can enjoy. You can actually socialize with the other families, get to know them, and create a better sense of community also. When neighbors get to know one another, they tend to look out for one another, and this generates a greater sense of safety and security, and this only adds to the advantages of high-rise living.

Along with certain living advantages, there are also plenty of disadvantages of such sky-scrappers. When it comes to high rises, the balcony is a possible safety hazard because of a growing number of fatalities associated with suicide and accidental falls. What is more, high-rise fires are the worst nightmare for people living in tall apartment buildings because of the cramped conditions when doing an evacuation out of one's apartment space. Another issue about high-rise apartment buildings is the fact that everything is compact and you don't have a lawn and a spacious yard where you can play with your kids. Finally, there are many people living in such buildings and so residents do not question the presence of strangers. Therefore, security can be a big problem.

To sum up, there are both advantages and disadvantages of high rise apartments. However, feeling lonely is not one of them. Whether to live or not to live in a high-rise apartment is a matter of personal choice.

Plan followed

Intro: Discuss essay intro

Para 1: Advantages of high-rise apartments

Para 2: More advantages

Para 3: Disadvantages

Conclusion:

154. Countries' population is increasing so people believe we should build new homes in existing cities instead of building new towns in the countryside. What do you think about that and give example or your own experience.

The burgeoning population has led to the debate whether the remote and rural areas should be developed by making new towns there or if more housing be made in the cities already existing. I am of the view that new towns should be made in the countryside. A number of arguments surround my opinion, which I will discuss in the upcoming paragraphs.

There are a plethora of benefits of making new towns in the countryside areas. Firstly, the housing in these new areas will be affordable for many, as the land/property rates will be much lower as compared to the cities. Furthermore, the present cities are already congested and there is a lot of burden on the resources, like electricity, water supply, transport system, etc. So, when people move to new towns outside the cities that will reduce the burden on the resources and allow people to lead a better quality life.

Another advantage of making new towns in the rural areas is that the new towns can be planned to be more energy efficient and the issues that the present cities now face, can be taken care of right from the inception stage. For instance, the plan should include more green spaces/bets, solar energy and other such renewable sources should be used, public transport systems like Metros and subways can be planned ahead, and many more such things can be looked at when planning a new town. Moreover, this will lead to development of areas, which might have been left neglected and will provide opportunities for the people living there to have a better life and enjoy the modern resources and facilities of a town.

Admittedly, there are some disadvantages of making new towns, rather than adding to more residential areas in the present cities. For instance, if people move out to live in the new towns, then there will be a decline in the local economy of the city. Many businesses may shut down. Also, people will move away from their workplaces and this move will affect many households. For example, the commute time may increase for many people and the children may have to change schools when the family moves to a new town.

To conclude, I would reiterate my opinion that to deal with the problem of the increasing population, adding more houses to existing cities will only increase the burden on such cities. Making well-planned new towns in the countryside is more advantageous.

Plan followed

Intro:

Para 1: Advantages of making new towns

Para 2: More advantages

Para 3: Disadvantages with refutation

Conclusion:

155. In some countries, most people prefer to rent their homes rather than buying them. What are the advantages and disadvantages of renting a home?

Every one aspires to live in a dream house. The choice between buying a home and renting one is among the biggest financial decision that many adults make. The huge cost of buying a house and complications involved in renting make it a hard choice to decide which is a better deal. This essay intends to analyse the pros and cons of renting a house.

The proponents of renting a house cite a host of benefits. Firstly, it has financial benefits. One can invest such a large sum elsewhere, such as in one's business and earn manifold. Secondly, one doesn't have to pay any taxes on the property or troubled by regular maintenance charges. Also, one can always change one's place of residence by renting a home close to one's work place and save time. Another advantage is that if for some reason a person doesn't like a place because of the neighbourhood or weather, he is not obliged to stay there a lifetime. Finally, a person's work may require shifting places and so it would be futile to invest a fortune in a place where one cannot live.

On the other hand, the disadvantages of renting a house are also numerous. Firstly, being able to call a place as one's own cannot be achieved in a rental home. Secondly, buying a home can be more profitable in long run, as the person is making an asset for life. While renting a person is indirectly paying someone else's mortgage. What is more, while renting, a person has to sign a lease and vacate accordingly.

I believe that whether to own a house or to live in a rented house is a matter of personal choice and should be decided according to one's own circumstances. Sometimes it is smarter to rent, and sometimes buying can work in one's favor. One should carefully weigh the merits and demerits of both approaches before reaching a conclusion.

To conclude, renting a house has its benefits and drawbacks, and so the decision should be made considering ones needs and aspirations.

Plan followed

Intro:

Para 1: Advantages of renting

Para 2: Disadvantages of renting

Para 3: Own view

Conclusion:

156. Many people think that zoos, which keep wild animals by man-made environment should no longer exist in 21st century. To what extent do you agree or disagree with this statement?

I agree that there is no place for zoos in the 21st century. I feel that zoos are an unsuitable environment for animals, and therefore should be abolished. A number of arguments surround my opinion.

Firstly, zoo animals are kept in very confined areas compared with their vast natural habitat. Due to this zoo animals develop unnatural habits like pacing back and forth or swaying from side to side. For example, polar bears are given about 10 metres of walking space, where as in their arctic home they roam for hundreds of kilometers. Similarly, lions and tigers are confined in cages where they lack exercise and stimulation. What is more, it is very common for visitors to tease and provoke caged animals. This also leads to unnatural behavior in animals.

Secondly, the breeding programmes taken up by zoos are not very successful. For instance, the 'Panda Breeding Programme' has been very costly and unsuccessful. Also, zoo life does not prepare animals for the challenges of life in the wild. They are provided good food in the zoos, but if left in the jungle, they may die of starvation because they cannot hunt for themselves.

Finally, the zoo is an unnatural environment that exposes animals to many dangers. Diseases often spread between species that would never live together naturally. For example, many Asian elephants have died in African zoos after catching herpes from African elephants.

To sum up, I would like to reiterate my opinion that zoos are unnatural habitats for the wild animals and there is no justification in caging these marvelous creatures of God. It is not true to say that zoos are educational or that they help to save endangered species. In reality they only teach us how wild animals behave when they are cramped in small spaces. Breeding programmes provide zoos with good publicity, but in fact most of them are failures. Finally, zoo animals are more at risk of dying from disease or injury than their wild counterparts. It is time we abolish these cruel institutions.

Plan followed

Intro: Agree – means that you are against zoos

Para 1: Reasons why zoos are not good

Para 2: more reasons

Para 3: more reasons

Conclusion:

157. Some people argue that the purpose of zoos is only to entertain people. What do you think? What are the other purposes of zoos?

It is irrefutable that zoos provide recreation to people. However, zoos have a lot of other advantages besides entertainment. This essay shall highlight these functions of zoos.

To begin with, the main advantage is the education that people receive when visiting a zoo. Someone has rightly said that zoo animals are ambassadors for their cousins in the wild. Zoos provide a rare and unique opportunity to peer into the wild without actually traveling to forests. Zoos contain a range of animals such as giraffes, elephants, lions and even large and venomous snakes. People receive firsthand knowledge of how animals behave and act. Most zoos also provide interactive shows with some of the animals during specific times throughout the week. Surrounding the exhibits, zoos usually have information describing the animal, its history and natural location.

Furthermore, learning about animals also brings empathy to many people. Zoos help to promote awareness by educating people on how to protect animals that face extinction. By doing so, researchers can receive funds to repopulate these animals. What is more, zoos often take an active approach in helping animal populations. For dwindling species, many zoos breed captive species in an attempt to increase the numbers. After raising sufficient numbers of the populations, the animals can then be released into the wild in an attempt to encourage population growth. Many animals have been tremendously helped this way, including the white tiger and panda bear.

Moreover, zoos help to attract tourists and thus boost the economy. People buy tickets to visit zoos and a number of people get employment in zoos. Workers are needed to look after the animals and provide them timely exercise and food. Finally, entertainment is also there when people visit zoos. Everyone enjoys looking at these marvelous creations of the almighty.

To summarise, zoos provide education, awareness and boost the economy in addition to providing entertainment.

Plan followed

Intro: zoos have a lot of other advantages besides entertainment

Para1: main advantage is the education

Para 2: more advantages

Para 3: more advantages

Conclusion:

158. Some people think that Government should invest money in wildlife projects and protect them. Other people think it is better if the government invests money in other projects. Discuss both views and opine.

In recent times, there has been a great hue and cry over the money and efforts being spent on conservation of wild animals and birds. Some say that the government should fund such wildlife projects, whereas others say that priority should be given to human projects. This essay intends to analyse both perspectives. I side with the former view.

The most important reason for saving wild animals and birds, is that they are part of our ecosystem. Every species of wildlife plays a role to maintain the balance of life on Earth. Thus, the loss of any species can affect us directly or indirectly. For example, there are many bat species that are becoming extinct. Such bats help keep the insect population in control. If these bats die then the insects will increase a lot and destroy our crops. So, we will have nothing to eat. In addition, many animals, like rodents, help in the dispersal of plant seeds and in the pollination of plants. By protecting endangered animals we ensure not only their survival but also the biodiversity that is necessary for the ecological health of the planet.

Secondly, wild animals provide many valuable substances such as medicine and fur. The horn of the rhinoceros has medicinal value, and the fur of the mink is very valuable. Moreover, the recreational viewing of animals at zoos is also a source of revenue. Thus, the financial value of wild species is important to the economies of many nations. Furthermore, wild animals have aesthetic appeal. They are beautiful creatures of nature and are a part of our bio-diversity.

On the other hand, some people say that humans are suffering from poverty, hunger, homelessness, unemployment and ill health. These areas should be the priority for human spending. They opine that human needs must come first. They have a point, but I still believe that conservation of wildlife is as important for humans as any other thing.

To sum up, the resources spent on these animals and plants, are well justified. Wildlife is Mother Nature's greatest treasure. To protect it, we must take every measure.

Plan followed

Intro: Discuss

Para 1: Part of ecological chain – interconnected

Para 2: Provide us many things

Para 3: Other view and refutation

Conclusion:

159. Nowadays we see more advertisements on the streets and on our TV screens. What are advantages and disadvantages of it?

Advertising is a powerful and persuasive medium and advertisements have become a part of our lives. Advertisements have both positive and negative effects, which shall be discussed in the following paragraphs.

On the positive side ads tell us about the new products that are launched in the market. They also tell us about the working of these products. After seeing the ads, consumers can go to the market and select things of their choice. What is more, the advertising industry provides jobs to many.

Furthermore, advertisements touch social issues. For example, when Amitabh Bachhan tells people to bring their children for pulse polio immunization, people listen. Then there are ads against female foeticide which are very informative. Advertisements also teach a lot about the country from where the ads come. This is because through satellite TV we can see ads from all over the world. When we see a Japanese advert of a lady in a kimono, we come to know about the clothes of Japan.

However, Adverts also have a downside. There are many advertisements which make many false claims about their products. For example, I recently bought a floor cleaner which claimed to remove rust stains from floor effortlessly but when I used it in my kitchen, the rust stains did not go at all. It also goes without saying that when businesses hire celebs to endorse their products then definitely they have to pay them exorbitant amounts of money and all this increases the cost of the product.

Furthermore, advertisements can cause people to be dissatisfied with what they already have and make them want more. Being exposed again and again to products which one cannot afford leads to dissatisfaction. Furthermore, not all parents are in the position to afford the goods, which the children see advertised and want to possess. This often leads to feelings of inadequacy among them. In addition to this advertisements lead to materialism and people lay too much emphasis on material goods. People are prepared to work long hours or even turn to crime to get these goods.

To conclude, adverts have pros and cons. Without adverts we would lose a valuable source of revenue, which is used for the benefit of majority. Our lives would be dull without these ads.

Plan followed

Intro:

Para 1: Advantages of ads

Para 2: Advantages

Para 3: Disadvantages

Para 4: Disadvantages

Conclusion

160. Consumers are faced with increasing numbers of advertisements from competing companies. To what extent do you think are consumers influenced by advertisements? What measures can be taken to protect them?

Advertising is the heart of trade. To survive in the competitive market of today, every product has to be advertised. There is a huge impact of these ads on the people, which is both positive, as well as negative. This essay shall analyse these effects on the common man, and suggest ways to protect people from the negative effects of adverts.

There are many ways in which these ads are helpful. First, ads tell us about the new products that are launched in the market. They also tell us about the working of these products. After seeing the ads, consumers can go to the market and select things of their choice. What is more, the advertising industry provides jobs to many. Many models and other people make a living through this industry. Ads also touch social issues. For example, there are ads which aware people that they can stand up against domestic violence and female foeticide. We also have ads, which warn people about the harmful effects of smoking. Another big positive influence of the ads of today is the entertainment they provide. They are made so hilarious that you feel like watching them again and again.

On the other hand, advertisements promote consumerism. These ads can cause people to be dissatisfied with what they already have and make them want more. Not all parents are in the position to afford the goods, which the children see advertised and want to possess. This often leads to feelings of inadequacy among them. In addition to this, this materialism leads to workaholism. People are prepared to work long hours, or even turn to crime to get these goods. Finally, ads can be very irksome at times. This is especially true of Internet ads. The increasing number of advertisements and the never-ending list of ad-networks are making the Internet users' experience worse than ever. The ads, which have audio are very troubling and some ads are flash based. Telephone ads are also very irritating. When you are driving or in an important meeting, the bell rings and disturbs everyone.

The solutions are not simple, as advertising is a very persuasive medium. It would be unwise to ban ads, as this would cause more problems than it would solve. However, advertisements, which make false claims, should be banned. Advertisements for liquor and those ads, which show stunts, should also be banned. Then there should be consumer awareness programmes. Consumers should be warned against too much consumerism. Our celebs have a big role in selecting what products they should endorse. People, who follow these celebs would buy anything they say even without needing it.

To conclude, today we are influenced a lot by adverts, both in positive and negative ways. Without adverts we would lose a valuable source of revenue, which is used for the benefit of majority. However, many steps can be taken to mitigate the negative influence of ads.

Plan followed

Intro –

Para 1 – positive effects

Para 2 – advertisements have negative points

Para 3 – solutions are not simple

Conclusion:

161. There is an increasing amount of advertising directed at children, which encourages them to buy goods such as toys and snacks. Many parents are worried that these advertisements put too much pressure on children, while some advertisers claim that they provide useful information to children. Discuss both views and give your opinion.

Advertisements are all around us, especially advertising targeting children, who are considered vulnerable targets by companies. As a result, many parents are worried that their children are being wrongly influenced by ads. However, some advertisers claim that they provide beneficial information to children. In the following paragraphs I intend to discuss both perspectives.

It is not difficult to see why parents' worry is justified. Children, under a certain age, lack abilities to make wise judgments as to what they really want. They are attracted by colourful pictures on advertisement, and swayed by misleading information. So, they pester their parents to buy those things, and this can upset the budget of many families. Even the advertisements of fast foods are bad for children. Children cannot understand that the slim-trim models advertising Mac Donalds burgers hardly ever eat such foods themselves. They are attracted to fast foods and these are very detrimental for their health.

What is more, some ads show some stunts, and although it is written that children should not copy these stunts, children hardly ever read that part and in their ignorance try to perform those stunts and get hurt. For example, in my neighbourhood, one child tried to jump from one rooftop to the other after seeing the ad of Thumbs Up and ended up with a plaster on his leg. Therefore, parents are rightly worried.

On the other hand, advertisements also provide beneficial information to the children. For example, the advert of Colgate toothpaste, which tells that we should brush our teeth twice daily, is good for children. Then there are ads about health drinks such as Complan and Bournvita, which are good for children. Furthermore, advertisements also touch important issues, such as ads against wastage of water, ads for tree plantation, ads against wastage of electricity and ads for keeping the surroundings clean. Children are motivated by these ads and try to follow the good things they learn.

To conclude, it is true that some adverts have a detrimental effect on children and should have some regulations, but at the same time this fact can also be not be denied that adverts enlighten children in many ways by providing a lot of useful information.

Plan followed

Intro – Discuss essay intro

Para 1 – Parents view

Para 2 – Parents view

Para 3 – advertisers view

Conclusion: ads have both – good as well as bad effects

162. In the past people used to wear their traditional clothes depending on their culture. Nowadays the trend is changing and people wear different clothes. Is it a positive or negative development? How does it affect certain societies and people's behavior?

The global era of today is all about choices. People are aware of fashions all over the world, and are adopting whatever suits their fancy. This phenomenon is largely positive, although there is a downside to it as well. This essay intends to analyze the pros and cons of this change and also discuss its impact on certain societies and people's conduct.

On the one hand, such an attitude is bound to erode the cultural identity of nations. Many nations are known by their national dress. For instance, 'sari' is the national dress of India and 'kimono' is the national dress of Japan. These dresses are also linked to certain customs and traditions. If these attires are lost, the customs and traditions will also be lost.

On the other hand, there are countless advantages of this trend. People adopt things which they find comfortable and which suit their pocket. If jeans and T-shirts are comfortable, people will wear them. Such clothes are easier on the pocket too. For instance, two pairs of jeans and a few T-shirts are enough for the whole year. The traditional clothes like suits and saris are noticeable when worn repeatedly. So, a huge collection is needed. Finally, wearing clothes according to the latest fashion makes people feel more confident as they are portraying that they are up-to-date.

There are noticeable influences of globally similar clothing on people and societies. When people of global communities look similar, they find it easier to accept each other. It leads to better harmony among people. People feel united and work together for uplifting the global communities. People feel part of a global village and it makes them feel more confident.

In my opinion, wearing clothes, which are comfortable and make you feel confident and happy, is better and needed in today's fast paced life. I don't believe that not wearing traditional clothes takes you away from your traditions and culture. Traditions and culture are deep rooted and can never fade away with the clothes we wear. On our festivals and cultural events, our traditional clothes are still very conspicuous.

To sum up, people are following fashion in clothing according to the times, and it is certainly a positive trend.

Plan followed

Intro:

Para 1: Disadvantages

Para 2: Advantages

Para 3: Effect on individuals and societies

Para 4: Own opinion

Conclusion:

163. Now the traditions and customs of the food we eat and the way we eat it are changing, what is the way they change, and what do you think of the change.

In this era of technology and globalization, all spheres of life have changed dramatically and food is also no exception. This essay intends to discuss the ways in which the traditions and customs relating to food are changing. I believe this change is largely negative.

There are a lot of changes in the foods we eat today and also in the ways we prepare these foods today. Firstly in this torrid pace of life, people are working till their death. They have no time to prepare and enjoy traditional home cooked food. Ultimately, they switch to an easy option of restaurants. McDonalds have become a ubiquitous term in every home. Secondly, there is the influence of occidental culture over the oriental one. People are forgetting their roots. For example, in earlier times all family members used to sit together and eat, and over the dining table they shared their happenings of the day. These fast foods are eaten alone mostly because they don't appeal to the palate of the older members. As a result, family bonds and relationships are getting vague. Moreover, the art of home cooking is suffering a lot.

Admittedly, this trend has harmful effects on individuals. Undoubtedly, people are affected by health hazards like obesity and other diseases. Obesity is the root cause of many other diseases. Fast foods are rich in fats and salts which are not good for health. An obese person is more likely to suffer from diseases like hypertension and diabetes.

There are tangible consequences on society too. Broadly speaking, as people get inclined towards fast food and restaurants, local culture dies out. It is because traditional food is inextricably linked with culture. Undoubtedly, the identity of the society and nation will disappear. It will be monopolized by western societies. Also, if people are not healthy, the productivity of the nation will come to a standstill. Last but not least, fast foods promote use-and-throw culture which adds to the problem of garbage dumps, contamination, pollution and eventually many diseases.

To summarise, international fast foods have carved their niche and traditional food has taken the backseat. Certainly, this has adverse effects on individuals, families and societies.

Plan followed:

Intro:

Para 1: Ways of change

Para 2: Effects on individuals

Para 3: Effects on societies

Conclusion:

164. Nowadays, some people are changing their way of look through hair color, clothes, cosmetics even plastic operation. What are the reasons? Is this a good thing?

For centuries, men and women have beautified their eyes, lips and body. Now modern science and cosmetology have merged to create various techniques for enhancing one's looks. Many individuals, nowadays, are giving themselves a complete makeover by using these new techniques. This essay shall discuss the reasons for this development. I believe it is good only upto some limit. A number of arguments surround my opinion.

The most important reason is that in today's society, changing one's appearance through hair color, eye contacts, and cosmetic surgery, seems to be the answer to looking good. It is a general perception that when you look good, you feel better; when you feel better, you behave better; when you behave better, the people around you tend to respond to you positively. Earlier, when all these facilities were not there, people had to accept themselves as they were and a person who was not born with good features always lived with some inferiority complex and remained an introvert throughout life.

Secondly, in today's competitive era, looks are very important, so much so that some professions are totally dependent on looks. Many film stars have got face lifts and other cosmetic surgeries done on their faces to look younger and thus be in job for longer. Even in some other jobs such as receptionists in offices and air hostesses, looks are given weightage over other things. Moreover, some people have their faces disfigured due to accidents or any other trauma. For example, one of my friends lost her ear in an accident. For months she kept that side of the face covered by her hair and could not wear any jewelry and therefore suffered a lot of mental trauma. Finally, she consulted a plastic surgeon and got an ear implant. Now she has regained her confidence.

I believe that this is a positive thing but only in some limit. If it is done after an accident then it is good, but if people spend exorbitant amounts just to look like their favourite celebrity then it is not justified. One must remember that ultimately what matters is the inner 'you'. It is more important to be beautiful from within. What is more, cosmetic surgery is not without its side-effects. Even the products used on hair and face may damage the hair and skin permanently. Finally, terrorists may get cosmetic surgeries to look different and this may prove very detrimental to society.

To conclude, changing one's looks through hair colour, beauty products and surgery is good only if done within a limit and for some reason like after an accident. The outer appearance may have a temporary appeal but what ultimately matters is the person within.

Plan followed

Intro:

Para 1: First reason

Para 2: Other reasons

Para 3: It is good if done within a limit

Conclusion: reiterate what said earlier

165. Wearing fashionable clothes is becoming important today. Is the attitude to wearing fashionable clothes leading to a positive development or negative development?

Fashion has never been out of fashion. It is a way of life. It has been evolving ever since Eve decided to start wearing a fig leaf. However, it is also true that it has become very essential in today's time to look fashionable. This is both a positive as well as a negative development.

To begin with, fashion plays a foremost role in giving the crucial first impression. In the period of cut-throat competition, a lot of weightage is given to personality that is our dress and demeanour. It has become a barometer to measure our social standing and success. What is more, it adds variety to our life when we try out new apparels. It also satisfies the creative urge in us, for only man is gifted with an aesthetic sense that makes him want the things around him including his attire to look beautiful.

Perhaps the biggest advantage of this trend is that it has given rise to an entirely new industry which is worth over a thousand crore rupees. No wonder, large educational institutes are imparting specialised fashion technology courses such as the NIFT and NIFD. It has given rise to a plethora of new industries ranging from apparel to accessories. It has become a lucrative career option for the youth today. Many fashion houses of India are exporting clothes to foreign countries and earning valuable foreign exchange.

On the other hand, it has become an exclusive preserve of the rich and the influential for they have the means and the resources to indulge in this luxury. This creates a sharp divide between the haves and the have-nots which in turn creates a psychological imbalance in the youth. They try to ape their affluent friends, but in the absence of means resort to unlawful and unethical means. A lot of petty crime is done by today's youngsters just to buy a pair of fashionable shoes.

The need is therefore to strike a balance between being fashionable and wearing what is right for us. We must not blindly follow fashion but we should wear what suits us and in what we feel comfortable. The clothes, which look good on others may not suit us and wearing those clothes may make us a subject of ridicule.

Summing up, we must be in fashion to add flavour to our lives, but we must beware of the 'herd' instinct, which impels us to emulate others without considering its suitability on us.

Plan followed

Intro: This is both a positive as well as a negative development.

Para 1: - advantages

Para 2: advantage

Para 3: disadvantages

Conclusion: Following fashion is good but within a limit and according to what suits us.

166. Modern lifestyle has made it harder for people to live a healthy and active lifestyle. What are the causes of this situation? Suggest what can be done by the government and large organisations to improve it?

Modern man is an unhealthy man. Today, people have to spend wealth to buy health. All thanks to the modern lifestyle. This essay intends to analyse the reasons why people's lifestyle is unhealthy and suggest ways to alleviate the problem.

One of the major causes of this unhealthy and inactive lifestyle is the highly competitive work culture. With working hours going upto 14, cut-throat competition, hire and fire culture, target-based pays, insecurities and excessive availability of manpower, every employee finds himself tied only to the office chair. Consequently, his health gets compromised. It is apt to mention here that the growing materialism in this capitalist world is adding to the travails of the modern man. High living standards, higher cost of living, dreams for luxuries and more money are only adding to the problem.

Furthermore, gadgets and machines that were intended to help the mankind have also chained him and made him sedentary. Even children are glued to gadgets. Adults have professional requirements for the gadgets, but children no longer play in the open. These unhealthy habits develop inadvertently and continue to adulthood.

However, some steps can be taken to mitigate the problem. Large organisations must start considering humans as an asset and not a liability. They must be treated humanely and not like machines. Rest hours, weekly offs, fixed per-day work schedules, incentives to efficient workers, training to keep fit, awareness campaigns and special awards for the fittest employees should be incorporated to improve the unhealthy and inactive lifestyles of employees.

As far as the governments are concerned, they must stop focusing on Gross National Product Index and start focusing on Gross National Happiness levels, which include sustainable development, health and happiness levels of citizens, education and environment conditions. Moreover, easily accessible parks and gyms should be open to public for free. Children shouldn't be confined to books only, but play outdoor games. Unhealthy youth should be fined if they don't get fit and junk foods should be taxed more to discourage their sale.

To recapitulate, it can be said that health is a choice. It doesn't come easily. We have to work for it and forgo the laziness. The above-mentioned suggestions, if implemented can save the situation of today's unhealthy man from further deterioration.

Plan followed

Intro:

Para 1: Reasons

Para 2: More reasons

Para 3: Solutions at organisations level

Para 4: Solutions at government level

Conclusion:

167. Many people are not as fit or as active as they used to be, and it is having long term effects on them. Why is this happening and what are some ways to solve this? OR

Nowadays many people have unhealthy diets and do not exercise regularly. Why is this happening? How can we encourage these people to live a healthy lifestyle?

Obesity and its related problems are a growing cause of concern. The main reason is the sedentary lifestyle and fast food culture. This essay shall delve into the reasons why people choose to eat unhealthy diet and not do exercise. Some measures to motivate people to adopt a healthy lifestyle shall also be discussed.

The fast paced life of today is the most common cause of this habit. People have become workaholics in their rat race after material possessions and as a result don't have the time to cook healthy food and even do any exercise. Whole foods require time to prepare and processed or ready-to-eat foods are consumed which are definitely less healthy.

Another reason is the taste factor. Given the choices of steamed broccoli versus macaroni and cheese, or baby carrots versus potato chips, or an apple versus a candy bar, most people would choose the latter simply because it tastes better. The mushroom growth of fast food outlets have also made them very affordable and very easily available. Finally, perhaps the most significant reason is lack of awareness that obesity caused by such a lifestyle is not just one disease; it has many other deadly diseases like diabetes and hypertension associated with it.

People can be encouraged to adopt a healthier lifestyle in many ways. The governments can aware people about the ill effects of obesity through the media. Sports stadiums and well equipped gyms should be made available in the propinquity of residential areas so that people don't have to go far to access them. Benefits of healthy eating habits and daily exercise should be told to people through the media. Last but not least, the family meal should be encouraged. People tend to eat better when they are sitting down at a table. There is better control of the serving size. There is more focus on interaction and discussion and not only on the food.

Summing up, people eat unhealthy and don't exercise enough but if they are made aware about the ill effects of such a lifestyle and motivated to make some lifestyle modifications then surely it would make a big difference.

Plan followed

Intro:

Para 1: Reasons

Para 2: more causes

Para 3: How people can be encouraged for healthy life style

Conclusion:

168. In many countries people of all ages do sports and exercises a lot. Does this trend have more advantages or disadvantages? Give reasons for your answer and include examples from your own knowledge and experience.

Healthy living has become a buzzword in the recent years. Exercising is the sine qua non of the routine for people of all age groups. This has led to the question if excess of exercising among different age groups has more benefits than drawbacks. In my opinion, exercising should be done with proper guidance, keeping in mind the age and any medical conditions the person has, as excessive exercise can lead to more harm than good.

To begin with, exercising a lot can have adverse effects on the body. There are many serious injuries that the body can sustain if too much exercise is done. After any exercise, there should be proper rest time given to the body. If the body doesn't get that rest, it can lead to injuries like muscle, tendons, bones and ligament damage. Admittedly, exercise has myriad benefits and we need some physical activity to stay fit and healthy. However, that needs to be done depending on our age, metabolism, any medical condition or injury we are suffering from and some other such factors.

To add to the above mentioned point, excess exercise can lead to a loss of appetite and thus unwanted weight loss. Research has shown that exercise addicts may develop eating disorders like anorexia, bulimia and orthorexia. Such disorders lead to further side effects like loss of bone density, excessive weight loss and cardiac conditions. It is good to be careful about what we eat and we should avoid unhealthy foods, but that should not become an obsession. It may also lead to a weakened immune system and changes in hormone levels, resulting in adverse effects on the body.

On the psychological front also, obsessive exercising has severe effects. People are not satisfied with the results and look for the next physical target to achieve. It also leads to sleep disorder, which is one of the root causes of problems like depression, stress, excessive fatigue, irritability and lack of concentration. While exercise is essential, we should follow a training schedule provided by a professional trainer and a diet recommended by a nutritionist or a dietician. We shouldn't overdo any exercise as our body is like a machine and we may damage a part by excessive use.

To sum up, it can be reiterated that excessive exercising in any age group is not advantageous. It should be done in a limit and under proper guidance to reap the maximum benefits for our body and mind.

Plan followed

Intro:

Para 1: negative effect

Para 2: negative effect

Para 3: negative effect

Conclusion

169. Fast food is becoming one part of people's daily life everywhere, and this has had negative effects on our lifestyles and diet. Do you agree with this statement?

In this era of technology and globalization, all spheres of life have changed dramatically and food is also no exception. I agree that international fast foods and restaurants have become part of life and this has had a detrimental effect on our lifestyles and diet. A number of arguments surround my opinion.

There are a lot of detrimental effects of fast foods. Firstly, because of the easy availability and affordability of fast foods, people do not spare time to prepare and eat traditional home cooked food. Secondly, there is the influence of occidental culture over the oriental one. People are forgetting their roots. For example, in earlier times all family members used to sit together and eat, and over the dining table they shared their happenings of the day. These fast foods are eaten alone

mostly because they don't appeal to the palate of the older members. As a result, family bonds and relationships are getting vague. Moreover, the art of home cooking is suffering a lot.

Furthermore, this has a harmful effect on people's health. Undoubtedly, people are affected by health hazards like obesity and other diseases. Obesity is the root cause of many other diseases. Fast foods are rich in fats and salts which are not good for health. An obese person is more likely to suffer from diseases like hypertension and diabetes.

There are tangible consequences on society too. As people get inclined towards fast food and restaurants, local culture dies out. It is because traditional food is inextricably linked with culture. Undoubtedly, the identity of the society and nation will disappear. It will be monopolized by western societies. Also, if people are not healthy, the productivity of the nation will come to a standstill. Last but not least, fast foods promote use-and-throw culture which adds to the problem of garbage dumps, contamination, pollution and eventually many diseases.

To conclude, international fast foods have carved their niche and traditional food has taken the backseat. Certainly, this has adverse effects on our lifestyles.

Plan followed

Intro: Agree

Para 1: Effects

Para 2: effect on people's health – obesity

Para 3: effects on society

Conclusion:

170. International sporting events could contribute greatly to peace and stability in the world. Do you agree or disagree? Support your opinion with relevant examples.

I agree with the given statement that International sports events could contribute to peace and stability in the world. This essay intends to provide arguments to support the role of sports in international peace.

Sports provide people of all age groups and cultures with entertainment and something to get excited about and they are topics for conversation. They provide a common bond for complete strangers and a common team to cheer for. The Olympics are one of the best examples of how sporting events can bring people of different nations together. In ancient times, the Greeks and Romans would interrupt battles to participate in games. Sport has, for example, facilitated dialogue among conflicting countries, such as the United States and China, Pakistan and India, or the Koreas. Although sport cannot solve wars, it can unite.

Another important contribution of sport is that it can bring about social change. Sports can trigger mutual respect and understanding among athletes and among supporters. Through role models, sports can reach out to youth. Adding an educational message to sports or sporting events can raise awareness on societal issues, such as HIV/AIDS. Sport can reach a much larger audience than any other event.

Opponents of the view claim that sports can also bring out some of the more troubling sides of human beings, such as intolerance, corruption, mindsets that seek to win at any cost. They cite many examples of violence and conflicts, which such games have brought about. Football hooliganism or football violence is well known to all. That is why some people hold the opinion that such games divide people.

However, I still believe that sports, in general promotes peace and development in the world. No wonder, many representatives from the world of sport, such as from International Sports Federations and the National Olympic Committees have joined hands to strengthen international efforts to further promote and use sport as an effective tool for development and peace.

To conclude, international sporting events generally bring people together and promote peace and harmony in the world. There are a few incidences when over-patriotism prevailed and people got divided but such incidents can be counted on the fingertips.

Plan followed:

Intro: Agree

Para 1: Reason Para 2: Another reason

Para 3: Opponents view

Para 4: Refutation of opponents view

Conclusion:

171. Some sports are extremely dangerous but many people still like them very much. Why do people take part in dangerous sports? Give some suggestions on how to deal with these dangers.

In recent years we have seen a considerable rise in dangerous or extreme sports. This essay shall discuss some of the main reasons why people engage in such sports and suggest ways in which some risks involved in such sports can be reduced.

The main reason why people go for dangerous sports is that they get the thrill out of them. They like taking risks. They like to challenge their abilities and potentials. They feel a sense of satisfaction when they come face to face with fears while bungee jumping, rock climbing and so on. In addition, going through a dangerous experience gives them courage and confidence to face the hurdles of their daily life.

Another reason for pursuing such sports is that there is a lot of fame and money involved in them. They get attention by doing stunts on motorcycles and jumping from tall buildings. They make headlines in newspapers and TV News Channels. They feel great when their name comes in the Guinness Book of World Records. Once they get famous they get a lot of money also. For instance, many businesses hire them to endorse their products. They also get jobs on the basis of such skills.

Many steps can be taken to reduce the risks involved. Firstly, these sports should be done under strict supervision. All safety precautions should be taken. Such sports should be performed after sufficient training and under supervision of adults. Sport companies which cater to such sports should require a license for providing such training. Some people suggest banning some sports. However, I do not believe that banning is a good solution. We all know that forbidden fruits taste sweeter and people will do such sports in hiding which would increase the risks involved.

To conclude, people do such sports for fun, for money and for fame. However, such sports should be performed after sufficient training from licensed companies and under some supervision.

Plan followed

Intro: Address the question appropriately.

Para 1: Why people take part in dangerous sports

Para 2: Another reason

Para 3: Solutions

Conclusion:

172. Some people think government should ban dangerous sports, such as skydiving and rock climbing. Do you agree or disagree?

In recent years we have seen a considerable rise in dangerous or extreme sports. Although I do not support an outright ban on such sports, I do feel that the government should regulate such sports, so that they are played under supervision, which will minimize the risks.

Those who maintain that the government should ban dangerous sports activities argue on the grounds that a government has a responsibility to protect its population. In other words, the law should be there to prevent citizens from taking risks themselves, whether deliberately or unintentionally. These sports can be highly dangerous and sometimes life-threatening. More than that, it is not just the participants who are at risk, but spectators too can be seriously injured. If, for example, a Formula 1 car crashes, the driver may not escape unharmed, and there is also a chance that a bouncing tire or debris may fly into the crowd. Given this level of danger, it is understandable why people call for the authorities to take action.

However, banning such sports is not the answer. Instead, the government should ensure that the companies or centres, which provide the facilities for such sports should meet the required, legal safety standards. Another argument against banning is that then people would play these sports in hiding, and then they would be even more risky. After all we all know that forbidden fruits taste sweeter.

A further point is that in statistical terms there is a low probability of injury in many so-called dangerous sports, and people are at greater risk carrying out everyday activities such as crossing the road or cooking a meal. With the rapid development of advanced technology and medical insurance in our society, the security system of those extreme sports is absolutely mature enough to protect people who take part in these challenging activities.

What is more, those sportsmen who excel in such sports bring name and fame to their country. They break records set by others, and when they do so, the name of their country shines in the whole world. I also believe that people should be allowed to go for whatever risk they choose. So, if someone wishes to freefall from a plane at 30,000 feet, then he should be free to do so and it should be accepted that it is not the place of the government to dictate how they lead their lives. Not infringing citizens' freedom should be regarded as a government's priority.

To sum up, it can be said that such sports should be performed after sufficient training and under supervision of experts. Dangerous sport companies should require a license for providing such training. To lay a prohibition on such sports is not the answer.

Plan followed Intro: Disagree

Para 1: Arguments for banning Para 2: Arguments against banning

Para 3: Arguments against banning Para 4: Arguments against banning

Conclusion: should not be banned but regulated

173. Holding International games such as the Olympic Games is an exciting event. Some people think it has positive effects while others argue it is a waste of money. Discuss both sides and give your own opinion.

People are divided on the issue of hosting Olympic Games. Some individuals opine that it is advantageous to host such events, whereas others believe that this could be detrimental for the host country. This essay shall look into both arguments. I, however, side with the former view.

There are many advantages that can ensue from hosting such events. To begin with, such events would mean a lot of international tourists, which in turn would mean a lot of tourist dollars. For example, during the Olympics many athletes, spectators, officials, sponsors and broadcasters come to the host country and spend money on hotels and restaurants. What is more, the country also earns by selling tickets and selling souvenirs. Additionally, many people get employment because of the jobs related to hosting such events. For instance, there are many new jobs in construction projects of stadia and hotels and also in advertising related to such events. All this improves the overall economy of the people and the country.

Furthermore, the host country gets recognition in the whole world because of media exposure. It is also an opportunity for the host country and its people to know about the culture of other countries. This broadens the outlook of people and helps to make them true citizens of the global village of today. Last but not least, the infrastructure of the host country develops at an accelerated pace. For example, when New Delhi hosted the Commonwealth Games, many flyovers and stadia were built which changed the overall look of Delhi and now, all these new facilities are being enjoyed by the local people of Delhi.

On the other hand, it is also easy to see why some people are opposed to hosting such events. The main reason is that the development of that part of the country is at the expense of other parts. This is because the government of the host country usually allocates resources from other parts of the country to that part. Another reason why people are against such events is because of the Olympic drain associated with such events. In other words, the tourism in the neighbouring area suffers, as all visitors are attracted towards the host city. Finally, crime is another factor why people don't like such events. When many people get together at the same place then there are chances of petty crime and the host city needs to hire more police officers.

Looking at both arguments, it is clear that there are both – advantages as well as disadvantages of hosting such events, but on the whole the pros far outweigh the cons.

Plan followed

Intro: Discuss essay

Para 1: - advantages

Para 2: advantage

Para 3: disadvantages

Conclusion: pros outweigh cons

174. Do you agree or disagree that improvements in technology reduce the role of Olympic Games.

Olympic Games are the world's most important international athletic competition. They bring together thousands of the finest athletes to compete against one another in a variety of individual and team sports. Although technology is having an impact on the Olympics in a profound way, I disagree that it is reducing the role of Olympic Games. I believe that technology allows us to more fully appreciate everything about the competition and the athletes who commit their lives to fulfill their dreams.

To begin with, winning an Olympic event is the highest honour people can achieve even in the modern times. Unknown athletes get the chance to attain national, and in particular cases, international fame. Secondly, Olympic Games are the best medium of culture exchange even today. Different people of different countries, religions, cultures etc. get together at Olympics and the participants get a chance to know about other cultures. The Games also constitute a major opportunity for the host city and country to showcase themselves to the world.

Although the technological realities of the modern times have brought many changes in the Olympic Games of today, they have not reduced the importance of the Olympic Games. Technology plays a part in every aspect of these games, from the first torch relay hand-off to the closing ceremonies. Athletes and trainers use technology in preparing for the games to optimize their training. Sports equipment manufacturers use design technology to build improved apparatus, gear and more that will enable their clients to deliver a high level performance. Broadcasters use technology to better inform viewers of all aspects of the events. As a consequence, more and more people are exposed to these games.

People who opine that technology has reduced the role of Olympic Games, say so because the ugly claws of commercialism have crept into this field also. As a result, the Olympics has shifted away from pure amateurism to professionalism. The win-at-all-cost attitude has come up and many use unethical means to win. They also say that only the rich can afford technology to boost their performance and this creates a gap between the rich and poor. I still believe that without inherent ability no amount of technology can make anybody a winner or loser.

To sum up, technology has brought colossal changes in The Olympic Games of today but in no way have they decreased the role of Olympic Games.

Plan followed:

Intro: Disagree

Para 1: Role of Olympics

Para 2: How technology has increased effect of Olympics

Para 3: Why people say that technology has decreased the role of Olympics

Conclusion: Reiterate opinion

175. Nowadays the football supporters behave violently. What is the cause? How we can solve it?

Football hooliganism is not a new phenomenon. It dates back to 14th century England, when this sport was banned by the king of that time. In the modern form of football, such violence has also been reported many times. This essay intends to analyse the causes of this phenomenon, and suggest ways to mitigate the problem.

The main reason of violence by football supporters is that football is a competitive, physical sport, which is played by and attracts an audience, which is youthful and aggressive. The supporters of the teams form gangs, and these gangs want to assert themselves over their rivals. They have strong emotional ties with their teams. The Heysel stadium disaster is an example of such hooliganism, in which Liverpool supporters and Juventus supporters had a fight, because of which a wall collapsed and there were 39 casualties.

Secondly, the influence of alcohol is there on football violence. There were clear evidences that most of those involved in football hooliganism were drunk. Finally, the media is also considered a culprit in contributing to football violence. Studies have suggested that the language of war and combat employed by the media in covering football, incited the young supporters to indulge in violence. For instance, the Daily Mirror's headlines "Achtung! Surrender" before the match between England and Germany in 1996, was very provocative for the young supporters.

Many solutions have been proposed and tried, which has resulted in a significant decrease in football hooliganism. Such measures should be implemented more stringently to completely eradicate the menace of football violence. First of all, sophisticated policing measures should be employed. Spotting and barring the hooligans to attend further matches would be very helpful. Alcohol consumption during the matches should be banned. Finally, the media should be wise enough to play its role in such a way that it does not give air to hooliganism.

To sum up, football violence is a problem, but many effective steps can be taken to address the issue and prevent further mishaps.

Plan followed

Intro:

Para 1: reason

Para 2: More reasons

Para 3: Solutions

Conclusion

176. Many people think the professional sportsmen/sportswomen's behaviors on or off the field are not important as long as they are good players. To what extent do you agree or disagree with it?

I disagree that the conduct of professional sportspersons on the field and off the field is not significant. I believe our sportsmen are role models for the masses and therefore their behaviour, both on and off the field, should be very good. A number of arguments surround my opinion.

To begin with, people especially the youth worship their favourite sportsman as their idol. They follow these sportsmen as their role models. The good behaviour of sportsmen both on and off of their playing field can have a positive effect on their spectators. Qualities such as teamwork, motivation, and dedication can all be easily spotted on the field. Sportsmen can also help promote eating healthy and staying in good physical condition. There are also many qualities off of the playing field that can be viewed as positive influences for children. Some professional sportsmen are very active in charities and foundations for sick and less fortunate children and others visit students in schools. For example, our famous cricketers, Sachin Tendulkar and M.S.Dhoni have started charities in their own names to help raise money for children overcoming cancer or other diseases.

On the other hand, if their behaviour on and off the field is not good, they can set negative examples. Some sportsmen can get carried away during a game and become very rude and disrespectful towards coaches, other players, and even fans. There are also problems off of the field such as drugs and gambling that tends to get a lot of sportsmen into trouble. Just as the good examples can be mimicked by children, the bad examples can and unfortunately will be mimicked too.

Furthermore, these sportspersons are ambassadors of their respective countries and people of any particular country are judged by the behaviour of their sportspersons. When they win matches, they raise their nation in the eyes of the world. When they cheat to win, they lower the name of their nation. Finally, their bad behaviour affects their game. For instance, when Harbhajan Singh, a famous cricketer slapped another player Shrisanth on the field, he was fined heavily and also barred from playing for some time.

To conclude, sportsmen can set an example wherever they are, whether they are on the playing field in front of thousands of people or off the playing field doing their own thing. They can be both a positive and encouraging role model or they can be viewed as someone who is not a good example for children today. So, their behaviour on and off the field is very significant.

Plan followed

Intro: Disagree. Their behaviour both on and off the field is very important

Para 1: They are role models. Para 2: Their bad behaviour has negative impact

Para 3: They are ambassadors of their respective nations. Conclusion: reiterate opinion

177. Some people think competitive sport is important for a child's education. Others think it has negative effects on children. Discuss both views and give your opinion.

In recent years, due to stiff competition in almost every area some people opine that competitive sports have a beneficial impact on children's education. However, there are some who disagree with the above notion. Before presenting my view, I intend to explore both sides of the argument.

There are many advantages of competitive sports. The first and foremost advantage is that such sports prepare children for a society that thrives on competition. Competition is a normal part of human nature and a part of everyday life. Secondly, competitive sports provide challenges and help children deal with such challenges. Finally, these games teach discipline and help build character and confidence.

On the other hand opponents of competitive sports argue that these sports lead to stress which is detrimental to the mental health of children. If these games are played with a win-at-all-cost attitude then sometimes unethical means are adopted to win and this is definitely not what children should learn in schools. Competitive sports also have a toxic effect on the relation among children. Each child may regard others as a rival to his own success and it leads children to envy winners and laugh at losers.

In my opinion, competitive sports are good but over competitiveness should be discouraged. The win-at-all-cost mentality should not be there. In childhood, competition should be introduced gradually and children should build skills, participate fully and focus on playing rather than winning.

To conclude, competitive sports have more pros than cons. Students should play competitive sports because they make them adapt better to this competitive society. However, schools should take effective measures to avoid destructive competition.

Essay Plan

Intro: Discuss intro

Para: Advantages of competitive sports

Para 2: Disadvantages

Para 3: In my opinion, competitive sports are good but over competitiveness should be discouraged

Conclusion:

178. In some countries, people are purchasing fewer new items and more second-hand goods. What are the reasons for this? Is this a positive or negative trend?

The used goods market is gaining popularity, and this can be seen through the mushroom growth of offline and online used goods stores. This essay intends to analyse the reasons of this growing trend. I believe this is largely a positive trend, although there is a small dark side to it as well.

There are myriad reasons for shopping second hand. Firstly, it saves money. Buying anything used is less expensive than the new alternative, sometimes up to 90% cheaper, but generally at least 50% cheaper. So, a person can save twice the money or buy twice the stuff. Secondly, people have come to realise that buying a branded product, which speaks quality, is better than buying a new one of inferior quality. There are many things available in the market, which are no longer of use to the first owner, but are still in good shape and can serve the need of many others. For example, unique designer clothing may only be affordable by a vast majority when it comes in thrift stores.

Shopping for second-hand goods is a very positive trend, especially for the environment. Buying used goods diminishes waste, as it gives a longer life to common household items. There is also less pollution as it cuts down on manufacturing demands. It is a common fact that the growing and producing of things pumps a lot of pollution into the environment, such as toxic chemicals, pesticides, and carbon emissions. For example, a new cotton T-shirt is responsible for one third of a pound of pesticides dumped into the cotton fields. Another big positive effect of this trend of using second hand goods is to the seller. If a person feels that he doesn't need a thing anymore, he can sell it rather than just throw it away and buy something else instead.

The major negative effect of using second hand things is that these don't carry any warranty or guarantee. Secondly, a very careful inspection is required, which may not be possible at times. For example, a used mattress or furniture may have bugs. Despite these cons, I still believe that the benefits of this growing trend of resale shopping.

To summarise, there are many reasons for the growing popularity of resale shopping, but definitely the merits outweigh the demerit.

Plan followed

Intro:

Para 1: Reasons

Para 2: Positive effects

Para 3: Negative effects with refutation

Conclusion:

179. In many countries around the world, shopping has turned into a form of entertainment rather than a way of getting what people need. Discuss the reasons for this trend. Is it a positive or negative development? Or In many places shopping is becoming a free-time activity, replacing the traditional hobbies of the past. Discuss the reasons for this development. Is this development positive or negative?

Shopping is generally thought of in terms of fulfilling needs. Shopping is seen first as a function and secondarily as something that serves emotional and social needs. As incomes have grown, choices have exploded and free time has increased, shopping has become entertainment as much as anything else. This can be seen as both – a positive as well as a negative development. In the following paragraphs I intend to explore the pros and cons of shopping as an entertainment.

On the positive side, shopping satisfies our needs. Everyone needs the basics of life such as items of food, clothing and shelter. Apart from that, needs vary from person to person. The things which were considered the luxuries of yesteryears have become the necessities of today. For example, the mobile phone has become a must-have for even the lower income group of people. Many businesses and jobs thrive on the connectivity provided by the mobile phone and the internet.

Furthermore, shopping has given rise to the consumerist society of today. This has given employment to many. For instance, people are working in the manufacturing industries and in the retail sector also. Mega stores and malls are also having a mushroom growth. What is more, psychologists claim that the best way to cope with stress or any kind of strong and negative emotion is to hit the shops and do plenty of shopping. It is called retail therapy and, according to many, it is guaranteed to boost spirits.

On the negative side, excessive shopping makes us pile up things in the home which we don't even need. It also leads to a throw-away society which is detrimental to the environment. To do shopping, people need a lot of money and if this money does not come by fair means people resort to unethical means of getting it which leads to violence and crime in the society.

To conclude, shopping is good as long as it is done for need, but when it is done for greed then it becomes a bane. So we should do shopping only according to our requirement and then it will be a pleasurable experience also.

Plan followed

Intro: This can be seen as both – a positive as well as a negative development.

Para 1: On the positive side, shopping satisfies our needs.

Para 2: Furthermore, shopping has given rise to the consumerist society of today.

Para 3: On the negative side,

Conclusion:

180. Some shops are open 24 hours a day and 7 days a week. Do you think it is a good thing for the customers, shop staff and company as a whole?

Today, we belong to a 24/7 society. All 24 hours are ours, and we should take advantage of the given time and do our best. This could be very beneficial and because it adds to productivity. Round-the-clock shops are part of this society. Definitely, it is advantageous for the customers, staff and the company as a whole.

Customers are benefited in numerous ways. To begin with, today's, work routine has changed. Many jobs require late-night or early-morning shifts. They may range from truck and taxi drivers to police and firefighters, to hospital and manufacturing employees. People are staying up later and getting up earlier and they need a convenient place to shop. Moreover, 24-hour stores also benefit those with more urgent needs, such as patients released from hospitals during the night in need of pain medication, and parents whose sick child needs a prescription. The growing needs of an aging population can also not be overlooked. What is more, this allows parents to shop for family needs almost any time of the day or night without interrupting crucial time with children. They can do the shopping after children go to bed. Finally, such stores are a boon for those who do not like to shop during the day because it is too busy and overcrowded.

The 24 hour supermarkets have benefited job seekers too. Plenty of jobs have been created and there are more choices for people to apply for evening work as vacancies are there for late evenings and early mornings. Full time positions are now available for people who would like to work within the evenings or for those who can only work in the evenings. Night shifts are the only way to go for those who have day commitments such as students. Moreover, the rate of pay for evening work can sometimes be more than that during the days. Additionally, there are staff discounts on the goods sold within such shops as well as other company benefits which is why working within such supermarkets is very popular among many job seekers.

The companies themselves will also gain from opening the stores for 24 hours because it will enable them to get more business as shoppers are welcome to shop and purchase whenever they want and whatever they want. They will also be able to take on staff specifically for stacking and filling shelves because during the day there will be too many customers around to be able to fill the shelves properly. 24 hour supermarkets also enable deliveries for any time of day and night without the need of worrying about late deliveries due to the store having to close.

In conclusion, it can be said that 24-hour-shops are a boon for the customers, staff and the companies as a whole.

Plan followed

Intro: It is a positive development for all

Para 1: Advantages for customers

Para 2: Advantages for staff - More jobs

Para 3: Advantages to companies

Conclusion: Repeat views of intro.

181. Many people are doing their shopping on the Internet nowadays. Discuss the advantages and disadvantages of shopping online.

Today with the internet so readily accessible to us, more and more people are turning to online shopping for all their needs. Clothes, shoes, products, even groceries can now be purchased via the internet. This essay shall look into the pros and cons of online shopping.

There are several advantages to shopping online. The first is the ability to shop at a time that is convenient to you, not just when the shops are open. The second advantage of shopping online is that goods are often cheaper as the seller does not have the costs of running a shop and having to pay wages to salespeople, insurance and all of the other running costs of a real world business. Online shopping can also be a lot more comfortable than real world shopping as you do not have to deal with the weather.

A huge advantage of shopping online is that you have the opportunity to compare as many products and prices as you want without having to spend the time and money to travel between several different shops. You will also be able to read reviews that have been written by other people who have purchased the item you are considering; you will be able to find out about the item from a genuine user not just the salesperson. Finally you will be able to find and buy products all over the world not just in your local area – this makes purchasing of hard-to-find items a lot easier.

The main disadvantage of shopping online is that you have to pay shipping costs and have to wait for the items you purchased to be shipped and delivered. This could take several weeks if you have purchased a product from overseas, and the costs of shipping may outweigh any savings you made on the purchase price. You will not be able to purchase an item you need to use immediately online.

Another disadvantage is that you have to buy the item relying purely on a photograph and description, you cannot feel or see the item you want to buy. It can sometimes be quite hard to judge the size or quality of some items purely from a photograph. The final disadvantage of shopping online is that it is much harder and takes longer to return faulty goods; you will have to repack it and pay to ship it back to the seller. It can literally take weeks to exchange a faulty product purchased online.

In summary, the main advantages of shopping online are convenience and cost savings, while the main disadvantage is that the item is not immediately available, and you cannot inspect it personally before you make your purchase.

Plan followed

Intro: Discuss essay intro

Para 1: advantages

Para 2: more advantages

Para 3: disadvantages

Para 4: more disadvantages

Conclusion:

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182. Ordinary people copy famous people whom they see on TV and magazines. Do you think it is a positive development?

TV and magazines play an important role in our daily life. These are meant to provide information and entertainment to their viewers. With their vast reach nowadays they have evolved into our daily life style and ordinary people generally tend to follow famous people and celebrities being shown through this media. I believe this is largely a negative development.

The major negative aspect of this development is that people are attracted by and follow the glamorous side of these people, which is portrayed more. As a result ordinary people follow famous personalities based on their looks only and not based on the work they do, success they have achieved or their contribution to society. For example, if their favourite celeb has 6 pack abs, they also try to achieve such a body, and to do so quickly, they have to consume a lot of unhealthy supplements, which may not be good for them. Some girls even stop eating altogether to get the size zero figure of their role model. What they fail to realise is that these celebs spend hours in the gym everyday to get that sort of figure.

Another negative effect of this development is that if these celebs drink or smoke in public, the common people think it is a sort of status symbol and do the same. They also want to achieve the comfortable lifestyle and costly cars and other such possessions without doing the hard work required to achieve such status. As a result, petty crime incidences are often seen.

On the positive side, these celebs sometimes motivate people to do good things and not let any setbacks in their life lead them to go into depression. The encouragement given by celebrated people can help them to overcome such situation to achieve success and help others also. For example, a famous Indian celeb Deepika Padukone told people how she fought with her depression in a youtube interview. Many people were really motivated by it and learnt ways to come out of their depression.

To sum up, it is true that people tend to copy famous people who are glamourized by the media. I firmly believe that it is a more negative than a positive development. People should not follow these celebs blindly. They should be realistic and follow only the good things of these celebs.

Plan followed

Intro:

Para 1: negative effect

Para 2: more negative effect

Para 3: positive effect

Conclusion

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About the book

I have been coaching IELTS students for over 10 years now. My passion for teaching landed me into IELTS coaching, although primarily I am a gynaecologist.

This book is a collection of more than 300 essays and letters, which have been seen in the past IELTS General Training exams. A few are those reproduced by my students after coming out of the examination hall and the rest are from the various forums on the net where students share their IELTS questions. The topics often get repeated, so I believe that the book will be helpful to all IELTS candidates.

GT students generally need 7+ bands in Writing Section and this books helps you achieve the same. It also contains a lot of important points and guidelines that need to be followed for GT writing. Additionally, I have also included details on the parameters used by the examiners to score your writing.

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