

3.) What makes me happy?

One can get happiness from smallest satisfying moments in life, to the biggest successes in his/her life. The most fundamental part of happy life is being healthy and so I feel happy when I am healthy. A healthy person can work efficiently and gets job satisfaction. On the other hand, unhealthy person cannot even complete daily chores happily. So, how do I keep myself healthy? I keep playing outdoor games. I exercise daily which makes me happy. While playing I meet my friends which makes me happy. I always go for cycling with at least one of my friends. This motivates both of us. Also, we can cover more distance than what we can cover alone. I feel my healthiness is my happiness as it's the first and foremost key to a happy life.

2.) The media controls what and how we think.

When we start the day by reading the news from any two different medias, we get to know how the news from different media is presented. For example, if we compare two newspapers, in first paper we read a positive side of the news and in the other paper we can see the negative side of the same news. So, they control our thoughts by giving a news in somebodies favor or against the person. The news media does overlook the other problems and concentrate on the most important of them. These medias criticize a candidate in politics by giving fake news of them by somebodies saying and at the other hand they also make them likeable. Sensationalism is a category of editorial bias in mass media in which events and topics in news stories are over published to increase viewers. Sensationalism may include reporting about unimportant matters that do not influence overall civilization. So, this is how the media controls the thoughts of public by their point of view.

4.) My favourite meal when go out to eat.

My favourite meal when I go out to eat is Punjabi meal. It has an amazing taste. One can taste this authentic Punjabi meal only in Punjab. The Punjabi meal is available in both, vegetarian and non-vegetarian meal. Now I'm talking about the veg one. The authenticity in Punjabi meal is in cooking Punjabi meal. The Punjab meal is cooked in Tandoor and therefore it has a smoky flavour. It consists of 3curries, 1rice plate, two types of breads, and last but not least a cold item – Lassi. It may be sweet or salted. This meal fills the stomach and is also very tasty one. It consists of many different tastes. That's why I like this meal the most when I go out to eat.

5.) The Blue Colour.

The blue color is most seen color in the world. The sky is blue, the color of fresh water (when added with chlorine) is blue and there is blue color in the rainbow too. Blue is the color of inspiration and spirituality. There is a blue color in the Ashoka Chakra in the exact center of the national flag of India. The color of my house in school is also blue. There are many shades in blue. They are Dark blue, light blue, navy blue, Air force blue, Air Superiority blue, etc. The most beautiful shade in blue I like is navy blue. Blue is the master back drops. Our national bird, peacock's color is also Blue. These all are things excluding our clothes. So, now can we say that blue is the most used color in the world?

6.) Why junk food is bad?

Junk food is used to describe food and drinks low in nutrients (e.g. vitamins, minerals and fibre) and high in kilojoules, saturated fat, added sugar and/or added salt. Junk food is bad for health if one eats it on regular basis. Eating junk food on regular basis can lead to an increased risk of obesity and chronic diseases like cardiovascular disease, type 2 diabetes, non-alcoholic fatty liver disease and some cancers. Daily consumption of junk food may lead to depression in teenagers as the nutrients needed to maintain the hormonal balance are not there in the junk food which affects the hormonal balance. It causes blood fluctuation in blood sugar levels as junk food lacks sufficient levels of good carbohydrates and proteins, the levels of blood sugar drop suddenly after you eat which affects your health. It impairs digestion. It affects the brain function as the junk food eaten on daily basis can lead to degradation of grasping power in our brain and it becomes slow. Even if the junk food is bad for our health, still it is preferred. So, this is how the junk food is bad for health.

7.) If I were a Superhero.

It was my dream to become a super hero to in my childhoods. It was my dream to become a Superman. If I had got a chance to be a superhero like superman, I would first fetch all the thieves and gangsters and try to jail them up and help the police in their work. I will try to make my area a crime free area. I will surely help the poor and help the needy. No one will be in danger ever after. And with my super intelligence I will finish all the viruses like Corona Virus. While I am there no one will be unsatisfied, unhappy. These are the things that I will happen if I was a super hero.

8.) Flowers.

The most beautiful things in the world used for everything are flowers. These flowers are used in worshipping. They are also used in garlands. They are also used in decoration of some important events like wedding, birthday parties of sons of great personalities or birthday parties of great personalities. These flowers are also used in last rites of some person. They have various and colours. Some have various aromas. Some are also used as medicines. The flowers have the nectar due to which honey is obtained. These are the uses and importance of flower.

9.) Dignity of labour.

Dignity of labour means that all occupations, whether involving intellect or physical labour, deserves equal respect and dignity. No job should be considered superior or inferior. A nation that doesn't give importance to the Dignity of labour cannot prosper. Mahatma Gandhi, used to do all types of work on his own, even cleaning the toilet. Everybody should keep the dignity of labour. Like Mahatma Gandhi, we all should do everything. If there is a situation in which one loses his/her job, he/she will have to do some things which they didn't do them in their whole life. Therefore, those who due to situation have to do these works, should not show any attitude, as those people don't have any option. So, we should always show dignity of labour. We should never discriminate in the jobs like these jobs are for these people in this sector.

10.) The person I would most like to meet.

I would like to meet the Big B, Amitabh Bachchan. He is one of the best actors. He is working since his teenage was over. The films he had acted in are still famous in 21st century. He has a good grasp of Hindi language. His father, Harivansh Rai Bachchan, wrote many poems from which many poems were famous and I read one of his poems in last year's Hindi textbook. Amitabh Bachchan recites his poems very nicely. After being a high-level actor, he doesn't discriminate between people of his level and downgraded people. This quality of his is excellent. I want inculcate this quality from him. So, this is the person who I would most like to meet.

1.) If I could talk to animals: -

- Would be very happy.
- Would share feelings with them.
- Would like to communicate with them.
- The first thing I'll do is that stop the conflicts between the humans and animals.
- Would like to live in the forest.
- Would like to help and solve each of the problems in the animal's society.
- Would always treat them as best friends of mine.
- Never will let animals feel that they are different from us.
- Would confess some secrets I know from the first.
- Would like to learn some qualities particular animals.