**Do you enjoy art? What type of art is famous in your area?**

I would like to welcome you to listen to my speech on ‘Do you think….

For the first question I would say yes. I really love art. Art is a **vast subject**. It is a **creation with imagination and skills**. I enjoy any kind of art . Sculptures, music, paintings likewise.

I have been I personally do sculptures and painting.

**Do u think fast foods are important**

* I would like to welcome you to listen to my speech on ‘do you think fast foods are important?’
* I love fast foods. I think they are the best way to **escape that small hunger that creeps** in **every few hours**. A **light and healthy** snack **helps me feel refreshed**. So yes, I think fast foods are important.
* Personally, **When I get stressed** or when I heavily use my brain, **I often become hungry**. Therefore, fast foods are **the best possible option** in those situations. I usually snack on an egg roll, a burger, some potato chips, or something like that. But if I get something healthier, I will go for it.
* But on the other hand, Fast food is **typically poor in terms of nutrition**. Therefore, if one **is eating healthy fast food in between meals**, it is fine. But some people do not take full meals but **rather prefer eating small meals a greater number of times**. Therefore, in those cases most of the health issues appear such as obesity, diabetics and high blood pressure. Therefore, we must be cautious about that also if we are fond of fast foods.
* To sum up I think fast foods are important **but what you eat and how often do you eat** are more important.

**How can people improve their health? / How to improve our health**

**Health is wealth** is one of the most common phrases **that we come across in our lives**. However, we often ignore it. Everyone needs to be healthy and not only physically but also mentally.

* **So how can people improve their health?**
* People are responsible for their own health and their health would be determined by three factors.

1. **personal habits** like diet, exercise, smoking

2. **environmental factors** like pollution, contaminated food intake

3. **social factors** like education, income, and housing.

* **To be physically healthy our body requires a balance of the consumption of the calories in our foods and drinks with our physical activity.**
* People must **avoid unhealthy foods** such as food with high saturated and trans fats, added sugars and high amounts of sodium. They should have a healthy diet to maintain good health.
* **Balancing calories from foods and drinks with physical activity is very important**. Physical activity will help to **lower the risk of heart diseases and cancers**. An **Exercise** helps strength **our heart, strength our muscles** and helps lungs work better.
* Also, People can improve their **mental health** by taking care of themselves like **calming their mind by listening to soft music**, engaging in meditation, **being more social**, and taking care of their body.
* In the conclusion I would say mainly A balance diet and physical activity improve our health.

**Who has been the role model in your life?**

* **In my opinion we all have at least one role model in our life**. **Someone we look at as an example**. If someone asks me who is my role model, **of course it is my father**.
* Because he has always been a good example to me. He has a lot of good qualities. **Among them I really love his generosity and kindness**. He does not trust people, but he helps their needs as much as he can. He never hesitates. **I have heard many times people admire him for his kindness.**
* And **he always fulfills his duties.** **Even as a father** he takes good care of his wife and children. He **protects us** and **fulfills our needs**. **Teach us about life** and **guide us** to be successful in life. He always **helps our education**. He always tries to give us the best.
* My father has been the role model of my life **not because of his good qualities** but also because of his achievements.
* He joined the special forces after a/ls and served the country during the war period. But he changed his mind and got early retired. However, he became jobless and the only educational qualification he had was a/ls.
* Therefore, he went abroad to work as a personal driver. **But he didn’t like it much either**. Then he managed to join a construction company as a supervisor. He worked hard and honestly did his job and got promoted step by step. Now he has gained experience in three mega projects so far and works as an engineer in the current company. Without even having a degree. He gets the same salary and same facilities. He showed me nothing is impossible with dedication and hard work.
* Therefore, I would like to conclude my speech by saying that my father has been the role model in my life.

**How has the internet change the way we live**

I **cannot imagine my life without the Internet**. It is an integral part of who I am. The Internet has surely been changing our lives. But how?

It all started with a cable plugged into the phone line, and now we have the entire world in the palm of our hand. **Today Every single activity of our daily life is influenced by connected existence**.

* **The Internet has changed how we communicate**. We simply send an email instead of writing a letter which can take days or even months to deliver. We chat with our friends in real time thanks to the internet. We can even connect with someone living on the other side of the globe instantly.
* **If we consider education**, now it is not mandatory to attend in physical to learn things. We can find tutorials, videos, courses through the internet for almost all subjects. All you need is a device to connect to the internet. Also, during the pandemic situation even schooling was conducted online.
* **Also, people don’t always have to go to their workplaces because of the internet**. They can work from home sometimes. people **work for foreign companies** through the internet. We can even contribute to an ongoing project in a different country through internet. So, employment has changed because of the internet.
* but on the other hand, many number of people misuse the internet for fraud and illegal works. **These cybercrimes affecting** **the trust of the people on internet**.
* Therefore, in conclusion I would say the internet has changed the way we live **in so many aspects and we must use it with awareness**.

**Do you think computer will one day replace teachers?**

* **It is a much-known fact tha**t **in this modern age technology is replacing almost everything**. And it has increased further with the development of AI. Because **AI can do** so many things more **accurately and efficiently**.
* **So, the question arises** can modern technology replace teachers too? My opinion is no, we **can’t replace an effective teacher with a computer**. Teaching is something more than a normal job. It needs **a human touch**. Because students are human. Computers can interact with students. But they are machines. **they can never feel a student like the way teachers feel.**
* A **teacher is more than just a facilitator of knowledge**. They **encourage** students. They also **act as a guide, a mentor, sometimes even an inspiration**. They share their experiences, **which are very important in life**. They keep **many kids safe**. **They listen to students matters** and help them in need. **No matter how advanced the technology becomes** they can’t replace those things.
* **Even from the students perspective** **its not practical**. Computers might teach efficiently but students are human. They are not machines. And **computers can’t replace the human interactions. Therefore, learning from a computer won’t be a good experience for students**. As a student I also don’t recommend it.
* In conclusion, I would say computers won’t replace teachers, but they will support the education in other ways.

**What do people learn from travelling?**

Travelling is more than a hobby or a free time activity. There are so many life lessons to be learned from travelling.

**Of course, it refreshes our mind and make changes in our busy lives**.

Travelling to a place where we can enjoy the nature brings pure joy to us and calm our minds. And it makes us to love the nature.

## Above all ,you will learn the importance of breaking the monotony of life.

## In conclusion, I would like to say Travel whenever you’re getting free time and push yourself up to then next level by gaining new experiences.

**Do you think famous people have a reason to act as role models in the society?**

I would like to …….

* In my opinion yes. **Famous people or Celebrities are role models** and should **act accordingly**.
* **Celebrities are well-known people** who are famous for their **musical talents**, **impressive sports gameplays**, **award-winning movies** or even **creative inventions**.
* Celebrities are **influential people** and **have gained the trust and support** of a vast number of **fans or followers**. They must be **responsible** and **act appropriat**ely by being **respectful** and being a **good role model for their fans**, demonstrating **good values** and **acts of kindness** to their followers. They can change the world for good. Because most of their followers are influenced by them and try to do the same.
* At the end of the day, they are **also human beings**. They **might make mistakes**. But those mistakes can also be dangerous for them. **One wrong move will see them lose millions of followers**, destroy their business and might cause them to be sued a huge amount of money. Hence, **celebrities must be aware of their behavior at all times**. They must **treat** everybody **equally with love, care and respect**.
* In conclusion I would say celebrities are **crucial in shaping society and displaying the right values to the public** and must know how to act responsibly in public.

**How can people protect the environment.**

Today I will be delivering a speech on …

We all know that earth is popularly known as the **blue planet.** Then again, it’s the only one that sustains life. therefore, it is our only home. At least for now. We have to protect it at all costs as human beings.

Everything that surrounds us referred to as environment. In my opinion, there should be a bonding between humans and the environment. In the current scenario, **our environment is in distress**. Our environment is **being exploited** day by day mostly because of human activities.

It is time that we **rise and protect environment**.

In order to protect the environment, we have to start with the right handling of waste. To do this, we should **start with recycling** and **the right disposal of** **waste material**.

We have to **switch to energy renewable sources** like solar and hydropower.

the farmer also has to uses organic fertilizer on their farm in place of pesticides.

In conclusion I would say it is time we start protecting our environment. This is **not only for us**,

it is for **our future generations**. **Every small step counts**. Like Gandhi said, “**Be the change you wish to see in the world**.” Rest will follow for sure.