

## Letters

### Frequent breakdowns in electric supply

To,

The Chief Engineer  
M.P. Electricity Board  
Jabalpur (M.P.)

Subject:- Application for complaint against  
frequent breakdowns of electricity  
Supply.

sir,

I would like to draw your kind attention towards the frequent breakdowns of electricity in our locality. The electricity goes off five or six times during the space of twenty four hours. This causes great inconvenience to the residents of the locality, especially young children who are busy with their studies at night. I believe that there is some sort of wiring problem which cause the breakdown. I request you to kindly direction to your staff for

the necessary repairs

Thanking you

Date:- 11-1-16

Yours fr  
Mayank  
M.S.

word

meaning.

power cut until the examination.

To,  
The Collector  
Gwalior (M.P.)  
Date :- 2 - 02 - 16.

Subject:- Power cut in our locality.

Sir, I would like to draw your attention to the announcement of MPSEB regarding daily power cut between 8 to 11 pm. Please note that there are number of students appearing for the Board exams. It is the pecious time of all the students. Due to this power cut, they are unable to study properly.

are requested to increase this matter and order to the MPSEB auth- orities to postpone the schedule of power cut until exams are over.

Thanking you.

Yours sincerely  
Mayank Singh.  
Sd/- M.P.

3.

How educated youth can play a major role in establishing

Sirs

to

The editor  
work today  
Guwahati  
14 Jan 2016.

Sir;  
Through your esteemed magazine I would like to draw the attention of the people towards increasing violence in the society. The published history shows that numbers of deaths due to violence has increased considerably during recent years.

If serious concern and something special must be done to stop violence. People of different section of society should make aware. Special lectures can also be arranged in different colleges and schools on. The harmful effect of violence should be taught. The sense of affection, kindness, charity, love and

cooperation regularly so that they may become better citizens.

Your sincerely  
Nayant Singh

Croda Croda ka

Thanking you  
Sincerely  
Nayant Singh  
Croda Croda ka  
Laskar Guwahati.

2) Loud Speaker: —

To,

The Collector,  
Dist. Goalpara (C.M.P.)

Subject → Ban on the use of loud speaker.

Address:-  
Date:-

Sir;  
I would like to draw your kind attention to the nuisance caused by the use of loudspeakers. If student of class 12<sup>th</sup> M. My board examination are about to come.

It is the when all the student are busy round the clock preparing for the board exam-

ination. But some people keep on using their loud speakers. During night. So we are unable to concentrate our mind in studies.

Therefore request to kindly impose a ban on the use of loud-speakers for the period of examinations.

Thanking you  
yours faithfully,  
Mayank Singh  
Sd/- M.S.R

## Article writing

Beware of exam phobia.

### Beware of Exam Phobia.

Examination time is the time of revise all that one has studied throughout the year. memorise formulas, Mug up history lesson, and brush up experiments. But then this is also the time for nervous breakdowns and stress related disorders.

The urge to perform best at the time of final examinations is significant enough to trigger stress related disorders in the students. Some react on the hyper side and develop anxiety while others react on the lower side and end up with depression. Both are equally dangerous. Long term suppression of expression of emotions is the cause of most life style disorders.

In the examination system that prevails today, the capabilities and knowledge of students

are being judged only by the performance in the final exam. The right way is to evaluate the students through the year, and then decide about the performance.

During examination time, many students get addicted to tea, coffee, smoking or sleep depending on drugs. Once addicted, the addiction is permanent. All these drugs in the long run are harmful to the body. Tea and coffee and alcohol all increase sympathetic activity in the body resulting in increases heart rate and blood pressure. The resultant performance anxiety may actually end up in performing worse. The best answer, therefore, is to work hard throughout the year, not keeping everything for the last moment. Many answers are there to de-stress like, learning sketching exercise. And regular physical and back exercise help in maintaining the posture and keeping away

backache and cervical pain that are common miseries at the time of examination. Deep breathing exercises such as 'Pranayama' help in relaxing the body and mind. Giving a break to the brain by diverting attention to something else like watching T.V. or hearing music can help increase the creativity. Most importantly, a balanced diet should be taken and addictive substances should be avoided.

- 1) Mug-up → 301. 501
- 2) Urge → 401. 301, 401. 401, 301. 401
- 3) Significant → 401. 501, ⑨ Trigger → 301. 401
- 4) Anxiety → 301. 401
- 5) Depression → 301. 401
- 6) Symptomatic → 201. 201
- 7) Posture → 101. 01. 01

Notice1) change of Name.

## NOTICE

12 January 2016

CHANGE OF NAME

The general public is hereby informed that I, Mayank Singh S/o Shri Brijendra Singh and resident of Guda Gudi ka Naka pipari Taskar Jwalajor, have changed my name to LX Singh. In future I shall be called by my new name.

by — M.S.Rmayank singh.

## Notice

Date :

Page :

# Arun higher Secondary school.

## NOTICE

### Science exhibition

25<sup>th</sup> January, 2016.

Our School to organise a science exhibition for three days, starting from 2<sup>nd</sup> feb. All the Student are hereby invited to submit their projects and models for it. Three best project and models shall be rewarded. Many Eminent personalities shall grace the occasion. The last date for submission form is 26<sup>th</sup> January. For any queries, you may contact the Secretary in the office of the Cooman room between 2-3 Pm.

Sd/-

MSB

Mayank Singh  
Secretary, science club

4) A Missing boy:-

Date : \_\_\_\_\_  
Page : \_\_\_\_\_

NOTICE

A missing boy.

Date :- 26 - Jan - 2016.

A boy , Rohit Singh, aged about 14, a student of class X. He is missing. He is about 5 ft, 2 inches and very thin. He is wearing school uniform. He was last seen at the school gate if someone traces him out please inform the nearest police station or his father on the phone No. 9460000. The informer shall be suitably rewarded.

Shriit Singh  
A social Activist

5)

Progressive theater:-

Progressive Theatre  
function.

NOTICE

Date :- 25 - Jan - 2016.

The children in the town between 15 and 17 years of age are invited to come on addition to held at Rajiv palaza on 26 - Jan - 2016 from 10am to 6 pm. The selected students shall be given a chance to represent the town in the Inter State competition to be held in February. The two std candidates are requested to contact the office during the office hours.

Alok Yadav

President  
Progressive Theatre

Date : \_\_\_\_\_  
Page : \_\_\_\_\_

## Speech writing

### 1.) Pollution problem: -

Respected principal, teachers, and fellow students! Pollution has become a great treat to our life. We have polluted land, water, air, noise. The major sources for it are garbage, smoke and chemicals. Growing industries create much problem. We are also damaging ecological balance by felling trees, building dams, and congesting localities. We are damaging our own habitats. We need to be conscious in order to enjoy good health. We need plantation, parking, and shifting of factories and mills.

Thankyou.

## How teenagers Spend their free time?

Respected principal, honorable member of the staff and my schoolmates. I maynot have got opportunity to express my views on "How teenagers Spend their free time"? As it is very obvious to see the chart that 40% teenagers spend their time on watching TV while 20% if them take interest in talking to friends. 20% being others are interested playing indoors or outdoor games. It's very serious matter that only 10% spend their time on reading course books while 5% take interest in O.R.K books. And as doing some creative activities. it is really surprising that teenagers take less interest in reading course books or O.R.K books. than watching TV or talking to friends. Parents and teachers should be alert and take care of teenagers to make their future bright.

Thanks,

2) Increase road accidents in our cities:-  
 By Respected principal, teachers and fellow students.  
 I am here to speak on the increasing the road accidents in our cities. Accidents have becomes a day-to-day news of life. Everybody we get through them news paper, G.V. or even on roads. In 2007, the reported cases in comparison to 110 in 2003. The data shows growth in road accidents year after year. There are various causes for it. Causing numbers of vehicles specially, small vehicles, reckless driving habits, and improper traffic signal use. Some of them. If such a thing continues, the situation will be even worse. we need to be alert.

Thank you