**INU Peshawar Date 23 June 2020**

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| Department | (AHS) MIC, DT,RAD & DPT |
| Subject | English-II |
| Marks | 30 |
| Semester | -II |
| Final Term Assignment | Spring 2020 |
| **Instructor** | **Hajra Iqbal** |

**Fill below blocks.**

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| Student Full Name | **Hazrat Ammar** |
| Student Father Name | **Riaz khan** |
| University ID Card Number | **15932** |
| Department | **Bs dental** |

**Instructions:** Your time starts once you log in. You have only 6 hours to complete and submit your paper on the portal. After 6 hours your time would be automatically expired. Download this paper and save it with your full name and subject. Attempt all the answers on the same page and keep in your mind to click the **SAVE** after every 10 minutes. When you are done with paper, go through it and submit your final copy with your name and id on SIC portal.

**Note:** i. **Attempt all four questions.**

1. **Write Short Notes . / 20 Marks**

a.Three Steps of Essay

b. Five Uses of Comma and Full Stop.

c.Define Phrase and Clause with two examples.

d.What is Memorandum

**2.Write an essay on any one Topic. (340-350) Word Count /20 Marks**

a. Smoking in public places has to be banned.

b. Parents are our first and most important teachers. Describe a specific valuable lesson from one of your parents

c. The way I spend my lockdown during Covid-19..

**3.Read and Summarize the following Passage in your own words . /10 Marks**

|  |
| --- |
| Health' is a state of complete physical, social and mental well being and not merely the absence of disease or infirmity. Health is thus a level of functional efficiency of living beings and a general condition of a persons mind, body and spirit, meaning it is free from illness, injury and pain. It is a resource of everyday life and a positive concept emphasizing physical capabilities.  Good health is a secret of every happy man. There is an old saying, 'Health is Wealth'. Staying healthy for children is vital for proper growth and development of mind and body as they need to focus in the class and fully participate in the activities on the field. Parents must take their children for medical check-up and learn from experts about their development in terms of height and weight, as it has a huge impact on their overall performance and efficiency. If you are strong and healthy, you can be a shining example to others and teach them how to achieve vibrant health.  Good health is a matter of great concern, to maintain it, healthy living and a disciplined life is a must. One of the best ways is to drink plenty of water as it reduces the risk of infection, keeps your skin healthy, reduces the risk of heart attack, burns body fat and regulates our body temperature. We should sleep well as it relaxes our body and reduces stress. We need to have a balanced diet and go for long, brisk walks. Our motto should be to keep our body clean in order to remain healthy. We must laugh more as laughing is a therapy and a secret of good health. The government should include integrated health programs into their public policies and control specific health problems. |

**Q1.**

**A.Three step of essay?**

**ANS.step what is a paragraph?**

**it's important to keep your points clear when writing an effective essayA paragraph must**

**make a point.**

**step2. Structure your essay make sure to include sign posts along the way to keep your**

**reader on track.**

**step3.conclude your argument.**

**B.five uses of comma**

** use commas to separate three or more words or clauses written in a seriese.gthe**

**Condiddate promised to lower laxes the environment,and reduce crime.**

** used to separate independent clauses when they arejoined by any of these seven coordinating, conjunction, and, but, for, or, nor, so, yet. e.g I have panted the entire**

**house, but he still working and sanding the door.**

** use Comma after introductory clauses phrases, or words that come before the main**

**clauses.**

**e.g while I was eating,the car scratched at the door**

** use comma to separate a direct quotation from the rest of these sentence.**

**e.g Mather asked, who wants to get icecream?"I do, he said.**

** use commas wherever necessary to prevent possible confusion or misreading.**

**e.g to Steveun coin was the greatest president.**

** use comma to separate a statements from a question**

**e.g I can go, can't i?**

** use comma to separate condrasting part of a sentence.**

**e.g that us my money, not yours.**

**Five uses comma of full stop.**

**Full stop**

**Full stop second name is period 5 uses**

** used at the end of a complete sentence.**

** use at the end of an indirect question.**

** full stop is use for emphasis or dramatic effect in informal writing.**

** full stop is also some times used to show abbreviated word or phrase.**

** full stop is also used in time abreviations**

**C.Define phrase and clauses witht wo examples.**

**ANS.phrase: Aphrase is a group of words, without a subject and verbs, that function**

**In a sentence as one part**

**e.g1.Friday become a cool, wet afternoon.**

**2.Mary might have been outside for you.**

**3.Eating icecream on a hot day can be a good way to cool off.**

**4.she helped to build the rouf.**

**5.In the kitchen, you will find my mom.**

**clause. A clause is a group of words with its own subject and verb.**

** e.g after the car went off the road, it was totaled(depending)**

** she sang when it was her time (dependent)**

** he hugged her although she was wet.(Dependent)**

** Before the dance, she went home(Dependent)**

** The help out if they get to listen to music(Dependent).**

**D.What are memorandums.**

** ANS.Memorandums are less for maland shorter than letter**

** used most often for communication with in one organization.**

** The heading and over all tone make a memorandum different from a business letter.  All information is on single topic.**

**Q 2.**

**Essay: Smoking in public places has to be banned**

**Public smoking bans appear to significantly reduce the risk of heart attacks, particularly among younger individuals and nonsmokers, according to a new study published in the September 29, 2009, issue of the Journal of the American College of Cardiology. Researchers find that smoking bans can reduce the number of heart attacks by as much as 26 percent per year.**

**“Even breathing in low doses of cigarette smoke can increase one’s risk of heart attack,” said David Meyers, M.D., M.P.H., professor of Cardiology and Preventive Medicine, University of Kansas School of Medicine and lead investigator of the study, which is the most comprehensive analysis of related studies to date. “Public smoking bans seem to be tremendously effective in reducing heart attack and, theoretically, might also help to prevent lung cancer and emphysema, diseases that develop much more slowly than heart attacks. The cardiac benefits increased with longer ban duration.”**

***According to projections by the authors, a nationwide ban on public smoking could prevent as many as 154,000 heart attacks each year. These findings are particularly important in light of mounting evidence that second-hand smoke exposure is nearly as harmful to the heart as chronic active smoking. Direct smoking doubles the risk of heart attack. Second hand smoke increases the risk by 30 percent.***

***“Interestingly, public smoking bans had a stronger effect in reducing heart attacks among women and younger individuals, which may be explained, in part, because younger people tend to frequent clubs, restaurants and bars where smoking is a likely part of the social scene,” said Dr. Meyers. “Heavily exposed people like those working in the entertainment or hospitality industries are likely to accrue the greatest benefit from smoking bans.”***

***Dr. Meyers adds that smoking remains the leading preventable risk factor for heart attack. Secondhand smoke is thought to increase the likelihood of a heart attack by making the blood “sticky” and more prone to clotting, reducing the amount of “good” (HDL) cholesterol in the body, and putting individuals at greater risk for dangerous heart rhythms, among other factors.  
The good news is that the beneficial effects of smoking bans appear to be fairly immediate, with declines in reported heart attack cases within 3 months. The impact of bans was strengthened if compliance was good, if baseline smoking prevalence was low and if air quality was good.***

***“Several years ago, the idea that secondhand smoke was harmful to the heart was a theory and one with some controversy attached, but this article moves us from the theoretical to fact and to practice. The reduction in heart attacks associated with public smoking bans is a big deal,” said Steven Schroeder, M.D., director, Smoking Cessation Leadership Center University of California, San Francisco. “While cardiologists routinely screen for lipid disorders and high blood pressure, they also need to become vigilant about asking patients about tobacco use and secondhand smoke exposure and provide counseling as needed.”***

***Drs. Meyers and Schroeder encourage clinicians to support community smoking bans and other tobacco control measures including tax increases on cigarettes, expanded cessation services including telephone quitlines and educational campaigns. So far, bans on smoking in public places and workplaces have been instituted in 32 states and many cities across the country. As the United States increasingly institutes policies to protect nonsmokers from second hand smoke, authors say these efforts will yield great public health benefits in the form of reduced disease, disability and deaths.***

**Q3. Summary**

**Q.3.summary**

**Growing up you might have heard the term 'Health is wealth', but its essential meaning**

**Is still not clear to most people. generally, people confuse good health with being free**

**Of any kind of illnesses. While it may be part of the case, it is not entirely what good**

**Health is all about. In other words lto lead a healthy life, a person must be fit and fine**

**Both physically and mentally for instance, if you are constantly eating junk food yet**

**You do not have any disease, it does not make you healthy. You are not consuming**

**Healthy food which naturally means your are not healthy, just surviving therefore, to**

**Actually live and not merelysurvive, you need to have the basic essentials that make**

**Up for a healthy lifestyle.**

**If u wish to acquire a healthy lifestyle, you will certainly have to make some changes in your life.. maintaining a healthy lifestyle demands consistent habits and disciplined life.**

**There are various good habits that you can adopt life exercising regularly which will**

**Maintain your physical fitness. It also affects your mental health as when your**

**Appearance enhances, your confidence will automatically get boosted.**

**Further it will prevent obesity and help you burn out extra fat from your body. After that**

**A balanced diet is of great importance. When you in take appropriate amount of**

**nutrition, vitamins, proteins, calories and more, your immune system will strengthen.**

**This will, in turn help you fight off diseases powerfully result antina disease\_free life**

**BENEFITS OF A HEALTHY LIFESTYLE:**

**As it is clear by now, good health is a luxury which every one wants**

**But some of them cannot afford. This point it self the importance of healthy life style.**

**When a person leads a healthy lifestyle, he/she will be free from the tention of seeking**

**Medical attention every now and then.**

**On the contrary if you have poor health, you will usually spend your time in a hospital**

**And the bills will take away your mental peace .therefore, a healthy lifestyle means you**

**Will be able to enjoy your lifef freely.similarly,when you have arela**