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Assignment : English

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ESSAY:

 SMOKING

“Smoking is hateful to the nose,harmful to the brain and dangerous to the lungs”.

By smoking we usually mean smoking of tobacco .There are many people who are addicted to the smoking of various intoxicating drugs.People can be seen smoking hookan ,pipes,cigars,cigarettes and marijuana etc.Tobacco was first brought from America to Europe .Early one day in 1492,Columbus shipmates saw the people of an island (now known as Cuba)smoking rolled leaves.They did the same and became smokers very soon.

“The key is focusing on the positive .Buildup the good things in your life and the smoking go away by itself”.

Smoking has become one of the essential of modern life .It has become a fashion . It is perhaps the most common pastime among a our young men.It has become popular alarming extent .Cigarettes are seen in the mouths of women and small children.Unfortunately ,cigarettes are very cheap .Moreover,they can easily be carried in a pocked.

Smoking is very injurious for health.It prevails in every part of the world.Doctors tells us that one cigarettes effect so much poison in a our body as would be sufficient to kill a frog.Mental depression ,nervous break down and many other diseases of our body are the result of our smoking .The pulse and heart of a smokers beat faster.Smoking weakens his vital organs permanently .Tobacco contains an oily substances called nicotine which is very dangerous to health .The smoke affacts the wind pipe and the lungs .

“ smoking cigarettes effect the respiratory system ,the circulatory system ,the reproductive system ,the skin,the eye and it increases the risk of many different cancers.”

That is why smoking is the basic cause of lung cancer.

.The smokers suffer from cold and cough.They get bad and dirty teeth which cause many diseases of stomach.Their lungs are lost,their memory becomes weaks and their eyesight is damaged .

Smoking has become an accepted social evil.Once this habit is formed,it is very difficult to get rid of it.The smokers do know the harms given by smoking but it is no easy for them to give it up.Some smokers consider it a charm and are proud of being smokers.They feel a romantic delight in striking a match to light a cigarette.The very shape of a cigarette is compared to the fingers of a beautiful lady.

In short,smoking is a bad habit .It must not be publicized on radios,television and in films .When the children see that their favourite character is a chain

“Smoking causes 84% of deaths from lung cancer and 83% of deaths from chronic obstructive pulmonary diseases (COPD).”

“Choice is your but don't be late”.

When the children see that their favourite character is a chain.

smoker,they do try to follow him.The parents should keep and eye on the children .They should know where their children sit .They should not allow their dear once to sit in the company of those boys who are addicted to smoking .Our government should take some practical steps against smoking .Media can play an important role in this regard.All such advertisements that directly or indirectly tend to publicize smoking should be banned .

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ESSAY:

 Parents Are Our First And Most Important Teachers

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“No loves is greater than mom's love and no more care is greater than dad's care”.

 Our parents are heros.we can never deny the role and value of parents in our life.The following essay discusses the important ,role,love and sacrifices of parents for children .

According to plato; “A parents as the doctor of the mind”

The life without parents is a worst life ever.Parents are support and shade for us .The value of parents in our lives can never be ignored.They play a very great role in our lives.They protect us and give every sacrifice to make us happy and pleased .Parents are our true guardians.They are the real reasons of our success and happiness in this world.

I love my parents standing beside me in my every walk of life.My hero is my Mom .She is 45 years old.She is fully concious of her noble responsibilities

“when your parents are not rich but still efforts to give you a beautiful life so appreciate their sacrifices”.

She is a lady of sound health and mind .She wakes up early in the morning.

She Works for our famly.She is perfect in her behaviour ,habits and character.She works hard and inspires the children also to work harder to achieve their goals of life. She is the best house manager.She takes care of everything in our house .

As soon as she wakes up she starts thinking about ourselves .She runs to the kitchen .She prepares tasty breakfast for us .Her breakfast is always delicious .She takes great care in making the food of our choice.After making our tasty breakfast,my mother quickly fillsup our lunch boxes with tasty food.

“A father goodness is higher than the mountain.A mother's goodness is deeper than the sea”.

She is very polite and kind hearted.She is very close to us .She is always ready to solve the problems of us .she is just like a friend and a guide to us .She is a guide for us.

 She is a true Muslim.She says her prayers regularly and recite the Holy Quran daily.She follows the golden principles of Islam because she knows that islam is the complete code of life.She is very kind and sympathetic towards the poor and needy peoples.

 I really appreciate my parents and especially my Mom.

Every one likes and love her very much.

“May God give her a long and peaceful life Ameen”