

UNIT 5 CHAPTER 3 GOING OUT FOR A WALK

Activity III Speech

Dear Friends,

We all know that we are living in an ultra modern world where old order changes giving place to new. Consequently, our life style has undergone a drastic change leading to many health disorders. On this occasion, I would like to share with you some of the adverse effects of such a life style and its impact on our physical and mental health.

The physically lazy modern life style has many adverse effects. The new life style combined with less healthy diet may invite many diseases. We find the present generation completely physically inactive and our life is mechanized and urbanized. More time is spent on indoor activities like watching TV, Computer games, internet chats etc. These technological inventions have replaced the traditional physical activities. We should understand that addiction to the social media sites may make us depressed and increase mood swing and thereby lower our concentration. So, gradually the 4G world is Stress G world. Along with this our food habits have also changed. The new generation is addicted to junk food, energy drinks etc which is Physically, mentally and emotionally detrimental to us. Modern diet and technological interventions have influenced much that the values of life are getting lost.

It is high time we developed an integrated personality and life style by making changes in our habits and attitude. A healthy life style can reinforce one's reasoning mind and increase the capacity to beat stress and thus strengthen the mental attitude. A harmonious blend of traditional knowledge and habits and modern Scientific accomplishments would enable a happy healthy life.

Let us adopt good things for the good of us and make our life a wholesome one by all means.

Thank you