

## "The Harmful Effects of watching TV"

Now days in every house a small invention called Television is placed, Television was made by John Baird in 1927. He made this invention for the entertainment of people. Earlier, people used to listen radio but now instead of radio television has got the place. where people instead of listening they are watching the screen. But people get so attracted with this television which causes eye damage of people. children are most attracted with television which causes loss of eye power, lack of concentration in studies and other activities, they get irritated, lack of exercise causes many health problems, they get lazy and angry, causes lack of body growth, eye infections, they will feel weak & the food which is eating while watching television and eating cannot be digested properly. They also get attracted by the Junk food advertisement.

Hence, they should control watching television for more time and use that time in playing, studying and etc. for proper health.