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class.

VII

sec - B

Write a paragraph on <sup>The harmful</sup> ~~watching~~ effects of watching television. Television is the worst gift of science to man. In modern times of science it has become a craze for every home to buy a T.V. set. Like many other curses of science T.V too has its weak points. It wastes ~~the~~ <sup>our</sup> precious time. Most of the children lose their precious time by watching T.V. Watching television can ruin the studies as well as affect ~~the~~ <sup>our</sup> mind. It also damage our eyesight. ~~It also~~ <sup>our</sup> destroys ~~their~~ <sup>our</sup> reading habits. It also make us T.V addicts. It destroy our imagination. Watching ~~for a long time~~ <sup>T.V</sup> for a long time has been linked to obesity and numerous other heart disease. This is due to the fact that sitting for a long period reduces the physical activity of an individual. Spending too much time watching television is harmful because it is bad to our health, it feed us with false information, it makes ~~us~~ us dumb and it wastes our time. Rather watching T.V we can spend that time on reading and playing or doing physical activities like cycling etc.