1. Importance of Trees / Save Trees (पेड़ों का महत्व)

Trees are our best friends. They give us oxygen to breathe and absorb harmful carbon dioxide. We cannot live without trees. They give us fruits, wood, medicines, and cool shade. Trees bring rain and stop soil erosion. They are also home to many birds and animals. Sadly, people are cutting down trees for their greed. This causes pollution and global warming. If we do not stop cutting trees, our earth will become a desert. We must save trees to save our lives and planet. We should plant more trees on our birthdays and local festivals. It is our moral duty to protect our green wealth for future generations. Save trees, save life!

2. Uses and Abuses of Mobile Phones (मोबाइल फोन के उपयोग और दुरुपयोग)

Mobile phones are very useful in our daily life. They have made communication very easy and fast. We can talk to our friends and family members anywhere in the world. We use mobile phones for online classes, watching videos, and getting information. They have a camera, calculator, and internet. However, mobile phones have some bad effects too. Students waste a lot of time playing games and using social media. Staring at the screen for a long time weakens our eyesight and causes headaches. Many accidents happen because people use phones while driving. So, we should use mobile phones carefully. It is a good servant but a bad master. We must use it only when needed.

3. Swachh Bharat Abhiyan (स्वच्छ भारत अभियान)

Swachh Bharat Abhiyan or Clean India Mission is a great campaign started by our Prime Minister, Mr. Narendra Modi. It was launched on 2nd October 2014, on the birth anniversary of Mahatma Gandhi. Gandhiji always dreamed of a clean India. The main aim of this mission is to clean the streets, roads, and cities of our country. Cleanliness keeps us away from many diseases like dengue and malaria. It is not only the duty of the government but also of every citizen. We should not throw garbage on the roads. We must always use dustbins. We should keep our homes, schools, and public places clean. A clean India will be a healthy and beautiful India.

4. Value of Games and Sports (खेलकूद का महत्व)

Games and sports are very important in a student's life. They keep us physically and mentally fit. A healthy mind lives in a healthy body. Playing games makes our muscles and bones strong. It saves us from many diseases. When we play team games like cricket, football, or kabaddi, we learn teamwork and discipline. Sports teach us how to handle both victory and defeat with a smile. They make us active and fresh after long hours of study. Students who play games are generally smarter and more energetic. Therefore, schools must make games compulsory. We should play outdoor games daily in the evening instead of watching TV or playing games on mobile phones.

5. A Morning Walk / Health is Wealth (प्रातःकालीन भ्रमण / स्वास्थ्य ही धन है)

It is a famous saying that "Health is Wealth." If a person loses his health, he loses everything. A morning walk is the best and cheapest exercise to keep us healthy. I get up early in the morning and go for a walk in a nearby park. The fresh morning air is very good for our lungs. The green grass and beautiful flowers give peace to our minds. Birds sing sweet songs on the trees. A morning walk keeps us active and fresh for the whole day. It saves us from diseases like sugar and blood pressure. Old people, young boys, and children all come to the park. Everyone should go for a morning walk daily to stay fit.