

SAI & TIMES OF OMAN OPEN ESSAY WRITING AND POSTER MAKING COMPETITION -“SPREADING THE LIGHT THROUGH HUMAN VALUES”

Sample Write-up for SAI Essay Writing themes – 2016

Group A: How To Be Happy and Make Others Happy (Grade 1 to 3)

If we smile at others, they feel happy and they also smile. That makes many others smile. In the same way, if we are happy, people around us also become happy. We think we are happy if we have lot of wealth and costly materials. But it is not true. True happiness comes from our character and attitude. If we love our parents, they are happy and shower their love on us. Love is the basis of a family and is one of the most important human values. When there is love and happiness in the family, there will be harmony in the society and peace in the nation. If we practice ceiling on desires, we can be happy with what we have. We can make others happy by practicing discipline, shining well in studies, helping people in times of need and doing noble deeds.

Group B : Be a Good Friend To Get a Good Friend (Grade 4 to 6)

A friend in need is a friend indeed, goes a proverb. ‘Tell me your friend. I’ll tell you who you are,’ is another proverb. These tell us the importance of having good friends and being a good friend. Without good friends, our life will lose its charm. We should rush to the side our friends, without any expectation, when they need us most. True friendship is selfless. We also need to be frank and correct our friends when they do something wrong. Good friends are friends who help each other and practice good values and habits. If we are good friends to others, naturally, we’ll get many good friends. On the other hand, if we are selfish and mean-minded, we can neither be good friends, nor earn a good company of friends. As friends can make or break our lives, it is very important that we are very careful in selecting our friends and nurturing a good friendship.

Group C: Value of Time (Grade 7 to 9)

Time and Tide waits for none. Time wasted is life wasted. We should appreciate the use of time and utilize the time at our disposal productively. There are so many avenues available today to distract children like television, internet, mobile phones and video games. Addiction to these is a major cause of children wasting time. Children should draw a daily time table and include prayers, studies, physical exercises and games, reading of good books and newspapers in their schedule. A right action should be done at the right time. Students tend to postpone various activities like doing homework, assignments and exam preparation. As a result, they are stressed when they face exams. As procrastination is the thief of time, proper planning and judicious use of time is the key to success. People who reached great heights are those who put in hard work and used the time effectively.

Group D: Effects of Media (Grade 10 to 12)

Media plays a major influence in our lives today. In the earlier days, we had print media and limited television coverage. Today, we have numerous television channels and digital media carried across various gadgets. While all these help us to stay updated with the latest happenings, they also impact us with unwanted information and negativity, often disrupting harmony in the family and even spoiling people’s health. The drawing room turns into a war zone. Children should develop the habit of value based discrimination and resort to selective reading and viewing of programs that are educative. They should seek parents’ and teachers’ guidance for guarding themselves against the ill-effects of media and making the best use of informative materials. Reading newspapers and good books helps one to develop general knowledge and language skills. If children imbibe human values like truth, right-conduct, peace, love and non-violence, they can make positive use of media and reject negative content without any hesitation.