

# PRECIS WRITING

## English Grammar

Write a *Precis* of the following paragraph in your own words :

People in this modern materialistic world are prone to suffer from stress, emotional imbalance, anxiety, frustration and anger. It leads to many physical ailments, disturbed relationships and road rage. Many broken homes, accidents and suicides are due to this mental turmoil. The only panacea for this is 'meditation'. A simple description of meditation is to sit silently with closed eyes and focus on breathing. It may or may not be accompanied by music. It helps one to connect with deep inner self and raises the level of consciousness. The first effort may not be perfect but with regular practice, one masters the technique. Then the results start unfolding! It leads to peace of mind, better concentration, clarity of thought and complete relaxation. The situations do not change but it changes our reactions and attitude to these. One learns to be calm and grounded in all circumstances and surrender to divine control. Gratitude takes the place of complaints and love replaces resentments. It is then that circumstances begin to change. Life is a beautiful gift of God but one becomes thankful for it only after practising meditation. The result is a calm and serene individual.



### **TITLE : ADVANTAGES OF MEDITATION**

Meditation is a process of concentration on your breathing and connecting to your inner-self. It leads to a calm mind, freedom from stress and anxiety. Many problems in the modern world are solved as a result of it. A person becomes emotionally stable and his attitude towards life becomes more of gratitude and love rather than complaints and resentment. The technique can be mastered with regular practice.

# Precis Writing Exercises With Solutions

**Lingsheng Yao**



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