

6. **Expand the theme**

* **Expansion of Ideas**

We must remember 5 Steps on 'How to do Expansion of an idea or expansion of a proverb.

Step 1) Understand the symbol of the words in the proverb.

Step 2) Substitute the meaning in the idea or the proverb.

Step 3) Look for a story or anecdote or example or illustration.

Step 4) Look for similar proverbs or ideas.

Step 5) Sum up the paragraph.

* **Expansion of an idea should have a proper beginning and an ending. The ideas should flow, one into the other. Write down your thoughts in just one or two paragraphs, do not elaborate the idea. Here we are expected to write down only our thoughts in about 90 to 100 words or as mentioned in the question.**

Marking scheme

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* Title and beginning	1 Mark
* Vocabulary and grammar	1 Mark
* Use of appropriate points /examples/conveying message	2 Marks
* Logical order/conclusion	1 Mark

Total

5 Marks

(A) Expansion of proverb / Maxims / quotations / slogans

1) **Value of Time in life (Time is Money)** -

People used the sundial or the hourglass to keep time before the invention of the watch spare a thought for your ancestors. They did not waste a single minute of their time. They were hand working labourers, tillers or hunters who depended on the rising and setting of the Sun. People during their times were single, unassuming folks. Life too was simple but was not one big rat race like it is today.

Life is truly a rat race today and in this rat race, one has to be very much aware of the main factor time. Time is of utmost importance to all of us today. If we are late for the bus or train, we may arrive late for work. And we have to see the wrath of the boss and late mark. Government offices have fixed timings by which we must abide or lose our jobs. School and college students have to reach their places well on time. No concession or kindness shown to habitual defaulters or thus who makes a habit of reaching their destination late.

Time and tide wait for no man:- How true this is! Punctuality should be our key word in us and we must treat it so with respects and reverence. People who fail to understand the Value of time never succeed in life. Time wasted never comes back. So if you wish to succeed then catch time by its for lock and make good use of it.

2. As you Sow, so shall you Reap

The man is responsible for the effect of his actions. If the action is based on goodness, it will churn out only goodness in the long run. If the action has been evil, the outcome also tends to be evil. Goodness is the child of good deeds and misfortune and calamities are the children of evil. According to the natural laws every action has equal and opposite reaction. If we plant a sampling of rose, we shall have roses. But if we plant cactus, we shall have the thorny cactus. It is equally true in the life of an

individual or a nation. We will be rewarded or punished according to the good or bad deeds that we do. Sowing and reaping, are part and parcel of the law of nature. If we sow good seeds in our lives, we will get good results. However, the reverse will happen if we decide to take the wrong way. To study or work honestly and diligently is one way to sow good seeds in order to get good results. We are the only one in this world: responsible for the effects of our action. Our present work always makes or helps us to make our future. If a student studies hard in his early life, he builds a good career for himself in his youth. Those who neglect studies are not able to make good career. It is universal truth that we get from life what we sow in it. Actually, life is like a big field and all of us are farmers in it. Our future is the direct outcome of what and we sow the seeds of character, right attitude, perseverance, utilization of time and how opportunities given to us, and finally how industrious and sincere we had been in carrying out our responsibilities. This famous maxim proves the same in our life.

3. Laughter, the Best Medicine

American humourist Josh Billings has rightly said : "There is not much fun in medicine; but there is a heck of a lot of medicine in fun." Yes, there is a lot of medicine in laughter and it certainly is the best medicine. Medical experts say that many of our diseases are caused by stress, worries and tensions. So, if we change our attitude to life in general and be hopeful and cheerful and have optimism and faith, we shall surely be able to laugh away many of our physical ailments. Laughter also helps us in stressful times. Science has proved that laughter or, in other words, a cheerful and positive disposition, improves digestion, regularises hormone secretion in the body, and thus equips us with the power to resist diseases. Medical experts say that laughter chases the toxins out of our system and makes us feel greatly refreshed, physically and mentally. No wonder it has been said that a hundred laughs a day are equal to a ten minute jog!