

Question Bank

XII Std English Core

Sec - A (Reading) 30 marks

Ques-1 A Read the following passage carefully.
(12 marks)

SHOP UNTIL YOU DROP

- (1) Is shopping good for health or is it a disease we must call deadly? According to an article in an American journal, shopping as a therapy has been successfully tried on women suffering from depression. After shopping, the pulse-rate and blood pressure of women become normal, as it boosts their ego and creates adrenaline essential for feel-good sensations.
- (2) The study was based on the survey of women of prosperous families in the USA and cannot be applied to Indian women. Nothing was said about women who feel depressed after spending their money. Researchers in the USA believe that after a woman is depressed for want of activity, she should be sent out to buy things. This will 'tune her in' and make her feel normal.
- (3) They describe shopping as a 'tool for survival', an essential pre-requisite for mental health. The more they stress out, the better they feel. In India, the average middle class woman has to be content with window shopping, since her purchasing power is limited and this only creates self-pity.
- (4) The advocates of 'shopping therapy' give a variety of reasons to support their view. Accordingly, when a woman freaks out while shopping, she feels free from restrictions. This is as good as any other muscle-relaxing exercise. It increases and preserves in her body chemistry, a hormone good for her emotional well-being.
- (5) Psychiatrists who believe shopping to be a 'healing plant' for mental disorders quote examples of patients thus totally cured. They advise the husbands to take their wives to department stores and let them buy the things they desire.
- (6) As opposed to this school of thought, many believe shopping is a deadly disease to which cash-rich women of the metros are more prone. The so-called discount sales lay a trap, but television commercials and the status symbol of internet shopping are more alluring and inviting.
- (7) There is no dearth of women who dash off to Hong Kong and Singapore for their shopping bonanzas. They keep abreast of the latest happening palaces of shopping paradises in London, Paris and New York.
- (8) This addiction is not easily curable. Around 2 million people in UK and 15 million in the USA are afflicted by this addiction. Psychologists describe them as 'oniomaniacs'. They spend fortunes to indulge their whims and then land in debts. Many are recorded to have had strokes.
- (9) Compulsive shoppers treat the shopping mall as a religious place and talk about their 'pilgrimage' with great gusto. Gushing over their bargaining capabilities, they parade their purchases before their neighbours and feel satisfied.
- (10) Are they really satisfied? Perhaps not, because when their friends have left and gone, they (once again) feel depressed and abandoned. It is at such moments that they have fits of remorse and fear of the future. Some patients may indulge in shouting, shrieking, crying and vandalism.
- (11) This is wrong to believe that if you are a great shopper you will be taken to be a great person, or your social status will rise. If it boosts your ego for a while, it is certainly not worth the amount that you pay for it. It may also result in a strained relationship between you and your well-wishers.
- (12) Even though it is an addiction, you can easily de-addict yourself by making your shopping need-oriented. A way out of the malaise is to develop an attitude in which there is no place for a rat-race to upmarket shopping plazas.

(I) On the basis of your reading of the passage, answer the following questions as briefly as possible.

- (a) How does shopping help women counter depression?
- (b) The study may not be applicable to Indian women. Why?
- (c) Mention any three reasons in support of 'shopping therapy'.
- (d) In what way, according to some psychiatrists, is shopping a deadly disease?
- (e) How can one get rid of the addiction of shopping?
- (f) What makes shopping earn such epithets as 'tool for survival' and 'a healing plant'?

(II) Choose the most appropriate option.

1. The study referred to in the article in an American journal is based on
 - (a) some American women who suffered from depression after shopping
 - (b) a mixed group of rich and poor American women
 - (c) a group of American women with hormonal imbalances
 - (d) some well to do American women who suffered from depression
2. What leads to self-pity in the average middle class Indian woman?
 - (a) the way American women can shop
 - (b) limited ability to do shopping
 - (c) poor physical and mental health
 - (d) stressful routine of everyday life
3. 'Shopping as a therapy' theory is challenged on the ground that
 - (a) TV commercials and internet shopping offers allure women in buying things they do not need
 - (b) shopping is an incurable mental disorder
 - (c) habitual shopping in some people can be an addiction that needs medical attention
 - (d) shopping is as sacred as going on a pilgrimage
4. Which of the following views does the author hold?
 - (a) Shopping is just like a pilgrimage for some compulsive buyers
 - (b) Shopping is a permanent cure for depression for some people
 - (c) Very few people go to foreign countries to shop
 - (d) Great shoppers are great people
5. The author's solution to addiction to shopping is
 - (a) 'Buy as much and as often as you can'
 - (b) 'Shop only at upmarket shopping plazas'
 - (c) 'See a doctor if you are shopaholic'
 - (d) 'Buy only as much as you need'
6. Which of the following best illustrates the meaning of the expression 'keep abreast of...'?
 - (a) stay in race for something
 - (b) be well-informed about something
 - (c) be addicted to something
 - (d) remain ignorant about something

Answers 1. 2. 3. 4. 5. 6.

(III) Find words from the passage which mean the same as the following.

- (a) attractive/fascinating (Paragraphs 5-6) :
- (b) shortage; scarcity or lack (Paragraphs 7-8) :
- (c) enthusiasm (Paragraphs 8-9) :
- (d) wilful or malicious destruction of property (Paragraphs 9-10) :

Read the following passage carefully.

B ENVIRONMENT MANAGEMENT - NEED OF THE HOUR

- (1) People who are at cross purposes with nature are cynical about mankind and ill at ease with themselves. Modern man must re-establish an unbroken link with mother nature and with life. He must learn again to invoke the energy of growing things and to recognise, as did the ancients in India, centuries ago, that one must take from the earth and the atmosphere only so much as one puts back into them.
- (2) Some of the basic principles that need to be adhered to, in this regard are: The genetic viability on the earth shall not be compromised; the population levels of all life forms must be at least sufficient for their survival. All areas of the earth shall be conserved with special protection offered to unique areas, various ecosystems and habitats of rare as well as endangered species. Ecosystems and organisations as well as land, marine and atmospheric resources that are utilised by man, shall be managed to achieve and maintain optimum sustainable productivity without endangering the integrity of other coexisting ecosystems or species. Warfare or other hostile activities should not be allowed to damage the nature.
- (3) However concrete and concerted action on environment related issues is often hampered because vested interests compel us to protect ego systems and not ecosystem. We must realise that the only way to protect environment is through widespread dissemination of environment information and to involve both society and business as partners. The fact remains that all the talk of changing consumption and production patterns is meaningless unless entrepreneurial action is initiated by the captains of business and industry in tandem with civic leaders and governments of all the nations to ensure that none of the mankind's activities cause damage to environment.
- (4) This synergy amongst society, business and the state being of utmost importance, what is required is an attempt to create a proactive and passionate commitment amongst the various business enterprises to minimise the harmful impact of industrial activities on environment.
- (5) There should be a concerted effort to put the focus on the opportunities of wealth creation through eco-innovative strategies in the new millennium. Leaders drawn from various sectors of the industry can share experiences and success stories to help create a mass movement calling for a change in lifestyle and patterns of production and consumption to more environment friendly and sustainable products and services. The agenda must be to set up practical and achievable targets and draw up plans for disseminating, diffusing and driving eco-friendly initiatives including eco-innovation and environment management systems in all industrial sectors.
- (6) Ultimately, it is the mankind as a whole that will reap the benefits of a developed and yet sustainable environment for all eternity.

(I) On the basis of your reading of the passage, answer the following questions as briefly as possible.

- (a) What makes some people cynical and ill at ease?
- (b) In what way is modern man guilty of snapping the "unbroken link" between mother nature and life?
- (c) Cite any two of the basic principles that must be adhered to.
- (d) What hampers concrete and concerted action on environment?
- (e) How can we ensure that none of the mankind's activities cause damage to environment?

(II) Choose the most appropriate option.

1. **There would have been no environmental problems if human beings had**
 - (a) reduced their energy needs
 - (b) established a link between mother nature and life
 - (c) taken from nature only as much as they could give back
 - (d) not been cynical about mankind
2. **Which of the following is among the principles that need to be adhered to?**
 - (a) the genetic viability on the earth may be compromised as required
 - (b) population of all species should be reduced in order to ensure their survival
 - (c) productivity must be optimised without endangering the ecosystems
 - (d) warfare and other hostile activities may at times be necessary to protect nature
3. **According to the author, what hampers the efforts to save the environment?**
 - (a) diversity of flora and fauna
 - (b) uneven development in different parts of the world
 - (c) warfare and hostile activities
 - (d) vested interests and egos of some people
4. **According to the author, the only way to protect environment is**
 - (a) maintaining the consumption and production patterns
 - (b) spreading information about environment & involving society and businesses in conservation programmes
 - (c) finding out facts and figures related to the environment damage already caused
 - (d) doing activities that harm the environment
5. **The benefits of a developed and yet sustainable environment will go to**
 - (a) industry
 - (b) businesses
 - (c) leaders
 - (d) humanity
6. **Which of the following means the same as 'disseminating'?**
 - (a) publicising something
 - (b) contaminating something
 - (c) breaking something
 - (d) collecting something

Answers 1. 2. 3. 4. 5. 6.

(III) Find words from the passage which mean the same as the following.

- (a) call earnestly for (Paragraph 1) :
- (b) restricted or prevented (Paragraph 3) :
- (c) jointly arranged or carried out (Paragraph 5) :

Read the following passage carefully.

INDIAN HIGHER EDUCATION AT CROSSROADS

- (1) It is a given fact that the knowledge industry will thrive only on mass higher education. We can't break into the big league without a highly skilled gen-next. Are we then headed in the right direction?
- (2) Indian higher education is stranded between selective notions of socialism and free enterprise. In the glory days of socialism, we promoted higher education at the cost of universal primary education. Now in the midst of reforms, we can't shake off our reservations against private investment in higher education. The result is that we neither have China's impressive early gains nor America's high quality.
- (3) With 342 universities and over 5,000 recognised colleges, India's education system is among the largest in the world. The same numbers look ridiculous when seen against the backdrop of our immense challenges. All these institutions cater to only 4.2 per cent of the country's youth. As India churns out 2 million graduates every year, another 28 million young people are added to its population.
- (4) Out of its 2 million graduates, only 5 per cent are of international quality, another 20 per cent are barely employable with training and the remaining 75 per cent are seriously sub-standard. Indians may be poor but at 50 per cent, their share of household expenditure on education (as percentage of total national expenditure) is very high compared to 3.5 per cent in Netherlands, 5.1 per cent in France and 24.1 per cent in United states, according to UN figures.
- (5) Private funding for higher education allows more government funds to go into primary and secondary education. The students expect and get higher quality when they pay for education. Higher expectations fuel competition, which improves quality and lowers costs. The government can be the main facilitator and regulator of quality. It can address the issue of low-cost education for the weaker sections by giving targeted subsidies and loans directly to the needy.
- (6) Technology has already revolutionized the concept of distance learning. Imagine virtual universities without classrooms, campuses or fixed faculty-student ratios. Teaching material in public domain rules out bad teaching and on-line exams handle dramatic numbers with ease. The NIIT provided specialized teaching services to 5 lakh students in 30 countries including the United States. Another Indian company, Aptech, taught 4 million students in 50 countries in less than two decades. The time has come, perhaps, to replicate our own success stories besides learning from others.

Vipul Mudgal; Hindustan Times (Modified)

(I) On the basis of your reading of the passage, answer the following questions as briefly as possible.

- (a) In the author's opinion, what is the importance of higher education?
- (b) Why does the number of universities (342) and recognised colleges (5000) look ridiculous?
- (c) What two drawbacks of Indian higher education does the author mention in Paragraph 4?
- (d) What arguments does the author give in favour of private funding of higher education?
- (e) How has technology revolutionised the concept of education?

(II) Choose the most appropriate option.

1. According to the author, if we want to break into the big league we must
 - (a) strike a balance between socialism and free enterprise
 - (b) promote higher education more than universal primary education
 - (c) provide adequate government support and encourage private funding in education
 - (d) take help from both China and the USA

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2. According to the passage, the percentage of hardly employable youth in India is
- (a) 5 (c) 50
(b) 20 (d) 75
3. How much does an average Indian family spend on its children's education?
- (a) as much as 50% of its income (c) only 5.1% of its income
(b) only 3.5 % of its income (d) as much as 24.1% of its income
4. According to the author, the government can address the issue of low-cost education by
- (a) regulating private funding of education
(b) controlling quality of education
(c) privatising elementary education
(d) providing target subsidies and loans to the needy
5. The author believes that bad teaching can be checked with the help of
- (a) distance education (c) education companies
(b) virtual classrooms (d) teaching materials in the public domain
6. The word 'stranded' (Paragraph 2) means the same as
- (a) secure (c) stuck
(b) situated (d) suspended
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D
Read the following passage carefully.

- (1) Mala, a doctor, committed suicide after her husband slapped her before his friends. Soni, a model and a former beauty queen, was coerced into entertaining other men and locked up in a room without food for several days. Shalini was regularly beaten up before her helpless daughters for not cooking good meals.
- (2) The incidents are endless and figures show an alarming rise in atrocities against women in India. Every 26 minutes a woman is molested. Every 34 minutes a rape takes place. Every 42 minutes an incident of sexual harassment occurs. And every 93 minutes a woman is burnt alive for dowry. The issue is not only of gender abuse, it is to recognise the right of every individual to exist as a human being and not live as 'subordinate sex'. Violence against women is the most pervasive human rights violation in the world today.
- (3) Opening the door on the issue is like standing on the edge of a deep ravine vibrating with collective anguish. Where there should be outrage, there is denial and largely passive acceptance. A recent survey by the International Institute of Population Studies showed that 56 percent of Indian women believed that wife beating was justified in certain circumstances like neglecting the house or the children, or going out of the house without permission. The society is obviously in a state of denial. Education, emancipation, empowerment are the mantras that will shake the societal forces out of their stupor.
- (4) Men's brutal behaviour stems from their warped understanding of masculinity. They are taught from the beginning to look upon themselves as the superior sex. "Manliness" is equated with the need to control in the existing dictatorial patriarchal system. This has been proved by the cross-border studies conducted by the International Centre for Research on Women (ICRW), in Rajasthan, Uttar Pradesh, Gujarat and Kerala, emphasising that domestic violence cuts through caste, class, religion, age and education. These women are victims of physical, mental, sexual and emotional abuse regardless of their education and economic status. What about the many voiceless, illiterate, economically handicapped women? Can they ever hope for justice?
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(5) Devyani Srivastava, who writes on gender issues said, "These women have been brain-washed into believing that they are responsible for the violence inflicted on them. They face so much brutality in the court, at the hands of their families and the police because gender violence is seen as a non-issue - a household affair at best." Domestic violence can't be stopped, she felt, but the women can seek help. Women have to refuse to become a mere statistic.

(6) For the women who turn to the law, what are the options? Apart from Section 304(B) IPC, where the death of a woman under unnatural circumstances is a dowry related death, she cannot take a restraining order against her abusive mate. The Domestic Violence Against Women (Prevention and Protection) Act could go a long way in removing insecurities from the minds of women if its policy is TO STOP DOMESTIC VIOLENCE.

(7) But can any law cause a change in mindset? Men have to be sensitised into respecting women as individuals in their own right with the freedom to live on their own terms, earn, be educated and enjoy an existence without fear. Mothers have to teach their sons the lessons of humanity and their daughters the lessons of self-worth and assertion.

Mita Kapoor, The Hindu (Modified)

(I) On the basis of your reading of the passage, answer the following questions as briefly as possible.

- (a) How do most women react to the violence against women? What should, according to the author, be their response to their abuse?
- (b) How will the societal forces be shaken out of their stupor?
- (c) What is the origin of men's brutal behaviour, according to the author?
- (d) What is the startling finding of ICRW study?
- (e) What is ironical about some women's attitude to violence against them?
- (f) Besides effective laws, what is necessary to check the menace of violence against women?

P.T.O

(II) Choose the most appropriate option.

1. **What is common between Mala, Soni and Shalini?**
(a) All were forced to entertain men (c) All were victims of violence
(b) All were forced to work against their wishes (d) All committed suicide
2. **According to the author, the issue of violence against women should**
(a) cause an outrage (c) find justification
(b) lead to a denial (d) have social acceptance
3. **'This has been proved by cross-border studies...' (Paragraph 4). What has been proved?**
(a) Men are violent by nature (c) Men are controlled by women
(b) Men are superior to women (d) Men want to control women
4. **Devyani's advice to women is to**
(a) brainwash men on violence against women
(b) seek help to curb violence against women
(c) own responsibility for violence against women
(d) collect statistics on violence against women
5. **Which of the following is TRUE in the context of the passage?**
(a) Devyani believes domestic violence can be stopped
(b) All women are subjected to violence and abuse
(c) Men are mostly sensitive to women's rights as individuals
(d) Strict laws are not enough to deal with violence against women
6. **Which of the following best explains the meaning of the word 'pervasive' (Paragraph 2)?**
(a) uncommon (c) prevalent
(b) abused (d) popular

Answers 1. 2. 3. 4. 5. 6.

(III) Find words from the passage which mean the same as the following.

- (a) to force to act in a certain way by use of pressures; threats (Paragraphs 1 - 2) :
- (b) extreme pain or misery (Paragraphs 2 - 3) :
- (c) state of near unconsciousness or inaction (Paragraphs 3 - 4) :
- (d) twisted, abnormal or strange (Paragraphs 4 - 5) :

Ques. 2. Read the passage carefully. (10 marks)

A

The belief that water is the origin of life was shared by most ancient civilisations, including the Egyptian, Mesopotamian and the Indic. Since these flourished on banks of rivers, their worship of water is not surprising. In each case, the river acted as a catalyst in the evolution of socio-economic and cultural patterns. This development is celebrated in the myths that form the core of most ancient religions.

Many modern-day Hindu beliefs about rivers are inherited from the Indo-European or Aryan tribes thought to have settled beside the river Sindhu. Millions of people are convinced, for instance, that a bath in the Ganga can wash away their sins. Renowned scholar Ananda Coomaraswamy observed that water had a magical quality. Indeed, Vedic seers held that rivers were females possessed of extraordinary powers. Saraswati, the most celebrated river in the Vedas, is personified as a goddess and principal mother. Rig Veda (VII.95) addresses Saraswati as the 'celestial cow' who nourishes with her milk.

The divinity attached to the river waters can be explained by the fact that Vedic seers made a clear distinction between celestial waters from rain and rivers, and terrestrial water, comprising primarily the oceans. It was the celestial waters that had the magical procreative powers. This is reiterated in mythical accounts of superhuman endeavours employed to bring these waters from the abode of the gods to the earth. It was also proposed through myths that water, like fire, was the divine witness to all human deeds. As a result, no Hindu

rite is complete without its presence. In Hindu rituals, rivers are symbolically represented by a pitcher or kalasha. But the most significant value attached to a river is that as the source of knowledge. Thus, Saraswati represents the goddess of knowledge without which it is impossible to attain moksha, liberation.

The Bhagavad Gita asserts that knowledge can help even the most sinful of beings to cross the ocean of samsara. Since only knowledge, and action based on knowledge, can destroy accumulated karma, nothing is purer than knowledge. And since the metaphors of revelation and passage and the values of sustenance and mystery meet in the image of the river, Saraswati is therefore worshipped both as a bestower of knowledge and as a guide who leads the devotee to moksha.

But with the passage of time, the traditional content of a mythic symbol is lost; and the symbol is then often confused with reality. The function of a mythic symbol is to lead from conviction based on faith to a genuine spiritual experience. Mythic symbols, which rely on tradition, legitimise the experience of the seers and assure the continuity of a culture. As Carl Jung warned us, however, such faith can easily degenerate into spiritual inertia, thoughtless compliance with dogma, and cultural stagnation. After all, cultural consciousness must be characterised by the fluid energy of the river, not by the sluggishness of the swamp.

(a) Read the questions given below and write the option you consider the most appropriate in your answer-sheet.

[1 × 6 = 6]

1. Water was worshipped in ancient civilisations because
 - (i) it was scanty
 - (ii) it was near
 - (iii) it was the origin of life
 - (iv) man needed it for so many purposes
2. Water was also supposed to
 - (i) unite people
 - (ii) be a cause of dispute
 - (iii) clean onself
 - (iv) evolution of socio-economic patterns
3. The existence of water or rivers also gave rise to many
 - (i) beliefs
 - (ii) countries
 - (iii) habits
 - (iv) differences
4. Celestial waters of the rivers were believed to have
 - (i) superhuman powers
 - (ii) ordinary powers
 - (iii) procreative powers
 - (iv) great effect on human beings
5. The most significant value attached to a river is as
 - (i) a source of cleaning
 - (ii) an agent of rituals
 - (iii) convenience
 - (iv) a source of knowledge
6. Goddess Saraswati is also known to
 - (i) give knowledge
 - (ii) give contentment
 - (iii) add to ones treasures
 - (iv) help the devotees to get moksha

(b) Answer the following questions briefly.

1. Why did most of the ancient civilisations settle near the rivers?
2. Why were the waters of the rivers considered divine in nature?
3. What was most necessary to Hindu rites? Why?
4. What knowledge is given by Bhagavad Gita?

B

1. Air pollution is an issue which concerns us all alike. One can willingly choose or reject a food, a drink or a life comfort, but unfortunately there is little choice for the air we breathe. All, what is there in the air is inhaled by one and all living in those surroundings.
2. Air pollutant is defined as a substance which is present while normally it is not there or present in an amount exceeding the normal concentrations. It could either be gaseous or a particulate matter. The important and harmful polluting gases are carbon monoxide, carbon dioxide, ozone and oxides of sulphur and nitrogen. The common particulate pollutants are the dusts of various inorganic or organic origins. Although we often talk of the outdoor air pollution caused by industrial and vehicular exhausts, the indoor pollution may prove to be
4. What is more common in a poorly ventilated home is a vague constellation of symptoms described as the sick building syndrome. It is characterised by a general feeling of malaise, head-ache, dizziness and irritation of mucous membranes. It may also be accompanied by nausea, itching, aches, pains and depression. Sick building syndrome is getting commoner in big cities with the small houses, which are generally over-furnished. Some of the important pollutants whose indoor concentrations exceed those of the outdoors include gases such as carbon monoxide, carbon dioxide, oxides of nitrogen and organic substances, like spores, formaldehyde, hydrocarbon aerosols and allergens. The sources are attributed to a variety of construction materials, incalculations, furnishings, adhesives, cosmetics, house dusts, fungi and other indoor products.
5. By-products of fuel combustion are important in houses with indoor kitchens. It is not only the burning of dried dung and fuel wood which is responsible, but also kerosene and liquid petroleum gas. Oxides of both nitrogen and sulphur are released from their combustion.
Smoking of tobacco in the closed environment is an important source of indoor pollution. It may not be high

- as or a more important cause of health problems.
3. Recognition of air pollution is relatively recent. It is not uncommon to experience a feeling of 'suffocation' in a closed environment. It is often ascribed to the lack of oxygen. Fortunately, however, the composition of air is remarkably constant all over the world. There is about 79 percent nitrogen and 21 percent oxygen in the air — the other gases forming a very small fraction. It is true that carbon dioxide exhaled out of lungs may accumulate in a closed and over-crowded place. But such an increase is usually small and temporary unless the room is really air-tight. Exposure to poisonous gases such as carbon monoxide may occur in a closed room, heated by burning coal inside. This may also prove to be fatal.

quantitatively, but significantly hazardous for health. It is because of the fact that there are over 3000 chemical constituents in tobacco smoke, which have been identified. These are harmful for human health.

Micro-organisms and allergens are of special significance in the causation and spread of diseases. Most of the infective illnesses may involve more persons of a family living in common indoor environment. These include viral and bacterial diseases like tuberculosis.

Besides infections, allergic and hypersensitivity disorders are spreading fast. Although asthma is the most common form of respiratory allergic disorders, pneumonias are not uncommon, but more persistent and serious. These are attributed to exposures to allergens from various fungi, moulds, hay and other organic materials. Indoor air ventilation systems, coolers, air-conditioners, dampness, decay, pet animals, production or handling of the causative items are responsible for these hypersensitivity diseases.

Obviously, the spectrum of pollution is very wide and our options are limited. Indoor pollution may be handled relatively easily by an individual. Moreover, the good work must start from one's own house.

(Extracted from *The Tribune*)

(a) Read the questions given below and write the option you consider the most appropriate in your answer-sheet. (1 × 6 = 6)

1. What is an air-pollutant?

- (i) an issue (ii) a substance (iii) a gaseous/a particulate matter (iv) both (ii) and (iii)

2. Name the harmful polluting gases.

- (i) Carbon monoxide (ii) Carbon dioxide
(iii) Ozone and oxides of sulphur and nitrogen (iv) All the above three

3. What may prove to be fatal?

- (i) Exposure to poisonous gases (ii) A closed room heated by burning coal inside
(iii) Carbon dioxide (iv) (i) and (ii) both

4. What is sick building syndrome?

- (i) Feeling of malaise and headache (ii) Dizziness and nausea
(iii) Itching, pains and aches (iv) All three

5. Name some of the infective illnesses caused by living in common indoor environment?

- (i) Asthma (ii) T.B (iii) Hypersensitivity (iv) All the three

6. Which word in the passage means the same as giddiness.

- (i) Nausea (ii) Dizziness (iii) Both (i) and (ii) (iv) Depression

b) Answer the following questions.

- (i) In what form are air pollutants present?
(ii) Why do we feel suffocated in a closed environment?
(iii) How is indoor smoking very hazardous?
(iv) How can one overcome the dangers of indoor air pollution?

ONE SONG TWO FAITHS

Aruna Jethwani

Most of us have heard the popular Sindhi song, 'Dama Dum Mast Kalandar,' sung by many Pakistani and Indian singers including Ustad Nusrat Fateh Ali Khan, Abida Parveen and the Wadali brothers. The Bangladeshi singer, Runa Laila, took it to the global platform reiterating the fact that music can never be restricted by language; after all music, itself, is the language of soulful people.

This Sufi song highlights the devotion of two faiths. It is a poetic paean to two spiritual icons of Sindh, a Hindu and a Muslim of Iranian ancestry. One is Mast Kalandar, a Muslim 'pir' of Sewan, and the other is the Hindu deity, Jhule Lal or Lal Sai worshipped by overseas Sindhis. Mast Kalandar, the 13th century Sufi fakir, had a rich legacy of Sufism.

The mausoleum or the 'dargah' of Mast Kalandar still exists in Sewan — in the Sindh province of Pakistan — and is looked after by a Bangladeshi. The temple of Jhule Lal was also located close by, but has now been shifted to a new site.

Jhule Lal is variously known as Uderolal, meaning moonbeams; Lal Sai, meaning the sparkling one; Varun Dev or God of water; Amar Lal, the Ever Eternal, and Zinda Pir meaning deity incarnate.

According to a legend, Jhule Lal was first heard of in the 11th century, arriving on a big fish in Sewan. During the 10th century, Sindh had an international seaport in Thatta

and was ruled by Sumaras who were Hindu Rajputs. They were invaded and ultimately annihilated by Mirk Shah, who forced them to convert to Islam.

It is in this war of persecution that Jhule Lal emerged with a radiant face like that of a moon riding a fish and arriving at Sewan. Legend has it that Jhule Lal was born on New Moon day in the month of Chaitra, which is celebrated as Cheti Chand or New Year by Sindhis. His holy presence is said to have united Hindus and Muslims. It is believed that even Mirk Shah witnessed the charisma of Jhule Lal, and was ultimately convinced of his divinity. Since then, Jhule Lal symbolises peace and harmony.

The song highlights the spirit of the Indic region. Two different faiths, despite their political division, coexist in one song. The song is spiritual; it transcends religions and borders, and talks about the Higher Self, which is universal. Spirituality is also a synthesis. It is acceptance of all. The evolution of the Self is through synthesis. All great souls like Sri Ramakrishna Paramhansa, found One by experiencing many.

The song, 'Dama Dum Mast Kalandar,' sung by all Sindhis belonging to different faiths, is a celebration of this synthesis, and is a mark of Oneness. The song is a symphony of unity and show the path to global peace.

(a) Read the questions given below and write the option you consider the most appropriate in your answer-sheet. [1 × 6 = 6]

- The singer who took the song "Dama Dum Mast Kalandar" to global platform was
(i) Abida Parveen (ii) Nusrat Ali Khan (iii) Wadali Brothers (iv) Runa Laila
- The song highlights the devotion of two faiths, i.e.,
(i) Hindus-Muslims (ii) Muslims and Bengalis (iii) Hindus-Sindhis (iv) Muslims and Sufis
- The dargah of Mast Kalandar exists in
(i) Sewan (ii) Balochistan (iii) Lahore (iv) West Punjab
- The name Jhule Lal literally means
(i) a high fish (ii) sea (iii) a flower (iv) moonbeams
- The name Jhule Lal symbolised
(i) beauty (ii) ultimate faith (iii) divinity (iv) peace and harmony
- The song 'Dama Dum Mast Kalandar' is a mark of
(i) oneness (ii) calmness (iii) faith (iv) peace

(b) Answer the following briefly.

[1 × 4 = 4]

- What does the song 'Dama Dum' signify?
- How does this song highlight the devotion of two faiths?
- What is the legend associated with 'Jhule Lal'?
- What makes this song 'spiritual'?

D

1. While there is no denying that the world loves a winner, it is important that you recognize the signs of stress in your behaviour and be healthy enough to enjoy your success. Stress can strike anytime, in a fashion that may leave you unaware of its presence in your life. While a certain amount of pressure is necessary for performance, it is important to be able to recognise your individual limit. For instance, there are some individuals who accept competition in a healthy fashion. There are others who collapse into weeping wrecks before an exam or on comparing marks-sheets and finding that their friends has scored better.
2. Stress is a body reaction to any demands or changes in its internal and external environment. Whenever there is a change in the external environment such as temperature, pollutants, humidity and working conditions, it leads to stress. In these days of competition when a person makes up his mind to surpass what has been achieved by others, leading to an imbalance between demands and resources, it causes psycho-social stress. It is a part and parcel of everyday life.
3. Stress has a different meaning, depending on the stage of life you are in. The loss of a toy or a reprimand from the parents might create a stress shock in a child. An adolescent who fails an examination may feel as if everything has been lost and life has no further meaning. In an adult the loss of his or her companion, job or professional failure may appear as if there is nothing more to be achieved.
4. Such signs appear in the attitude and behaviour of the individual as muscle tension in various parts of the body, palpitation and high blood pressure, indigestion and hyper-acidity. Ultimately the result is self-destructive behaviour such as eating and drinking too much, smoking excessively, relying on tranquilisers. There are other signs of stress such as trembling, shaking, nervous

blinking, dryness of throat and mouth and difficulty in swallowing.

5. The professional under stress behaves as if he is a perfectionist. It leads to depression, lethargy and weakness. Periodic mood shifts also indicate the stress status of the students, executives and professionals.
6. In a study sponsored by World Health Organisation and carried out by, Harvard School of Public Health, the global burden of diseases and injury indicated that stress diseases and accidents are going to be the major killers in 2020.
7. The heart disease and depression both stress diseases are going to rank first and second in 2020. Road traffic accidents are going to be the third largest killers. These accidents are also an indicator of psycho-social stress in a fast moving society. Other stress diseases like ulcers, hypertension and sleeplessness have assumed epidemic proportions in modern societies.
8. A person under stress reacts in different ways and the common ones are flight, fight and flee depending upon the nature of the stress and capabilities of the person. The three responses can be elegantly chosen to cope with the stress so that stress does not damage the system and become distress.
9. When a stress crosses the limit, peculiar to an individual, it lowers his performance capacity. Frequent crossing of the limit may result in chronic fatigue in which a person feels lethargic, disinterested and is not easily motivated to achieve anything. This may make the person mentally undecided, confused and accident prone as well. Sudden exposure to un-nerving stress may also result in a loss of memory. Diet massage, food supplements, herbal medicines, hobbies, relaxation techniques and dance movements are excellent stress busters.

(a) 1. To be able to enjoy your success it is important that you :

[1 × 6 = 6]

- | | |
|---|---|
| (i) be healthy to recognise the signs of stress | (ii) to recognise your individual limit |
| (iii) both (i) & (ii) | (iv) accept competition |

2. What is stress?

- | | |
|---------------------------|--|
| (i) it is failure | (ii) it is part & parcel of every day life |
| (iii) it is body reaction | (iv) both (ii) and (iii) |

3. What professional under stress behaves like a —

- | | | | |
|-------------|--------------------------|---------------------|--------------|
| (i) amateur | (ii) like a professional | (iii) an adolescent | (iv) a child |
|-------------|--------------------------|---------------------|--------------|

4. The major killer in 2020 are going to be :

- | | | | |
|---------------------|----------------|-------------------------|--------------|
| (i) stress diseases | (ii) accidents | (iii) both (i) and (ii) | (iv) old age |
|---------------------|----------------|-------------------------|--------------|

5. The result of stress is :

- | | |
|-----------------------------------|--------------|
| (i) self-destructive behaviour | (ii) success |
| (iii) needed for good performance | (iv) None |

6. Which word in the passage means 'give way'?

- | | | | |
|------------|-----------------|----------------|---------------|
| (i) stress | (ii) depression | (iii) lethargy | (iv) collapse |
|------------|-----------------|----------------|---------------|

(b) Answer the following questions briefly :

1. What factors lead to stress?
2. What are the diseases a person gets due to stress?
3. How does a person react under stress?
4. Give two examples of stress busters?

Ques. 3. A

Read the following passage carefully.

- (1) Watermelon is thought to have originated in Africa's Kalahari Desert. Believe it or not, the first recorded watermelon harvest is believed to have occurred nearly 5,000 years ago in Egypt and is even depicted in Egyptian hieroglyphics on the walls of their ancient buildings. This fruit - which is actually a vegetable, a relative of the cucumber - was often placed in the burial tombs of kings to provide nourishment in the afterlife.
- (2) Today the watermelon has spread to different countries and can be found on most continents.
- (3) Watermelon is a sweet, healthy and refreshing fruit, and quite often, people can't seem to get enough of it. And unlike a lot of other favourite foods, it is actually good for you.
- (4) Nutritionists have long appreciated the health benefits watermelon provides and the American Heart Association recently recognised the watermelon's nutritional properties, giving it the 'heart-healthy' seal of approval. Now research has shed new light on its potential health benefits.
- (5) Lycopene, an antioxidant that may help reduce the risks of cancer and other diseases, is present in a high concentration in watermelon. A study conducted by researchers at Harvard University found that men who ate lycopene-rich diets of tomatoes and tomato products had a much lower risk of developing certain cancers, especially prostate cancer.
- (6) Watermelon contains about 15 to 20 milligrams of lycopene per two-cup serving. Apart from lycopene, watermelon is also a good source of potassium, vitamin C and vitamin A.
- (7) The fruit also has a diuretic effect, which is probably related to its citrulline and arginine content, which causes an increased synthesis of urea in the liver.
- (8) In China, physicians recommend the fruit to build body fluids, moisten the intestines and decrease thirst. It helps to detoxify the body and remove excess heat. This in turn, reduces the incidence of canker sores, kidney and urinary infection, kidney stones and dysentery.
- (9) Watermelon rind has a high silicon content and is used in Chinese medicine to treat diabetes and hypertension. The rind can be eaten in small quantities, or can be juiced and drunk - which is probably easier. And, surprise - when the rind is rubbed on acne, it helps decrease the blemishes with its cooling nature.
- (10) But according to Chinese medicine, watermelon should be avoided by those with weak digestion, anaemia, asthma or excessive or uncontrolled urination.
- (11) Naturopathic medicine uses watermelon seeds to relieve urinary pain, and to facilitate the passage of urine. They have also been used to ease backaches caused by kidney stones. They help to soothe the kidneys and the bladder, reducing inflammation. The seeds contain cucurbitocitrin, a compound that dilates the blood capillaries, which can assist in lowering the blood pressure.
- (12) On hot summer days, the watermelon is a great choice to replenish body fluids since it is 92 percent water.

- (a) On the basis of your reading of the passage make notes on it, in points only using headings and sub-headings. Use recognizable abbreviations (wherever necessary - minimum 4) and a format you consider suitable. Also supply an appropriate title to it.

b) Write the summary of the passage in 80-100 words.

B

Read the following passage carefully.

- (1) I'm not alone. Insomnia affects several millions of people. The good news is that with the proper diagnosis and discipline, insomnia is almost always treatable.
- (2) There are some 90 different classified sleep disorders, according to Dr. Jeffrey Lipsitz, founder and medical director of the Sleep Disorders Centre of Metropolitan Toronto. Insomnia is the most prevalent, although technically it is considered not a condition but a symptom. It is a red flag for any number of things.
- (3) Sleeping pills may seem like the fast and easy remedy. However, they are most effective for short-term use and, even then should be administered only under a physician's guidance. The side effects of sleeping pills include dependence, rebound insomnia and the need for higher dosage.
- (4) Determined to help myself to a solid night's sleep without resorting to sleeping pills, I began by reducing my considerable coffee intake. Common sense also told me that nicotine and alcohol - one a stimulant, the other sedative - were probably not conducive to a calm, centred self, so I gradually eliminated these substances as well to my benefit.
- (5) I tracked in a notepad the worries and creative inspirations that present themselves larger-than-life in the middle of the night. And I started a sleep journal. According to Dr. Katherine A. Albert, author of *Get a Good Night's Sleep*, it is supposed to help you notice how daily events - even seemingly innocuous ones - may be related to your sleep disturbances.
- (6) Although my overall sleep was improving, I still experienced difficult periods. So I read more books and talked to therapists and sleep specialists. Although caffeine was an obvious no-no, I hadn't considered sugar as a culprit. Dr. Albert explains in her book, both the wired feeling of a sugar high and the panic reaction of a low may either prevent sleep or wake you up. Albert also points to excess salt, which she says stimulates the nervous system, and to spicy foods, which can disturb digestion.
- (7) Foods and nutrients that Albert cites as promoting sleep include calcium, seaweed and dairy products; so go ahead and have that glass of warm milk. In addition to calcium, it contains L-tryptophan, an amino acid that may encourage drowsiness. Magnesium, which should be taken with calcium for proper absorption, and B vitamins are also listed as helpful.
- (8) Many of the books I read talked about "sleep hygiene," a rather clinical-sounding term for basic bedtime common sense. Here are some do's and don'ts: Don't do your aerobic exercise just before jumping into bed. Avoid napping during the day. Don't eat a big meal late in the evening. Make sure you have a comfortable mattress, keep the temperature on the cool side, and reserve your bedroom for sleep only. I also discovered that simply worrying about whether you're going to sleep can lead to self-perpetuating chronic insomnia. The solution is usually a change in routine: Go to bed when you feel drowsy and make sure you get up at the same time each day.
- (a) On the basis of your reading of the passage make notes on it, in points only using headings and sub-headings. Use recognizable abbreviations (wherever necessary - minimum 4) and a format you consider suitable. Also supply an appropriate title to it.

b Write the summary of the passage in 80-100 words.

c

3. Read the following passage carefully.

- (1) News about school-related violence, be it vandalism or violent death have been coming in from various parts of the country with alarming regularity. It is vital to look at the rise factors contributing to violence and discuss preventive strategies.
- (2) Some teachers classify their students into 'good', 'average' and 'bad'. Blatant partiality towards 'good' students causes frustration and anger in others.
- (3) Exposure to violence both off and on the screen can breed violence. Corporal punishment by teachers conveys the message that it is legitimate to hit someone if they make a mistake. Media also has a significant influence on youth behaviour. Glorification of violence in movies and TV programmes like WWF entice students to mimic the violent behaviour.
- (4) Students who are victims of bullying could become violent in an act of revenge.
- (5) School and parents put undue pressure on students to deliver marks in the board exams. This is epitomised by certain residential schools, which have a daily schedule from 5.00 a.m. to midnight. Some children burn out. Some score high marks but at a tremendous emotional cost.
- (6) Two main strategies would help in preventing violence. First is reduction or rectification of risk factors. Second is promotion of protective factors. Protective factors not only protect but also act as a buffer in the presence of risk factors.
- (7) By actively listening and offering comments, the parent encourages the child to communicate with ease. A student in a confiding relationship is able to discuss any issue, including frustration, sadness and anger with parents. Counsellors and empathetic teachers can fulfil this role at school.
- (8) To nurture a sense of belonging to the family, parents need to show unconditional positive regard to their children. Conditional love ("You are my son only if you come within the first five ranks" and assorted variants of the same message) wrecks a child's sense of belonging and self esteem.
- (9) High self esteem guards against violence, emotional problems and suicide. A student's self esteem can be improved by unconditional positive regard by one significant adult (parents/teachers) and encouragement and opportunity to excel in some area. It need not be restricted to academics alone.
- (10) Parents should also have a sense of belonging to the school. Most schools have sham PTA meetings where parents are expected to meet individual teachers to discuss the marks scored in the recent tests.
- (11) Participation in sports and extra curricular activities help in improving one's coping skills and guards against emotional problems and violence. Coping skills can also be taught.
- (12) Conflicts are a natural part of life and occur in school too. At times, minor conflicts between students lead to violence. Students can be trained in alternate way of resolving conflicts like negotiation and mediation. Students can also be trained in channelising anger in socially appropriate ways.
- (13) Schools should provide an atmosphere where learning a new concept or learning a new way of doing a particular task brings joy. Parents too should ensure that their children enjoy learning. Once learning becomes a joyful activity, students would look forward to being in school and their sense of belonging would be high. Their vulnerability to violence would come down.

Dr. S. Mohan Raj

(I) On the basis of your reading of the above passage make notes on it, in points only using headings and sub-headings. Use recognizable abbreviations (wherever necessary - minimum 4) and a format you consider suitable. Also supply an appropriate title to it.

b Write the summary of the passage in 80-100 words.

Re

D

4. Read the following passage carefully.
- (1) Silverware begins to get more quickly tarnished as the humid, rainy weather sets in and needs proper polishing and storage. Sterling silver is an alloy of 92.5 per cent silver and 7.5 per cent copper. Its beauty increases with use which causes a patina or soft sheen to form. Plated silver is silver that has been electroplated over another metal. Silver tarnishes when exposed to air. This occurs more quickly in damp and foggy weather, but is inevitable in any climate. It is best to store silver in cloth or plastic film/bag.
 - (2) Methods of cleaning silver should be determined by the value placed on it, monetary or sentimental, and the design of the pattern. Silver with deeply "carved" patterns that are enhanced by an oxide or French gray finish should be hand polished with a high quality silver cream or polish. Hand rubbing develops patina on silver which adds to its beauty. Ornamental silver pieces that have been lacquered may be washed in lukewarm water; hot water could remove the lacquer. Polishing silver while wearing rubber gloves promotes tarnish. Instead, choose plastic or cotton gloves.
 - (3) Silver has enemies. Rubber severely affects silver. Rubber corrodes silver, and it can become so deeply etched that only a silversmith can repair the damage. Raised designs can be lost permanently. Avoid using storage cabinets or chests with rubber seals, rubber floor coverings, rubber bands, etc. Other enemies of silver include table salt, olives, salad dressing, eggs, vinegar and fruit juices. Serve these foods in china or glass containers. Although flowers and fruit look lovely in silver containers, the acid produced as they decay can etch the containers and cause serious damage. When using silver containers, use plastic or glass liners.
 - (4) To remove tarnish from silverware, sprinkle baking soda on a damp cloth and rub it on the silverware until tarnish is gone. Rinse and dry well. To clean off tarnish, coat the silver with toothpaste, then run it under warm water, work it into a foam, and rinse it off. For stubborn stains or intricate grooves, use an old soft-bristled toothbrush.
 - (5) Silver is easily scratched so never use harsh abrasives. It is corroded or tarnished by salt and salt air, sulphur and sulphur containing foods and rubber. Frequent use deters formation of tarnish. Do not let silver stand with food on it; salty or acid foods can stain it. Rinse if it will not be washed at once. Store silverware in a chest lined with tarnish-resistant flannel or air-tight plastic bag when not in use. Handle silver with care to avoid nicks and heavy scratches; knife blades and other metals can do damage if they come in contact with silverware.
 - (6) Wash in warm sudsy water. Rinse well and dry immediately. Do not let hollow handled silverware or hollow ware stand in water as a combination of heat, water, and detergent may loosen soldering.

(I) On the basis of your reading of the above passage make notes on it, in points only using headings and sub-headings. Use recognizable abbreviations (wherever necessary - minimum 4) and a format you consider suitable. Also supply an appropriate title to it.

b Write the summary of the passage in about 80-100 words.