

COMPREHENSION

ADULTS



PASSAGE 1

Read the passage given below and answer the questions that follows:

1. Today's woman is a highly self-directed person, alive to the sense of her dignity and the importance of her functions in the private domestic domain and the public domain of the world of work. Women are rational in approach, careful in handling situations and want to do things as best as possible. The Fourth World Conference of Women held in Beijing in September 1995 had emphasized that no enduring solution of society's most threatening social, economic and political problems could be found without the participation and empowerment of the women. The 1995 World Summit for Social Development had also emphasised the pivotal role of women in eradicating poverty and mending the social fabric.

2. The Constitution of India had conferred on women equal rights and opportunities political, social, educational and of employment with men. Because of oppressive traditions, superstitions, exploitation and corruption, a majority of women are not allowed to enjoy the rights and opportunities, bestowed on them. One of the major reasons for this state of affairs is the lack of literacy and awareness among women. Education is the main instrument through which we can narrow down the prevailing inequality and accelerate the process of economic and political change in the status of women.

3. The role of women in a society is very important. Women's education is the key to a better life in the future. A recent World Bank study says that educating girls is not a charity, it is good economics and if developing nations are to eradicate poverty, they must educate the girls. The report says that the economic and social returns on investment in education of the girls considerably affect the human development index of the nation. Society would progress only if the status of women is respected and the presence of an educated woman in the family would ensure education of the family

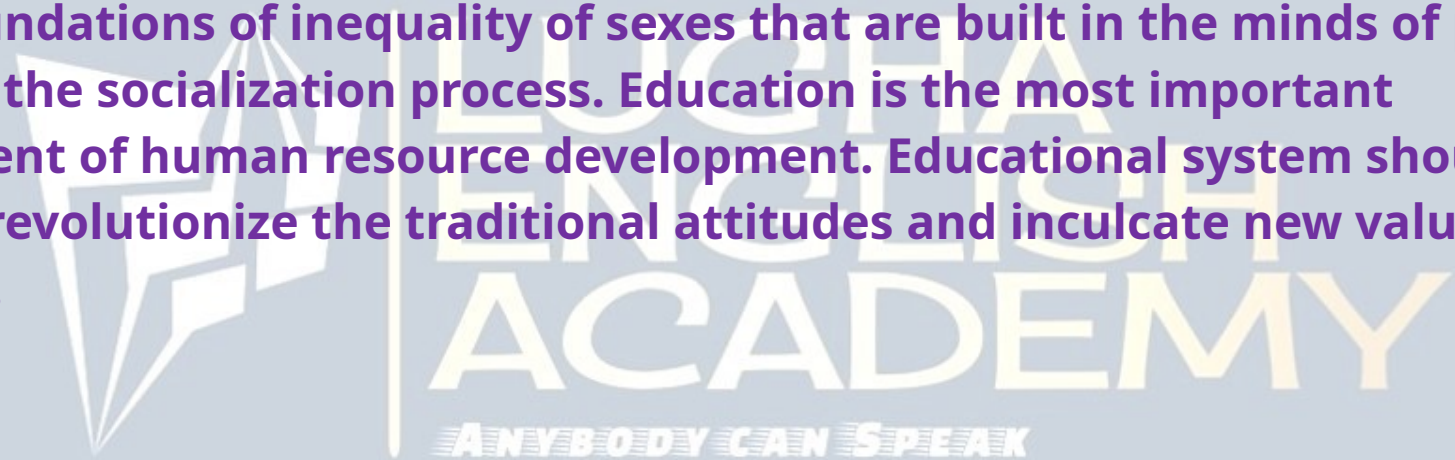
4. Women's education has not received due care and attention from the planners and policymakers. The National Commission for Women has rightly pointed out that even after 50 years of independence, women continue to be treated as the single largest group of backward citizens of India. The role of women in overall development has not been fully understood nor has it been given its full weight in the struggle to eliminate poverty, hunger, injustice and inequality at the national level. Even when we are at the threshold of the 21st century, our society still discriminates against women in matters of their rights and privileges and prevents them from participating in the process of national and societal progress.

Various Committees and Commissions have been constituted before and after the independence to evaluate the progress in women's education and to suggest ways and means to enhance the status of women. The female literacy rate has gone up in the 20th century from 0.6 per cent in 1901 to 39.29 per cent in 1991 but India still possesses the largest number of illiterate women in the world. The female literacy index for the year 1991 shows that there are eight States which fall below the national average. The most populous States of the country, UP, MP, Bihar and Rajasthan fall in the category of most backward States as far as female literacy is concerned.

5. The prevailing cultural norms of gender behaviour and the perceived domestic and reproductive roles of women tend to affect the education of girls. Negative attitude towards sending girls to schools, restrictions on their mobility, early

6. Women's political empowerment got a big boost with the Panchayati Raj Act of 1993 which gave them 30 per cent reservation in Village Panchayats, Block Samities and Zila Parishads throughout the country. The National Commission for Women was also set up in 1992 to act as a lobby for women's issues.

7. The educational system is the only institution which can counteract the deep foundations of inequality of sexes that are built in the minds of people through the socialization process. Education is the most important instrument of human resource development. Educational system should be used to revolutionize the traditional attitudes and inculcate new values of equality.



QUESTIONS:

(a)

- (i) Mention any two attributes of a modern woman. (2)
- (ii) Why are women's participation and empowerment considered necessary? (2)
- (iii) Which factors adversely affect the education of girls? (2)
- (iv) What benefits did the women get with the enactment of the Panchayati Raj Act of 1993? (2)
- (v) By what process can we remove the sense of inequality of sexes from the minds of the people? (1)

ANYBODY CAN SPEAK

(b) Pick out words from the passage which mean the same as each of the following:

- (i) cruel and unfair (para 2)
- (ii) remove (para 3)
- (iii) full of people (para 4)

PASSAGE 2

Read the passage given below and answer the questions :

1. For many years now the Governments have been promising the eradication of child labour in hazardous industries in India. But the truth is that despite all the rhetoric no Government so far has succeeded in eradicating this evil, nor has any been able to ensure compulsory primary education for every Indian child. Between 60 and 100 million children are still at work instead of going to school, and around 10 million are working in hazardous industries. India has the biggest child population of 380 million in the world; plus the largest number of children who are forced to earn a living.

ANYBODY CAN SPEAK

2. We have many laws that ban child labour in hazardous industries. According to the Child Labour (Prohibition and Regulation) Act 1986, the employment of children below the age of 14 in hazardous occupations has been strictly banned. But each state has different rules regarding the minimum age of employment. This makes the implementation of these laws difficult.

3. Also, there is no ban on child labour in nonhazardous occupations. The act applies to the organised or factory sector and not the unorganized or informal sector where most children find employment as cleaners, servants, porters, waiters, among other forms of unskilled work. Thus, child labour continues because the implementation of the existing law is lax.

4. There are industries, which have a special demand for child labour because of their nimble fingers, high level of concentration and capacity to work hard at abysmally low wages. The carpet industry in U.P. and Kashmir employs children to make hand-knotted carpets. There are 80,000 child workers in Jammu & Kashmir alone. In Kashmir because of the political unrest, children are forced to work while many schools are shut. Industries like gem cutting and polishing, pottery and glass want to remain competitive by employing children.

5. The truth is that it is poverty which is pushing children into the brutish labour market. We have 260 million people below the poverty line in India, a large number of them are women. Poor and especially woman-headed families have no option but to push their little ones in this hard life in hostile conditions, with no human or labour rights.

6. There is a lobby which argues that there is nothing wrong with children working as long as the environment for work is conducive to learning new skills but studies have shown that the children are made to do boring, repetitive and tedious jobs and are not taught new skills as they grow older. In these hellholes like the sweet shops of the old, there is no hope.

7. Children working in hazardous industries are prone to debilitating diseases which can cripple them for life. By sitting in cramped, damp and unhygienic spaces, their limbs become deformed for life. Inside matchstick, fireworks and glass industries they are victims of bronchial diseases and T.B. Their mental and physical development is permanently impaired by long hours of work. Once trapped, they can't get out of this vicious circle of poverty. They remain uneducated and powerless. Finally, in later years, they too are compelled to send their own children to work. Child labour perpetuates its own nightmare.

8. If at all the Government was serious about granting children their rights, an intensive effort ought to have been made to implement the Supreme Court's Directive of 1997 which laid down punitive action against employers of child labour. Only compulsory primary education can eliminate child labour.

QUESTIONS

(a)

(i) On which two counts has the Government not succeeded so far in respect of children? (2)

(ii) What makes the implementation of child labour law difficult? (2)

(iii) Why do industries prefer child labour?

(iv) What are the adverse effects of hazardous industries on children? Given any two. (2)

(v) What does the Supreme Court's Directive of 1997 provide? (1)

(b) Find words from the passage which mean the same as the following:

(i) risky/dangerous (para 1)

(ii) very unfriendly (para 5)

PASSAGE 3

Read the passage given below and answer the questions that follow:

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 recognize 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 friend 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 psychosocial

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 hyperacidity. 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 Organization and carried out by Harvard School of Public Health, the global burden of diseases and

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 psychosocial 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 distressed.

9. When stress crosses the limit, peculiar to an individual, it lowers his performance capacity. Frequent crossings 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 of unnerving stress may also result in a loss of memory. Diet, massage, food supplements, herbal medicines, hobbies, relaxation

QUESTIONS:

(a)

(i) What is stress? What factors lead to stress? 2

(ii) What are the signs by which a person can know that he is under stress? 2

(iii) What are the different diseases a person gets due to stress? 2

(iv) Give any two examples of stress busters. 1

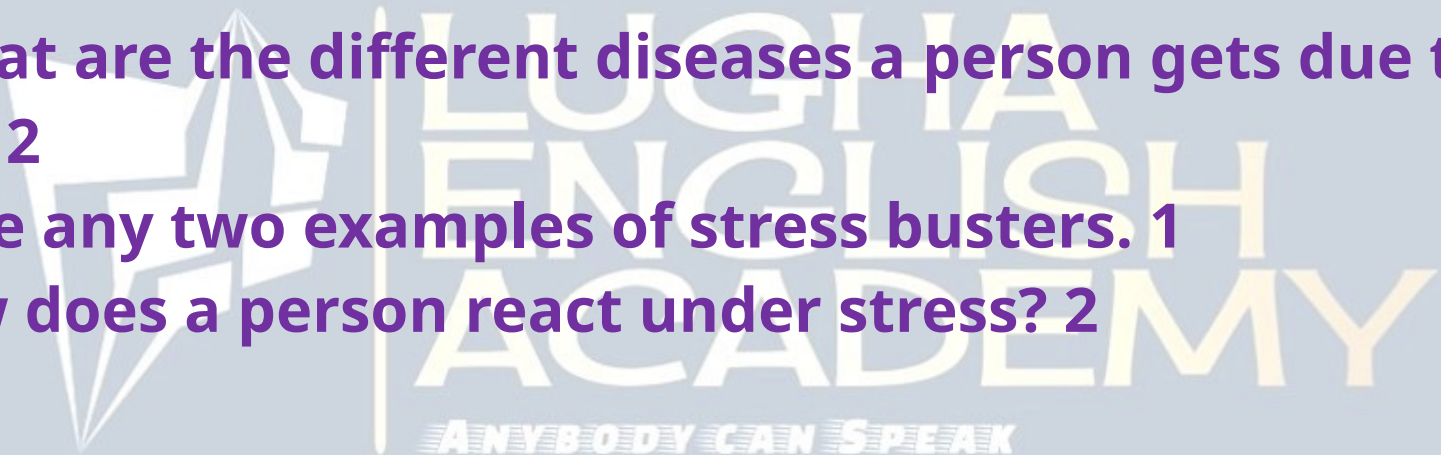
(v) How does a person react under stress? 2

(b) Which words in the above passage mean the same as the following?

(i) Fall down (para 1)

(ii) rebuke (para 3)

(iii) inactive (para 9)



PASSAGE 4

Read the passage given below and answer the questions that follow:

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 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 overcrowded place. But such an increase is usually small and temporary unless the room is really airtight. Exposure to poisonous

4. What is more common in a poorly ventilated home is a vague constellation of symptoms described as the sick building syndrome. It is characterized by a general feeling of malaise, headache, 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, formaldehydes, hydrocarbon aerosols and allergens. The sources are attributed to a variety of construction materials, insulations, furnishings, adhesives, cosmetics, house dusts, fungi and other indoor products.

5. Byproducts 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.

6. Smoking of tobacco in the closed environment is an important source of indoor pollution. It may not be high quantitatively, but significantly hazardous for health. It is because of the fact that there are over 3,000 chemical constituents in tobacco smoke, which have been identified. These

7. Microorganisms 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.

8. 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 .

9. 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.

QUESTIONS

(a)

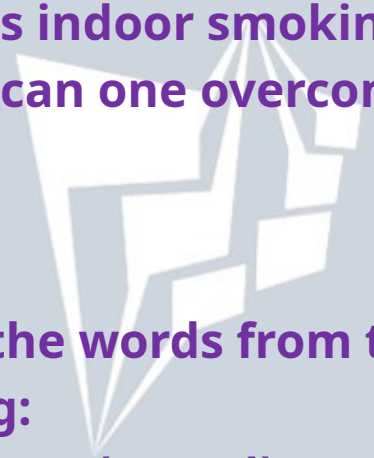
- (i) What is an air pollutant? (1)
- (ii) In what forms are the air pollutants present? (2)
- (iii) Why do we feel suffocated in a closed environment? (1)
- (iv) What is sick building syndrome? How is it increasing? (2)
- (v) How is indoor smoking very hazardous? (1)
- (vi) How can one overcome the dangers of indoor air pollution? (2)

(b) Find the words from the above passage which mean the same as the following:

- (i) giddiness (para 4)
- (ii) constant (para 8)
- (iii) humidity (para 8)

Answer:

- (i) dizziness
- (ii) persistent
- (iii) dampness



LUCHA
ENGLISH
ACADEMY
ANYBODY CAN SPEAK

PASSAGE 5

Read the following passage and answer the questions that follow:

1. Too many parents these days can't say no. As a result, they find themselves raising 'children' who respond greedily to the advertisements aimed right at them. Even getting what they want doesn't satisfy some kids; they only want more. Now, a growing number of psychologists, educators and parents think it's time to stop the madness and start teaching kids about what's really important: values like hard work, contentment, honesty and compassion. The struggle to set limits has never been tougher and the stakes have never been higher. One recent study of adults who were overindulged as children, paints a discouraging picture of their future: when given too much too soon, they grow up to be adults who have difficulty coping with life's disappointments. They also have distorted sense that gets in the way of success in the work place and in relationships.

2. Psychologists say that parents who overindulge their kids, set them up to be more vulnerable to future anxiety and depression. Today's parents themselves raised on values of thrift and self sacrifice, grew up in a culture where no was a household word. Today's kids want much more, partly because there is so much more to want. The oldest members of this generation were bom in the late 1980s, just as PCs and video games were making their assault on the family room. They think of MP3 players and flat screen TV as essential utilities, and they have developed strategies to get them. One survey of teenagers found that when they crave for something new, most expect to ask nine times before their parents give in. By every measure, parents are shelling out record

3. Today's parents aren't equipped to deal with the problem. Many of them, raised in the 1960s and '70s, swore they'd act differently from their parents and have closer relationships with their own children. Many even wear the same designer clothes as their kids and listen to the same music. And they work more hours; at the end of a long week, it's tempting to buy peace with 'yes' and not mar precious family time with conflict. Anxiety about future is another factor. How do well intentioned parents say no to all the sports gear and arts and language lessons they believe will help their kids thrive in an increasingly competitive world? Experts agree : too much love won't spoil a child. Too few limits will.

4. What parents need to find, is a balance between the advantages of an affluent society and the critical life lessons that come from waiting, saving and working hard to achieve goals. That search for balance has to start early. Children need limits on their behaviour because they feel better and more secure when they live within a secured structure. Older children learn self control by watching how others, especially parents act. Learning how to overcome challenges is essential to becoming a successful adult. Few parents ask kids to do chores. They think their kids are already overburdened by social and academic pressures. Every individual can be of service to others, and life has meaning beyond one's own immediate happiness. That means parents eager to teach values have to take a long

QUESTIONS

(a) Answer the following:

- (i) What values do parents and teachers want children to learn? (2)
- (ii) What are the results of giving the children too much too soon? (2)
- (iii) Why do today's children want more? (1)
- (iv) What is the balance which the parents need to have in today's world? (2)
- (v) What is the necessity to set limits for children? (2)

(b) Pick out words from the passage that mean the same as the following: 3

- (i) a feeling of satisfaction (para 1)
- (ii) valuable (para 3)

PASSAGE 6

1. The art of living is learnt easily by those who are positive and optimistic. From humble and simple people to great leaders in history, science or literature, we can learn a lot about the art of living, by having a peep into their lives. The daily routines of these great men not only reveal their different, maybe unique lifestyles but also help us learn certain habits and practices they followed. Here are some; read, enjoy and follow in their footsteps as it suits you.

2. A private workplace always helps. Jane Austen asked that a certain squeaky hinge should never be oiled so that she always had a warning whenever someone was approaching the room where she wrote. William Faulkner, lacking a lock on his study door, detached the doorknob and brought it into the room with him. Mark Twain's family knew better than to breach his study door they would blow a horn to draw him out. Graham Green went even further, renting a secret office; only his wife knew the address and the telephone number. After all, every one of us needs a workplace where we can work on our creation uninterrupted. Equally, we need our private space too!

3. A daily walk has always been a source of inspiration. For many artists, a regular stroll was essentially a creative inspiration. Charles Dickens famously took three hour walks every afternoon, and what he observed on them fed directly into his writing. Tchaikovsky made do with a two-hour jaunt but wouldn't return a moment early: convinced that doing so would make him ill. Ludwig van

Nineteenth-century composer Erik Satie did the same on his long hikes from Paris to the working-class suburb where he lived, stopping under street lamps to jot down ideas that came on his journey; it's rumoured that when those lamps were turned off during the war years, his music declined too. Many great people had a limited social life too. One of Simone de Beauvoir's close friends puts it this way. "There were no receptions, parties. It was an uncluttered kind of life, a simplicity deliberately constructed so that she could do her work." To Pablo, the idea of Sunday was an "at home day".

4. The routines of these thinkers are difficult. Perhaps it is because they are so unattainable. The very idea that you can organize your time as you like is out of reach for most of us, so I'll close with a toast to all those who worked with difficulties. Like Francine Prose, who began writing when the school bus picked up her children and stopped when it brought them back; or T.S. Eliot, who found it much easier to write once he had a day job in a bank than he had as a starving poet and even F. Scott Fitzgerald, whose early books were written in his strict schedule as a young military officer. Those days were not as interesting as the nights in Paris that came later, but they were much more productive and no doubt easier on his liver.

5. Being forced to follow someone else's routine may irritate, but it makes it easier to stay on the path. Whenever we break that trail ourselves or take an easy path of least resistance, perhaps what's most important is that we keep walking.

QUESTIONS:

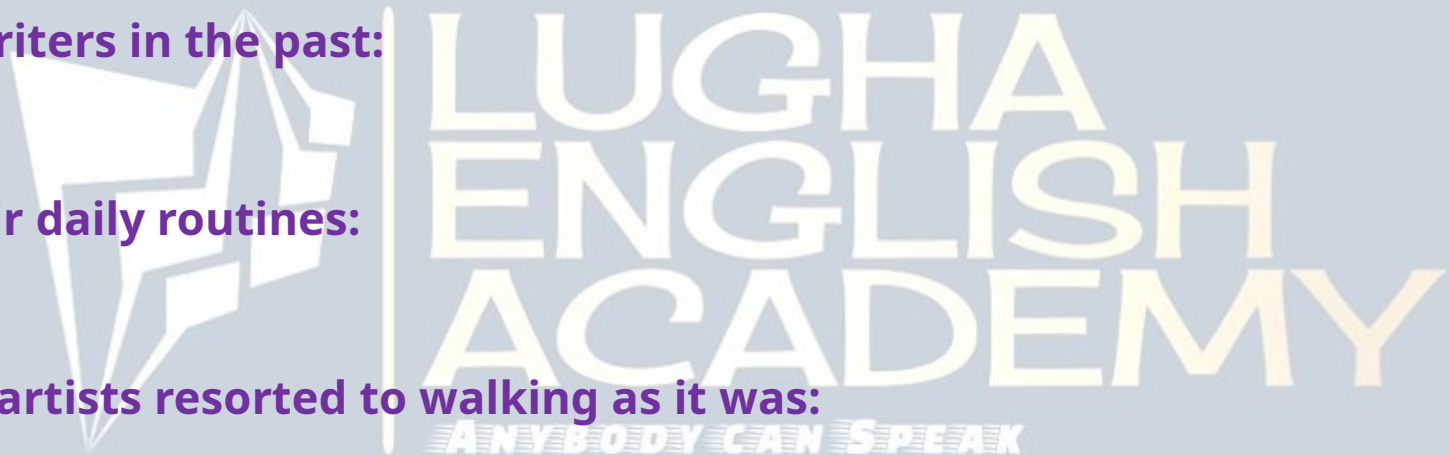
On the basis of your understanding of the above passage, complete each of the statements given below with help of the options that follow:

(a) The passage is about:

(b) The writers in the past:

(c) In their daily routines:

(d) Some artists resorted to walking as it was:



On the basis of your understanding of the above passage, answer the following

(e) What did Jane Austen like?

(f) Why do you think Graham Green hired a secret office?

(g) What was the rumour about Erik Satie's productivity?

(h) How did her limited social life affect Simone de Beauvoir?

(i) In what way did T.S. Eliot's day job help him to write?

(i) What makes it easier for one to stay on the path?

PASSAGE 7

1. Ammon means “fragrant spice plant” in Arabic and Hebraic and in Italian, canella means “little tube”. These are a few of the many terms given to the popular spice known as cinnamon. Dating back as far as 2800 B.C., Chinese writings describe cinnamon as an important part of the culture, so much so that over the years this spice was traded right up there with silver.

Nowadays we find it in sweetened cereals, baked goods and sprinkled on various foods such as yoghurt. Yet, many do not consider its wealth of healing capabilities including the potential as a weight loss remedy.

2. Cinnamon is derived from the inner bark of the cinnamon tree grown and harvested mostly in Sri Lanka but also found in Brazil, Indonesia, Vietnam, China and Burma. After a cinnamon tree grows for about six to eight years it is cut down leaving a stump to allow it to grow again making it a very sustainable practice. It is then stripped from the bark, dried and packaged as sticks for export.

3. Several studies have been published regarding the weight loss properties of cinnamon which include its unique ability to be used for type 2 diabetes which is a disease often resulting from obesity. When eaten, the spice seems to slow down glucose absorption within the intestines while stimulating

4. "The results of study demonstrate that intake of 1, 3 or 6 g of cinnamon per day reduces serum glucose, triglyceride, LDL cholesterol and total cholesterol in people with type 2 diabetes and suggest that the inclusion of cinnamon in the diet of people with type 2 diabetes will reduce risk factors associated with diabetes and cardiovascular diseases".

5. A study from the Department of Family and Consumer Sciences, called "Effect of ground cinnamon on after-meal blood glucose level in normal-weight and obese adults" found that cinnamon may be effective in moderating post-meal glucose level in normal weight and obese adults.

6. Columbia University nutritionist Tara Ostrowe comments to Reader's Digest on the benefits of this spice: "Cinnamon really is the new skinny food ...Scientists already credit cinnamon with helping lower blood sugar concentration and improving insulin sensitivity. When less sugar is stored as fat, this translates into more help for your body when it comes to weight loss".

7. Talk to your doctor about adding cinnamon daily into your healthy diet and exercise program. Add it to your tea, oatmeal, fruit, toast or anything else you can think of, as a small amount will go a long way and potentially assist in your weight loss mission.

On the basis of your understanding of the above passage, complete each of the statements given below

- (a) Cinnamon is called _____ in Hebraic.
- (b) In 'Yet, many do not consider its wealth of healing capabilities ' The writer refers to the word 'wealth' to:
- (c) Which country produces most of the cinnamon in the world?
- (d) Pick out the phrase from the passage (para 1) which shows that cinnamon was much in demand in China.
- (e) From what is cinnamon derived?
- (f) How is it used today?
- (g) In what way does cinnamon help people suffering from type 2 diabetes?
- (h) How is cinnamon helpful in weight loss?

Find words from the passage which mean the same as the following:

- (i) sweet-smelling (para 1)

PASSAGE 8

1. International day of yoga is also called World Yoga Day. United Nations General Assembly has declared the 21st of June as an International Yoga Day on the 11th of December in 2014. Yoga in India is considered to be around 5,000 years old of mental, physical and spiritual practice. Yoga originated in India in ancient times when people used to do meditation to transform their body and mind.

Launching a particular date of practising yoga all across the world and celebrating it as yoga day was initiated by the Indian Prime Minister to the United Nations General Assembly. World Yoga Day or International Day of Yoga was celebrated by the people throughout the world second time on 21st June in 2016.

2. Yoga is essentially a spiritual discipline, that focuses on bringing harmony between body and mind. It is an art and science of healthy living. Yoga is very necessary and beneficial for all human beings if it is practised by all on daily basis in the early morning. The official name of this day is UN International

Yoga Day is also called Yoga Day It is a worldwide event celebrated by the people of all countries through practising yoga, meditation, debates, meetings, discussions, a variety of cultural performances, etc.

3. Yoga is a practice of controlled body part movements and control of breath. It enhances the inner and outer body and mind strength by connecting both to nature. It is not a physical practice only as it makes a human able to get control over mental, emotional, and spiritual thoughts. It can be practised by people at any age during childhood, teenager, adult or old age. It needs only safe, slow and controlled movements of the body with controlled breathing. Yoga can be practised by anyone as

4. Yoga is a very safe, easy and healthy way to get fit your whole life without any problems. It just needs regular practice in the right way of body movements and breathing. It regularizes the connection between three components of our body such as body, mind and soul. It regularizes the functioning of all body organs and prevents the body and mind to get disturbed because of some bad situations and unhealthy lifestyles. It helps in maintaining health, knowledge and inner peace. Providing good health fulfils our physical needs, through knowledge it fulfils our psychological needs and through inner peace, it fulfils the spiritual need thus it helps in maintaining harmony among all.

5. Regular practice of yoga in the morning provides outer and inner relief by keeping away from the countless ailments at the physical and mental levels. Practising postures or asana strengthens the body and mind as well as creates a feeling of well-being. It sharpens the human mind, improves intelligence and helps in a high level of concentration by steadying emotions and feelings. The feeling of well-being creates helping nature within us and thus enhances social well-being. Improved concentration level helps in meditating and provides a calming effect and inner peace to the mind. Yoga is like a practical philosophy which develops self-discipline and self-awareness within us through regular practice.

6. We cannot count the benefits of yoga, we can understand it only as a miracle which can be experienced by doing it regularly. It maintains physical

Solve these questions based on the Passage shared above

- a) Every year World Yoga Day is celebrated on 21st June because:
- b) Yoga enables us to get control over.
- c) Yoga can be practised by:
- d) Yoga regularizes the connection between ?
- (e) How is Yoga Day celebrated by the people of all countries?
- (f) How Yoga connects us to nature?
- (g) How our physical, psychological and spiritual needs are fulfilled by Yoga?
- (h) What is the importance of asanas in Yoga?
- (i) Give two benefits of Yoga.

Find words from the passage which mean the same as

(j) agreement

k) helpful

PASSAGE 9

The choices we make on a daily basis—wearing a seatbelt, lifting heavy objects correctly or purposely staying out of any dangerous situation—can either ensure our safety or bring about potentially harmful circumstances.

You and I need to make a decision that we are going to get our lives in order. Exercising self-control, self-discipline and establishing boundaries and borders in our lives are some of the most important things we can do. A life without discipline is one that's filled with carelessness.

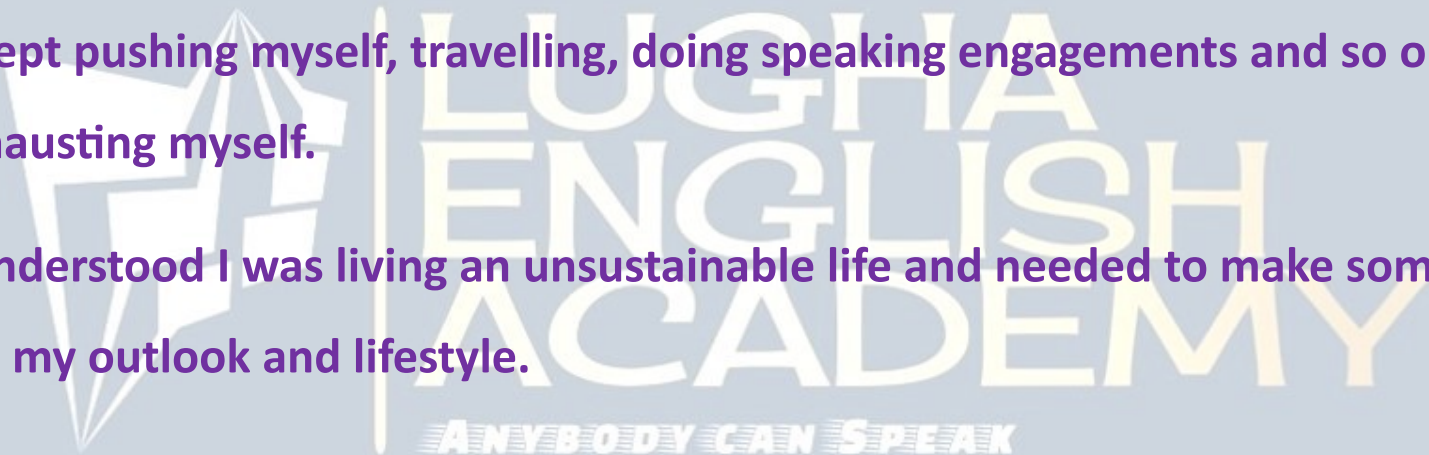
We can think it's kind of exciting to live life on the edge. We like the image of "Yeah! That's me! Living on the edge! Woo-hoo!" It's become a popular way to look at life. But if you see, even highways have lines, which provide margins for our safety while we're driving. If we go over one side, we'll go into the ditch. If we cross over the line in the middle, we could get killed. And we like those lines because they help to keep us safe. Sometimes we don't even realize how lines help to keep us safe.

I'm not proud of this, but for the first 20 years of my life at work, I ignored my limits. I felt horrible, physically, most of the time.stress."

I used to tell myself, “I know I have limits and that I’ve reached them, but I’m going to ignore them and see if or how long I can get by with it.” I ran to doctors, trying to make myself feel better through pills, vitamins, natural stuff and anything I could get my hands on. Some of the doctors would tell me, “It’s just that just made me mad. I thought stress meant you don’t like what you do or can’t handle life, and I love what I do. But I kept pushing myself, travelling, doing speaking engagements and so on— simply exhausting myself.

Finally, I understood I was living an unsustainable life and needed to make some changes in my outlook and lifestyle.

You and I don’t have to be like everyone else or keep up with anyone else. Each of us needs to be exactly the way we are, and we don’t have to apologize for it. We’re not all alike, and we need to find a comfort zone in which we can enjoy our lives instead of making ourselves sick with an overload of stress and pressure.



QUESTIONS

Q1) Which of the characteristics are apt about the writer in the following context: “I know I have limits and that I’ve reached them, but I’m going to ignore them and see if or how long I can get by with it.” ?

1. Negligent 2. Indecisive 3. Spontaneous 4. Reckless 5. Purposeless 6. Patient

Q2) The reason why living on the edge has become popular is because of the

Q3) The phrase “potentially harmful circumstances” refers to circumstances that can

Q4) What is the message conveyed in the last paragraph of the passage?

Q5) the most appropriate title for the passage?

Q6) What does the author mean when he says, “to get our lives in order”?

PASSAGE 10

Cataract is the major cause of blindness, which is also caused by damage to the cornea. It occurs more often in old age. As one starts growing old, the lens of the eye hardens, loses its transparency and becomes opaque. It obstructs the light rays from entering the eye.

The onset of cataract blurs the vision. Sometimes, the cataract patient sees multiple images instead of a single object image. Because of the gradual development of cataract, the afflicted person loses his/her vision, and the world becomes dark to him/her.

The development of cataract is a complex process. However, the following factors can be attributed to its formation. Cataract generally develops in old age but sometimes, children are born with cataract because of hereditary defect. Eye injuries too, can cause cataracts.

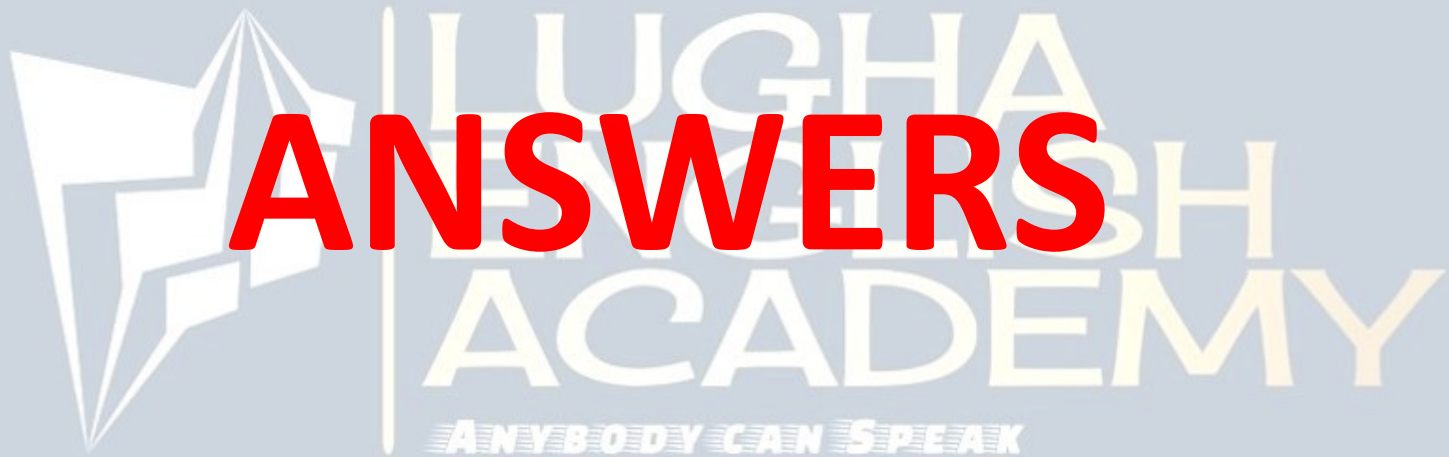
People exposed to sun rays for longer periods develop cataract earlier than others. Researchers opine that the smoke inhaled while smoking carries substances internally damaging the eyes.

Ultraviolet radiation, invisible to the human eye, is linked to skin cancer. The victim loses vision and the world becomes dark to him.

On the basis of your understanding of the above passage, answer the following:

- (a) What is the major cause of blindness?
- (c) Why does the lens of the eye become opaque in old age?
- (f) How does cataract affect its victim ultimately?
- (d) How does one detect cataract in the early stages?
- (e) Give any two factors which are responsible for the formation of cataract.
- (i) Find the word from para 1 that means ‘that through which light cannot enter’.
- (g) Which type of cancer is caused by ultraviolet radiation?
- (b) When does cataract generally occur?
- (h) How is smoking responsible for the development of cataract?

ANSWERS



1.WOMAN

(a)

(i) Mention any two attributes of a modern woman. 2

(ii) Why are women's participation and empowerment considered necessary?
2

(iii) Which factors adversely affect the education of girls? 2

(iv) What benefits did the women get with the enactment of the Panchayati Raj Act of 1993? 2

(v) By what process can we remove the sense of inequality of sexes from the minds of the people? 1

Answer:

(i) The modern woman of today is a highly self-dependent person alive to the sense of her dignity. She is rational in her approach and handles situations carefully.

(ii) At the Fourth World Conference of Women held in Beijing, it was emphasized that without women's participation and empowerment no enduring solution to society's most threatening social, economic and political problems could be found. Also women's empowerment is extremely important in eradicating poverty and mending the social fabric.

(iii) The prevailing cultural norms of gender behaviour and the perceived domestic and reproductive roles of women tend to adversely affect the

2.CHILD LABOUR:(a)

- (i) On which two counts has the Government not succeeded so far in respect of children? 2
- (ii) What makes the implementation of child labour law difficult? 2
- (iii) Why do industries prefer child labour? 2
- (iv) What are the adverse effects of hazardous industries on children? Given any two. 2
- (v) What does the Supreme Court's Directive of 1997 provide? 1

Answer:

- (i) In respect to children the Government has not yet succeeded in eradication of child labour in hazardous industries and ensuring compulsory primary education.
- (ii) Implementation of child labour becomes difficult because each state has different rules regarding the minimum age of employment and there is no ban on child labour in the nonhazardous occupations.
- (iii) Industries prefer child labour because children have a capacity to work hard, a high level of concentration and can be employed at low wages.
- (iv) Children working in hazardous industries are prone to debilitating diseases which can cripple them for life. By sitting in cramped, damp and unhygienic spaces their limbs too become deformed for life. In matchstick, fireworks and glass industries, children become victims of bronchial diseases and T.B.
- (v) The Supreme Court's Directive of 1997 provides punitive action against employers of child labour.

(b) Find words from the passage which mean the same as the following:

- (i) risky/dangerous (para 1)
- (ii) very unfriendly (para 5)
- (iii) intended as punishment (para 8)

Answer:

3.STRESS(a)

- (i) What is stress? What factors lead to stress? 2
- (ii) What are the signs by which a person can know that he is under stress? 2
- (iii) What are the different diseases a person gets due to stress? 2
- (iv) Give any two examples of stress busters. 1
- (v) How does a person react under stress? 2

Answer:

- (i) Stress is a body reaction to any demands or changes in its external and internal environment. A change in the external environments such as temperature, pollutants, humidity and working conditions lead to stress.
- (ii) Certain signs appear in the attitude and behaviour of an individual under stress. These include muscle tension in various body parts, palpitation, high blood pressure, indigestion and hyperacidity. Other stress-related signs are trembling, shaking, nervous blinking, dryness of throat and mouth and difficulty in swallowing.
- (iii) Heart disease and depression are the two major stress-related diseases. Other stress diseases include ulcers, hypertension and sleeplessness.
- (iv) Herbal medicines and relaxation techniques are two examples of stress busters.
- (v) A person under stress reacts in different ways, the most common ones being flight, fight and flee depending upon the nature of the stress and capabilities of a person.

(b) Which words in the above passage mean the same as the following?

- (i) Fall down (para 1)
- (ii) rebuke (para 3)
- (iii) inactive (para 9)

Answer:

- (i) collapse

4. AIR POLLUTION (a)

- (i) What is an air pollutant? 1
- (ii) In what forms are the air pollutants present? 2
- (iii) Why do we feel suffocated in a closed environment? 1
- (iv) What is sick building syndrome? How is it increasing? 2
- (v) How is indoor smoking very hazardous? 1
- (vi) How can one overcome the dangers of indoor air pollution? 2

Answer:

- (i) An air pollutant is a substance which is present while normally it is not there in an amount exceeding the normal, concentrations.
- (ii) Air pollutants are present as gaseous or particulate matter. The 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.
- (iii) We often feel suffocated in a closed environment due to the lack of oxygen.
- (iv) Sick building syndrome is a vague constellation of symptoms in a poorly ventilated room. Sick building syndrome is characterised by a general feeling of malaise, headache, dizziness and irritation of mucous membranes. It may also be accompanied by nausea, itching, aches, pains and depression. This syndrome is increasing in big cities which have an increasing number of small houses which are generally over furnished.
- (v) Indoor smoking is very hazardous because over 3,000 chemical constituents are present in tobacco smoke and these are harmful for human health.
- (vi) The dangers of indoor pollution can be avoided through well ventilated houses and improving greenery around houses. Also, it can be avoided by not smoking tobacco inside houses and by not burning coal inside closed rooms.

(b) Find the words from the above passage which mean the same as the following: 3

- (i) giddiness (para 4)
- (ii) constant (para 8)
- (iii) humidity (para 8)

Answer:

5.CHILDREN(a) Answer the following:

- (i) What values do parents and teachers want children to learn? 2
- (ii) What are the results of giving the children too much too soon? 2
- (iii) Why do today's children want more? 1
- (iv) What is the balance which the parents need to have in today's world? 2
- (v) What is the necessity to set limits for children? 2

Answer:

- (i) Parents and teachers want children to learn values like hard work, contentment, honesty and compassion.
- (ii) When children are given too much too soon, they grow up to be adults who have difficulty coping with life's disappointments. They also have distorted sense that gets in the way of success in the work place and in relationships.
- (iii) Today's children want more, partly because there is so much more to want.
- (iv) The balance that parents need to have in today's world is between the advantages of an affluent society and the critical life lessons that come from waiting, saving and working hard to achieve goals.
- (v) It is necessary to set limits on the behaviour of children because they feel better and more secure when they live within a secured structure.

(b) Pick out words from the passage that mean the same as the following: 3

- (i) a feeling of satisfaction (para 1)
- (ii) valuable (para 3)
- (iii) important (para 4)

Answer:

- (i) a feeling of satisfaction contentment
- (ii) valuable precious

6.ART OF LIVING: Find words from the passage which mean the same as each of the following:

(i) glance/look (para 1)

(ii) noisy (para 2)

(a) (iv) what we can learn from the routines of geniuses.

(b) (i) followed a perfect daily routine.

(c) (i) they had unique lifestyles.

(d) (ii) a creative inspiration.

(e) Jane Austen liked a private workplace. She did not want a certain squeaky hinge to be oiled so that it warned her whenever someone was approaching the room where she wrote.

(j) Graham Green hired a secret office because he needed a workplace where he could work on his creation uninterruptedly.

(g) Erik Satie used to stop under street lamps on his long hikes from Paris to the place where he lived in the working-class suburb, and jot down ideas that came to his mind during the walk. It is rumoured that when those street lights were turned off during the war years, his music too declined.

(h) Simone de Beauvoir led a limited social life. There were no receptions or parties. It was an uncluttered kind of life, a deliberately constructed simplicity so that she could concentrate on her work.

(i) T.S. Eliot found it much easier to write once he had a day job in a bank than he could as a starving poet.

(j) Following a routine and leading an organized life may be irritating but it makes it easier for one to stay on the path.

7.CINNAMON

Answer:

- (a) (ii) Ammon
- (b) (iv) the healing power of cinnamon.
- (c) Sri Lanka produces most of the cinnamon in the world.
- (d) Chinese writings describe cinnamon as an important part of the culture, so much so that over the years this spice was 'traded right up there with silver'.
- (e) Cinnamon is derived from the inner bark of the Cinnamon tree from which it is stripped, dried and packaged as sticks.
- (f) Nowadays we find cinnamon in sweetened cereals, baked goods and it is sprinkled on various foods such as yoghurt.
- (g) Cinnamon helps people suffering from type 2 diabetes. It seems to slow down the glucose absorption within the intestines while stimulating insulin production. This normalizes blood glucose levels which indirectly decreases weight gain.
- (h) Scientists credit cinnamon with helping lower blood sugar concentration and improving insulin sensitivity. When less sugar is stored as fat, it helps the body in terms of weight loss.
- (i) sweet-smelling fragrant
- (ii) reaped/cultivated harvested

YOGA

a) Every year World Yoga Day is celebrated on 21st June because:

ans:it was initiated by the Indian P.M.

b) Yoga enables us to get control over.

ans:our mental, emotional and spiritual thoughts

c) Yoga can be practised by:

ans:people at any age

d) Yoga regularizes the connection between among:

ans:mind, body and soul of a person

e) Yoga is a pragmatic reality which enhances our ability to:

ans: have a clear picture of one's personality, character and feelings

LIFESTYLE

Ans 1) (c) 1 and 4

Ans 2) (a) constant need for something different.

Ans 3) (c) be possibly dangerous

Ans 4) (c) Be yourself

Ans 5) (c) How much is too much?

Ans 6) (b) To organize our lives.



BLINDNESS

(a) cataract

(c) lens of the eye hardens and loses its transparency.

(f) may lead to complete loss of vision

(d) vision becomes blurred/sees multiple images in place of one. (anyone)

(e) eye injury / long exposure to sun rays / hereditary factors (any two)

(i) opaque

(g) skin cancer

(b) old age

(h) smoke when inhaled, carries a substance that damages the eye and causes internal harm to the eye.

