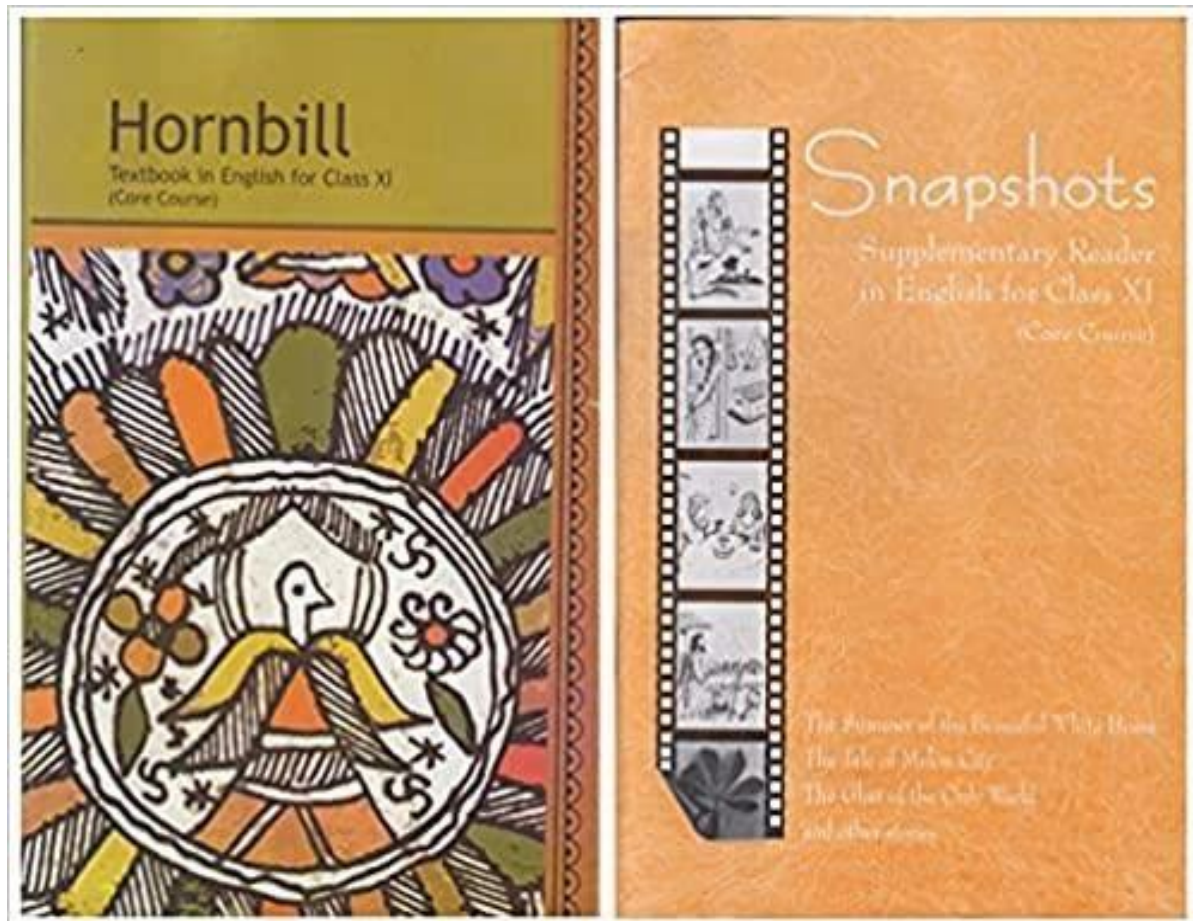


Eng Grade 11



पुर्णा International School
Shree Swaminarayan Gurukul, Zundal

GRADE : XI
ENGLISH CORE
[TERM : I]
2023 : 2024



Book	Name of the lesson
Hornbill	
Prose	L1 The Portrait of a Lady
	L2 We're not afraid to die: If we can all be together
	L3 Discovering Tut : The Saga Continues
Poetry	P1 Photograph
	P2 Laburnum Top
Snapshots	L1 The Summer of the beautiful white Horse
	L2 The Address
Writing skills	
	Notice writing
	Factual Paragraph
	Discursive Paragraph
	Poster
	Speech writing
	Report writing
	Notes Making

CHAP 1 THE PORTRAIT OF A LADY By

Khushwant Singh

Words- Meanings

Portrait = True picture

Mantelpiece = Shelf above a fireplace Hobbled =

Walked with difficulty

Stoop = Bent body due to old age

Puckered = Wrinkled

Serenity = Calm and peaceful

Lewd = Indecent

Pallor = Pale colouring of the face

❖ Answer the following questions in 30-40 words :

a) **What stories of grandmother did the author treat as fables of the prophets? Why?**

Ans : The author treated the stories of grandmother's youth and beauty as fables as he had always seen her old and he found it hard to accept that she could once be pretty and young.

b) **What is the significance of sparrows in grandmothers life ?**

Ans : When grandmother shifted to the city, she spent half an hour every day feeding the sparrows. The birds became friendly with her and came every day in the varandah of her house. It was the happiest hour of the day. When she died after short illness , thousands of sparrows flew in the varandah and sat near her body. They were quiet and not chirping . They even ignored the bread crumbs given by author's mother. In this way they expressed their bonding with the grand mother.

c) **Grand mother never complained about anything. Her patience was beyond any measure. Mention any two instances.**

Ans: Two instances that show the grandmother's patience are:

i) when she fed the sparrows the birds sat on her head but she never shooed them away

ii) She did not become upset when the author went abroad for higher education. She accepted the decision in a calm and composed manner.

❖ Answer the following questions in 100-120 words :

a) **Draw a character sketch of Khushwant Singh's grandmother as portrayed by him in the lesson 'The Portrait of a Lady'.**

Ans: The narrator's grandmother was a true picture of love, affection and care . She had all those virtues which grandmother's generally have for their grandsons. She was highly religious but a conservative lady.



The grandmother presented a picture of peace and contentment. Her spotless white dress and her silver white hair gave her spiritual beauty. The grandmother was not physically very attractive. She had deep love and affection for her grandson. She got him ready for the school and came back home with him.

She was a very religious lady. She was always telling the beads of her rosary. She had compassion even for animals and birds. She fed the village dogs. She took to feeding the sparrows in the city. But the grandmother was a conservative lady. She didn't like the English language and Science. She hated music . She associated music prostitutes and beggars.

b) Suppose you are Khushwant Singh . Your grandmother dies just after your returning from abroad. Write a letter to your friend describing him the end of the great lady. Don't forget to include the strange behaviour of the sparrows at her death.

Ans:

**25, Ismile Road,
Jaipur**

5th July 20xx

Dear Romil,

You will be grieved to know that the grand old lady of our family is no more in this world. She took her last breath on last Sunday. She died just three days after I returned from Germany. Actually she had overstrained herself. She gathered all the ladies of the neighbourhood in the evening on the day of my arrival . She continued thumping an old drum singing the home coming of the heroes. That day she was so much excited that she forgot even to pray. The next morning she fell ill. She knew that her end was near. She lay peacefully in bed . She was praying and telling her beads Her lips stopped and rosary fell from her lifeless hands. She was dead. So ended the life history of a great noble soul.

A strange thing happened. Hundreds of sparrows sat scattered over the floor near her dead body. There was no chirruping. Grandmother used to feed them every day in the afternoon. My mother broke some bread into crumbs. She threw the crumbs to them. They took no notice of the bread. The moment the corpse was carried out, the sparrows flew away quietly.

Yours sincerely
Khushwant Singh

<https://www.youtube.com/watch?v=yiAEID3Z7wE>

L. 2 “We’re not Afraid to Die: If We can All Be Together” –

Gordon Cook & Alan East



❖ Word meanings:

- 1) **Voyage** – journey over the sea
- 2) **Honing** – improving
- 3) **Tackle** – handle
- 4) **Atrocious** – very pleasant
- 5) **Debris** – broken pieces of material
- 6) **Mayday calls** – distress message sent over the radio
- 7) **Sextant** – instrument measuring angles and distances

❖ Answer the following questions in 30-40 words:

- a) **What preparation did the author and his wife make for their round-the-world sea voyage?**
 - The narrator planned to go on a round-the-world sea voyage on the same pattern as Captain James Cook had done 200 years earlier. For the past 16 years, he and his wife had spent all their leisure time developing and improving their skills with work related to travel on the sea. They had tested their boat ‘Wavewalker’ in the roughest weather also.
- b) **How did the Suzanne try to lighten the gloomy atmosphere?**
 - Wavewalker was hit by a huge wave. As a consequence Suzanne got injury on her forehead. Yet she was not sacred. She prepared a funny card showing caricatures of her loving and hard working parents. She just wanted to lighten the gloomy atmosphere.
- c) **Explain the title, “We are not afraid to die-if we can all be together”. What lesson does it teach?**
 - The title means that if they all can be together, they are never afraid to die. The narrator and his party face the worst times of their life. But they face it boldly and come out successfully. The lesson is clear : we must face the odds of life with courage and they won’t harm us.

❖ Answer the following questions in 100-120 words:

- a) **Describe the boat ‘Wavewalker’ which set sail from Plymouth, England in July 1976 for going round the world.**
 - The narrator had dreamt of sailing in the wake of Captain James Cook, the famous explorer. 200 years earlier. Captain Cook had made the round-the-world voyage. The

narrator wanted to duplicate the voyage of Captain James Cook. For this purpose he had made his boat Wavewalker. It was a 23 meter, 30 ton wooden hulled beauty, which was professionally built. They had spent months fitting it out and testing it in the roughest weather. As regards the seafaring skills the narrator had spent all his leisure time for the past 16 years in knowing those skills. So he set sail in July 1976 with his wife Mary, son Jonathan, 6 and daughter Suzanne, 7 in his Wavewalker.

b) Everyone on board did contribute to save Wavewalker. Justify.

- Coming out of a challenging assignment can be done only if every member of team works for his or her best cause. Same happened when Wavewalker which was struck hard with a huge wave in the Southern Indian Ocean. The narrator was thrown out by giant wave but he managed to get back to Wavewalker and started rescue work. While he was trying to block water from pouring in. Mary, his wife took over to wheel and steered the ship bravely without getting panicked about safety of her children. Larry Vigil and Herbert Seigler worked hard and continued pumping out water till all leaking gaps were plugged, repaired or covered. Little Jonathan and Suzanne who were on upper bank also got injured but they did not create any panic rather they bore isolation and pain in such a manner that their parents and other two sailors had no problem in and best efforts of all on board to save the Wavewalker.

L. 3 Discovering Tut: The Saga Continues – A. R. Williams

❖ Word meaning:

- 1) Forensic reconstruction – process of reconstruction of the face
- 2) Gilded – thinly covered with gold
- 3) Antiquities – very old objects
- 4) Resins – a sticky flammable organic substances
- 5) Amulets – ornaments worn round the neck
- 6) Sheaths – covering to keep the swords
- 7) Pallbearers – those who carry coffins



❖ Answer the following questions in 30-40 words:

a) Who was King Tut? Why was a CT scan done on him?

- King Tut was a boy King of Egypt who was the last heir of its powerful family. This family ruled it for centuries. His tomb was discovered in 1922 by Howard Carter. A CT scan was done on his mummy to get new clues about his life and death.

b) How had King Tut been lavished the royals when he was buried?

- King Tut had been lavished with glittering goods. These were precious collars, necklaces, bracelets, rings, amulets, a ceremonial apron, sandals, sheaths, etc. All these things including the coffin were made of pure gold. It was believed that he would take them with him in his journey beyond after death.

c) What effect did Tut's demise have dynasty?

- King Tutankhamun was the last pharaoh of his dynasty that ruled Egypt for decade. The dynasty rattled down after the demise of king Tut.

☐ Answer the following questions in 100-120 words:

a) "He was the last of his family line." What do you learn about Tut's dynasty from the extract 'Discovering Tut: The Saga Continues'?

- Tut's grandfather, Amenhotep III was a powerful Pharaoh who ruled for almost four decades at the height of the dynasty's golden age. His son Amenhotep IV promoted the worship of the Aten, the sun disk. He changed his name to Akhenaten. He further shocked the country by attacking Amun, a major God, breaking his images and closing his temples. Thus, the wacky King started one of the strongest periods in the history of ancient Egypt. After Akhenaten's death a mysterious ruler named Smenkhare appeared briefly and departed without leaving any sign. Then a very young Tutankhaten took the throne. He is widely known today as King Tut. The boy King soon changed his name to Tutankhamun 'living image of Amun'. He supervised the restoration of the old ways. Tutankhamun ruled for about nine years and then died unexpectedly. The details of his passing away are not available. The modern world has speculated about what happened to him. How did he die and how old was he at the time of his death are two unanswered questions.

b) How has Tut's mummy fascinated the scientists and commoners alike over the previous decades?

- King Tutankhamun was the last Pharaoh left of his line. His funeral marked the end of a dynasty. He was laid to rest laden with gold as the royals in Tut's time were extremely wealthy and thought they could take their riches with them. His tomb was discovered by Howard Carter, an English archaeologist

in 1922, more than 3000 years after his death. The rich royal collection of jewellery and golden artifacts fascinated Carter. Visitors thronged the boy King's tomb. The breastbone and front ribs of Tut were missing. On 5th January, 2005 a CT scan was done to obtain precise data for an accurate forensic reconstruction of King Tut. It was hoped that it would offer new clues about his life and death. Thus Tut's mummy has been the centre of fascination throughout the previous decades.

Poem 1 PHOTOGRAPH by Shirley Toulson

Word Meanings

Paddling = Walking through shallow water in bare feet
Transient = Temporary
lasting only for a short time
Wry = Disgusted
Silences = Make someone unable to speak

1. Read the stanzas given and then answer the following questions briefly: The

cardboard shows me how it was
When the two girl cousins went paddling. Each one
holding one of my mother's hands And she the big
girl – some twelve years or so.



a) What does the word 'cardboard' suggest?

Ans. The cardboard suggest a photograph.

b) Why were the two cousins holding on to poet's mother's hand?

Ans. The two cousins were holding on to the poet's hand because she was the oldest among them.

c) What feelings are aroused in these lines?

Ans. Feelings of fun and happiness are aroused in these lines. Also, the poet seems most logic when she sees the picture.

2. Read the stanzas given and then answer the following questions briefly:

"Now she has been dead nearly as many years As that girl lived. And of this circumstance

**There is nothing to say at all
Its silence silences.”**

a) Who does ‘she’ refer to?

Ans. She refers to the poetess Shirley Toulson’s mother.

b) Explain “Its silence silences.”ns. It means that the photograph is still and silent and so is the poetess as her mother is no more in the world. The memory of her mother’s death silences her as well.

c) What is mental state of the poet here?

Ans. The poet is very sad here as she’s missing her mother who is no more in the world.

Q II Answer the following questions in 30-40 words:

1) What do you learn about the poetess’ mother from ‘A Photograph’?

Ans. The poetess’s mother was a big girl at the age of twelve. She had a sweet face and enjoyed swimming as well as wading in sea water with her cousins. Years later she laughed at the clothes they had put on for the sea holiday.

2) “And of this circumstance thus nothing to say at all. Its silence silences” says the poetess’s in ‘A Photograph. What is she referring to?

Ans. ‘The circumstance’ refers to the situation that was captured in the photo years before when the poetess’ mother stood for a photograph.

3) Explain “terribly transient feet”?

Ans. The sea has not changed much with the passage of time. It is in sharp contrast to short, transient and temporary life and existence of human beings.

Q III Answer the following questions in 100-150 words:

1) What has the camera captured? What has not changed over the years? Does that suggest something to you?

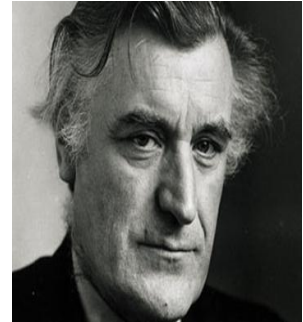
Ans. The camera had captured the natural smile and sweet face of the poetess’s mother with her two cousins each one holding her hand. The sea has not changed over the years. It suggests that nature and its objects do not undergo a change. They remain the same over the years. It also suggests that with the passing of time man dies, but nature remains unchanged.

2) “ Its silences “, writes Shirley Toulson. The loss of her mother has silenced her. Do you think that this attitude of the poet is the right attitude to live life ? Why/ why not?

Ans: There is no doubt that Shirley Toulson has given a very touching tribute to her mother by remembering her through her verses. It is apparent that she is very much nostalgic and is grieving at the loss of her mother. Though she says that over the years she has adjusted to her mother’s absence, but circumstances have surely filled her with silence and a deep void.

We cannot deny that it hurts very much to lose someone, but the attitude shown by the poet at the end is not right way to live your life . Life will keep going on even if we stop to lament our loss. Loss is universal. It is the law of nature. We cannot let ourselves get depressed just because of this. It is also understandable that we will grieve. However grieving to the point of hampering the normal functioning of our lives is not acceptable.

The Laburnum Top
By Ted Huges



❖ **Word meanings:**

1. Goldfinch – a small yellow bird
2. Twitching – often involuntary movement of the body
3. Chirrup – the sound made by a bird
4. Startlement – amazement
5. Sleek – smooth
6. Tremor – shaking
7. Stokes – add fuel

❖ **Answer the following extract based questions:**

**a) The Laburnum top is silent, quite stills
In the afternoon yellow September sunlight
A few leaves yellowing, all its reeds fallen**

i) Which season is being discussed in these lines?

Autumn season is being discussed in these lines

ii) Write the lines which tell us so.

A few leaves yellowing, all its seeds fallen refer to the autumn season.

iii) Name the poetic device used in the second line.

The poetic device used in the second line is alliteration September Sunlight.

iv) Describe the Laburnum tree.

The laburnum tree is silent as all its leaves are yellowing and its seed have fallen.

**b) “Then sleek as a lizard, and alert and abrupt,
She enters the thickness and a machine starts up of
Chitterlings and a tremor of wings and trillings.”**

i) Name the poem and the poet?

The name of the poem is “The Laburnum top” and its poet is , Ted Huges .

ii) Who does she refer to?

She refers to a blind goldfinch.

iii) What has she been compared to?

She has been compared to a lizard which is alert.

iv) Explain a machine starts up ?

When the goldfinch enters the tree to feed its babies they starts Chirruping and flap their wings . it seems as if machine has started.

❖ **Answer the following questions in 30-40 words:**

a) How does the poet describe the Laburnum tree top?

The laburnum tree top is silent and still in the afternoon of yellow September sunlight. The laburnum top appears silent and quite still. A few leaves of the tree are turning yellow. All the seeds of the tree have fallen.

b) What happens to the Laburnum Tree after the goldfinch flies away?

After singing the goldfinch, flies away into infinite. The laburnum tree becomes silent and quiet again. Emptiness comes to it and it becomes as dead as it was earlier.

c) How does the poet describe the beauty of the goldfinch ?

The poet describes the beauty of the goldfinch in the way it chirrup. It brings life to the silent and empty laburnum tree. Its chirruping is musical and life has been brought to the tree in its singing. It is her beauty.

❖ Answer the following questions in 100-150 words :

a) Give a brief account of the sounds and movements of the goldfinch on the top .

The goldfinch chirrup and suddenly settles on the end branch on the top of the laburnum tree . Then quite suddenly and watchfully she enters the middle part of the tree. She moves smoothly like a lizard. Then the tree is filled up with a series of short, quick high pitched chattering sounds, shaking of wings and quavering sound. The whole tree shakes slightly and is excited.

It seems as if a whole machine has started working. This thickness of the tree houses the family of goldfinch and she stokes the engine of her family before leaving the tree and flying off to the infinite. The laburnum top regains its silence and stillness.

Supplementary THE SUMMER OF THE BEAUTIFUL WHITE HORSE

Word meanings

Hall marks = Typical characteristics

Craze = Insane- poverty-stricken = Suffering from extreme poverty

Garoghlanian = An American tribe

Trot = Used for horse

Streak = An inherent quality

Capricious = Unpredictable

Vagrant = A word in an American language meaning 'run'

Surrey = A light four wheeled carriage

➤ Answer the following questions in 30-40 words:

1) Which tribe did Aram belong to? What was the image of his tribe?

Ans. Aram belonged to the Garoghlanian tribe who were the natives of America. This tribe was once rich and prosperous and had their lands but due to war or some other reason they had to flee from their homeland and settled in Assyria where they lived in poverty. This tribe was famous for their trust and honesty. They believed in right and wrong. They knew the art of living as they were contented with their lot. They were hospitable and men of simple faith.

2) Why did Aram find it hard to believe that Mourad had stolen the horse?

Ans. The narrator couldn't believe that his cousin Mourad had stolen horse because they belonged to the Garoghlanian tribe. The members of their tribe were famous for their honesty. They believed in right and wrong. None of them would deceive anybody in the world.

3) What are the unique traits of Garoghlanian tribe?

Ans. The Garoghlanians were men of simple faith. They were contented with their guests with coffee and tobacco. They knew the art of living, which is the celebration of being alive. Though poor, they were famous for their trust and honesty. They were proud of their honesty. They believed in right and wrong. None of them could think of deceiving anybody in the world.

➤ Answer the following questions in 100-150 words:

1) Relate some of the humorous incidents in the story. Which incident do you find most amusing and why?

Ans. The incident related to uncle Khosrove are quite amusing. The repetition of his pet catch phrase, "It is no harm. Pay no attention to it," causes humour whenever it is used in an incongruous context. For example, his own son Aram ran eight blocks to the barber shop where Khasrove was having his moustache trimmed to tell him that their house was on fire. This was a serious matter. Instead of living the place, he roared. "It is no harm, pay no attention to it." When the barber explained that his son was saying that his house was on fire, Khasrove silenced him by roaring, "it is no harm". At the end of the story, uncle Khosrove again became irritated and shouted at farmer John Byro to be quiet. He said, "Your horse has been returned. Pay no attention to it."

The incongruity is obvious. The most amusing incident is the conversation between farmer John Byro and uncle Khosrove when the farmer sighed sadly and bewailed the stealing of his horse. Uncle Khosrove remarked, "It is no harm. What is the loss of horse?" John Byro tried to convince that his squire was useless without a horse. Out came Khosrove's catchword "pay no attention to it." This phrase is repeated when the farmer complained that his left leg hurt him. When John Byro said that the horse had cost him sixty dollars Khosrove remarked, "I spit on money." The incident ends at John Byro walking out angrily, slamming the screen door.

2) Comment on the role of Aram the narrator in the story "the summer of the beautiful white horse"

Ans: Aram in the story "The Summer of the Beautiful White Horse" being the narrator plays the role of commentator also. He not only narrates the various adventures, incidents and actions but also provides useful information regarding the main characters and their behaviours. He seems to be the fulcrum on which the whole story rests. He gives a graphic description of Garoghlanian tribe, its members, their traits and economic features. Mourad and his uncle Khosrove represent the crazy streak in the tribe. Abject poverty of the family does not diminish his pride in his family which is famous for honesty. He says no member of the Garoghlanian family could be a thief. He makes a fine distinction between stealing a horse for a ride and stealing a horse to sell it off. He gives a fine description of the horse ride and countryside with its vineyards, orchards, irrigation ditches and country roads.

L. 2 “The Address” – Marga Minco

❖ Word meanings:

- 1) Poignant – arousing sadness
- 2) Evoke – arouse
- 3) Chink – narrow opening
- 4) Cardigan – sweater with buttons
- 5) Acquaintance – know person
- 6) Lugging – caring
- 7) Confronted – come face to face



Q-1.) Answer the following questions in 30-40 words:

a) Who was Mrs. Dorling? What did the narrator’s mother tell her about the woman?

- Mrs. Dorling was an old acquaintance of the narrator’s mother whom she had not seen for years. She had recently renewed their contact. Since then she has been visiting their house regularly. Every time she left their house she took something with her.

b) Why did the narrator suddenly decide to leave?

- The narrator had visited 46, Marconi Street for a specific purpose-to see her mother’s belongings and touch them. However, these objects seemed to have lost their value in strange surroundings and on being served from the life of former times. So, she suddenly decided to leave.

c) Why did narrator want to forget the address finally?

- The narrator was eager to take back her mother’s belongings and made some efforts but at last decided to forget the same and move ahead. In fact she had found Mrs. Dorling and her daughter using those things as their own. The things had also lost the beauty in a different background. So she decided to leave bitter past and start afresh.

Q-2.) Answer the following in 100-120 words:

Q-1.) Describe the narrator’s second visit to Mrs. Dorling’s house.

- The narrator’s first visit to Mrs. Dorling’s house was in vain. She decided to try for a second time. This time a girl of about fifteen opened the door to her. Her mother was not at home. The narrator said that she would wait for her. Following the girl along the passage, the narrator saw their old fashioned iron candle-holder hanging next to a mirror. The girl made her sit in the living room and went inside. The narrator was horrified to find herself in a room she knew and did not know. She found herself in the midst of familiar things which she longed to see again but which oppressed her in the strange atmosphere. She dared not look around her. The woolen table cloth, the cups, the white tea-pot, the spoons, the pewter plate, everything was full of memories of her former life lost values in strange surroundings, they too appeared strange to her. She no longer had desire to possess them. She got up, walked to the door, and came out of the house.

Q-2.) Comment on the significance of the title of the story “The Address”.

- The story has been aptly given the title, “The Address”. This title is significant. The story moves around Mrs. Dorling’s address: Number 46, Marconi Street. Mrs. Dorling was an old acquaintance of the narrator’s mother. She had carried their valuables to her house for safety during the war time. She said that she wanted to save all their nice things because they would lose everything if they had to flee from the place. The narrator’s mother told her Mrs. Dorling’s address. The narrator had remembered the address.
- When the war was over and things became almost normal, one day the narrator had an intense longing to see and touch the objects which were linked with the memories of her former life. She knew that all the things must still be preserved by Mrs. Dorling. So she went to number 46 in Marconi Street. She was horrified to find in a room she knew and did not know. She found herself in the midst of familiar things which she longed to see again but which oppressed her in the strange atmosphere. Suddenly, the objects lost their value in strange surroundings, they too appeared strange to her. She realized that the address lost all its significance for her and she wanted to forget it.

<https://www.10convert.com/watch?v=G7yIQ7aPchM>

NOTICE WRITING

Question 1 You are Amit / Asha. As President of the Dramatic Club of your school you have organized an inter-school competition in one-act plays on the occasion of the Silver Jubilee celebrations of your school. Write a notice in about 50 words, informing the students of your school about this proposed event.

Dramatic
Club
SCINDIA SCHOOL, JAMNAGAR

16 AUG. 20XX

NOTICE

On the occasion of the Silver Jubilee celebrations of the school, the Dramatic Club has organized an inter-school competition in one-act plays as per details given below:

Date : 30 Aug 20XX

Time : 10 a.m. onwards

Venue : Taxila Auditorium

Participants : Maximum 7 in a team

Last Date for the receipt of Entry forms : 25 Aug. 20XX by 4.00 pm

Amit /Asha

President

Dramatic Club

Question 2 You are president of the Cultural Society of your school. You are planning to organise a cultural programme. Write a notice for the school notice-board inviting names of students willing to participate. You are Sumedh , the secretary of the society.

Answer:

Cultural Society
ABC School, Bhopal

9th Aug. 20XX

NOTICE
OPPORTUNITY FOR BUDDING ARTISTS

Talented students are invited to submit their names for a musical evening to be held on 21st August 20XX in the school open air theatre from 6 p.m. onwards

Items : (i) Light vocal music (solo)

(ii) Group Song

(iii) Group Dance

(iv) Classical Dance (Solo)

Contact the undersigned before 16th Aug. 20XX.

Sumedh

Secretary

Cultural

Society

Question 3 You are **Dharam /Dolly, the** secretary of the Dance and Drama Society of the Sanskriti School, Ahmedabad Write a notice for your school notice board inviting students to give their names for a Fancy Dress Competition.

Answer:

Dance & Drama Society
THE SANSKRITI SCHOOL, AHMEDABAD

9th Aug.20XX

NOTICE

A Fancy Dress Competition will be held as under: Date : 25 Aug. 20XX

Time : 11 a.m. onwards

Venue : School Auditorium

Duration of performance : 3 minutes

Last Date for submission of names : 16 Aug. 20XX by 4 p.m.

For details contact the undersigned

Dharam/Dolly

Secretary

Dance & Drama Society

Question 4 You are Avant! Avinash. As Secretary of Students' Forum you want to start a Wall Magazine for the students of the school. Write a notice inviting articles, stories, poems and campus-news for the Wall-Magazine.

Answer: Solve yourself

Factual paragraph 1

The Way Human Body Defends

1. The defence mechanism of human body is a gift of nature provided to human beings. The power of our body to fight against various disease-producing agents is known as defensive mechanism. This defensive mechanism depends upon various factors which can be categorised mainly into two types—common factors and special factors.
2. Amongst the common factors, the most important is the health of human beings. We all know if we are having a good health, our body automatically remains protected against the diseases. For keeping good health one should have nutritious balanced diet. A balanced diet is that which contains carbohydrates, fat, proteins, vitamins in proportionate amount.
3. The skin of our body saves us against many micro-organisms producing diseases, provided that it is intact. In case there are cuts or abrasions on it, the micro-organisms penetrate the body through those cuts and abrasions and can cause diseases. Therefore, a cut or an abrasion should never be left open. In case there is no bandage, etc. available, it may be covered by a clean cloth.
4. Some bacteria are residing on and inside the human body. They are our friends and are useful for us. They do not cause any disease and by their presence they do not allow disease-causing organisms to settle on those places. For example, the micro-organisms, present in human saliva secrete a chemical which does not allow diphtheria causing bacteria to grow inside the oral cavity.
5. The human body secretes a variety of fluids, which are killers for disease causing micro-organisms. For example, gastric juice (acidic in nature) secreted by our intestinal tract kills all organisms which enter our body through food.
6. There are a few automatic activities of our body known as “reflex phenomenon” which protect the body against many infections. This reflex phenomenon includes sneezing, coughing and vomiting. •
7. Fever is one of the most important constituents of the defensive mechanism of our body. The organ which regulates the temperature of our body is known as hypothalamus and it is situated in the brain. When micro-organisms after entering the body release toxic products and these reach the brain through blood, the hypothalamus starts increasing the temperature of body the person gets fever. This fever is very useful for the human body because by the increase of temperature the micro-organisms which are the root cause of the problem get killed.
8. We are living in an environment which is full of bacteria. Many of these bacteria can produce serious diseases, but all of us do not suffer from such diseases. It is due to a special power present in our body to fight these diseases. A part of this special power of our body is known as innate immunity. This is inherited by us. The other part of this special power is called acquired immunity. This we gain during our lifetime.

- . In a nutshell, we can say since nature has provided us with defensive mechanism to fight against so many diseases, let us maintain it and rather increase it by the way of immunisation.

Answer the following questions by choosing the most appropriate option:

1. **One should have nutritious balanced diet because.....**
 - (a) it has food items for various tastes
 - (b) it keeps one healthy
 - (c) it is recommended by a dietician
 - (d) it has all essential items
2. **The defence mechanism of human body is important as.....**
 - (a) it protects us from diseases
 - (b) it checks deterioration of body
 - (c) it saves us from depression
 - (d) it builds up the wear and tear
3. **In order to check the micro-organisms penetration in the human body.....**
 - (a) we must cover the whole body (b) we must rub insect repelling oil (c) we must use antiseptic solutions
 - (d) we should keep cuts and abrasions covered
4. **Gastric juice secreted by our intestinal tract kills all extraneous organisms as.....**
 - (a) it flows very fast
 - (b) it is acidic in nature
 - (c) it prevents their multiplication
 - (d) it is a natural stimulant
5. **We can increase our defensive mechanism by.....**
 - (a) developing friendly bacteria
 - (b) checking infection through reflex phenomenon
 - (c) seeking proper immunisation
 - (d) suppressing fever in initial stages
6. **(d) suppressing fever in initial stages.....**
 - (a) blood poisoning
 - (b) study of poisons
 - (c) harmful bacteria in plants/animals
 - (d) poisonous

. Answer the following questions in brief:

7. How can micro-organism's penetration be checked in the human body?
8. What is the role of gastric juice in human body?
9. How can we increase our defensive mechanism?
10. What do you mean by reflex phenomenon? How is it helpful for human body?
11. Give the similar meanings.
 - (a) scraping or rubbing of (para 3)
 - (b) poisonous (para 7)

Cave The Caves para 2

1. One thousand and five hundred years ago, when craftsmen began cutting rocks and sculpting them into magnificent statues of gods, little did they realise that in the second millennium the Elephanta Caves would not just be a major tourist attraction but would also be a World Heritage Site.
2. Now the world's oldest island caves are getting a new lease of life. The Indian National Trust for Art and Cultural Heritage (INTACH) has teamed up with the Archaeological Survey of India (ASI) to spruce up the caves and protect them from further decay and degeneration.
3. Elephanta Caves date back to the sixth century and boast of some of India's most magnificent rock-cut sculptures of Lord Shiva. Situated about 11 km from the Gateway of India, these caves are reached by small boats. Once on the island, visitors have to climb over 1,000 stone steps to get to the caves.
4. The caves were originally built during the reign of the Rashtraputa kings. They contain huge images of Brahma, Parvati, Natraja and Shiva. The best and most famous of these is Maheshmurti—a three headed bust of Shiva which is about six metres high.
5. The great elephant structure in black stone which gave the island its name was removed in 1864 by British to take it to England. However, it was later returned to India and now stands at the Victoria Gardens, a park with a small zoo in the centre of Mumbai. On top of the caves are two huge cannons installed by the British in order to protect Bombay harbour.
6. In the main cave there are nine carvings which depict the life of Lord Shiva in different manifestations—the dancer (Nataraja), Shiva killing demon Andhaka, marriage ceremony of Shiva and Parvati, Shiva's descent to the Ganges, Shiva as Ardhnarineshwar, Shiva as Maheshmurti, Shiva lifting Mount Kailash, Goddess Parvati on Mount Kailash and Shiva as ascetic.
7. Back in the mid-eighties, a team of leading international archaeologists, conservators and historians visited the site and forwarded a proposal to UNESCO to grant heritage status to the caves. The proposal was accepted and Elephanta Caves were declared a World Heritage Site in 1987.
8. The most important part of the effort is to clean up the surroundings of the heritage site. For example, there is an ancient site built adjacent to the gate which houses some of the best frescoes and showcases the art of carving out statues by cutting rock. ‘
9. The next phase was to clean up the littered surroundings and also to discourage visitors from carrying eatables and plastic bags inside the caves. This step too was roundly criticised but gradually people were educated on the historic and religious importance of the caves and the incidents of littering have considerably reduced.
10. To protect the caves from vandalism security personnel were deployed a year ago. “This has helped authorities to implement regulations stringently,” says an INTACH volunteer of the organisation's Mumbai chapter.
11. Elephanta Caves have for years been threatened by the rapid industrial development in their vicinity. A toxic chemical storage terminal has been planned just 400 metres away. Bilge from oil-exploring activities and plastic dumped in the sea, have seriously threatened marine and bird life of the area.

A. Answer the following questions by choosing the most appropriate option:

1. **The most distinguishing feature of the Elephanta Caves is.....**
 - (a) that they date back to one thousand and five hundred years ago
 - (b) that these are the world's oldest island caves
 - (c) that rocks have been cut and sculpted into magnificent statues of gods
 - (d) that they have some of the most magnificent rock-cut sculptures of Lord Shiva
2. **The six metres high three headed bust of Shiva is known as.....**
 - (a) Natraja
 - (b) Ascetic Shiva
 - (c) Mahurinmurti
 - (d) Ardhnarineshwar
3. **Before being declared a World Heritage Site, the caves were.....**
 - (a) in a filthy state
 - (b) in a dilapidated state
 - (c) in a magnificent state
 - (d) in a precarious state
4. **Security personnel were deployed in order to.....**
 - (a) protect caves from vandalism
 - (b) help authorities to implement regulations
 - (c) help clean up the surroundings
 - (d) discourage visitors from carrying eatables inside
5. **The most potent threat the caves suffer from is.....**
 - (a) a toxic chemical storage terminal
 - (b) the bilge from oil exploring activities
 - (c) plastic dumped in the sea
 - (d) the rapid industrial development in their vicinity
6. **The word 'degeneration' in para 2 means.....**
 - (a) become bad
 - (b) the process of becoming worse
 - (c) losing too much water
 - (d) stop production

B. Answer the following questions in brief:

7. What was the status of the caves before being declared a World Heritage?
8. Why were the security personnel deployed?
9. What is the most potent threat the caves are suffering with?
10. Where is the great elephant in black stone standing now?
11. What do these word mean
 - (a) Degeneration (para 2)
 - (b) Spruce (para 2)

Discursive Paragraph 1

Living with floods

1. Floods are not new to India and this sub-continent, but in recent years the problem has received much greater attention perhaps largely because it has led to much greater damage than in the past. Even though information on the impending occurrence of floods is now more accurate and certainly more timely, often there is very little time or support infrastructure in place by which damage can be minimized. This is particularly true in the case of flash floods resulting from sudden and excessively heavy rain.
2. In the case of India flooding is very much a function of the seasonal nature of our rainfall. The monsoons are spread over a short period during the year and often bring a concentrated volume of rain, which cannot be absorbed by the earth and finds outlet only in the form of streams that join up with our major river systems. But, flooding is not confined only to the main rivers of the country, often smaller tributaries and streams can cause heavy damage as well. Once these streams spill over their banks they could cause excessive harm, mainly because those living near the banks of these streams particularly in mountain areas do not have easy recourse to moving away quickly.
3. One major factor that could lead to a higher severity of flooding in the future is the danger of climate change. While the evidence of the nature of impacts resulting from climate change on precipitation and flooding at the regional level is not entirely clear, it could happen that the Indian subcontinent witnesses and suffers the effects of a significantly changed pattern of monsoons. One set of scientists has estimated that the monsoons could be shorter in duration, but far more intensive. In other words, much greater precipitation would take place in a much shorter period of time, thereby increasing the danger of floods. Climate change is the result of human actions through the increased concentration of greenhouse gases in the atmosphere, of which carbon dioxide is the most prominent.
4. At the local level also human actions have heightened the danger of flood through the cutting of trees in the mountains as well as in the plains. In the case of India, the ecological damage through deforestation of the Himalayas has led to large-scale erosion of the mountain slopes and high levels of siltation. This leads to deposition of silt on the riverbeds in the plains and hence spill over of water whenever the volume in the river reaches a certain level. With siltation on the river beds, flooding occurs even at very shallow water levels. The vulnerability of the population has increased substantially because of population pressures, symbolized, for instance, by the stubborn and perhaps helpless settling of slum dwellers on the banks of the river Yamuna in Delhi, which is merely a trickle most of the year, but bursting its banks during the monsoons as has been the case this year.
5. Flood forecasting is critical to minimizing the damage from floods. It is for this reason that the Central Water Commission has set up a network of forecasting stations, which cover the most important flood prone inter state rivers in the country. These stations produce forecasts that are used to alert the public and to mobilize various official agencies so that they take both preventive as well as relief measures whenever required. However, even in cases where forecasts have been timely and generally accurate, people have often been reluctant to move away, because in most cases they lack the means and physical options for moving away from a danger zone to one that is relatively safe. In the case of flash floods, forecasts are difficult to make, and often the time available for relief is very short.

A. Answer the following questions by choosing the most appropriate option: 6

1. **The problem of floods has been considered important recently because.....**
 - (a) there are flash floods
 - (b) floods are unpredictable
 - (c) the rivers change their courses
 - (d) these cause much greater damage
2. **The danger of floods is not minimised as.....**
 - (a) flood forecasting is inaccurate
 - (b) there is little time available for safety measures
 - (c) people are scared and act in panic
 - (d) support infrastructure is poor
3. **India suffers from floods during monsoons because.....**
 - (a) it rains very heavily and continually
 - (b) the embankments of the rivers are weak
 - (c) the streams and rivers spill over
 - (d) the streams are full of silt
4. **Climate change is the direct result of.....**
 - (a) increased concentration of green house gases
 - (b) explosion of nuclear devices
 - (c) fire in oil wells in the gulf region
 - (d) significantly changed pattern of monsoons
5. **The worst hit people are slum dwellers because.....**
 - (a) they are stubborn and helpless
 - (b) they do not have means to move away quickly
 - (c) they have concentrated in large numbers
 - (d) they have settled on the banks of the rivers
6. **The word 'precipitation' in para 3 means.....**
 - (a) forming a precipitate
 - (b) separation of solid material from liquid
 - (c) falling of rain in an area
 - (d) the quality of being exact or accurate

B. Answer the following questions in brief:

7. Why does India suffer from floods during monsoons?
8. What is the result of greenhouse gases?
9. Who are the worst hit people?
10. Which human action have heightened the danger of flood?
11. Write the words from passage which are similar in meaning.
 - (a) Fall of rain in an area (para 3)
 - (b) Harshness (para 3)

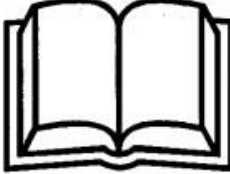
POSTER DESIGNING

Question 1 Design a poster in not more than 50 words for your school library on the value of books and good reading habits. You may use slogans.

Books—Our Best Friends

BOOKS

- ♦ inform
- ♦ instruct
- ♦ delight
- ♦ enrich



*Take a book
a day!
Don't Delay*

**Your School Library
has ten thousand
books**

When you are gloomy or lonely
Your best friend is a book!
**Don't judge a book by its cover
- Read it !**

Reading makes a ready man

Read best
Speak best
Think best

*Make reading
a regular
habit*

Question 2 As the President of Leo Club of Temple Town, prepare a poster on behalf of Lions Club and Leo Club for 'Diwali Mela' to be held at Nehru Stadium, mentioning some of the attractions.

LIONS CLUB AND LEO CLUB
organise a sparkling
DIWALI-MELA
to
ILLUMINE YOUR LIVES WITH JOY & HAPPINESS

Venue : Nehru Stadium Chennai Date : 4th to 6th November
Time : 5 p.m. to 8 p.m. Entry Fee : Adults: ₹ 20, Children: ₹ 5/-

Celebrate Eco-friendly Diwali
Save the Environment
CRACKER-FREE

Sponsored by
Pepsi

Question 3 As Cultural Secretary of Puna International School, Ahmedabad , design a poster to announce the staging of a play in your school.

Design yourself

Speech writing:

Question 1

Regular practice of yoga can help in maintaining good health and even in the prevention of so many ailments. Write a speech in 150-200 words to be delivered in the morning assembly on the usefulness of yoga.

Answer

Good morning Respected Principal Maam/sir, Teachers and Dear Friends. I, ABC, have come before you all to speak on the usefulness of yoga. Yoga means the experience of unity with one's inner being. Yoga is the Sanskrit word for "union".

It has been a practice that uses postures and breathing techniques to induce relaxation and improve strength. In the last few years, the benefits of yoga have gained acknowledgement and popularity the world over. Yoga has now become a way of life with the aim 'a healthy mind in a healthy body.' Man is a physical, mental and spiritual being and yoga helps to promote a balanced development of all the three.

Other forms of exercises like aerobics, jogging etc. assure only physical well-being. They have little to do with the development of the spiritual body. Yogic exercises recharge the body with cosmic energy which facilitates attainment of perfect equilibrium and harmony, promotes self-healing, removes negative blocks from the mind and toxins from the body and also reduces stress and tension. One feels rejuvenated and energised with yoga. Yoga's popularity worldwide is because people have realised the essence of self-contentment and inner peace and understand that yoga is the only and best way to attain these two essentials. Yoga also helps in the prevention of ailments like hypertension, diabetes, arthritis etc. With its numerous benefits to control the body and the mind the usefulness of yoga cannot be denied or overlooked.

Thank you!

Question 2

Media has a stronghold on society. Write a speech in 125-150 words on how media influences public opinion to be delivered in the school assembly.

Over the last two decades, the influence of media has grown exponentially. We trust the media as an authority for news and information.

Good Morning! Respected Principal, Teachers and Dear Friends. I, have come before you all to talk about media's strong influence on public opinion.

Media reflects and projects the view of a minority elite, which controls it. Society is influenced by the media. This media not only helps public to get information about a lot of things but also makes them form opinions and make judgement regarding so many issues. Media limits the thinking capacity of people and affects the youth in the society who lack in experience and sometimes blindly believe in what they see or hear. And many times the news covered is over- exaggerated and sensationalized and this diverts public attention away from the actual problem. The media also has the ability to influence society by broadcasting what they believe you should see.

The media can thus form or modify public opinion in different ways depending on what their objective is. So it is our duty as enlightened citizens to not let ourselves be misled.

Thank You!

Home work

Q3. Mobile phone of today is no longer a mere means of communication. Music lovers are so glued to it that they don't pay attention even to the traffic while crossing the roads. This leads to accidents, sometimes even fatal ones. Write a speech in 150-200 words to be delivered in the morning assembly advising the students to be careful in the use of this otherwise very useful gadget. Imagine you are the Principal of your school.

Do it your self

Report writing

Question 1

Recently your school held a Seminar on Conservation of **Water as a part of World Water Day celebrations. As the School Pupil Leader of Maryland School, Gurgaon, write a report in 100- 125 words for a local daily. Sign as Pinakin/Prisha**

Answer

**Seminar On
Water Conservation
By: Prisha/ Pinakin
Maryland School,Gurgaon**

Our school organised a seminar on 'Water

Conservation'

as part of the World Water Day Celebrations on 13th August, 20 xx. The main aim of this seminar was to remind us all about the need to save water. The government and the non-governmental organisations in providing water as it is a precious source imperative for our survival.

distinguished environmentalists and eminent personalities were our guest speakers and they reiterated the need not only of conserving

water but also spoke at length on how to conserve water by stressing upon the fact that each drop of water is precious. Dr. Yashraj, an eminent environmentalist, suggested rain-water harvesting as one of the best ways to conserve water.

Using visual aids to highlight his discourse, he suggested that to ensure availability of water for the future generations the withdrawal of fresh water from an ecosystem should not exceed its natural replacement rate. The seminar concluded on the note that water conservation is the most cost-effective, environmentally sound way to reduce our demand for water and so each one of us must do our bit towards improving water management to enhance optimum use of water.

Question 4.

Your state government has banned the use of plastic bags. You are Aman, a reporter of The Hindu. Write a report in 100-125 words on how the ban is being ignored and what damage the indiscriminate use of plastic bags is causing to the environment. Answer:

Environment Unfriendly Polybags

By: Aman, Staff Reporter

The Hindu

In the year 2002 the government had banned the production and use of plastic bags in our country. But unfortunately, these are now being widely used again everywhere. Not only are we using a huge number of polybags daily but we are also discarding them in our drains uncaring about the fact that they will block the flow of drain water. Polybags are also a threat to our environment. They cause pollution, kill wildlife and are responsible for using up the natural resources of the earth. They are one of the main factors that litter the landscape. If burnt, they will infuse the surrounding air with toxic fumes.

The main problem of plastic bags is that The main problem of plastic bags is that they are non-biodegradable. The decomposition of plastic takes around a thousand years, so with the plastic rubbish produced each day it is likely that this problem will never be solved. While the government works out ways to lessen the impact of polybags on the environment each one of us too should shoulder some responsibility for this problem that ultimately harms us all.

Question 3 (Home work)

You are Poorvesh/Poonam, Cultural Secretary of your school, PUNA International School Ahmedabad. A week-long Music and Dance festival was organized by your school. Write a report in 100-125 words for your school magazine. Invent the details.

Notes making and Summarization

1. A good business letter is one that gets results. The best way to get results is to develop a letter that, in its appearance, style and content, conveys information efficiently. To perform this function, a business letter should be concise, clear and courteous.
2. The business letter must be concise: don't waste words. Little introduction or preliminary chat is necessary. Get to the point, make the point, and leave it. It is safe to assume that your letter is being read by a very busy person with all kinds of papers to deal with. Re-read and revise your message until the words and sentences you have used are precise. This takes time, but is a necessary part of a good business letter. A short business letter that makes its point quickly has much more impact on a reader than a long-winded, rambling exercise in creative writing. This does not mean that there is no place for style and even, on occasion, humour in the business letter. While it conveys a message in its contents, the letter also provides the reader with an impression of you, its author: the medium is part of the message.
3. The business letter must be clear. You should have a very firm idea of what you want to say, and you should let the reader know it. Use the structure of the letter—the paragraphs, topic sentences, introduction and conclusion—to guide the reader point by point from your thesis, through your reasoning, to your conclusion. Paragraph often, to break up the page and to lend an air of organisation to the letter. Use an accepted business-letter format. Re-read what you have written from the point of view of someone who is seeing it for the first time, and be sure that all explanations are adequate, all information provided (including reference numbers, dates, and other identification). A clear message, clearly delivered, is the essence of business communication.
4. The business letter must be courteous. Sarcasm and insults are ineffective and can often work against you. If you are sure you are right, point that out as politely as possible, explain why you are right, and outline what the reader is expected to do about it. Another form of courtesy is taking care in your writing and typing of the business letter. Grammatical and spelling errors (even if you call them typing errors) tell a reader that you don't think enough of him or can lower the reader's opinion of your personality faster than anything you say, no matter how idiotic. There are excuses for ignorance; there are no excuses for sloppiness.

5. The business letter is your custom-made representative. It speaks for you and is a permanent record of your message. It can pay big dividends on the time you invest in giving it a concise message, a clear structure, and a courteous tone.

2.1 Make notes on the passage using recognisable abbreviations in any suitable format. Give a title to the passage. 5

2.2 Make a summary of the passage. 3

Answer

.1 Title: Writing a Business Letter

Notes:

1. Features of a gd. busns letter

- 1.1 conveys info efficiently to get results
- 1.2 is concise
- 1.3 is clear
- 1.4 is courteous

Abbreviation 1) good = gd,
2) business= busns

2. How to write a gd. busns. Letter

2.1 Making letter concise

- 2.1.1 **Intro shd** be brief
- 2.1.2 make your **pt** in precise words and sent's
- 2.1.3 short **letr** more effective
- 2.1.4 style is **imp**—may **ocasnly** have **hum'r**

- 3) **Introduction = intro**,
- 4) **should = shd**
- 5) point = pt
- 6) letter = letr

2.2 Achieving clarity

- 2.2.1 Have a clear idea of what you wish to say
- 2.2.2 **structr** the letter—intro & **conclsn**.
- 2.2.3 use accepted format; para, topic, sent's
- 2.2.4 check facts, **expl'ns**, **refs**.

- 7) important =imp
- 8) structure=structr
- 9) conclusion=conclsn
- 10) explanations=expl'ns

2.3 Being courteous

- 2.3.1 Expln. your pt. politely—avoid sarcasm/insults.
- 2.3.2 careful **wrtg** & **typg**.
- 2.3.3 **gram**. & **spel'g** errors to be avoided

1. Importance of busns. letr

- 3.1 a representative
- 3.2 permanent rec. message.

2. Summary

2.2 A good business letter is that lends you positive and quality results. To get such results, a business letter should be effective in appearance, style and content. Apart from this a letter should be concise, clear and courteous. The business letter should be to the point as the message can be clear to the reader with an impression of you. The structure of letter should have topic sentence, introduction, paragraphs to conclusion. Reread the points you have written to avoid sarcasm and insults that can work against your motive. Further more grammar and spelling errors need to be avoided.

Example 2

1. Good decoration reflects the personality of the people who live in the home. It should, first of all, be distinctive, just as each person is distinctive. A home should have unity not only within each room but also throughout the house. Rooms should, to some degree, harmonize with each other. The colour and styling of each room, particularly, should fit into the colour and styling of the rooms which run out of it.
2. Attractive home furnishings set the stage for pleasant living. If they are an expression of yourself, you will have a feeling of satisfaction every time you enter your home, and friends will share your enjoyment.
3. However, furnishings and surroundings expressive of just the right note of restfulness, gay informality, or elegant simplicity are not often assembled by accident. Even enthusiasm alone is not enough. For most home decorators, it takes poring over plans, trying colour schemes, finding ingenious ways to make the best of what you have, and shopping around to search out just the right purchases at prices you can afford to pay. But there is keen pleasure in striving for the perfect result, and great satisfaction in achieving it.
4. A successful house and successful rooms will depend upon the proper relationship of each element in it to the others and to the whole. Therefore, in selecting each piece it is well to consider the background, the usage, the draperies, the floor covering, the upholstering materials, the woods, shapes, colour scheme, and the “feeling” you prefer for the room.
5. Work and plan to enjoy your house. Limit the expenditures of time, effort and money to the extent of your abilities, so that just running the house doesn’t dominate your life. Elegance and delicate things may be a drain you can afford only in a limited way. If you can’t afford outside help, select a house and furnishings that require less care. Plan your activities so that tumult and upset are limited to a few rooms—an activity room or a bedroom, or a corner of the dining room.
6. You’ll get more pleasure out of a house if you have a hobby connected with it—collecting glass or antiques, gardening or indoor flower growing ceramics, art, cooking, decorating, flower arrangements, etc. And you’ll get more satisfaction and a great deal of help from studying household activities.
7. You can select a pleasing combination of colours from a wallpaper, a fabric, an oriental rug, a flower or scene, or even a picture in a magazine. If you don’t already have the furniture or rugs, it is a good idea to make up a colour scheme in this way. Let one colour predominate. Limit a colour scheme to two or three colours, with white or gray tones.

2.1 Make notes on the passage in any suitable format. Use abbreviations, wherever necessary. Give a suitable title.

2.2 Make a summary of the passage.

2.1 Title: Decorating One's Home

Notes:

Home reflects personality of home-owner

- 1.1 unity & harmony bet. rooms
- 1.2 colour & styling sh'd match

1. Elements of decoration

- 2.1 colour schemes
- 2.2 draperies, rugs, upholstery, woods, shape

2. Plan to enjoy the House

- 3.1 limit time, effort & money
- 3.2 select furnish'gs which require little care
- 3.3 confine hectic activities to a few rooms
- 3.4 hobby connected with house—great pleasure.

3. Choice of Colours

- 4.1 one colour sh'd predominate
- 4.2 one can expt with colours
- 4.3 calm colours for restfulness; intense for liveliness
- 4.4 colours sh'd harmonise with furniture, draperies, carpets

Summary

2.2 The maintenance of the house reflects the personality of the people who live in that. So the distinctive decoration is as important as one attire in good clothes. A unity in the home can only be seen if the rooms in the house have a degree of harmony, colour and styling. Furniture is a working strategy for the pleasant living. If there is an expression of oneself then one will have a mental satisfaction everytime one enter one's home. To attain such satisfaction one need to pore over plants, try colour schemes, window shopping to search the best thing for one's home.²

Notes taking and summarization

EXERCISE YOUR WAY TO A HEALTHY HEART

1. The epidemic of heart attacks has been attaining alarming proportion in recent times causing grave concern specially to the medical fraternity.
2. To contain and control the increasing death and disability from heart attacks and to focus on public awareness and their involvement at global level, the World Health Organisation (WHO) and the World Heart Federation observed September 24th as the World Heart Day.
3. What causes heart attacks? Dr H.S. Wasir, Chief Cardiologist and Medical Director, Batra Hospital and Medical Research Centre lists four main habits which adversely affect the heart health. These are lack of physical exercise, wrong eating habits, cigarette smoking and excessive alcohol consumption, and stressful lifestyle.
4. The importance of physical exercise in minimising the incidence of heart attacks cannot be underestimated. “Physical exercise,” says Dr Wasir, “plays a major role in achieving a long and healthy life in general and prevention of heart attacks in particular.” There are several studies showing that physically active people have higher longevity than those sedentary or physically inactive.
5. In fact, the review of modern medical literature sums up the role of physical activity in health as ‘Regular physical exercise adds not only years to life but also life to years’. It is the experience of many modern day physicians that some patients of angina (chest pain or discomfort on physical or mental exertion or after meals) do get relief with regularly done physical exercise.
6. What type of physical exercise and how much, one may ask. It is the isotonic (dynamic) exercise that is beneficial for the heart and not the isometric (static) exercise which should be avoided by heart patients. Weight lifting, carrying heavy suitcases while travelling, pushing a car are some of the examples of isometric exercises. Examples of the beneficial type of physical activity (dynamic exercise) are brisk walking, swimming, golf without power carts, badminton and tennis (doubles for those with old heart attacks but fully recovered, to be started only after physician’s advice).

- 7 Walking is the best mode of doing regular physical exercise which requires no equipment, money, material or membership of a club! 30 to 60 minutes brisk walk even on alternate day has been proven to be beneficial. Stationary cycling or walking on a treadmill at home are the other alternatives.
- 8 Walking up the stairs instead of using a lift if going up to three or four floors or getting off the lift two or three floors before the destination and walking up the rest through stairs. Going up several floors in a overcrowded lift with limited fresh air to be shared by so many may also prove unhealthy.
- 9 Park a little away from the work place and walk that healthy distance.
- 10 Best time for brisk walks would be the early mornings before the traffic flow picks up and walking in the parks with thick plantation. Jogging on the roads with heavy traffic should be avoided as you will be inhaling air polluted with the toxins from vehicular exhaust such as dioxides of sulphur and nitrogen.
- 11 “Before starting any physical exercise programmes for the first time, one must get fully evaluated by a cardiologist so as to avoid any harm being done by exercise if there is serious underlying heart disease needing treatment,” warns Dr Wasir.

2.1 Make notes on the above passage in any suitable format using recognizable abbreviations wherever necessary. Assign a suitable heading to the passage. 5

2.2 Make a summary of the passage. 3

Answers:

2.1 Title: Having a Healthy Heart

Notes:

1. World Heart Day. 24 Sept.

- (a) to control death & disability
- (b) to increase awareness

2. Causes of Heart Attacks

- (a) lack of phy'l exercise
- (b) wrong eating habits

- (c) smoking & alcohol
- (d) stressful lifestyle

3. Role of Physical Exercise.

- (a) prevents heart attacks—longer life
- (b) isotonic-beneficial; isometric—harmful
- (c) walking: best exercise.
 - (i) 30 to 60 mins. brisk walk
 - (ii) no equipment, money, mat'l or membership of club
 - (iii) early morning: ideal for walking
- (d) Other beneficial exercises
 - (i) stay cycling
 - (ii) swimming
 - (iii) walk'g on treadmill

4. Consult cardiologist before beginning an exercise programme.

2.2 In recent times, heart attack is an epidemic disease that cause grave concern to the medical fraternity. To have control on increasing death and disability due to heart attacks, the World Health Organisation (W.H.O) and World Heart Federation has observed September 24th as the World Heart Day to focus on public awareness. According to health expert there are four main habits that cause heart attack, these are lack of physical exercise, wrong eating habits, smoking, excessive alcohol consumption and stressful lifestyle. The affects of heart attack can be reduced to greater extent with the help of regular exercise.

