

English (LL)

Writing Skills

BASED ON BOARD PAPER PATTERN

- Unseen Passages
- Writing Skills Topics
- Creative Writing Topics



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इयत्ता दहावी
(मराठी व सेमी इंग्रजी माध्यम)

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English (LL)

Writing Skills

(Unseen Passages, Writing Skills and Skill Development)

STD. X (मराठी / सेमी इंग्रजी माध्यम)

ठळक वैशिष्ट्ये

- बोर्डाच्या अद्ययावत कृतिपत्रिका आराखड्यावर आधारित
- Unseen Passages for Comprehension आणि Summary Writing, Writing Skills आणि Skill Development Topics यांचा परिपूर्ण सराव
- सर्व घटकांचे आकलनास सुलभ असे स्पष्टीकरण त्या घटकांसाठीच्या गुणदान योजनेसह अंतर्भूत
- प्रश्न सोडवण्याकरिता उपयुक्त टीप्स समाविष्ट
- सुलभ आकलनाकरिता सोडवलेली उदाहरणे अंतर्भूत
- पाठ्यपुस्तकातील सर्व प्रश्नांचा अंतर्भाव
- सरावासाठीच्या प्रश्नांचा समावेश (Q.R. Code मार्फत प्रश्नांची उत्तरे समाविष्ट)
- जुलै 2023 पर्यंतच्या बोर्डाच्या कृतिपत्रिकांमधील Non-Textual Passages, Writing Skills आणि Skill Development वर आधारित प्रश्न त्यांच्या उत्तरांसहित समाविष्ट

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PREFACE

सध्या जगात सर्वाधिक बोलल्या जाणाऱ्या भाषांपैकी इंग्रजी ही एक महत्त्वाची भाषा मानली जाते. आज मौखिक किंवा लिखित स्वरूपात संवाद साधण्याकरिता इंग्रजी भाषेचा वापर करणे अपरिहार्य बनले आहे. लेखन कौशल्य हे केवळ बोर्डाच्या परीक्षेत उत्तम गुण मिळवण्याकरता उपयुक्त ठरते असे नाही तर जीवनाच्या प्रत्येक टप्प्यावर प्रभावी संप्रेषणासाठी ते महत्त्वाची भूमिका बजावते.

विद्यार्थ्यांची आकलन शक्ती वाढून लेखन कौशल्यातील घटकांचा अर्थबोध व्हावा आणि विद्यार्थ्यांना आशय व कल्पना साध्या, सरळ, सोप्या पद्धतीने मांडता याव्यात या हेतूने **लेडी बोन एज्युकेशनचे 'English (LL) Writing Skills: Std. X'** हे पुस्तक तयार करण्यात आले आहे. विद्यार्थ्यांची लेखन कौशल्यातील घटकांचे आकलन करून घेण्याची क्षमता वाढवण्यासाठी अत्यंत बारकाईने विश्लेषण करून संक्षिप्त रूपात साकारलेले हे पुस्तक विद्यार्थ्यांची लेखन कौशल्यातील घटकांचे आकलन करून घेण्याची क्षमता वाढवण्यासाठी आणि बोर्डाच्या परीक्षेत गुणवृद्धीकरता निश्चितच सहाय्यभूत ठरेल.

पुस्तकातील प्रत्येक पाठाची सुरुवात आकलनास सोप्या असलेल्या भाषेत घटकांचे स्पष्टीकरण देऊन करण्यात आली आहे. त्याचबरोबर प्रश्न कशाप्रकारे सोडवावे यासंदर्भातील उपयुक्त टीप्स आणि बोर्डाच्या परीक्षेतील त्या घटकासाठीची गुणदान योजना देखील देण्यात आली आहे.

घटकांच्या सुलभ आकलनाकरता आवश्यक तेथे 'Illustrative Example' समाविष्ट करण्यात आले आहेत. घटकाच्या आवश्यकतेनुसार पाठांचे सामान्यपणे चार विभागांत विभाजन करण्यात आले आहे. 'Textual Questions' या विभागात पाठ्यपुस्तकातील घटकांशी संबंधित प्रश्नांचा समावेश करण्यात आला आहे. 'Solved Examples' विभागात घटकाशी संबंधित सोडवलेल्या प्रश्नांचा अंतर्भाव करण्यात आला आहे. 'Board Exam Questions' मध्ये घटकाशी संबंधित बोर्डाच्या अद्ययावत कृतिपत्रिकेतील प्रश्नांचा समावेश करण्यात आला आहे. 'Question for Practice' या विभागात सरावाकरता भरपूर प्रश्नांचा समावेश करण्यात आला आहे. या प्रश्नांची उत्तरे Q.R. Code द्वारे देण्यात आली आहेत.

सदर पुस्तकात 15 Unseen Passages, 33 Letter Writing, 18 Dialogue Writing, 18 Speech Writing, 47 Information Transfer, 33 Expand the Theme यांचा समावेश करण्यात आला आहे.

लेडी बोन एज्युकेशनचे 'English Writing Skills' हे पुस्तक विद्यार्थ्यांना बोर्डाच्या परीक्षेकरता तयार करणारे असून विद्यार्थ्यांचा भाषाकौशल्याचा पाया भक्कम करणारे आणि त्यांना प्रभावी संवाद साधण्यासाठी तयार करणारे ही ठरेल यात शंका नाही.

सरावानेच सिद्धी प्राप्त होते असे म्हणतात. हा सराव योग्य दिशेने असावा याकरता हे पुस्तक विद्यार्थ्यांना नक्कीच उपयुक्त ठरेल.

धन्यवाद !

ज्ञानार्थीना मन :पूर्वक शुभेच्छा !

प्रकाशक

आवृत्ती : द्वितीया

हे पुस्तक परिपूर्ण करण्यासाठी आम्ही सर्वतोपरी प्रयत्न केले आहेत, तरी पुस्तक अधिकाधिक उत्कृष्ट व्हावे, यासाठी आपल्या सूचना स्वागतार्ह आहेत. याकरता आपला अभिप्राय support@lazybone.in या ई-मेल पत्त्यावर पाठवावा ही नम्र विनंती.

Disclaimer

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Std. Xth – My English Coursebook
PAPER PATTERN AND MARKING SCHEME FOR
(Non-Textual Passage, Writing Skills and Skill Development)

Section IV: Unseen / Non-textual Passages (Reading Skills, Vocabulary, Grammar and Summary)		15 Marks
Q.4	A. Unseen / Non-textual Passage for Comprehension	
	A1. Simple Factual Activity	02 Marks
	A2. Complex Factual Activity	02 Marks
	A3. Activity based on Vocabulary	02 Marks
	A4. Activity based on Contextual Grammar	02 Marks
	A5. Activity based on Personal Response, Expression, Creativity and Imagination	02 Marks
	B. Writing a summary of the Unseen passage given in Q.4 (A)	
	• Suggest a suitable title	01 Mark
	• Central Idea / Theme	02 Marks
	• Use of appropriate language	02 Marks
Section V: Writing Skills		20 Marks
Q.5	A. Letter Writing	05 Marks
	A1. Informal	
	OR	
	A2. Formal	
	B. Do any one of the following:	05 Marks
	B1. Dialogue Writing	
	OR	
	B2. Drafting a Speech	
Q.6	A. Information Transfer	05 Marks
	A1. Non-verbal to Verbal	
	OR	
	A2. Verbal to Non-verbal	
	B. Expand the Theme	05 Marks
	B1. News Report	
	OR	
	B2. Develop a story	
Section VI: Skill Development		05 Marks
Q.7	A. Translation	
	i. Translate the following words into your medium of instruction	02 Marks
	ii. Translate the following sentences into your medium of instruction	02 Marks
	iii. Translate the following idioms/proverbs into your medium of instruction	01 Mark
		Total = 40 Marks

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5.	Information Transfer <ul style="list-style-type: none">• Verbal to Non-Verbal• Non-Verbal to Verbal	69
6.	Expand the Theme <ul style="list-style-type: none">• Report Writing• Story Writing & Narration	99
Skill Development		
7.	Translation	112
•	Practice Worksheet	114
•	Question for Practice आणि Practice Worksheet मधील प्रश्नांच्या उत्तरांकरिता शेजारी दिलेला Q.R. Code स्कॅन करावा.	

Non-Textual (Unseen) Passages (For Comprehension and Summary)

Q.4. (A) & (B) Non-Textual Passages

[15 Marks]

प्रश्नाचे स्वरूप आणि गुणदान योजना :

- एक Unseen Passage 15 ते 18 ओळींचा दिला जातो.
- Q.4.(A) मध्ये Passage वर आधारित पाच कृती विचारल्या जातात.
- Q.4. (B) मध्ये Q.4.(A) अंतर्गत दिलेल्या उताऱ्याची Summary लिहिणे अपेक्षित असते.

Q.4. (A) Non-Textual Passage for Comprehension		
Q. No.	Types of activities	Marks allotted
(A1)	Simple Factual Activity	2
(A2)	Complex Factual Activity	2
(A3)	Activity based on Vocabulary	2
(A4)	Activity based on Contextual Grammar	2
(A5)	Activity based on Personal Response, Expression, Creativity and Imagination	2
TOTAL		10 marks

Q.4. (B) Non-Textual Passage for Summary	
Points	Marks allotted
Suggest a suitable title	1
Central Idea / Theme	2
Use of appropriate language	2
TOTAL	5 marks

यशप्राप्तीकरता काही टिप्स :

- Passage वाचण्यापूर्वी (A1) आणि (A2) मध्ये दिलेल्या कृती वाचून घ्या. प्रश्न जाणून घेतल्यामुळे जेव्हा तुम्ही Passage वाचाल तेव्हा प्रश्नांची उत्तरे शोधणे सोपे जाईल.
- दोन गुणांच्या प्रश्नांसाठी दोन किंवा चार शब्द/ मुद्दे लिहिणे अपेक्षित आहे.
- Summary लिहिताना पुढील गोष्टी लक्षात ठेवा.
 - Summary ला योग्य शीर्षक द्या.
 - साधारणपणे Passage च्या 1/3 Summary लिहावी.
 - Passage मधील तथ्ये व संख्या वगळता इतर वाक्ये जशीच्या तशी लिहिणे टाळा.
 - योग्य Grammar व Vocabulary चा वापर करावा.

Solved Examples

Q1. Read the following passage and do the activities:

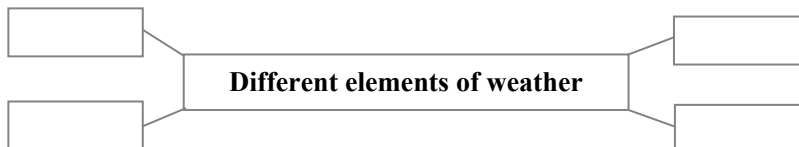
A1. State whether the following statements are true or false:

- Weather of a place does not change much over a period of time.
- People are interested in knowing what the weather will be like in future.
- Weather forecasting is a science.
- Weather predictions cannot be made accurately.

When we talk about a sunny morning, a cold evening or a warm night, we are talking about the weather. Weather is the state of the atmosphere of a particular place at any given point in time. Weather can be hot or cold, humid, wet or dry, sunny or cloudy, still or windy. Weather can vary vastly from one place to another within the same country or even within a small area. Weather affects our lives in important ways. Human beings have therefore tried to predict or forecast the weather for thousands of years now. Today, weather forecasting has become a science that can predict, with reasonable accuracy, what the weather for a given location will be like over the next few days. Scientists use different instruments to record the elements of weather like temperature, rainfall, humidity and cloud cover. They also study pictures and data sent from artificial satellites. Based on these observations, reasonably accurate weather predictions can be made for a place for that day, the next day, or even up to seven days later. These forecasts are then sent to newspapers and television and radio channels for broadcasting to the public. Accurate weather predictions are a boon. They help farmers decide when to plant or harvest their crop; they help save lives by warning people of life-threatening weather conditions such as cyclones, torrential rainfall, thunderstorms or snowstorms. Today in most countries, the Meteorological Department is in charge of observing weather conditions and recording them.



A2. Complete the given web diagram, according to the passage –



A3. Write synonyms from the passage for:

- | | |
|--------------------|-------------------------|
| i. exact – _____ | ii. differ – _____ |
| iii. image – _____ | iv. information – _____ |

A4. Do as directed:

- i. Weather affects our lives in important ways. **(Rewrite using a question tag)**
 ii. Scientists can use different instruments to record the elements of weather. **(Rewrite using 'able to')**

A5. Personal Response:

Describe a situation where the weather forecast news was useful to you.

(B) Summary Writing:

Write a summary of the passage given for comprehension and suggest a suitable title to it.

Answers

- A1. i. False ii. True iii. True iv. False
 A2. i. Temperature ii. Rainfall iii. Cloud Cover iv. Humidity
 A3. i. accurate ii. vary iii. picture iv. data
 A4. i. Weather affects our lives in important ways, doesn't it?
 ii. Scientists are able to use different instruments to record the elements of weather.

A5. Once, my family made a plan to go on a picnic over the coming weekend. The weather had been sunny and pleasant during the week and we expected the same weather to continue until the weekend. But my father heard the weather forecast news on the television on Friday evening. He found that rainy and windy weather was predicted for the weekend due to a sudden cyclone in the Bay of Bengal. So, we cancelled our picnic plan. The weather report turned out to be accurate and we felt grateful to the Meteorological Department.

(B)

Weather and its forecasting

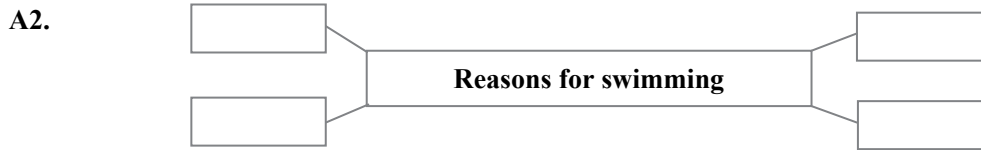
Weather refers to the state of the atmosphere of a place at a given time. It can differ greatly over an area, place or different places of a country. Since weather influences our life in a big way, weather forecasting has been developed as a science that can predict weather accurately. Data and pictures collected through instruments and artificial satellites help the Meteorological Department to prepare weather forecasts. These help farmers to take decisions and the public from life-threatening weather conditions.

Q2. Read the following passage and do the activities:

A1. Fill in the blanks:

- i. The first modern Olympics took place at _____.
 ii. The swimming marathon required men and women to swim a distance of _____ km.
 iii. Swimming is a good _____ exercise.
 iv. The Beijing Olympics took place in _____.

Swimming is a technique to move unaided through water. It is a popular activity as well as a competitive sport. It was part of the first modern Olympics at Athens in 1896. The most common reason for swimming is recreation, where swimmers enter the water merely for enjoyment. Swimming pools, beaches, lakes or rivers are the popular venues for swimmers. Most recreational swimmers prefer a freestyle that keeps their heads out of the water. For some people like divers, fishermen and lifeguards, swimming is part of their job. Swimming is also useful in scientific research for the study of underwater plants and animals. Recent, swimming has become a professional competitive sport. This is a kind of specialised swimming in which the goal is to maximise speed. Breaststroke, butterfly stroke and backstroke are some of the competitive events in swimming. In the Beijing Olympics in 2008, swimming marathon was introduced for both men and women. Swimming a distance of 10 km proved to be a challenging feat and test of stamina. Swimming is a good aerobic exercise. It helps to burn fat and reduce stress. However, there are several risk factors involved in swimming such as death by drowning, exposure to chemicals, infection, stings, exhaustion, sunburn, and inhalation of water.



A3. Find the antonyms of:

- i. unpopular × _____ ii. dislike × _____
iii. minimise × _____ iv. useless × _____

A4. Do as directed:

- i. Breaststroke, butterfly stroke and backstroke are the competitive events in swimming.
(Frame a 'wh' question to get the underlined part as the answer)
- ii. Swimming pools, beaches, lakes or rivers are the popular venues for swimmers.
(Pick out the subject and predicate)

A5. Personal Response:

Which is your favourite hobby? Why?

(B) Summary Writing:

Write a summary of the passage given for comprehension and suggest a suitable title to it.

Answers

- A1.** i. Athens ii. 10 iii. aerobic iv. 2008
A2. i. Professional competitive sport ii. Recreation
iii. Part of the job iv. Scientific research
A3. i. popular ii. like iii. maximise iv. useful
A4. i. Which are the competitive events in swimming?
ii. Swimming pools, beaches, lakes or rivers - Subject
are the popular venues for swimmers - Predicate

A5. My favourite hobby is gardening. I have a small garden in the backyard of my house where I plant flowers, fruits and vegetables of my choice. I water the plants in the morning and in the evening. My plants seem like little children to me and it is fun to watch them grow. Spending time in the garden, among nature, with all its colours and creatures gives me immense joy and peace.

(B) Swimming – a hobby, sport and profession

Swimming is popular both as a hobby and a sport. It was a part of the first modern Olympics at Athens in 1896. People swim for recreation or as a part of their job. It is useful for scientific research. For professional sport competitions it is used with different strokes and styles or as a marathon. In spite of some risk factors, swimming is a good aerobic exercise.

Q3. Read the following passage and do the activities:

A1. State whether the following statements are true or false:

- i. 28 children receive the National Bravery Awards every year.
ii. The Chopra children lost their lives while fighting terrorists.
iii. The first National Bravery Award was given to Harish Chandra Mehta.
iv. The Awards recognize the bravery of the children.

On Gandhi Jayanti Day, 2nd October, 1957, hundreds of people had gathered at Delhi's Ramlila ground to watch a performance, when the shamiana caught fire. 14-year-old scout, Harish Chandra Mehta, wasted no time. He promptly took out his knife and ripped open the burning tent, saving the lives of the people trapped inside. An important guest at the event was Pt. Jawaharlal Nehru, who heard of Harish's timely and courageous act. This incident inspired Nehru to ask the authorities to establish an award to honour brave children from all over the country. The first official National Bravery Award was presented to Harish Chandra on 4 February 1958, by Prime Minister Nehru. Since then, this tradition has been continued by the Government of India and the Indian Council for Child Welfare. Each year, twenty-five children are chosen for the National Bravery Awards which include the Bharat Award, the Bapu Gayadhani Award and two special awards – the Sanjay Chopra Award and the Geeta Chopra Award. The last two awards, constituted in the memory of the two Chopra children, who lost their lives while fighting kidnappers – are given to a boy and to a girl. Winners receive a medal, a certificate and a cash prize. They are also given assistance to complete their education, which some of these children are not able to afford. Thus, the Awards give due recognition to children who stand out from the crowd by performing outstanding deeds of bravery. Their bravery inspires other children to follow their example.



A2. Complete the following –

National Bravery Award winners receive –

- i. _____ ii. _____
iii. _____ iv. _____

A3. Match the words from the passage with their meanings:

Sr. No.	Words	Meanings
i.	Courage	Honour and appreciation
ii.	Tradition	Exceptionally good
iii.	Outstanding	Ability to do something that is frightening
iv.	Recognition	An established practice

A4. Do as directed:

- i. The last two awards were constituted in the memory of the Chopra children.
(Rewrite it in Simple Future Tense)
- ii. Their bravery inspires other children to follow their example.
(Underline the infinitive)

A5. Personal Response:

What is your biggest fear? How can you overcome it?

(B) Summary Writing:

Write a summary of the passage given for comprehension and suggest a suitable title to it.

Answers

- A1.** i. False ii. False iii. True iv. True
- A2.** i. A medal ii. A certificate
iii. A cash prize iv. Assistance to complete their education
- A3.** i. Courage – Ability to do something that is frightening
ii. Tradition – An established practice
iii. Outstanding – Exceptionally good
iv. Recognition – Honour and appreciation
- A4.** i. The last two awards will be constituted in the memory of the Chopra children.
ii. Their bravery inspires other children to follow their example.
- A5.** My biggest fear is the fear of speaking before a crowd on the stage. The very first time I was asked to speak on the stage, I became very nervous and forgot my speech. But I did not give up. I continued to participate in recitation and elocution competitions. My hard work bore fruit when I won the first prize in the Story Recitation Competition last year at school.

(B)

National Bravery Awards

The first National Bravery Award was presented on 4th February, 1958, by Pt. Jawaharlal Nehru to Harish Chandra Mehta, a 14-year old scout who saved hundreds of lives during a fire accident at Delhi's Ramlila ground. This practice has been followed since then. Every year 25 children receive the Bharat Award, the Bapu Gayadhani Award and the Sanjay Chopra and Geeta Chopra Awards. Winners not only receive a medal, a certificate and a cash prize but also assistance to complete their education. The awards recognize the bravery of the children.

Q4. Read the following passage and do the activities:

A1. Fill in the blanks:

- i. In Europe, travelling is a necessary part of _____.
- ii. According to Bacon, travelling in the older ages is a part of _____.
- iii. The most potent sense organ for learning is the _____.
- iv. The _____ University had one hundred lecture rooms.

We travel for business. We travel for sight seeing. We travel for necessity. We go to Darjeeling to have a change of climate or to have a look at the mighty Himalayas. We go to Puri to enjoy a sea bath, to see the sun coming out of the sea or to visit the temple of Jagannath. But who travels in our country to acquire knowledge?



In Europe, travelling is a necessary part of education. Bacon says that travelling in the younger ages is a part of education; in the older ages, a part of experience. Travelling teaches better than books, for no other sense organ is more potent a factor in learning than the eye. We read, for instance, of the existence, in the past of a university named Nalanda. They say there were one hundred lecture rooms. Is it a fanciful research of a day dreamer? We run to this spot and examine the work of excavation. Our doubts are at once removed. Our book knowledge is confirmed.

Travelling supplements our knowledge. History is made real to us. Geography is actualized. Economics is tested and challenged. Sociology is placed on sure foundations. A visit to a place of historical interest clarifies things that would otherwise have remained hazy. Travellers come into contact with different kinds of people. An observant eye and open doors and windows of the mind can help the traveller acquire practical knowledge about men and things of the world that no book can impart.

A2. How can the traveller acquire practical knowledge about the world?

A3. Match the adjectives with their nouns from the passage –

Sr. No.	Adjectives	Nouns
i.	Mighty	Eye
ii.	Fanciful	Knowledge
iii.	Observant	Himalayas
iv.	Practical	Research

A4. Do as directed:

- i. Travelling teaches better than books.
- ii. History is made real by travelling.
 - a. Travelling makes history real.
 - b. History makes travelling real.
 - c. History will be made real by travelling.
 - d. Travelling will make history real.

(Underline the gerund)
(Choose the correct voice)

A5. Personal Response:

Which is your favourite travelling destination? Why?

(B) Summary Writing:

Write a summary of the passage given for comprehension and suggest a suitable title to it.

Answers

- A1.** i. education ii. experience iii. eye iv. Nalanda
- A2.** Travellers come into contact with different kinds of people. An observant eye and open doors and windows of the mind can help the traveller acquire practical knowledge about men and things of the world that no book can impart.
- A3.** i. Mighty – Himalayas ii. Fanciful – Research
iii. Observant – Eye iv. Practical – Knowledge
- A4.** i. Travelling teaches better than books. ii. a – Travelling makes history real.
- A5.** My favourite travelling destination is Jaipur because it is an old, historical city. History is my favourite subject at school and I enjoy gathering knowledge about the historical background of different places. I would like to visit all the ancient historical monuments in the city. The rich culture, art and food of Jaipur also attract me.

(B)

The Importance of Travelling

In India we travel for business, sightseeing, necessity, a change of climate or religious purposes. But in Europe, travelling in the younger ages is considered to be a necessary part of education. By visiting historical places, we can confirm the truth of our bookish knowledge. Travelling also strengthens our knowledge of Geography, Economics and Sociology. By observing places and people carefully and by keeping an open mind, a traveller can gain practical knowledge about the world that books do not teach.

Q5. Read the following passage and do the activities:

A1. Complete the sentences in one or two words:

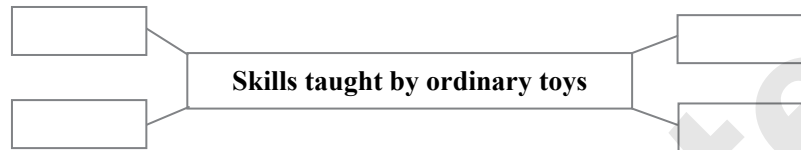
- i. Electronic toys provide _____ but contribute little to the child's development.
- ii. Ordinary toys help in the child's _____ and _____ development.
- iii. Many of the skills we use as _____ were developed during playtime.
- iv. Unstructured play encourages _____ and _____.



Everything is going electronic and toys are no exception. Old fashioned playthings – like balls and building blocks – are fast being replaced by gizmos that zoom around the room at the push of a button. Such toys provide instant entertainment, but contribute little to the child’s development. Ordinary toys do much more than entertain the child – they help in the child’s psychological and physical development. A child building a tower with a basic set of blocks is having fun – he claps and laughs when the tower stands – but he is also developing some vital skills. He learns to fix up a goal, focus his attention, co-ordinate his eye-hand movements and think of different ways to approach a task. Toys which allow unstructured play encourage imagination and creativity.

Child psychologists feel that the high-tech novelties that we buy for children actually rob them of opportunities of mental and physical development. Many of the skills we use as adults were developed during playtime with the help of basic toys. Therefore, psychologists suggest saving some space for toys that work on kid power.

A2. Complete the web diagram based on the passage:



A3. Match the words from the passage with their meanings:

Sr. No.	Words	Meanings
i.	Entertainment	Growth and improvement
ii.	Skill	Amusement or enjoyment
iii.	Development	Computerised or automatic
iv.	Electronic	Ability to do something well

A4. Do as directed:

- i. He claps and laughs when the tower stands.
- ii. The child learns to fix up a goal.

(Pick out the subject and predicate)
(Rewrite it in ‘present continuous tense’)

A5. Personal Response:

Which ordinary or non-electronic toy do you enjoy playing with the most? Why?

(B) Summary Writing:

Write a summary of the passage given for comprehension and suggest a suitable title to it.

Answers

- A1.** i. instant entertainment ii. psychological, physical
iii. adults iv. imagination, creativity
- A2.** i. Thinking of different ways to approach a task ii. Fixing up a goal
iii. Focusing attention iv. Co-ordinating eye-hand movements
- A3.** i. Entertainment – Amusement or enjoyment ii. Skill – Ability to do something well
iii. Development – Growth and improvement iv. Electronic – Computerised or automatic
- A4.** i. He – Subject
claps and laughs when the tower stands – Predicate
ii. The child is learning to fix up a goal.
- A5.** My favourite non-electronic toy is the ‘ball’. This is because it is used in a wide variety of games and sports that I really enjoy playing, such as, cricket, football and table tennis. If I have a ball, I never get bored because I can even play all by myself. I have been playing with balls of different sizes right since my childhood. A child of any age can play with a ball. I think it is the best toy invented by man.

(B) Educational Value of Toys

These days, electronic toys have replaced old-fashioned playthings. Such toys provide instant entertainment but do not help in the physical and psychological development of the child like ordinary toys. Ordinary toys help the child to develop many important skills that he uses even as an adult. They help to improve imagination and creativity. Hence psychologists suggest that we buy children some of the basic toys.



Q6. Read the following passage and do the activities:

A1. Complete the sentences:

- i. The International Kite Festival at Ahmedabad is organised by the _____.
- ii. Special thread used for kite-flying is rolled into reels known as _____.
- iii. Tukals are illuminated _____, often strung on one line, to be launched into the sky.
- iv. Excited spectators watch in awe as marvellous shapes such as _____ and _____ soar into the skies.

The International Kite Festival at Ahmedabad is a big event organised by the Gujarat State Tourism Corporation. It is held on the occasion of Makar Sankranti every year, either at the Sardar Patel Stadium or the Police Stadium. This popular festival attracts international kite-flyers, who demonstrate their skills in flying exotic kites and local champions as well. Little Indian paper-kites compete with those from Japan, USA, UK and other countries. Excited spectators watch in awe as marvellous shapes such as eagles and snakes soar into the skies. One of the highlights of this festival is the Patang or Kite Bazar, in the heart of Ahmedabad, which is open twenty-four hours a day, for a whole week. A visit to this bazar in the middle of the night is enough to prove that the entire city is obsessed with kites. People crowd the streets and buy their stocks, haggling through the night.

Skilled craftsmen demonstrate age-old kite-making skills and how to prepare the special thread used for kite-flying. Mixtures of glue and ground glass cover the lines, which are dried and rolled into reels known as 'firkees'. These lines are so sharp that, carelessly used, they can cut a finger!

The excitement does not end with nightfall. Now, it is time for illuminated box-kites, often strung on one line, to be launched into the sky. Called 'tukals', they add a grand beauty to the dark sky and compete with the brilliance of the stars.

A2. How do we know that the city of Ahmedabad is obsessed with kites?

A3. Find synonyms from the passage:

- | | |
|-----------------------|----------------------|
| i. viewer – _____ | ii. fly – _____ |
| iii. complete – _____ | iv. splendid – _____ |

A4. Do as directed:

- i. The International Kite Festival at Ahmedabad is a big event.

(Choose the correct question tag)

- a. The International Kite Festival at Ahmedabad is a big event, is it?
- b. The International Kite Festival at Ahmedabad is a big event, isn't it?
- c. The International Kite Festival at Ahmedabad is a big event, won't it?
- d. The International Kite Festival at Ahmedabad is a big event, does it?

- ii. This popular festival attracts international kite-flyers. **(Underline the determiner)**

A5. Personal Response:

Which Indian festival do you like the best? Why?

(B) Summary Writing:

Write a summary of the passage given for comprehension and suggest a suitable title to it.

Answers

- A1.** i. Gujarat State Tourism Corporation ii. firkees
 iii. box-kites iv. eagles, snakes
- A2.** A visit to the Patang or Kite Bazar in the middle of the night is enough to prove that the entire city of Ahmedabad is obsessed with kites. People crowd the streets and buy their stocks, haggling through the night.
- A3.** i. spectator ii. soar iii. entire iv. grand
- A4.** i. b – The International Kite Festival at Ahmedabad is a big event, isn't it?
 ii. This popular festival attracts international kite-flyers.
- A5.** I like the festival of Diwali the best. Being a festival of lights, it brings a lot of cheer and brightness all around. The thought of new clothes, sweets and bursting crackers with my friends excites me. It is the occasion when I meet all my relatives and cousins and exchange gifts with them. We celebrate the festival together. The happy memories of Diwali make it my favourite festival.



(B) The International Kite Festival of Ahmedabad

The Gujarat State Tourism Corporation organises the International Kite Festival at Ahmedabad every year. International and local kite-flyers participate in it, flying kites of marvellous shapes. The Kite Bazar is open twenty-four hours a day, for a whole week. Even in the middle of the night it is crowded with kite-buyers. Kite-makers display their age-old skills and how they use glue and glass to prepare kite-flying thread rolls called 'firkees'. During the night, illuminated box-kites called 'tukals' are launched which make the sky beautiful.

Q7. Read the following passage and do the activities:

A1. Fill in the blanks:

- i. Puppetry is practised mostly in _____ India.
- ii. In Indonesia, the _____ and _____ islands have a rich tradition of puppetry.
- iii. Puppets are regarded as divine and held in reverence by the _____.
- iv. Stories enacted by puppets are influenced by epics such as _____ and _____.

Puppetry is an ancient form of theatre and entertainment practised mostly in rural India. It is, in fact, a combination of several art forms like sculpture, painting, designing, acting, writing and music. It is an art which enchants children as well as adults. A large variety of raw materials are used to create puppets. The famous puppets of Rajasthan are made out of wood and are known as *kathputli*. Leather, paper, and stuffed cloth are also frequently used to make puppets. Puppets may be classified according to material they are made from or the methods of manipulating them, that is, the means used by the puppeteer to make the puppets move, for example, hand puppets, string puppets, rod puppets and shadow theatre. In India, puppets are regarded as divine and held in reverence by the puppeteer. After they become old and worn out, they are not discarded but kept at home like ageing relatives. The stories enacted by the puppets are influenced by the epics- Ramayana and Mahabharata, the Panchatantra stories and glorious tale of past warriors and heroes. The islands of Bali and Sumatra in Indonesia also have a rich tradition of puppetry. Japan is famous for its puppet theatre called 'bunraku', in which majestic dolls almost 150cm tall are animated and skilfully manipulated by several puppeteers.

A2.



A3. Rearrange the letters to form meaningful words from the passage –

- i. cusim ii. aetrc iii. viiden iv. tgrins

A4. Do as directed:

- i. A large variety of raw materials are used to create puppets. **(Pick out the subject and predicate)**
- ii. Puppetry enchants children as well as adults. **(Frame a 'wh' question to get the underlined part as answer)**

A5. Personal Response:

What means of entertainment do you enjoy the most in your leisure time? Why?

(B) Summary Writing:

Write a summary of the passage given for comprehension and suggest a suitable title to it.

Answers

- A1.**
- i. rural
 - ii. Bali, Sumatra
 - iii. puppeteer
 - iv. Ramayana, Mahabharata
- A2.**
- i. Wood
 - ii. Leather
 - iii. Stuffed cloth
 - iv. Paper
- A3.**
- i. music
 - ii. create
 - iii. divine
 - iv. string
- A4.**
- i. A large variety of raw materials – Subject
are used to create puppets – Predicate
 - ii. Whom does puppetry enchant?
- A5.** I enjoy watching television, listening to music and playing cricket with my friends. Television keeps me updated with the latest happenings around the world and the funny cartoon programmes make me laugh. Listening to music helps me relax. Playing cricket with my friends helps me feel active and energetic after long study hours.



(B) Puppetry – an ancient art form

Puppetry is a popular form of theatre and entertainment in rural India. It combines several art forms and uses different raw materials to create the puppets. Puppeteers manipulate the puppets by different methods. Puppets are treated as divine and kept at home like ageing relatives by the puppeteers even after they wear out. Stories of ancient epics and war heroes are usually enacted. Puppetry is popular in Indonesia. In Japan, puppet theatre is known as ‘bunraku’.

Q8. Read the following passage and do the activities:

A1. State whether you agree or disagree with these statements:

- i. Discipline means taking away freedom completely.
- ii. Discipline is an act of love.
- iii. Preventing a problem before it arises is discipline.
- iv. A disciplined environment makes children responsible.

What is discipline? Is it some kind of a punishment for wrong actions? Does it mean freedom needs to be taken away completely? The answer is neither of the above. Discipline is loving firmness. It is giving direction. It is prevention before a problem arises. It is about utilising energy in a positive way, for a great performance. Discipline is something you do for those you care about. Discipline is an act of love. Not all medicines are sweet but we have to take them. We need to learn from nature. We are all familiar with the big animal, the giraffe. A female giraffe gives birth to a baby giraffe standing. All of a sudden, the baby falls on the ground from the cushion of its mother’s womb and sits on the ground. The first thing that the mother does is get behind the baby and give it a hard kick. The baby gets up but sits down again. The mother keeps kicking till the baby gets up on its feet and starts moving. Why? Because she knows that it will survive in the jungle only if it is on its feet. Otherwise, it will be eaten up by wild cats. Freedom does not mean full enjoyment of our desires but controlling and correctly balancing them. Children brought up in a loving yet disciplined environment end up as responsible, law-abiding citizens.

A2. Why does a mother giraffe kick her baby after it is born?

A3. Find the antonyms:

- | | |
|--------------------|------------------------|
| i. bitter × _____ | ii. rise × _____ |
| iii. death × _____ | iv. unfamiliar × _____ |

A4. Do as directed:

- i. Not all medicines are sweet but we have to take them. **(Underline the conjunction)**
- ii. The baby will survive only if it is on its feet.

(Make the sentence negative without changing the meaning)

A5. Personal Response:

According to you, how can a student become disciplined? How will it help him or her?

(B) Summary Writing:

Write a summary of the passage given for comprehension and suggest a suitable title to it.

Answers

- A1.** i. Disagree ii. Agree iii. Agree iv. Agree
- A2.** A mother giraffe keeps kicking her baby till it gets up on its feet and starts moving. This is because she knows that it will survive in the jungle only if it is on its feet. Otherwise, it will be eaten up by wild cats.
- A3.** i. sweet ii. fall iii. birth iv. familiar
- A4.** i. Not all medicines are sweet but we have to take them.
ii. The baby will not survive if it is not on its feet.
- A5.** A student can become disciplined by listening to the simple instructions given by parents and teachers. He or she must follow the rules laid down by elders. This will help him to become well-behaved. He must also follow a timetable for doing all his tasks such as homework, playing, exercising, studying etc. If he observes such discipline, he will be able to complete all his studies, participate in all extra-curricular activities and live a healthy life.

(B) The meaning of discipline

Discipline is not punishment or absence of freedom but an act of loving firmness. It is like a bitter medicine necessary to keep us healthy. In nature, we can see a mother giraffe disciplines her new-born baby by kicking it repeatedly and teaching it to stand, which is required for its survival in the jungle. Thus, by enjoying our desires in a controlled way we can balance freedom with discipline. Disciplined children become responsible, law-abiding citizens.



Board Exam Questions

Q9. (A) Read the following passage and do the activities:

[March 2020]

A1. Fill in the blanks:

- i. Jaipur was founded by _____.
- ii. _____ is the first Indian Heritage City.
- iii. _____ declared Jaipur as a World Heritage City.
- iv. Jaipur is in _____ state.

Pink City Jaipur, declared as World Heritage site by UNESCO. The decision was taken at the 43rd session of the UNESCO World Heritage Committee (WHC) in the historic city of Baku, Azerbaijan from June 30 – July 10. The fortified city of Jaipur, in India's northwestern state of Rajasthan was founded in 1727 by Sawai Jai Singh II. The walled city of Jaipur, known for its iconic architectural legacy and vibrant culture, made its entry into the UNESCO World Heritage site list, becoming the second city of the country after Ahmedabad. India had proposed the nomination of Jaipur as an exceptional urban example in indigenous city planning, the Ministry of Culture said in a statement.

“Besides an exemplary planning its iconic monuments such as the Govind Dev Temple, City Palace, Jantar Mantar, and Hawa Mahal excel in artistic and architectural craftsmanship of the period.”

UNESCO seeks to encourage the identification, protection and prevention of cultural and natural heritage around the world considered to be outstanding value of humanity.

A2. What does UNESCO seek to? What is it considered to be?

A3. Find any four adjectives from the passage.

A4. Do as Directed:

- i. Jaipur was founded by Sawai Jai Singh II: **(Choose the correct voice)**
 - a. Sawai Jai Singh II is finding Jaipur.
 - b. Sawai Jai Singh II found Jaipur.
 - c. Sawai Jai Singh II find Jaipur.
 - d. Sawai Jai Singh II finds Jaipur.
- ii. India had proposed a nomination for Jaipur.

(Frame a 'Wh' question to get the underlined part as an answer)

A5. Personal Response:

Do you like to visit historical places? Why?

(B) Summary Writing:

Read the passage given in Q. No. 4(A) and write a summary of it. Suggest a suitable title to the summary.

Answers

- A1.**
- i. Jaipur was founded by Sawai Jai Singh II.
 - ii. Ahmedabad is the first Indian Heritage City.
 - iii. UNESCO declared Jaipur as a World Heritage City.
 - iv. Jaipur is in Rajasthan state.

A2. UNESCO seeks to encourage the identification, protection and prevention of cultural and natural heritage around the world, which is considered to be of outstanding value of humanity.

A3. historic, fortified, walled, iconic, vibrant, exceptional, indigenous, exemplary, artistic, architectural, cultural, natural

- A4.**
- i. b. Sawai Jai Singh II found Jaipur.
 - ii. What had India proposed?

A5. Yes, I like to visit historical places because these places are like a window to the past. We get to learn a lot about the bygone eras through the paintings, sculptures and artwork present at such historical places. They even help us understand the nature and culture of the people from those eras. Each historical place has a special story that led to its creation and by learning these stories; we discover the rich culture of the country.

(B) The Indigenous City of Jaipur

The Pink City Jaipur was declared as a World Heritage site at the 43rd session of the UNESCO World Heritage Committee (WHC) in the historic city of Baku, Azerbaijan. Located in Rajasthan, the fortified city of Jaipur was founded by Sawai Jai Singh II in 1727. Known for its iconic architectural legacy and vibrant

culture, Jaipur is the second city, after Ahmedabad, to become a UNESCO World Heritage site. The Ministry of Culture described Jaipur as an exceptional urban example in indigenous city planning, with the Govind Dev Temple, City Palace, Jantar Mantar, and Hawa Mahal as evidence of its artistic and architectural craftsmanship. UNESCO encourages the identification, protection and prevention of natural and cultural heritage across the globe.

Q10. (A) Read the following passage and do the activities:

[March 2022]

A1. Fill in the blanks:

- i. _____ percent of our daily communication is non-verbal.
- ii. Eye contact is another type of _____ communication.
- iii. Frequent blinking is a sign of the person feeling _____.
- iv. One can readily detect _____.

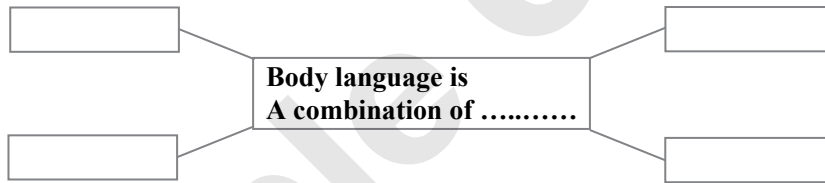
According to some experts, a staggering 93 percent of our daily communication is non-verbal. Facial expressions are easy to decipher. One can readily detect happiness, sadness, anger. Physicians can tell a patient is doing well (or not) by looking at his/her face.

Eye contact is another type of non-verbal communication, which can tell a lot about the other person. The eyes convey a range of emotions-happiness, sadness, boredom, surprise, confidence even emotional interest. Staring at someone's forehead may intimidate the recipient, staring at the mouth is sometimes interpreted as a sign of emotional interest. In fact staring into someone's eyes is a sign of lying, and so is looking away. In certain cultures, lack of eye contact is taken as a sign of respect.

If body language is to be defined, it is a combination of facial expression, gestures, eye contact, body movements and posture and voice.

Frequent blinking is a sign of the person feeling distressed or uncomfortable. If the pupils are dilated, it often indicates interest, even emotional interest. The lips also reflect our body language, and lip biting indicates worry and/or anxiety; tightening of the lips may be an indication of disapproval. Slightly turned up lips indicate happiness and slightly turned down lips indicate sadness.

A2.



A3. Find the antonyms of:

- i. verbal × _____
- ii. entertaining × _____
- iii. sender × _____
- iv. comfortable × _____

A4. Do as Directed:

- i. The eyes convey a range of emotions.
(Frame a 'Wh' question in order to get the underlined part as answer).
- ii. Physicians can tell about a patient's wellness. (Rewrite using 'able to')

A5. Personal Response:

Non-verbal communication plays an important role in our daily life. Comment.

(B) Summary Writing:

Read the passage given in Q. No. 4(A) and write a summary of it. Suggest a suitable title to the summary.

Answers

- A1.**
- i. 93 percent of our daily communication is non-verbal.
 - ii. Eye contact is another type of non-verbal communication.
 - iii. Frequent blinking is a sign of the person feeling distressed or uncomfortable.
 - iv. One can readily detect happiness, sadness, anger.
- A2.**
- i. facial expression
 - ii. eye contact
 - iii. body movements and posture and voice
 - iv. gestures
- A3.**
- i. verbal × non-verbal
 - ii. entertaining × boredom
 - iii. sender × recipient
 - iv. comfortable × uncomfortable



- A4. i. What do the eyes convey?
ii. Physicians are able to tell about a patient's wellness.
- A5. In our daily life, the use of facial expressions, gestures, eye contact, body movements adds value to verbal communication when conveying a message. It is useful in communicating when we meet people from different cultures. Understanding non-verbal communication and taking the right hints helps one understand and develop better relationships at home and at workplace.

(B) Types and uses of Non-Verbal Communication

Non-verbal communication forms an important part of daily communication. Facial expression and eyes convey a range of emotions like happiness, sadness etc. Staring at someone's forehead is considered intimidating, staring at the mouth is considered as emotionally interested, staring into one's eye or looking away is a sign of lying. In few cultures, lack of eye contact is considered respectful. Body language is a combination of facial expression, gestures, eye contact, body movements and posture and voice. An uncomfortable person blinks frequently while dilated pupils indicate interest. The biting, tightening, slight turning up and turning down of lips indicate various emotions like anxiety, disapproval, happiness and sadness.

Q.11 (A) Read the following passage and do the activities:

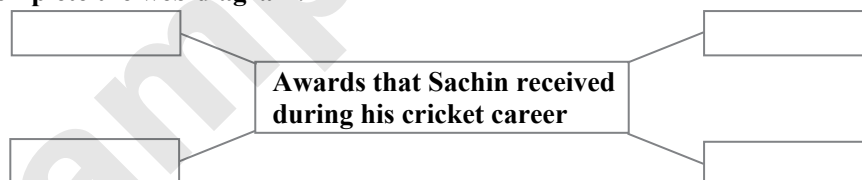
[March 2023]

A1. Complete the following sentences from the passage:

- i. Sachin was born on _____.
- ii. Sachin is a devotee of the deity _____.
- iii. He was trained under the able guidance of _____.
- iv. He made debut on _____.

Sachin Ramesh Tendulkar who was born on 24th April 1973 in Mumbai is a former Indian International Cricketer and a former captain of the Indian National Team. He is regarded as one of the greatest batsmen of all time and often referred as the 'God of cricket' by Indian Cricket followers. He made his debut on 15th November, 1989 against Pakistan in 'Karachi' at the age of sixteen. He is the only player to have scored one hundred international centuries and only player to complete more than 30,000 runs in international cricket. He was trained under the able guidance of Ramakant Achrekar Sir. He received the Arjuna Award in 1994, Rajiv Gandhi Khel Ratna Award in 1997, Padma Shri and Padma Vibhushan Awards in 1999 and 2008 respectively, fourth and second highest civilian awards of India. He was also awarded the Bharat Ratna, highest civilian award of India in 2013. He is a devotee of the deity Ganesha.

A2. Complete the web diagram:



A3. Match the 'Synonyms':

'A'		'B'	
i.	debut	a.	previous
ii.	received	b.	God
iii.	former	c.	got
iv.	deity	d.	first performance

A4. Do as Directed:

- i. He made his debut. (Make 'Simple Future Tense').
- ii. He received the Arjuna Award. (Choose the correct Q-tag)
- a. did he? b. didn't he? c. doesn't he?

A5. Do you like to play games? Why?

(B) Summary Writing:

Read the passage given in Q. No. 4(A) and write the summary of it. Suggest a suitable title to your summary.



Answers:

- A1.** i. Sachin was born on 24th April, 1973.
 ii. Sachin is a devotee of the deity Ganesha.
 iii. He was trained under the able guidance of Ramakant Achrekar Sir.
 iv. He made debut on 15th November, 1989.
- A2.** i. Arjuna Award ii. Rajiv Gandhi Khel Ratna Award
 ii. Bharat Ratna Award iv. Padma shri and Padma Vibhushan Awards

A3.

'A'		Answers	'B'	
i.	debut	<u>first performance</u>	a.	previous
ii.	received	<u>got</u>	b.	God
iii.	former	<u>previous</u>	c.	got
iv.	deity	<u>God</u>	d.	first performance

- A4.** i. He will make his debut. ii. (b) didn't he?
- A5.** I do like to play games because they are fun and they help me relax. When I play games, I forget about my worries and focus on having a good time. Playing games also allows me to spend quality time with my friends and family. It also helps me stay active and fit.

(B)

Sachin Tendulkar: God of Cricket

Former Indian International cricketer and Indian team captain, Sachin Ramesh Tendulkar, was born on 24th April, 1973 in Mumbai. He is regarded as one of the greatest batsmen and referred to as 'God of cricket'. He made his debut against Pakistan in Karachi at the age of sixteen. He has numerous achievements and records to his name. His coach was Ramakant Achrekar Sir. He has received a number of awards throughout his career. He is a devotee of deity Ganesha.

Questions for Practice

Q12. Read the following passage and do the activities:

A1. State whether you agree or disagree with the following statements:

- i. Factories are the most disorganized sector in Delhi's garbage management.
 ii. 7% of Delhi's land mass is choked by garbage.
 iii. 'Cleaning Brigades' is an indigenous scheme.
 iv. The first cleaning brigade was launched during the Commonwealth games.

It is obvious from the visible garbage around us that solid wastes are not being managed properly. However, housing colonies are the most disorganized sector as far as garbage is concerned. As a result, the legal garbage dumps are overflowing and the number of illegal garbage dumps in the by-lanes, parks and roadsides are on the increase in most colonies of Delhi.

At present five percent of Delhi's land mass is being choked by the garbage. This five percent has become a wasteland, its utility is steadily declining and soil quality is deteriorating. Besides being eyesores, these garbage dumps pose health hazards for the ten million people who live in Delhi. They are breeding grounds for the germs of infectious diseases like plague, tuberculosis, dysentery, diarrhea, eye-infections and numerous skin ailments. Thick smoke from the burning of the wastes has affected the air quality too, turning the garbage dumps into an environmental hazard.

Scientific management of garbage thus is one of the most important services that need to be regularized in all residential colonies. After exploring all possible solutions to this problem, an indigenous scheme called 'Cleaning Brigades' has been successfully launched in many colonies of Delhi. The Cleaning Brigades manage solid wastes for at least 25 thousand people in Delhi. The first cleaning brigade was launched during the Asiad. Since then it has been constantly expanding.

A2. Complete the given web diagram, according to the passage –



A3. Find any four adjectives from the passage.



A4. Do as directed:

- i. Solid wastes are not being managed properly.
(Identify the part of speech of the underlined word)
- ii. Cleaning Brigades manage solid wastes.
(Choose the correct passive voice)
 - a. Cleaning Brigades managed solid wastes.
 - b. Solid wastes are managed by Cleaning Brigades.
 - c. Solid wastes manage Cleaning Brigades.
 - d. Cleaning Brigades are managing solid wastes.

A5. Personal Response:

According to you, what can be done to manage garbage in a better way?

(B) Summary Writing:

Write a summary of the passage given for comprehension and suggest a suitable title to it.

Answers

- A1.** i. Disagree ii. Disagree iii. Agree iv. Disagree
- A2.** i. Environmental hazard – thick smoke from burning of the wastes affects air quality
ii. Landmass becomes wasteland – its utility and soil quality are declining
iii. Eyesores
iv. Health hazard – breeding ground for infectious diseases like plague, tuberculosis etc.
- A3.** visible, disorganized, legal, illegal, infectious, numerous, thick, environmental, scientific, important, indigenous
(Students may pick any four and use them for the answer.)
- A4.** i. wastes - noun
ii. b - Solid wastes are managed by Cleaning Brigades.
- A5.** The health department should regularly clear up the garbage from the dumps. People should be trained to separate the dry and wet garbage before throwing it. The wet garbage should be used to make manure. The dry garbage should be recycled wherever possible. This will reduce the total amount of garbage created and help to manage it in a better way.

(B)

Garbage Management in Delhi

Overflowing garbage dumps due to solid wastes from housing colonies in Delhi has led to five percent of the land mass being choked by garbage. The land mass has become a waste land and the garbage dumps are not only an eyesore but also pose health and environmental hazards to the people of Delhi. Hence, 'Cleaning Brigades' – an indigenous scheme, which manages wastes scientifically for twenty five thousand people in Delhi, was launched during the Asiad.

Q13. Read the following passage and do the activities:

A1. Complete the sentences:

- i. _____ is a combination of pranayama, asanas and meditation.
- ii. If you do not enjoy exercise or yoga, you can get your workout through _____.
- iii. _____ helps to get rid of toxins.
- iv. Wearing the right type of shoes is important to reduce the risk of _____.

Regular exercise is important for good health. But how does one exercise if one is forced to remain indoors, say for instance, during the COVID-19 lockdown? Experts say that there is a way to stay fit even while staying indoors. There are different types of fun yet effective indoor exercises that do not even require any equipment.

Yoga is one of the most powerful practices for the body and the mind. It can boost your immunity, get rid of toxins, lower stress, keep diseases away and strengthen the physical body. A good combination of pranayama, asanas and meditation can get you a wholesome workout for the mind and the body.

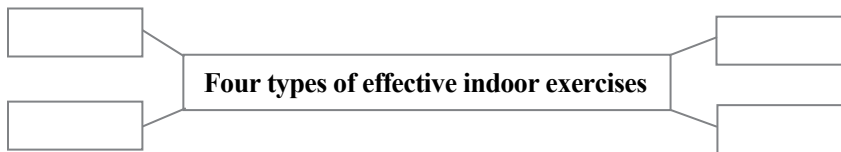
Aerobic exercises develop stamina, reduce body fat and increase flexibility. There are different types of aerobic exercises like walking or running in place, dancing etc. They help shape the body while building energy and muscle.

Climbing stairs has immense benefits for your health and wellbeing. If you do not enjoy exercise or yoga, you can get your workout through simple stair movements. It promotes heart health, tones your muscles and improves mental health by reducing stress and anxiety.

Skipping provides a wide variety of health benefits. It improves hand-eye coordination, aids balance and increases bone health. Start slow and gradually build your pace. Also, wearing the right type of shoes and skipping on the correct surface is important to reduce the risk of injuries. Such precautions will help you gain the maximum benefits from your workout.



A2.



A3. Match the words with their synonyms:

Sr. No.	Words	Synonyms
i.	Regular	Care
ii.	Fit	Power
iii.	Stamina	Routine or consistent
iv.	Precaution	Healthy

A4. Do as directed:

- i. Yoga is a powerful practice for the body and the mind.
(Rewrite the sentence using ‘not only – but also’)
- ii. Skipping provides a wide variety of health benefits.
(Begin your sentence with ‘A wide variety...’)

A5. Personal Response:

What kind of exercise do you do to maintain good health? How has it helped you?

(B) Summary Writing:

Write a summary of the passage given for comprehension and suggest a suitable title to it.

Answers

- A1. i. Yoga ii. simple stair movements
iii. Yoga iv. injuries
- A2. i. Yoga ii. Climbing stairs iii. Skipping iv. Aerobic exercises
- A3. i. regular – routine or consistent ii. fit – healthy
iii. stamina – power iv. precaution – care
- A4. i. Yoga is a powerful practice not only for the body but also for the mind.
ii. A wide variety of health benefits are provided by skipping.
- A5. For the last one year, every morning I wake up early and run for five kilometres in the playground near my house. Before that I had no regular physical exercise, so I had put on excessive weight. But now my weight has reduced and I also feel fresh and active throughout the day after my morning exercise. I also solve Sudoku puzzles and crosswords that appear in the newspaper every day to keep myself mentally active and fit.

(B)

Effective Indoor Exercises

We can remain fit even while staying indoors, with the help of effective indoor exercises such as yoga, aerobics, climbing stairs and skipping. Yoga works well for both the body and the mind. Aerobic exercises make us physically strong and keep the body in shape. Climbing stairs is good for the heart, muscular and mental health. Skipping improves our physical coordination and strength. Proper precautions such as the right shoes and skipping surface help to avoid injury and maximise benefits from exercise.

Q14. Read the following passage and do the activities:

A1. Fill in the blanks:

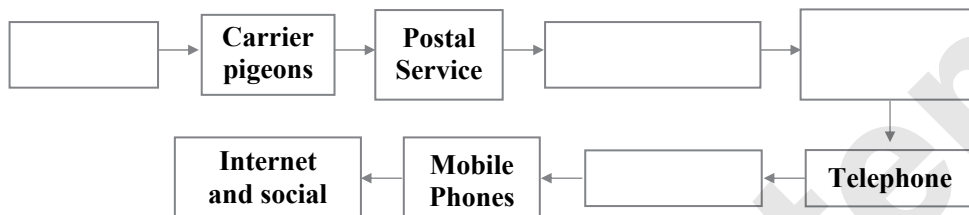
- i. The age of newspapers started when the _____ was established.
- ii. When technology played a role in communication, the _____ started to be used.
- iii. The _____ creates a sense of personal touch in communication even though people may be miles away.
- iv. The _____ is used both for information transfer and a source of entertainment.

Communication has existed since the creation of human beings until today, even after millions of years. In the earlier days, paintings of animals and hunting tools used, were a form of communication. Historians have discovered such paintings on rocks and in caves. Then, carrier pigeons were used to send a piece of information from one place to another. Later, the usage of the postal service became famous where a letter was written to convey information. After that, came the age of newspapers when the printing press was established. These were the first means of mass communication. The radio and



telegraph were next, when technology played a role in communication. The introduction of the telephone created a sense of personal touch that one has while talking face to face, though the person may be miles away. The television paved the way, not for just information transfer but also as a source of entertainment. Mobile phones are a golden discovery that has helped communication to spread its wings. The introduction of touch screen phones and smartphones ensured that the required information was just a click away. The internet is now helping to connect with people regardless of time, or geographical boundaries, through the e-mail, online messenger services and the social media. Every person has at least one account on a social media platform like Facebook, Twitter, Instagram and others. Communication has evolved but its ultimate essence remains the same – to share, inform and influence people worldwide.

A2. Complete the flowchart by adding the missing forms of communication –



A3. Rearrange the letters to form meaningful words from the passage –

- i. tletre ii. draeps iii. vcnoye iv. msufoa

A4. Do as directed:

- i. Technology plays an important role in communication. **(Rewrite using ‘An important role...’)**
ii. The required information was just a click away.

(Rewrite the sentence using the simple present tense)

A5. Personal Response:

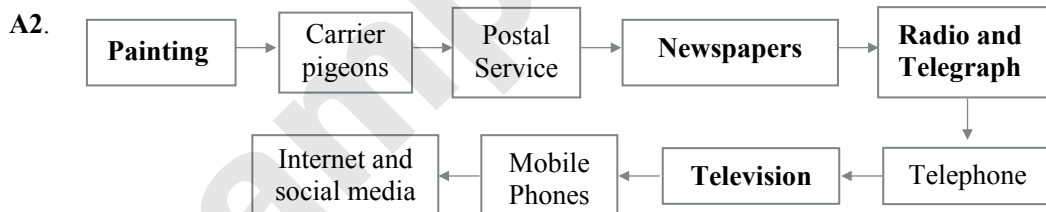
Describe any one advantage and one disadvantage of using social media platforms.

(B) Summary Writing:

Write a summary of the passage given for comprehension and suggest a suitable title to it.

Answers

- A1.** i. printing press ii. radio and telegraph
iii. telephone iv. television



- A3.** i. letter ii. spread iii. convey iv. famous

- A4.** i. An important role is played by technology in communication.
ii. The required information is just a click away.

A5. Social media platforms like Facebook, Twitter etc. are useful as they help to spread awareness of any social issue or get help for a person in need. For example, a few days back, with the help of Facebook posts, money was collected to help a disabled child for surgery. But at the same time such platforms also have disadvantages such as hacking, cyber bullying and stalking. These have become common as the use of these platforms is spreading.

(B) The essence of communication

Communication has been a part of human existence right since human beings were created millions of years ago. The forms of communication have evolved from cave paintings to carrier pigeons, to postal services, newspapers, radio and telegraph, telephone, television, mobile phones and finally the internet and social media. Forms of mass communication were developed and technology played an important role in this evolution. But the essence of communication has remained the same – to share, inform and influence people all over the world.



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