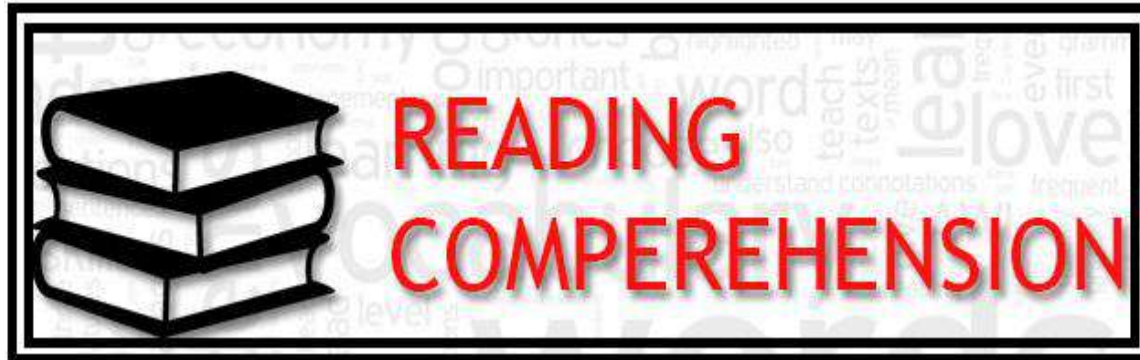


CHAPTER 4



STRATEGIES FOR ATTEMPTING COMPREHENSION PASSAGES

Read the passage quickly to understand the main idea. It is advisable to underline the main points, identifying key words and statements, while reading the passage. Scan through all the questions. It is beneficial to underline the detail/information asked for in the questions to avoid misinterpretation of the question. Reread the passage, marking the specific information related to questions. There is often ambiguity in the answers provided in multiple-choice questions. Many a time, students feel that two answers are appropriate in the context. However, there will always be fine differences. One answer may be in complete compared to another, or the inference may be varied. Therefore, re-read and choose carefully. Sometimes readers feel none of the given choices answer the question. Again, it is reiterated that reread and choose carefully. Finally, review before you move on to the next question.

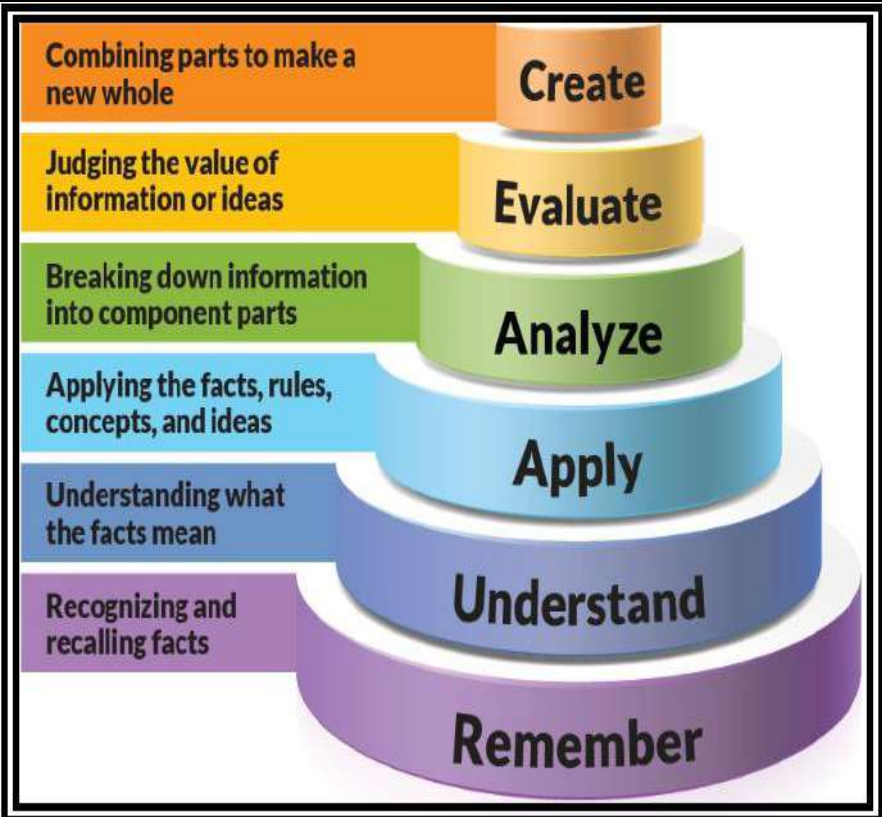
TYPES OF QUESTIONS

A reading comprehension passage attempts to test a student's reading skills, and ability to recall, understand, apply, analyze, evaluate and create content based on the passage. A variety of questions are framed to cover the above listed areas of Bloom's taxonomy. The following

are examples of the types of questions that are based on the passage.

- Asking specific details from the content/body of the passage - remember and understand
- Determining the meaning of words/phrases/idioms used in the passage (from the context)-understand and apply
- Drawing inferences and conclusions - analyze, evaluate
- Identifying the tone of the speaker /author/ passage - evaluate
- Main idea/theme of the passage - understand, apply, evaluate
- Suitable title for the passage - understand, evaluate, create

BLOOM'S TAXONOMY



Vocabulary Enhancement

Reading **extensively** whether it is magazines, newspapers, novels or any other texts **exposes you to a wide range of vocabulary.**

Use a **dictionary or thesaurus** to look up meanings of **new words.** You will also come to know which is the most appropriate in the context.

Read **material that interests** you. It strengthens word associations and meanings. For example, reading engaging stories helps **learners build emotional and sensory contexts around new vocabulary.**

Learn **groups of words that come together.** E.g. It is easier to memorize and recall 'flock of sheep' than just 'flock'.

It is impossible to memorize all the words we come across. One way to enhance vocabulary is to put **the words you wish to memorize where you will see them frequently** - on a wall, computer (make it your screen saver), on desktop, notebook- anything you will view frequently.

A successful way of building vocabulary is to **make associations with the word which you will always recall,** for example 'gigantic',

Many experts advise that to build vocabulary, '**learn a dedicated memorization strategy that uses some form of mnemonics (a system such as pattern of letters, ideas, or associations which assists in remembering something)**'

Lastly **dedication and perseverance,** of course, play a key role in the effort to build a large, comprehensive vocabulary.



Question 1

Nearly 3 lakh Indian- Americans are likely to be impacted by the Trump administration's sweeping plans that put the nation's 11 million undocumented immigrants at risk of deportation.

President Donald Trump has laid the groundwork for potentially deporting millions of undocumented immigrants by issuing new guidance that drastically broadens the ways in which federal immigration laws should be enforced. According to the Department of homeland Security (DHS), it will no longer exempt classes or categories of removable aliens from potential enforcement. The Department personnel would have full authority to arrest or apprehend an alien whom an immigration officer has probable cause to believe is in violation of the immigration laws.

The DHS has issued two memos, which among other things, tightens deportation of illegal immigrants. The emphasis is on criminal aliens, though, but opens up the door for others too. Indian Americans as per unofficial figures account for nearly 3 lakh illegal aliens.

1. What is the risk discussed in the passage?

- a) Trump's winning the election
- b) President Trump does not like Asians
- c) President Trump plans to deport many immigrants, especially those that do not have proper documents.
- d) Population explosion in USA

Answer: C

2. What new authority has been granted to the DHS?

- a) The President will intervene in DHS matters directly.

- b) The DHS personnel can arrest someone he/she believes is violating laws of immigration.
- c) The DHS can directly intervene in population matters
- d) No new authority has been granted.

Answer: B

3. According to approximation how many India Americans account for illegal aliens?

- a) Above 3 lakhs0
- b) Below 3 lakhs
- c) Nearly 11 million
- d) Around 3 lakhs.

Answer: D

4. What does the word 'apprehend' mean in the second paragraph?

- a) Capture
- b) Concern
- c) Allow
- d) Intimate

Answer: A

5. Select a suitable antonym for the word 'exempt' as used in the passage.

- a) accountable
- b) released
- c) free
- d) preventive

Answer: A

Question 2

Read the following passage carefully

The titanic, in its watery grave, is a great museum of human history and is at risk of being lost forever because of curious voyagers and treasure hunters, fears Bob Ballard, who first discovered the remains of the iconic ship in 1985. Famous for discovering the great ship, Ballard is a former US Navy Officer and a professor of oceanography.

"Titanic is a museum of human history without door and guard. I am deeply concerned about not only the Titanic but all the ancient history

that is now at risk. If we cannot save this iconic ship, then there is very little hope we can save ancient ships. The world should realize that you don't have to go down and take everything and you do not have to do a treasure hunt. This is a common heritage of all of us and if we really want to take steps to preserve human history in the ocean, we need to start with Titanic," Ballard said in a telephonic interview from London.

Ballard, as part of a tie-up, is presenting a documentary called "Save the Titanic" on the 100th anniversary of the sinking of the great ship – April 15, 1912. The ship and her fate continue to fascinate, largely because of the horror that took place that night, with 1,522 passengers and crew losing their lives.

Ballard says that despite being on the ocean floor for 100 years, the ship is full of human footprints. "You will find pairs of shoes everywhere. The sea and the life below has claimed everything but they do not know what to do with shoes so you will find a pair of mother's shoes next to her little daughter and that's their gravestone. At her wreckage, we almost felt that we were surrounded by the lifeboats of all the people that were in the water at that spot".

Ballard says that the fate of Titanic continues to fascinate so many years after it sank because it is "irony personified in history". "The story has all the ingredients to make it timelessly fascinating. You have this revolutionary ship that's unsinkable, and carrying a cross section of people in society. And then, it goes and hits an iceberg and sinks on its maiden journey. It's an irony personified in history".

Talking about his discovery, which came after great research and 75 years later, Ballard, says it was a somber moment when they first spotted the boiler of the Titanic. "In the 90s, advanced technology gave us double diving capabilities in the Atlantic Ocean. I knew that the Titanic was sitting at almost 12,000 feet. What led me to her discovery was a simple technique that I followed. We decided to look for the debris trail instead of the ship".

Ballard says the ship, if preserved well and not subjected to constant submarine journeys, will last for a long time on the Atlantic floor. "The deep sea, because of its darkness, its cold temperatures and its great

pressure, creates a high state of preservation. With a little caution, we can protect the Titanic for future generations to visit.”

Ballard has also connected to the people of Belfast, who refused to talk about the tragedy “The ship’s construction took place at Belfast. After the tragedy, families of the workers refused to talk about it because of the shame and sadness in the loss of life involved”.

1. On the basis of your reading of the passage, answer the following questions by choosing the best of the given choices

A. The Titanic sank on

- I. its 100th anniversary
- II. 15th April 1912
- III. an iconic voyage in 1985
- IV. leaving the port of Belfast

Answer: ii

B. The Titanic continues to attract attention because

- I. it is irony personified in history
- II. its advanced technology gave double diving technologies
- III. it is a treasure hunt
- IV. it is a common need

Answer: i

C. Ballard’s documentary on the Titanic is titled

- I. a museum of human history
- II. the titanic
- III. save the Titanic
- IV. 75 years later

Answer: ii

D. Bob Ballard is a

- I. Former US Navy Officer
- II. A professor of oceanography
- III. Both (i) and (ii)
- IV. None of the above

Answer: iii

Q2. Answer the following question briefly:

(a) What happened on April 15, 1912?

Answer:

On April 15, 1912 the Titanic ship, on its maiden journey, hit an iceberg and sank in the Atlantic Ocean As many as 1522 passengers and crew lost their lives on that fateful night.

(b) Who is Bob Ballard and what did he discover?**Answer:**

Bob Ballard is a former US Navy officer and a professor of oceanography. He first discovered the remains of the Titanic in 1985.

(c) Why does Bob Ballard call it a museum of human history?**Answer:**

Bob Ballard calls its museum of human history because it is full of human footprints. At her wreckage one feels surrounded by the life boats of all the people that were in the water at that spot.

(d) Why did the people of Belfast refuse to talk about Titanic?**Answer:**

The Titanic ship was constructed at Belfast. After the sinking of the ship, the people of Belfast refused to talk about the tragedy because of the shame and sadness in the loss of life involved.

(e) What did Ballard do as part of the 100th anniversary of the sinking of the Titanic?**Answer:**

Ballard presented a documentary called 'Save the Titanic' as part of the 100th anniversary of the Titanic

Explain "it is irony personified."**Answer:**

It means that the Titanic which could have proved safest ironically turned out to be disastrous. It killed 1522 passengers. History has witnessed and recorded it.

Q3. Find the words from the passage

(a) first of its kind (para 5)

Answer:

Maiden

(b) Very solemn or serious (para 6)

Answer:

Somber

Question 3

Born on Jan 12, 1863 in an affluent Bengali family, Narendra Natha Datta was a precocious child who was what we call nowadays, an all-rounder, excelling in music, studies and athletics. His father Vishwanatha Datta was a well-known attorney. However, he took the spiritual route instead and introduced Hinduism to the world in 1893 when he spoke at the World's Parliament of Religion (probably one of the most epic things any Indian has done abroad!).

The historic speech was given on September 11, 1893 by Swami Vivekananda. Here's the full text of his opening and closing address:

Sisters and Brothers of America,

It fills my heart with joy unspeakable to rise in response to the warm and cordial welcome which you have given us. I thank you in the name of the most ancient order of monks in the world; I thank you in the name of the mother of religions, and I thank you in the name of millions and millions of Hindu people of all classes and sects.

My thanks, also, to some of the speakers on this platform who, referring to the delegates from the Orient, have told you that these men from far-off nations may well claim the honor of bearing to different lands the idea of toleration. I am proud to belong to a religion which has taught the world both tolerance and universal acceptance.

We believe not only in universal toleration, but we accept all religions as true. I am proud to belong to a nation which has sheltered the persecuted and the refugees of all religions and all nations of the earth. I am proud to tell you that we have gathered in our bosom the purest remnant of the Israelites, who came to Southern India and took refuge with us in the very year in which their holy temple was shattered to pieces by Roman tyranny. I am proud to belong to the religion which has sheltered and is still fostering the remnant of the grand Zoroastrian nation. I will quote to you, brethren, a few lines from a hymn which I remember to have repeated from my earliest boyhood, which is every day repeated by millions of human beings: "As the different streams having their sources in different paths which men take through different tendencies, various though they appear, crooked or straight, all lead to Thee."

The present convention, which is one of the most august assemblies ever held, is in itself a vindication, a declaration to the world of the wonderful doctrine preached in the Gita: "Whosoever comes to me, through whatsoever form, I reach him; all men are struggling through paths which in the end lead to me." Sectarianism, bigotry, and its horrible descendant, fanaticism, have long possessed this beautiful earth.

1. What was Vishwanatha Dutta's profession?

- 1 Attorney**
- 2 Spiritual leader**
- 3 Teacher**
- 4 None of the above**

Answer:

The first option is correct, as the passage mentions that he was an attorney.

2. Who spoke at the World's Parliament of Religion?

- 1 Narendra Nath Datta**
- 2 Swami Vivekananda**
- 3 Both**
- 4 None**

Answer:

Swami Vivekananda spoke at the conference

3. Give the opposite of the word "Occident" from the second passage of the speech

- 1. Delegate**
- 2. Universal**
- 3. Orient**
- 4. Toleration**

Answer:

"Orient" is the opposite of Occident

4. In the phrase: "all lead to Thee", to whom does the word 'Thee' refer?

- 1. All religions**
- 2. The delegates present**
- 3. Universal brotherhood and peace**
- 4. God**

Answer:

It refers to God.

5. In the phrase: “I am proud to belong to a nation” – what nation is the speaker referring to?

1. India
2. Southern India
3. Rome
4. America

Answer:

The speaker is referring to India

Question 4

"I Have a Dream" is a public speech delivered by American civil rights activist Martin Luther King Jr. during the March on Washington for Jobs and Freedom on August 28, 1963, in which he calls for an end to racism in the United States and called for civil and economic rights. Delivered to over 250,000 civil rights supporters from the steps of the Lincoln Memorial in Washington, D.C., the speech was a defining moment of the civil rights movement.

Beginning with a reference to the Emancipation Proclamation, which freed millions of slaves in 1863, King observes that: "one hundred years later, the Negro still is not free". Toward the end of the speech, King departed from his prepared text for a partly improvised peroration on the theme "I have a dream", prompted by Mahalia Jackson's cry: "Tell them about the dream, Martin!" In this part of the speech, which most excited the listeners and has now become its most famous, King described his dreams of freedom and equality arising from a land of slavery and hatred. Jon Meacham writes that, "With a single phrase, Martin Luther King Jr. joined Jefferson and Lincoln in the ranks of men who've shaped modern America". The speech was ranked the top American speech of the 20th century in a 1999 poll of scholars of public address.

1. What issues does Martin Luther King's speech address?

1. Continuation of racism
2. End to racism and civil and economic rights
3. Civil rights
4. Civil War

Answer:

The second option is correct, as stated in the passage.

2. What pushes King to speak: “I have a dream”?

1. He reads out the Emancipation Proclamation
2. He is prompted by Mahalia Jackson
3. He is overwhelmed by the crowd
4. Lincoln had asked him to give the speech

Answer:

As mentioned in the passage, Mahalia Jackson had prompted him to speak about his dream.

3. From the last paragraph, give one word for “to leave”

1. Departed
2. Proclamation
3. Improvised
4. Address

Answer:

The correct answer is ‘departed’

4. What is the name of Martin Luther King’s famed speech?

1. The Emancipation Proclamation
2. An Improvisation
3. A Peroration
4. I Have a Dream

Answer:

As mentioned in the beginning of the comprehension, the first answer is correct.

5. In front of whom does King speak?

1. The civil rights supporters
2. His friends
3. Lincoln
4. The Negroes

Answer:

As mentioned in the opening paragraph, the first option is correct.

Question 5

Today I Rabindranath Tagore complete eighty years of my life .As I look back on the vast stretch of years that lie behind me and see in clear perspective the history of my early development, I am struck by the

change that has taken place both in my own attitude and in the psychology of my countrymen -- a change that carries within it a cause of profound tragedy.

Our direct contact with the larger world of men was linked up with the contemporary history of the English people whom we came to know in those earlier days. It was mainly through their mighty literature that we formed our ideas with regard to these newcomers to our Indian shores. In those days the type of learning that was served out to us was neither plentiful nor diverse, nor was the spirit of scientific enquiry very much in evidence. Thus, their scope being strictly limited, the educated of those days had recourse to English language and literature. Their days and nights were eloquent with the stately declamations of Burke, with Macaulay's long-rolling sentences; discussions centered upon Shakespeare's drama and Byron's poetry and above all upon the large-hearted liberalism of the nineteenth-century English politics.

At the time though tentative attempts were being made to gain our national independence, at heart we had not lost faith in the generosity of the English race. This belief was so firmly rooted in the sentiments of our leaders as to lead them to hope that the victor would of his own grace pave the path of freedom for the vanquished. This belief was based upon the fact that England at the time provided a shelter to all those who had to flee from persecution in their own country. Political martyrs who had suffered for the honour of their people were accorded unreserved welcome at the hands of the English.

I was impressed by this evidence of liberal humanity in the character of the English and thus I was led to set them on the pedestal of my highest respect. This generosity in their national character had not yet been vitiated by imperialist pride. About this time, as a boy in England, I had the opportunity of listening to the speeches of John Bright, both in and outside Parliament. The large-hearted, radical liberalism of those speeches, overflowing all narrow national bounds, had made so deep an impression on my mind that something of it lingers even today, even in these days of graceless disillusionment.

1. From the first paragraph, give a synonym for 'deep':

1. Perspective
2. Profound
3. Tragedy
4. Psychology

Answer:

The word 'profound' is similar in meaning to 'deep'

2. What helped the Indians to conceive of a notion of the Englishmen?

1. Their advanced weaponry
2. Their literature
3. Their orders
4. Their administration

Answer:

As mentioned in the second paragraph, English literature helped Indians to shape their ideas about the Englishmen.

3. Who could read and gain from English literature?

1. The educated Indians
2. All the Indians
3. Only writers such as Rabindranath Tagore
4. None of the above

Answer:

As stated in the second paragraph, only the educated Indians could understand English literature.

4. From the third paragraph, give an antonym for 'victorious'

1. Victor
2. Vanquished
3. Belief
4. Persecution

Answer:

'Vanquished' is the antonym, it means defeated

5. Whose speeches did Tagore listen to, as a boy?

1. Shakespeare
2. Byron
3. John Bright
4. Macaulay

Answer:

Tagore listened to John Bright's speeches, as stated in the last paragraph.

Question 6

Sportsmanship can be conceptualized as an enduring and relatively stable characteristic or disposition such that individuals differ in the way they are generally expected to behave in sports situations. In general, sportsmanship refers to virtues such as fairness, self-control, courage, and persistence, and has been associated with interpersonal concepts of treating others and being treated fairly, maintaining self-control if dealing with others, and respect for both authority and opponents. Sportsmanship is also looked at as being the way one reacts to a sport/game/player.

The four elements of sportsmanship are often shown being good form, the will to win, equity and fairness. All four elements are critical and a balance must be found among all four for true sportsmanship to be illustrated. These elements may also cause conflict, as a person may desire to win more than play in equity and fairness and thus resulting in a clash within the aspects of sportsmanship. This will cause problems as the person believes they are being a good sportsman, but they are defeating the purpose of this idea as they are ignoring two key components of being sportsman like. When athletes become too self-centered, the idea of sportsmanship is dismissed.

Today's sporting culture, in particular the base of elite sport, places great importance on the idea of competition and winning and thus sportsmanship takes a back seat as a result. In most, if not all sports, sportsmen at the elite level make the standards on sportsmanship and no matter whether they like it or not, they are seen as leaders and role models in society.

Since every sport is rule driven, the most common offence of bad sportsmanship is the act of cheating or breaking the rules to gain an unfair advantage. A competitor who exhibits poor sportsmanship after losing a game or contest is often called a "sore loser", while a competitor who exhibits poor sportsmanship after winning is typically called a "bad winner". Sore loser behavior includes blaming others for the loss, not accepting responsibility for personal actions that contributed to the defeat, reacting to the loss in an immature or improper fashion, making excuses for the defeat, and citing unfavourable conditions or other petty issues as reasons for the defeat. A bad winner acts in a shallow fashion after his or her victory, such as by gloating about his or her win, rubbing the win in the face(s) of the opponent(s), and lowering the opponent(s)'s self-esteem by constantly reminding the opponent(s) of "poor" performance in comparison (even if the opponent(s) competed

well). Not showing respect to the other team is considered to being a bad sportsman and could lead to demoralizing effects; as Leslie Howe describes: "If a pitcher in baseball decides to pitch not to his maximum ability suggest that the batter is not at an adequate level, [it] could lead to the batter to have low self-confidence or worth.

1. is necessary to strike a balance between all the four elements of sportsmanship?

1. No
2. Yes
3. Any 2 can be balanced
4. Only 1 is sufficient

Answer:

Option 2 - Yes, all elements need to be balanced, as pointed out in paragraph 2

2. Why has sportsmanship taken a backseat today?

1. Due to lack of balance between the elements
2. Due to the emphasis on winning
3. Due to drug abuse
4. None of the above

Answer:

As per paragraph 3, the stress laid on winning has made sportsmanship take a backseat. Option 2 is correct

3. If one does not accept responsibility for one's defeat, one is called a:

1. Sore loser
2. Bad winner
3. Good sportsman
4. Prudent sportsman

Answer:

Option 1 - Not accepting responsibility characterizes a sore loser

4. From the last paragraph, give the opposite of the word 'deep':

1. Competitor
2. Pitch
3. Immature
4. Shallow

Answer:

Option 4 is the correct answer

5. When does the spirit of sportsmanship die?

1. When the sportsman becomes too self-centered
2. When the player loses the will to play
3. When the sportsman behaves badly
4. None of the above

Answer:

Option 1 According to the second paragraph, this is the correct option.

Question 7

Artificial intelligence (AI), sometimes called machine intelligence, is intelligence demonstrated by machines, in contrast to the natural intelligence displayed by humans and other animals. In computer science AI research is defined as the study of "intelligent agents": any device that perceives its environment and takes actions that maximize its chance of successfully achieving its goals. Colloquially, the term "artificial intelligence" is applied when a machine mimics "cognitive" functions that humans associate with other human minds, such as "learning" and "problem solving".

The scope of AI is disputed: as machines become increasingly capable, tasks considered as requiring "intelligence" are often removed from the definition, a phenomenon known as the AI effect, leading to the quip, "AI is whatever hasn't been done yet." For instance, optical character recognition is frequently excluded from "artificial intelligence", having become a routine technology. Capabilities generally classified as AI as of 2017 include successfully understanding human speech, competing at the highest level in strategic game systems (such as chess and Go), autonomous cars, intelligent routing in content delivery network and military simulations.

Artificial intelligence was founded as an academic discipline in 1956, and in the years since has experienced several waves of optimism, followed by disappointment and the loss of funding (known as an "AI winter"), followed by new approaches, success and renewed funding. For most of its history, AI research has been divided into subfields that often fail to communicate with each other. These sub-fields are based on technical considerations, such as particular goals (e.g. "robotics" or "machine learning"), the use of particular tools ("logic" or artificial neural networks), or deep philosophical differences. Subfields have also been based on social factors (particular institutions or the work of

particular researchers).

The traditional problems (or goals) of AI research include reasoning, knowledge representation, planning, learning, natural language processing, perception and the ability to move and manipulate objects. General intelligence is among the field's long-term goals. Approaches include statistical methods, computational intelligence, and traditional symbolic AI. Many tools are used in AI, including versions of search and mathematical optimization, artificial neural networks, and methods based on statistics, probability and economics. The AI field draws upon computer science, mathematics, psychology, linguistics, philosophy and many others.

1. What is the AI winter?

1. Loss of funding for AI projects
2. Non-functioning AI systems
3. Absence of research labs
4. None of the above

Answer:

The first option is correct –as per paragraph 4

2. Are sub-fields based only on social factors?

1. No
2. Yes
3. They are based on machine learning
4. None of the above

Answer:

Option 1 is correct – as per paragraph 3

3. Learning and problem solving by machines is a colloquial way of understanding artificial intelligence?

1. Yes
2. No
3. Artificial intelligence means acquiring knowledge through books
4. It cannot be defined colloquially

Answer:

Option 1 is correct, as stated in para 1

4. Are autonomous cars an example of AI?

1. Yes
2. No

3. As of 2017, they are
4. None of the above

Answer:

The third option is correct, as given in para 2

5. Does AI only draw on technology and mathematics?

1. Yes
2. No
3. It also draws upon psychology
4. It only draws upon linguistics

Answer:

The second option is correct – as given in the last para – there are other fields too, upon which AI draws.

Question 8

Like their ancient toga-wearing counterparts, modern philosophers continue to disagree on the nature of freewill. Do we really have any control over the choices we make and the things we desire, and if so, to what degree?

Theories of freewill vary, but the ancient words of Plato still line up with our modern perceptions of temptation and willpower. The revered Greek philosopher argued that the human experience is one of constant struggle between the intellect and the body, between rationality and desire. Along these lines, true freedom is only achievable when willpower unchains us from bodily, emotional, instinctual slavery. You can find similar sentiments throughout world religions, most of which offer a particular and often difficult path to rise above our darker natures.

And science? Well, science mostly agrees with all of this. Willpower is all about overcoming your natural impulses to eat cupcakes, skip your morning workout, flirt with the waiter, hit the snooze alarm and check your e-mail during a funeral.

Your willpower, however, is limited. If life were a video game, you'd see a glowing "willpower" or "ego" meter at the top of the screen next to your "life" meter. Successfully resist one temptation, and the meter depletes a little. The next temptation depletes the "willpower" meter even more, until there's nothing left at all.

Our modern scientific understanding of willpower in large part stems from a 1996 research experiment involving chocolate and radishes.

Psychologist Roy Baumeister led a study in which 67 test subjects were presented with tempting chocolate chip cookies and other chocolate-flavored treats before a persistence-testing puzzle. Here's the catch: The researchers asked some of the participants to abstain from sweets and snack on radishes instead.

Baumeister's results told a fascinating story. The test subjects who resisted the sweet stuff in favor of radishes performed poorly on the persistence test. They simply didn't have the willpower left to resist slacking off.

The resulting paper, "Ego Depletion: Is the Active Self a Limited Resource?" inspired more than a thousand additional studies discussing everything from the influence of positive messages to the ego-sapping power of daily decisions

Studies also show that cognitive capacity also affects our ability to hold out against temptation. Cognitive capacity is essentially your working memory, which you employ when resisting a temptation ... or holding a string of numbers in your head. A 1999 study from the University of Iowa professor Baba Shiv found that people tasked with remembering a two-digit number held out better than people remembering a seven-digit number when tempted with chocolate cake.

1. What do you understand by 'freewill'?

- 1) The choices we make and the things we desire
- 2) The choices that philosophers force us to make
- 3) Our perception of temptation
- 4) Our ego

Answer: 1

The first option is correct. The answer can be found in the second sentence of the first paragraph, where after stating a general observation on 'freewill', an attempt is made to define it.

2. According to Plato, when is true freedom available?

- 1) When there is a struggle between the intellect and the body
- 2) When our willpower helps us to overcome our base instincts
- 3) When we desire that which we cannot achieve
- 4) When we have no control over our ego

Answer: 2.

The second option is correct, as is evident from the last line of the second paragraph – once our willpower becomes strong enough to overcome instant gratification, we are truly free.

3. In the second paragraph, what does the expression ‘line up’ signify?

- 1) Align with
- 2) Disagree with
- 3) Differ from
- 4) In discussion with

Answer: 3.

The first option is correct, as the second paragraph opens up by relating the fact that although the contemporary philosophers’ views vary, they still align with Plato’s thoughts.

4. What is meant by ‘cognitive capacity’?

- 1) Willpower
- 2) Our ego
- 3) Our ability to overcome temptation
- 4) The desire to give in to temptation

Answer: 4.

The third option is correct, the last paragraph offers a working definition of ‘cognitive capacity’

5. From the RC given above, find a synonym for ‘respected’

- 1) Cognitive
- 2) Temptation
- 3) Desire
- 4) Revered

Answer: 5.

The fourth option is correct, ‘revered’ also means – to hold in high esteem, to respect.

Question 9

Philosophy of Education is a label applied to the study of the purpose, process, nature and ideals of education. It can be considered a branch of both philosophy and education. Education can be defined as the teaching and learning of specific skills, and the imparting of knowledge, judgment and wisdom, and is something broader than the societal institution of education we often speak of.

Many educationalists consider it a weak and woolly field, too far removed from the practical applications of the real world to be useful. But philosophers dating back to Plato and the Ancient Greeks have given the area much thought and emphasis, and there is little doubt that their work has helped shape the practice of education over the millennia. Plato is the earliest important educational thinker, and education is an essential element in "The Republic" (his most important work on philosophy and political theory, written around 360 B.C.). In it, he advocates some rather extreme methods: removing children from their mothers' care and raising them as wards of the state, and differentiating children suitable to the various castes, the highest receiving the most education, so that they could act as guardians of the city and care for the less able. He believed that education should be holistic, including facts, skills, physical discipline, music and art. Plato believed that talent and intelligence is not distributed genetically and thus is to be found in children born to all classes, although his proposed system of selective public education for an educated minority of the population does not really follow a democratic model.

Aristotle considered human nature, habit and reason to be equally important forces to be cultivated in education, the ultimate aim of which should be to produce good and virtuous citizens. He proposed that teachers lead their students systematically, and that repetition be used as a key tool to develop good habits, unlike Socrates' emphasis on questioning his listeners to bring out their own ideas. He emphasized the balancing of the theoretical and practical aspects of subjects taught, among which he explicitly mentions reading, writing, mathematics, music, physical education, literature, history, and a wide range of sciences, as well as play, which he also considered important.

During the Medieval period, the idea of Perennialism was first formulated by St. Thomas Aquinas in his work "De Magistro".

Perennialism holds that one should teach those things deemed to be of everlasting importance to all people everywhere, namely principles and reasoning, not just facts (which are apt to change over time), and that one should teach first about people, not machines or techniques. It was originally religious in nature, and it was only much later that a theory of secular perennialism developed.

During the Renaissance, the French skeptic Michel de Montaigne (1533 - 1592) was one of the first to critically look at education. Unusually for his time, Montaigne was willing to question the conventional wisdom of

the period, calling into question the whole edifice of the educational system, and the implicit assumption that university-educated philosophers were necessarily wiser than uneducated farm workers, for example.

1. What is the difference between the approaches of Socrates and Aristotle?

1. Aristotle felt the need for repetition to develop good habits in students; Socrates felt that students need to be constantly questioned
2. Aristotle felt the need for rote-learning; Socrates emphasized on dialogic learning
3. There was no difference
4. Aristotle emphasized on the importance of paying attention to human nature; Socrates emphasized upon science

Answer: 1.

The first option is correct – their approaches were different and this difference is quite explicitly explained in the fourth paragraph.

2. Why do educationists consider philosophy a ‘weak and woolly’ field?

1. It is not practically applicable
2. Its theoretical concepts are easily understood
3. It is irrelevant for education
4. None of the above

Answer: 2.

The first option is correct because educationists believe that philosophical abstractions are not suitable for practical application.

3. What do you understand by the term ‘Perennialism’, in the context of the given comprehension passage?

1. It refers to something which is of ceaseless importance
2. It refers to something which is quite unnecessary
3. It refers to something which is abstract and theoretical
4. It refers to something which existed in the past and no longer exists now

Answer: 3.

The first option is correct because the term comes from the root word ‘perennial’ – which means ceaseless.

4. Were Plato’s beliefs about education democratic?

1. He believed that only the rich have the right to acquire education
2. Yes
3. He believed that only a select few are meant to attend schools
4. He believed that all pupils are not talented

Answer: 4.

The second option is correct – Plato’s beliefs were democratic but not his suggested practices.

5. Why did Aquinas propose a model of education which did not lay much emphasis on facts?

1. Facts are not important
2. Facts do not lead to holistic education
3. Facts change with the changing times
4. Facts are frozen in time

Answer: 5

The third option is correct – facts do change with the changing times, hence, they are not of the utmost importance when aiming for holistic education.

Question 10

“A principal fruit of friendship,” Francis Bacon wrote in his timeless meditation on the subject, “is the ease and discharge of the fulness and swellings of the heart, which passions of all kinds do cause and induce.” For Thoreau, friendship was one of life’s great rewards. But in today’s cultural landscape of muddled relationships scattered across various platforms for connecting, amidst constant debates about whether our Facebook “friendships” are making us more or less happy, it pays to consider what friendship actually is. That’s precisely what CUNY philosophy professor Massimo Pigliucci explores in **Answers for Aristotle: How Science and Philosophy Can Lead Us to A More Meaningful Life** (public library), which also gave us this provocative read on the science of what we call “intuition.”

Philosophers and cognitive scientists agree that friendship is an essential ingredient of human happiness. But beyond the dry academic definitions — like, say, “voluntary interdependence between two persons over time, which is intended to facilitate socio-emotional goals of the participants, and may involve varying types and degrees of companionship, intimacy, affection and mutual assistance” — lies a body of compelling research that sheds light on how, precisely, friendship augments happiness.

The way friendship enhances well-being, it turns out, has nothing to do with quantity and everything to do with quality — researchers confirm that it isn't the number of friends (or, in the case of Facebook, "friends")

1. Name one change effected in the present situation which hassled to a re-thinking of the concept of friendship

1. Bacon and Thoreau's theories are no longer available to read
2. The arrival of social media on the scene
3. There is more interest in the sciences
4. Friendships are not possible in the real world anymore, due to over-competition

Answer: 1

The second part is the correct answer, since the passage mentions 'Facebook' a social networking website.

2. Friendship leads to happiness. Is it true?

1. Yes, researches have proven that friendship does lead to happiness
2. No, there is no relationship between friendship and happiness
3. Friends cannot make each other happy
4. One needs to find one's happiness alone, with peace of mind

Answer: 2

According to the given paragraph, the first answer is correct (as is mentioned in the second passage of the RC).

3. Did Pagliacci's book discuss intuition too?

1. No, it only discussed friendship
2. It explained science and philosophy
3. It discusses Aristotle's theories
4. Yes

Answer: 3

The book does discuss intuition, as stated in the first paragraph. Hence the correct answer is the fourth option.

4. Is the quality of friends important?

1. No, it is important to have a greater number of friends, quality does not matter
2. No, number of comments on social networking sites is important, not the quality of friends
3. Yes, it matters

4. No, quality comes automatically with quantity

Answer: 4

The third option is correct, as stated in the last paragraph – quality matters over quantity.

5. As per the first, paragraph what are the debates about?

1. They are centered around whether our Facebook friends are helping us become more or less happy
2. There are no debates around friendship
3. The quality of comments of social media is debatable
4. Thoreau and Aristotle's thinking is at loggerheads

Answer: 5

The first option is correct, as per the first paragraph in the given RC

Question 11

The Indian Space Research Organisation (ISRO, /'isrou/) is the space agency of the Government of India headquartered in the city of Bangalore. Its vision is to "harness space technology for national development while pursuing space science research and planetary exploration."

Formed in 1969, ISRO superseded the erstwhile Indian National Committee for Space Research (INCOSPAR) established in 1962 by the efforts of independent India's first Prime Minister, Jawaharlal Nehru, and his close aide and scientist Vikram Sarabhai. The establishment of ISRO thus institutionalized space activities in India. It is managed by the Department of Space, which reports to the Prime Minister of India. ISRO built India's first satellite, Aryabhata, which was launched by the Soviet Union on 19 April 1975. It was named after the Mathematician Aryabhata. In 1980, Rohini became the first satellite to be placed in orbit by an Indian-made launch vehicle, SLV-3. ISRO subsequently developed two other rockets: the Polar Satellite Launch Vehicle (PSLV) for launching satellites into polar orbits and the Geosynchronous Satellite Launch Vehicle (GSLV) for placing satellites into geostationary orbits. These rockets have launched numerous communications satellites and earth observation satellites. Satellite navigation systems like GAGAN and IRNSS have been deployed. In January 2014, ISRO successfully used an indigenous cryogenic engine in a GSLV-D5 launch of the GSAT-14. ISRO sent a lunar orbiter, Chandrayaan-1, on 22 October 2008 and a Mars orbiter, Mars Orbiter Mission, on 5 November 2013, which

successfully entered Mars orbit on 24 September 2014, making India the first nation to succeed on its first attempt to Mars, and ISRO the fourth space agency in the world as well as the first space agency in Asia to successfully reach Mars orbit. On 18 June 2016 ISRO successfully set a record with a launch of 20 satellites in a single payload, one being a satellite from Google. On 15 February 2017, ISRO launched 104 satellites in a single rocket (PSLV-C37) and created a world record. ISRO launched its heaviest rocket, Geosynchronous Satellite Launch Vehicle-Mark III (GSLV-Mk III), on 5 June 2017 and placed a communications satellite GSAT-19 in orbit. With this launch, ISRO became capable of launching 4 ton heavy satellites.

1. Is the ISRO a private organization?

1. No, it is a government organization
2. Yes, it is a private organization
3. It used to be a government organization but not anymore
4. It is a non-functional entity

Answer: 1

The first option is correct – the ISRO is a government organization

2. The ISRO only launches other nations' satellites?

1. Yes, it generates revenue through launching foreign satellites only
2. No, it is involved in space and planetary exploration
3. It deals with geographical spaces on earth
4. It searches for aliens

Answer: 2

The second option is correct, as per the first passage of the RC

3. India still uses foreign-made satellite launch vehicles?

1. No, it has its own satellite launch vehicles
2. Yes
3. Only India's first satellite – Aryabhata – was launched by the Soviet Union
4. None of the above

Answer: 3

The third option is correct

4. From the third paragraph, choose a word which is closes in meaning to 'assistant':

1. scientist
2. aide
3. independent
4. institutionalized

Answer: 4

The second option is correct. If one considers the etymology of the word 'aide', it comes from 'aid' – which means, to help.

5. Who was Aryabhata, according to the third paragraph?

1. A scientist
2. a mathematician
3. India's prime minister
4. The head of ISRO

Answer: 5

Aryabhata was a mathematician

Question 12

Read the passage carefully and the questions that follows:

Intelligence Pills

Some scientists have predicted that healthy adults and children may one day take drugs to improve their intelligence and intellectual performance. A research group has suggested that such drugs might become as common coffee or tea within the next couple of decades. To counter this, students taking exams might have to take drugs tests like athletes. There are already drugs that are known to improve mental performance like Ritalin, which is given to children with problems concentrating. A drug given to people with trouble sleeping also helps people remember numbers. These drugs raise serious legal and moral questions, but people already take vitamins to help them remember things better, so it will not be a simple problem to solve. It will probably be very difficult to decide at what point a food supplement becomes an unfair drug in an examination.

1. Only children will take pills to improve their intellectual performance.

- a) Right
- b) Wrong
- c) Doesn't say

Answer:

(b) Wrong

2. Intelligence Pills are already as common as coffee or tea.

- a) Right '
- b) Wrong
- c) Doesn't say

Answer:

(b) Wrong

3. Coffee is as common as tea

- a) Right
- b) Wrong
- c) Doesn't say

Answer:

(c) Doesn't say

4. Students could have to take intelligence drugs tests.

- a) Right
- b) Wrong
- c) Doesn't say

Answer:

(a) Right

Question 13

The Indian Army is the land-based branch and the largest component of the Indian Armed Forces. The President of India is the Supreme Commander of the Indian Army, and it is commanded by the Chief of Army Staff (COAS), who is a four-star general. Two officers have been conferred with the rank of field marshal, a five-star rank, which is a ceremonial position of great honour. The Indian Army originated from the armies of the East India Company, which eventually became the British Indian Army, and the armies of the princely states, which finally became the national army after independence. The units and regiments of the Indian Army have diverse histories and have participated in a number of battles and campaigns across the world, earning a large number of battle and theatre honours before and after Independence. The primary mission of the Indian Army is to ensure national security and national unity, defending the nation from external aggression and internal threats, and maintaining peace and security within its borders.

It conducts humanitarian rescue operations during natural calamities and other disturbances, like Operation Surya Hope, and can also be requisitioned by the government to cope with internal threats. It is a major component of national power alongside the Indian Navy and the Indian Air Force. The army has been involved in four wars with neighboring Pakistan and one with China. Other major operations undertaken by the army include: Operation Vijay, Operation Meghdoot and Operation Cactus. Apart from conflicts, the army has conducted large peace time exercises like Operation Brass tacks and Exercise Shoorveer, and it has also been an active participant in numerous United Nations peacekeeping missions including those in: Cyprus, Lebanon, Congo, Angola, Cambodia, Vietnam, Namibia, El Salvador, Liberia, Mozambique and Somalia.

The Indian Army has a regimental system, but is operationally and geographically divided into seven commands, with the basic field formation being a division. It is an all-volunteer force and comprises more than 80% of the country's active defence personnel. It is the 2nd largest standing army in the world, with 1,237,117 active troops and 960,000 reserve troops. The army has embarked on an infantry modernization program known as Futuristic Infantry Soldier As a System (F-INSAS), and is also upgrading and acquiring new assets for its armored, artillery and aviation branches.

1. Is the chief of army a five-star general?

1. Yes
2. No, he is a four-star general
3. No, the field marshal is the five-star general
4. No, the chief of army is the president

Answer:

1) The chief of army is a four-star general, as per the first paragraph.

2. What is the basic field formation in the Indian army?

1. The regiment
2. The division
3. The infantry
4. Aviation

Answer:

2) The second option is the correct answer, according to the last paragraph of the RC.

3. Is the Indian army involved in any peace-making efforts?

1. no, it only involves itself in conflict situations
2. It helps in rebuilding cities ravaged by wars
3. Yes, it does involve itself in peace-making efforts
4. It does not enter into conflict zones

Answer:

3) The third option is the correct answer, according to the second paragraph of the RC

4. Is the Indian army the only component of national power?

1. Yes
2. No, national power is a combination of the army, the navy and the air force
3. No, the navy is the only component
4. no, all national power lies in the hands of the government

Answer:

4) The second option is correct, since the three arms of the national power are – the army, the navy and the air force

5. Is the Indian army an 'all-volunteer' force?

1. No it is compulsory for every Indian above the age of 18 to join the army
2. yes, it is
3. no, only the air force is all voluntary
4. No, the navy is all-voluntary

Answer:

5) The second option is correct as given in the last paragraph.

PAST EXAMINATION QUESTIONS

MAY - 2018

Question1

Read the passage carefully and answer the questions given below:

A life of action and danger moderates the dread of death. It not only gives us fortitude to bear pain, but teaches us at every step the precarious tenure on

which we hold our present being. Sedentary and studious men are the most apprehensive on this score. Dr. Johnson was an instance in point. A few years seemed to him soon over, compared with those sweeping contemplations on time and infinity with which he had been used to pose himself. In the still life of a man of letters there was no obvious reason for a change. He might sit in an arm chair and pour out cups of tea to all eternity would it had been possible for him to do so. The most rational cure after all for the inordinate fear of death is to set a just value on life. If we mere wish to continue on the scene to indulge our head-strong humour and tormenting passions, we had better be gone at once; and if we only cherish a fondness for existence according to the good we desire from it, the pang we feel at parting it will not be very server.

(i) What type of people are afraid of death and Why?

(1 mark)

(ii) How can we get rid of fear of death?

(1 mark)

(iii) What idea do you form about Dr. Johnson from this passage?

(1 mark)

(iv) Write Summary of the Passage.

(2 marks)

Answer:

- I. Sedentary men are afraid of death because they do not live their life with action and danger moderates the dread of death.
- II. By lives a action full life we can get rid of fear of death, because it not only gives us fortitude to bear pain, but teaches us at every step the precarious tenure.
- III. In the life of a man of letters there is no obvious reason for a change. He might sit in an arm chair and Pour out cups of tea.
- IV. The summary of the passage is that the inordinate fear of death is to set a just value of life. If we mere wish to continue on the scene to indulge our head strong humour and tormenting passions, we had better be gone at once.

NOV – 2018

Question1

Read the passage carefully and answer the questions given below :

"Your room is so ugly that no one can enter your room except yourself, son. Please take care of yourself at least." Harish's mother was simply shouting at Harish. It was a beautiful Sunday morning and Harish was in no mood to get up from bed even it was already 9.00A.M. -His mother had completed cleaning the whole house except Harish's Room. Harish got up and finished his daily routine. Still, he was only at the receiving end. "All your friends have finished morning walk, breakfast and completed their weekly homework given in the college. Just clean your room and take the whole garbage and throw outside." Harish was surprised. What is mom speaking about ? Yesterday only his mom was teaching him about "Swachh Bharat Abhiyan" and today asking him to throw the garbage outside! "What's this Mom? You advised me so much and today asking to throw garbage outside?" Harish had two options, either to follow his mother's last night advice or to follow her present order. He decided to follow the first and raised objection. His Mom said, "It was just a book son, I was teaching from that only." Harish still objected and threw the garbage inside a dustbin, located around 200 meters away from his house.

Is it only a matter of reading only? Is really cleanliness not necessary? Is it a duty of the politicians and Government servants? Harish asked himself all the questions to himself and decided to do what he thought to be proper. If all of us with a little effort try it in our daily life, slowly, but surely we can clean our environment. Only we are responsible for all this non-sense. Therefore we have to act. We have to avoid the use of polythene bags to save our environment; we have to give up our habit of throwing garbage and used plastic bags and bottles here and there. Otherwise day will come, when we and our future generation will be struggling to find a clean road to walk. Think seriously and act accordingly.

What was the subject matter of the book, which Harish's mother was teaching him last night? (1 mark)
Who has to act properly to ensure a clean environment? (1 mark)
Who will suffer if we do not ensure clean environment? (1 mark)
Write a summary of the above paragraph. (2 marks)

Answer:

- I. The book that Harish's mother was reading was "Swachh Bharat Abhiyan."

- II. We all should work to ensure the cleanliness of the environment.
- III. We all and the next generation will have to suffer if we do not keep the environment clean.
- IV. This story reflects the reality of the people toward

'Swachh Bharat Abhiyan.'

On one side, where Harish's mother tells him to clean his room on the other side, she tells him to throw garbage on the road. People want cleanliness but do not want to do it themselves. They think this is just the work of the politicians and Government servants. But they forget that India is our home too. It is the responsibility of each and every Indian citizen to make our country a Swachh country. Cleanliness is most important of all because sanity is the center of health and health is the center of wealth. Swachh Bharat Abhiyan is not only a matter of reading or saying but it is an awareness campaign for cleanliness, which was launched on October 2, 2014 through India. We must respect the Swachh Bharat Abhiyan like Harish and take part in it. By this we and our next generation will get clean and beautiful India in the future

MAY - 2019

Question1

Read the passage carefully and answer the questions given below:

"Coral reefs are one of the most fragile, biologically complex, and diverse marine ecosystems on Earth. This ecosystem is one of the fascinating paradoxes of the biosphere. Found along the sea coasts they are formed in various shapes and sizes. They constitute as one of the beautiful creations of nature. Symbiotic cells of algae known as zooxanthellae carry out photosynthesis using the metabolic wastes of the coral thereby producing food for themselves, for their corals, hosts, and even for other members of the reef community. This symbiotic process allows organisms in the reef community to use sparse nutrient resources efficiently.

Unfortunately for coral reefs, however, a variety of human activities are causing worldwide degradation of shallow marine habitats by adding nutrients to the water. Agriculture, slash-and-burn land

clearing, sewage disposal and manufacturing that create waste by-products all increase nutrient loads in these waters. Typical symptoms of reef decline are destabilized herbivore populations and an increasing abundance of algae and filter-feeding animals. Declines in reef communities are consistent with observations that nutrient input is increasing in direct proportion to growing human populations, thereby threatening reef communities sensitive to subtle changes in nutrient input to their waters.

(i) What are the indicators of reef decay?

(1 Mark)

Answer:

Destabilized herbivore populations, an increasing abundance of algae and filter-feeding animals are the major indicators and resulted into reef decay at large.

(ii) How does Algae carry out the process of photosynthesis?

(1 Mark)

Answer:

Algae carry out the process via symbiotic cells known as Zooxanthellae. Zooxanthellae uses the metabolic wastes of the coral and produces food for themselves; for their corals; hosts, and for the other members of the reef community.

(iii) How is man responsible for destruction of Natural Reef?

(1Mark)

Answer:

Agriculture; slash and burn land clearing; sewage disposal and manufacturing that create waste by-products increases nutrient loads in the water and causes severe destruction of natural reef.

(iv) Write a summary of the above Passage.

(2 Marks)

Summary

Found along the sea coasts coral reefs are one of the most fragile, biologically complex, and diverse marine ecosystems on Earth. They are formed in various shapes and sizes, and are rendered as one of the beautiful creations of nature. Zooxanthellae, a symbiotic cell of algae carry out the process of photosynthesis by using metabolic wastes of the coral. They produce food for

themselves, for their corals, hosts, and even for other members of the reef community.

Due to a variety of human activities and their constant intervention coral reefs are constantly degrading. Slash and burn land clearing, sewage disposal and manufacturing that create waste by-products etc. adds nutrients to the water. Major symptoms of reef decline are destabilized herbivore populations and an increasing abundance of algae and filter feeding animals. Decline in reef communities are constant with observations that nutrient input is increasing in direct proportion to growing human populations, therefore threatening reef communities sensitive to subtle changes in nutrient input to their waters

NOV- 2019

Question1

Read the passage carefully and answer the questions given below:

Being the daughter of a physics professor, Marie who was born in 1867 in Warsaw, Poland, was greatly influenced by the wonders of Science and technology. Since an early age, she displayed a blithe personality. Her fascination for learning prompted her to continue with her studies even enter school. She became disgruntled, however, when she learned that the university in Warsaw was closed for women. Determined to complete, higher education, she defiantly left Poland and in 1891 entered the Sorbonne, a French university, where she completed her doctorate in physics.

Marie met Pierre Curie at the Sorbonne along with some of the other greatest scientists of her day. Marie and Pierre were married in 1895 and spent many productive years working together in the physics laboratory. A short time after they discovered radium, Pierre was killed by a horse-drawn wagon in 1906. For Marie it was an horrible misfortune and heart-breaking event. Despondently she recalled their close relationship and the joy that they had shared in scientific research. The fact that she had two young daughters to raise by herself greatly increased her distress.

Curie's feeling of desolation finally began to fade when she was asked to succeed her husband as a physics professor at the Sorbonne. She was the first woman to be given a professorship at the world-famous university. In 1911 she received the Nobel Prize in physics for isolating radium. Although Marie Curie eventually suffered a fatal illness from her long exposure to radium, she

never became disillusioned about her work. Regardless of the consequences, she had dedicated herself to science and to revealing the mysteries of the physical world.

- I. What did Marie did not like about the Warsaw University? (1 mark)
- II. What was first step that Marie took towards her becoming a scientist? (1 mark)
- III. How did Marie deal with the desolation caused by her husband's death? (1mark)
- IV. Write a Summary of the above Passage. (2 marks)

Answer:

Marie did not liked that women were not allowed at the Warsaw University and she had a fascinated for higher studies and learning.

Marie left her birth place Poland for higher studies in 1891 and entered in Sorbonne, a French University, where she completed her doctorate in physics. Marie finally succeeded her husband's post as a physics professor at the Sorbonne, a French University. As she was the first women to be given a professorship at the world famous University hence she received a Nobel Prize in physics for isolating radium. All this diluted the desolation caused by her husband's death.

Marie was daughter of a physics professor and was born in 1867 in Warsaw, Poland. She had a liking for science and technology and hence he decided to continue studies even after her schooling. She became unhappy when she come to know that Warsaw University was closed for women hence she left Poland in 1891 and entered the Sorbonne, a French University, where she completed her doctorate in physics.

Marie met Pierre Curie at the Sorbonne during work and got married with him in 1895 spending may productive years working together and in a short time they discovered radium. Pierre was killed in horse - drawn wagon accident in. 1906. Marie was distressed too much as she also had two young daughters. Curie's desolation faded away when she was asked to succeed her husband's job. She was the first women to be given a professorship at the world-famous university. In 1911 she received a Nobel Prize for isolating radium curie finally died due to illness caused by exposure to radium curie never become disillusioned and was always dedicated to science and mysteries of the physical world.

NOV – 2020 (CYCLE 1)

Question1**Read the Passage:**

Recycling is simply the process of reusing the items from which utility can still be derived. It is important to recycle waste so that we can at least conserve some of our natural resources for the generations to come. Many products such as paper, cardboards, and cups come from trees. In fact trees are our natural assets; you can conserve trees by recycling the paper products as by doing so we can minimize the number of trees cut down a year. This is one form of waste recycling.

Recycling waste will not only save our natural sources but will also help save energy. By simply recycling an item or making a basic fix to it, we can save all the energy that would have been consumed in the process of making it. The same example can be taken with plastic items. A large amount of energy can be saved by simply reusing the plastic items. To recycle waste is to simply reduce pollution. By recycling plastic material, we can reduce air pollution as well as water pollution. Plastic factories produce a large amount of smoke while producing plastic material at the same time; if we don't have a proper waste disposal system then those waste emissions will cause water pollution. Recycling helps reduce pollution too.

In simple words, recycling waste is essential for both the natural environment and humans. To sum up, recycling minimizes the need for raw materials so that the rainforests can be preserved. Great amounts of energy much less are used when making products from raw materials. Recycling requires much less energy and therefore helps to preserve natural resources. One needs to know the importance of recycling; at the same time being earth friendly can help make our planet a better place to live in.

Make Notes, using Headings, Subheadings and abbreviations whenever necessary.

Answer:**(i) Recycling****1. Meaning**

- ❖ Prcs. of reusing
- ❖ Imp. to recycle
- ❖ to save natural resources

2. Waste recycling**2.1 Help to save energy**

- 2.2 Reduce pllutn.
2.3 Imp for envt. & humans

3. Plastic Material

- ❖ Reduce Pollution
- ❖ Water Pollution
- ❖ Air Pollution
- ❖ Imp to have waste disposal system

Key Note –

PrCs - Process

Imp - Important

Envt & Sysm - EnvironmentAnd System

ii. Write Summary

Answer:

Recycling is regarded as the process of reusing the items which are generally regarded as waste but are of great utility. It ensures the conservation of natural resources for future generation along with saving energy. Recycling of plastic material also helps in reducing air and water pollution. In short, we can say that recycling is the best way to have ecofriendly environment.

JAN - 2021 (CYCLE 2)

Question 1

(a) Read the passage carefully and answer the questions given below:

Success of any organization depends on offering quality products at competitive prices. All over the world, it is being realized that quality control be ensured through inspections and test alone. Every department and individual has a contribution to make in the achievement of quality. Quality product at competitive prices is the most significant factor in determining the long – run success of any organization. On the other hand, good quality generates satisfied customers who reward the organization with continued patronage and favorable word of mouth advertising

Growth in consumer quality awareness has put a greater strain on business. Consumer demand and dynamic technological changes have opened up new and highly competitive markets. The quality of goods and services can no longer be taken for granted.

The rapid growth of the service sector has also introduced new perceptions of

quality management. Institutions, such as the Government, banks and hospitals do not produce tangible goods. The interaction between employees and customers is much more critical in such organizations. As a result, the skills, attitudes and training of service personnel affect the quality of the services delivered. Information processing represents a large component of the work done by service organizations and poses special quality considerations. Errors in computer billing, or airline and hotel reservations are the results of poor quality control of computer software and data input system.

In view of globalization of markets, governments have begun to realize that quality is essential to international trade and the national economy. Therefore, public purchasing authorities have been instructed to buy goods that confirm to the quality standards.

I. In what manner good quality products give rewards to organizations?

Answer:

Good quality products gives rewards to organization as high quality products can give a competitive edge to an organization. On the other hand, good quality generate satisfied customer who reward the organization with continued Patronage and favorable word of mouth advantage.

II. Most significant factor which determines the long run success of an organization?

Answer:

Quality products at competitive prices is the most significant factor determining The confirm to the quality standards.

III. Quality of goods and services cannot be compromised by organizations, give reasons.

Answer:

Quality of goods services cannot be compromised by organization because of

- Consumer demand and dynamic technologies charges
- Government have realized its importance and instructed authorities to buy goods that conform to the quality standards.

IV. Write the summary of the above passage.

Answer:

Success of any organization depends on offering quality product at

competitive prices. They get competitive edge also quality and competitive prices are so important as consumer awareness has increased. Consumer demand and dynamic technology are also reasons for this. Governments have realized its importance and instructed authorities to buy goods that conform to the quality standards

(b) Read the Passage:

Whether one runs a large business, or is starting out with a new venture, or works as a corporate professional, chances are that at some point, one would be required to make a business presentations. Whether you are selling a product to a client, sharing your vision with your employees, or looking for new investors for your business, your presentations will always matter.

Making a good business presentations can be intimidating – you want to capture as much information as possible to answer any prospective questions from your audience, yet you want to keep your audience constantly engaged and interested So, what makes a good presentation?

It is important to connect with your audience with a story. And no, it doesn't mean you're presentation needs to be the most exciting work of fiction. Take your audience on a journey. When trying to convince potential investors, make them see the success you are striving for and what it will do for you and for them. To win over your employees with your new staff policy and how does it benefit them. Tell personal stories, give analogies and cite examples. Get your audience emotionally involved and you will be more likely to get them to side with you.

you want to keep your audience engaged at all times. Do not overwhelm them with a lot of information. Settle on three to five key messages that you want them to absorb and stick with them. You do not want to make. It is important to keep your presentations as straight forward and concise as possible.

At the same time, you need to know your content extremely well. While your keep your presentations short and to the point, it is no excuse for you to not have more detailed information regarding the subject of your presentation. It is likely you would need to answer questions from your audience at the end of the presentations you must review all pertinent information and key facts and figures before your presentation. Not only will it help you answer questions later, but it will also give you more confidence during your presentations, so

you refer to your notes less and connect with your audience more.

In the end, a business presentation is about selling ideas. Do your researches well, describe your ideas crisply, weave them into an interesting story and you are more likely to succeed.

I. Make notes, using headings, sub --- headings and abbreviations whenever necessary.

Answer:

BUSINESS PRESENTATION:

1) Good presentation:

1.1. Presentation plays an important role in business

1.2. In every aspects of business presentation will always matter.

2) Importance

1.1. To answer any prospective quen; from your audience.

1.2. I is imp't to connect you with your audience with as story

3) How to attract audience:

1.1. It doesn't need to be the most exciting work of fiction.

1.2. Make them see the success you are striving for.

1.3. Tell personal stories; give analogies and site example to win over your employees.

1.4. Do not overwhelmed med them with lot of info

1.5. Keep your pre'n straight forward and concise.

1.6. You must review all imp't info and key facts before your pre'n.

1.7. Answering their que'n will give you more confidence

Key to ABBREVIATIONS:

Que'n – Question;

Pre'n – Presentation

Imp't – Important;

Info – Information

II. Write summary.

Summary: - A business presentation is all about selling ideas. Describing your ideas crisply and doing your researches well. Dell your audience an interesting story and you are more likely to succeed. Making good presentation can also be intimidating but helpful. At the end keep your audience engaged at all times.

JULY - 2021

Question 1

The employee turnover rate in an Organisation refers to the proportion of employees who leaves the organisation during a certain time period. Almost every Organisation is facing the acute problem of high employee attrition. To every organisation high employee turnover is undesirable and can have significant adverse impact. A high employee turnover rate result in an unfavorable effect on the morale of the remaining employees. Existing employees may face additional productivity. In addition, lower productivity of the existing employees due to a decline in morale additional productivity is lost an existing employees must guide new incumbent how to adopt to the organizational culture and the new position.

To address the problem, it should be compared across industries as the turnover rate differs significantly in various industries it is in the best interest of the organisation to reduce it as it is detrimental to the organisation. When an employee leaves the organisation, the organisation incurs costs to find a replacement, recruitment costs, advertising costs, administration costs, background check costs, and interviewing costs, in addition, there are costs of lost productivity when the employee is attending a training program second important aspect is organization with a high employee turnover rate may suffer from an unfavorable public image. For example, working in the call center is seen as undesirable due to its turnover rates.

To overcome such problem organisation, have to hire right manpower for the right position second important aspect is to have competitive pay structure matching with the industry, however providing employees with higher salary is no enough. It is important to understand the benefits that employee wants and to take that into consideration when determining an employees pay structure employees need to be acknowledged and given praise when due. Another important aspect is career path employees wants to progress in their careers. A careers path should be provided to employees to give them a sense of direction and what they can attain if they stay with the organisation. Last but not the least way to offer flexibility a flexible work schedule is highly desirable in fact; studies have shown that a flexible allowing employees to choose their work time and providing a flexible work schedule gives them the ability to balance their work and personal life and hence improves employee satisfaction.

- I. What do you understand by employee attrition rate?
- II. Explain the ways to reduce high employee attrition?
- III. What is the important of employee turnover in an organisation?
- IV. How does employee turnover rate affect brand image of an organisation?

Answer:

i. An employee attrition rate describes when a person retires or leaves their positions, and the company does not seek to fill the position, unlike a turnover rate an attrition rate focuses on the permanent/ semi- permanent loss of employees and position over time and how these losses can affect the company.

ii.

- Hire the right manpower for the right position
- Have competitive pay structure.
- Acknowledge and give praise to employee when due.
- Provide a career path to employee.
- Finally, offer flexible work schedule.

iii. High employee turnover increases the expenses and also has a negative impact on the organization`s morale

iv.

- Low productivity
- Talented employees also may decide
- Various rumors might spread about the brand image of the company.

a) Read the passage:

I. Make Notes, using headings, subheadings and abbreviations whenever necessary.

II. Write summary by giving a suitable title.

Artificial intelligence (AI) is making a difference as to how legal work is done, but isn't the threat it is made out to be AI is making is done impressive progress and shaking up things all over the world today the assumption and a false one. The only purpose this assumption and false one. The only purpose this assumption serves is creating mass panic and hostility towards embracing technology that is meant to make our lives easier.

Introducing AI to this profession will primarily be for the purpose of intelligence. The kind of artificial intelligences that is employed by industries in the current scene, when extended to the law will enable quicker services at a lower price. AI is meant to automate a number of task that take up precious workings hours lawyers could be devoted to task that requires discerning, empathy, and trust- qualities that cannot be replicated by even the most sophisticated from of AI The legal profession In the world. Thriving over 1000 years; trust, judgement, and diligence are the pillars is the relationship of trust between a lawyer and client, which can only be achieved through human

connection interaction.

While artificial intelligence can be useful in a number of ways in legal field like translation of documents in order languages, mining of data pertaining to a cases for analyses helping decisions making, scanning and organizing documents pertaining to a case it cannot perform higher- level task such as sharp decision making, relationship – building with valuable clients and writing legal briefs, advising clients, and appearing in court. These are over and above the realm of computerization.

Answer:

- 1) Not a threat
 1. 1 is of help
 1. 2 makes life easier
 1. 3 no profession defunct.
- 2) AI will help legal filed
 2. 1 recog. Human speed and object
 2. 2 Making decisions based on data.
 2. 3 translates langs.
 2. 4 Do search and find task.
- 3) AI. Cannot perform high level task like
 3. 1 Writing legal briefs
 3. 2 Advising client
 3. 3 apprng in courts
 3. 4 Sharp decisions making
- 4) Function of AI
 4. 1 collates data
 4. 2 Predicts probable outcomes
 4. 3 Tells return on invest.
 4. 4 considering agreement or arbitration.

Key to Abbreviations.

Abbreviations	Words
AI	Artificial Intelligence
recog	Recognizes
Langs	Languages
Apprng	Appearing
Invt.	investment

SUMMARY: Artificial Intelligence is not a threat but make life easier especially in the legal filed it cannot perform high – level task like writing legal briefs,

advertising client, making sharp decisions and appearing in courts but it can collate data aid research and decisions based on data it can recognize human speech and translate languages. It can also predict probable outcomes tell return on investment, consider agreement or arbitration and is thus advantages to legal firms.

DEC - 2021

Question 1

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

Academics has always been an essential part of human development. It prepares us to survive in the outside world and establish an identity of our own. In India, from an early age, we have been taught that education is limited to the boundaries of academics only; the idea of getting out into the field, for gaining practical experience, is always considered a hoax. This has hindered students' development. But, the truth is that education represents a considerably broader field than we know of it. Our teaching, from the basics, has been focused on getting good grades and job offers, rather than being creative and unique.

In the 21st century, the pure academic type of education is slowly paving way for a whole new type. The paradigm shift in the whole education system is evident. People have now come to understand that education is a 360 degree activity that should focus on students' overall development, rather than restricting him/her to the classroom. Co-curricular activities that take place outside the classroom but reinforce or supplement classroom curriculum, in some ways, have become a point of focus today. Participating in such activities helps youngsters grow mentally, socially and individually. Intellectual development of a student is developed in the classroom, but for the aesthetic development such as team-building, character building, and physical growth, students must step out into the outside world.

Similarly, in colleges and institutions, there is a need for practical exposure so that the students can experience the actual working of an industry: Catering to this change, most professional colleges including B schools have started providing practical exposure to students through regular guest lectures, industrial visits, conferences, seminars, cultural festivals, and so on. With industry visits, students are able to better identify their prospective areas of work in the overall organizational function.

Through such events, students are made to participate and coordinate different events wherein, they get to know how exactly things are managed. Co-curricular or extra- curricular activities provide practical exposure and opportunities to implement what students learn in the classroom. This helps in developing the overall personality of the *students, inculcating various soft-skills in them, which otherwise are difficult to teach. Clearly, life beyond academics creates creative and empowered professionals.*

- (i) **What has not been the focus of education from earlier times? (1 Mark)**
- (ii) **Where should students go for aesthetic development? (1 Mark)**
- (iii) **What kind of co-curricular activities have become points of focus today? (1 Mark)**
- (iv) **What will give children a better insight into industry? (1 Mark)**
- (v) **Why are soft skills difficult to teach in the classroom? (1 Mark)**

Answer:

- (i) From earlier times, the focus has not been on getting out into the field for gaining hands on experience thus curbing the creativity, innovation and uniqueness of young professionals. In short, being creative and unique has not been the focus of education from earlier times.
- (ii) Students must / should step out into the outside world for aesthetic development.
- (iii) In present times, co-curricular activities taking place outside the classroom that reinforce or supplement classroom curriculum are becoming the focal point.
- (iv) Students gain valuable exposure into their prospective areas of work in industry through industry visits. They acquire essential people skills through regular guest lectures, conferences, seminars and cultural festivals.
- (v) Soft-skills cannot be taught in the classroom as they require students to confront case scenarios/studies that give them the opportunity to implement concepts learnt in classrooms to real life issues/challenges and deal with them effectively. Thus, Soft skills are developed only through practical exposure and opportunities to implement what they have learnt in classroom

Question 2

Read the Passage:

- (i) **Make notes, using headings, sub-headings and abbreviation wherever necessary giving a suitable title. (3 Marks)**
- (ii) **Write a summary. (2 Marks)**

Keeping cities clean, free of any kind of pollution, is essential for keeping their residents healthy. Our health depends not just on personal hygiene and nutrition, but critically also on how clean we keep our cities and their surroundings. The spread of dengue, chikungunya and corona virus are intimately linked to the deteriorating state of public health conditions in our cities as well.

The waste management to keep cities clean is now getting attention through the Swachh Bharat Mission. People are now more aware of the importance of cleanliness and necessary safety precautions to be observed on day to day basis.

However, much of the attention begins and stops with the brooms and the dustbins, extending at most to the collection and transportation of the mixed waste to some distant or not so distant place, preferably out of sight. The challenge of processing and treating the different streams of solid waste, and safe disposal of the residuals in scientific landfills, has received much less attention in municipal solid waste management than is expected from a health point of view. One of the problems is that instead of focusing on waste management for health, we have got sidetracked into "waste for energy". If only we were to begin by not mixing the biodegradable component of solid waste (close to 60 percent of the total) in our cities with the dry waste, and instead use this stream of waste for composting and producing a gas called methane.

Answer:

(a) Note Making

Title: Pollution & Public Health / Waste Management

1. Pb. Hlth. depends upon
 - 1.1 Per. Hygn
 - 1.2 Ntrtn
 - 1.3 Clnlns of cities
2. Poor Pb. Hlth causes
 - 2.1 Dengue
 - 2.2 Chikangunya
 - 2.3 Corona
3. Swacch Bharat Mission is
 - 3.1 adrsg. waste mgmt.

- 3.2 gnrtng. awrns. about
 - 3.2.3 clnlns.
 - 3.2.4 safety prctns.
- 3.3 ltd. to
 - 3.3.1 placing dustbins
 - 3.3.2 cln. & trnsptn. Of waste
- 4. Waste mgmt..
 - 4.1 Challenges
 - 4.1.1 prcng. & trtng. Solid waste
 - 4.1.2 safe disposal of residuals
 - 4.2 Focus
 - 4.2.1 is waste for energy
 - 4.2.2 should be for hlth.
- 5. Plausible Solution
 - 5.1 seg. Bio-deg. Waste for
 - 5.1.1 composting
 - 5.1.2 producing methan

Key to Abbreviations

- 1. Pb.: public
- 2. Hlth.: health
- 3. &: and
- 4. Per.: personal
- 5. Hyg.: hygiene
- 6. Ntrtn.: nutrition
- 7. Clnlns.: cleanliness
- 8. Adrsg.: addressing
- 9. Mgmt.: management
- 10. gnrtng.: generating
- 11. awrns.: awareness
- 12. prctns.: precautions
- 13. cln.: collection
- 14. trnsptn.: trAnswerportation
- 15. prcng. : processing
- 16. trtng.: treating
- 17. seg.:segregating
- 18. deg.: degradable

Summary

Public health largely depends upon personal hygiene, nutrition and

cleanliness around cities. Poor public health causes widely transmissible diseases such as dengue, chikangunya and corona. Swacch Bharat Mission is not only addressing the issue of waste management but also spreading awareness about cleanliness and safety precautions related to the issue but it is limited to placing dustbins and collection as well as transportation of waste. Its focus is waste for energy rather than health. Possible solution entails segregating bio-degradable waste to produce compost and methane.

JUNE 2022

Question 1

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

Electricity is the life force of modern world. The use of electricity in daily life at all levels is far too elaborate to be measured. The electric power has transformed human life into an amazing experience of convenience, luxury, comfort and ease. A push by a finger to a button brings the light on and the same act sets hundreds of thousands of gadgets in action. This giant dinosaur has become slave of a human finger which now controls the electric power. It simply is a miracle, very real and more bountiful than any other thing available on the planet. The electricity has revolutionized our houses, drawing rooms and kitchen with useful equipment.

The array of entertainment aids powered by electricity has created a fancy world around us. The coming into the existence of a power like electricity that obeyed the command of the human finger's touch inspired the inventions and innovations of a mind boggling range of electric equipment. In fact, all the manmade machines or gadgets wholly or partly run on electricity. It created wonders of entertainment like cinema, radio, television, other audio-video systems. The electricity has enabled the man go to space, land on moon and harness natural powers and resources. The mining, construction, irrigation, transport, printing and other industrial activities are dependent

on electric power. Even the computers won't work any wonders without the electricity. The electricity has penetrated in our lives to such an extent that if it is cut off for some time, the life comes to a standstill. Today, the progress of a society or a nation or economy is so dependent on electric power that all the power generating resources and options are being exploited or explored so that we have unrestrained supply of electric power. Oil, coal,

water, air, sun light, tidal waves and atomic phenomena are being used for power generation. The research on hydrogen as fuel and controlled fusion process are going on at feverish pitch.

The oil and coal are non-renewable resources. Hydel power has limitations as no new rivers can be created. Solar energy is yet costly to harness. The wind energy too has limitations. The tidal wave processes are yet at an experimental stage. And so are hydrogen and fusion ideas. Conventional atomic energy clearly is the best pollution free option but it entails the tricky problem of atomic waste disposal.

Questions:

- 1. To what wondrous world the electricity has transformed the human life?**
- 2. What part of the human body controls the power of electricity?**
- 3. What happens when the electricity is cut off in the modern day city?**
- 4. Why hydel power has limitations?**
- 5. What are the good points and the bad about nuclear power generation?**

Answer:

- 1. To what wondrous world the electricity has transformed the human life?**

Answer:- The electric, power has transformed human life into an amazing. experience of convenience, luxury, comfort and incredible ease. A great power became the slave of a human finger's push.

- 2. What part of the human body controls the power of electricity?**

Answer:- Human power is work or energy that is produced from the human body. It can also refer to the power of a human.

- 3. What happens when the electricity is cut off in the modern day city?**

Answer:- A power outage is the loss of the electrical power network supply to an end user.

- 4. Why hydel power has limitations?**

Answer:-The environmental consequences of hydropower are related to interventions in nature due to damming of water, changed water flow and the construction of roads and power lines. Hydroelectric power plants may affect fish is a complex interaction between numerous physical and biological factors.

- 5. What are the good points and the bad about nuclear power generation?**

Answer:-Nuclear fission is nearly 8,000 times more efficient at producing energy than traditional fossil fuels. That's a considerable amount of energy density. Because nuclear energy is more efficient, it requires less fuel to

power the plant and therefore creates less waste as well.

b) Read the Passage:

Cholesterol is a wax like substance that is present in our body. It's an important component of our cell walls and other tissues, but it is considered to be harmful if in excess. It can lead to blockages caused by plaque formation in the heart's arteries causing heart disease and heart attacks. Such blockages can also happen in arteries, in the legs or in the pea. Cholesterol is produced in the liver, and the amount produced is influenced by our genes and many other factors. The food consumed by us has also an effect on cholesterol levels. Fatty foods, especially those high in saturated fats and foods high in simple sugars like cold drinks increase cholesterol levels. Lack of physical activity and exercise also leads to elevated levels of cholesterol.

Cholesterol levels can be reduced by following a heart-healthy lifestyle, which includes regular physical activity for at least 30 minutes daily and a diet high in fruits and vegetables and low in saturated sugar. Statins are a group of drugs most recommended for those with high cholesterol. Red yeast rice has been shown to be effective in lowering cholesterol. Garlic and flaxseed can be included in the daily diet. Olive oil, Canola oil or other oils rich in monounsaturated fatty acids can be used for cooking in order to reduce cholesterol through food.

The ill-effects of high cholesterol take time to show up, and one may not realise it until it's a bit too late. Cholesterol, by itself is important as it insulates nerve cells and membranes. Being a fatty substance, it does not dissolve in the blood and is packaged into protein. There are 'good' HDL cholesterol and 'bad' LDL cholesterol. Bad cholesterol can stick to the smooth lining of the blood vessels, where it is absorbed, while HDL mops up excess bad cholesterol and removes it from blood vessels. Even moderate physical activity on a regular basis can help increase HDL cholesterol. Exercise five days a week, whether you are overweight or underweight. Aerobic exercises like walking, cycling, swimming, slow jogging, dancing etc. for 45 minutes, three times a week and anaerobic exercises like weight training, and sprinting for another three days will help increase good and reduce bad cholesterol. In order to maximize your cardiovascular fitness, aerobic exercises should raise your heart to a certain level. This level is called heart zone. One should keep the heart rate elevated for at least 20 minutes. Always warm-up, stretch, and relax before and after any workout to avoid injuries. All these contribute to a healthy and fitter life.

(i) Make notes, using headings, sub-headings and abbreviation wherever necessary giving a suitable title.

(ii) Write a summary.

Answer:

i. Notes:

1. Cholesterol

1.1. A waxy substance present in the body

1.2. An important component of our cell walls and other tissues

1.3. Harmful in excess

2. Harmful impacts

2.1. Blockages by plaque formation

2.1.1. In heart's arteries

2.1.2. In legs.

2.1.3. In brain

2.2. Heart diseases

2.3. Heart attacks.

3. Cholesterol amount controlled

3.1. Produced in liver

3.2. The food we consume - fatty Food

3.3. Influenced by genes

3.4. Physical activity and exercise

4. How to control

4.1. Heart-healthy lifestyle

4.1.1. Regular physical activity — at least 30 minutes a day

4.1.2. Diet high in fruits and vegetable and low in saturated sugar

4.2 Statins

4.2.1. Red yeast rice

4.2.2. Garlic and Flaxseed

4.2.3 Oilrich in monounsaturated Fatty acids

5. Types of cholesterol

5.1. LDL -Bad-sticks to the smooth lining of the blood vessels

5.2. HDL -Good- mops up excess bad cholesterol and removes From blood vessels

6. For a healthier and fitter lifestyle.

- 6.1. Exercise five days a week
- 6.2. Aerobic exercises for 45 minutes three times a week, raise the heart rate
 - 6.2.1. Walking
 - 6.2.2. Cycling
 - 6.2.3. Swimming
 - 6.2.4. Slow jogging
 - 6.2.5. Dancing
- 6.3. Anaerobic exercises three days a week
 - 6.3.1. Weight training
 - 6.3.2. Sprinting

ii. Summary

Cholesterol, a waxy substance present in our body, is an important component of cell walls and other tissues. It can be harmful when it is in excess. Its level is affected by our genes, food and lifestyle. It can be controlled by leading heart- healthy life, doing regular exercise and having a diet rich in fruits, vegetables and monounsaturated oil. There are 'good' HDL cholesterol and 'bad' LDL cholesterol To ensure an increase in HDL level and to lead a healthier life and fitter life, one must do aerobic and anaerobic exercises at least Five days a week.