

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

While there is no denying that the world loves a winner, it is important that you recognise the signs of stress in your behaviour and be healthy enough to enjoy your success. Stress can strike anytime, in a fashion that may leave you unaware of its presence in your life. While a certain amount of pressure is necessary for performance, it is important to be able to recognise your individual limit. For instance, there are some individuals who accept competition in a healthy fashion. There are others who collapse into weeping wrecks before an exam or on comparing mark-sheets and finding that their friend has scored better.

Stress is a body reaction to any demands or changes in its internal and external environment. Whenever there is a change in the external environment such as temperature, pollutants, humidity and working conditions, it leads to stress. In these days of competition when a person makes up his mind to surpass what has been achieved by others, leading to an imbalance between demands and resources, it causes psycho-social stress. It is a part and parcel of everyday life.

Stress has a different meaning, depending on the stage of life you are in. The loss of a toy or a reprimand from the parents might create a stress shock in a child. An adolescent who fails an examination may feel as if everything has been lost and 'life has no further meaning. In an adult the loss of his or her companion, job or professional failure may appear as if there is nothing more to be achieved.

Such signs appear in the attitude and behaviour of the individual, as muscle tension in various parts of the body, palpitation and high blood pressure, indigestion and hyper-acidity. Ultimately the result is self-destructive behaviour such as eating and drinking too much, smoking excessively, relying on tranquilisers. There are other signs of stress such as trembling, shaking, nervous blinking, dryness of throat and mouth and difficulty in swallowing.

The professional under stress behaves as if he is a perfectionist. It leads to depression, lethargy and weakness. Periodic mood shifts also indicate the stress status of the students, executives and professionals.

In a study sponsored by World Health Organisation and carried out by Harvard School of Public Health, the global burden of diseases and injury indicated that stress diseases and accidents are going to be the major killers in 2020.

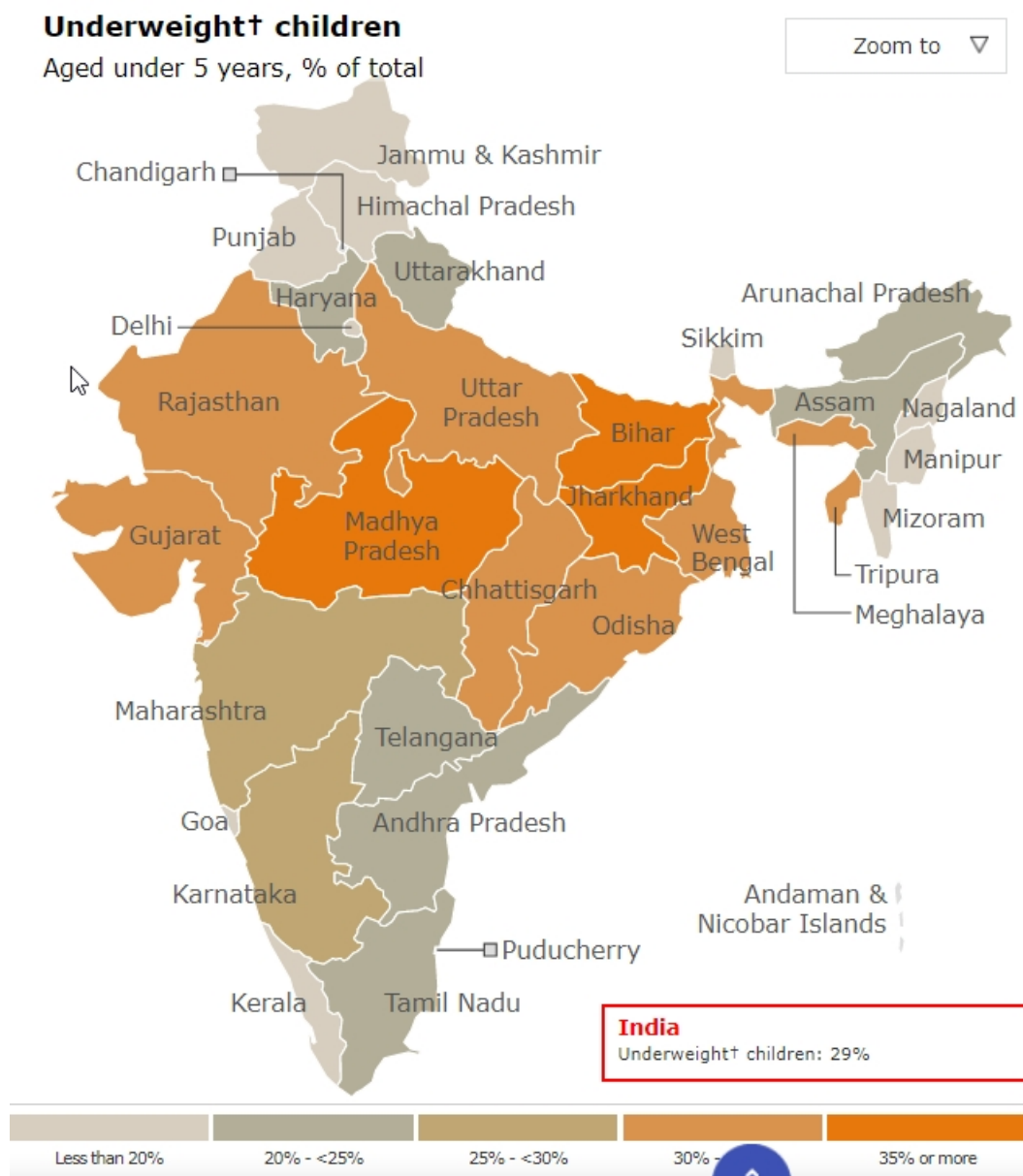
The heart disease and depression — both stress diseases — are going to rank first and second in 2020. Road traffic accidents are going to be the third largest killers. These accidents are also an indicator of psycho-social stress in a fast-moving society. Other stress diseases like ulcers, hypertension and sleeplessness have assumed epidemic proportions in modern societies.

A person under stress reacts in different ways and the common ones are flight, fight and flee depending upon the nature of the stress and capabilities of the person. The three responses can be elegantly chosen to cope with the stress so that stress does not damage the system and become distress.

When a stress crosses the limit, peculiar to an individual, it lowers his performance capacity. Frequent crossings of the limit may result in chronic fatigue in which a person feels lethargic, disinterested and is not easily motivated to achieve anything. This may make the person mentally undecided, confused and accident prone as well. Sudden exposure to un-nerving stress may also result in a loss of memory. Diet, massage, food supplements, herbal medicines, hobbies, relaxation techniques and dance movements are excellent stress busters.

- (i) What is stress ? What factors lead to stress ?
- (ii) What are the signs by which a person can know that he is under stress ?
- (iii) What are the different diseases a person gets due to stress ?
- (iv) Give any two examples of stress busters.
- (v) How does a person react under stress ?
- (vi) Managing Stress is very important in leading a healthy life. Explain

2. Study the graphical representation below and fill in the blanks in the following paragraph by choosing the correct option



INDIA has been growing steadily richer in recent years, but it still has more malnourished people, especially children, than any other country. A big, nationwide study from 2005 and 2006, the National Family Health Survey (NFHS), (a)\_\_\_\_\_ that 42.5% of children under five years old were underweight. The region with the next highest (b)\_\_\_\_\_ of underweight children is Africa, with an average of 21%. Another measure of malnutrition is stunting, when children are unusually short for their age. Again, India's problems were shown to be unusually bad. It points to some striking national (c)\_\_\_\_\_. For example the proportion of underweight children has fallen from 42.5% a decade ago, to just under 30% now. There have been similar improvements on stunting, wasting and other measures of malnutrition. The national immunisation rate has (d)\_\_\_\_\_ and the rate of open defecation is down from 55% of households to 45%.

- a) (i) checked (ii) searched (iii) studied (iv) found
  - b) (i) proportion (ii) share (iii) segment (iv) sector
  - c) (i) figures (ii) trends (iii) data (iv) questions
  - d) (i) risen (ii) increased (iii) fallen (iv) decreased
3. Elaborate the lines  
Their knot of love, from whose close tether  
No lost child goes a-wandering
4. The literary Club of your school is celebrating international Women's Day prepare a script for a speech on educating the girl child to be delivered on the occasion
5. The incident that occurs in the Play "Post early for Christmas" shows the lack of security measures in the post office as well as the ignorance of the postal and the police person about handling an issue. Prepare a news report of the incident relating the corrective measures to be taken
6. Read the following passage and edit the errors  
'you will damage him to life. It no doubt require a lot of discipline on our part, but they are worth it,' they declared primly. "We shall be brought a healthy citizen."

Answer the following questions East question carries 5 marks

- 8 The amigo brothers left arm in arm without waiting for the verdict. prepare the script for an announcement made soon after their exit
- 9 Prepare the character sketch of Ajith in the story Matchbox
- 10 sketch the character of Ratna in Horegallu
- 11 Bring out the humour in the play Post early for Christmas
- 12 Write a paragraph on SammaN Foundation

Answer the following questions East question carries 7 marks

13. Compose a letter to Shaheen Mistri telling her about the Girls Empowerment Programme in your school
14. Prepare a blog entry on the Amigo Brothers Contest as an eyewitness
15. Each time we stammer  
we are offering a sacrifice  
to the God of meanings  
Why does the poet thinks so
16. Read the following poem and write a short note of appreciation

### **Meeting Point**

BY LOUIS MACNEICE

Time was away and somewhere else,  
There were two glasses and two chairs  
And two people with the one pulse  
(Somebody stopped the moving stairs):  
Time was away and somewhere else.

And they were neither up nor down;  
The stream's music did not stop  
Flowing through heather, limpid brown,  
Although they sat in a coffee shop  
And they were neither up nor down.

The bell was silent in the air  
Holding its inverted poise—  
Between the clang and clang a flower,  
A brazen calyx of no noise:  
The bell was silent in the air.

The camels crossed the miles of sand  
That stretched around the cups and plates;  
The desert was their own, they planned  
To portion out the stars and dates:  
The camels crossed the miles of sand.

Time was away and somewhere else.  
The waiter did not come, the clock  
Forgot them and the radio waltz  
Came out like water from a rock:  
Time was away and somewhere else.

Her fingers flicked away the ash  
That bloomed again in tropic trees:  
Not caring if the markets crash  
When they had forests such as these,  
Her fingers flicked away the ash.

God or whatever means the Good  
Be praised that time can stop like this,  
That what the heart has understood  
Can verify in the body's peace  
God or whatever means the Good.

Time was away and she was here  
And life no longer what it was,  
The bell was silent in the air  
And all the room one glow because  
Time was away and she was here

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