

Heartbeats get abnormal after exercising, running, or after doing some strenuous work. There is nothing to worry about. But if your heart beats at irregular pace often, it is important to take note of it rather than ignore it as it can be a warning sign for a heart ailment called arrhythmia.

A normal heartbeats 60-100 times per minute while resting, but if it starts beating too slowly or too fast or if the heartbeat is irregular or premature, then that condition is known as arrhythmia. People tend to avoid it as a minor issue little knowing that it can lead to a stroke, fall due to drop of BP, loss of consciousness or even result in heart failure. In a country where people take time to press the panic button when it comes to illnesses and medical problems, it is no surprise that a number of cases of irregular heartbeats go unnoticed for a long time. Some dismiss it as just a recurring symptom of body weakness; others may ignore it as a side-effect of blood pressure issues. The lack of awareness about arrhythmia means that not many people even take note of the symptoms. When heartbeat is not too fast, it is called tachycardia. When the beats are slow, it is known as bradycardia. An irregular heartbeat may be due to atrial fibrillation. The problem is that the symptoms are quite vague and can be associated with other minor medical problems in India, not many people are aware that there is a heart's electricity related disorder called arrhythmia. Often it is diagnosed when doctors are checking a patient for something else. More often, by the time it is diagnosed, major damage has already been caused. It is important to take seriously any abnormality in the rhythm of our heart. There are many symptoms that can help predict arrhythmia like shortness of breath, weakness, early fatigue, palpitations, thumping in the chest, dizziness, chest pain, fainting and, of course, too fast or slow heartbeats. Ignoring these symptoms is inviting a major health trouble. While some type of arrhythmias can be harmless, other can be life threatening as it may disrupt the normal functioning of the heart. In some cases, it can lead to heart failure too. The condition is treatable with the help of implantation of a pacemaker, devices or through burning the points from where irregular

beats originate through radio- frequency heat waves. There are a few things in medicine where a permanent cure is possible. For certain arrhythmia this stands true with radio frequency ablation. On the basis of your reading of the passage.

Answer the following questions:

(a)What is normal heartbeat?

(b)What do you call the situation when the heartbeat is too slow or fast?

(c)What happens when there is drop in BP?

(d)What results due to arterial fibrillation?

(e)When is arrhythmia detected?

(f)What danger is there when dizziness or chest pain is ignored?

(g)When does heart beat abnormally?

(h)In paragraph No. 6 the synonym of 'permanent' is:

(a) Everlasting (b) temporary (c) mortal (d) impermanent

Effective speaking depends on effective listening. It takes energy to concentrate on hearing and understanding what has been heard. Incompetent listeners fail in a number of ways. First, they drift off and finally they react. They let their personal feelings about the speaker or the subject, override the significance of the message which is being sent. What can a listener do to be more effective? The first key to effective listening is the art of concentration. If a listener positively wishes to concentrate on receiving a message, his chances of success are high. It may need determination. Some speakers are difficult to follow, either because of voice problems, or because of the form in which they send a message. There is then a particular need for the determination of a listener to concentrate on what is being said. Concentration is helped by alertness. Mental alertness is helped by physical alertness. It is not simply physical fitness, but also positioning of the body, the limbs and the head. Some people also find it helpful to their concentration if they hold the head slightly to one side. One useful way for achieving this is intensive note-taking, by trying to capture the critical headings and sub-headings the speaker is referring to. Note-taking has been recommended as an aid to the listener. It also helps the speaker. It gives him confidence when he sees that listeners are sufficiently interested to take notes; the patterns of eye-contact when the note-taker looks up can be very positive; and the speaker's timing is aided - he can see when a note-taker is writing hard and can then make effective use of pauses.

On the basis of your reading of the above passage, answer the following questions:

- a) What does effective listening lead to?
- b) What is one of the hurdles that come in the way of effective listening?
- c) Why is it difficult to understand what some speakers say?
- d) How is note making useful for the speakers?
- e) What should we do in order to concentrate?
- f) What can enhance our concentration?

g) According to the passage how can one be an effective speaker?

h) Find a word from the passage which is the antonym of 'useless'.

(a) Impractical (b) unusable (c) unserviceable (d) useful

Legends will tell you that flamingos are no ordinary visitors to Kutch. They were the honored guests of king Lakho and he had forbidden the hunting of flamingos, which came to Kutch from various parts of the world every year to breed. For centuries the region has been a heaven for the migratory birds. Today, Flamingo city, is an island in the middle of Kutch, known to the world over as one of the biggest breeding grounds of the greater flamingos, is strewn with bodies of hundreds of flamingo chicks. The parents of these chicks have fled from the island due to lack of food. Zooplanktons, algae and small fish that these birds survive on, are dying due to sudden increase in the salinity of the Rann water. One can ever see dead fish floating. Flamingos need salt-encrusted, damp mud to build nests. The place where they build their nests has to be inaccessible to predatory cats and birds. It should also have sufficient food. The right mix of sweet brackish water in the Rann is crucial for the proliferation of planktons and algae that the flamingos feed on. Faced with starvation flamingos have fled from the island leaving their chicks to feed for themselves. Till date around a thousand flamingos have died.

On the basis of your reading of the passage answer the following questions in short:

(1x8=8Marks)

- (a) How did King Lakho look at the flamingos?
 - (b) Where is Flamingo city situated?
 - (c) How has Flamingo city become a mortuary today?
 - (d) Why is Flamingo food not available in flamingo city?
 - (e) What conditions are required to build the nests of flamingos?
 - (f) Why did the parents of the chicks flee from the island?
 - (g) Write the name of the fishes from the passage?
 - (h) Find a word from the passage which is the synonym of 'scatter'.
- (a) Flock (b) scads (c) multitude (d) strewn

Chess is a two-player strategy board game played on a chessboard, a checker game board with 64 squares arranged in an eight-by-eight grid. Chess is played by millions of people worldwide, both amateurs and professionals. Each player begins the game with 16 pieces: one king, one queen, two rooks, two knights, two bishops, and eight pawns. Each of the six piece- types moves differently. The most powerful piece is the queen and the least powerful piece is the pawn. The objective is to 'checkmate' the opponent's king by placing it under an inescapable threat of capture. To this end, a player's pieces are used to attack and capture the opponent's pieces, while supporting their own. In addition to checkmate, the game can be won by voluntary resignation by the opponent, which Typically occurs when too much material is lost, or if checkmate appears unavoidable. A game may also result in a draw in several ways. Chess is believed to have originated in India, sometime before the 7th century, being derived from the Indian game of Chaturanga. Chaturanga is also the likely ancestor of the Eastern strategy games Xiangqi, Janggi and Shogi. The pieces took on their current powers in Spain in the late 15th century; the rules were finally standardized in the 19th century. The first generally recognized World Chess Champion, Wilhelm Steinitz, claimed his title in 1886. Since 1948, the World Championship has been controlled by FIDE, the game's international governing body; the current World Champion is the Norwegian Magnus Carlsen. FIDE also organizes the Women's World Championship, the World Junior Championship, the World Senior Championship, the Blitz and Rapid World Championships and the Chess Olympiad, a popular competition among teams from different nations. There is also a Correspondence Chess World Championship and a World Computer Chess Championship. Online chess has opened amateur and professional competition to a wide and varied group of players. There are also many chess variants, with different rules, different pieces, and different boards.

On the basis of your reading of the passage, answer the following questions:

- a) What are the things required to play chess?
 - b) Name the six pieces which move differently?
 - c) What kind of power do the queen and the pawn have?
 - d) How can king be put into checkmate?
 - e) What are the other ways of winning a chess game?
 - f) When did obtaining power to pieces and standardizing rules in chess take place?
 - g) What is the role of FIDE?
 - h) Find a word which is the antonym of 'inescapable'.
- [a] unavoidable (b) avoidable (c) probable (d) inevitable

We give undue importance to our health and the treatment of diseases. A large number of medicines treat only the symptoms of the disease, and not the root cause. In fact, the cause of many chronic ailments is still being researched. It is here that Yoga therapy comes to our assistance. Yoga emphasizes treatment of the root cause of an ailment. It works in a slow, subtle and miraculous manner. Modern medicine can claim to save a life at a critical stage, but, for complete recovery and regaining of normal health, one must believe in the efficiency of Yoga therapy. The yogic way of life includes a code of ethics, regulations, discipline and more, combined with prayer and meditation. Even a discussion on these subjects helps one relieve mental tensions and change attitudes. Simple *Asanas* help to stretch and relax the whole body and neutralize tensions. The sincere practice of Yoga postures benefits all levels of experience. Through continuous practice, Yoga postures can have a profound effect on the inner dimensions of life, establishing deep calm, concentration, emotional stability and confidence. Man is a physical, mental, and spiritual being, all the three. Other forms of physical exercises, like aerobics, assure only physical well-being. They have little to do with the development of the spiritual or astral body.

On the basis of the reading of the passage given above answer the following questions:

- a) What do most of the medicines treat?
 - b) How is yoga different from the other treatments?
 - c) What is yogic way of life?
 - d) How do 'Simple Asanas' help?
 - e) How does sincere practice of yoga postures benefit us?
 - f) How does yoga therapy work?
 - g) Is yoga better than physical exercise? How?
 - h) Find a word from the passage which is the antonym of 'shallow'
- (a) profound (b)ghastly (c) deepened (d) dreadful

