



Unit 2

Section - A

Health and Fitness

1. Warm up

Now look at these advertisements and write down what kind of help do these offer. Give reasons and share your ideas.



Read this definition of the term 'Holistic Health' and discuss about in class.

Holistic health in medical terms means taking into account all aspects of people's needs including: psychological - physical - social - spiritual. Which means that disease is a result of physical, emotional, spiritual, social and environmental imbalance.

Now discuss with your partner about how should one help another and when:

- Somebody falls ill
- someone goes through a depression
- somebody responds rudely to your simple and pleasant greetings
- A friend constantly suffers from anxiety



Read this:

**Because it's human, laughter must be of the highest order.
To repress it is to destroy human quality.**

Laugh for a minute and write how it feels after laughing together with your classmates.

1. Now read on.....

1. We will have to give life a new orientation. The past has crippled life very badly; it has made you almost laughter-blind, just like there are people who are colour-blind.
2. The constant repression of laughter has made you laughter-blind.
Situations are happening everywhere, but you cannot see that there is any reason to laugh. If your laughter is freed from its bondage, the whole world will be full of laughter. It needs to be full of laughter; it will change almost everything in human life. You will not be as miserable as you are. In fact, you are not as miserable as you look- it is misery plus seriousness that makes you look miserable. Just misery plus laughter, and you will not look so miserable!
3. Just look around at life and try to see the humorous side of things. Every event that is happening has its own humorous side, you just need a sense of humour. No religion has accepted sense of humour as virtue. I want a sense of humour to be a fundamental quality of a good man, a moral man, a religious man. And it does not need much searching: you just try to see it, and it's everywhere. Seriousness has become almost part of our bones and blood. You will have to make some effort to get rid of seriousness, and you will have to be on the lookout wherever you can find something humorous happening, don't miss the opportunity. Everywhere there are people who are slipping on banana peels, just nobody is looking at them. In fact it is thought to be ungentlemanly. It is not, because only bananas fall on banana peels.



4. Laughter needs a great relearning, and laughter is a great medicine. It can cure many of your tensions, anxieties, worries; the whole energy can flow into laughter. And there is no need that there should be some occasion, some cause. Even just sitting in your room, close the doors and have one hour of simple laughter. Learn to laugh.
5. In one apartment house, people were puzzled about one thing. Every couple was fighting, throwing pillows, throwing things, breaking cups and saucers, shouting at each other, husbands and wives screaming. The only problem was with one gentleman.
6. From his flat they never heard anyone fighting; on the contrary, they always heard laughter. So they caught hold of the fellow as he was coming from the market and said, "First you have to tell us what is the secret why do you laugh when everybody fights?" the fellow said, " what happens is, she throws things at me. if she misses then I laugh; if things hit me then she laughs." Seriousness is a sin.
7. Laughter has tremendous beauty, a lightness. It will bring lightness to you, and it will give you wings to fly. Life is full of opportunities. You just need to be sensitive and create chances for other people to laugh. Laughter should be the most cherished qualities of human beings because only man can laugh, no animal is capable of it.
8. Because it is human, it must be of the highest order. To repress it is to destroy a human quality.

2. Choose the right option:

a. To go from miserable to not so miserable, one would have to

- i. tell oneself to stop being miserable**
- ii. laugh at somebody slipping on the banana peel**



iii. laugh while fighting

iv. tinge misery with miserable

b. According to the writer, one has become laughter-blind because

i. laughter cannot be seen only heard

ii. one has become too serious in life

iii. our past experiences have killed the laughter in us

iv. one does not the value of laughter

c. The writer feels that laughter has the ability to

i. make us lose weight

ii. make us feel light-hearted

iii. make us sensitive

iv. help us use opportunities

3. Answer briefly:

a. Why does the writer feel that we need to give life a new orientation?

b. Which three ailments will laughter cure?

4. Briefly sum up the place of laughter in a human being's life. Share it with your class.

5. Conditional Clauses

Read the following example:

If your laughter is freed from its bondage the whole world will be full of laughter.

The part of the sentence which is in italics and underlined is called a 'conditional' clause.



- A conditional clause states conditions, real and imagined.
- **Conditions** deal with imagined situations: some are possible, some are unlikely, some are impossible. The speaker/writer imagines that something can or cannot happen or have happened, and then compares that situation with possible consequences or outcomes, or offers further logical conclusions about the situation."

Eg. i. *If only I had tried* I would have been in the team

ii. Reema would have told us *if she had known* about it.

- Like other adverbial clauses, a conditional clause can come either before or after the clause on which it states a condition.
- A conditional clause begins with '*if, unless, provided that, in case of*'

5.1 Complete the following sentences with suitable conditional clauses:

- He would have won the race
- He ~~can~~ get into a good college
- he would not have fallen ill.
- you can get malaria.
- You will be able to access the net

look at the underlined words in the following sentence

- It is misery plus seriousness that makes you miserable.
- Laughter is the best medicine.

The word *seriousness* is the noun form of the adjective *serious*; so is *laughter* the noun form of the verb *laugh*.

5.2 Study the following sentences carefully

- Tarun got into serious trouble because he did not tell the police about the theft in his house.



b Though he wanted to burst out laughing but the seriousness in his tone did not reveal what he wanted to do.

c. “Please don’t laugh” requested the director of the comedy.

You will get a prize for not laughing.

d. Their laughter could be heard outside the school.

- in sentence **1.a** the word serious is an adjective as it tells us something about the word ‘trouble’ it answers the question ‘**what kind of** trouble?’

in sentence **2.a** the word laugh is a verb as it speaks about an action.

- In sentence **1.b** the word seriousness is a noun as it answers the question ‘what’ so does the word laughter in sentence **2.b**

5.3 Write the noun forms of the given words

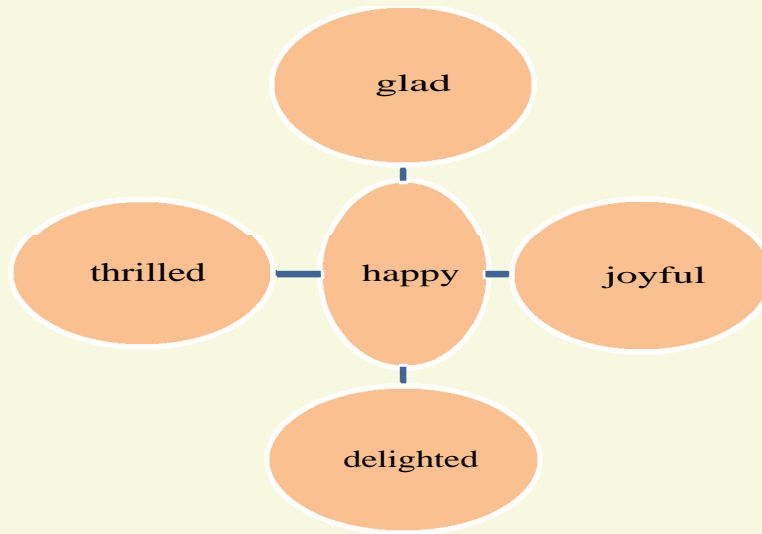
Adjectives	Nouns
Tender	
Kind	
Shy	
happy	
Verbs	Nouns
Teach	
Drive	
Write	
shop	

5.4 Consult your dictionary and write the noun forms of the following adjectives and verbs:

cruel, strong, honest, concentrate, descend, report

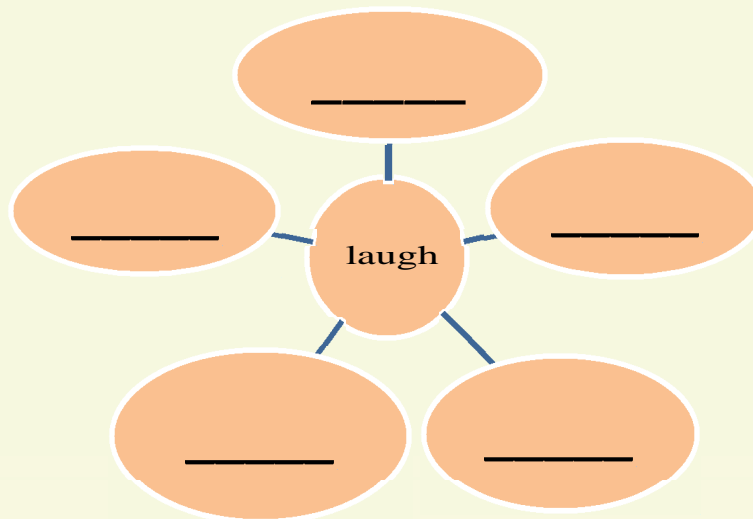


5.5 Look at the word-web.



The web has various words that are almost similar in meaning to the word 'happy' and are often used as synonyms for the word in the centre.

With a partner, complete this word web with words that belong to the 'LAUGH' family.



6. Writing

1. You have decided to form a 'Laughter Club' in your colony. Design a notice in about 50 words informing the residents of your society about it.



Why do we draft a notice?

1. Must attract the audience and give information
2. Must have concise slogans
3. Give relevant information
4. Must give the name of the issuing authority at the bottom

6.1 Plan with your friends which would be the best locations in the society/colony to display this notice, so that, the information reaches the maximum number of residents. Make a list of the places that you decide upon and write the reason/reasons why you have chosen those spots. Share them with the class.

7. Listening

Listen to the story about a laughter club and choose the appropriate option.

1. People who came to the laughter club

- i. talked about themselves
- ii. told stories about their lives
- iii. learnt how to laugh

2. The woman thanked the writer because

- i. she had laughed after a long time
- ii. her husband had laughed after two years
- iii. her husband had laughed after a year

3. The elderly woman

- i. found the laughter club funny
- ii. wondered if she would ever laugh
- iii. wondered why laughter club was considered to be funny



4. The speaker informed the elderly lady that

- i. one needs the laughter club to be able to laugh
- ii. one does not need reason to laugh
- iii. laughter is a good medicine

5. Creating laughter is compared to

- i. yoga
- ii. sparkle
- iii. piece of art

8. Speaking: (Role Play with a partner) You are Rajiv, your friend Sanju's grandfather is keen to join the Laughter Club and wants to know more about it. So he rings you up.

Choose a partner and complete the following telephonic conversation between the old gentleman and yourself. You and your partner enact it for the class. While enacting do not face each other. Rather, stand back to back and have this telephone conversation.

Grandfather Hello! This is Sanju's grandfather speaking, could I speak to Rajiv please?

Rajiv: Good morning uncle, I am Rajiv speaking

Grandfather Rajiv, I wish to

Rajiv: That's really good, uncle.

Grandfather But I

Rajiv Sure uncle, how can I help you?

Grandfather First of all and

Rajiv We get together at 6.30 in the morning.

Grandfather



Rajiv

Grandfather Which park?

Rajiv

Grandfather Oh that's quite close to my house. Also tell me

Rajiv For half an hour initially, then we may increase the duration

Grandfather.....

Rajiv We are going start from this Sunday.

Grandfather Thank you Rajiv. I'll certainly be there!



Section- B

Yoga for Holistic Wellness

Warm up:

Take the following questionnaire and conduct a Class Survey. In ten minutes interview as many of your classmates as you can and fill up the column.

Name	Do you do any kind of exercise?	How many times a week do you do it?	Which type of exercise do you do?	For how long do you do it?	Do you practice Yoga?	Why do you exercise?	At what age did you start exercising?

Now prepare a short report of about 250-300 words based on your findings.



1. Read the following essay.

When one is unwell it's just not a physical strain, one's mental health too takes a down turn. It is holistic solutions like yoga that cure both the body and mind. Researchers have found that people who practise yoga have healthier hearts than those who do not.



1. Yoga is an ancient Indian science, more than 5,000 years old, which has recently come into limelight as an effective therapeutic tool. The word 'yoga' means union of the mind, body and spirit, truly a holistic cure. Yogic philosophy believes that our reality is built up of five sheaths or koshas that cover who we really are. These are Physical (our body which has five senses) Emotional /Pranic (feelings and chakras/ energy centres) Mental / Ego mind (Our thoughts) Intuitive/conscious mind (Our self) Bliss / Joy (moment of extreme happiness and well-being). Yoga techniques such as asanas postures which stretch the muscles and keep the joints flexible, pranayams which help us to breathe right, concentration and meditation help strengthen the five sheaths or Koshas.
2. Asanas strengthen the core body or the physical self while pranayamas improve prana- life force, our vital energy. Concentration and meditation tackle emotions and strengthen the mind, and help you grow spiritually. Yoga is a combination of all these along with special techniques for relaxation. As opposed to regular physical exercises, Asanas are done with synchronized breaths and the movements are slow and gentle. The focus is on stretching the muscles, and

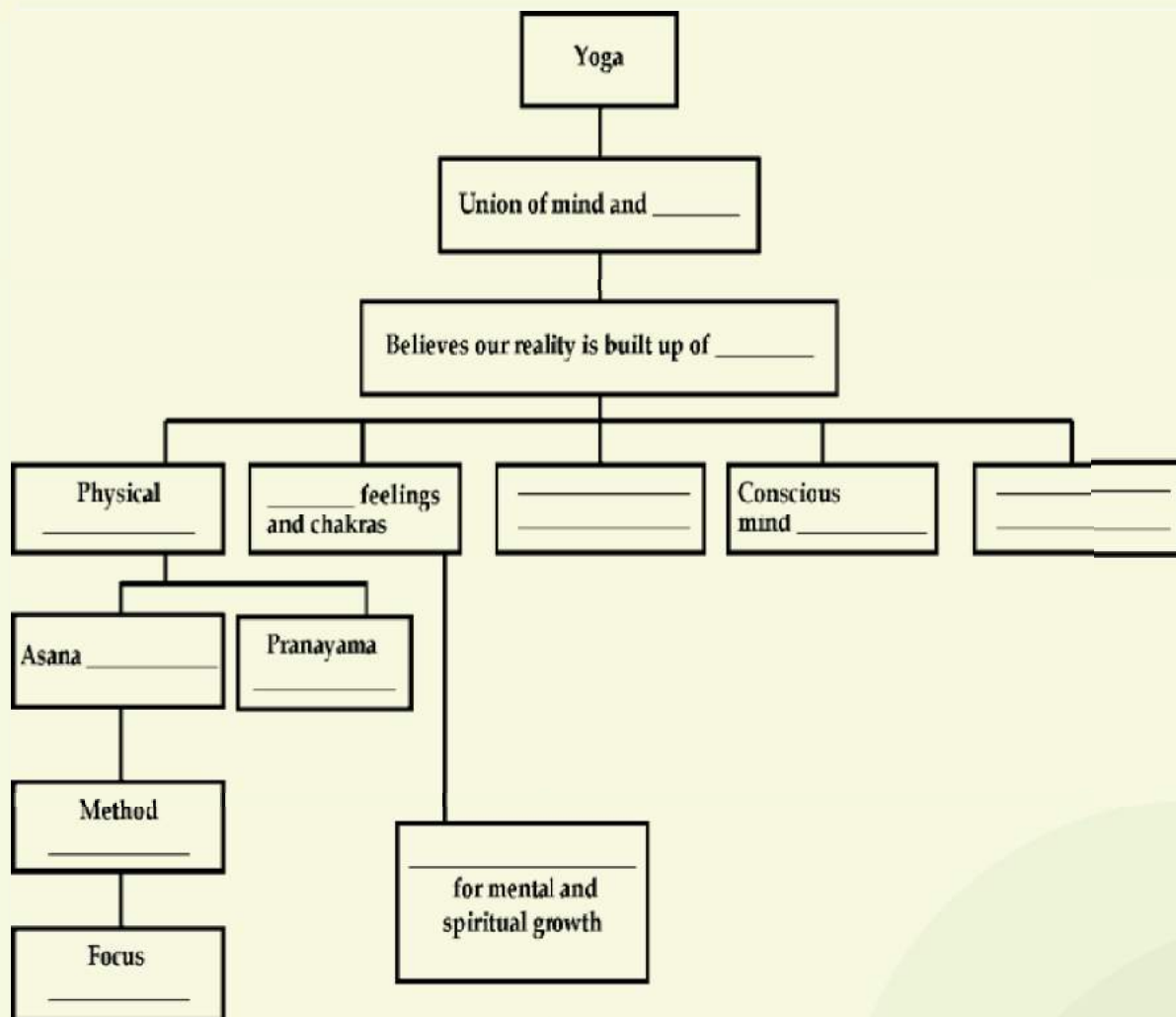


improving joint flexibility, lung capacity and concentration. As a result you feel mentally energised.

3. Yoga is an effective tool to tackle stress and related diseases, mental disorders such as depression and anxiety, lifestyle diseases, cardiac and respiratory ailments, arthritis, digestive problems, lack of sleep, diseases affecting the nervous system, migraines, endocrinal abnormalities and personality disorders.

When practised regularly, yoga can prevent, and at times even reverse certain diseases.

1.2 On the basis of your reading, complete the flow chart





2. Prepositional Phrases Study the following sentence

Asanas are done *with synchronized breaths*

Yoga is a combination of all these *along with special techniques for relaxation*

The group of words in italics 'with synchronized breaths' 'along with special techniques' and 'for relaxation' are **prepositional phrases**

A prepositional phrase will begin with **preposition** and end with **noun, pronoun, gerund or clause** the "object" of the preposition.

preposition + noun, pronoun, gerund, or clause

eg for relaxation

preposition + modifier(s) + noun, pronoun, gerund, or clause

eg with synchronized breaths

along with special techniques

2.1 Identify the prepositional phrases in the following sentences

1. The hotel had a beautiful view of the lake.
2. After five years, the house will finally be ours.
3. She told the maid to make sure she cleaned under the bed.
4. He placed the documents inside the locker.
5. The plane flew high over the snow-capped mountains.

2.2 With the help of the following substitution table, frame as many prepositional phrases as you can and use them to complete the following sentences suitably:

Preposition	Modifiers	Objects	Prepositional phrase
On	dark	grass	
	lonely	road	



	green	night room	
For	my proper complete cleaner	satisfaction family environment relaxation	

- a. You must learn the right techniques _____.
- b. It was _____ so they could not see where the road ended.
- c. Walking bare-foot _____ is good for the eyes.
- d. Each one of us must work _____ so that the earth becomes a healthier place to live in.
- e. I live in this town _____.

2.3 Vocabulary

- a. Here are some words from the passage

lifestyle; limelight; well-being

Each of these words have been formed by combining two independent words

life + style = lifestyle

lime + light = limelight

well + being = well-being

Words thus formed are called **compound words**. Compound words may have a new meaning of its own which would be very different from the meanings of the component words.

(Eg) the words *lime* and *light* when put together as one word form an entirely new meaning



Some more examples.

butter + fly = butterfly

crack + down = crackdown

fellow + ship = fellowship

pull + over = pullover

half + hearted = half-hearted

2.4 With your partner, give ten examples and share them with the class.

2.5 Underline the compound words in the following report and write what they mean.

The final crackdown, when it came, proved to be very rewarding. Though the 'criminals' were missing the police found quite a few finger-prints. In a soundproof room they found equipment for recording. They decided to listen to some of the recordings. As soon as they pressed 'play' on the audio system they heard children's voices singing the nursery rhymes. They quickly made a beeline for the door for they had realized that they had raided the wrong place. This was not a warehouse but a recording-studio.

3. Writing

Write a letter in about 150 words to your friend telling her/him about the yoga classes you have joined and how it makes you feel better and energetic.

4. Listening

Listen to a talk on Reiki and complete the statements.

- a.** The technique of Reiki is from _____
- b.** Universal energy is _____ by the healer through his _____.
- c.** It works on the principle of _____.
- d.** The tools of Reiki are breathing and _____.
- e.** It helps in _____ various disorders.



5. Speaking

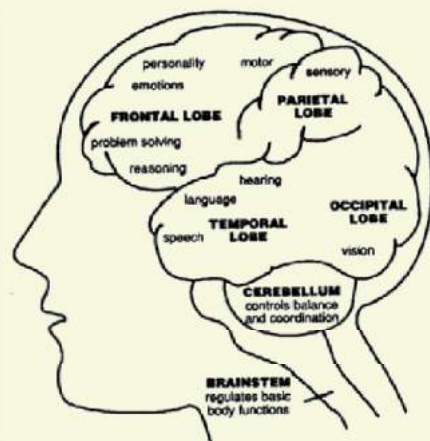
Give the following instructions to the class:

We are now going to do the **improve your immunity** asana. Stand and slightly bend your knees. Stretch out your hands slowly try to push them behind as much as possible. Now turn your head to the right to look over your right shoulder. In this position take five deep breaths and then slowly turn your head to look in front. Repeat this by turning your head to the left side following the instructions given for the right side. Begin by doing this twice and gradually aim to do it ten times. This exercise when done in the sun helps you absorb adequate vitamin D3 and increases your immunity.

Section - C

A Healthy Brain

- *We know that every animal you can think of -- mammals, birds, reptiles, fish, amphibians -- has a brain just as human beings, yet there is a significant difference between the two. Look at this picture of the human brain and discuss what is unique about it*



It is a medically accepted fact that how clever and intelligent we are depends on how sharp our brain is.



1. Read about how breakthrough science has revealed that one can get cleverer at any age.

Build Better Brain

1. You can train your brain for a sharper memory. Aerobic exercises are known to preserve grey matter and meditation helps hone connections between reason and emotion. We want to be able to not only know more but also understand more deeply, make greater creative leaps, retain what we read, see connections invisible to others—in short we want to be smarter and cleverer. By raising our mental game we would be able to make smarter decisions in our work and life.
2. The Latest research in neurobiology and cognitive science shows that our IQ long thought to be largely unchangeable after early childhood, can in fact be raised, and not by a niggling point or two. According to a ground-breaking study, IQ can rise by a staggering 21 points over four years or fall by 18. A higher IQ can get you more than admission to the IIT and IIM, it also gets you bragging rights.
3. Cathy Price, a cognitive scientist, says “if an individual moved from an IQ of 110 to 130, he’d go from being average to gifted. And if he moved from 104 to 84, he’d go from average to below average.” Her study was on people aged 1 to 20 but given recent discoveries about the capacity of the brain to change called neuroplasticity well into one’s 60s and 70s, Price believes the results hold for everyone. She feels that the same degree of elasticity as seen in the young adults maybe present throughout life.
4. Although working on short-term memory- basically, the brain’s scratch-pad has long been considered just one component of overall IQ, recent research shows that it may in fact be the lever that can raise overall intelligence. It has been found that short term memory maybe the foundation of intelligence to a greater extent than anyone suspected. Adult volunteers were





trained on a difficult short memory task: the volunteers simultaneously heard a string of letters and saw a series of computer screens that had a blue square's position which matched that of a several screens earlier. The more they worked their short-term memory, the greater was the improvement in the purest form of brain power, fluid intelligence—the ability to reason and solve problems independently of existing knowledge. The same results were found in school-age kids; the findings show that memory training boosts performance in intelligence tests and so maybe the surest path to a higher IQ.

5. The good news is that there are accessible ways of improving one's brain power. Aerobics and walking do more than provide just physical fitness; they stimulate production of BDNF (brain-derived neurotrophic factor) and increase grey matter in the hippocampus region that processes new knowledge particularly the link between different pieces of information that form complex memories.

Midday naps may not only restore brainpower but also raise it. students who took a 90 minute nap at 2pm after a task that taxed the hippocampus learnt better after the nap than they had before it and better than the non-nappers. In people who stayed awake, there was deterioration in their memory capacity, but a nap restored that capacity to levels even higher than before the nap.

6. The strategy with the strongest evidence behind it for improving IQ is also the toughest. When a brain that is fluent in two languages chooses between the two the cortical circuits that hold both become active. The workout the brain gets in bilingualism carries over to other functions, buffing such IQ skills as problem solving and attention switching; it even seems to postpone dementia by five years.

Scientists believe that healthy diet is associated with lower risk of Alzheimer's disease as well as diabetes and stroke. But it is from certain exotic ingredients that scientists have a great hope. For instance small studies suggest that the spice turmeric and pomegranate juice may improve memory.

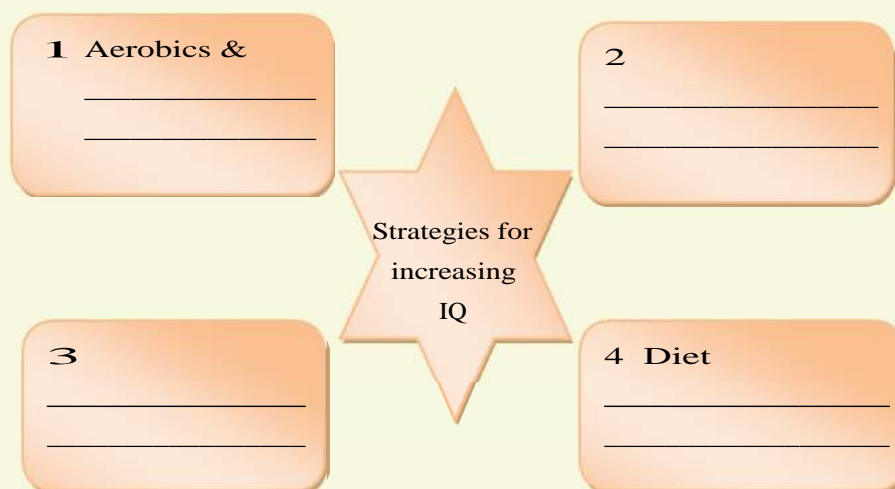
[Adapted Readers' Digest December 2012]



2. On the basis of your understanding answer the following questions:

- a. What has scientific research proved?
- b. What does meditation do for our IQ?
- c. What role does short-term memory play in our IQ levels?
- d. Do you think the writer recommends mid-day naps? Why?

3. Complete the following diagram suitably.



4. Voice forms: a review

4.1 Study these sentences from the text:

'You can train your brain for a sharper memory'

Now look at the same sentence written differently

'The brain can be trained for a sharper memory'

Did you notice the difference?

The Passive form are used to speak about the action with no importance to the doer of that action. That is the reason why this form is used for scientific and descriptive writings because our **interest is in the processes and events: in what and how things happen**



The Active voice is preferred for imaginative and creative writing and wherever we want to say more **about people who makes things happen**.

Read these sentences in the **Passive form** from the text,

- Although working on short-term memory **basically**, the brain's scratch-pad **has long been considered** just one component of overall IQ
- **It has been found** that short term memory may be the foundation of intelligence to a greater extent than anyone suspected

Notice the **verb structure** in the passive form:

- Has/have/ had + be / been/ was / were + past participle form of the verb
- Has + been + considered; found

4.2 Write the following sentences in the Passive form:

- According to a ground-breaking study, IQ can rise by a staggering 21 points over four years.
- Asanas strengthen the core body.
- Yoga can prevent, and at times even reverse certain diseases.
- He opened the box with a loud click.
- Pour some water in a pan and keep it on the fire.

4.3 Vocabulary

Given below are some definitions of the words you have come across in the text.

Identify the word and write it in column B to match the definitions in column A

A	B
This pertains to the act of knowing, understanding and remembering	
A form of physical exercise that combines rhythm with stretching and	



strength training, usually performed in group or solo in accompaniment to music	
A science that combines the study of the cells of the nervous system and the organization of these cells into circuits that control our behaviour	

4.4 Here are two words from the text. Consult your dictionary to complete this table.

Word as in text	Part of speech	meaning	Root word	Part of speech	Basic meaning
Basically					
Simultaneously					

4.5 Fill in the blanks with the appropriate form of the words in the blanks

- a.** The _____ (basically/ basic) difference between the two friends is that one is clever the other is wiser.
- b.** Both the scientists worked _____ (simultaneously/ simultaneous) on the same project but their results were not the same.
- c.** _____ (Basically/basic) it amounts to your keeping awake for four hours to do the work.

4.6 Writing

Study the chart given below and prepare write out diet instructions a student should follow for a healthy body and brain. Use the Passive Form



You may begin like this:

It has been seen that many students fall ill very often due to which their studies are badly affected. It is suggested that

5. Listening

Listen to this face to face between a dietician and a group of students and complete the following statements:

- a. On introducing the dietician the teacher tells the students that they can _____.
- b. For fitness the dietician suggests _____ and _____.
- c. The dietician recommends including _____ grains in their diets.
- d. According to the dietician a healthy diet reduces the risk of _____ illnesses.
- e. For the use of Fats. Oils and sweets she suggests that use them _____.
- f. For good brain power she recommends good diet, exercise and _____.

6. Speaking Role-Play

1. Get into groups of three. Take on the role of the teacher, dietician and student and enact the above interview. Take turns to play all the three roles.



2. Discuss with your partner about the day's diet.

Listening text 1

This event happened just a few months after I started my laughter club. Gradually more people were coming to our sessions and we all were very happy. People brought their stories of everyday life which often touched me deeply.

It was these stories that made me realize how important my work had become.

After laughter we sat together drinking tea and enjoying cookies. A woman came to me with teary eyes and said 'thank you so much - my husband hasn't laughed for two years and today I heard and saw him laughing. I am so happy and we will come again.' They did and still do.

That day we had a long teatime. A young man who came the second time and an elderly lady got into discussion. During the session, the elderly woman had a hard time opening up and laughing. She interrupted twice saying: "What is so funny?"

I repeated that we do laughter yoga exercises and don't need a reason to laugh. As a laughter leader it is quite disturbing when the flow of laughter in a group is interrupted this way. Building up the atmosphere to let free laughter sparkle among the group is like creating a living artwork - a very fragile and wonderful piece of life art.

Listening text 2

Reiki is a healing technique from Japan. It deals with the flow of energy or Qi in the body. The Reiki healer transmits the 'universal energy' through his hands to the receiver's body. Even if the healer and the receiver in different continents, this alternate healing can work on the principle of distance healing. Breathing and mild body movements are the tools used in reiki. It is helpful in treating aches and pains, stress, digestive disorders and sleep problems.

Listening text 3

This is a face to face between a dietician and a group of students:

Teacher — *Dear students, I have invited a dietician for a face to face session with you. This is Dr. Shreshtha Bhojwani. You are free to ask her questions.*

Student A — *Ma'm, could you please suggest a correct fitness schedule?*

Dr. S.B. : *You must aim for a healthy weight and be physically active*



Student B — *How do we choose one's diet?*

Dr. S.B. — *You must choose a variety of grains daily, especially whole grains and a variety of fruit and vegetables every day. A sensible diet is low in saturated fat and cholesterol and moderate in total fat. Also see to it that salt and sugar content is moderate.*

Student C — *Do you believe that a balanced diet can prevent diseases?*

Dr.S.B. — *Most certainly! A good and sensible diet not only promotes good health but reduces the risk of chronic diseases such as heart disease, cancer, diabetes and stroke.*

Student D — *What would you recommend as the ideal measure of serving of food per day?*

Dr. S.B. — *That's a good and practical question! Let me try and give a breakup of each category - 1 cup of milk or curd, 2-3 ounces of cooked lean meat, poultry or fish ~~if~~ you eat non-veg for vegetarians Paneer or mushrooms or soya preparation 1 egg or 2 tablespoons of butter Vegetable: 1 cup of raw leafy vegetables, 1 cup of other vegetables (cooked or chopped raw), 1 cup of vegetable juice, 1 cup of cooked dry beans Fruit: 1 medium apple, banana, orange; 1 cup of chopped, cooked or canned fruit; 1 cup of fruit juice . Bread, Cereal, Rice: 1 slice of bread, 1 ounce ready-to-eat cereal, 1 cup of cooked cereal, rice No specific serving size is given for the fats, oils, and sweets group because the message is USE SPARINGLY.*

Students: *all this in one meal? Lunch or dinner?*

Doctor SB *no! let you breakfast consist of most of these as that is your sustainer meal, it is the most important meal of the day. Let the lunch and dinner be very light.*

Students: *doctor is there any specific food for 'good brain power'?*

Dr SB: *yes of course! All the food items that I have just recommended eaten fresh and well cooked , adequate physical exercise and healthy activity for brain will definitely improve your brain power*

Students — *Thank you doctor! We will definitely adhere to not only the diet recommended by you but also follow the advice for our brains to be healthy.*

Teacher: *Thank you for your suggestions doctor.*