

UNIT 4

COMPREHENSION

C. 1 Read the extracts and answer the questions:

According to Ayurved, occurs without the other. (Page 37)

- What does Ayurved say about physical and mental diseases ?
- What is the benefit of positive thinking ?
- Give two factors that cause mental diseases.

Ayurved, on the other hand think and observe. (Page 38)

- How does Ayurved help us for our health ?
- How can we solve our physical problems ?

Yog is one of the muscles. (Page 41)

- How is Yog beneficial to our life ?
- What can Yog do for an individual ?

If you suffer, every muscle. (Page 41)

- Why is Surya Namaskar a complete meditative technique ?
- How can Yog help a patient of insomnia ?

C. 2 Write short notes on :

Levels of Ayurvedic Healing [Points : treatment - prevention - enhancement of life -awareness]

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Yog

- * Who practised Yog in the ancient time ?
- * What are the benefits of Yog ?

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C. 3 Read the passage and answer the questions: (FLAMINGO Page 29)

Now Orpheus was in the palace of Pluto in the land of the dead. When Pluto, the god of death, saw Orpheus, he could not believe his eyes. He said to Orpheus, "Who are you ? Why have you come here ?" Orpheus said, "My wife is here, and I can't live without her. Would you let her come back to the earth again ?" "That is not possible. The dead cannot go back to the earth." said Pluto. Orpheus was very sad to hear this. He took the lyre and began to sing the story of his love for Euridice. His music was sad and yet sweet. It touched the heart of Pluto. He said to Orpheus, "All right. You can take Euridice back to earth. But there is one condition. Euridice will follow you. You must not look back. You must not try to see her until you are out of my kingdom." Orpheus gladly agreed. He was ready to do anything to have his beloved wife back.

- (1) Why did Pluto allow Orpheus to take Euridice back ?
- (2) On what condition could Euridice go back to earth with Orpheus ?
- (3) Why was Pluto surprised to see Orpheus in Hades ?
- (4) It's impossible for the dead to leave the land of the dead. True or False ?
- (5) 'beloved' means: (a) lovely (b) darling (c) pretty

VOCABULARY

V. 1 Fill in the blanks by using the appropriate words from the brackets: (Pair Work)

[weaken, organic, seldom, pathogens, strain, dietary, symptoms]

Yesterday, Raj was not well. He went to the doctor. After examining him the doctor said, "It is due to so you have become Such type of are found and so you have special help needs."

V. 2 Join the words with their meanings. Write only numbers : (Pair Work)

Words	(a) therapy (b) eliminate (c) nourish (d) hectic (e) breeds (f) infection
Meanings	(1) to provide with food and other things that are needed to live (2) very busy, (3) the treatment of physical or mental illness (4) find the way (5) a disease caused by germs that enter the body (6) to take care of and teach (7) to remove, (8) obtained from living things

Answers : (a) (b) (c) (d) (e) (f)

V. 3 Exchange the underlined words to make the sentence correct :

- (1) A watch is worn on the knees.
.....
- (2) While jumping, he broke his abdomen.
.....
- (3) There is a great pain in his wrist because he ate Pau Bhaji yesterday.
.....
- (4) He is walking by his heaps.
.....
- (5) Her legs are very sensitive. She can listen to everything with them.
.....
- (6) Ears are very helpful for sitting comfortably on the stones.
.....

V. 4 Fill in the blanks using appropriate words from the brackets :

[digestive, holistic, ligaments, anxiety, muscles, blood]

Yog provides physical, mental and spiritual benefits so that it is called a exercise. It also provides the best exercise to It benefits joints and It provides the oxygen to the and helps the heart become strong. It makes system strong. It also helps in reducing tension and

V. 5 Write the meanings from the dictionary :

- (1) endocrine :
- (2) respiratory :
- (3) skeletal :
- (4) cardiovascular :
- (5) digestive : relating to digestion
- (6) nervous :
- (7) abdominal :
- (8) lymphatic :

V. 6 Write the meaning in your mothre tongue. Use the word in a sentence : (FLAMINGO: READ 9)

- (1) roubles :
- (2) bargain :
- (3) perspiring :
- (4) hillock : **ਜ਼ਰੀ** ਟੇਕੜੀ. We enjoyed climbing a hillock when we went to our uncle's house.
- (5) owner :
- (6) greedy :
- (7) horizon :

V. 7 Fill in the blanks selecting the proper words from the brackets: (FLAMINGO : READ 10)

- (1) The bride threw on the table a jewelled (girdle/ garland) of great beauty because she didn't want to marry him.
- (2) They came back home (cheerfully/carefully) when they were satisfied with the judgment from the Panchayat.
- (3) My parents didn't allow me to select cricket as a game for sports and remained as (obstinate/flexible) as ever.
- (4) Once more the dice (rattled/silence) and the gambler again won his game.
- (5) The (spectators/suspect) were silent and eagerly watching 'The Gladiator'.

LANGUAGE FUNCTION : Expressing Suggestional Advice

Explanation : કોઈ વ્યક્તિને કોઈ બાબતની સલાહ/સૂચન કરવા માટે આ functionનો ઉપયોગ થાય છે. સામાન્ય સંજોગોમાં સલાહ/સૂચન માટે 'should' તેમજ જો સૂચન ભારપૂર્વક કરવાનું હોય તો 'ought to' તેમજ જ્યાં ખૂબ વધારે ભાર આપવાનો હોય કે ફરજ પડતી હોય ત્યારે 'had better' નો ઉપયોગ થાય છે. આમ આપણી સલાહની તીવ્રતા બતાવવા માટે આ functionનો ઉપયોગ થતો હોય છે.

For example : You **should** go to school regularly. (સલાહ કે સૂચન)

Kavya is late. She **ought to** hurry up. (ભારપૂર્વકનું સૂચન કે ચિંતા)

His leave application is rejected. He **had better** ask the manager to sanction it. (આવું કરવાની ખૂબ જરૂર હતી.)

F. 1 Find and copy seven sentences from Reads and Exercises of Unit 4 showing the use of this language function :

- (1)
- (2)
- (3)
- (4)
- (5)
- (6)
- (7)

F. 2 Fill in the blanks with the most appropriate words given in the brackets :

(1) (ought to, should, should not)

Vani : Hi Millie! What's wrong ?

Millie : I am being bullied at school. What I do ?

Vani : You go and tell your teacher.

Millie : But what if the boy finds it out ?

Vani : Youworry about that. You need to say something or he might not stop.

(2) (should not, had better, ought to)

A : Shyama is injured. She go for mountaineering.

B : Keyur has not submitted his work. He to inform his class teacher.

C : If Nirav wants to go to the U.S.A for higher studies, he join IELTS classes.

F. 3 Say if the sentence is True or False. If the sentence is false, underline the incorrect parts, correct them and rewrite them :

(1) Arzy cannot solve the puzzle. She had better take help of her group. ..F... could not

(2) Jhanvi couldn't complete her graduation. She should continue her study.....

(3) You ought to not help your friend during exam.

(4) We should to follow the rules of the road.

(5) Have you scolded your son ? You had better talk with him silently.

(6) People ought to fight for their rights but they should be aware for their duty also.

(7) Shamiya had better to take permission before leaving the class.

F. 4 Strike off the incorrect options :

(1) I should/should not walk fast and reach the airport as early as possible.

(2) I should/should not have anxiety. It is not good for my health.

(3) I had better/should apologize to my boss immediately.

(4) I ought to/should keep my words.

(5) I shouldn't/ought to concentrate on what I am doing.

(6) I had better/should join army.

(7) I should not/ought to be a politician.

F. 5 Match the question 1 to 7 with the statement 1 to 7 in F. 4. Write the number of the statement which shows appropriate answer to the question 'What should you do?': (Pair Work)

(1) You got admission in NDA. You like to serve the country.

What should you do ? ...6... (I had better/should join army.)

(2) You are very introvert. You do not like to deal with people.

(3) You can't get good result of your deeds.

(4) Your performance is not upto the mark since long. You displeased your boss.

(5) You are late. You are called for an interview.

(6) You are suffering from depression.

(7) People have no trust on you.

F. 6 Some problems are given here. Tick mark the correct option for solution: (Pair Work)

No.	Problem	Solution
(1)	The airline allows only 30 kg of luggage. You have packed too much.	You pack too much. <ul style="list-style-type: none"> ● had better ● had not better ● had better not
(2)	My mother isn't feeling well.	I told her that shethe doctor. <ul style="list-style-type: none"> ● should not consult ● had better consult ● ought consult
(3)	I think that the grade my teacher gave me on my test is not perfect.	Is it so? You <ul style="list-style-type: none"> ● ought to talk to her after the class. ● should not talk to her. ● had better talk to her during the class
(4)	I am getting wet. I have to attend my school.	You an umbrella. <ul style="list-style-type: none"> ● had better to bring ● had better carried ● had better not forgot
(5)	I lost my key. I can't start my car.	I a mechanic. <ul style="list-style-type: none"> ● should call. ● ought to call. ● had better not call.

F. 7 Give advice/suggestions to your friend using clues :

(1) I have broken my friend's pen drive. (should, give)

You should give him a new pen drive.

(2) I've got toothache. (ought, consult)

You.....

(3) I am not appearing in the test today. (had better, apologize)

You.....

(4) I want to drive a motor car. (should, driving school)

You

(5) I'm going to the funfair. (should not, eat)

You

(6) I want to learn singing. (music classes)

You

(7) I ate too much. (take rest)

You

F. 8 Write short answer using should/had better :

(1) I am over weight. Should I have junk food for dinner ? **Answer :** No, you had better not.

(2) My exam starts from the next month. Should I start reading for the exam ?

.....

(3) I am not well. Should I take vitamins everyday ?

.....

(4) Should I drive without helmet ?

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(5) I can not attend my friend's birthday party. Should I call my friend on my birthday ?

.....

(6) My eyes are weak. Should I watch TV late at night ?

.....

(7) Should I visit my friend in the hospital ? He is very serious.

.....

(8) I belong to a middle-class family. Should I buy expensive clothes every month ?

.....

F. 9 Write at least four suggestions using should, ought to and had better to advise your friend in given situations : (Pair Work)

(1) Amy buys a smart phone but she does not know how to operate it.

She should know how to operate it.

She ought to buy it after knowing its functions.

She had better ask the sales manager about its functions.

She should ask Google how to operate it.

(2) Your friend wants to start his own business.

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(3) Gautami wants to be an actress.

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(4) Amitabh likes to remain fit.

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(5) Riya wants to be the captain of Indian Women Cricket Team.

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(6) Karshan thinks/wishes to join a circus as a joker.

WRITING

W. 1 Study the sample mail written by Maharshi to his friend to invite him for Diwali break. See how well the points are covered. Mention what is missing :

- complaint for no communication
- reminding his promise to visit your village
- insist on for visiting in this Diwali vacation
- memories of your visit to his place
- admiration of village and village life
- mention some programmes when he comes

Send	Save Draft	Discard
From : <u>maharshi2002@yahoomail.com</u>		
To : aum.upadhyay@gmail.com		
Subject: Do visit my village this Diwali		
Attach More File		
Dear Aum,		

Since long I have no news from you. The last mail I received was before your board exam started. To be precise, six months ago, in that summer vacation, I visited your city. I really enjoyed with your family. I, time and again, watch the images and video clippings of your city that we had captured. I also remember how your grandmother complained that the city is polluted with noisy vehicles, industries, smoke, pollution and crowded streets. Your daddy was right when he said that, there, in such cities, people never relax.

Aum, as your academic year at new college has begun; your scheduled visit to my village is postponed till date. So, the forthcoming Diwali vacation is good time to fulfill that promise. I wish you and your family spend some days with us in my village. Peace, soothing air, fresh green fields, and lovely sights will definitely help your grandparents' health. To have lunch and dinner in villages is now probably the only way to enjoy the taste of pure food and 'genuine' milk.

I have attached a few photographs and videos of my village.

Towns are certificates of worldly riches, whereas country life is documentation of sustainable happiness.

I do invite you and your family to be our guests during Diwali vacation.

Yours,

Maharshi Patel

How did you find this e-mail ? What was missing ? Write the missing points. How many marks out of 5 will you give to Maharshi ?

W. 2 Now study the following reply by Aum. Fill in the missing details : (Pair Work)

From : aum.upadhyay@

To : @gmail.com

Subject :

Dear Maharshi,

I was happy beyond limits reading your(letter / mail / envelope) after such a long break. All pleasant memories of time we spent together revived. Indeed, most wonderful days (they are / they were / they will be). I sincerely (apologise / sorry / pardon) for my unfulfilled promise.

Here, my college has a vast (class rooms / campus / walls). Numbers of trees make it (beautifull / barren) (cries / chirping / talks) of birds (remands / reminds) me of your village. You haven't (attached / forgotten / taken care of) to send me pictures and videos of your village. They are really tempting. I have (deleted / forwarded / trashed) your mail to my parents and they are eager to spend some days there with all of us.

Finally, we have some leisure during Diwali vacation. We will definitely come there, and will have first hand experience of such heavenly life.

Please, convey my regards to your parents.

..... (Missing / Messing / Forgetting) you so much.

Yours,

.....

