

Part I

Comprehension ability (30 marks)

Questions 1 to 6: *Read the passage below and answer the questions 1 to 6 each in maximum 4-5 sentences.*

Competition the world over is slowly becoming a lethal agent in killing the regenerative process among human beings. This is happening through a vicious cycle of anxiety – tension – stress – depression – nervous break-down. The problem percolates to the entire human structure touching the health of the body, mind and spirit. Sound mind in a sound body is the very definition of education. But in the present life-style dynamics everything seems to explode. More so for those aspiring to be competitive winners irrespective of the field, the killer instinct is soon becoming a self-killing process. Much has been spoken and written about the evil effects of stress and its psychosomatic repercussions. Many solutions have also been offered by counselling agencies across the globe– some bordering on spiritual remedies, while a large chunk depending upon psychiatric– psychic process. Many have also recommended physical activity to control stress and depression. However, an integrated approach to Life Management Programme in the competitive environment could probably be the most easy and efficient course of remedy.

At the first instance it needs to be borne in mind that the malady arising out of stress is a lifelong process, either chronically or intermittently. In other words, stress is a common denomination which includes a plethora of hidden, unexplained and unknown problems mostly percolating downwards from the mind to the body. It is interesting to note that while stress invariably occurs at the intellectual–emotional level, it affects the body and its health. It is also worthwhile to understand that in general terms health is deemed to be a state of the body without any illness. This means the definition of health in prevalence is non-negative per se. But however, what is not

clearly taken into reckoning is the fact that the body, the mind and the spirit all the three together form an individual and therefore, the health of each of these three components is equally important and has a separate existence. For instance, when the mind is disturbed thereby creating unhealthiness in the intellectual– emotional plane, the body despite being in absolute physical comfort still gets affected and is often the victim. On the contrary even if the body as such has some health complications, nevertheless a strong emotional / intellectual state can always boost up the morale and with necessary medical intervention, the physical health of the body gets restored. The long and short of this theory is that while the health of the body is taken care of clinically, that of the mind has to be through motivation while for spiritual health one requires institutional guidance.

The foregoing suggests that the unknown fear which are nurtured by all of us in some way or the other is the cause for anxiety which leads to stress. Stress unattended results in depression thereby causing another cycle of fear– anxiety– stress in a viscous manner. It has also been found by researchers in the area of clinical psychology that most of the human beings nurture hidden fears either relating to failure or rejection. These could be due to lack of confidence in one’s capacity and capability in keeping the necessities of life– food, clothing and shelter– sustainable in a competitive environment. It has also been inferred by many empirical studies of human situations that all fear is intrinsically due to the fear of death. Therefore, it is necessary to understand fear and conquer it at the first place in order to arrest the spread of anxiety, stress, tension and depression.

All fears spring forth from either the subconscious or the unconscious states. It is necessary at this point to understand that the existence level of human beings is normally categorised into three divisions namely waking– sleeping– dreaming. There exists a fourth state which is a state of perpetual illumination borne of pure intelligence. This is known as Turiya which normally is the guiding force

towards perfection. Generally, the waking state is the weakest link in the chain of existence. Consciousness is not synonymous with waking. A person might be awake yet be inattentive to his or her own work or surroundings. Therefore, Jagrat Awastha without Jagrukta is a passing phase in the existential being of humans.

The sleeping state is a state of darkness where nothing much transacts, accepting mirror images of one's thoughts during the waking process occurring before the dream state. It is the swapna or dream state in which the subconscious gets activated and from whereforth pour in lot many hidden fears either suppressed or repressed. It is very important to encourage the dreaming process rather than to dismiss dreams as silly. It is in the dreamer that the achiever waits potentially. In the dreamless sleep state, there is the reflection of the unconscious which is much much larger than the conscious or the waking plane. It has been found that the unconscious is the link between the individual and the life force, between the micro and the macro, between the jivatama and parmatama. The fourth stage of turiya or pure intelligence which is cultivated with the dint of sustained spiritual practice produces the super conscious quality that can work wonders with human beings. This quality of existence is not the prerogative of any particular class or sect. Anyone and everyone in the world is a potential beneficiary of super conscious state provided one is willing to work for it. This is the state which works itself to a winner without producing stress in all competitive situations in the world.

Having identified the origin of stress it would be worthwhile to understand its spread and reach. In today's life situation one can see that stress has become all pervading. The desire to be successful in any situation itself produces anxiety to achieve this goal, fear of disappointment, not achieved and imaginary fear of rejection by being a failure and finally stress which is an undefined residue. This results in stress creeping into various age groups whether it be school children pertaining to their performance and ranking, student in view

of their monitoring by parents and society, people at work situations due to fear of hire and fire by their employers or at least negative remarks in their career assessment and professionals cutting across disciplines to guard their reputation. In other words, the pursuit of blatant consumeristic– materialistic yardstick as a determining parameter to judge the success or failure of individuals in society is the edifice on which the killer disease of stress builds itself.

1. What are the factors not taken into consideration when talking about health?
2. The three pillars of health need to be taken care individually for the holistic health. What are the three pillars and how to care for them?
3. Explain the four states of consciousness.
4. Where does stress originate according to the article?
5. Discuss the integrated approach to the life management programme.
6. How does the passage define health and emphasise its importance?

Part II

English Language Proficiency (30 marks).

Questions 1 to 4: *Choose the most appropriate prepositions for the blank.*

1. She was delighted _____ the opportunity to travel to Europe.
(A) for (B) by
(C) of (D) with

2. They started their journey and pulled back out, _____ the road.
(A) along (B) from
(C) into (D) onto

3. The cat jumped _____ the chair.
(A) to (B) through
(C) off (D) in

4. There were not many people _____ the meeting.
(A) for (B) at
(C) in (D) on

Questions 5 - 6: *Transform the given simple sentences to compound sentences.*

5. To his eternal disgrace, he betrayed his country.

6. The teacher punished the boy for disobedience.

Questions 7 - 8: *Transform the given complex sentences to simple sentences.*

7. We came upon a hut where a peasant lived.

8. How long I shall stay is doubtful.

Questions 9 to 11: *Select the most appropriate word or word pairs for the blank(s) from the given alternatives.*

9. Pea : Pod :: _____ : _____

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|------------------|--------------------|
| (A) bean : crock | (B) pumpkin : stem |
| (C) nut : shell | (D) potato : stew |

10. Disband : Organization :: _____ : _____

- | | |
|--------------------------|-----------------------|
| (A) merge : corporation | (B) expand : capacity |
| (C) discharge : employer | (D) demobilize : army |

11. Indigent : Wealthy :: _____ : _____

- | | |
|-----------------------|-----------------------|
| (A) angry : rich | (B) gauche : graceful |
| (C) native : affluent | (D) none of these |

Questions 12 to 14: *Select the word or phrase that is a synonym or closest in meaning to the given word.*

12. Commensurate

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|----------------|-------------------|
| (A) Measurable | (B) Proportionate |
| (C) Beginning | (D) Appropriate |

13. Extricate

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|----------|----------------|
| (A) Pull | (B) Free |
| (C) Tie | (D) Complicate |

14. Inebriate

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|--------------|---------------|
| (A) Dreamy | (B) Drunken |
| (C) Unsteady | (D) Stupefied |

Questions 15 to 17: *Select the word which is the exact opposite of the given words.*

15. Niggardly

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|------------|--------------|
| (A) Frugal | (B) Thrifty |
| (C) Stingy | (D) Generous |

16. Remiss

- | | |
|---------------|--------------|
| (A) Forgetful | (B) Watchful |
| (C) Dutiful | (D) Harmful |

17. Relinquish

- | | |
|--------------|--------------|
| (A) Abdicate | (B) Renounce |
| (C) Possess | (D) Deny |

Questions 18 to 19: *The sentences have been given in Active/Passive voice. From the given alternatives, choose the one which best expresses the given sentence in Passive/Active voice.*

18. After driving Professor Jana to the college she dropped him at his hotel.

- (A) Professor Jana was being driven dropped at his hotel.
- (B) After being driven to the college, Professor Jana was dropped at his hotel.
- (C) After she had driven Professor Jana to the college she had dropped him at his hotel.
- (D) After she was driven Professor Jana to the college she had dropped him at his hotel.

19. One should keep one's promises.

- (A) Promises should be kept at one's own.
- (B) Promises should be kept.
- (C) It is promise and it should be kept.
- (D) You shall keep your promise.

Questions 20 to 22: *Select a word or phrase from the given four alternatives that must be changed in the sentence to correct it.*

20. A prosthetic leg enables a person to function without the assistance of a wheelchair or clutches, thus more people are able to avoid to depend on others.

- (A) enables
- (B) to function
- (C) the assistance
- (D) to depend

21. Health care programs attempt to reduce medical costs by alteration certain lifestyle choices that could lead to later problems.

- (A) reduce
- (B) alteration
- (C) lead
- (D) problems

26. In the light of Dickens's description of the lively, even (i)_____ dance parties of his time, Sharp's approach to country dancing may seem too formal, suggesting more (ii)_____ than is necessary.

- (A) (i) sophisticated (ii) expertise
- (B) (i) lewd (ii) ribaldry
- (C) (i) enjoyable (ii) vitality
- (D) (i) rowdy (ii) decorum

27. We lost confidence in him because he never _____ the grandiose promises he had made.

- (A) forgot about (B) reneged on
- (C) carried out (D) retreated from

Questions 28 to 30: *Choose the correct meaning for the given proverb/idiom.*

28. To play second fiddle

- (A) To be happy, cheerful and healthy
- (B) To reduce importance of one's senior
- (C) To support the role and view of another person
- (D) None of these

29. To keep one's temper

- (A) To become hungry
- (B) To be in good mood
- (C) To preserve one's energy
- (D) None of these

30. To catch a tartar

- (A) To trap wanted criminal with great difficulty
- (B) To praise oneself
- (C) To deal with a person who is more than one's match
- (D) None of these

Part III

Writing Skills (40 marks)

*Write a note on any **two** topics given below in **not more than three-four paragraphs.***

1. Women in science and technology.
2. Increasing trend of online education.
3. Pandemic and lessons learned.