

## UNIT 9



### Pre-task

**P.1 International sports persons undergo a lot of stress before a big match. Do you know how they keep calm before the starting of an important game? Read some of the facts.**

In order to keep themselves calm, some sports persons:

- Sleep till late and come out of their rooms just before the match.
- Chat with team members or support staff but avoid discussions on the game.
- Revise strategies for the game with the team members or the support staff.
- Eat light food the previous night and also take light breakfast on the day of the game.
- Wake up early and try to live a routine life by doing warm up exercises, reading newspapers, listening to music, etc.
- Avoid heavy work out but try to balance themselves with the help of Yoga.
- Talk to their family members or close ones over phone.
- Go for a light walk and relax in nature by observing trees, plants, flowers or birds.

**Think & share :** How do you prepare yourself for the examination? ☹☹

**P.2 Read the statements carefully. Say how you feel before or during examinations by putting a tick mark in appropriate box. 1= Always, 2= Sometimes, 3= Never**

No	Description	1	2	3
1	I do not get sound sleep during exams.			
2	Whenever I start preparing for the exam, other thoughts occupy my			
3.	I realize that I should read, but get tempted to play/watch TV			
4.	Whenever I start reading, I feel hungry.			
5.	I do not feel like eating anything during exam days.			
6.	As I start reading, I feel sleepy.			
7.	I cannot decide the best time for my studies.			
8.	I do not like to sleep the previous night of the exam because I fear of forgetting whatever I have read.			
9.	I prefer to read till the last minute before the exam because I feel I have not prepared enough.			
10	I do not fear exams at all. I live a routine life. I feel free.			
11	I like to discuss what I read with my parents/family members/ friends.			
12	I don't like to talk with anyone during the exam days.			
13	I dislike noise and music during the exam days.			
14	I like to be alone during the exam days.			
15	I believe in luck and always try to keep my lucky gadgets like pen, wrist watch, etc with me while writing the exam.			
16	I feel nervous if I lose my lucky gadgets during the exam.			

**Now, Compare your responses with the other groups. Read them in the class. ☹☹☹**

**P.3 Fill in your responses in the table.**

Sr. No.	Type of teenage problems in descending order of intensity	Tick, if you have experienced it yourself	Tick, if you haven't experienced it yourself but you know about such a problem	Tick, if you don't know about such a problem
1	Drugs			
2	Study pressure			
3	Pressure in relationship			
4	Constant need to look good			
5	Constant pressure to excel in all aspects of life			
6	Uncertainty about the future			
7	Drinking and smoking			
8	Depression			
9	Addiction to the social network			
10	Eating disorders			

**Say how these people can be helpful to you in case you are suffering from any of the above stated problems.**

Mother : \_\_\_\_\_  
Teacher : \_\_\_\_\_  
Brother : \_\_\_\_\_  
Friend : \_\_\_\_\_  
Father : \_\_\_\_\_  
Neighbour: \_\_\_\_\_

**Read**

**TUNE UP O TEENS !**

**Anchor:** Good morning everybody! On behalf of Anand Vihar School, I, Anuj Bhatt, the coordinator of the Career and Counseling Cell; welcome you all to this seminar "BRING OUT YOUR BEST", to counsel the students and their parents .

We are happy to have with us on the panel Dr Nasir Mansuri (a practicing clinical Psychologist), Dr Mrs. Shelat (a prominent Educationist in Gujarat), Dr Manju Shroff (a well known dietician) and Prof. Ray Mackey, who is online from University of Edinburgh, would take your questions and solve your queries on study habits and preparing for the exams. May I request the Principal of the

school, Mr. Sudhir Shah to introduce and welcome the guests?

**Mr. Shah:** Honorable dignitaries on the dais, parents and students, good morning to all present here. Though it's winter now, many parents and students might be perspiring with the thought of exams approaching in March. It is observed that unanswered questions of the students and expectations of the parents not only lead to stress but also create apathy and boredom for studies. The purpose of this seminar is to guide parents and students and come out with possible Dos and Don'ts during studies and exams.

I am indeed happy to welcome Dr Nasir

Mansuri, a practicing clinical Psychologist, from Vadodara. Dr Mansuri has been associated with Lotus Group of schools for 13 years and helps hundreds of students and parents every year.

Dr Mrs. Shelat, is an eminent educationist, author and teacher trainer. And we are indeed fortunate to have her as one of the academic advisors to our school.

It is truly said that special activities demand special food habits. There is a growing concern over what we eat these days. Many of you would doubt what food habit has to do with the study habits and performance in the exams. You will come to know some interesting facts while interacting with Dr Manju Shoff, a well known dietician.

In today's globalised world, distance is hardly a barrier in communication. We have Prof. Ray Mackey, online from University of Edinburgh, who may bring in his international experience working with students and parents. I welcome you all and without any further delay I now invite students and parents to raise questions.

**A boy:** Hello sir! I am Bharat from Std X. My question is to Dr Mansuri... I read almost six hours a day. In spite of this, I hardly remember anything at the end of the day. Even my Mom gives me brain tonic regularly but... How can I improve my retention?

**Dr Mansuri:** Bharat, though you have raised this question, you are not the only one who faces this problem. I am sure there are many here who might be having the same question. Tell me, how many of you have the same question? (Many hands go up.) Alright, have you heard of the Chinese proverb, "I hear and I forget, I see and I remember, and I do and I understand"?

**Bharat:** I don't understand that. Just tell me what should I do so that I don't forget?

**Dr Mansuri:** See, there is no fixed method of

improving retention. However, you need to identify the way in which you learn. Let me clarify it. There are different learning styles. You learn by listening, writing, drawing flowcharts and diagrams, by discussing, by reflective thinking and so on. You need to identify which style suits you the best for different subjects. For example, to write an essay, you brainstorm ideas and create a web, followed by arranging the ideas logically and constructing meaningful sentences. By doing so, you are adopting more than one style of learning that helps to remember for longer duration. That will help you in improving retention. And Bharat, now stop taking brain tonics. They simply do not work anyways.

**Bharat:** Wow! That sounds great. I wasn't aware of it. Thank you, Sir."

**A lady:** Hello Dr Mrs. Shelat, I am Mrs. Viraj Trivedi and my son Shalin is in Std. 9. He spends too much time in playing games and watching TV. And because of that his study suffers. What would you advise him at this juncture?

**Dr Mrs. Shelat:** Is your son present here? (Mrs. Trivedi points to her son sitting next to her.) Well, it is quite normal at this age for students to get tempted to play and watch TV. However, there should be a time limit for the same. What I personally feel is, total avoidance of games and TV is not the solution. In fact that is cruel and unnatural. Rather, parents should make sure that there is a balance between study and play hours. Games, music and entertainment are quite essential for physical and mental health. They help reduce stress.

**A lady:** Hello everyone, I am Mrs. Suhani Mehta. I am not sure whom to ask this question. I am facing a different problem. My daughter seems to be enjoying her studies but hardly shares anything on what happens at school and her studies. As parents, we try to



ask her so many times but she avoids discussing the school at home.

**Anuj:** I think, we should consult Dr Mackey as he must have faced similar questions from British parents back home.

**Dr Mackey:** Thank you, Anuj. I hope I am audible over there. And yes, I like this question. If sharing is missing, both children and parents are responsible. Sharing is glue that binds a family together. Generally, adolescents at this age find it uncomfortable to share all details related to their lives. As parents, we must consider this and decide our response to their sharing. Our negative response and preaching discourage children. However, children must read the intention of parents. Not sharing anything may lead to serious problems.

**Anuj:** Thank you Dr Mackey, for your valuable time.

**Dr Mackey:** It's always a pleasure to interact with students and parents, Anuj. My best wishes to the students. Have a bright future ahead.

**Anuj:** Next question from the students now.

**Student-1:** Sir, maybe I am feeling hungry right now because my parents don't allow me to eat what I enjoy.

**Anuj:** I think this question is obviously, for the dietician. Dear can you tell us what you enjoy eating most? And tell your name also.

**Student-1:** My name is Priyanshi. And Oh... Madame, I love Pizza with double cheese. Die for Dabeli with butter or cheese. Dream for Burger. My favorite pass time is crunchy wafers with cold drinks. But.... my Mom serves me hospital khana. Is there any relation between studies and the food I eat? I really wonder.

**Dr Shroff:** Priyanshi, you look real foody... I like your spontaneity. Dear, yes, there is a direct relation between the food you eat and activities of your brain via metabolism.

Heavy food directs the blood flow to the digestive system, resulting into slowing down of the brain activity. You must have felt sleepy, lazy and drowsy after eating heavy meals. Doesn't this affect your studies? Ultimately, you require an active brain for studies. Rather than going for fatty foods, prefer to take light and easy to digest food with enough of soup, juice, daal, milk, Chhash/Lassi, etc. Eat raw vegetables and fruits a lot. Do not over eat. It's not good for health in the long run. Remember, the student who eats light, becomes bright.

**Student-2:** Hello Dr. Mansuri sir, I am Kandarp. I read somewhere "Tune up yourself for the board exam". Could you explain what it means?

**Dr Mansuri:** Dear, you seem to be in 10th or 12th. Tune up refers to preparing your mind and body for a particular task. When it comes to tune up for examination, you need to know how your body and mind work in harmony. You should identify your strengths and weaknesses in the first place. Observe yourself for a week or two. Always remember that your strengths are your assets. Do not think much about your weaknesses. It is your strengths that will help you cope the exams. Secondly, your body and mind are tuned up to the school time table before you receive board exam schedule. Once you receive the board exam schedule, prepare a new time table based on your energy level. Identify the best time when your energy level is high. Try to match it with the time slot of examination. It is important to relax to tune up your body and mind. You may follow simple relaxation techniques like Pranayam, Yogasan, Stretching, listening to light melodious music, taking a walk of about 10-15 minutes at a suitable time or having a cup of green tea. You can even spare some time for talking to your friends or parents. Maintain a cheerful

mood and don't work in frenzy. Wish you all the best!

Anuj: Students, did you enjoy the programme? (A big round of applause from the audience) This tells all. I think it's time to conclude our programme. It's impossible to express our gratitude in words. However, I

am indeed thankful to all the guests who made it convenient to spare time from their busy schedule. I am sure that not only students but parents also gained a lot. Hope we all remember the tips given by the experts and follow them as much as we can. Best wishes to all.

## Glossary

*on behalf of* as a representative of **counselling** advising someone **psychologist** મનોવૈજ્ઞાનિક **prominent** well known **dietician** a person whose job is to advise people about what to eat for a good health **query** question **dignitaries** persons who have important position **dais** a platform, stage **cherish** feel attraction for **approach** draw closer **perspiring** પરસેવે રેબડેબ થતું **apathy** insensitivity સમાનુભૂતિ **boredom** કંટાળો **stress** a state of mental tension **associate** to be together, connected with **eminent** successful, well-known **academic** of education **interact** to talk with other people **communication** પ્રત્યાયન **retention** an ability to retain things in mind **proverb** saying કહેવત **flow chart** chart that shows step by step progress **reflective** thinking carefully about something **logically** thinking and reasoning **brainstorm** group creativity technique to solve a problem **adopt** begin to use (method) **sound** seem **suffer** become worse because of something **juncture** important point in a process or activity **get tempted** be attracted to do wrong લલચાવું **audible** able to be heard **adolescents** teens **preaching** speaking in an annoying way about the right way to behave **intention** purpose, aim **irrespective** without thinking to something else **trifle** something that has not much value **ease** comfort of body or mind **obvious** easy to see or notice **die for** to crave intensely **crunchy** making loud sound when chewed **metabolism** the process of digestion **spontaneity** સ્વયંસ્ફુરણ **drowsy** tired and ready to fall asleep **ultimately** at last **starve** suffer or die from lack of food **raw** not cooked **prefer** to like more **harmony** pleasing combination of different things **asset** valuable person **cope up** to deal with **schedule** time table **stretching** pulling arms, legs etc. **frenzy** temporary madness **applause** તાળીઓનો ગડગડાટ **conclude** to finish **gratitude** feeling of thanks **tip** advice **melodious** making a pleasant musical sound કર્ણપ્રિય

### I feel...

- As a student, how do you feel when your exam approaches?
- Do you always discuss your problems in studies with your parents? Do they help you in overcoming the problems?
- What do your parents expect from you? How will you try to fulfill their expectations?
- How do you feel whenever your teachers motivate you in the class?
- Which suggestions of the counselors did you like? Underline them.
- Have you ever felt depressed during the exams? Who has supported you in such situations? How?

## Vocabulary

**V.1 Unscramble the letters in part A taking the help of description in part B. Write the word in the bracket and match it with the description in part B. One is done for you.**

A		B
1. equry	( query )	a question
2. ferzny	(            )	tend something lovingly
3. cehrihs	(            )	that can be heard easily
4. firtle	(            )	thing that has little value
5. ordswy	(            )	try to persuade someone to do something
6. hoarnym	(            )	the pleasing combination of related things
7. laebdiu	(            )	extremely emotional wave
8. rteeniot	(            )	feeling sleepy
9. parech	(            )	ability to remember things

**V.2 Decide whether the descriptions show positive 😊 or ☹ negative characteristic. Underline word/s which give/s you idea about positive or negative characteristic.**

No.	Description	Smiley	
1	She prepares a time table and works accordingly.		
2	He is always cheerful in all situations.		
3	Rushil has craze about cartoon films and <u>doesn't study well</u> .	☹	
4	Every now and then my mummy asks me to read.		
5	Faizal feels boredom in his study.		
6	At the time of exam, David feels <u>free and stressless</u> .		😊
7	I have some queries but I don't ask my teacher.		
8	I often feel embarrassed when I make mistakes.		
9	Jubeda takes light food at the time of exam.		
10	My parents never discourage me in my endeavors.		
11	Rustom never shares anything with anyone.		
12	The young ones get tempted by advertisements and buy useless products.		
13	Prayag always perspires when he has 2 or 3 difficult questions in the examination.		
14	Reena wastes her time irrespective of her parents' advice.		
15	My rival won the final match against me. I joined the applause.		



**V.3 Complete the next sentence by writing an antonym (opposite) to the word in bold in the previous sentence.**

1. I don't like the taste of **cooked** onion. But it doesn't taste delicious if it is \_\_\_\_\_.
2. My cousin, Anjani, is an **adult** however sometimes she behaves like a \_\_\_\_\_.
3. The grownups generation think that teenagers are **generous**. I came across some teenagers who are \_\_\_\_\_.
4. Rahul talks with us in a **normal** way in the class but his mother complains of his \_\_\_\_\_ behavior at home.
5. A journey by plane is always **comfortable** whereas the same by a *chhkada* is \_\_\_\_\_.
6. Our teachers always **encourage** us in any activity we do. If we make mistakes, they never \_\_\_\_\_ us.

**V.4 Complete each sentence by circling the correct word.**

1. You can consult Dr. Parikh. He is a **prominence/prominent** consultant in psychology.
2. We can get any clarification about superstitions easily as our science club is **association/associated** with Vigyan Jatha Institute.
3. All the judges praised Firdos when he sang **melody/melodious** songs.
4. Nowadays in Gujarat every school **interaction/interacts** with students to evaluate them under SCE scheme.
5. Our lecturer Mr. Desai used to say, "Poetry is a **spontaneous/spontaneity** over flow of a poet's feelings."
6. "If you eat fast food too much, your **metabolism/metabolic** will get disturbed", said the doctor to Ami.
7. Nani's performance at the elocution competition ended with a loud **applaud/ applause**.

**V.5 Reshuffle the underlined words to make all the sentences meaningful.**

Jennifer studying in SSC is worried a lot about her board exam. She never unaware of any situations. She reads till late night tune up her bad health. She is quite cope up with what she is doing. Her parents try their best to persuade her but she doesn't irrespective of with the timings of exam. She said, "I will manage both my study and health."

**V.6 We add a suffix at the end of a word to make a new word. Here is a list of suffixes and their meaning with examples .**

No	Suffix	Meaning	Sample
1	-ly	(a) like (b) how (c) when	(a) manly (b) slowly (c) yearly
2	-less	without	pitiless, helpless
3	-ish	belonging, like	girlish,
4	-ess	feminine of nouns	princess, poetess
5	-er,-or	one who	farmer, actor
6	-ation	act of	invitation
7	-able	capable of, for	possible, adoptable

Now make new words from these words by adding a proper suffix and fill in the gaps.

(help, fear, week, adjust, sing, cancel, child, decorate, edit, quick)

**Sample:** Priti forgot her purse in the train so she couldn't do anything. She was helpless.

1. Though Aman is in std.10, she behaves like a child. She is \_\_\_\_\_.
2. Jenil sings very well. I think he will be a \_\_\_\_\_ in future.
3. Popatlal is always talking of \_\_\_\_\_ everything.
4. I don't have time to read daily so I read some \_\_\_\_\_ magazines on Sunday.
5. The manager glanced at the clock and left for home \_\_\_\_\_.
6. She is such an \_\_\_\_\_ person that she will mix with the staff there in a week.

**V.7 Complete the sentence with the words given inside the square. Then complete the square with such words. The first letter of each word is the same as the last letter of the word before.**

You can see the first verb as an example.

1. We must rush or we'll be late.
2. I can't \_\_\_\_\_ you! Don't speak so softly.
3. He is going to \_\_\_\_\_ in the race tomorrow.
4. You \_\_\_\_\_ a good dictionary when you do these exercises.
5. Why does she \_\_\_\_\_ her car so fast?
6. I always \_\_\_\_\_ some fruit at the end of my meal.
7. Can you \_\_\_\_\_ the ball back to those boys?
8. They always \_\_\_\_\_ the same clothes.
9. I \_\_\_\_\_ a newspaper every morning.
10. He says they \_\_\_\_\_ too much tea.
11. I really don't \_\_\_\_\_ the answer to your question.
12. She often has to \_\_\_\_\_ if the bus is late.
13. They always \_\_\_\_\_ by air when they go to Italy.
14. He is very funny. He always makes me \_\_\_\_\_.
15. Shall I \_\_\_\_\_ you to open the window?
16. Which do you \_\_\_\_\_ Pepsi or Cola?

R	U	S	H																																
<p><b>Use each of these verbs once only.</b></p> <table> <tr> <td>drink</td> <td>prefer</td> </tr> <tr> <td>drive</td> <td>read</td> </tr> <tr> <td>eat</td> <td>run</td> </tr> <tr> <td>hear</td> <td>rush</td> </tr> <tr> <td>help</td> <td>throw</td> </tr> <tr> <td>know</td> <td>travel</td> </tr> <tr> <td>laugh</td> <td>wait</td> </tr> <tr> <td>need</td> <td>wear</td> </tr> </table>																				drink	prefer	drive	read	eat	run	hear	rush	help	throw	know	travel	laugh	wait	need	wear
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## Comprehension

**C.1 Match the speaker and the statement. Write the alphabet in the bracket. One is done for you.**

No	Speaker	No	Statements
1	Bharat (E)	A	My daughter hardly shares anything about the school with
2	Anuj Bhatt ( )	B	I hope I am audible enough.
3	Sudhir Shah ( )	C	My parents don't allow me to eat what I enjoy.
4	Dr Nasir Mansuri ( )	D	Eat raw vegetables and fruits a lot.
5	Dr Mrs Shelat ( )	E	How can I improve my retention, sir?
6	Dr Ray Mackey ( )	F	There is a growing concern over what we eat these days.
7	Priyanshi ( )	G	There should be proper balance between games and entertainment.
8	Dr Manju Shroff ( )	H	Dear, you seem to be 10th or 12th standard student.
9	Kandarp ( )	I	I read somewhere 'tune up for board exam'.
10	Suhani Mehta ( )	J	I would like to welcome you all in the seminar 'Bring out the Best'.

**C.2 Tick mark the option nearest in meaning.**

- The seminar 'Bring out your Best' is organized to \_\_\_\_\_.  
 (a) bring out the best from the teen (b) advise the young parents  
 (c) advise the weak students (d) advise the students and their parents
- Prof. Ray Mackey is \_\_\_\_\_.  
 (a) an educationist (b) an international counsellor  
 (c) a well known psychologist (d) a professor in career counselling
- Bharat is much worried because \_\_\_\_\_.  
 (a) brain tonic does not help him improve his memory (b) he wants to improve his memory  
 (c) he forgets most of what he reads (d) he cannot concentrate on reading
- According to Dr Mansuri, \_\_\_\_\_.  
 (a) one should develop different learning styles (b) there isn't any fixed method of improving retention  
 (c) one should form habit of writing too much (d) more than one style of learning helps improve retention
- Dr Mrs Shelat advises the parents that they should \_\_\_\_\_.  
 (a) forbid their kids to watch TV programme (b) create proper balance between study and hours of watching TV  
 (c) reduce the stress of their kids (d) encourage their kids for games and music
- Which of the following is true in the case of Mrs Suhani Mehta's daughter?  
 (a) She is quite intelligent (b) She doesn't enjoy her studies well (c) She generally doesn't share anything with her (d) She discusses everything with her.

**C.3 Read the sentences. If you agree, put 'A' and if you don't, put 'DA'. Compare your answers with other pairs. ¶¶**

1. Teenagers should be counseled for a better career.
2. Our food habits don't affect our study and performance in the exam.
3. Brain tonics and vitamin tablets increase our retention power.
4. If students are involved in classroom activities, learning becomes easier.
5. Learners should adopt more than one learning style to get on well with studies.
6. Many students feel that they read a lot but they don't remember anything.
7. Complete avoidance of games and TV programmes is the only solution for the learners to get engaged in studies.
8. Students should share their views and feelings with their parents to get their problems solved.
9. Overeating is good for study and health.
10. Many students feel depressed and frustrated when they fail to tune up with their study habits.

**C.4 Fill in appropriate information based on the read in the table.**

Name of the student	Question ( in brief)	Name of the counselor	Advice given (in brief)

**C.5 Answer these questions.**

1. What unites the families according to Mr. Mackey?  
Ans: \_\_\_\_\_
2. What proves to be an obstacle in sharing?  
Ans: \_\_\_\_\_
3. What doesn't help children in sharing?  
Ans: \_\_\_\_\_
4. What is the complaint of Priyanshi?  
Ans: \_\_\_\_\_

5. What does Priyanshi love to eat?

Ans: \_\_\_\_\_

6. What is Kandarp asking about?

Ans: \_\_\_\_\_

7. What slows down the brain activities?

Ans: \_\_\_\_\_


**C.6 Answer these questions in two or three sentences each.**

1. What is required for students? What does Dr Manju Shroff advise Priyanshi to keep her brain active?
2. What does 'Tune up' refer to ? What does Kandarp keep in mind while tuning up for the board examination/ schedule?
3. What does Dr Mansuri advise Kandarp to do after he has received the board examination schedule?
4. Who has organized the counseling seminar? Where? Who are on the panel?
5. What is Dr Mansuri? With what has he been associated?

**C.7 Write short notes using the points.**

1. **Ways of Improving Retention:**( a problem with most students- proper- no fixed method- learn by- adopt more than one style- no brain tonics)
2. **Dr Mackey's Views on Sharing:**( Suhani Mehta's question- sharing much needed- no negative responses- intention of parents- encourage to share)
3. **Dr Mansuri's Advice to Kandarp:** ( Tune up- harmony with body and mind –strengths and weaknesses- preparing for board exam timetable-relaxation techniques-talking to friends and parents)

**C.8 Reflect and give your ideas on these. You may use mother tongue.**

- Invite a dietician to your school and arrange a talk with him/her.
- List your problems on a piece of paper. Share these problems with others. Invite discussion on the possible ways to solve the problems. 
- Tell the class how your parents and family members help you for good and effective study habits and overcome your problems.
- Your school has invited a prominent educationist to guide the students of class 10 and 12. As the President of Students' Council prepare some questions to interview him/her. Take your teacher's help.

## Language Practice

*Function: INQUIRY as nature*

**L.1 Read the telephonic talk between a traveller and a tour operator carefully to complete the table.**

A: This is Trips & Tours, Ahmedabad. How may I help you?

B: Hello, I watch 'Kushboo Gujarat Ki' advertisements of Gujarat Tourism and feel it is an interesting state to explore!

A: Indeed Sir. Gujarat is a wonderful destination for Nature Lovers, Spiritual Seekers and History Lovers as well.



- B: Sounds good. In that case, what could you offer me?
- A: Sir, we offer packaged tours that include lodging & boarding, food and travel.
- B: That's great. Tell me something about your packages.
- A: Well, we have operational packages of three days and two nights; five days and four nights and eight days and seven nights.
- B: That's confusing... what, do you think, would be the best for me?
- A: Frankly speaking, it depends upon your interest, time and budget, sir.
- B: Well, I am a nature loving history teacher and we have a week's vacation.
- A: That's great! I think our second package would suit your interest and time limit.
- B: In that case, can you give me some more details?
- A: Certainly sir! Six days & five nights include places in and around Ahmedabad and Gandhinagar; archeological sites like Modhera Sun Temple, Rani Ki Vav and Lothal in addition to Velavadar Blackbuck Sanctuary, one of the nature circuit destinations. The package will help you explore history and experience Nature in Gujarat.
- B: And, what are the package charges?
- A: The first one will cost Rs. 2000 per person, the second one will cost Rs. 4000 per person and the charges for the eight days and seven nights are Rs. 6000/- plus 15% Service Tax extra. Any additional entry fees or guide charges will be borne by the traveler.
- B: Is there any concession for children?
- A: Sir, the charges I told you, are for all who are above 12. We give concession of Rs 500/- for the age group of 4 to 12 in each package. There are no charges for children below 4.
- B: That's very clear I think. How can I book the tour?
- A: You need to send a Demand Draft of 50% of the total amount which is non-refundable.
- B: Thank you for the information.
- A: You are welcome sir. Feel free to call anytime between 10 am and 6pm for any query.

**Now, complete the table based on the conversation.**

Name of the tour operator:	
Town/City:	
Working Hours:	
No. of packages they offer:	
Duration of the packages offered:	
Charges of the packages discussed:	
The packages include:	
Booking amount:	
Extra Charges (if any):	

**L.2 Read the questions in the box carefully. Write M for Mobile Phone Inquiry and B for Bike Inquiry against each sentence. In case of questions that can be asked in inquiry about both, write M/B against the question.**

1. Can you listen to the voice clearly? [ ]	9. How is the picture quality? [ ]
2. Did you check the spark plug? [ ]	10. How many kms. has it run so far? [ ]
3. Did you drop it in water ever? [ ]	11. Is it catching the network properly? [ ]
4. Do you get it serviced regularly? [ ]	12. Is it under warranty period? [ ]
5. Do you have any free service left? [ ]	13. Since how long is the problem? [ ]
6. Does it heat too much? [ ]	14. When did you buy it? [ ]
7. Does it restart automatically? [ ]	15. When did you change the oil last? [ ]
8. Have you ever changed the air filter? [ ]	16. When did you get it serviced last? [ ]

**\* Now, imagine that your bike engine stops frequently and your mobile phone restarts automatically. Select the questions from the above list that may be asked by a mechanic or a mobile repairer. Write the question numbers in logical sequence in the box to make it a meaningful inquiry.**

About a mobile phone	About a bike

**L.3 Mr & Mrs Vishwas want to buy a new television set for their new house. What do you think they should consider for right selection? Work in pairs and list the points they should consider. One is given for you.**

*Sample. Size of the TV,*

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**Now, read this passage on ‘Criteria for TV selection’.**

If you're looking to buy a TV this year, you're faced with quite simply the most complicated and diverse TV market there's ever been.

You've got to take into consideration different panel technologies (direct LED, edge LED, and OLED); different resolutions (HD and UHD); whether or not you want high dynamic range and if you do what level of HDR performance you want; whether you want a curved screen or a flat screen... honestly, there's pretty much nothing the TV brands aren't trying in order to win over your hearts and wallets.

To some extent you need to work out for yourself which features matter to you and which don't, based on your viewing habits and personal tastes. Think in particular about what screen size you can manage, whether your room is usually bright or dark, and what sort of sources you're likely to be using.

**Now, imagine that** you are a sales representative in a TV show room and Mr and Mrs Vishwas have come there for buying a TV set. You want to know their requirements to assist them in TV selection. Read the answers given by Mr & Mrs Vishwas and frame appropriate questions for the same by arranging jumbled words/phrases.

**Sample: Q. do you want /Where/ to fix the TV set?**

Where do you want to fix the TV set?

**A.** In the drawing room.

**Q 1.the size/ What is/ the room/ of ? \_\_\_\_\_**

**A.** Approximately 180 sq. ft.

**Q 2.dimension/ is the /What/of the room? \_\_\_\_\_**

**A.** 15ft x 12ft.

**Q 3.Sir, TV programmes/you watch/kind of/what/ do/ generally?**

**A.** Generally we watch Sports, Movies and Serials.

**Q 4.at a time /the maximum number /What is/of people watching TV?**

**A.** Maximum 6 people together when there is any high voltage cricket match.

**Q 5.Sir, technology or feature /any special /in the TV set/ do you want?**

**A.** Yes, we want a smart TV that connects with a smart phone.

**L.4 Read the TV specifications and the cues. One student will act as a customer and the other as the shopkeeper. Follow the cues and write a conversation in your notebook. Enact it in the class.↑↑**

Specifications	Model Number		
	LED 42	LED 32	LED 40
Display Size	42"	32"	40"
Resolution	Full HD 1920 x 1080 pixels	1920 x 1080 pixels	Full HD 1920 x 1080 pixels
Features	3D: Yes Smart: Yes WiFi: Yes	3D: No Smart: Yes WiFi: No	3D: No Smart: Yes WiFi: Yes
Connectivity	3 USB Ports 3 HDMI Ports	1 USB Ports 1 HDMI Ports	2 USB Ports 2 HDMI Ports
Sound Quality	Dolby Digital Plus	Dolby Digital	Dolby Digital
Total Sound Output	20 W	16 W	16 W
Power Saving Rating	3 Star	4 Star	3 Star
Price	51999/-	36999/-	41999/-



## Cues

### A-Shopkeeper

1. Welcome B and ask how you can help.
2. Ask B about size required.
3. Suggest B appropriate size.
4. Reply B.
5. Reply B and inform about Sound Quality.
6. Reply B.
7. Reply B.

### B- Customer

1. Reply A.
2. Inform A about the room size.
3. Ask A about features in it.
4. Ask A about connectivity options?
5. Ask A about the price.
6. Thank A.

## L.5 Read the story carefully. Who, do you think, killed Mr. Mahesh ? ¶¶

One day, inside a police station in a small town, the police inspector was going through some of his case files. The clock on the wall rang eleven times. The police inspector saw the time. As soon as he started working again, his telephone rang.

[Trin... Trin...] "Hello, Inspector Khan here!"

"Sir... Sir... there is a murder in the house."

"Who are you? Who is murdered?"

"I am the manager of Reliable Industries. Our Chairman Mr. Maheshbhai is murdered."

"How do you know he is murdered? Anyways, I am coming. Tell me the address."

The police inspector immediately asked his constables to follow and went to that businessman's house. When they reached the house, they saw the dead body on the floor. There was another man, who introduced himself as Maheshbhai's manager. He said that he came to see the boss in the morning but he found him dead, and then he immediately called the police station.

The police inspector looked at the room to see if he could find any clue about the murder. He walked near the rich man's dead body and something flashed in his mind. He saw the time in the dead man's wrist watch. It wasn't working but was showing 11'o clock still. The police inspector realized that the clock had stopped working because it had hit the floor with some force as the rich man fell dead.

**One will act as Inspector Khan and the other as the Manager. Inspector Khan suspects the Manager. What do you think he will ask the Manager and the Manager would reply him? Write a dialogue and enact it in the class. (You can ask relevant questions as many as possible.)**

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**L.6 Imagine that the police arrested the Manager and he is taken to the court of law for trial. The Manager answers the questions of the lawyer. Read the answers carefully and frame the questions using What, When, Where, Why and How asked by the lawyer.**

Lawyer : \_\_\_\_\_

The Manager : It was Sunday, 31st August.

Lawyer : \_\_\_\_\_

The Manager : I reached there at 11 o'clock.

Lawyer : \_\_\_\_\_

The Manager : I arrived by car.

Lawyer : \_\_\_\_\_

The Manager : I live in Sector 31, Azad Road.

Lawyer : \_\_\_\_\_

The Manager : I left my home at 10.30 am.

Lawyer : \_\_\_\_\_

The Manager : My home is 40 kms from Mr Mahesh's bungalow.

Lawyer : \_\_\_\_\_

The Manager : I came there to collect amount for the salary of the workers.

Lawyer : \_\_\_\_\_

The Manager : I came on Sunday because it was the last day of the month and Mr Mahesh had already withdrawn the money on Saturday for payment on Monday morning.

Lawyer : \_\_\_\_\_

The Manager : I saw that the door was open and Mr Mahesh was lying on the floor and his head was bleeding.

Lawyer : \_\_\_\_\_

The Manager : I immediately called the police.

Lawyer : \_\_\_\_\_

The Manager : I did not call the doctor because ... because... he was already dead.

**L.7 One night, there was a theft in the home of Mr&Mrs Patel. Following the complaint, you visited their home as a Police Inspector. How will you gather evidences to lead the inquiry? List the questions that you will ask the couple on *what happened* and *how*, and *what was lost*. You may list as many questions as you like. 🏠**

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**L.8 Match A with B. Sequence the appropriate pair to make a meaningful conversation between a passenger and an inquiry officer at a bus station. Role play in the class.**

A (Questions)	B (Answers)	Match
1. How many kilometers are added in the route via Ahwa?	a. Yes, sir. You can. You can also reserve seats online.	
2. Thank you so much!	b. It is same up to Waghai. Then it goes to Saputara via Ahwa.	
3. How much time does it take to reach Saputara?	c. You're welcome.	
4. Which is the other route?	d. It is via Vansda, Waghai on NH 360.	
5. I want to go to Saputara.	e. Approximately 25 kms.	
6. Can I book tickets in advance?	f. It depends on the route. It may take 5 to 7 hours.	
7. Which is the shortest route?	g. Yes, How may I help you?	
8. Excuse me.	h. Sir, there are four buses on that route every day. The first one leaves at 7 am which has already left. Now, there are buses at 9.30 am, 2 pm and the last one is at 4.30 pm.	

## Writing

**W.1 Write the numbers of the statements in the appropriate column. Also write what you will do to overcome the negativity. You may take help from your elders and teachers.**

(1) I look at the bright side of life. (2) I choose to be optimistic. (3) I often think about difficulties, failures and disasters. (4) I respect supporting statements that inspire and motivate myself. (5) I catch myself often imagining my future failures. (6) I often hear myself using negative words in my conversations. (7) I believe that the universe will help me. (8) I connect myself with happy people. (9) I see myself stuck and unable to improve my life or my health. (10) I find reasons to smile more often.

Positive ideas	Negative ideas	Steps to fight back negativity



**W.2 Write a paragraph on ‘My Preparation for the Board Examination’ using these points. 🏠**

[ your daily routine – timetable for reading and preparation – food you eat – entertainment – techniques of memorization – techniques of understanding – advice from parents and teachers – physical facilities you require – help from family, friends etc. – your expectation about the result]

**W.3 Chintan is fond of watching TV. Khevana is careful about the selection of what to see and what not as well as the time spent on it.**

Here is a list of advantages and disadvantages of watching TV. Write ‘A’ for advantage and ‘D’ for disadvantage against each statement. In pair, read the list and prepare a dialogue between Khevana and Chintan debating the issue of the advantages and disadvantages of watching TV.

- |  |  |
|--|--|
| <input type="checkbox"/> Spiritual shows build the character.                    | <input type="checkbox"/> Awareness of the present socio-economic conditions                |
| <input type="checkbox"/> Keeps you updated with current affairs                  | <input type="checkbox"/> Too much sound creates noise pollution.                           |
| <input type="checkbox"/> Eyes get tired by watching TV for a long time.          | <input type="checkbox"/> Takes us away from the motive of our life                         |
| <input type="checkbox"/> Improper shows harm the moral behaviour of the society. | <input type="checkbox"/> Useful information about the latest academic development          |
| <input type="checkbox"/> Disturbs the sleeping hours                             | <input type="checkbox"/> TV commercials inspire you to buy useless and unnecessary things. |
| <input type="checkbox"/> Special episodes teach moral lessons.                   |  |
| <input type="checkbox"/> Channels offer many bargaining deals.                   |  |

**W.4 Here is a usual schedule of a film star. Read the details and write diary entry of a day in the life of the film star. 🏠**

Time	Work – Activity	Remark if any
5:00am – 5:45 am	Waking up and getting ready	Listening instrumental music
6:00 am – 8:00 am	Work out at Gym	With instructor
8:00 am – 8:45 am	Bath and breakfast	Fruit juice and sandwiches
9:45 am – 1:00pm	Shooting shift – 1	At film studios
1:00 pm – 2:00 pm	Lunch with co-stars	Diet food
2:00 pm – 5:00 pm	Shooting shift – 2	Usually outdoor
6:00 pm – 8:00 pm	Editing sessions	At editing lab
8:30 pm – 9:00 pm	Meeting with secretary	Next day's schedule to be discussed
9:30 pm – 11:00 pm	Night party or Discotheque	For socializing
11:30 pm – 5:00 am	Sleeping at home	Sometimes at a hotel

**You can start like this** – *I woke up at 5 am today and got ready for the gym. From 6 am to 8 am.....*