

BCM SCHOOL, BASANT AVENUE, LUDHIANA

ENGLISH ASSIGNMENT (AUG. 2,2024)

READING SECTION

COMPREHENSION PASSAGE

1. While there is no denying that the world loves a winner, it is important that you recognise the signs of stress in your behaviour and be healthy enough to enjoy your success. Stress can strike anytime, in a fashion that may leave you unaware of its presence in your life. While a certain amount of pressure is necessary for performance, it is important to be able to recognise your individual limit.

2. Stress is a body reaction to any demands or changes in its internal and external environment. Whenever there is a change in the external environment such as temperature, pollutants, humidity and working conditions, it leads to stress. In these days of competition, when a person makes up his mind to surpass what has been achieved by others, there is an imbalance between demands and resources, which causes psycho-social stress.

3. Stress reduces productivity and pressure to the management of organisations. Today companies prefer women to men as employees because of the hope that they bring additional qualities such as innovation, patience and dedication in the workplace. But due to increased pressure for women both at the workplace and at home, they face stress. Thus, any employee will make the maximum effort and give the maximum contribution when kept happy and without any stress. Hence, to increase productivity, it is the responsibility of the employer to keep the employees free from stress. Hence, it is essential to take steps to minimise the effects of determinants of stress and help individuals and organisations evolve newer and more effective coping strategies.

4. Stress takes a different meaning, depending on the stage of life you are in. The loss of a toy or a reprimand from the parents might create a stress shock in a child. An adolescent who fails in examination may feel as if everything has been lost and life has no further meaning. In an adult, the loss of his or her companion, job or professional failure may appear as if there is nothing more to be achieved.

5. Such signs appear, in the attitude and behaviour of the individual, as muscle tension in various parts of the body, palpitation and high blood pressure, indigestion and hyperacidity. Ultimately the result is self-destructive behaviour such as eating and drinking too much, smoking excessively or relying on tranquilisers. There are other signs of stress such as

trembling, shaking, nervous blinking, dryness of throat and mouth and difficulty in swallowing. The professional under stress behaves as if he is a perfectionist.

6. A person under stress reacts in different ways and the common ones are flight, fight or flee depending upon the nature of the stress and capabilities of the person. The three responses can be elegantly chosen to cope with stress so that stress does not damage the system and become distress.

7. When a stress crosses the limit peculiar to an individual, it lowers his performance capacity. Frequent crossings of the limit may result in chronic fatigue, in which a person feels lethargic, disinterested and is not easily motivated to achieve anything. This may make the person mentally undecided, confused and accident prone as well. Diet, massage, food supplements, herbal medicines, hobbies, relaxation techniques and dance movements are excellent stress busters.

Answer the following questions, based on the passage above.

i. The writer would not agree with the given statements based on paragraph three EXCEPT

- (a) An employee will give an average contribution when kept happy and without stress.
- (b) Women face stress only due to increased pressure at home.
- (c) Stress increases productivity.
- (d) To increase productivity the employer should keep his/her employees free from stress.

ii. Complete the sentence by choosing an appropriate option.

A certain amount of pressure is _____.

- (a) necessary for performance (b) necessary for under performance
- (c) not necessary for performance (d) necessary for failure

iii. List the symptoms of stress in individuals. Answer in about 40 words.

iv. Complete the given sentence with an inference with respect to the following.

The writer quotes the example of a child, an adolescent and an adult in Paragraph 5 in order to highlight

that _____.

v. Select the option that conveys the opposite of 'praise' from words used in Paragraph 4.

(a) shock (b) loss

(c) stage (d) reprimand

vi. What causes psycho-social stress?

vii. When does 'chronic fatigue' occur? How does it affect a person?

viii. Read the descriptions given below.

How can the

solutions suggested in the last paragraph best be described.

(1) Practical

(2) Presentable

(3) Popular

(4) Prejudiced

(a) only 1 (b) only 4

(c) 1, 2 and 3 (d) 2, 3 and 4

Writing Section

1. You are the Counsellor of N J Public School, Chandigarh. You have been invited by S.M. International School, Chandigarh to address the students of Class XII on Goal Setting and Time Management. Write a formal letter of reply accepting the invitation.

2. Draft a formal reply in printed form to be sent to Mr Amar Duggal declining the invitation of his Silver Jubilee celebrations. You are Manik Verma living at #120 Rajouri Garden, New Delhi.