Worksheet

Name Class & Sec. Date Roll No. Marks OBT.

Reading : Comprehension Passage

Read the following passage carefully.

- 1. There is no fault in the fundamental 1 principle of nishkam karma or desireless or unselfish work. The common but apparent difficulty about it lies in our die-hard conditioning to sakam karma since childhood - on the plea2 of encouragement, strokes, motivation,
- 2. Nishkam Karma (NK) is socio-economically a sound principle because it implies less grabbing for oneself. It does not imply depriving oneself of the normal earnings, minimum necessities and basic comforts of life. But it restrains unbridled consumerism, and thus keeps alive the hope of sustainable development. However, if well-off citizens and leaders, especially in a developing country, begin to extract more and more for themselves from the society through questionable means, then less and less will be left for the deprived people. Thus, sakam karma becomes socio-economically hazardous. For instance, recently the MPs passed a resolution, apparently³ without any opposition, to avail themselves of pension benefits; even if elected for one five-year term. This may imply a person becoming an MP at the age of 37, and start getting pension as soon as the term ends, when he/she is only 42 years.
- 3. Commitment to work as a principle implies work for work's sake. Such an attitude causes less disappointment or depression4 if expected recognition and rewards do not flow. The HV (Human Values) of contentment gets a chance to express itself. On the other hand, commitment to rewards tends to make work an instrument for such rewards. Rewards become the real goal, and with that creeps in DVs (Dis-values) like greed and jealousy. Therefore, being a workaholic does not necessarily mean nishkam karma. It is often due to hankering for power, position, fame, i.e., sakam karma.

Write the option you consider to be the most appropriate:

(i) Nishkam karma means _____

(a) selfish work

(b) hard work

(c) unselfish work

(d) irregular work

(ii) Nishkam karma keeps alive the hope of ______.

(a) reward in the next life

(b) fast development

(c) sustainable development

(d) peace in society

(iii) Commitment to work implies _

(a) very hard work

(b) work for reward

(c) work for work's sake

(d) being a workaholic

VALUE POINTS

The passage is about:

The attitude of nishkam karma and its utility in present day world.

Para 1

nishkam karma preferable to sakam karma

- NK, implies less grabbing, restrains, unbridled consumerism, sakam karma hazardous
- Resolution for pension benefits throughout life

Para 3

- work for work's sake, less depression
- In sakam karma rewards real goals, disvalues creep in, greed, jealousy

GLOSSARY

1. fundamental : basic

: argument 2. plea

: clearly 3. apparently

: sadness, sorrow 4. depression

Countries the following contourne .	(c) too much work (d) no work	(a) nishkam karma (b) sakam karma	(v) Normally one becomes a workaholic when one does	(iv) Dis-values creep in when (a) we do nishkam karma (b) reward (c) we do sakam karma (d) we are		
	carma ck		ne does	(b) reward becomes the real goal (d) we are greedy or jealous		

Worksheet

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/	Date	
Name		Roll No.
Class & Sec.	Marks	OBT.

Reading : Comprehension Passage

Read the following passage carefully.

We may now mention a few practical methods to alter one's guna composition in the positive direction.

- 1. It is held that vegetarian food is intrinsically 1 sattwic, whereas non-vegetarian food is rajasic. It is true that the plant kingdom is essentially² sattwic. On the other hand, the animal kingdom is of a significantly rajasic temper. Thus, vegetarian food could assist in adding to the corpus of sattwic qualities. Likewise, animal food might add to the fund of rajasic qualities.
- 2. The Gita (XVII8-10) says that a sattwic person tends to prefer succulent, soft, firm and satisfying food which increases inner and outer strength and prolongs life. A rajasic person is likely to opt for violently pungent, sour, hot, acrid, rough and burning food. A tamasic person is inclined towards cold, impure, stale, rotten, or tasteless food. Thus, there may be some cause and effect relationship between food habits and gunas.
- 3. Alternate nostril deep breathing is another effective means to improve sattwa. During inhalation one can will that sattwic qualities like contentment3, gratitude, modesty, etc., are being absorbed within. On the other hand, rajasic qualities like anger, vanity, greed, etc., can be willed to be purged through the other nostril during exhalation. Patience and perseverance are required to produce intrinsic changes in one's personality by this process. The knowledge of this art has been with India for centuries. Apart from this, such a discipline also adds to longevity and reduction4 of tension and stress.
- 4. Satsang (company of sacred literature and/or holy individuals) is another way to create a purifying impact on the subtle mind. Association with holy men, or reading of sacred books where the former option is not available, usually, provides practical guidelines to solve ethical problems.

VALUE POINTS

The passage is about :

Importance of food in changing one's gunas

Para 1

- vegetarian food, sattwic
- non-vegetarian, rajasic
- vegetarian food adds to sattwic qualities

Para 2

sattwic person prefers soft, firm, food, adds to inner strength rajasic person likes sour, hot, acrid food tamasic person likes stale, rotten food

Para 3

improves breathing sattwa, inhale and will, sattwic deep qualities, will to leave rajasic qualities like anger, develop patience and perseverance

satsang, creates purifying effect, associated with holy men or books

GLOSSARY

: basically 1. intrinsically : necessarily 2. essentially : satisfaction 3. contentment

: reducing 4. reduction

(a) Answer the following questions briefly:

- (i) What is the difference between vegetarian and non-vegetarian food?
- (ii) How does vegetarian food assist in enhancing sattwic qualities?
- (iii) What type of food is preferred by rajasic persons?
- (iv) What is needed to bring about intrinsic changes in one's personality?
- (v) What do you understand by Satsang?

EVERGREEN Practice Papers-7 (Reading)

Answer the following questions: (i) The synonym of 'succulent' in paragraph 2 is (a) juicy (b) watery (ii) The antonym of 'modesty' in paragraph 3 is (a) soft (b) disobedience	Fill in the blanks with suitable words. (i) A rajasic person likes to GP (ii) Patience is nequired to produce (iii) If you with holy person
ph 2 is (b) solid (d) dry ph 3 is (b) arrogance (d) proud	in the blanks with suitable words. A rajasic person likes to

Worksheet Date 10 Name Roll No. Class & Sec. Reading : Comprehension Passage Marks OBT. 10. Read the following passage carefully. 1. Peace and order are necessary, not just in our own country VALUE POINTS but also at the international level, if we are to secure national The passage is about : progress and development. The different countries in the world The necessity of peace and order in are coming closer today due to faster means of transport and the world, to avert any nuclear war communication. Economically, they are becoming increasingly that would mean the destruction interdependent. If peace is disturbed in one part of the world, of wealth. it has adverse effects in other parts of the world as well. Nuclear weapons have already threatened the world with nuclear war. If peace and order most essential the conflicts between different nations are not settled in time, especially to avert any nuclear they might culminate in a nuclear war destroying the whole war; all conflicts to be resolved world. It is, therefore, in our own interest that the world is free peacefully. of conflicts. If at all there are any, they must be settled promptly1 Para 2 and peace should be restored. That is why we have declared the help and cooperation of other establishment of international peace and understanding as an countries essential to gain selfobjective of our foreign policy. sufficiency. 2. We need the help and co-operation of other countries for our scientific, industrial and economic development, especially in Para 3 India keen on maintaining those fields where we have yet to achieve self-sufficiency. We obtain the latest machinery, technology and financial aid from friendly relations with others. the developed countries. 3. On our part, we, too, offer help to the underdeveloped disputes and conflicts sought to countries. We are keen on maintaining friendly relations with be resolved through peaceful other countries. Such friendly relations foster2 international negotiations. understanding. GLOSSARY 4. We have always exerted3 ourselves to see that the disputes arising between different nations are settled through peaceful : quickly 1. promptly negotiations. We play an active role in the United Nations,

	Commonwealth of Nations and other organisations.	such international	3. exerted . Illaue a	big choic
(a)	(i) Faster means of transport and communication (ii) In order to make national progress and (iii) The world is threatened with nuclear world (iv) To achieve self-sufficiency we need (v) On our part we should offer	ation have brought the developmentsecurar as a result of thekelp		loser
(b)	Answer the following questions:			
	(i) The synonym of 'adverse' in paragraph 1 is (a) bad (c) harmful	(b) negative (d) unproduc	etive	

the South Asian Association for Regional Cooperation, the

: promote

: made a big effort

2. foster

3. exerted

EVERGREEN Practice Papers-7 (Reading)

(ii) The antonym of 'self-sufficiency' in paragraph 2 is—
(b)

(c) negligence
(d) (b) efficacy
(d) liberty