

Worksheet

8

Reading : Comprehension Passage

Date

Name

Class & Sec.

Roll No.

Marks OBT.

8. 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 *plea*² of encouragement, strokes, motivation, etc.
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, *apparently*³ 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 *depression*⁴ 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*.

(a) 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*

Para 2

- 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
2. plea : argument
3. apparently : clearly
4. depression : sadness, sorrow

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

Complete the following sentences :

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9

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9. 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 *intrinsicly*¹ *sattwic*, whereas non-vegetarian food is *rajasic*. It is true that the plant kingdom is *essentially*² *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* (XVIII-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 *contentment*³, 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 *reduction*⁴ 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.

(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* ?

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

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

Para 4

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

GLOSSARY

1. *intrinsicly* : basically
2. *essentially* : necessarily
3. *contentment* : satisfaction
4. *reduction* : reducing

(b) Fill in the blanks with suitable words.

- (i) A rajasic person likes to eat for pungent and burning food.
- (ii) Patience is required to produce intrinsic changes in one's personality.
- (iii) If you deal with holy persons, you can solve ethical problems.

(c) Answer the following questions :

- (i) The synonym of 'succulent' in paragraph 2 is _____
(a) juicy (b) solid
(c) watery (d) dry
- (ii) The antonym of 'modesty' in paragraph 3 is _____
(a) soft (b) arrogance
(c) disobedience (d) proud

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

~~(a)~~ dependence
(c) negligence

(b) efficacy
(d) liberty

ANSWERS