

## 8. Read the following passage carefully.

1. There is no fault in the *fundamental*<sup>1</sup> 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*<sup>2</sup> 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*<sup>3</sup> 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*<sup>4</sup> 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



## 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 intrinsically<sup>1</sup> sattvic, whereas non-vegetarian food is rajasic. It is true that the plant kingdom is essentially<sup>2</sup> sattvic. On the other hand, the animal kingdom is of a significantly *rajasic* temper. Thus, vegetarian food could assist in adding to the corpus of sattvic qualities. Likewise, animal food might add to the fund of *rajasic* qualities.
2. The *Gita* (XVIII-10) says that a *sattvic* 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 *sattvic* qualities like *contentment<sup>3</sup>*, 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<sup>4</sup>* 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 *sattvic* 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, *sattvic*
- non-vegetarian, *rajasic*
- vegetarian food adds to *sattvic* qualities

## Para 2

- *sattvic* 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, *sattvic* qualities, will to leave *rajasic* qualities like anger, develop patience and perseverance

## Para 4

- *Satsang*, creates purifying impact associated with holy men and books

## GLOSSARY

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



Read the following passage carefully.

- Peace and order are necessary, not just in our own country but also at the international level, if we are to secure national progress and development. The different countries in the world are coming closer today due to faster means of transport and communication. Economically, they are becoming increasingly interdependent. If peace is disturbed in one part of the world, it has adverse effects in other parts of the world as well. Nuclear weapons have already threatened the world with nuclear war. If the conflicts between different nations are not settled in time, they might culminate in a nuclear war destroying the whole world. It is, therefore, in our own interest that the world is free of conflicts. If at all there are any, they must be settled *promptly*<sup>1</sup> and peace should be restored. That is why we have declared the establishment of international peace and understanding as an objective of our foreign policy.
- We need the help and co-operation of other countries for our scientific, industrial and economic development, especially in those fields where we have yet to achieve self-sufficiency. We obtain the latest machinery, technology and financial aid from the developed countries.
- On our part, we, too, offer help to the underdeveloped countries. We are keen on maintaining friendly relations with other countries. Such friendly relations *foster*<sup>2</sup> international understanding.
- We have always *exerted*<sup>3</sup> ourselves to see that the disputes arising between different nations are settled through peaceful negotiations. We play an active role in the United Nations, the South Asian Association for Regional Cooperation, the Commonwealth of Nations and other such international organisations.

VALUE POINTS

The passage is about :

The necessity of peace and order in the world, to avert any nuclear war that would mean the destruction of wealth.

Para 1

- peace and order most essential especially to avert any nuclear war; all conflicts to be resolved peacefully.

Para 2

- help and cooperation of other countries essential to gain self-sufficiency.

Para 3

- India keen on maintaining friendly relations with others.

Para 4

- disputes and conflicts sought to be resolved through peaceful negotiations.

GLOSSARY

- promptly : quickly
- foster : promote
- exerted : made a big effort

Complete the following sentences by filling in the blanks spaces :

- Faster means of transport and communication have brought the different countries closer.
- In order to make national progress and development at the international level.
- The world is threatened with nuclear war as a result of the huge stockpile of nuclear weapons.
- To achieve self-sufficiency we need help and cooperation.
- On our part we should offer help to the underdeveloped countries.

Answer the following questions :

- The synonym of 'adverse' in paragraph 1 is \_\_\_\_\_ .  
 (a) bad (b) negative  
 (c) harmful (d) unproductive

(ii) The antonym of 'self-sufficiency' in paragraph 2 is \_\_\_\_\_ .

(a) dependence

(b) efficacy

(c) negligence

(d) liberty

***Space for Answers***