

If at all there are any, they must be settled promptly 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, ~~espia~~ 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. Such friendly relations foster international understanding. We have always exerted 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

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 ~~at~~ due to faster means of transport and communication. Economically, they are becoming increasingly interdependent. If peace is disturbed in one part of the world as well ~~as~~. 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. ~~If the conflict~~ is destroying the whole world. It is, therefore, in our own interest that the world is free of conflicts.

Cooperation, the Commonwealth of Nations and other such international organisations.

In his insatiable greed for material things and physical comforts man has ruthlessly exploited natural sources. He has killed animals for meat, skins and entertainment. He has felled trees for paper, fuel and furniture. He has uprooted plants for food and medicines. He has dug the ground for precious stones and minerals. He has not spared even the oceans and the sky. The results it is clear from the signs of devastations all around. Air is poisonous and so is water. The disasters like Tsunamis, Katrina and Rita have rendered millions of people homeless around the globe. This is the dire

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-est outcome of global warming. Thousands of species of animals like passenger pigeons, moa, quagga and dodo have disappeared and many are on the way of extinction. Therefore, we human beings must realize the significance of the signals, nature is giving us in forms of flash floods, storms and hurricanes. We must control our lust to master nature. We should stop felling trees and let the forest cover increase. It will ensure the safety of animals and birds that serve us in many ways. We should make our industrial environment - friendly. We should try to save underground water. We should ensure that vehicles on roads do not add to the air pollution.

Television.

Television is a machine with a screen. Television receive broadcasting signals and change them into pictures and sound. The word "television" comes from the word tele (greek for far away) and vision (sight). The television was invented in the 1920s but the equipment was expensive and the pictures were poor. Sometimes a television can look like a box. Older TVs had a large cathode ray tube in a large wooden frame and set on the floor like furniture. Newer TVs are much lighter and flatter.

- ii) The antonym of 'self-sufficiency' in paragraph 2 is _____ .
- | | |
|----------------|--------------|
| (a) dependence | (b) efficacy |
| (c) negligence | (d) liberty |

Space for Answers

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*¹ 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.

2. 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.

3. 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*² international understanding.

4. We have always *exerted*³ 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.

Complete the following sentences by filling in the blanks spaces :

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

Answer the following questions :

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

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

- 1. promptly : quickly
- 2. foster : promote
- 3. exerted : made a big effort

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 associate with holy persons, you can solve ethical problems.

Answer the following questions :

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

Space for Answers

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 *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* (XVII:8-10) 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. intrinsically : basically
2. essentially : necessarily
3. contentment : satisfaction
4. reduction : reducing

(iv) Dis-values creep in when _____.

(a) we do *nishkam karma*

(c) we do *sakam karma*

(b) reward becomes the real goal

(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

b) Complete the following sentences :

- (i) *Nishkam karma* is socio-economically a sound principle because it implies love of
- (ii) *Nishkam karma* is specially useful in historical & social spheres
- (iii) The M.Ps passed a resolution to avail themselves to pension benefits

Space for Answers

(a) An
(i)
(ii)

away the TV and buy a bookshelf.

Q How will children react when the TV is thrown away?

The children will give their parents dirty looks, scream and yell, bite and kick and hit them with sticks when the TV is thrown away.

Television

- Q1 What do children do when they are not watching television?
- Ans When children are not watching TV, they climb out of window, fight, kick and punch and disturb their parents.
- 2 ~~th~~ What effect does TV have on children's brains?
- Ans Watching TV causes the child's brain to become as soft as cheese; it kills the -in imagination and takes away their power of thinking.
- 3 According to the speaker, what is a better source of entertainment than TV?
- Ans According to the speaker, books are a better source of entertainment than TV.
- 4 The speaker asks parents to throw away the TV and buy a _____
- Ans The speaker asks parents to throw