

**CERTIFICATE PROGRAMME IN
FUNCTIONAL ENGLISH (CFE)**

Term-End Examination

December, 2015

BEG-004 : ENGLISH IN DAILY LIFE

Time : 3 hours

Maximum Marks : 100

Note : All questions are compulsory.

1. Read the passage given below and answer the questions that follow :

It is estimated that the average man or woman needs between seven and a half and eight hours' sleep a night. Some can manage on a lot less. Healthy individuals sleeping less than five hours are rare, but represent a sizeable minority. The latest beliefs are that the main purposes of sleep are to enable the body to rest, allowing time for repairs to take place and for tissue to be regenerated. One supporting piece of evidence for this rest-and-repair theory is that the production of the growth hormone somatotropin, which helps tissue to regenerate, reaches the maximum while sleeping. Lack of sleep can affect the immune system, cause depression, promote anxiety, encourage irritability and, most important, cause confusion.

Sleep is essential for our physical and emotional well-being and there are very few aspects of daily living that are not disrupted by the lack of sleep. This can also lead to people suffering from new infections. For many people, however, lack of sleep is a common problem. Some have problems getting to sleep, others with staying asleep until the morning. Despite popular belief that sleep is one long event, research shows that in an average night, there are five stages of sleep and four cycles, during which the sequence of stages is repeated. In the first light stage, the heart rate and blood pressure go down and the muscles relax. In the next two stages, sleep gets progressively deeper. In stage four, our sleep is at its deepest and this is when sleep-walking can occur. In the fifth stage, the eyes move rapidly, the heartbeat quickly gets back to normal levels, brain activity increases to daytime heights and the body is paralysed. This phase is also the time when we dream.

Sleeping patterns change with age, which is why many people over 60 develop insomnia. In America, that age-group consumes, almost half the sleep medication on the market. One theory for the age-related change is that it is due to hormonal changes. Age aside, it is estimated that roughly one in three people suffer some kind of sleep disturbance. Causes can be anything from pregnancy and stress to alcohol and heart disease. Smoking also is a known handicap to sleep.

Apart from self-help therapy, such as regular exercise, there are psychological treatments, including relaxation therapy training, aimed at getting rid of pre-sleep worries and anxieties. There is also sleep-reduction therapy, where the aim is to improve sleep quality by strictly regulating the time people go to bed and when they get up. Medication is regarded by many as a last resort and often takes the form of sleeping pills which act as minor tranquilizers. Doctors advocate the use of melatonin for treating sleep disorders. Melatonin is a naturally secreted hormone located in a gland deep inside the brain. The main function of the hormone is to control the body's biological clock, so we know when to sleep and when to wake. Melatonin pills contain a synthetic version of the hormone and are commonly used for sleep disturbances. The sales of the pills have increased dramatically in the recent years and the pills are sold in capsules, tablets, lozenges and mixed with herbs. This pill is the best substitute for sleeping tablets.

(a) Answer the following questions by choosing the correct answer, 1, 2 or 3 :

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(i) How many hours of sleep does a normal human being need every night ?

- (1) About eight hours
- (2) Less than five hours
- (3) Just two hours

(ii) Why does a body need sleep ?

- (1) To produce new cells.
- (2) To allow the mind to think properly.
- (3) To rest and allow the body to repair itself.

(iii) Less sleep can cause infections because

- (1) viruses can enter the body during sleep.
- (2) the immune system is weakened.
- (3) the immune system cannot fight infections during sleep.

(iv) Many people believe that

- (1) sleep is a long, single event.
- (2) sleep occurs in stages and cycles.
- (3) there will be an increase in the heart rate for good sleep.

(v) We start dreaming

- (1) as soon as we go to sleep.
- (2) in the middle part of our sleep.
- (3) in the last stage of our sleep.

(b) State whether the following statements are *True* or *False* :

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- (i) The way we sleep does not depend on our age.
- (ii) Some people walk in their sleep.
- (iii) It is essential for all human beings to sleep for 7 – 8 hours every night.
- (iv) People who do not sleep well are generally less happy and are slow in thinking.
- (v) Good sleep goes through five cycles and four stages.
- (vi) If the body's immune system is strong, it can fight infections more effectively.
- (vii) Smokers fall asleep faster than non-smokers.
- (viii) Medicines are prescribed to people with sleep problems only when all other methods fail.
- (ix) The hormone used in Melatonin tablets is taken from a natural source.
- (x) The passage seems to suggest that a good night's sleep is important for a healthy and happy life.

- (c) Use the words taken from the passage given below and fill in the blanks :

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paralysed, regulating, essential, therapy, depression

- (i) Many patients who suffer from high blood pressure, undergo _____ with the help of music.
- (ii) The government is _____ the supply of gas cylinders throughout the country.
- (iii) Traffic was _____ throughout the city because of the rains.
- (iv) Blood circulation is _____ for the supply of oxygen to all parts of the body.
- (v) Ravi is suffering from _____ because he has failed in the exams.

2. Choose the correct spelling of the words given, a, b, c or d.

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- (i) (a) accomodation
(b) accomodation
(c) acomodation
(d) accomodation

- (ii) (a) amendment
(b) ammendment
(c) amendement
(d) ammendment
- (iii) (a) receeve
(b) recieve
(c) riceive
(d) receive
- (iv) (a) restaurent
(b) restaurant
(c) restorent
(d) restaurrent
- (v) (a) proffesor
(b) profesor
(c) professor
(d) professer

3. Choose the correct word from those given in brackets and fill in the blanks.

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- (a) It _____ that the Principal is on leave. (seams, seems)

- (b) The _____ in this city is becoming more and more unpredictable. (whether, weather)
- (c) The mechanic wants to _____ the car to his garage. (tow, toe)
- (d) The children want to go to the _____ to see a film. (maul, mall)
- (e) The patient gave out a _____ because he was in pain. (groan, grown)

4. Fill in the blanks in the sentences given below, choosing the correct verb form from the brackets : 5

- (a) Three boys have been _____ to represent our school in the debate competition. (choose, chosen)
- (b) The Prime Minister assured the victims of the floods that they _____ to safe places. (will be shifted, will shift)
- (c) I want _____ a cheque in the bank. (deposited, to deposit)
- (d) Our school team _____ the Public School team by 5 wickets. (defeated, will have defeated)
- (e) I _____ to Mumbai next week. (fly, will be flying)

5. Fill in the blanks with the correct option, a, b, c or d, given below :

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(i) The management did not hold _____ any promise of a salary hike.

(a) back

(b) on

(c) out

(d) off

(ii) Rats are generally afraid _____ cats.

(a) of

(b) with

(c) by

(d) from

(iii) The judge let him _____ with a final warning.

(a) out

(b) off

(c) of

(d) down

(iv) The Chief Minister was clever enough to hit _____ at his critics.

(a) out

(b) back

(c) upon

(d) against

- (v) The judge was asked to preside _____ a function.
- (a) in
 - (b) over
 - (c) with
 - (d) for
- (vi) They rejoiced _____ the success of their son.
- (a) on
 - (b) at
 - (c) for
 - (d) with
- (vii) I have no respect _____ a man who always wastes his time.
- (a) to
 - (b) in
 - (c) for
 - (d) from
- (viii) The audience shouted him _____ as his speech was very boring.
- (a) out
 - (b) at
 - (c) down
 - (d) off

(ix) The soldiers scared the terrorists _____
surrendering their weapons.

(a) up

(b) into

(c) off

(d) back

(x) I can't _____ with her arrogant
behaviour any longer.

(a) put up

(b) put on

(c) put by

(d) put off

6. Transform the sentences given below as
indicated under each sentence :

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(i) What is that famous French city called ?

What's _____ that famous French
city ?

(ii) Whose camera is this ?

Who does _____ ?

(iii) You can't smoke on the trains.

You are _____ .

- (iv) The fashion designer invited many people to his show.

The fashion designer sent _____ many people for his show.

- (v) The designer explained why he chose some colours for his clothes.

The designer _____ for choosing some colours for his clothes.

- (vi) Mother asked me why I was wearing my sister's clothes.

Mother asked, "Why _____ your sister's clothes?"

- (vii) You can't compare old movies and new movies.

There is no _____ old movies and new movies.

- (viii) Alka asked Anita why she wanted to borrow her books.

Alka asked Anita, "Why _____?"

(ix) The thief stole many things from the house.

Many things _____ .

(x) Many people heard the Director arguing with the actors.

Many people heard the _____ the Director and the actors.

7. Fill in the blanks in the following passage, choosing the correct option, a, b, c or d :

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Bird migration across the world has been taking place for many centuries. Birds travel between the areas where they can (i) _____ on the best food supply in winter and the places where (ii) _____ young are born. The number of birds making these journeys every year is (iii) _____ big that their routes are called 'fly ways' and the distances travelled (iv) _____ be amazing. There is one bird, only 350 mm (v) _____ length, which in its lifetime probably travels almost a million kilometres.

- (i) (a) decide
(b) depend
(c) manage
(d) get

- (ii) (a) their
(b) there
(c) they
(d) them

- (iii) (a) too
(b) so
(c) such
(d) very

- (iv) (a) can
(b) showed
(c) ought
(d) could

- (v) (a) over
(b) at
(c) by
(d) in

8. Write a description in 150 words of a movie/film that you may have seen recently. Write about the theme, story, actors/actresses, songs and the title of the movie. 10

9. The railway station in your town/city is too crowded and noisy. The buildings have become old and the entire station needs renovation.

Write a letter to the railway authorities describing the present station building and asking them to modernise it, and add more facilities for the passengers. 10

10. Write an essay of about 200 words on the following topic : 20

“Shopping in the modern world has become a form of entertainment.”

What are your views on this topic ? Explain them with relevant examples.
