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BEGLA-138

**B. A. (GENERAL) CBCS
(BAG)**

Term-End Examination

December, 2021

BEGLA-138 : READING AND SPEAKING SKILLS

Time : 3 Hours

Maximum Marks : 100

Note : Answer all questions.

Section—A

1. Read the following passage and answer the questions given below :

Matters of the Mind : How to stop negative thoughts

Dr. Shwetambara Sabharwal, Mumbai, April 3, 2021

Many of my patients are struggling with the habit of unproductive, negative thought cycles.

They state it feels like it is out of their control,

incessant, and highly intrusive. Nearly anything will fire this circuit as a response.

I must confirm that cycles and habits of negative thinking are not new to mankind. These have been around to help us survive and thrive in the short-run. But in the long-run, these have created much damage due to the release of stress hormones which have multiple negative manifestations in our physical, psychological, emotional and spiritual well-being.

I call the tool RARE that stands for Recognise, Accept, Resolve and in the end, Endeavour. This tool has helped several of my patients, parent clients, families and mostly me, a foolproof first-hand experience, to break negative thought cycles, gain more control over mindless indulgence leading to stress,

emotional difficulty, possible disease and improve productivity. This tool also helps bring ourselves in the present, be mindful, reflect, create self-awareness and intentionally shift focus on constructive thinking.

RARE :

1. Recognise—There is a moment when irrational or negative thoughts seep or surge their way into our mind. The recognition of the beginning of such a thought process works as a feedback mechanism where we actually start listening to what are saying to ourselves.

2. Accept—Post recognition, we often jump to the judgement stage. “How stupid am I to think like this, why can’t I stop doing this to myself !”—Leading us straight into more misery, frustration and guilt. Accept that these thoughts are okay to have and that everyone

has them, even the people who appear to never fall prey to such cyclical self-inflicted misery. Even though we know that they are counterproductive and negative, it is significant to accept and embrace rather than deny and ridicule.

3. Resolve—The exact same thought space, where the negative thoughts have gotten comfortable, is where we have to have this conversation where we indicate a resolve to shut the chatter that is unhelpful and replace it for something that is rational, constructive, reflective, educational and even relaxing. Replacing, erasing, disputing and correcting our negative thought process is not easy but neither is it impossible.

4. Endeavour—Once we have recognised a thought, accepted and resolved to alter it, the

only thing that remains is to act on it. One try at a time, repeatedly, consistently and without the pressure to ace it all within a day, we need to shift gear into action mode. Very often, by the time we have reached the Resolve stage, endeavour comes easy.

(Source:<https://indianexpress.com/article/life-style/health/matters-of-the-mind-how-to-stop-negative-thoughts-7257113/>)

- (a) Based on what you have learned about the different types of texts, how would you categorize this article ?

Provide sound reasons to justify your response. 3

- (b) Based on your understanding of different techniques used by authors to achieve intended goals in different types of texts like expository, narrative etc., what

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strategy or technique do you think the writer is using in this article and to what effect ? 3

- (c) What according to you, is the author's objective or purpose in beginning and ending the article in this manner ? 3

- (d) What method does the author/writer suggest to tackle a stressful mental condition ? 3

- (e) Who all, according to you, are the beneficiaries of the tool suggested by the writer and what are its merits and demerits ? 2

- (f) Can a self-help tool be enough to control or direct something as powerful as one's mind ? 4

- (g) Suggest an alternative title along with its proper justification. 4

2. Find words from the passage which convey a meaning similar to the following words/phrases :

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- (a) not achieving much or not very useful
- (b) a circular journey or track round something
- (c) to set free
- (d) to try hard
- (e) not based on reason or clear thought
- (f) settle or find a solution to a problem
- (g) continuing or following without interruption
- (h) to argue about something and question if it's true

Section—B

3. What are the different stages of the reading process and how is intensive reading different from extensive reading ?

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- 4. Name some of the reading readiness exercises and explain how memory training helps in reading readiness. 10
- 5. What are the different types/techniques of reading ? 10
- 6. What are the *five* key elements of a story ? Explain. 10
- 7. Differentiate and explain the following in detail : 5×2=10
 - (a) Rhythm and stress
 - (b) Falling and rising intonation
- 8. What is information overload ? How does it affect communication ? 10
- 9. Explain the strategies to do efficient study reading and the steps that are to be kept in the mind while summarising a paragraph/chapter.

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