

**BDP/BCA/BTS**

**Term-End Examination**

**December, 2023**

**FEG-2 : FOUNDATION COURSE IN ENGLISH-2**

*Time : 2 Hours*

*Maximum Marks : 50*

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**Note :** *Answer all questions.*

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1. Write a composition in about **350** words on any **one** of the following : 20
  - (a) The sounds of Nature
  - (b) Hosting a party
  - (c) Following traffic rules
  - (d) True leadership
  
2. Write a paragraph in about **200** words on any **one** of the following : 10
  - (a) The Indian Army
  - (b) A Musician I admire
  - (c) Dealing with bullies
  - (d) The importance of good friends

3. Write a letter to the editor of your local newspaper expressing your concern about rising crimes against women. Suggest what would be done to curb this. 10

*Or*

Write a letter to the Head of your institution requesting him/her to provide a separate common room for girls. State your reasons and give suggestions.

4. Read the following passage and make notes in an appropriate format. Give it a suitable title : 10

The epidemic of heart attacks has been attaining alarming proportion in recent times causing grave concern specially to the medical fraternity.

To contain and control the increasing death and disability from heart attacks and to focus on public awareness and their involvement at global level, the World Health Organisation

(WHO) and the World Heart Federation observed September 24th as the World Heart Day.

What causes heart attacks? Dr H.S. Wasir, Chief Cardiologist and Medical Director, Batra Hospital and Medical Research Centre lists four main habits which adversely affect the heart health. These are lack of physical exercise, wrong eating habits, cigarette smoking and excessive alcohol consumption, and stressful lifestyle.

The importance of physical exercise in minimising the incidence of heart attacks cannot be underestimated. "Physical exercise," says Dr. Wasir, "plays a major role in achieving a long and healthy life in general and prevention of heart attacks in particular." There are several studies showing that physically active people have higher longevity than those sedentary or physically inactive.

In fact, the review of modern medical literature sums up the role of physical activity in health as 'Regular physical exercise adds not only years to life but also life to years'. It is the experience of many modern day physicians that some patients of angina (chest pain or discomfort on physical or mental exertion or after meals) do get relief with regularly done physical exercise.

What type of physical exercise and how much, one may ask. It is the isotonic (dynamic) exercise that is beneficial for the heart and not the isometric (static) exercise which should be avoided by heart patients. Weight lifting, carrying heavy suitcases while travelling, pushing a car are some of the examples of isometric exercises. Examples of the beneficial type of physical activity (dynamic exercise) are brisk walking, swimming, golf without power carts, badminton and tennis (doubles for those

with old heart attacks but fully recovered, to be started only after physician's advice).

Walking is the best mode of doing regular physical exercise which requires no equipment, money, material or membership of a club! 30 to 60 minutes brisk walk even on alternate day has been proven to be beneficial. Stationary cycling or walking on a treadmill at home are the other alternatives.

Walking up the stairs instead of using a lift if going up to three or four floors or getting off the lift two or three floors before the destination and walking up the rest through stairs. Going up several floors in a overcrowded lift with limited fresh air to be shared by so many may also prove unhealthy.

Park a little away from the work place and walk that healthy distance.

Best time for brisk walks would be the early mornings before the traffic flow picks up and

walking in the parks with thick plantation. Jogging on the roads with heavy traffic should be avoided as you will be inhaling air polluted with the toxins from vehicular exhaust such as dioxides of sulphur and nitrogen.

“Before starting any physical exercise programmes for the first time, one must get fully evaluated by a cardiologist so as to avoid any harm being done by exercise if there is serious underlying heart disease needing treatment,” warns Dr. Wasir.