Worksheet-1

READING SECTION.

1. Read the passage given below.
2. Getting enough sleep is as important as taking time out to relax. A good night’s sleep is essential for preserving the health of your brain and gives you the best chance to meet the coming day with a razor sharp mind. An average person needs about six to eight hour sleep a night- although it is also true that you need slightly less than this, as you grow older-another advantage of aging stress and sleep deprivation often feed on each other, since stress tends to make it harder for you to fall asleep at night and sleep deprivation in itself causes stress.
3. Eventually, too little sleep can dramatically interfere with the performance of your memory-something you obviously want to prevent. If you are not getting enough sleep, try going to bed 30-60 minutes earlier than your normal bed time for a few days. Lie down on the bed and try to relax by dissociating yourself from your daily routine work. This is normally enough to catch up on any sleep deprivation.
4. If, however, you suffer from insomnia you should seek the advice of your doctor. The chances are it is already affecting your ability to remember and recall information-and if you are struggling to improve your memory scores, this could be at the root of your problem. Prolonged periods of insufficient sleep can deplete your immune system, make you more accident prone. This may also lead to depression-this can also reinforce a more negative outlook on life. This can also contribute to your stress burden. The good news is that your memory and mood should automatically improve once you improve your sleep patterns. Tackle your sleep issues and everything else should fall into place.
5. Stress management is also essential to maximize your brain power, if you are not in the habit of setting aside time to relax, make it a priority to do so. Even a minute or two of deep breathing can start to work wonders. Often the best ideas and memories can come to you when you are in a state of relaxation as it is during these moments that your brain stores, processes and plays with the information it has received. Meditation has long been part of religious and spiritual life, specially in Asia. Today, more and more people are adopting it in Western countries also, for its value in developing peace of mind and lowering stress. There is some evidence that regular meditation can have real sleep gain and health benefits particularly in terms of protecting your brain against aging.
   1. On the basis of your understanding of the above passage, make notes on it using headings and subheadings. Use recognizable abbreviations (minimum four) and a format you consider suitable. Also supply an appropriate title to it.
   2. Write a summary of the above passage in about 100 words.

WRITING SECTION

1. You are Principal of National Public School, Jaipur. You require a TGT (Maths) for your school. Draft a suitable advertisement in not more than 50 words for the ‘Situations Vacant’ column of ‘The National Times’ stating essential and desirable qualifications, experience, etc of the candidates.
2. Arts Club of your school is going to organize a drawing and painting competition. Write down a notice in not more than 50 words, to be displayed on the school notice board, inviting students to participate in it. Give all the necessary details. You are Ridhima/Rishabh, Secretary, Arts Club, Sunrise Public School, Gurugram, Haryana.
3. You bought a refrigerator two monts ago from Ms Mohan Sales, Ashok Vihar, Bengaluru. It has developed certain problems regarding its functioning. Coolin has stopped and it is making lot of noise. Write down a letter of complaint to the Manager asking him for immediate repair/replacement of the same. You are Shashi/Sanjeev, 61 Pratap Enclave, Bengaluru. (100 -125words)
4. You have realized the necessity of education and financial independence of women for their family, society and inturn the nation. Write down a letter to the editor, ‘The National Times’ highlighting your ideas for the same. You are Karuna/Karan, B-76, Mall Road, New Delhi. (100-125)
5. Write down a debate in 150-200 words either for or against the notion:’Capital Punishment should be abolished’.
6. Regular practice of ‘Yoga is useful in maintaining a Happy and Successful Life’. Write down a speech in 150-200 words to be delivered in the morning assembly of your school highlighting the impact of yoga.
7. In your locality a blood donation camp was organized by an NGO-‘For Your Health. Many people visited the camp and donated blood. Write down a report in 150-200 words for a local newspaper covering the arrangements, doctor’s team, hospital name, refreshments served, etc.
8. Hard work and punctuality are essential for a happy and successful life. They help in meeting the desired targets of your life. Write an article in 150-200 words highlighting the importance of hard work and punctuality in a student’s life.

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