

This question paper contains 3 pages.

Unique Paper Code : 62031106

Name of the Course : B. A. (P)

Name of the Paper : English Fluency

Semester : I

Maximum Marks : 75

Duration : 3+1 hours (one hour is reserved for downloading of question paper, scanning and uploading of answer sheets)

Instructions for the candidate:

- (i) Attempt any **FOUR** of the six questions.
- (ii) All questions carry **EQUAL** marks.

Q1. a) Read the passage given below and answer the questions that follow.

Eating and exercise go hand in hand. When and what you eat can be important to how you feel when you exercise, whether it's a casual workout or training for a competition.

If you exercise in the morning, get up early enough to finish breakfast at least one hour before your workout. Eat well before going for a workout. Studies suggest eating or drinking carbohydrates before exercise can improve workout performance and may allow you to work out for a longer duration or higher intensity. If you don't eat, you might feel sluggish or lightheaded when you exercise.

Be careful not to overdo it when it comes to how much you eat before exercise. Eating too much before exercise can leave you feeling sluggish. Eating too little might not give you the energy you need to keep feeling strong throughout your workout.

Most people can eat small snacks right before and during exercise. The key is how you feel. Do what works best for you. If your workout is longer than 60 minutes, you may benefit by including a carbohydrate-rich food or beverage during the workout.

To help your muscles recover and to replace their glycogen stores, eat a meal that contains both carbohydrates and protein within two hours of your exercise session if possible.

Don't forget to drink fluids. You need adequate fluids before, during and after exercise to help prevent dehydration.

Water is generally the best way to replace lost fluids. But if you're exercising for more than 60 minutes, use a sports drink. Sports drinks can help maintain your body's electrolyte balance and give you a bit more energy because they contain carbohydrates.

Keep in mind that the length and intensity of your activity will determine how often and what you should eat and drink. For example, you'll need more energy from food to run a marathon than to walk a few miles.

When it comes to eating and exercise, everyone is different. So pay attention to how you feel during your workout and to your overall performance. Consider keeping a journal to monitor how your body reacts to meals and snacks so that you can adjust your diet for optimal performance.

a). Identify the right answer.

1x4 = 4

i). Eating and exercise go **hand in hand**. What does the expression 'hand in hand' mean?
A. Together B. Like two hands C. Different D. Easy

ii). If you don't eat, you might feel **sluggish** or lightheaded when you exercise. Which of the following can replace 'sluggish' without changing the meaning?

A. Weak B. Strong C. Weak D. Weightless

iii). The key is how you feel. What does "key" in the sentence mean?

A. An instrument used for opening lock B. The main thing
C. A button in keyboard D. All of the above

iv). Consider keeping a journal to monitor how your body reacts to meals and snacks so that you can adjust your diet for **optimal** performance. Which of the following can replace the word in bold?

A. Best B. Adjustable C. Low D. All the above

v). Briefly explain the relationship between eating and exercise. (2)

vi). What according to the passage is the importance of water while exercising? (2)

vii). What kind of food and drinks should a person have for a good workout? (2)

b). On the basis of your reading of the above passage make notes on it, using headings and sub-headings. Use recognizable abbreviations wherever necessary. (8.75)

Q 2. a) You read a book that you did not like. Write a review of the book for your Book Club. (10)

b) Write a Facebook post wishing your friends a Happy New Year and inviting them over to celebrate with you. (8.75)

Q 3. a) Write a dialogue (ten turns) between two students who are discussing the disadvantages of online teaching. (10)

b) Write a tweet wishing your friends the Best for the exams. (8.75)

Q 4. a) You are a reporter for the local newspaper. Write down an interview with the Education Minister asking about the opening of Educational Institutions during the pandemic. (10)

b) Your neighbour is out of town and his house is robbed. Write an FIR sharing all the relevant information about the incident. (8.75)

Q 5. a) You got admission in your favourite college but due to Covid restrictions you cannot go to the college. You are disappointed. Write about it in a diary entry. (10)

b) In an RTI ask the Education Welfare Officer for the budget allotted for the education of the girl child in the past two years for a report that you are writing. (8.75)

Q 6. a) Write a review of a short film/series that you recently watched. (10)

b) Write a blog about the advantages of having a healthy lifestyle. (8.75)