

STELLA MARIS COLLEGE (AUTONOMOUS) CHENNAI 600 086
(For candidates admitted during the academic year 2019–2020 and thereafter)
SUBJECT CODE: 19EL/FC/EC13

B.A./ B.Sc./ B.S.W./B.Com./B.C.A./B.B.A./B.V.A. DEGREE EXAMINATION,
NOVEMBER 2022
FIRST SEMESTER

COURSE : FOUNDATION CORE
PAPER : ENGLISH FOR COMMUNICATION - I
TIME : 3 HOURS

MAX. MARKS: 100

SECTION A

I. Read the following passage and answer the questions that follow. (20 marks)

Why you should strictly avoid drinking water from plastic bottles

By: Lifestyle Desk, Indian Express
New Delhi | September 30, 2022

Many of us buy packaged drinking water without ever giving it a second thought. But it may not be the wisest choice, not only for our health but also the environment and wildlife as many plastic bottles land up at beaches, and even choke wastewater drainage systems.

According to Union Environment Minister Bhupender Yadav, “Plastic has become one of the most pressing environmental issues that we are facing today. Plastic pollution adversely affects our ecosystems and is also linked to air pollution.”

Additionally, according to a study by the Harvard School of Public Health, it was noticed that in participants who consumed water from plastic bottles, the concentrations of the chemical bisphenol A (BPA) in urine were significantly higher. The study further noted that hot liquids would cause this effect to be even bigger. “Exposure to BPA before birth is linked to behavioural and emotional difficulties in young girls. People with high levels of BPA in urine are also more likely to have heart disease or diabetes,” a representative of the Harvard School of Public Health said.

Dr Vaishali Shukla, Founder of Vedamrit, said, “When a plastic water bottle comes in contact with heat, it releases micro plastics in the water, which make their way into your body once you drink that water. These micro plastics cause various problems for the human body, including hormone imbalance, infertility and poor liver health.” In an Instagram post, she further said that the disposed-off plastic bottles “stay in the environment for thousands of years,” urging people to opt for bottles made from healthier alternatives.

Hence, prolonged consumption of water stored in plastic bottles can cause severe health problems such as hormonal disturbances — in males, it can lead to low sperm count, and early puberty in girls. Even the probability of having liver and breast cancer is higher for people consuming bottled water.

It is high time we make our community aware about the harmful effects of consuming liquids which are stored in plastic bottles. We should go back to our good old times of storing liquids, especially water, in copper containers and glass bottles.

So when are you making this healthy switch?

1. Read the article carefully and choose the correct answer. (5x1=5)

- i. This article is mainly about
 - a. The effects of water pollution
 - b. The harmful effects of drinking water from plastic bottles
 - c. Change in behavioural patterns of young children

- ii. The phrase “without ever giving it a second thought” means
 - a. Doing something without thinking about the consequences
 - b. Taking away the second thought from something
 - c. Giving importance only to the first thought

- iii. Plastic water bottles are harmful to the environment because
 - a. Empty bottles are thrown into the dustbin
 - b. They block drains, affect the ecosystem and cause air pollution
 - c. They are often recycled into plastic bags

- iv. Bhupendar Yadav, who spoke about the harmful effects of plastic, is
 - a. The Prime Minister of India
 - b. The Dean of the Harvard School of Public Health
 - c. The Union Environment Minister

- v. “Plastic has become one of the most pressing environmental issues that we are facing today.” What is the meaning of the word “pressing” in this sentence?
 - a. Urgent, needs to be dealt with immediately
 - b. Not very important
 - c. Not serious



2. Answer the following questions in two or three sentences each. (5x2=10)

- i. Describe the different environmental problems caused by plastic bottles that are mentioned in the report.
- ii. What is BPA and how does it affect people?
- iii. How are microplastics released and how do they affect the human body?
- iv. What are the hormonal disturbances caused by drinking water stored in plastic bottles?
- v. What is the solution that is offered at the end of the report?

3. Make sentences with any five of the words given below. (5x1=5)

environment	linked	aware	consume	disease
community	various	store	alternative	release

II. Read the brochure carefully and answer the questions that follow.

<p>Screening Health Checkup</p> <p>Due to commitments we tend to neglect our own health. We forget our health should be our priority. Spare some of your precious time for a quick check up.</p> <table border="1"> <tr> <td colspan="2">APEX HOSPITAL (SCREENING HEALTH CHECK UP PACKAGE :M/F) Package Cost (RS. 2130/-)</td> </tr> <tr> <td rowspan="4">BLOOD INVESTIGATIONS</td> <td>CBC</td> </tr> <tr> <td>ESR</td> </tr> <tr> <td>LIPID PROFILE</td> </tr> <tr> <td>LIVER FUNCTION TEST</td> </tr> <tr> <td rowspan="2">INVESTIGATIONS</td> <td>KIDNEY FUNCTION TEST</td> </tr> <tr> <td>ECG</td> </tr> <tr> <td>CONSULTATION</td> <td>PHYSICIAN</td> </tr> </table> <p>Diabetic Health Checkup</p> <p>India is heading to be "World Capital of Diabetes." Diabetes is one of the major causes of untimely illnesses since timely checkup is not done. Complications arising from diabetes get higher due to late diagnosis and a delay in treatment.</p> <table border="1"> <tr> <td colspan="2">APEX HOSPITAL (DIABETIC HEALTH CHECK UP PACKAGE :M/F) Package Cost (RS. 4050/-)</td> </tr> <tr> <td rowspan="5">BLOOD INVESTIGATIONS</td> <td>CBC</td> </tr> <tr> <td>ESR</td> </tr> <tr> <td>HbA1C</td> </tr> <tr> <td>LIPID PROFILE</td> </tr> <tr> <td>LIVER FUNCTION TEST</td> </tr> <tr> <td rowspan="3">CARDIAC INVESTIGATIONS</td> <td>VITAMIN D₃</td> </tr> <tr> <td>ECG</td> </tr> <tr> <td>TMT</td> </tr> <tr> <td>CONSULTATION</td> <td>PHYSICIAN</td> </tr> </table>	APEX HOSPITAL (SCREENING HEALTH CHECK UP PACKAGE :M/F) Package Cost (RS. 2130/-)		BLOOD INVESTIGATIONS	CBC	ESR	LIPID PROFILE	LIVER FUNCTION TEST	INVESTIGATIONS	KIDNEY FUNCTION TEST	ECG	CONSULTATION	PHYSICIAN	APEX HOSPITAL (DIABETIC HEALTH CHECK UP PACKAGE :M/F) Package Cost (RS. 4050/-)		BLOOD INVESTIGATIONS	CBC	ESR	HbA1C	LIPID PROFILE	LIVER FUNCTION TEST	CARDIAC INVESTIGATIONS	VITAMIN D ₃	ECG	TMT	CONSULTATION	PHYSICIAN	<p>Important Guidelines for Patient.</p> <ul style="list-style-type: none"> ● Prior appointment is essential at least 24 hours in advance between working hours. ● To make an appointment, please contact +91-7500757888/0591-2971200 or E-mail at: corporate@apexhospitalmbd.com ● Kindly collect the sterilized containers for urine which you need to bring with you on the day of checkup. ● Collect your morning mid-stream urine. Please do not take any food or liquid (except water) after 8:30 pm the previous evening (you are required to come 12 hours fasting). ● You can take your regular medication with little water. If you are taking any medication for Diabetes/Hypertension etc. Kindly bring your medicines with you. ● You can take the medicine after giving your blood sample. ● For stress test/TMT, males are requested to come with a shaven chest. ● Make sure you share important health information during your interaction with our consultants. ● Our Dietician will offer Diet counseling. ● 72 hours after your Checkup a consolidated report on your health will be provided, followed by a detailed counselling session by our consultant. ● For Females :- Urine routine and PAP smear test cannot be done during menses (Periods). 	<div style="text-align: center;">  <p>APEX HOSPITAL HEALTH CARE AT ITS BEST (unit of Medigrowth hospital Private Ltd.)</p> </div> <h3 style="text-align: center;">HEALTH CHECKUP SCHEME</h3> <div style="text-align: center;">  </div> <p>The Health Check up plays an important role in maintaining health. Keeping this in mind, we at Apex Hospital have specially designed Health Checkup packages for you & your family. Go through the health packages and get a checkup today.</p> <table border="1"> <tr> <td>1. Comprehensive Health Checkup (comhcp)</td> <td>Rs. 6906/6806/-</td> </tr> <tr> <td>2. General Health Checkup (genhcp)</td> <td>Rs. 4590/-</td> </tr> <tr> <td>3. Cardiac Health Checkup (carhcp)</td> <td>Rs. 4110/-</td> </tr> <tr> <td>4. Screening Health Checkup (scrhcp)</td> <td>Rs. 2130/-</td> </tr> <tr> <td>5. Diabetic Health Checkup (diahcp)</td> <td>Rs. 4050/-</td> </tr> </table> <p style="text-align: center;">For Enquiry / Assistance Contact</p> <p style="text-align: center;">Opposite Park Square Hotel, Near Majholi Chauraha, Delhi Road, Moradabad - 244001 Phone : (Reception) 0591-2971200, 7500757888</p>	1. Comprehensive Health Checkup (comhcp)	Rs. 6906/6806/-	2. General Health Checkup (genhcp)	Rs. 4590/-	3. Cardiac Health Checkup (carhcp)	Rs. 4110/-	4. Screening Health Checkup (scrhcp)	Rs. 2130/-	5. Diabetic Health Checkup (diahcp)	Rs. 4050/-
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1. State whether the following statements are true or false.

(5x1=5)

- Apex hospital offers five different schemes for health check-ups.
- The Diabetic Health check-up is the most expensive.
- Apex Hospital is situated in New Delhi.
- After the test reports are provided, the hospital offers counselling to patients.
- Sterilized containers have to be collected from the hospital itself.

2. Answer the following questions in two to three sentences.

(5x2=10)

- When should appointments be made for health check-ups and how can the hospital be contacted for this?
- Describe any two of the instructions given for the collection of urine samples.
- What are the instructions given to people who take regular medication?
- Why is it important to diagnose diabetes early?
- Do you think it is necessary for everyone to go for a health check-up every year? Give reasons for your answer.

3. Match the information in Column A with that given in column B.

	A		B
i	Cardiac health check-up	A	After blood sample is taken
ii	72 hours after check-up	B	Liver function test
iii	Take medication	C	Rs. 4110
iv	Diabetes check-up package includes	D	Kidney Function test
v	Screening check-up package includes	E	Consolidated health report

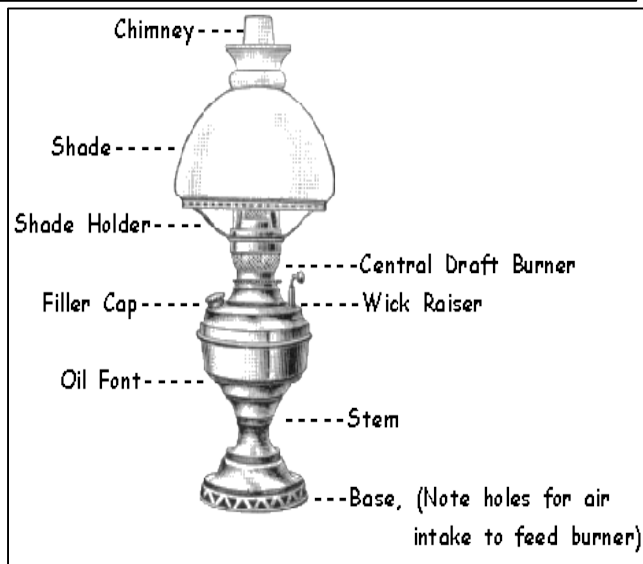
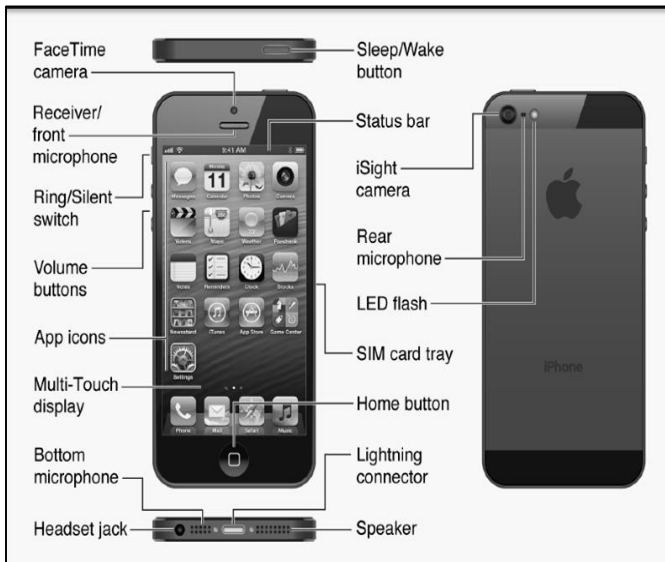
SECTION B

III. Answer the following in a paragraph.

(40marks)

1. Describe any one of the following objects in 15-20 sentences.

(20)



2. Describe any one of the following places in about 15-20 sentences.

(20)

- i. Your hometown
- ii. Your favourite holiday destination

SECTION C

IV. Fill in the blanks using an appropriate article (a/an/the)

(1x5=5 marks)

1. Please give me _____ blue book that is on the shelf.
2. This is _____ highest tower in the city.
3. I returned home after _____ hour.
4. She bought _____ pair of shoes at the store.
5. Harishchandra was _____ honest king.

V. Choose the appropriate preposition to fill in the blanks.

(5x1=5 marks)

Jenny was walking _____ (across, over) the playground _____ (in, at) noon when she met a friend whom she had not seen _____ (since, during) last semester. They stopped _____ (in front of, around) the auditorium and sat down _____ (in, on) the steps to catch up.

VI. Fill in the blanks using the verb given in brackets in simple present or present continuous tense.

(10x1=10 marks)

Hello, my name is Maya and this is my family. As you can see, we _____ (have) breakfast now. Look, everyone _____ (smile) and happy. That is because I _____ (make) a video of them. Usually we _____ (not talk) to each other at breakfast because everyone is in a hurry.

Right now, I _____ (walk) to my bus stop. I usually _____ (take) bus number 29C to college and I can see that it _____ (arrive). The conductor often _____ (ask) us to move to the front of the bus. We are in the bus now. The driver _____ (shout) at some boys to sit down quietly. These boys _____ (behave) badly every day.
