

STELLA MARIS COLLEGE (AUTONOMOUS) CHENNAI 600 086
(For candidates admitted from the academic year 2008–09)

SUBJECT CODE: EN/FC/WR43

B. A. /B.Sc./B.S.W. DEGREE EXAMINATION, APRIL 2010
FOURTH SEMESTER

COURSE : FOUNDATION ENGLISH: GROUP C
PAPER : WRITING AND READING SKILLS - III
TIME : 2 HOURS

MAX. MARKS : 50

I Read the following extract. List the main points and write a summary.

(10 marks)

Every time a child takes a soft drink, he's laying the ground for a dangerous bone disease. No, fizzy and sugary drinks do not cause osteoporosis. But because they are often a substitute for a glass of milk, children do not get the calcium and Vitamin D they need to build a strong skeleton. These children could be at risk of osteoporosis at a younger age than ever before.

Osteoporosis isn't just the older women's health threat. Although it strikes over fifty million women in India, it also menaces over twelve million men. It is a silent disease and does not get detected in most cases until after the patient's first fracture. It causes loss of height, pain in the joints and back, fractures and fear of fractures, and can be very depressing.

Contrary to popular belief, the skeleton is not a rigid and unchanging structure. Every year, the body replaces about twenty percent of the bones' spongy tissue. Activities at every age influence the health of the bones. Until the age of thirty, bone is built very efficiently, so right health moves like regular exercise and adequate intake of calcium helps the skeleton reach its genetically determined peak strength.

In 2004, Dr. Nikhil Tandon, professor of endocrinology at the All India Institute of Medical Sciences and Dr Raman Marwaha from the government's Defence Research Development Organisation and their team found that eighty percent of seven hundred and sixty healthy school children they surveyed in northern India, consumed only between 300mg and 700mg of calcium-rich diet, much less than the recommended dietary allowance of 1300mg per day.

Ideally, Children and adults should get their daily calcium quota through a healthy diet. Dairy products, fish, leafy-green vegetables, cereals like ragi, soya and calcium-fortified juices are good sources of calcium. However if the child gets insufficient calcium from his diet, then supplements can be used. These are available in the market and come in the form of flavoured chewable tablets and as liquid preparations.

Vitamin D helps in absorbing calcium from food. Unfortunately, vitamin D is found in just a handful of foods like egg yolk and cod liver oil. People can get this vitamin naturally, through exposure to sunlight. Studies show that despite the ample sunshine in the country, Indians tend to be deficient in vitamin D. This is more so in the case of urban Indians who tend to spend more time indoors than the rural population.

The skeleton needs regular exercise at every age to stay strong. Children need sixty minutes and adults, thirty minutes of physical activity a day to keep their bones healthy. A combination of weight-bearing routines (such as walking, jogging, stair-climbing, or dancing), plus resistance exercises (like weight lifting) is the ideal recipe for bone health.

It's never too late to adopt bone-friendly habits to keep bones healthy and prevent osteoporosis.

II Write an essay in five paragraphs on any one of the following. (10 marks)

1. The Women's Reservation Bill
2. Genetically modified crops
3. Conservation of Olive Ridleys
4. The IPL tournament
5. A leader I admire

III Complete the following sentences. (5 marks)

1. If she completes _____.
2. I would buy a Ferrari _____.
3. If the princess had kissed the frog _____.
4. If the government passed the women's bill _____.
5. I would have visited you _____.

IV Frame suitable questions for the following statements. (5 marks)

1. She receives a sum of Rs. 4000 a month as commission.
2. The printer at the counter had run out of paper.
3. Schools in Chennai usually reopen in the first week of June.
4. Yes, it was an enjoyable experience; thank you.
5. I would like to meet the HR manager.

V Rewrite in reported speech. (10 marks)

Chuhiya glanced at the cover of the book. 'The Mahabharata!' she exclaimed. 'My Ma told me stories from this book.'

'You can read?' asked Shakuntala, surprised.

'Ma taught me some words,' she said proudly. 'My brothers taught me the alphabet.'

'Would you like to learn more words? I can teach you,' said Shakuntala.

Chuhiya sidled up to her and nodded shyly. 'What will you read to me?'

'Did your mother tell you the story of Shakuntala?'

'No,' Chuhiya said. She paused. 'Is the story in the Mahabharata?'

'Yes, it is.'

'Are you named after the Shakuntala in the book?'

VI Read the following passage and answer the questions that follow. (10 marks)

Getting living people to agree to donate their organs after they die is worthwhile. But to narrow the huge gap between demand and supply, another, much bigger, source also needs to be tapped: people—especially victims of road and other accidents—who die in hospitals. Indeed, because accident victims are usually not sick, their organs are also of much better quality.

Several measures need to be taken to ensure that organs of accident victims are transplanted into needy patients. First, all major hospitals—especially those run by the government, where most accident victims are taken—must be required to request relatives of dead victims to donate their loved one’s organs. The United States has such a law, and along with a few other citizens, I have filed a public –interest litigation in the Bombay High Court to mandate it here as well.

Relatives won’t agree to donate, you say? Six years ago I started an experiment in Mumbai’s Lokmanya Tilak Municipal General Hospital (LTMG) to test this widespread belief. I trained a young social work graduate to request relatives of patients who died in the hospital to donate corneas.

Until then, LTMG’s eye bank had mostly collected corneas donated voluntarily by the relatives of people who had died at home. And although our pilot project faced numerous problems, even our inexperienced counsellor could motivate enough relatives for us to get 72 corneas in a year’s time. To be sure this was far less than the number of corneas the hospital’s eye-bank gathered that year using its traditional method. But the quality of our corneas was superior: nearly 40 percent could be used to restore vision compared to around 20 percent procured the usual way. And the subsequent year, we got 138 corneas, more than half of which were sight-restorers. ...

Kidneys, hearts and livers – known as ‘solid’ organs—are harder to collect than corneas. This is partly because, unlike corneas, which can be removed up to six hours after death, solid organs become no good for transplantation when a patient’s blood pressure drops to a certain level, even if his heart is still beating. But you can get usable organs from someone who is brain dead, since a ventilator can keep the heart pumping blood throughout the body... Procedures to certify brain death are elaborate and time consuming. As a result, hospitals tend to wait until a patient’s heart has stopped beating before declaring him dead....

To prevent organs that can save lives from being wasted in this way, neurophysicians and other specialists must see brain death declaration as part of their duty as doctors saving lives it should be legally mandatory for all major hospitals to declare brain death as soon as it occurs.

Apart from the need for government to change the law, managements of major hospitals must become committed to organ donation and transplantation. Moreover, if there is a significant increase in the availability of kidneys, the illegal trade in this organ—which goes on though it was banned decades ago – could decline. **(Suresh Gupta. Reader’s Digest. Nov.,2006)**

1. Give a suitable title to this passage. (1)
2. Why has the author filed a public-interest litigation in the Mumbai High Court? (3)
3. Do you think the experiment at the LTMG Hospital was a success? Why? (3)
4. What, according to you, are the advantages of organ transplantation? (3)

