

STELLA MARIS COLLEGE (AUTONOMOUS) CHENNAI 600 086
(For candidates admitted from the academic year 2015-16 and thereafter)
SUBJECT CODE: 15EL/PE/EC24

M. A. / M.Sc. DEGREE EXAMINATION, APRIL 2018
SECOND SEMESTER

COURSE : ELECTIVE
PAPER : ENGLISH FOR COMMUNICATION
TIME : 2 HOURS **MAX. MARKS: 50**

I. Write a letter of application for the post of a Systems Analyst, in response to the advertisement in *The Hindu* dated 18 March 2018. (10 marks)

II. Write a paragraph on any one of the following. (10 marks)

1. The impact of print and electronic media
2. The importance of civic sense
3. The increasing demand for computer literacy

III. Read the following passage and summarise it in your own words. (10 marks)

The Journey to Good Health

Metroplus, *The Hindu*, 2 January 2018

A poll of 2,014 British adults in 2015 about New Year resolutions found that 90% of all participants made health, fitness or well-being-based pledges. While that is an encouraging number, one that isn't is that 50% of people making resolutions were not confident that they would attain the desired result. Unfortunately, there is no data on how many people actually successfully get through a year completing their resolutions. But most of us would agree that the number would be quite small. So why does this happen? Why do most of us make resolutions and get nowhere close to reaching them? One simple reason: We focus on the result and not on the effort.

When we say things like: 'I want to lose 5 kilos,' or 'I want to be able to control my temper,' or 'I don't want to fall sick in 2018,' we are simply talking about what we want. It is a wish list of sorts and not much more. We do not look into what it takes to actually get there. Let's take a classic example: fat loss. Most of us want to lose some fat because we all indulge in gluttony and sedentariness during the year and this is our way to offset that. There's nothing wrong with that. The trick to is to get the balance just right so you end up losing fat and gaining health while still enjoying life as it is today.

So your goal here is not to lose fat but to do things that will enable your body to consistently lose fat. There are things you do and don't do today that are causing your body to gain weight. What you need to focus on are the changes that you must make (the effort) and not on the number on the scale (the result). Why? Because you only have control over the effort. The more effort you put into making these changes, the better the result you'll see on the scale or the tape measure. What are these changes we're talking about?

Activity needs to become a habit. How active are you today? If you are currently moderately active, increase your frequency, duration or intensity by 20-25%. If you are already very active, keep it going. If you do nothing today, start doing something. You don't need the best programme there is or the most expensive gym. Just start by going out for a run or even a walk. Do this 5 days a week and make it a habit. You'll find your path once you start the enjoying the journey.

Food is simple. Stop overthinking it. As long as you are eating enough protein (1.5 grams for every kg of bodyweight) and vegetables (1 cup for every 25 kg of bodyweight) and drinking enough water (at least 2 litres per day), all your nutritional needs are covered. Sweet, fried or creamy foods are totally unnecessary but eat as little as you need to stay sane and on track. If you can eat none, that's excellent! Eat starch (rice, roti, daal etc.) and fruit based on activity level. If you do something active, eat some starch after the activity. If you didn't do anything active, don't. Earn your starch.

Sleep is critical. Stop trivialising this. The connection between sleep and fat loss is pretty direct. The more sleep deprived you are, the less fat your body will shed. Aim for 50 hours every week. Break it up however you want, but get the 50. The scale is a way to track how much more or less you need to do and eat. It is simply a tool that tells you how you need to tweak your effort. It is nothing more a digital read out. Don't let it stress you out.

And finally, never give up on yourself. One bad weekend or a crazy month or a failed programme shouldn't be your excuse to throw in the towel. That was just another experience and I'm sure it taught you something. It's all part of the journey.

IV. Read the passage given below and answer the questions that follow.

(20 marks)

Ashish Jain, a diabetologist who is in charge of innovation efforts, says the Applied Science and Engineering Club (ASE) tries to change the focus from a marks-centric to application-based assessment. "This helps in stimulating the children not only to ask questions but also to relate to what they learn." The Club grooms students from Junior KG to Class XII to be free thinkers and innovators through classroom sessions and exposure to industry and global trends. In addition, ASE Club Labs can be set up in a school, community or outdoor premises. They are equipped with materials and tools for all age groups. The cost of a lab setup varies from Rs.50,000 to Rs. 2 lakh.

The after-school programme and camps are an annual, weekly feature divided into four levels based on the students' academic requirements. Each level has three to four learning modules. The fees vary from Rs. 20,000 to Rs. 40,000. Priyanka Singhal, who is in charge of business development and marketing, says, "Our learning modules try to deal with complex Science and Engineering concepts and break them into fun and simple activities and applications. This helps students understand and remember."

The ASE Club has five teachers who underwent a year-long technical and soft skills training before they taking classes. They now conduct classes in schools and communities in suburbs from Powai to Goregaon and have worked with more than 700 children.

Says Pallavi Sripada, whose sons, Shreyas (10) and Tejas (7), have been taking ASE Club's Level 3 and Level 2 programmes respectively for more than a year, "As an engineer, I wanted my kids to enjoy and experience what they learnt instead of memorising content. Application and hands-on activities are of utmost importance for children to become Science lovers. My kids now not only make small machines, which they proudly call their 'inventions', but are able to solve application-oriented questions with ease."

"We want to bring India on the world map for innovations," says Ms. Jain. In the Global Innovation Index, 2017 which provides detailed metrics about the innovation performance of 127 countries and economies around the world, India was ranked 60. "We have grown from working on individual topics to now interconnecting concepts of Physics, Chemistry, Biology, Design and different Engineering disciplines."

The ASE Club has clocked revenues of Rs. 4 lakh in 2015-16 and 2016-17 and Rs. 5 lakh in the current year. They plan to expand their team and outreach and are looking for investors.

Says Ms. Jain, "In this information age where people can read and watch things of interest at a click, they have stopped being active. The ASE Club intends to develop creativity, free play and ideation among children, essential for innovation and sustainability of ideas."

1. In your own words, explain the central idea of the given passage. (4 marks)
 2. Frame an appropriate title for the given passage. (1 marks)
 3. What is the objective of the Applied Science and Engineering Club? (2 marks)
 4. Explain the components of the learning modules. State its purpose. (4 marks)
6. State whether the following are true or false. (1 x 4 = 4 marks)
- i) The ASE Club caters to all age groups.
 - ii) Students are stimulated to be free thinkers and innovators through classroom activities.
 - iii) The teachers of the ASE club are not given training to conduct classes.
 - iv) The focus at the ASE club is more application-oriented.
7. Give an alternate word that is similar in meaning to the word underlined in the following sentences. (1 x 5 = 5 marks)
- i) The cost of a lab setup varies from Rs.50,000 to Rs. 2 lakh.
 - ii) This helps in stimulating the children not only to ask questions but also to relate to what they learn.
 - iii) The ASE Club intends to develop creativity, free play and ideation among children, essential for innovation and sustainability of ideas.
 - iv) Application and hands-on activities are of utmost importance for children to become science lovers.
