

A

Read the passage given below and answer the questions that follow:

Worry, a major cause of health problems not only mental but also physical been proved that worry is a major cause of asthma, heart ailments, the blood pressure, ulcers, skin problems and many other psychomatic (mind and body) diseases. It is surprising that a state of mind that is normal and common should be a silentkiller. Nobel Prize winner Dr Alexis Carrel once remarked that businessmen who do not know how to overcome worry die young, but so do a lot of other people, whether they are manager or clerks,office-goers or home-makers. Any person who cannot control this state of mind and lets it overwhelm them may shorten their lifespan.

There are many reasons why a person worries. The fast pace of modern lifestyle the complexities of human relationships, the pressure to perform and succeed, at combine to feed our anxieties. Feelings of dissatisfaction, personal shortcomings low self-esteem, etc. weigh us down. At times we may be able to overcome them at times we may not, but once we give in to the tendency to worry, we only compound the problem, sometimes to the point of no return.

That the mind and body are closely related is a well-known fact today. Alternative medical practices such as homeopathy and Ayurveda had long ago recognized this vital link. As far back as 4th century. Greek philosopher Plato had understood it as well.

He had remarked that the biggest mistake doctors make is to heal the body without healing the mind. Mind and body act as extensions of each other and so should not be treated separately.

This is the basis of modern psychosomatic treatment. While a few decades ago we would often hear it being said that a healthy body leads to a healthy mind, today the reverse perhaps is more pertinent - a healthy mind leads to a healthy body. Worry, despair, frustration, anxiety, and fear are negative emotions which affect our physical health.

How then do we overcome these emotions and prevent them from taking a toll on our bodies? Meditation, which helps to focus and calm the mind; yoga, which addresses the mind as well as the body, are among the foremost cures offered today. Exercises like walking. Zumba and aerobics too have their undeniable benefits.

a. On the basis of your understanding of the above passage, choose the correct answer:

1 Psychosomatic disease is:

- i. Skin problems
- ii. Related to the mind and the body.
- iii. Fatal and lead to premature death.
- iv. Heart ailments.

2. By silent killer is meant

- i. a fatal disease
- ii. a painless death.
- iii. Something that harms without being noticed.
- iv. Slow and painful death

3. Managers and clerks are as susceptible to worry as are

- i. Homemakers.
- ii. Businessmen.
- iii. Adolescents.
- iv. Students

4. One reason why people die young:

- i. Feelings of dissatisfaction.
- ii. Lack of timely treatment.
- iii. The complexities of human relationships.
- iv. Their tendency to worry.

5. Homeopathy and Ayurveda are

- i. Traditional medical treatments.
- ii. alternative medical treatments.
- iii. Popular in the West.
- iv. Used to treat anxiety.

6. Select the statement that is **NOT** correct.

- i. Healthy mind leads to a healthy body.
- ii. Meditation helps to calm the mind.
- iii. Plato was a Greek physician in 4th century B. C.
- iv. healthy body leads to a healthy mind

7. Select the correct statement.

- i. Businessmen are more at risk to die early because of worry.
- ii. Problems of the mind have little effect on the body.
- iii. Aerobics helps us to release worry.

iv. Because of the fast pace of modern life, we don't have time to worry

8. In Para 3, to '**compound**' a problem means to

- i. Solve a problem.
- ii. to make a problem worse
- iii. To Improve
- iv. Tactic