

CLASS – X

English

Date:-17/04/2020

1 Watch videos of 'Reported Speech part 5,6,7,8 and 9' uploaded on 'e-learning platform' of 'Optimum International School' and make important points about change in tense and pronouns.

2 Read the passage given below and attempt all the questions in your notebook.

4. Read the following passage carefully.

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THE FATAL FIVE

(Discursive: Argumentative)

1. AIDS and SARS may hog news headlines but it is heart attacks that kill the most people in India every year. Doctors don't tire of ticking off the risk factors—high blood pressure, high cholesterol, genetic predisposition, smoking, obesity, diabetes and lack of exercise—but the body count keeps mounting steadily.
2. "By 2020, 50 per cent of all deaths in the country will be heart-related and by 2010, heart conditions will account for 50 per cent of all hospital admissions," says Dr Naresh Trehan, director and chief surgeon at the Escorts Heart Institute and Research Centre in New Delhi.
3. Explanations abound. We are told Indians are at greater risk because we possess the starvation gene (a tendency to store instead of burn calories), suffer from abdominal obesity (deposition of fat around the stomach), and low levels of good cholesterol (high density lipoprotein, which should be over 40 mg/dl). Add high-fat diets and little or no exercise and you have a Molotov cocktail ready to go boom.
4. "A family history of heart disease increases your risk four times and it's stupid not

- to go for regular screenings if you know your father had a heart condition," says Dr Trehan. The other group that needs to be alerted is diabetics, who are at high risk but may not realise it as they may get no warning symptoms like chest pain.
5. "Over 30 per cent of people coming to Escorts realise they have a heart condition only after they have had a heart attack, which shows how complacent people continue to be about heart disease," says Trehan.
To just limited to urban centres, heart disease is marking a transition to poorer sections, where death and disease is usually higher because of lack of awareness and lower access to hospitals.
 6. Another cluster of illnesses that do not display a gender or class prejudice is respiratory diseases such as pneumonia, acute upper respiratory tract infections, influenza and viral infections. "Even viral infections kill 2 per cent of people afflicted, as the response of the host or patient depends on how strong the immunity is. Immunity depends on nutrition, general state of health, and the concurrent infections such as HIV," says Rajesh Chawla, senior consultant, respiratory medicine, Apollo Hospital.
 7. The most common form of pneumonia is community acquired pneumonia (CAP), which usually begins with fever, chest pain and breathlessness. "In people with a compromised or weak immunity, pneumonia can progress very fast and the patient may even require a ventilator within two to three days of infection," says Chawla. The intensity of the infection depends on how virulent the strain of the infecting bacteria is and how soon the patient gets treated. "A 10-day course of antibiotics can completely cure, but the high death rate exists because most people tend to ignore early symptoms and go to a doctor only when it's too late," says Chawla.
 8. Diarrhoeal diseases remain the biggest killer of newborns and children under five years old and are common in rural areas. These deaths are completely avoidable as the children need to be given simple oral hydration salts or water with a pinch of salt and sugar to replace the essential salts being lost by the body.
 9. Cancers figure next as the fourth common cause of death in India, with the country topping the global incidence of cervical and oral cancers. While cancer of the cervix is common among the poor because of poor sexual hygiene and high rate of sexually-transmitted infections, numbers of breast cancer and lung cancer are also growing rapidly.
 10. "Contrary to what's shown in Bollywood melodramas, cancer is curable if detected and treated early," says Dr G K Rath, Head of International Rotary Cancer Hospital, All India Institute of Medical Sciences (AIIMS). How aggressive the treatment is depends on the way the cancer manifests in a particular patient.
 11. "Cancer is largely preventable and just stopping tobacco use completely can bring down cancer incidence by 50 per cent," says Dr Uma Nambiar of the Rajiv Gandhi Cancer Institute. The big failure, she says, is the lack of information and the poor state of the cancer screening camps set up in rural areas. "Instead of a one-off pap smear and mammogram, it would make better sense to screen people according to the risk group," she says. That would mean focusing on cancer of the cervix in the poorer sections and breast cancers in populations where women don't conceive or conceive late in life, don't nurse their child etc.

12. Deaths are also common because of delivery-related conditions such as low birth weight, birth asphyxia and birth trauma, but again it's more common among the poorer sections where deliveries are done by untrained people. To bring down maternal and child deaths, the Union Health Minister flagged off the Janini Suraksha Yojna that offers incentives to encourage women to deliver in health centres.
13. More adults die from Tuberculosis (TB) than from any other infectious disease in India: it is estimated to kill 4.5 lakh people every year and infects another 2 million. Like cancer, tuberculosis too shows a class bias, killing off more people from the poorer sections.
—Sanchita Sharma: *The Hindustan Times* (adapted)

I. Answer the following questions in about 30-40 words each: $2 \times 4 = 8$

1. Which is the most common form of pneumonia? What are its symptoms?
2. Which is the single largest killer disease in India? What precautions should be taken to prevent it?
3. Which disease is the biggest killer of newborns and children? How can it be avoided?
4. Which types of cancer are prevalent in India?

II. Pick out the correct meaning of the words taken from the passage, from the choices given below: $1 \times 4 = 4$

1. Virulent

- (a) hostile (b) poisonous (c) harmful (d) none of these

2. Complacent

- (a) to worry (b) take seriously (c) self-satisfied (d) none of these

3. Incentive

- (a) to dispel (b) to satisfy (c) to motivate (d) none of these

4. Asphyxia

- (a) suffocation (b) respiration (c) poisonous (d) none of these

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