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Signature of Invigilator .....

**Paper Code**  
**CE 05/ /BV-505/BD-505**

# University of Patanjali

**Examination December – 2018**

**B.A. Yoga Science/ B.A. Vyakaran/B.A. Darshan, (Semester : Fifth)**  
**English**

## Communicative English

**Time: 3 Hours**

**Max. Marks: 70**

**Note: This paper is of seventy (70) marks divided into three (03) sections A, B, and C. Attempt the questions contained in these sections according to the detailed instructions given therein.**

### Section - A

#### (Long Answer Type Questions)

**Note:** Section 'A' contains five (05) long-answer-type questions of fifteen (15) marks each. Attempt any **three** questions. **(3×15=45)**

**1.** Read the passage carefully and answer the questions that follow -

#### **Title: Power Foods**

Power foods are foods that provide rich levels of nutrients like fibre, potassium and minerals. With people becoming increasingly health conscious today, a lot of fitness trainers encourage their clients to include these foods in their daily diet to increase muscle development. There are various ways of incorporating power foods in your daily diet. Of course, the key to enjoying power foods is proper preparation of these foods, the use of season-fresh foods, and indentifying your choice of flavor among power foods.

Some of the recommended power food combinations are those that are prepared in our kitchens on a regular basis. Take for instance, the combination of chickpeas and onions. This combination is a powerful source of iron which is required by the body to transport oxygen to its various parts. Iron deficiency can lead to anaemia, fatigue, brain fog and tiredness. A study by the Journal of Agricultural and Food Chemistry says that sulphur compounds in onion and garlic help in the absorption of iron and zinc from chickpeas. The combination is a hit with teenagers who need to be diligent about getting iron in their diet. A quick way to prepare this power food is to make a chickpea salad with chopped onions, chaat masala and cilantro.

Another favourite combination with power food takers is yoghurt and bananas. This makes for a perfect snack after a rough game of football. Exercising burns glucose and thus lowers blood sugar. Yoghurt is packed with proteins that help preserve muscle mass, and bananas are packed with carbohydrates that help in refueling energy and preventing muscle soreness. A quick and easy recipe with bananas is a banana smoothie topped with cool yoghurt.

Among beverages, green tea is the best source of catechins that are effective in halting oxidative damage to cells. According to researchers at the Purdue University, adding a dash of lemon juice to green tea makes the catechins even more easily absorbable by the body. So, the next time you have instead of are friends serve them rounds of iced green tea with mint and lemon juice.

**Answer the following question briefly:**

- |                                                                       |   |
|-----------------------------------------------------------------------|---|
| (A) What are power foods?                                             | 1 |
| (B) What are the rules regarding the partaking of power foods?        | 2 |
| (C) What is the advantage of including onions and garlic in our diet? | 2 |
| (D) Suggest a quick recipe with chickpea and onions.                  | 2 |
| (E) Why is yoghurt and bananas, an enriching power food?              | 2 |
| (F) Why is green tea a recommended power food?                        | 2 |
| (G) What is the advantage of combining green tea with lemon juice?    | 2 |
| (H) What is the key to enjoying power foods in a wholesome way?       | 2 |

2. Describe the first and the last meeting between Kabuliwala and Mini.
3. Deliver a speech in the morning assembly on ‘The importance of Yoga.’
4. Describe the qualities of Chanakya?
5. Summarize the young man’s hunt for a vanished woman in the story ‘The furnished Room’.

### Section - B

#### (Short Answer Type Questions)

**Note:** Section 'B' contains Six (06) short-answer-type questions of five (05) marks each. Attempt any **four** (04) questions. **(4×5=20)**

1. Describe the life of Chanakya, as a student and his relation to Taila University.
2. How does O. Henry use suspense in “The Furnished Room”?
3. Write the summary of the given passage with a suitable title –

A sparrow is a small bird which is found throughout the world. There are many different species of sparrows. Sparrows are only about four to six inches in length. Many people appreciate their beautiful song. Sparrows prefer to build their nests in low places-usually on the ground, clumps of grass, low trees and low bushes. In cities they build their nests in building nooks or holes. They rarely build their nests in high places. They build their nests out of twigs, grasses and plant fibres. Their nests are usually small and well-built structures.

Female sparrows lay four to six eggs at a time. The eggs are white with reddish brown spots. They hatch between eleven to fourteen days. Both the male and female parents care for the young. Insects are fed to the young after hatching. The large feet of the sparrows are used for scratching seeds. Adult sparrows mainly eat seeds. Sparrows can be found almost everywhere, where there are humans. Many people throughout the world enjoy these delightful birds.

The sparrows are some of the few birds that engage in dust bathing. Sparrows first scratch a hole in the ground with their feet, then lie in it and fling dirt or sand over their bodies with flicks of their wings. They also bathe in water, or in dry or melting snow. Water bathing is similar to dust bathing, with the sparrow standing in shallow water and flicking water over its back with its wings, also ducking its head the water. Both activities are social, with up to a hundred birds participating at once, and is followed by preening and sometimes group singing.

4. What is the theme of the Story ‘The Kabuliwala’ by Rabindra Nath Tagore?
5. Narrate any one story related to Chanakya.
6. Write a paragraph on ‘Child Labour’.

### Section - C

#### (Objective Type Questions)

**Note:** Section 'C' contains ten (10) objective-type questions of half (0.5) mark each. **All** the questions of this section are compulsory. **(10×0.5=05)**

1. ‘The Furnished Room’ is a sad and short story about a .....  
 (A) Family (B) Man  
 (C) Woman (D) Father
2. Mini’s mother was scared of Kabuliwala because she thought that .....  
 (A) He was a thief (B) He would make her slave  
 (C) He would kidnap Mini (D) He would stab Mini
3. Chanakya was popularly known as .....  
 (A) Bindusara (B) Kautilya  
 (C) Chanak (D) None of these
4. The young man was searching for a woman named .....  
 (A) Rehana (B) Eloise  
 (C) O’ Henry (D) Rozi

5. Taxila University is situated in .....  
(A) Lahore (B) Islamabad  
(C) Rawalpindi (D) None of these
6. "The oil filled in that lamp has been brought from the National Treasury" – there words were spoken by .....  
(A) Chandragupta (B) Bhadrabhatt  
(C) Chinese traveller (D) Chanakya
7. The meaning of 'Hawker' is .....  
(A) Pedestrian (B) Watchman  
(C) Vendor (D) Sportman
8. Mini's father considered the arrival of Kabuliwala on his daughter's weddings day .....  
(A) Auspicious (B) A dream come true  
(C) Lucky (D) None of these
9. Acharya Chanakya was born in .....  
(A) Kusumpur (B) Nalanda  
(C) Taxila (D) Pataliputra
10. When Chanakya was born he had .....  
(A) No teeth (B) Two upper teeth  
(C) Four teeth (D) A full set of teeth

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