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Sr. No. of Question Paper : 7003

Unique Paper Code : 62031102

Name of the Paper : English – h)

Name of the Course : B.A. Programme English (CBCS)

Semester : I

Duration : 3 Hours

Maximum Marks : 75

Instructions for Candidates

1. Write your Roll No. on the top immediately on receipt of this question paper.
2. Attempt **All** questions.

1. Write a diary entry of your experience of the Freshers' Welcome week of your college where you were adjudged the best talent in an event. (10)
2. Write a paragraph in about 150 words on the issue of child safety in schools. Also suggest ways and measures to create awareness amongst parents on this issue. (10)
3. Read the passage given below and answer the questions that follow :

Today the issue of mental depression is gathering a lot of attention around the world. The World Health Organization says that by 2020, the second leading cause of disease in the world will be depression. Nearly one in every five people in the USA has some kind of mental illness and each year, 25 per cent of the population in Europe suffers from depression.

What causes depression? Among other factors, depression occurs because one hangs on to the past or does not know where to draw the line between ambition and over-ambitiousness. Equally important is to understand that change is a constant. If we do not let go, we get stuck and frustration and depression follow. We need to be aware that we are connected with the whole universe. We forget to look into the core of life. What is life? Who am I? What do I want? It is emotion that sinks us into depression and it is wisdom which takes us out of depression.

This is where meditation and breathing techniques can help. They are tools that could help us calm our mind, and make us feel happy from within. A lot of the illnesses can be handled through breathing exercises and meditation. First, meditation creates positive and harmonious energy around us. The second benefit is that it improves health, and can help in preventing many mental and physical illnesses. There is a lot of research on how meditation helps overcome hypertension, diabetes, heart problems, skin problems, nervous system problems, and many others.

Apart from health benefits, meditation improves concentration and helps one to be in the present moment. The mind vacillates between the past and future. We are either angry about the past or anxious about the future. Meditation helps keep the mind in the present. When the mind is calm, it is able to perceive things better. When the mind is disturbed, our perception is also totally disturbed. In our day-to-day life, we come across all kinds of situations that can be challenging and which demand a degree of alertness so we can make good choices.

These situations give rise to different states of mind and neither life nor the states of mind occur with our permission. In fact, they often occur in direct defiance of our wishes. Meditation can bring about a balance between different states of the mind. We can learn to switch from the tough aspect to the delicate aspect within us. We can stand up when needed and let go when needed. This ability is present within everyone, and meditation enables us to switch between these states effortlessly. With a few minutes of meditation, our thoughts become powerful and our tasks are accomplished with just a little effort. Meditation therefore is a much needed food for the soul.

Questions :

- (a) Make appropriate notes based on your understanding of the passage. (5)

(b) Write a summary of the above passage in about 150 words and give it a suitable title. (8+2=10)

4. Apply for the post of a copy editor advertised in a leading national daily. You are a fresh graduate from a premier institute of mass communication. Keeping in mind the eligibility conditions and other requirements as advertised, prepare the following :

(a) Your Resume/CV. (10)

(b) A covering letter to the Chief Editor of the daily. (5)

5. Write a letter to the Municipal Commissioner of your city congratulating him/her for the timely cleaning of the drains that ensured a hassle free monsoon experience in your city. (8)

6. Write a letter to your cousin in another city who is recuperating after suffering from viral fever. (7)

7. Write a review of a book (in about 200 words) that you have read recently. Mention the title, author and other details. (10)

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