

1. SAY NO TO PLASTIC BAGS

2. Pre-Reading activity:

- What are the reasons for climate change, pollution, Global warming and land degradation?
- What is an alternative to plastic bags?

Plastic is a scourge that is polluting cities in alarming proportions. As you open the gate of your home to go out, you will probably step over used plastic bags, empty biscuit wrappers or even empty pan masala pouches, strewn everywhere from the street. All over the street, in the drains and on the pavements there are discarded plastic packets and bottles, used packaging and numerous packets with wasted food from the surrounding eateries. Plastic is a scourge that seems to have grown to alarming proportions.

The reason why plastic is an environmental hazard is because it is one of the few modern chemical materials that is not biodegradable. Polyethylene, polyvinyl chloride and polystyrene are the composition base in the manufacture of plastics. These synthetic polymers are easily moulded into complex shapes and have high chemical resistance. Because of these properties they are used to manufacture several durable or disposable goods and for packaging materials.

However, plastic is resistant to biodegradation. A discarded plastic bottle can remain in a landfill for millions of years, so just consider the thousands of plastic bottles we discard on a daily basis. Bangalore alone generates roughly 40 tons of plastic waste per day, so is the city headed for environmental disaster?

Greedy consumption

"The average human in India uses 3 kg of plastic per person per year. That's far lower than the European who consumes 60 kg per year, and the American who consumes 80kg. Because we are so populous, the amount of plastic consumed is mind-boggling and our disposal habits make it a health hazard. As long as our homes are clean, we are fine; throw all the plastic waste on the road for the corporation sweepers to clean. If they do not, we just sit back and grumble that the municipality is doing nothing."

That's one reason why drains get clogged in Bangalore, India during the rains. Look into the open storm water drains which are invariably filled with all sorts of junked plastic. Milk sachets, mineral water bottles, grocery bags, empty plastic cans and containers. A recent trip to Goa and Ooty were definite eye openers. Earlier, both holiday destinations had waste plastic clogging everything from lakes, where tourists took boat rides, to beaches, where even a sea bath meant bringing up discarded fishermen's nets around your ankles.

Today, both cities have a very strict ban on plastic and the results are clearly visible. What makes it a workable solution is the local population too has enforced the ban, taking personal pride in keeping their cities and market areas free from plastic. Buy fish from local fisherwoman in the market in Goa and if you have not carried your own cloth bags she will wrap your fish or prawns in newspapers and thrust it in your hands. Ooty has stylish-looking newspaper bags in which your tea, chocolates and spices will be handed over.

We have also aped the disposable culture of the west and over the last decade use everything from disposable razors and pens to large quantities of fancy packaging. Apples or pears are pushed into honeycomb plastic packing to keep them from getting damaged in transit.

What happened to filling our pens with ink or the biscuits that we bought from the baker sans plastic wrapping? Maybe we need to take a step back in time and go back a decade, when we did not need the fancy packing.

We all need to take responsibility for this pollution which threatens to overwhelm the city. Carry a shopping bag like we did in the old days or put a basket into the dickey of your car into which you can fill a whole shopping cart. Stop buying bottled water, instead buy a food grade plastic water bottle and carry your own water. Leave packaging behind in the shop, especially of large white goods, so it can be recycled rather than carry it home. If each of us cut back on our consumption of plastic responsibly, there will be much less floating around the garbage dumps in the city.

Glossary:

- 1) drain: cause the liquid in something to run out.
- 2) pavements: paved path for pedestrians beside a road, footpath.
- 3) discard: to get rid of useless or unwanted things.
- 4) scourge: a trouble or suffering
- 5) biodegradable: capable of being decomposed by bacteria or other living organism
- 6) resistant: opposed to, unaffected by.
- 7) disaster: a sudden misfortune
- 8) mind-boggling: overwhelming, unbelievable
- 9) grumble: complain in a bad tempered way
- 10) clog: block or become blocked
- 11) junk: useless or worthless
- 12) overwhelm: bury or drown plastic bags beneath a huge mass, overpower with emotion/ with its existence.
- 13) ape: imitate

EXERCISES

I) Answer the following questions in two/three sentences each:

1) What type of plastic material is found on the streets?

Plastic bags, empty biscuit wrappers, pan masala pouches, discarded plastic packets, bottles, milk sachets, grocery bags, and empty plastic cans and containers are found on the streets.

2) How is plastic an environmental hazard?

Plastic is not biodegradable and remains in the environment for millions of years. Because it does not decompose, it accumulates in landfills, clogs drains, pollutes water bodies, and causes severe damage to land and aquatic life.

3) Compare the use of plastics by Indians, Europeans and Americans.

An average Indian uses **3 kg** of plastic per year, which is much lower compared to a European who consumes **60 kg** and an American who uses **80 kg** annually. However, because India's population is huge, the overall waste generated becomes massive.

4) How are Goa and Ooty free from plastic use?

Both Goa and Ooty have enforced a strict ban on plastic. The local people support the ban by using alternatives such as newspaper bags and cloth bags, ensuring their markets, lakes, and beaches remain clean.

5) What measures need to be taken to avoid the use of plastic bags?

We must carry cloth or reusable bags, stop buying bottled water, minimize use of fancy packaging, and leave unnecessary packaging at the shop for recycling. Reducing consumption and disposing plastic responsibly will help reduce pollution.

II) Answer the following questions in about 75–80 words each

1) What is the disastrous effect of plastics on sea?

Plastic waste thrown by tourists and locals often ends up in lakes, rivers, and seas. Beaches get littered with plastic bottles, food wrappers, fishing nets, and other waste. In places like Goa and Ooty earlier, plastic clogged the lakes where boating was done, and during sea baths, discarded nets and plastic tangled around people's legs. This pollution harms marine life, destroys natural beauty, and poses serious risks to animals and humans.

2) How has plastic spoiled the land?

Plastic has polluted streets, drains, pavements, and garbage dumps. Since it is non-biodegradable, it remains in landfills for millions of years. In cities like Bangalore, plastic waste clogs storm-water drains, causing floods during rains. Streets get littered with wrappers, bottles, and bags, making the environment dirty and unhealthy. Our careless disposal habits have turned land pollution into a serious environmental threat.

III) Vocabulary Building:

1) Write synonyms of the following words:

Word	Synonym
hazard	danger / risk
disaster	catastrophe / calamity
mind-boggling	unbelievable / astonishing
ban	prohibition / restriction
alarming	worrying / disturbing

2) Write antonyms of the following words:

Word	Antonym
used	unused / new
waste	save / conserve
modern	ancient / traditional
strict	lenient
buy	sell

2. INTERVIEW OF DR. APJ ABDUL KALAM

Pre-Reading Activity:

- Have you read the books 'Wings of Fire' and 'Vision 2020'? Find out some more information about the author.
- What is the central idea of these books?

A clear aim, knowledge, hard work and perseverance spell success.'

A vibrant octogenarian -that's what describes Dr. Kalam best. For a man of 80 summers, Dr. Kalam is extraordinarily full of life even at 8.15 pm when we sat down for freewheeling chat, nay an experience. We asked him about his famous 'thinking hut' at Rashtrapati Bhawan.

"It is a great place", he says. "Two books came out of there. Here, I don't have sufficient area - but everywhere I capture thoughts." His infectious enthusiasm overpowers us all as we hear him talk about how to live a life to its fullest possible potential. Here are the excerpts of his interaction with Team Careers360.

Q. Sir, you always say that we must dream big and follow our dreams. What makes one follow one's own dreams? Parents, access or commitment?

A. Dreams are finally nothing but goals or mission in life. In my case I had great teachers in various phases of life. My father and mother were very useful teachers to me throughout their lives. I was the only fellow in the family studying, and their commitment to me was absolute. The spiritual environment at home shaped me. You should convert your goal and mission into success in spite of problems. That has been my lifelong commitment.

Q. Sir, what is more important, the ability to handle failure or the ability to respond to failures?

A. I have myself gone through many successes and a few failures. I have also met a number of successful people throughout the world wherever I have gone. When I discussed with them, they revealed how many problems they had encountered, what kind of failures they had. So I have come to the conclusion that great success has some element of failure also.

Q. Sir, why do we find 2/3 of India's engineering graduates unemployable? What do you think is the underlying problem?

A. During my recent visit to Canada I visited a university called Waterloo. For an engineering degree, the students are taught in the classroom for one year, the next year they go to the industry. So two out of four years they spend in the industry. In the industry they learn to work within the system, it may be the software system, machine system, electronic system, or chemical system. But they learn to apply what they studied at the university. So when they graduate there is a good demand for them. They can hit the ground running.

Q. So, is it a lack of integration between real-life work and academia?

A. I want to share with you my own experience. In 1957 I studied aeronautical engineering in Madras Institute of Technology. It was a difficult discipline to get into and we were only nine students. Prof. Srinivasan gave us a six months project in our final year. The project was to design low-level (low altitude, he clarifies) attack fighter aircraft. So having studied aerodynamics, structures, propulsion, control, etc., we had to put them together into a workable aircraft system design. I was the project leader for that at that time we did not have computers, I was using the drawing board for the design of the aircraft and my friends were all around me. Prof. Srinivasan, the guide, came, saw and said, "I am completely disappointed with your work: 1: going to stop your scholarship if you don't complete the design in two weeks." (Dr. APJ Kalam laughs.) It and very costly education. If my scholarship stopped, I had to return home. We worked hard together day and night even on Saturdays and Sundays; we didn't even go to our hostels.

On Sunday evening Prof. Srinivasan came, exactly one day before the deadline. He saw the design, he was very happy. Then, he gave us Madras coffee at his house. (Dr. Kalam laughs again as he remembers). It taught me the value of planning, teamwork and time. But what we learned most was that in the education system, while we study mechanical engineering or electrical engineering or chemical engineering, etc. we should also have a clear understanding of how it all fits into a larger system, a productive system. So students must also be taught system design, system integration, system management, since that is what the industry wants. Our educational system should promote that.

Q. Why, sir, is entrepreneurship and skill development very important to you?

A. We add seven million people every year at 10+2 level and three million graduates every year. So, we inject ten million people into the society every year as employment seekers. This is because entrepreneurship is not taught, either in the secondary school education or in higher education or university education. Entrepreneurship is not part of the curriculum, neither is acquisition of usable skills. That's why I am saying if 30 per cent people have to acquire their skills, that training should be started during the period of education itself.

Q. Sir, what would be the three qualities one requires for success in life?

A. I will say four qualities, okay.

Number one, a clear aim in life, without it you will be going in all directions. Second, you should acquire knowledge. You acquire knowledge in multiple ways. Great books and great teachers should be your friends, and even home environment and parents can help you to gain knowledge. The third aspect is hard work with devotion. I am saying since your work is towards your mission, it should be

permeated with the devotion to that mission you have in mind. The fourth one is perseverance. Persevere continuously. You do these four things and you can become anything. If you work on all these four things, you will achieve anything.

Q. Sir, would you then say, that it finally boils down to focusing on one mission in life?

A. No, it is finally that the goal should be in front of you. That is my experience. We are always tempted to do many things simultaneously. But if you start doing one thing, have one goal and put all your efforts into that, then definitely you will succeed. Of course, you have to win! A problem always appears here and there but you have to face the problem and defeat the problem.

Q. Sir, one last word to our new generation.

A. They must think in a big way. I remember 2000 years back, there was famous saying in Thirukural by Saint Poet Thiruvalluvar-Vellanathanaythu Malar Neetam Mandartham Ullathanaytu Uyarvu. It means that, just like the height to which a lily would grow, it is the height of thoughts that determines the height to which you could aspire for. So as human beings they should have great thoughts, great aims, and when thoughts get transformed into actions performed with perseverance and devotion, success has to follow. Thank you!

Glossary:

- 1) vibrant: full of activity or energy.
- 2) octogenarian: someone who is between 80 and 89 years old.
- 3) infectious: that spreads quickly from one person to another
- 4) free-wheeling: act without constraint.
- 5) access: opportunity to reach.
- 6) commitment: dedication.
- 7) encounter: to experience something, especially problems or opposition.
- 8) unemployable: not having the skills or qualities needed to get a job
- 9) integration: the combining of two or more things so that they work together effectively.
- 10) deadline: the date or time by which you have to do or complete a given task.
- 11) entrepreneurship: someone who starts a new business or arranges business deals in order to make money often in a way that involves financial risks.
- 12) persevere: to continue trying to do something in a very determined way in spite of difficulties.
- 13) mission: something that you feel you must do because it is your duty.
- 14) transform: to completely change the appearance, form or character of something or someone, especially in a way that improves it.

EXERCISES

I) Answer the following questions in two/three sentences each:

1) What are Dr. APJ Abdul Kalam's views on dreams?

According to Dr. Kalam, dreams are not what we see in sleep but the goals or missions of life. He believes that dreams guide a person towards success when they are followed with commitment, hard work and determination.

2) What does Dr. Kalam think about failures?

Dr. Kalam says that every great success has some element of failure in it. Successful people he met also faced many problems, and he feels that failures must be accepted as part of the journey towards success.

3) How does Dr. Kalam explain the problem of unemployment of India's engineering graduates?

He explains that there is a lack of integration between academic learning and real-life industry work. Students learn theory but do not get practical exposure, so they graduate without the skills needed by industries and become unemployable.

4) Which incident taught Dr. Kalam the value of planning, teamwork and time?

While studying aeronautical engineering, his professor gave him a project to design a low-level attack aircraft. When the professor warned that his scholarship would be stopped if he failed to complete it in two weeks, Kalam and his team worked day and night, completing it on time. This incident taught him planning, teamwork and time management.

5) What four qualities, according to Dr. Kalam, are important for success in life?

The four important qualities are:

1. A clear aim in life
 2. Acquisition of knowledge
 3. Hard work with devotion
 4. Perseverance
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6) What is the advice of Dr. Kalam to the new generation?

Dr. Kalam advises the younger generation to think big, have great thoughts and transform them into actions with perseverance and devotion. He encourages them to aim high and work diligently toward their goals.

7) Why does Dr. Kalam stress on the importance of acquisition of usable skills?

He stresses this because millions of students complete school and college every year and look for jobs, but skills like entrepreneurship and practical abilities are not taught. Without usable skills, students remain job seekers instead of job creators.

II) Answer the following questions in about 75-80 words each:

1) How does the success story of Dr. Kalam inspire the new generation?

Dr. Kalam's life is an inspiration because he rose from a simple background to become one of India's greatest scientists and the President of India. His commitment to his goals, hard work, and ability to convert failures into stepping stones motivate young people. He teaches that with a clear aim, knowledge, dedication, and perseverance, anyone can achieve success. His emphasis on dreaming big and thinking positively encourages students to overcome challenges and achieve their true potential.

2) Describe the qualities and achievements of a successful person that you know.

A successful person I know is my teacher, who is dedicated, hardworking, and passionate about teaching. She always motivates students to do their best and helps them overcome difficulties. Her patience, knowledge, and friendly nature make her a respected figure. She has received awards for excellence in teaching and has helped many students excel. Her commitment to education and her positive attitude inspire everyone around her.

III) Vocabulary Building:

1) Write two words ending with the following suffixes:

- **-ment:** development, achievement
- **-ness:** kindness, happiness
- **-ful:** beautiful, helpful

2) Write two words beginning with the following prefixes:

- **dis-** dislike, disappear
- **pre-** preview, preschool
- **post-** postpone, postpaid

3. MAXIMUM ACHIEVEMENTS

Pre-Reading Activity:

- What are your achievements?

- What is success? How do you see success in your life?
- What is the importance of happiness in your life?

Over the years, I have learned this: you can't hit the target you can't see. You can't accomplish wonderful things with your life if you have no idea of what they are. You must first become absolutely clear about what you want if you are serious about unlocking the extraordinary power that lies within you.

Every success I've enjoyed came after I had taken the time to think through what my goal would look like when it was accomplished.

You have to decide exactly what 'success' means to you and what your life would look like if you made it into a masterpiece.

Seven keys to success

Seven ingredients of success are consistent with everything ever written on success and happiness. They characterize the lives and accomplishments of all high performing men and women. By defining your success and happiness in terms of one or more of these seven ingredients, you create a clear target to aim at. You can then measure how well you are doing and where you need to make changes.

1. Peace of mind

Without peace of mind, nothing else has much value. You usually evaluate how well you are doing at any given time by how much inner peace you enjoy. You experience happiness and peace of mind whenever you are free from the destructive emotions of fear, anger, doubt, guilt, resentment and worry. In the absence of negative emotions, you enjoy peace of mind naturally, effortlessly. The key to happiness, then, is to eliminate or minimize, what causes you negative stress, including negative people, situations and emotions that make you unhappy. Project forward in thought and imagine your ideal life. What combination of ingredients would have to exist for you to be perfectly happy? Don't worry about what's possible or not possible for you at the moment. Just define your life exactly as it would have to be for you to enjoy the peace of mind you desire.

What would you be doing? Where would you be living? Who would be there with you? How would you spend your time?

2. Health and energy

Just as peace of mind is your normal and natural mental state, experiencing health and energy is your normal and natural physical state. Your body has a natural bias towards health. It produces energy easily and in abundance in the absence of mental or physical interference, And radiant health exists in the absence of any pain, illness or disease. Wonderfully enough, your body is constructed in such a way that if you just stop doing certain things to it, it often recovers and becomes healthy and energetic all by itself.

If you achieve great things in the material world but lose your health or your peace of mind, you get little or no pleasure from your other accomplishments.

Imagine yourself enjoying perfect health. How would you feel? What would you weigh? What foods would you eat and what exercises would you do? What would you be doing more of, and less of?

3. Loving relationships

These are relationships with the people you love and care about, and the people who love and care for you. They are the real measure of how well you are doing. The fully functioning person has the ability to enter into and maintain long term friendships and intimate relationships with other people. The very essence of your personality is demonstrated in the way you get along with others, and the way they get along with you.

At almost any time, you can measure how well you are doing in your relationships by one simple test: laughter. How much two people, or a family, laugh together is the surest single measure of how well things are going. When a relationship is truly happy, people laugh a lot when they are together. And when a relationship turns sour, the very first thing that goes is the laughter.

What is your ideal relationship? Who would it be with and what would it look like? If you could design your important relationships in every detail, what would you want more of, or less of? What could you do, starting today, to create these conditions in your life?

Without a clear idea of what you really want in a relationship with another person, you will probably find yourself in situations not of your own choice. Problems in life are almost invariably "people problems". They come with hair on top, and talk back.

Only when you have your relationships under control and functioning harmoniously can you turn your thoughts toward the self-expression and self-actualization that enable you to fulfill your true potential.

4. Financial freedom

To be financially free means that you have enough money so that you don't worry about it continually. Achieving your own financial freedom is one of the most important goals and responsibilities of your life. It is far too important to be left to chance. Fully 80 percent of the population is preoccupied with money problems. This is not a happy, healthy way to live. Most worry, stress, anxiety and lost peace of mind are caused by money worries. Many health problems are caused by stress and worry about money. Many problems in relationships are caused by money worries, and one of the main causes of divorce is arguments over money. You owe it to yourself to develop your talents to the point where you know that you can earn enough money so that you don't have to worry about it.

What would your life look like if you achieved all your financial goals? What difference would it make in your activities? What would you be doing more of or less of?

How much would you like to be earning one year, five years, and ten years from today? What lifestyle would you like to enjoy? How much would you like to have in your bank? How much would you like to be worth when you retire?

Most people never ask and answer these important questions in their entire lives! But if you can be perfectly clear about where you want to go financially, you can learn what you need to know and do to get there.

5. Worthy goals and ideals

Our deepest drive, according to Dr. Viktor E. Frankl, author of *Man's Search of Meaning*, is the need for meaning and purpose in life. To be truly happy, you need a clear sense of direction. You need a commitment to something bigger and more important than yourself. You need to feel that your life stands for something, that you are somehow making a valuable contribution. Happiness has been defined as "the progressive realization of a worthy ideal." You can only be happy when you are working step by step towards something that is important to you. What activities and accomplishments do you most enjoy? What were you doing in the past when you were the happiest? What sort of activities gives you your greatest sense of meaning and purpose in life?

6. Self knowledge and self awareness

Self knowledge goes hand in hand with inner happiness and outer achievement. To perform at your best, you need to know who you are and why you think and feel the way you do. You need to understand the forces and influences that have shaped your character from earliest childhood. You need to know why you react and respond the way you do to the people and situations around you. It is only when you understand and accept yourself that you can move forward in the other areas of your life.

7. Personal fulfillment

This is a feeling that you are becoming everything that you are capable of becoming. It is the sure knowledge that you are moving towards the realization of your full potential as a human being. You can learn how to achieve and maintain a positive, optimistic and cheerful mental attitude under almost all circumstances. You can learn how to develop a fully integrated, fully functioning, fully mature personality. Defining the seven ingredients of success gives you a series of targets to aim at. When you define your life in ideal terms, when you have the courage to decide exactly what you want, you begin the process of unlocking your hidden powers to succeed.

Glossary

- 1) ingredient: a component part or element
- 2) guilt: a feeling of having committed wrong.
- 3) resentment: bitterness.
- 4) abundance: plentifulness.
- 5) radiant: glowing brightly.
- 6) integrate: combined to form a whole.
- 7) essence: the intrinsic nature of something.
- 8) sour: become less pleasant.
- 9) harmonious: free from conflict, in tune with somebody or something
- 10) potential: having the capacity to develop into something in future.

EXERCISES

1) Answer the following questions in two/three sentences each:

1) What should be the state of mind to experience happiness and peace?

To experience happiness and peace, a person must be free from destructive emotions such as fear, anger, guilt, doubt, resentment, and worry. When these negative feelings are removed or minimized, peace of mind comes naturally and effortlessly.

2) State the importance of laughter for a long-lasting relationship.

Laughter is the best indicator of a healthy relationship. When people laugh together, it shows harmony, comfort, and happiness. When a relationship turns sour, the first thing that disappears is laughter.

3) What are the effects of greed for money?

Greed for money leads to constant stress, anxiety and loss of peace of mind. It creates relationship problems, causes arguments, and is one of the major reasons for unhappiness and even divorce. Too much worry about money harms both health and emotional well-being.

4) State the seven keys to success.

The seven keys to success are:

1. Peace of mind
 2. Health and energy
 3. Loving relationships
 4. Financial freedom
 5. Worthy goals and ideals
 6. Self-knowledge and self-awareness
 7. Personal fulfillment
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5) What is self-awareness?

Self-awareness is understanding who you are, why you think and feel the way you do, and what influences have shaped your personality. It includes knowing how you react to situations and accepting yourself so you can grow and improve in life.

6) State the steps to be taken to achieve a mature and integrated personality.

A mature personality can be achieved by developing a positive and optimistic attitude, understanding oneself deeply, eliminating negative emotions, and working towards personal fulfillment. One must continuously grow, stay cheerful, and move toward realizing full potential.

II) Answer the following questions in about 75–80 words each

1) What is your aim in life? How have you planned to achieve it?

(Model Answer — You may replace it with your own goal if needed)

My aim in life is to become a successful professional who contributes positively to society. To achieve this, I have planned to focus on continuous learning, developing my skills, and maintaining discipline in my studies. I also believe in setting clear goals and working hard with dedication. Along with academic knowledge, I will cultivate qualities like self-confidence, perseverance, and a positive attitude so that I can overcome challenges and move closer to my dream.

2) How can a person with a positive attitude contribute to society?

A person with a positive attitude spreads hope, motivation, and confidence in others. They help solve problems instead of complaining and inspire people to work towards improvement. Their cheerful nature strengthens relationships and builds harmony. By working with dedication, supporting others, and staying optimistic during difficulties, such a person becomes a role model. Their positivity encourages growth, teamwork, and success in the society around them.

III) Vocabulary Building: Collocation

Make sentences:

1) Make a difference

Good habits and kindness can make a difference in the lives of others.

2) Make an effort

You must make an effort every day to achieve your goals.

3) Make money

Many people start small businesses to make money and support their families.

4) Make a mess

Children often make a mess while playing with toys and colours.

4.BE REMARKABLE

by Naren Goidani

Pre reading Activity

1. Can a person be successful in life by only scoring good marks?
2. How can you be different from others?

Why do we study? Is it to make our life secure? Is it to create a career? Will studies truly make our life secure or provide us with a career? Hmmm, interesting point? Or is it disappointing? Or it is scary? Or does it sound like an unnecessary question? We have lived our entire lives thinking when we complete our studies the world will be waiting with open arms to give us great opportunities and reward us handsomely. Nothing can be far more from truth than this thinking. Many students have faced terrific disappointments after they passed out of college for they discovered what they have is not enough for the world. What is needed? What is the gap? Where should we students focus? Let me share some pointers, suggestions and guidelines with all of you. A few years ago, organizations started taking IQ (intelligence quotient) tests that revealed the 'intelligence' of the interviewees. The HR department of organizations realized, even when candidates came to them with 'good marks', most of them were not qualified for 'work'. The surprising revelation was that some candidates who scored good marks did so because of good 'memory' rather than intelligence. These good candidates knew how to memorize the subjects better than others. In some cases, it was just luck. What they studied was asked in the exams. These are the people who study in the last moments and 'manage' to score. Sadly they mislead many others to do the same and scrape through. This is dangerous for your future. In a few cases it was indeed good studies and intelligent understanding. The percent of the last category needed to be improved.

The HR people realized, mistakes were happening when people were recruited based only on marks. Hence, the IQ tests were introduced. It tested the ability of people to 'solve' rather than 'remember'. Since this new IQ tests were giving them good results, they got encouraged to research how to make things even better. Besides the IQ test, another new test called the EQ (Emotional Quotient) test was introduced. This tested the ability of candidates to be emotionally stable. After all, who wants a person who panics, who has fear, who becomes jealous, who becomes angry fast? This person can never work as a Team Player. Nor can they give their 100% to their own work. Neither will they progress, nor will the organization progress.

For the best results, great teamwork is mandatory. After all, no one can ever do everything by himself or herself. While the combination of IQ and EQ gave better results in recruitment, studies and research in this field of 'ideal candidates' for an organization continued. The latest development in this field is called SQ. This SQ stands for situational intelligence quotient. When you have time, IQ comes in the picture. When there are emotional turmoil EQ comes into picture. There are times, when decisions must be taken on the spot. Even if you are not the decision maker, you must take decisions. Even if you do not have enough data, you need to make your choices. These choices can make or break so much. These are crux situations. What is required in these situations? When faced with difficult situations, you must carry 'Self-Belief'. When faced with angry people, you must know how to calm people down. When faced with a tragedy, you must be able to establish positivity. When faced with huge losses, you must be able to rule with composure. When faced with problems, you must be able to intensely search, identify and present solutions. When faced with critical situations, you must be able to make important well thought of choices. While your qualifications provide the necessary platform,

your IQ, EQ and SQ will help you to take-off. While studies help you to gain an interview call, your IQ, EQ and SQ will help you getting employment and creating a career. In case you want to be a businessman, it is your IQ, EQ and SQ that will be the solid support in making the best of the opportunities. With IQ, EQ and SQ, no hurdle is high, no problems is big. When faced with difficult situations, your BEST will come out. Even if you make mistakes, as all of us do, you will bounce back big. Manufacturers expose their products to vigorous tests. The products that stand the toughest of tests are the most premium products. Similarly, the challenges of life will be your vigorous tests from which you must emerge victorious and be a premium product. As you study, study well. Give your 100% to master the subjects. Along with that, do develop your IQ, EQ and SQ too. While your marks certainly help you, you will need more than marks to be 'remarkable'

Remember, 'remarkable' is more than 'mark'. It has R (Really) and E (Exceptional) in the beginning. It includes 'able' (IQ, EQ and SQ) to complete it. Have Really Exceptional Marks (for a great pedestal) and be very Able (for take off - IQ EQ and SQ) too. Be "R E MARK ABLE". Live a R E Mark Able life. Read great books that make you believe you can be 'remarkable'. Nurture the company of people whose presence, whose comments, whose life style makes you believe you can be 'remarkable'. Meditate, exercise, and eat nourishing food that provides you vital energy to live a remarkable life. Whatever happens, 'believe in yourself'. The creator always creates remarkable things. In 'his' factory, there is no ordinary product. The fact that you have been created means you 'can' live a remarkable life. What humans can do, god will not do. What God can do, humans cannot do. He has played his part by creating us. Now it is up to us to play our part and create ourselves as 'remarkable' person.

With lots of love, prayers and best wishes,

Naren.

As I Live...I learn.

Exercise 2.11 Give the contextual meanings of the following sample words using the dictionary.

Scary – frightening, causing fear

Terrific – extremely good or excellent

Revealed – made known; disclosed

Interviewees – people who are being interviewed

Recruited – selected or employed for a job

Turmoil – confusion or disturbance

Composure – calmness and self-control

Vigorous – strong, active, and forceful

Victorious – winning; successful in a struggle

Hurdle – obstacle or difficulty

Exercise 2.12 Answer the following sample questions.

1) Write the meaning of the word: recruitment.

Recruitment means the process of selecting and hiring suitable people for a job.

2) Write the full form of the abbreviations:

- IQ – Intelligence Quotient
 - EQ – Emotional Quotient
 - SQ – Situational Intelligence Quotient
-

3) Change into indirect speech:

Direct: Naren says, “Nurture the company of people whose presence, whose comments, whose lifestyle makes you believe you can be remarkable.”

Indirect: Naren says that we should nurture the company of people whose presence, comments, and lifestyle make us believe we can be remarkable.

4) Change the voice:

Active: When faced with difficult situations, you must carry self-belief.

Passive: Self-belief must be carried by you when faced with difficult situations.

Answer the following in 4 to 6 sentences

1) State the importance of situational intelligence.

Situational intelligence (SQ) helps a person take correct decisions during critical or urgent situations. It is useful when there is no time to think deeply or when emotions are running high. SQ enables a person to stay calm, handle pressure, and solve problems quickly. It allows individuals to make choices that can prevent failure or loss. Therefore, SQ is essential for success in real-world challenges.

2) Express the views of the author about scoring marks for the career.

The author believes that only scoring good marks does not guarantee success in life. Many students get high marks simply by memorizing, not by understanding. Companies realised that marks alone do not show real ability. Therefore, marks may help get an interview, but to build a career, one needs intelligence, emotional stability, and decision-making skills. According to the author, marks are helpful, but one needs much more to be truly remarkable.

3) State the realization of HR Department after selecting candidates with good marks.

HR departments realized that students with high marks were often not suitable for work. Many had only good memory and lacked practical understanding. They could not solve real problems or work in teams. As a result, HR introduced IQ, EQ, and later SQ tests to find candidates with real abilities. They understood that marks alone cannot decide whether a person is capable.

4) State the meaning of the word 'Remarkable', according to the author.

According to the author, remarkable means being *really exceptional* and able to use one's intelligence, emotions, and decision-making abilities. It is more than just having good marks. A remarkable person believes in themselves, performs well under challenges, and becomes the best version of themselves. It means being unique and outstanding in life.

5) Summarize the suggestions given by the author to make one's life remarkable.

The author suggests that one must develop IQ, EQ, and SQ along with academic knowledge. One should believe in oneself, read good books, and keep the company of inspiring people. Maintaining good health through meditation, exercise, and healthy food is important. Facing life's challenges with confidence helps a person grow. Overall, the author encourages becoming capable, positive, and emotionally strong to live a remarkable life.

6) List the qualities of emotionally stable people / Describe the reaction of emotionally stable people to stress and change.

Emotionally stable people remain calm during stress and control their fears, anger, and jealousy. They think clearly and avoid panicking in difficult times. They work well in teams, support others, and stay focused on solutions. Instead of breaking down, they adapt to change and face challenges with confidence.

7) State the reasons of introducing IQ, EQ and SQ tests by HR department.

HR departments introduced these tests because marks alone did not show real ability. Many high scorers lacked emotional stability and practical problem-solving skills. IQ tests measure intelligence, EQ tests check emotional control, and SQ tests judge decision-making in critical moments. These tests help companies select candidates who can work efficiently, stay calm, and handle difficult situations.

5. ARUNIMA SINHA: A BIOGRAPHY

Pre-reading Activity

1. List a few people who have climbed Mount Everest, despite their physical difficulties.
2. How can you be an extraordinary person?

Arunima Sinha is the first Indian amputee to climb the Mount Everest. Among women amputee, she is just the second one to achieve this milestone. Before Arunima, Rhonda Graham, a female amputee from USA climbed Mount Everest in October, 2011. In 2015, she was awarded the Padma Shri, the 4th highest civilian award in India. Arunima was a sports enthusiast from the childhood- a national level volleyball player. She decided to get a job in the paramilitary forces so that she can carry on with her passion for sports along with a regular source of income as well. But, the fate had other plans. On the night of 11th April, 2011, while on her way to Delhi from Lucknow from Padmavati Express train, she was attacked by a group of local robbers. They tried to snatch her gold chain which was gifted by her mother. She tried to resist them. Thanks to her athletic physique and fitness, she gave them a tough time. But, being a lonely girl, she could not resist them for longer and eventually, she was overpowered by them. Those inhuman guys threw her out of the running train. Another train coming on the parallel track run over her legs. By the time, she reached hospital, the doctors were left with no option but to amputate her left leg below the knee. Otherwise, the infection could have spread in the whole body. Her right leg also didn't remain completely immune from that accident. A rod was inserted in the right leg from knee to ankle. She spent 4 months at the All India Institute of Medical Sciences, New Delhi. One day, while lying on the bed in the hospital, she read an article about the Mount Everest- the ultimate destination of every mountaineer. Then only, she decided to climb it. She took inspiration from Yuvraj Singh and other famous personalities who won over cancer and other life threatening conditions to bounce back and prove their mettle. People used to come to meet me in the hospital and sympathize by saying words like- "you would not be able to play volleyball anymore" or "what a tragedy with this young girl."

Why she took this extremely difficult decision of climbing Mount Everest when she was already offered a job by the Indian Railways? Why she didn't spend her life like any other handicap person doing a regular 9 to 5 job and making a livelihood? When I was in the hospital post this robbery incident, I came across several absurd conspiracy theories like- I was traveling without ticket, hence, I jumped out of the train to avoid punishment OR I jumped out of the train by my own in the suicide attempt. These rubbish rumours hurt me badly. Then only, I decided that I would answer to all these fake theories by doing something big, achieving something extraordinary. Usually, people used to take more than a few months to get comfortable with artificial legs. But, she started walking in just 2 days. Her whole focus was on climbing the world's highest mountain...nothing else. The day she got discharged from the hospital, she went to meet Bachendri Pal, the first Indian woman to reach the summit (highest point) of Mount Everest. Apart from her family, Bachendri was the only person who took her ambition (of climbing the Mount Everest with artificial leg) seriously. The moment I decided to conquer the Mount Everest, my inner sense of handicap or disability faded away. Now, it was a matter of time to show the outer world what I was made up of. After meeting Bachendri Pal, she didn't go home. Rather, she joined the Nehru Institute of Mountaineering for training. After completing a basic course, she has undergone rigorous training for 18 months to prepare herself for the big day. She climbed various smaller peaks, including Island Peak to prepare herself before conquering the Mount Everest. Tata Steel Adventure Foundation offered her scholarship to meet all her financial requirements so that she can fully focus on her mountaineering task.

My Sherpa (the local guide for the expedition) refused to accompany me because he termed it a suicidal mission. But, I was determined to do it. I convinced him anyhow. She started her expedition on 1st April, 2013 and reached the summit of Mount Everest on 21st May 2013- exactly after 52 days. When I entered the death zone- 3500 feet from the top of Mount Everest- the most difficult terrain started. I saw dead bodies of mountaineers scattered all around. A Bangladeshi mountaineer took his last breath in front of my eyes whom I met not so long before. I was frightened, but, I kept on moving anyhow. You see- our bodies behave according to our thought process. I told myself that neither I can go back from here nor I can die before reaching the summit. Seeing me struggling immensely with the artificial leg, my Sherpa kept on advising me to return. But, I overturned his advice. I told him that I just can't die before conquering this mountain. Thereafter, he started motivating me for the rest of the expedition.

Once she reached the top, everything changed. It was something as if she got a new lease of life despite of the fact that she literally ran out of all the oxygen supply. She raised the Indian tricolour and placed some pictures of her idol (Swami Vivekananda) next to it. Then, she took some pictures and videos of herself to produce the visual proofs of her achievement in case she didn't return alive.

Just after a few steps on the way back, my oxygen supply finished. But, you know, fortune favours the brave. When I fell down suffocating for oxygen, I came across an extra cylinder of oxygen from no where. My Sherpa immediately latched it on me and finally, we returned to the base.

Arunima has two dreams: To conquer the highest mountain from each of the seven continents of the world. Till now, she has conquered six of them:

1. Mount Everest in Asia (May 2013)
2. Mount Kilimanjaro in Africa (May 2014)
3. Mount Elbrus in Europe (July 2014)
4. Mount Kosciuszko in Australia (April 2015)
5. Mount Aconcagua in South America (Dec 2015)
6. Mount Carstenz (July 2016)

I was re-born at the summit of Mount Everest. In all, after climbing all these mountains, I have learnt the true meaning of resilience, confidence and leadership and above all, humility.

Apart from climbing the remaining peaks on her list, she aspires to run a full-fledged academy for underprivileged handicapped children. She has already established it- Shahid Chandrashekhar Azad Viklang Khel Academy (Freedom Fighter Chandrashekar Azad Sports Academy for disabled children). The motto of this institute is to provide the very best sports facility to handicap children, especially the poor ones. She is spending all the prize money that she earns to nurture this academy.

Exercise 2.13 Give the contextual meanings of the following sample words using the dictionary.

Amputee – a person who has had a limb removed
Paramilitary – relating to an unofficial but military-like force
Resist – to fight against; oppose forcefully
Overpowered – defeated or controlled by greater force
Immensely – greatly; extremely
Conquering – successfully overcoming or defeating
Rigorous – extremely strict, demanding or thorough
Full-fledged – fully developed; complete
Suffocate – to have difficulty breathing; to be deprived of air
Conquer – to successfully climb, defeat or overcome

Exercise 2.14 Answer the following sample questions.

1) Meaning of the word: Expedition

An expedition is a planned journey, especially for exploration or adventure.

2) Meaning of the word: Robber

A robber is a person who steals or forcibly takes things from others.

3) Name the academy started by Arunima and state its motto.

Arunima started the **Shahid Chandrashekhar Azad Viklang Khel Academy**.
Its motto is to provide the best sports facilities to handicapped and underprivileged children.

4) Name the awards won by Arunima Sinha.

Arunima Sinha was awarded the **Padma Shri**, the 4th highest civilian award in India (2015).

5) Express your views/ideas on: Positive thinking.

Positive thinking helps a person face challenges with confidence. It replaces fear with courage and motivates one to keep moving forward. With a positive mindset, even difficulties become opportunities for growth. It brings strength, hope and success.

6) Express your views/ideas on: Reaction to criticism.

Criticism should be taken as a chance to improve. Instead of getting angry or discouraged, one should listen calmly and learn from it. Positive reaction to criticism helps build confidence, maturity and personal growth.

7) Name the peaks climbed by Arunima Sinha.

Arunima climbed:

1. Mount Everest – Asia (2013)
 2. Mount Kilimanjaro – Africa (2014)
 3. Mount Elbrus – Europe (2014)
 4. Mount Kosciuszko – Australia (2015)
 5. Mount Aconcagua – South America (2015)
 6. Mount Carstensch – Indonesia (2016)
-

8) Describe the preparations of Arunima Sinha for the Everest Expedition.

Arunima joined the Nehru Institute of Mountaineering immediately after leaving the hospital. She completed her basic course and then trained rigorously for 18 months. She climbed several smaller peaks, including Island Peak, to gain experience. Tata Steel Adventure Foundation supported her financially so she could focus entirely on her training. Her strong determination and hard work prepared her physically and mentally for Mount Everest.

9) Describe the accident of Arunima Sinha.

While travelling from Lucknow to Delhi, Arunima was attacked by robbers who tried to snatch her gold chain. When she resisted, they threw her out of the running train. Another train on the parallel track ran over her leg, leading to the amputation of her left leg and a rod being inserted in her right leg. She spent months in the hospital recovering from this life-changing tragedy.

10) Narrate the experience of Arunima during Mount Everest Expedition.

Arunima began her expedition on 1st April 2013 and reached the summit on 21st May. In the death zone, she saw dead bodies of climbers and even witnessed a mountaineer dying near her. Despite fear and exhaustion, she pushed forward. Her Sherpa advised her to return, but she refused. After reaching the top, she placed the Indian flag and photos of Swami Vivekananda. On her way down, she ran out of oxygen but miraculously found an extra cylinder, saving her life.

11) Explain the statement: "I was re-born at the summit of Mount Everest."

Arunima felt that reaching the summit gave her a new life. After losing her leg and facing criticism, climbing Everest proved her strength, courage and identity. It wiped away all doubts and gave her a powerful sense of achievement, as if she had started life again with new confidence.

12) Summarize the success story of Arunima Sinha.

Arunima Sinha, a national volleyball player, lost her leg in a tragic train accident. Instead of giving up, she decided to climb Mount Everest to prove her strength and silence false rumours. She trained intensely and showed extraordinary determination. In 2013, she became the first Indian amputee to conquer Everest and later climbed six of the seven highest peaks. She now runs a sports academy for disabled children. Her journey reflects courage, resilience and inspiration.

6. ROSES OF GRATITUDE

Pre-reading Activity:

- Can you tell about any teacher who helped you in difficult situation?
- What type of help he/she provided you?
- How will you express your gratitude towards him/her?

Ajay Prasad flushed. Why was his teacher looking at him, her lips pursed in dissatisfaction?

Ajay who was ten, worshipped Mrs. Sheila Kumar- a tall, slender woman whose face normally wore a serene smile. He had felt this way ever since, in front of the whole class, she had tousled his hair and told him he knew the answer, he must simply think. Beet red but grinning, Ajay had thought hard and solved the problem. From then on, pleasing her was the most important thing in his life. Now, what had happened? Where had he gone wrong?

At home after school, Ajay studied his reflection in the mirror for a clue to Mrs. Kumar's disapproval. His ragged clothes and worn out tennis shoes- hardly sufficient to shield him from the cold-were not his fault. It was the winter of 1953 at Lucknow.

Ajay Prasad's father worked as a foreman in an iron foundry until 1950 when the factory closed and he was laid off. While his father searched for work, his mother worked as a part-time domestic servant. The family, then with four children, lived in an old three-room house. The rats that scabbled in the dark, decaying floors terrified Ajay.

Mrs. Kumar couldn't know about the rats, could she? Ajay was mystified. He was a good student, and had done well for someone who spoke no English until he started going to school. That night, as he huddled under his covers, Ajay decided he would ask his teacher what was wrong.

But the next morning. Ajay's resolve melted like an icicle in sunshine. At noon, as he was about to go home, Mrs. Kumar suddenly appeared beside him in the veranda of the school. "Come with me, Ajay." Ajay followed, thinking they were going to the Principal's office.

Mrs. Kumar walked briskly out of the school, and strode into a shoe shop with Ajay right behind her. "Sit down", she told him.

"Have you got a pair of shoes to fit this little boy?", she asked. The salesman took off his tattered tennis shoes and measured his feet. He found a pair of shoes that fitted Ajay perfectly.

Outside, their purchase in a cardboard box, Ajay started back towards school. Without a word, Mrs. Kumar turned around in the other direction, again leaving him no choice but to follow. They entered a clothing store. Now Mrs. Kumar bought him a shirt and shorts. Ajay gaped at the notes she used to pay for them... it was more money than he had ever seen. They took the purchases and went back to school where Mrs. Kumar got two cups of tea for Ajay and herself.

As they sat in the staff room, Ajay tried to find words to express his thanks. But Mrs. Kumar's quick gulps and hurried manner told him there was little time for talk. "We must go, Ajay", she said. In her smile he again saw the serenity he treasured.

I will never forget this, Ajay Prasad said to himself as he watched her saree flutter as she left.

Soon after, the school was closed; its pupils and teachers were scattered. Ajay lost track of his beloved teacher before he had ever found the right moment to thank her.

In time Ajay Prasad finished school and became an engineer. He married and fathered two boys.

Then, in early 1991, Ajay suffered a massive heart attack. Lying in a hospital bed, he recalled his teacher of long ago.

He wondered if she was still alive, and if so, where she lived. He thought of his promise, and knew he had some unfinished business to tend.

In August 1991, Ajay Prasad wrote to his old school. A few days later he got a letter from Mrs. Kumar's son. His mother and father had retired fifteen years ago and moved to Dehradun. He gave Ajay their telephone number.

"Hello?" He recognised the lilting voice of his former teacher.

"Mrs. Kumar, this is Ajay." He found he had trouble speaking. "Ajay Prasad."

After he told her why he was calling. Sheila Kumar said, "Ajay. I am sorry, I don't remember you. There were so many hungry, ill-clothed children---"

"That's okay", he assured her. He told her he was coming to Dehradun to meet her.

"Oh Ajay", Mrs. Kumar said. "That's too much trouble." "I don't care", Ajay said. "I want to do it."

She was silent for a moment. "You visualise me the way I looked then. I'm old and wrinkled now."

"I am not young either", he said.

"Are you absolutely certain you want to come?"

"I've never been surer of anything in my life."

On September twenty three, Ajay Prasad took a train to Dehradun. There he hired a taxi, bought a bouquet of long-stemmed roses and drove straight to the Kumar's residence. Sheila Kumar met him

at the door in her best saree, her grey hair freshly curled, her eyes sparkling. They sat in the Kumar's drawing room to catch up on forty years. Ajay told her about his life as an engineer, where all he worked, his wife and two children. "I often thought about you, those shoes and the clothes", he said to Mrs. Kumar.

As he was leaving Sheila Kumar said, "How can I ever thank you for all the trouble you've taken?"

Ajay said, "Just think how much interest I owe you for the shoes and clothes." Mrs. Kumar's eyes were misty and she stood long time looking at the long stemmed roses in the flower vase. Their fragrance lingered for a long time in the room.

Glossary:

- 1) serene: peaceful, calm.
- 2) tousle: make (person's hair) untidy.
- 3) ragged, tattered: old and torn.
- 4) shield: protect
- 5) icicle: hanging, tapering piece of ice formed when dripping water freezes.
- 6) gape: an open mouthed stare
- 7) lilting: a gentle rhythm in tune
- 8) owe: to pay in return for something received.
- 9) linger: slow or reluctant to leave, spend a long time over.
- 10) huddled: curl one's body into small space.
- 11) stride: walk with long step.
- 12) gulp: in large mouthful, swallow hastily

EXERCISES

I) Answer the following questions in two or three sentences each:

1) How was Mrs. Kumar's look according to Ajay?

According to Ajay, Mrs. Kumar was a tall, slender woman whose face carried a serene and pleasant smile. He admired her greatly and found her appearance calm, graceful and inspiring.

2) Why pleasing Mrs. Kumar was the most important thing in Ajay's life?

Ajay admired Mrs. Kumar because she once encouraged him in front of the whole class by telling him he knew the answer. From that moment, he felt motivated and wanted to make her proud. Pleasing her became important because she was the first person who made him believe in himself.

3) How did Ajay's teacher help him?

Mrs. Kumar noticed Ajay's poor condition and took him to a shoe shop and clothing store. She bought him new shoes, a shirt and shorts using her own money. This act of kindness deeply touched Ajay and changed his life.

4) How did Ajay Prasad thank his teacher?

Ajay later became an engineer and, after suffering a heart attack, remembered his teacher's kindness. He contacted her and travelled to Dehradun with a bouquet of roses to express his gratitude personally. His visit was his heartfelt way of thanking her.

5) When does Ajay recall his teacher?

Ajay recalled his teacher when he suffered a massive heart attack in 1991. Lying in the hospital, he remembered her generosity and realised he had never properly thanked her for her kindness many years ago.

6) How did Ajay contact Mrs. Kumar?

Ajay wrote to his old school, and they provided him with Mrs. Kumar's son's address. Her son then shared their phone number. Ajay called her directly and later travelled to meet her.

II) Answer the questions in about 75–80 words each

1) Explain the importance of a teacher in a student's life.

A teacher plays a vital role in shaping a student's character, confidence and future. Teachers not only give knowledge but also inspire, guide and encourage students during their growing years. They help students discover their strengths and overcome weaknesses. A good teacher, like Mrs. Kumar, can change the direction of a child's life through kindness, support and motivation. The lessons and values taught by teachers stay with students throughout their lives.

2) How did Ajay express his gratitude towards his teacher at the end?

Ajay expressed his gratitude many years later when he realised he had never thanked Mrs. Kumar properly. After his heart attack, he searched for her, contacted her and travelled to Dehradun with a bouquet of long-stemmed roses. He spent time talking to her about his life and achievements. His visit and heartfelt appreciation moved Mrs. Kumar deeply, showing that he never forgot her kindness and wanted to repay it with respect and gratitude.

III) Vocabulary Building

1) Prefix: Write five words beginning with the prefix 'un'

unhappy, unfair, unable, untidy, unusual

2) Suffix: Write five words ending with the suffix 'ly'

slowly, happily, quickly, bravely, gently