

**ENGLISH COMMUNICATIVE
CLASS IX**

Time allowed: 3 hours

Maximum Marks: 70

- *Please check that this question paper contains 5 printed pages.**
- *Please check that this question paper contains 11 questions.**
- *15 minutes time has been allotted to read this question paper.**

GENERAL INSTRUCTIONS:

- (I) The paper is divided into three Sections: A, B and C. All the sections are compulsory.
- (II) Separate instructions are given with each section and question, wherever necessary. Read these instructions very carefully and follow them faithfully.
- (III) Do not exceed the prescribed word limit while answering the questions.

SECTION – A (READING)

SECTION – A (READING)

1. Read the passage carefully.

(8)

We give undue importance to our health and the treatment of diseases. A large number of medicines treat only the symptoms of the disease, and not the root cause. In fact, the cause of many chronic ailments is still being researched. It is here that Yoga therapy comes to our assistance. Yoga emphasizes treatment of the root cause of an ailment. It works in a slow, subtle and miraculous manner. Modern medicine can claim to save a life at a critical stage, but, for complete recovery and regaining of normal health, one must believe in the efficiency of Yoga therapy. The Yogic way of life includes a code of ethics, regulations, discipline and more, combined with prayer and meditation. Even a discussion of these subjects helps one relieve mental tensions and change attitudes. Simple Asanas help to stretch and relax the whole body and neutralize tensions. The sincere practice of Yoga postures benefits all levels of experience. Through continued practice, Yoga postures can have a profound effect on the inner dimensions of life, establishing deep calm, concentration, emotional stability and confidence. Man is a physical; mental and spiritual being; yoga helps promote a balanced development of all the three. Other forms of physical exercises, like aerobics, assure only physical well-being. They have little to do with the development of the spiritual or astral body.

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