

# PRC 1 BWCS

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FINAL ASSIGNMENT

<b>PRC-01</b>
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**Letter**

1. One of your Truck which was insured by ABC Company met an accident and 500 out of 10,000 bumpers of car are Destroyed.  
Write a letter to ABC For compensation?
2. Inquiry Letter
3. write a letter to your friend who lives in UK & Invite him to Visit northern areas of Pakistan with you to recall your memories.
4. Write a letter to management with Complaints about restaurant and food quality
5. Write a letter to your friend about the importance of women's education and ask her not to discontinue her daughter's education.
6. There is a difference in the sale of local cars as the duty has been reduced there is a new development, what damages can it cause?
7. Investigation letter about perfumes truck destroyed on road
8. To civil aviation management for unfair behavior of security staff in Multan airport
9. Assume you are anjum and you've bought the shoes for the company's annual sports day from AES and you got both the shoes on the right foot. Write a complaint letter to the manager of AES for the urgent replacement of shoes
10. Letter to general manager
11. Claim for insurance compensation
12. You are appointed as Controller of Finance at Swift Limited. You have to report Director Hr on 20 May 2022 but due to some personal issues you are unable to report and request him you will report on 5Ju5 June 2022
13. Mah e munir a sole distributor of perfumes Burberry London. Due to traffic jam , van stuck in and due to heat , 90% of perfumes spoiled costing 1,200,000 r.s Your Name is Qamar and you are logistics manager.
14. Write a letter to DIL( a company form which you buys perfume) to aware them the situation and claim the perfumes as perfumes are insured
15. Early compensation of Insurance Fund
16. Write a letter to Inspector informing him about increasing beggars' number in city.

**Essay**

1. Financial literacy and empowerment of women (100 words)
2. Air Pollution (150 words)
3. dependence on computers
4. Cell Phone are Dangerous
5. impact of watching tv programs on children.

**0331 4435703****0315 1482139**<https://www.youtube.com/channel/UCWaV1XbNFaY-WqjsZzymEvvw>

6. Physco-scoial begging street in Pakistan.

## Fishbone Diagrams

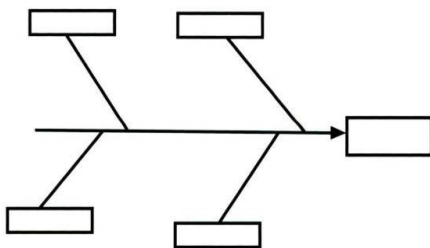
For written business messages, fishbone diagrams are used to brainstorm or organize all possible

causes of a business problem.

In persuasive or argumentative writing, the fishbone diagram supports argumentative statements and provides supporting ideas to the thesis statement

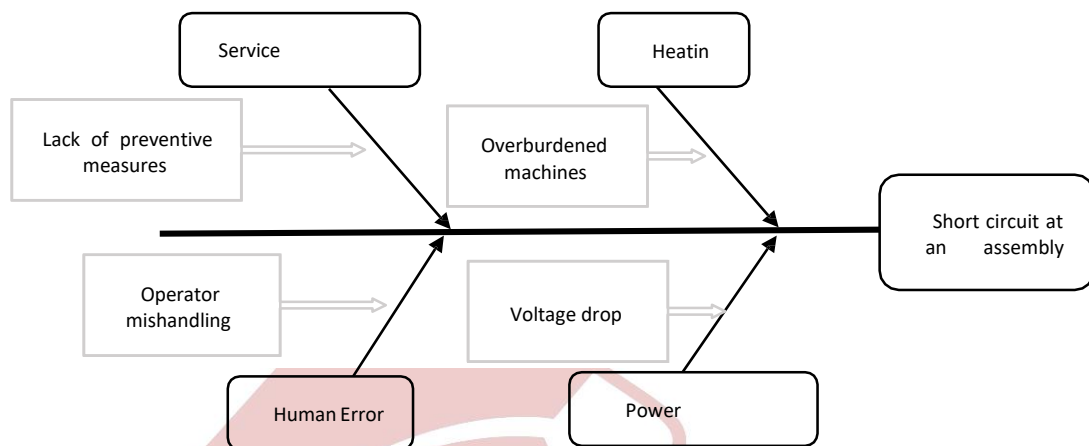
**Essential features of Fishbone diagrams are as follows:**

- A problem statement on the extreme side (either left or right) as the head of the fish diagram.
- A horizontal center skeleton line moving towards the head.
- Various factors or causes that can be thought of as leading towards the problem. These causes would be connected to the central line as branches.
- Causes or ideas supporting the factors are added to the branches.



### *Illustration*

- For writing a detailed report on a recent health and safety hazard at a chocolate factory, causes can be identified using fishbone



Student feedback About Fishbone Diagrams

### **Fishbone Diagram Topics**

1. Impact on climate change
2. Stress and Its Impacts on Health
3. make a fishbone diagram and write your arguments. Topic was domestic violence
4. Power Failure- Causes and Effects.
5. Inflation/ Price Hike
6. Global Warming
7. Unemployment
8. Environmental Pollution
9. Car accidents in Karachi
10. Consequences of sleep Deviation on Academic performance
11. Informal labour market in Pakistan
12. Serving Substandard coffee in newly established restaurant
13. organic food
- hotel room
14. The informal labour markets in Pakistan
15. Scope of Higher Education in Pakistan
16. air pollution in Pakistan
17. garbage and sewage water problem

## Affinity Diagram Topics:

1. The Role of Media
2. Our Education System
3. Importance of Trees
4. Cell Phon- A Social Bane
5. Information Technology
6. Unemployment
7. Impact of Social Media on person's Life
8. Government wages
9. Impacts of distance education on adult's learning
10. Is fashion really important?
11. cell phones are really dangerous

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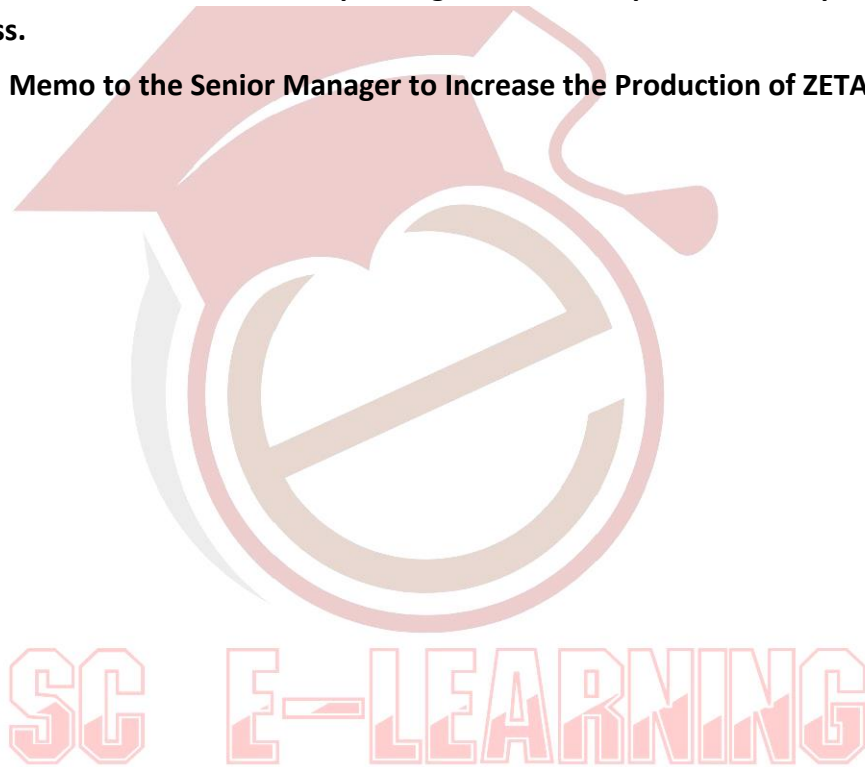
<https://www.youtube.com/channel/UCWaV1XbNFaY-WqjsZzymEvv>



Test Number	Topic	MCQS/Written
1	<a href="#">chapter 4 (Vocabulary)</a>	MCQS
2	Chapter 6 Comprehension Passage	MCQS
3	Chapter 4 Synonym (A TO E)	MCQS
4	Chapter 4 Synonym (F TO M)	MCQS
5	Chapter 4 Synonym (N TO Z)	MCQS
6	(Synonym) Most Important	MCQS
7	Antonym (A To E)	MCQS
8	Antonym (F To M)	MCQS
9	Antonym (N To Z)	MCQS
10	Important Antonyms (Complete)	MCQS
11	Essay	Written
12	Essay	Written
13	Precise	Written
14	Precise	Written
15	Latter	Written
16	Latter	Written
18	Fishbone	Written
19	Fishbone	Written
20	Chapter 1	MCQS
21	Chapter 2	MCQS
22	Chapter 3	MCQS
23	Chapter 5	MCQS
24	Full Book	

## **Memo**

- 1. Memo to H.R Manager for encouragement of Employees**
- 2. The government has introduced a new budget in which duties are reduced.**
- 3. Write a memo to the HR department about increasing employee bonuses.**
- 4. Memo To HR Hire New Employees**
- 5. Write a memo to the director explaining to him the impact of development on Business.**
- 6. Write a Memo to the Senior Manager to Increase the Production of ZETA.**



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IDIOMS	MEANINGS
At The Eleventh Hour	At the last possible moment or just before a deadline.
Pull Up Your Socks	To make an effort to improve or work harder.
Salt In The Eyes	Something that distracts or diverts attention from the truth.
Nip It In The Bud	To stop a problem or issue in its early stages.
Adding Insult To Injury	Making a bad situation even worse.
Follow Suit	To imitate or do the same as others.
A Slap On Wrist	A mild or lenient punishment.
Throwing Cold Water On Us	Discouraging or dampening enthusiasm or excitement.
Bank On Someone	To depend on someone or have confidence in their abilities.
To Hit The Nail On The Head	To correctly identify or describe a situation.
Go Dutch	To split a bill or expense equally.
Bury The Hatchet	To settle a conflict or reconcile after a dispute.
Don't Have A Jot	To have no interest or concern.
Cold Head On Shoulders	To stay calm and composed in difficult situations.
Frog In Throat	Temporary hoarseness or difficulty in speaking.
To Get Cold Feet	To become nervous or anxious about something.
To Rock The Boat	To cause trouble or disruption by challenging the status quo.
Acid Test	A situation that tests the true qualities or nature of someone or something.
Fish Out Of Water	To feel uncomfortable or out of place in a particular situation.
To Get Someone Goat	To annoy or irritate someone.
To Give Cold Shoulder	To intentionally ignore or show indifference to someone.
Throw Cold Water On Us	To discourage or dampen enthusiasm or excitement.
At Loggerheads	In a state of conflict or disagreement.
Dust In Eyes	Deception or misleading information.
Bed Of Roses	An easy or comfortable situation.
Beat Around The Bush	To avoid discussing something directly or indirectly.
Black Sheep	A person who is considered a disgrace or outcast within a group or family.
Bring/Come To Light	To reveal or make something known.
Cry Over Spilt Milk	To be upset or regretful about something that cannot be changed.
Eat Like A Horse	To eat a large amount or have a hearty appetite.
Flash In The Pan	Something that initially shows promise but ultimately fails to deliver.

In Full Swing	Happening or functioning at a vigorous or active pace.
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IDIOMS	MEANINGS
In Cahoots With Someone	To be involved in a secret or conspiratorial partnership with someone.
On The Verge Of	About to happen or reach a certain point.
Spick And Span	Very clean and tidy.
Salad Days	A period of youth, inexperience, or carefree innocence.
See Eye To Eye	To agree or have the same opinion.
Storm In A Teacup	A situation where there is a lot of fuss or controversy about something unimportant.
With Flying Colors	To complete something successfully or with great achievement.
To The Point	Direct and concise, without unnecessary details.
In Hot Water	In trouble or facing difficulties.
All And Sundry	Everyone or anybody and everybody.
Wild Goose Chase	A futile or pointless search or pursuit.
All Ears	Fully attentive and ready to listen.
Bird's Eye-View	An elevated or overall perspective.
Play The Trump Card	To use a powerful or decisive tactic or advantage.
Lock, Stock, And Barrel	Completely or entirely.
Call A Spade A Spade	To speak bluntly and honestly without euphemisms or ambiguity.
As The Crow Flies	The shortest or most direct route.
Hit The Ceiling	To become very angry or enraged.
Wash One's Dirty Linen In Public	To reveal private or embarrassing information in public.
To Flag On Dead Horse	To persistently bring up an issue that has already been resolved or is no longer relevant.
Above Board	Open, honest, and transparent.
Call To Mind	To remember or bring something to one's attention.
Murphy Law	The belief that if anything can go wrong, it will.
Beat About The Bush	To avoid addressing a topic directly, to speak indirectly or evasively.

## VOCABULARY

Word	Synonym	Antonym
Mitigate	Alleviate	Aggravate
Lucid	Clear	Confusing
Scatter	Disperse	Gather
Sturdy	Robust	Fragile
Obstacle	Barrier	Facilitator
Stiff	Rigid	Flexible
Undeniable	Incontrovertible	Questionable
Paltry	Insignificant	Substantial
Evaluate	Assess	Neglect
Obsolete	Outdated	Modern
Zealous	Enthusiastic	Apathetic
Generic	Standard	Unique
Miserable	Unhappy	Happy
Drowsy	Sleepy	Awake
Confiscate	Seize	Return
Shrewd	Cunning	Naive
Abundant	Plentiful	Scarce
Fidelity	Loyalty	Betrayal
Obscure	Vague	Clear
Compel	Force	Persuade
Prevalent	Common	Rare
Impeach	Accuse	Exonerate
Barren	Desolate	Fertile
Perpetual	Endless	Temporary
Dilemma	Predicament	Solution
Sea	Ocean	Land
Foe	Enemy	Ally
Stubborn	Obstinate	Flexible
Impressive	Striking	Unremarkable
Courteous	Polite	Rude
Succinct	Concise	Verbose
Naive	Innocent	Experienced
Impolite	Rude	Polite
Despair	Hopelessness	Hope
Hypothesis	Theory	Fact
Profound	Deep	Superficial

Via	Through	Direct
Bucket	Pail	Empty
Commence	Begin	End
Inspid	Bland	Flavorful
Offset	Compensate	Aggravate
Synopsis	Summary	Elaboration
Obnoxious	Offensive	Pleasant
Authorized	Approved	Unauthorized
Wander	Roam	Stay
Agile	Nimble	Clumsy
Fiasco	Failure	Success
Foremost	Primary	Secondary
Hasty	Quick	Deliberate
Lean	Thin	Plump
Culinary	Cooking	Non-culinary
Sparkle	Glitter	Dullness
Bitter	Sour	Sweet
Confined	Restricted	Liberated
Abeyance	Suspension	Continuation
Meticulous	Diligent	Careless
Enormous	Huge	Tiny
Virtue	Goodness	Vice
Loneliness	Solitude	Companionship
Massive	Gigantic	Small
Bash	Party	Calm
Magnanimous	Generous	Selfish
Trigger	Activate	Suppress
Resolve	Determine	Hesitate
Breach	Violation	Compliance
Intimate	Close	Distant
Curbside	Sidewalk	Road
Discontent	Dissatisfaction	Contentment
Conspicuous	Noticeable	Inconspicuous
Innocent	Guiltless	Guilty
Wrath	Anger	Serenity
Defend	Protect	Attack
Sincere	Genuine	Insincere
Native	Indigenous	Foreign
Adaptation	Adjustment	Inflexibility
Regret	Remorse	Satisfaction
Antinomy	Contradiction	Agreement

Adhere	Stick	Detach
Vague	Ambiguous	Clear
Affluence	Wealth	Poverty
Brisk	Quick	Slow
Jeopardize	Endanger	Safeguard
Virtually	Nearly	Completely
Amplify	Increase	Reduce
Substantial	Significant	Insignificant
Appreciable	Noticeable	Negligible
Nebulous	Vague	Clear
Cope	Manage	Surrender
Immense	Huge	Small
Myriad	Countless	Limited
Apathy	Indifference	Enthusiasm
Category	Classification	Unclassified
Damp	Moist	Dry
Stripe	Band	Solid
Huge	Enormous	Tiny
Sediments	Deposits	Clean
Candid	Frank	Dishonest
Flouted	Disregarded	Obedied
Superfluous	Excessive	Essential
Bizarre	Peculiar	Ordinary
Impediment	Obstacle	Facilitator
Cease	Stop	Continue
Considerable	Substantial	Insignificant
Torso	Trunk	Limb
Array	Range	Individual
Glib	Fluent	Inarticulate
Tedious	Boring	Exciting
Exploit	Utilize	Neglect
Pure	Unadulterated	Impure
Relevant	Pertinent	Irrelevant
Proper	Appropriate	Inappropriate
Perfect	Flawless	Imperfect
Swift	Fast	Slow
Smile	Grin	Frown
Adroit	Skillful	Clumsy
Humble	Modest	Arrogant
Instigate	Provoke	Pacify
Foreign	Alien	Native

Hazy	Foggy	Clear
Redemption	Salvation	Damnation
Ordnance	Weapons	Peace
Slim	Thin	Fat
Tranquil	Peaceful	Chaotic
All Early	Premature	Late
Precise	Accurate	Inaccurate
Wrap	Envelop	Uncover
Wretched	Miserable	Happy
Acronym	Initialism	Full Form
Dekko	Look	Ignore
Honesty	Integrity	Dishonesty
Weird	Strange	Normal
Peril	Danger	Safety
Rapid	Quick	Slow
Intangible	Abstract	Ecosystem
Tangible	Concrete	Intangible
Paradox	Contradiction	Consistency
Facade	Exterior	Authenticity
Exquisite	Beautiful	Mediocre
Cite	Quote	Conceal
Purge	Cleanse	Accumulate
Circumspect	Cautious	Reckless
Proposition	Proposal	Rejection
Worth	Value	Worthless
Virtuous	Moral	Sinful
Pilfer	Steal	Return
Illicit	Illegal	Legal
Sage	Wise	Foolish
Travail	Labor	Leisure
Procrastinated	Delayed	Prompt
Leap	Jump	Stay
Disobey	Defy	Obey
Hypocritical	Insincere	Genuine
Poverty	Destitution	Wealth
Generous	Benevolent	Stingy
Cramped	Crowded	Spacious
Sharp	Keen	Dull
Glitter	Sparkle	Dullness
Angular	Sharp	Rounded
Cook	Chef	Dine

Dispatch	Send	Receive
Far	Distant	Near
Acquirement	Attainment	Loss
Violation	Infringement	Compliance
Isolation	Solitude	Connection
Settle	Resolve	Disturb
Effectively	Efficiently	Ineffectively
Louden	Amplify	Muffle
Reduce	Decrease	Increase
Rigid	Inflexible	Flexible
Passionate	Enthusiastic	Apathetic
Seize	Capture	Release
Vitriolic	Bitter	Kind
Discrimination	Bias	Equality
Inspired	Motivated	Uninspired
Deduce	Infer	Misinterpret
Assent	Agree	Dissent
Hurry	Rush	Delay
Puerile	Childish	Mature
Obviate	Prevent	Enable
Jettison	Discard	Keep
Ecosystem	Environment	Artificial
Abundance	Plenty	Scarcity
Frank	Candid	Deceptive
Expose	Reveal	Conceal
Tame	Domesticated	Wild
Appealing	Attractive	Repulsive
Conceited	Arrogant	Humble
Predict	Anticipate	Surprise
Plausible	Believable	Improbable
Exodus	Departure	Arrival
Tycoon	Magnate	Employee
Evade	Avoid	Confront
Autonomous	Independent	Dependent
Reckon	Calculate	Disregard
Exasperate	Irritate	Soothe
Premonition	Foreboding	Unawareness
Stalemate	Deadlock	Resolution
Satire	Parody	Praise
Authentic	Genuine	Counterfeit
Captious	Critical	Complimentary



Destitute	Impoverished	Affluent
Intentionally	Deliberately	Accidentally
Retrieval	Recovery	Loss
Deficit	Shortfall	Surplus
Lazy	Idle	Industrious
Robust	Strong	Weak
Attractive	Appealing	Unattractive
Stiffly	Rigorously	Flexibly
Tire	Exhaust	Energize
Assent	Agree	Dissent
Inside	Interior	Exterior
Autonomy	Independence	Control
Creditable	Credible	Doubtful
Rustic	Rural	Urban
Curb	Restrain	Encourage
Germane	Relevant	Irrelevant
Reclusive	Solitary	Sociable
Sweep	Clean	Mess
Content	Satisfied	Discontent
Frown	Scowl	Smile
Subordinate	Inferior	Superior
Renounced	Abandoned	Embraced
Hoard	Accumulate	Share
Modest	Humble	Arrogant

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## **Passage**

### **comprehension and precis**

#### **DIABETES**

There are two types of diabetes, insulin-dependent and non-insulin-dependent. Between 90 and 95 percent of the estimated 13 to 14, million people in the United States with diabetes have non-insulin-dependent, or Type II, diabetes. Because this form of diabetes usually begins in adults over the age of 40 and is most common after the age of 55, it used to be called adult-onset diabetes. Its symptoms often develop gradually and are hard to identify at first; therefore, nearly half of all people with diabetes do not know they have it. Someone who has developed Type II diabetes may feel tired or ill without knowing why, a circumstance which can be particularly dangerous because untreated diabetes can cause damage to the heart, blood vessels, eyes, kidneys, and nerves. While the causes, short-term effects, and treatments of the two types of diabetes differ, both types can cause the same long-term health problems. Most importantly, both types of diabetes affect the body's ability to use digested food for energy. Diabetes does not interfere with digestion, but it does prevent the body from using an important product of digestion, glucose (commonly known as sugar), for energy. After a meal, the normal digestive system extracts glucose from some foods. The blood carries glucose or sugar throughout the body, causing blood glucose levels to rise. In response to this rise, the hormone insulin is released into the bloodstream and signals the body tissues to metabolize or burn the glucose for fuel, which causes blood glucose levels to return to normal. The glucose that the body does not use right away is stored in the liver, muscle, or fat.

In both types of diabetes, this normal process malfunctions. A gland called the pancreas, found just behind the stomach, makes insulin. In patients with insulin-dependent diabetes, the pancreas does not produce insulin at all. This condition usually begins in childhood and is known as Type I (formerly called juvenile-onset) diabetes. These patients must have daily insulin injections to survive. People with non-insulin-dependent diabetes usually produce some insulin in their pancreas, but the body's tissues do not respond very well to the insulin signal and therefore do not metabolize the glucose properly—a condition known as insulin resistance.

Insulin resistance is an important factor in non-insulin-dependent diabetes, and scientists are researching the causes of insulin resistance. They have identified two possibilities. The first is that there could be a defect in the insulin receptors on cells. Like an appliance that needs to be plugged into an electrical outlet, insulin has to bind to a receptor to function. Several things can go wrong with receptors. For example, there may not be enough receptors for insulin to bind to, or a defect in the receptors may prevent insulin from binding. The second possible cause of insulin resistance is that, although insulin may bind to the receptors, the cells may not read the signal to metabolize the glucose. Scientists continue to study these cells to see why this might happen.

There is no cure for diabetes yet. However, there are ways to alleviate its symptoms. In 1986, a

National Institutes of Health panel of experts recommended that the best treatment for non-insulin-dependent diabetes is a diet that helps one maintain a normal weight and pays particular attention to a proper balance of the different food groups. Many experts, including those in the American Diabetes Association, recommend that 50 to 60 percent of daily calories come from carbohydrates, 12 to 20 percent from protein, and no more than 30 percent from fat. Foods that are rich in carbohydrates, such as bread, cereals, fruits, and vegetables, break down into glucose during digestion, causing blood glucose to rise. Additionally, studies have shown that cooked foods raise blood glucose higher than raw, unpeeled foods. A doctor or nutritionist should always be consulted for more information and for help in planning a diet to offset the effects of this form of diabetes

## **SCIENCE AND RELIGION**

Many people believe that science and religion are contrary to each other. But this notion is wrong as a matter of fact, both are complementary to each other. The aim of both these institutions is to explain different aspects of life, the universe, and human existence. There is no doubt that the methods of science and religion are different. The method of science is observation, experimentation, and experience. Science takes its recourse to a progressive march towards perfection the rules of religion are faith, intuition, and the spoken word of the enlightened, in general, while science is inclined towards reason and rationality, spiritualism is the essence of religion. In earlier times when man appeared on Earth, he was overawed at the sight of violent and powerful aspects of nature. In certain cases, the usefulness of different natural objects of nature overwhelmed man. Thus began the worship of forces of nature—fire, the Sun, the rivers, the rocks, the trees, the snakes, etc. The holy scriptures were written by those who had developed harmony between external nature and their inner self. Their object was to ennoble, elevate and liberate the human spirit and mind. But the priestly class took upon itself the monopoly of scriptural knowledge and interpretation to its own advantage. Thus, the entire human race was in chains. The truth was flouted and progressive, liberal, and truthful ideas or ideas expressing doubt and skepticism were suppressed and their holders punished. It was in these trying circumstances that science emerged as a savior of mankind but its path was not smooth and safe. The scientists and free thinkers were tortured. This was the fate of Copernicus, Galileo, Bruno, and others but by and by science gained ground.

## **WASTAGE MUSEUM**

Inside Nigeria's 'Waste Museum' in Ibadan city, Jumoke Olowookere works on her latest creations made out of used tires to add an addition to a wide collection produced from used plastic and fabric, wine corks, and corn husks, among other materials.

Olowookere, who says her museum is the first of its kind in Africa, joins a growing number of Nigerians who are using waste material to make art and fashion to highlight the damaging impact of waste on the environment.

In Nigeria, Africa's biggest oil producer with more than 200 million people, plastic waste in particular, in the form of discarded bags, and food and drink packaging, is ubiquitous and dropping of litter is

commonplace.

Olowookere said she had the idea when she saw the amount of waste generated in her kitchen, such as plastic, nylon, and cornhusks. She started piling them up in a corner of a room while reading up on how to reduce and recycle. The 44-year-old former visual arts teacher spoke as U.N. member states were meeting in Nairobi to agree on plans for the first global treaty to tackle plastics pollution. "We have a long way to go to get to that sustainable world without waste. We need to get up and take responsibility for our waste. Stop littering the world with your waste," she told Reuters.

In Nigeria's commercial capital Lagos, a lot of waste ends up in waterways that lead into the Gulf of Guinea, prompting concerns about the amount of plastic entering the sea. Olowookere said she collected some of her waste material from people's homes and also makes equipment for school playgrounds. Work from other artists is also featured at her museum, which includes ottoman furniture and ceiling panels made from worn-out car tires as well as curtains and jewelry produced from bottle tops.

## **WOMEN** **EMPOWERMENT**

Women empowerment refers to making women powerful to make them capable of deciding for themselves. Women have suffered a lot through the years at the hands of men. In earlier centuries, they were treated as almost non-existent. As if all, the rights belonged to men even something as basic as voting. As the times evolved, women realized their power. There on began the revolution for women's empowerment. As women were not allowed to make decisions for themselves, women's empowerment came in like a breath of fresh air. It made them aware of their rights and how they must make their place in society rather than depending on a man. It recognized the fact that things cannot simply work in someone's favor because of their gender. However, we still have a long way to go when we talk about the reasons why we need it.

In other words, women from all over the world have been rebellious to reach the status they have today. While Western countries are still making progress, third-world countries like India still lag in women's empowerment. In India, women's empowerment is needed more than ever. India is amongst the countries, which are not safe for women. There are various reasons for this. Firstly, women in India are in danger of honor killings. Their family thinks it is right to take their lives if they bring shame to the reputation of their legacy.

Moreover, the education and freedom scenario is very regressive here. Women are not allowed to pursue higher education. They are married off early. The men are still dominating women in some regions like the woman must work for him endlessly. They do not let them go out or have freedom of any kind. In addition, domestic violence is a major problem in India. The men beat up their wives and abuse them as they think women are their property. More so, because women are afraid to speak up. Similarly, the women who do work get paid less than their male counterparts. It is downright unfair and sexist to pay someone less for the same work because of their gender. Thus, we see how women's empowerment is the need of the hour. We need to empower these women to speak up for themselves and never be a victim of injustice.

## **ORGANIC AND NON- ORGANIC FOOD**

Are organically grown foods the best food choices? The advantages claimed for such foods over conventionally grown and marketed food products are now being debated. Advocates of organic foods – a term whose meaning varies greatly – frequently proclaim that such products are safer and more nutritious than others.

The growing interest of consumers in the safety and nutritional quality of the typical North American diet is a welcome development. However, much of this interest has been sparked by sweeping claims that the food supply is unsafe or inadequate in meeting nutritional needs. Although most of these claims are not supported by scientific evidence, the preponderance of written material advancing such claims makes it difficult for the general public to separate fact from fiction. As a result, claims that eating a diet consisting entirely of organically grown foods prevents or cures disease or provides other benefits to health have become widely publicized and form the basis for folklore.

Almost daily, the public is besieged by claims for “no-aging” diets, new vitamins, and other wonder foods. There are numerous unsubstantiated reports that natural vitamins are superior to synthetic ones, that fertilized eggs are nutritionally superior to unfertilized eggs, that untreated grains are better than fumigated grains, and the like.

One thing that most organically grown food products seem to have in common is that they cost more than conventionally grown foods. But in many cases, consumers are misled if they believe organic foods can maintain health and provide better nutritional quality than conventionally grown foods. So there is real cause for concern if consumers, particularly those with limited incomes, distrust regular food and buy only expensive organic foods instead.

## **TORNADOES**

A tornado is born from a powerful storm called a supercell. Tornadoes have been reported in all states, but most tornadoes happen in the central parts of America called "Tornado Alley." In some supercells, warm, moist air rises quickly into the atmosphere. Winds blowing at different speeds at different parts of the supercell produce wind shear and cause a horizontal, rotating column of air. A funnel cloud will form as the air column rotates faster and more tightly within the supercell. The rain and hail within the storm cause the funnel cloud to touch the ground resulting in a tornado. The strength of a tornado is measured by what's called the Fujita scale. The weakest tornadoes (F0) feature winds of 40-78 miles per hour, while the strongest tornadoes (F5) have winds of up to 318 miles per hour. All tornadoes can be devastating, especially if they touch down in areas with lots of people. A tornado outbreak occurs when one storm system produces multiple tornadoes. Some tornado outbreaks can result in the formation of dozens of tornadoes over several states. One particularly powerful tornado outbreak occurred between April 25 and April 28 of 2011, where a record 355 tornadoes in 21 states and Canada were recorded, including an F5 tornado that destroyed parts of Tuscaloosa, Alabama. Much of the destruction was caught on camera and broadcast across the country and the internet. The same weather system produced hailstones that measured 4.5 inches



across southern Virginia. 328 people were killed as a result of the outbreak, which totaled over \$11 billion in damages.

## **THE OZONE LAYER**

Often in the news, there is information given about the ozone layer of the Earth and how it needs to be protected and carefully monitored. What exactly is the ozone layer, though?

The ozone layer is high up in the Earth's atmosphere, called the stratosphere.

Ozone itself is a gas made up of three types of oxygen molecules. Ozone is formed when sunlight hits certain oxygen molecules and breaks them up into smaller parts of individual atoms. These individual atoms then join with another type of oxygen molecule to make ozone.

The ozone layer is where there is a high concentration of ozone molecules located high above in the Earth's atmosphere that form when the Sun hits the oxygen molecules.

The ozone layer protects the Earth, It protects the Earth from the direct rays of the Sun. Instead of those direct rays reaching the Earth's surface, the molecules in the ozone layer Soak up or absorb certain dangerous ultraviolet rays that are the causes of sunburns and skin cancer.

The ozone, and as a result, the ozone layer, can be damaged in several ways. First, it must be understood that certain molecules react differently when they come in contact with other molecules. For example, a molecule of sugar mixed with a molecule of water simply makes water taste sweet. This is not dangerous and drinking too much of it may cause cavities, but it is not considered harmful. However, there are certain molecules when mixed with ozone molecules, problems begin to occur. There is a chemical reaction that takes place causing the ozone to break apart. When this happens, the ozone can no longer soak up or absorb the ultraviolet light from the rays of the Sun.

The molecules destroying the ozone are produced on Earth. These are called chlorofluorocarbons or CFCs. They consist of a group of chemicals made up of chlorine, fluorine, carbon, and hydrogen. They were originally used to help keep things cold and were found in air conditioners, refrigerators, and other similar products, as well as in spray cans and fire extinguishers. Many people and scientists assumed they were safe and were great for keeping things cold.

Unfortunately, though, it was discovered the CFCs were harmful to the environment. The chemicals from the CFCs eventually find their way into the Earth's atmosphere, and of course, end up in the ozone layer as well. Once there, they begin to destroy and break apart the ozone molecules, which in turn the layer becomes thinner and weaker. The ozone can no longer soak up or absorb the ultraviolet light from the sun's rays.

Fortunately, CFCs were banned in the year 2000 after much debate and study by experts and leaders around the world. CFCs are no longer used and have been eliminated by most countries. The CFCs that were originally released into the air take a long time to disappear so it will take some time for the ozone layer to be built back up again too. In the meantime, people need to take precautions, use sunscreen, and wear sunglasses when spending time in the sunlight.

In summary, the ozone layer is a protective covering, which helps keep some of the Sun's cancerous ultraviolet rays from reaching the Earth's surface. Years ago CFSs, a chemical, was responsible for destroying some of the ozone, but it is now banned throughout the world.

## **MEDICATION**

Medicine, however, is not the only application for Expert Systems. The oil exploration company



Schlumberger uses these computers for predicting drilling conditions, and Stanford University, USA, a leader in Expert Systems, has programs such as DENDRAL to build models of molecules from chemical data.

A. By this method, a computer merely performs sequentially, a series of arithmetic operations. All its advantages are due to the fact that it works extremely quickly, but its achievements are governed entirely by its program. A small programming error, no matter how trivial, results in the program crashing –failing to run – because the machine cannot deduce what the programmer meant to write. One exciting aspect of these parallel computers is that they can possess artificial intelligence. Such machines will have the ability to make decisions, use deductive logic, criticize constructively, and advise. In Japan, for example, the newly formed Institute for New Generation Computer Technology has been developing a machine to mimic human thought patterns, respond to spoken commands, translate languages, and make intelligent robots possible. One particular type of AI system already finding widespread use is the Expert System. This computer contains the facts that a human expert would use to solve problems.

Thirdly, the new generation of computers will process data in an entirely different way. Rather than operating sequentially, the machines will contain many (perhaps a million) of CPUs each in two-way electronic communication with others. This parallel method of operation enables many different tasks to be handled simultaneously by processes thought to be similar to those in a human brain.

At the University of Pittsburgh, USA, there is a computer that can diagnose illnesses by a program called INTERNIST. The machine contains information on over 500 different diseases, each linked to an average of 60 probable symptoms. The doctor tells the computer the symptoms of the patient and the machine lists a set of likely diseases and then narrows its selection by asking the patient a set of questions about the ailment. Within a decade, computer-aided diagnosis may become commonplace in the consulting room.

# SC E-LEARNING

Hub of **FRUIT FLIES** Study Solutions

Fruit flies are tiny insects that are attracted to ripe or rotting fruits and vegetables. The flies not only eat the fruit, but they also lay their eggs there. A single fruit fly can lay up to 500 eggs on the surface of a piece of fruit. Within eight days, the fruit flies that hatch from these eggs are full adults that can then lay their eggs. As you can see, what might start as a small fruit fly problem can become very large very quickly. Although there is a chance fruit flies can carry germs onto your food, this is not very likely. Fruit flies are annoying, but they probably will not hurt you. Because they are such a nuisance, however, most people want to get rid of these pesky bugs as quickly as possible. Some people use pesticide sprays on fruit flies. Although this will kill the flies, it will also spread harmful poison all over your kitchen. Luckily, there is also a completely safe way for you to get rid of fruit flies in your house. The first step is for you to remove all fruits or vegetables from your counter. Store these items in the refrigerator or sealed containers. Clean up any spilled juice or bits of food that might be on the floor.



Take out the trash and empty the recycling bin. Wash any dirty dishes that are in your sink. Doing all of these things will stop new fruit flies from finding food or places to lay their eggs. Next, make a trap to catch all of the remaining fruit flies in your house. First, fill a small bowl with a few tablespoons of vinegar. Then, put a piece of very ripe or rotting fruit into the vinegar. Cover the bowl very tightly with a sheet of plastic wrap and poke a few very small holes in the wrap with a fork. If all goes according to plan, the flies will enter the trap through the holes but will be unable to fly back out. This trap will catch all of the remaining fruit flies. You can either kill these flies or release them outdoors. Fruit flies can be a pest, but they do not have to make you crazy. With a little effort, you can get existing flies out of your house and prevent new ones from taking over your kitchen.



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## **STRESS AND ANXIETY**

There is a famous expression in English: "Stop the world, I want to get off!" This expression refers to a feeling of panic, or stress, that makes a person want to stop whatever they are doing, try to relax, and become calm again. 'Stress' means pressure or tension. It is one of the most common causes of health problems in modern life. Too much stress results in physical, emotional, and mental health problems.

There are numerous physical effects of stress. Stress can affect the heart. It can increase the pulse rate, make the heart miss beats, and can cause high blood pressure. Stress can affect the respiratory system. It can lead to asthma. It can cause a person to breathe too fast, resulting in a loss of important carbon dioxide. Stress can affect the stomach. It can cause stomach aches and problems digesting food. These are only a few examples of the wide range of illnesses and symptoms resulting from stress. Emotions are also easily affected by stress. People suffering from stress often feel anxious. They may have panic attacks. They may feel tired all the time. When people are under stress, they often overreact to little problems. For example, a normally gentle parent under a lot of stress at work may yell at a child for dropping a glass of juice. Stress can make people angry, moody, or nervous. Long-term stress can lead to a variety of serious mental illnesses. Depression, an extreme feeling of sadness and hopelessness, can be the result of continued and increasing stress. Alcoholism and other addictions often develop as a result of the overuse of alcohol or drugs to try to relieve stress. Eating disorders, such as anorexia, are sometimes caused by stress and are often made worse by stress. If stress is allowed to continue, then one's mental health is put at risk. It is obvious that stress is a serious problem. It attacks the body. It affects emotions. Untreated, it may eventually result in mental illness. Stress has a great influence on the health and well-being of our bodies, our feelings, and our minds. So, reduce stress: stop the world and rest for a while.

## **ROLE OF MICRONUTRIENTS**

Throughout human history, the leading causes of death have been infection and trauma. Modern medicine has scored significant victories against both, and the major causes of ill health and death are now chronic degenerative diseases, such as coronary artery disease, arthritis, cataract, and cancer. These have a long latency period before symptoms appear and a diagnosis is made. It follows that the majority of apparently healthy people are pre-ill. Many national surveys reveal that malnutrition is common in developed countries. This is not the calorie or micronutrient deficiency associated with developing but multiple micronutrient depletion, usually combined with caloric balance or excess. The incidence and severity of Type B malnutrition will be shown to be worse if newer micronutrient groups such as essential fatty acids and flavonoids are included in the surveys. However, the pharmaceutical model has also created an unhealthy dependency culture, in which relatively few of us accept responsibility for maintaining our health. Instead, we have handed over this responsibility to health professionals who know very little about health maintenance or disease prevention. Based on pharmaceutical thinking, most intervention studies have attempted to measure the impact of a single micronutrient on the incidence of disease. The classical approach says that if you give a compound formula to test subjects and obtain positive results, you cannot know which ingredient is exerting the benefit, so you must test each ingredient individually.



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So do we need to analyze each individual's nutritional status and then tailor a formula specifically for him or her? While we do not have the resources to analyze millions of individual cases. There is no need to do so. The vast majority of people are consuming suboptimal amounts of most micronutrients, and most of the micronutrients concerned are very safe. Accordingly, a comprehensive and universal program of micronutrient support is probably the most cost-effective and safest way of improving the general health of the nation.

## **SEVERE WEATHER**

Severe storms happen in low-pressure weather systems. Warm, wet air begins rising into the air. The higher it rises, the cooler it becomes. Water vapor in the air forms drops. This process is called condensation. The drops join together to form clouds. Precipitation in the form of rain, sleet, snow, or hail falls down to Earth's surface. Conditions must be very specific for a thunderstorm to develop. Even so, thunderstorms remain the most common kind of extreme weather. Before a thunderstorm can develop, there have to be three conditions present. First, the air has to be full of moisture. Next, there must be either an approaching cold front or an intensely heated piece of Earth's surface sending warm air up quickly. Finally, the warm air that rises must be warm enough to stay warmer than the air it passes through. When these conditions are met, the moisture in the rising air condenses. Clouds form, and a storm begins. A cold front happens when cold air is moving near the surface of the Earth, and it pushes warm air up very quickly. This is often the beginning of a thunderstorm. Clouds form, and heavy rains begin falling. Opposite electrical charges inside storm clouds separate. This causes lightning to flash toward Earth. Lightning has enough energy to heat the air all around it. This sudden burst of heat is what causes the noise we know as thunder. Thunderstorms often bring disasters with them. This can be in the form of floods, fires caused by lightning, damage from hailstones or strong winds, and even tornadoes. A tornado is a spinning mass of air over land that can destroy virtually everything in its path. A blizzard is a combination of strong winds and extremely low temperatures. Snowfall increases until it is so heavy it is difficult or impossible to see. People can become lost in the snow and freeze to death. Homes can be covered over with snow, trapping people indoors. A hurricane is the most powerful storm known on Earth. It forms over warm ocean waters off the coast of the tropics, becoming a gigantic swirling mixture of air and water. It can grow to between 100 and 900 miles wide. Wind speeds can average 75 miles per hour or more. Hurricanes do the most damage to coastal cities because they quickly lose their strength as they move over land. Hurricanes are so large and powerful that their swirling clouds can be seen from space.

## **DISCOVERY OF PORTUGAL**

In the 16th century, an age of great marine and terrestrial exploration, Ferdinand Magellan led the first expedition to sail around the world. As a young Portuguese noble, he served the king of Portugal, but he became involved in the quagmire of political intrigue at court and lost the king's favor. After he was dismissed from service by the king of Portugal, he offered to serve the future Emperor Charles V of Spain.

A papal decree of 1493 had assigned all land in the New World west of 50 degrees W longitude to Spain and all the land east of that line to Portugal. Magellan offered to prove that the East Indies fell under Spanish authority. On September 20, 1519, Magellan set sail from Spain with five ships. More than a year later, one of these ships was exploring the topography of South America in search of a water route across the continent. This ship sank, but the remaining four ships searched along the



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southern peninsula of South America. Finally, they found the passage they sought near 50 degrees S latitude. Magellan named this passage the Strait of All Saints, but today it is known as the Strait of Magellan.

One ship deserted while in this passage and returned to Spain, so fewer sailors were privileged to gaze at that first panorama of the Pacific Ocean. Those who remained crossed the meridian, now known as the International Date Line, in the early spring of 1521 after 98 days on the Pacific Ocean. During those long days at sea, many of Magellan's men died of starvation and disease.

Later, Magellan became involved in an insular conflict in the Philippines and was killed in a tribal battle. Only 1 ship and 17 sailors under the command of the Basque navigator Elcano survived to complete the westward journey to Spain and thus prove once and for all that the world is round, with no precipice at the edge.



# SC E-LEARNING

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## Nature

Nature writing is nonfiction or fiction prose or poetry about the natural environment. Nature writing encompasses a wide variety of works, ranging from those that place primary emphasis on natural history facts (such as field guides) to those in which philosophical interpretation predominate. It includes natural history essays, poetry, essays of solitude or escape, as well as travel and adventure writing.

Nature writing often draws heavily on scientific information and facts about the natural world; at the same time, it is frequently written in the first person and incorporates personal observations of and philosophical reflections upon nature.

Modern nature writing traces its roots to the works of natural history that were popular in the second half of the 18th century and throughout the 19th. An important early figure was the "parson-naturalist" Gilbert White (1720 – 1793), a pioneering English naturalist and ornithologist. He is best known for his *Natural History and Antiquities of Selborne* (1789).

Read the passage and choose the most appropriate option

### **Q1. Nature writing emphasizes on**

- Historical facts about the nature
- Philosophical interpretations of the nature
- Scientific information and facts

### **Choose the most appropriate**

- None of the above
- Only (i) and (ii)
- All the above
- Only (i) and (ii)

### **Q2. Based on the passage what is period to which the modern nature writing can be traced to**



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a) 1850 till 1999

b) 1850 to 1899

c) 1750 till 1899

d) 1750 till 1900

**Q3. Which statement summarizes the above passage**

- The passage talks about the life and lessons of Gilbert White, a profound naturalist and ornithologist.
- The passage talks about how the nature writing is missing in the modern era and needs to be revived.
- The passage talks about from where the writers draw inspiration for nature writing, and how its importance is diminishing in the modern era.
- The passage talks about what nature writing is, the different types of nature writing, its style, and about the roots and pioneer of modern nature writing.

**Q4. Which word aptly describes the word “reflections” as used in the passage**

- Opinion
- Reproduction
- Images
- None of the above

**Q5. According to the passage, what kind of works are written as part of nature writing?**

I. Natural history essays and essays of solitude or escape

II. Poetry

iii. Travel and adventure writing

**Choose the correct options**



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- Only (i)
- Only (i) and (ii)
- Only (ii) and (iii)
- All the above

## OCEANS

Ocean water plays an indispensable role in supporting life. The great ocean basins hold about 300 million cubic miles of water. From this vast amount, about 80,000 cubic miles of water are sucked into the atmosphere each year by evaporation and returned by precipitation and drainage to the ocean. More than 24,000 cubic miles of rain descend annually upon the continents. This vast amount is required to replenish the lakes and streams, springs and water tables on which all flora and fauna are dependent. Thus, the hydrosphere permits organic existence. The hydrosphere has strange characteristics because water has properties unlike those of any other liquid. One anomaly is that water upon freezing expands by about 9 percent, whereas most liquids contract on cooling. For this reason, ice floats on water bodies instead of sinking to the bottom. If the ice sank, the hydrosphere would soon be frozen solidly, except for a thin layer of surface melt water during the summer season. Thus, all aquatic life would be destroyed and the interchange of warm and cold currents, which moderates climate, would be notably absent. Another outstanding characteristic of water is that water has a heat capacity which is the highest of all liquids and solids except ammonia. This characteristic enables the oceans to absorb and store vast quantities of heat, thereby often preventing climatic extremes. In addition, water dissolves more substances than any other liquid. It is this characteristic which helps make oceans a great storehouse for minerals which have been washed down from the continents. In several areas of the world these minerals are being commercially exploited. Solar evaporation of salt is widely practiced, potash is extracted from the Dead Sea, and magnesium is produced from sea water along the American Gulf Coast

**Q1:** The author's main purpose in this passage is to

**A:** illustrate the importance of conserving water

**B:** describe the properties and uses of

**water** **C:** compare water with other liquids





**Q2: The phrase “this vast amount” in line 4 of paragraph 1 refers to:**

**A: 80,000 million cubic miles of**

**water B: 24,000 Square miles of rain**

**C: 24,000 cubic miles of rain**

**D: 300 million cubic miles of water**

**Q 3 : The word “replenish” in paragraph 1 can best be replaced by .**

- **fill again**
- replace
- evaporate
- form

**Q 4 : According to the passage, fish can survive in the oceans because .**

- evaporation and condensation create a water cycle
- there are currents in the oceans
- they do not need oxygen
- **ice floats**

**Q 4 Which of the following is NOT mentioned as a characteristic of water?**

- Water can absorb heat
- Water is good solvent.
- **Water contracts on cooling**

**Q 5: According the passage, the hydrosphere is not**

- c) The part of the earth covered by water
- d) Responsible for all forms of life.
- e) **In danger of freezing over.**







f) A source of natural resources.

**Q 6 : The author's tone in the passage can best be described as .**

- Dispassionate
- Speculative
- Biased
- **Dogmatic**

**Q 6 : Which of the following statements would be the most likely to begin the paragraph immediately following the passage?**

- **Water has the ability to erode land**
- Drought and flooding are two types of disasters associates with water
- Another remarkably property of ice is its strength
- Magnesium is widely used in metallurgical processes

**Q 7 : Which of the best described the word Exploited in this paragraph?**

- **Demoralized**
- Passivity
- Failure

**Q 8 : What is the meaning of Aquatic life in this passage?**

- g) Surface life
- h) Life on earth
- i) **Amphibious life**
- j) Life without water

### Himalayas Mountain Ranges Passages

#### PASSAGE #1:



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The Himalayas are beautiful mountains to the North India. They stretch for two thousand miles from Kashmir to Assam. Some of the world's highest peaks are in the Himalayas. The highest peak is Mount Everest. The tops of the mountains are covered with snow throughout the year.

Therefore, we call them the Himalayas or 'the abode of snow'. There are many beautiful lakes and forests in the Himalayas. Many passages connect India with Tibet, Turkistan and Afghanistan. Many rivers, the Ganga, the Yamuna, the Brahmaputra and the Beas flow from these mountains. The climate and the scenery of these mountains are so charming that people have built many hill stations there. Many visitors go to the hill stations for pleasure and relaxation.

**QUESTIONS:**

- How far do the beautiful mountains of the Himalayas stretch?
- What other name is given to the mountains of the Himalayas?
- What does the word 'Himalayas' stand for?
- Why do the visitors go to the hill stations?
- Explain the italicized words in the passage
- Give a suitable title to the above passage

- ANSWERS:
1. The beautiful mountains of the Himalayas stretch for two thousand miles from Kashmir to Assam.
  2. The other name given to the mountains of the Himalayas is 'the abode of snow'.
  3. The word 'Himalayas' means the abode of snow.
  4. The visitors go to hill stations for pleasure and relaxation. They enjoy the beautiful scenes of nature there.
  5. Stretch - spread over the abode of snow - the place of living or stay of snow.
  6. The Himalayas







**PASSAGE #2:**

The Himalayas, or Himalaya, form a mountain range in Asia, separating the plains of the Indian subcontinent from the Tibetan Plateau.

The Himalayan range has many of the Earth's highest peaks, including the highest, Mount Everest. The Himalayas include over fifty mountains exceeding 7,200 m (23,600 ft) in elevation, including ten of the fourteen 8,000-metre peaks. By contrast, the highest peak outside Asia (Aconcagua, in the Andes) is 6,961 m (22,838 ft) tall.

Lifted by the subduction of the Indian tectonic plate under the Eurasian Plate, the Himalayan mountain range runs west-northwest to east-southeast in an arc 2,400 km

(1,500 mi) long. Its western anchor, Nanga Parbat, lies just south of the northernmost bend of Indus river. Its eastern anchor, Namcha Barwa, is just west of the great bend of the Yarlung Tsangpo River (upper stream of the Brahmaputra River). The Himalayan range is

bordered on the northwest by the Karakoram and the Hindu Kush ranges. To the north, the chain is separated from the Tibetan Plateau by; 50-60 km (31-37 mi) wide tectonic valley called the Indus-Tsangpo Suture. Towards the south the arc of the Himalaya is ringed by the very low Indo-Gangetic Plain. The range varies in width from 350 km (220 mi) in the west (Pakistan) to 150 km (93 mi) in the east (Arunachal Pradesh). The Himalayas are distinct from the other great range of central Asia, although sometimes the term

'Himalaya' (or 'Greater'-Himalaya) is loosely used to include the Karakoram and some of the other ranges.

Read the passage and choose the most appropriate option Q1. How long is the Himalayan mountain range?

- a. 2400 mi
- b. 2400 kms
- c. 1500 mi
- d. d) 15000mi

**Q2. What is the northwest border of the Himalayas?**

- a. Hindu Kush & Nanga Parbat





- b. Indus-Tsangpo Suture
- C. Karakoram & Hindu Kush
- d. Karakoram & Nanga Parbat

**Q3. How many peaks in the Himalayas are above 8000 meter above the sea level?**

- a. Ten
- b. Fifty
- c. Five
- d. Fourteen

**Q4. Which word in the passage means "the sideways and downward movement of the edge of a plate of the earth's crust into the mantle beneath another plate."**

- a. Tectonic
- b. Anchor
- C. Subduction
- d. Valley

**Q5. Which statement summarizes the information given in the passage**

- a. The passage talks about how the Himalayas act as a barrier to icy winds for India
- b. The passage talks about the Mount Everest in the Himalayas
- C. The passage talks only about the geographic boundaries of the Himalayas
- d. The passage talks about the geographic boundaries and the might of the Himalayas

**Answer**

- 1. b
- 2. c
- 3. a
- 4. c





5. d



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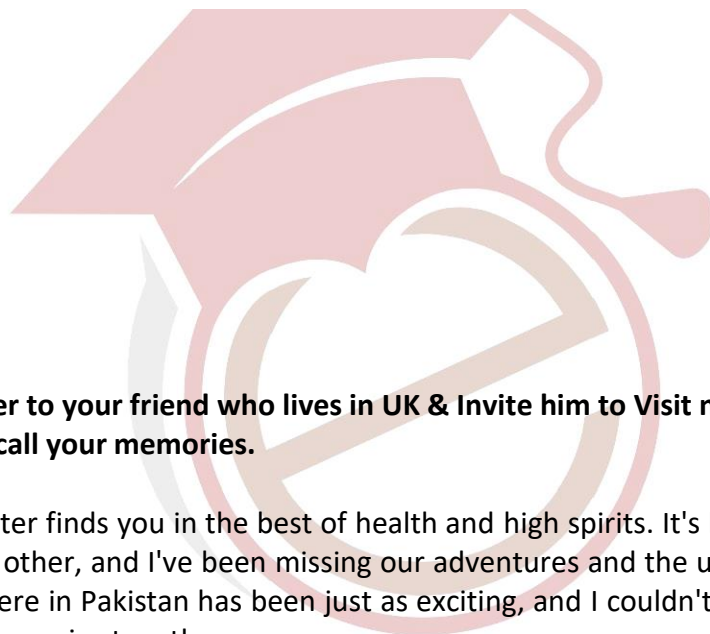
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**Q: write a letter to your friend who lives in UK & Invite him to Visit northern areas of Pakistan with you to recall your memories.**

I hope this letter finds you in the best of health and high spirits. It's been far too long since we last saw each other, and I've been missing our adventures and the unforgettable moments we shared. Life here in Pakistan has been just as exciting, and I couldn't help but think it's time to create new memories together.

I wanted to extend a heartfelt invitation to you to come visit me in Pakistan, and more specifically, to explore the breathtaking Northern Areas. As you know, our country is rich in natural beauty, and the Northern Areas are a paradise for adventurers, nature lovers, and anyone seeking a serene escape from the hustle and bustle of daily life.

The lush valleys, majestic mountains, pristine lakes, and warm hospitality of the local people await us. I can't help but recall the countless times we talked about embarking on new journeys and experiencing the world's wonders together. Now is the perfect opportunity to turn those dreams into reality.

Imagine hiking through the lush green landscapes of Swat Valley, experiencing the serene tranquility of Shangrila Resort in Skardu, and taking in the awe-inspiring views of Hunza Valley. We can also explore the history and culture of this region, which is dotted with ancient forts, monasteries, and local traditions.

Moreover, your visit would give us the chance to reconnect, relive our cherished memories, and create new ones that we'll treasure for a lifetime. I'm confident that you'll be enamored by the natural beauty, warm hospitality, and delicious local cuisine here.

I understand that planning an international trip is a significant commitment, so please take your time to consider this invitation. I am more than willing to help you with any logistical details,





visa applications, and planning to make your journey as smooth as possible. I'm sure you'll find the experience of visiting the Northern Areas of Pakistan as unforgettable as our previous adventures.

Please let me know when it would be convenient for you to visit, and I'll make sure to adjust my schedule accordingly. I eagerly await your response, and I hope you'll consider this invitation as an opportunity to rekindle our friendship and create new memories together.

Wishing you the best, my dear friend, and hoping to see you soon.

