



**Assignment**

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**Date:** \_\_\_ / \_\_\_ / \_\_\_

**Name:** \_\_\_\_\_

**Max Marks: 10**

**Read the following passage carefully.**

1. Stress is a disease of modern times. It afflicts people regardless of their situation in life. Stress is present in the lives of the rich and poor, literature and illiterate, men and women. Stress is, however, more evident and is probably more widespread in technologically advanced countries, and is common among higher qualified professionals.
2. Stress is of various kinds physical emotional and intellectual and it is characterized by a feeling of being burned: of being unable to cope. At a physical level modern technology and facilities have actually increased workloads and decreased relaxation. Mobile phones and laptops have made it easy to carry the office to the home.
3. Emotional stress increases when there is disharmony and friction in relationships. Unfortunately, the trend today is to take the easy way out – people prefer to break away from relationships rather than repair them.
4. The answer to stress can be found in the very letters of the word, stress, ‘S’ stands for strength: physical, emotional, intellectual and spiritual. Physical and emotional weakness leads to irritability. A strong healthy body developed through proper diet, exercise and pranayama techniques helps reduce stress at the physical level. Love compassion and friendship are valuable strength gives that help us cope with stress.
5. The scriptures say that knowledge of the self cannot be gained without inner strength. Rabindranath Tagore, in a poem, prays to the Lord not to remove all obstacles, but instead, he asks for strength to bear them. Before the start of the Mahabharata war, Arjun was seized with a bout of emotional weakness and he refused to fight the war. Lord Krishna rescued him by giving him emotional strength.
6. “T” stands for traffic control. We need to regulate and control our thoughts. We can cope with stress best if our thoughts are orderly and methodical. Unnecessary accumulation leads to clogging of the mind. The key lies in being able to love one moment at a time. Eat while eating work while working, and leave the home at home and the office I the office. Remember, however, long we have to travel we can only take one step at a time. Worrying only reduces efficiency and then even simple tasks cannot be completed correctly and in time.
7. ‘R’ is for redesign. We tend to view life and ourselves through our own philosophy. A readjustment or reorientation in this philosophy will enhance our capacity to bear heavier loads.
8. “E” stands for erase: the ego. Anger, fear and jealousy are negative emotions that reduce efficiency, leading to mental weakness, causing stress. Too much emphasis on the ego increases stress. Sri Rama asked Sri Hanuman how he was able to cause so much havoc in Lanka and yet return unscathed . Hanuman disclaimed all responsibility. He said, “I did not do it, you did it through me”. There is a higher power or strength working through us.
9. “S” stands for sharing: share your wealth, knowledge, workload or anything else you have. By and large people do not know how to share or delegate. The last but most important is the ‘S’ which stands for surrender to the Lord. Free your mind from the weight of worries and become an instrument, adopting an attitude of service.

**Answer the following questions briefly:**

- 1) How has the stress become a universal disease? \_\_\_\_\_
- 2) Name the various kind of stress? \_\_\_\_\_
- 3) What is responsible for physical stress? \_\_\_\_\_
- 4)When does “emotional stress” increase? \_\_\_\_\_
- 5) How can one develop ‘increase strength’? \_\_\_\_\_
- 6)What does the word ‘stress’ stand for? \_\_\_\_\_

**Answer the following questions:**

- 7) We need not regulate and control our thought by: \_\_\_\_\_
- 8) Erasing the ego can be achieved through: \_\_\_\_\_

**Find words from the passage, which have similar meanings as the following words:**

- 9) Holy books (para5) \_\_\_\_\_
- 10) Collection (para 6) \_\_\_\_\_