

CSS 1986

Q.2. Read the following passage carefully and answer any two questions given at the end in about 70 words each.

Biofeedback is a process that allows people with stress related illnesses such as high blood pressure to monitor and improve their health by learning to relax. In biofeedback, devices that monitor skin temperature are attached to a patient's arm, leg or forehead. Then the person tries to relax. As he or she relaxes completely, the temperature of the area under the device rises because more blood reaches the area. When a machine that is attached to the devices detects the rise in temperature a buzzer sounds, or the reading on a dial changes. As long as the patient is relaxed, the buzzer or dial gives encouragements.

The next part of the biofeedback process is learning how to relax without the monitoring devices. The patient recalls how he or she felt when the buzzer or dial indicated realization and then tries to imitate that feeling without having to check the biofeedback machine. After succeeding in doing so, the patient tries to maintain the relaxed feeling throughout the day. Stress may cause as much as 75 percent of all illness; therefore, biofeedback promises to be an outstanding medical tool.

Questions:

1. What is biofeedback? Describe it in your own way?
2. Can learning to relax improve health? Explain your view point?
3. Why is biofeedback considered to be an instrument with great potential for the treatment of stress related illnesses?

## ↳ CSS 1986 Comprehension:-

### ↳ Ans 1:- Biofeedback:-

Biofeed back is a process through which people, ~~are~~ having high blood pressure and stress, are taught to improve their health. This process teaches people to relax. This process is carried out using a device called biofeedback which is attached to the patient's arm, leg and forehead. Then person tries to relax. When patient gets relaxed, it gives encouragements. It is one of the outstanding medical equipment.

### ↳ Ans 2:-

Yes, learning to relax can improve health. There are different ways for relaxation. Exercise, yoga and even some devices can also help to relax. Since being mentally and physically fit is very necessary as only 85% of ailments are caused due to stress. So if a person has learned how to relax, he would remain relax in critical situations. He will not be stressed. So learning to relax is very important, as it improves health.

↳ 3 Ans:-

Biofeedback is a device to relax stressed patients. It is attached to patient's arm, leg or forehead. As the patient relaxes, the temperature of the part of body under device rises due to increased blood pressure. And the detector gives buzzer. So in this way, it is a great potential instrument for treatment of stress related morbidities.

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Do not replicate phrases from the passage

✓ CSS 1986

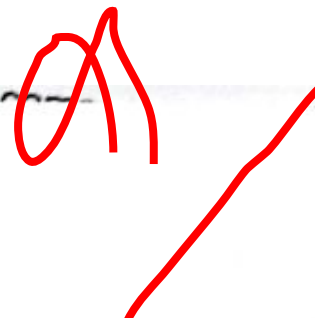
**Q.1 Write a Précis of the following passage, suggesting a suitable title: (20+5=25)**

One of the fundamental facts about words is that the most useful ones in our language have many meanings; That is partly why they are so useful; they work overtime ..... Think of all the various things we mean by the word "foot" on different occasions: one of the lower extremities of all human body, a measure of verse, the ground about a tree, twelve inches, the floor in front of the stair. The same is true of nearly every common noun or verb.

Considering the number of ways of taking a particular word, the task of speaking clearly and being understood would seem pretty hopeless if it were not for another very important fact about language. Though a word may have many senses, these senses can be controlled, up to a point, by the context in which the word is used. When we find the word in a particular verbal setting, we can usually decide quite definitely which of the many senses of the word is relevant. If a poet says his verse has three feet, it doesn't occur to you that he could mean it's a yard long or is three legged (unless perhaps you are a critic planning to puncture the poet with a pun about his "lumping verse"). The context rules out these maverick senses quite decisively.

\* CSS 1986 Precis\*

Try not to miss ideas



↳ Title :- Words and Their contextual meanings.

Useful words carry multiple meaning. Their sense and context changes, according to occasions. Like the word "foot" has different meanings on different occasions. Similar is the case with every noun and verb. The sense of the word can be understood depending upon the context, in which it is used. If a poet says that, his 'verse' has three legs; it means he is using it in rhythm or poetic diction.

Total words: 184

You missed the last idea

Good comprehension of ideas

Keep it up

Precis words: 68