

75 percent of all illness, therefore, biofeedback promises to be an outstanding medical tool.

➤ **Questions**

5. What is biofeedback? Describe in your own way.
6. Can learning to relax improve health? Explain your view point.
7. Why is biofeedback considered to be an instrument with great potential for the treatment of stress-related illness?
8. Suggest a title.

▪ **Exercise 4**

Read the following passage carefully and answer the questions given at the end.

There is a sense in which the aim of education must be the same in all societies. Two hundred years from now there will be no one alive in the world who is alive today. Yet the sum total of human skill and knowledge will probably not be less than it is today. It will almost certainly be greater. And that this is so is due in large part to the educational process by which we pass on to one generation what has been learned and achieved by previous generations. The continuity and growth of society is obviously dependent in this way upon education, both formal and informal. If each generation had to learn for itself what had been learned by its predecessor, no sort of intellectual or social development would be possible and the present state of society would be little different from the society of the old stone age. But this basic aim of education is so general and so fundamental that it is hardly given conscious recognition as an educational purpose. It is rather to be classed as the most important social function of education and is a matter of interest to the sociologist rather than to the educational theorist. Education does this job in any society and the specific way in which it does it will vary from one society to another. When we speak in the ordinary way about the aims of education, we are interested rather in the specific goals set by the nature of society and the purposes of its members. The educational system of any society is a more or less elaborate social mechanism designed to bring about in the persons submitted to it certain skills and attitudes that are judged to be useful and desirable in the society.

➤ **Questions**

1. How is the continuity and growth of society dependent upon education?
2. In what way are the aims of education related with a society and its members?
3. What importance does the writer give to the education system of a society?
4. Write the meaning of the underlined words.

1 - How is the continuity and growth of society dependent upon education?

Ans - The continuity and growth of society lies with education, both in formal and formal learning. Growth of society is only possible when education is available to all individuals, and create an intellectual ability. So, with education, a society can evolve.

2 - In what way the aims of education are related with a society and its members?

Ans: The aim of education lies with society as human skill and knowledge is provided by education through which a person can determine the values of society. Also, education is the most fundamental part of the society and provides the recognition to an individual in society.

3, What importance does the writer give to the education system of a society?

Ans: - Education plays a major role in the society. It brings intellectual beings to the society which can guide the people. Education

provides the sense of social mechanism through which one can submit certain skills and judged as a desirable person in the society

4- Write the meanings.

Obviously : To have no doubt / Clear

Recognition : To recognize / Importance /

Vary : different aspects.