

## Test-1: Basic Reading Skill (BRS)

### PASSAGE-1

Mesothelioma is a rare form of cancer caused by prolonged exposure to asbestos dust. The disease is naturally most common among those who work in shipyards, asbestos mines and factories, industries that produce asbestos based products, and the heating and construction businesses. Most people who have or have had mesothelioma are exposed to asbestos about 35-40 years before contracting the disease. The asbestos dust comes from certain insulators, cements, roofs and household cleaners, among other things. An exposure to such dust for as little as 2 or 3 months can result in mesothelioma. Although most asbestos have been removed from products since the 1980's, the remnants of the havoc created surface sometimes. When asbestos fibers are breathed into the lungs they travel through large air passages to reach the smaller passages and from them the pleura. In the pleura they damage the mesothelial cells leading to cancer and the development of scar tissue within the lungs known as asbestosis. When asbestos fibers are swallowed they reach the abdominal cavity and cause peritoneal Mesothelioma. The symptoms of this disease are not specific and can therefore result in delayed diagnosis. Some early symptoms of Mesothelioma however, are pneumonia, shortness of breath, chest pain, and cough. This cancer can be fatal and spread to other areas of your body through the blood.

### PASSAGE-2

Good nutrition and regular exercise are essential for good health. However, we sometimes hear about people who have not eaten perfectly or have not exercised regularly. Yet they have gone on to live 100 years and more. What could be the catch here? Research attributes this to the way we handle stress. Stress has not escaped anyone and it is therefore important that we deal with it in a mature manner. The human body is equipped with a 'fight or flight' mechanism that makes its own decisions whether it wishes to deal with a particular problem or flee from real and present danger. The brain makes an immediate analysis of a situation and sends orders to take necessary action. The catch here is that, the mechanism is also activated when we perceive danger, even though no such danger exists. Our minds have been programmed from infancy with many "untrue thoughts" – many false beliefs. It is when we think of these "untrue thoughts" that we cause ourselves anxiety and our bodies go into the stress response. However, we all have a "Wise Self" that knows truth from lies. When we move "out of our minds" and into our knowing, we will stop thinking the thoughts that cause anxiety and instead operate from the truth of our knowing.

### PASSAGE-3

We often tend to forget that our kids are as much individuals as we are, only smaller. We also forget that they are constantly watching our every move, every word and every single gesture. They are not judging us, perhaps because they think that if we are doing it, it must be the right thing to do! That is the dangerous part of being a parent, isn't it? As the old saying goes, "Kids remember a little of what we say but all of what we do." Parents, be careful how you raise your kids, they are your future, they are our future.

1. Select a title is suitable for the above passage.
  - a. Kids – Our Future
  - b. Teaching Children Responsibility
  - c. Be Careful – Those Little Eyes Are Watching You
  - d. How to Raise a Smarter Child

#### **PASSAGE-4**

Did you ever think smoking two cigarettes could be enough to impair a person's night vision? Dr. Charles Sheard of the Mayo Clinic put forth the theory that the nicotine contained in cigarettes acts as a vasoconstrictor (an agent that causes constriction of blood vessels). This nicotine cuts the blood flow to the retina thus causing a 15 to 30 minute delay in the time eyes require to adjust themselves to dim light. It is for this reason that the Army Air Forces makes it mandatory for its pilots to refrain from smoking before night flights.

2. Which of the following could be a suitable title for the passage?

- a. Dangerous Vasoconstrictors
- b. Smoking and Night Vision
- c. The Army Air Force Manual
- d. Inhale but don't Exhale!

#### **PASSAGE-5**

Karen Carpenter, the extremely talented singer and musician died in 1983 at the age of 32, hardly an age to deacease. She suffered from what was called 'the starlet disease' of anorexia – the medical term. This disease has taken a frightening turn in this century as well. Youngsters, especially girls suffer from a grossly distorted self-image and perceive themselves as seriously overweight. This is despite the fact that they look a shade better than a severely starved person. They are extremely under-nourished which triggers off chemical imbalances in their body and sometimes causes sudden death as in the case of Karen. What is shocking is that in a survey done in America, as many as one in every ten women started showing symptoms of this dreadful disease as early as the fourth grade.

3. Select a suitable title for the passage.

- a. Anorexia – The killer Disease
- b. Karen's Life
- c. Modern Day Difficulties
- d. The Vain and the Glorious

#### **PASSAGE-6**

Historians and scholars have often disagreed on whether Dravidians were the original inhabitants of India or were they like the Aryans, simply invaders who made this beautiful country their home? Even today, there are more than 3,00,000 people in the Baluchistan highlands (now a part of Pakistan) who speak a language known as Brahui. What is amazing is the uncanny resemblance of Brahui to Dravidian languages like Tulu, Malayalam, Tamil, Telugu and Kannada. Most of the people in Tamil Nadu pride themselves on being 'Dravidian'. They are people with very distinct features and qualities and they believe they have nothing remotely in common with the people of the north and they prefer it that way. For generations together, they have resisted the 'Hindi' influence on them unlike the rest of India.

4. Suggest a suitable title for the above passage.

- a. The Original Inhabitants: Dravidians or Aryans
- b. Racial Boundaries
- c. The Influence of Dravidian Culture on Pakistan
- d. A proud Race – The Dravidians