



INDIAN SCHOOL MUSCAT  
SENIOR SECTION

DEPARTMENT OF ENGLISH

CLASS XII

**Samples in Note-Making and Summary  
(Revision Worksheet)**



Answers

**Do it yourself: Exercise 1**

**Title: Having a Healthy Heart**

**Notes:**

1. **World Heart Day. 24 Sept.**
  - (a) to control death & disability
  - (b) to increase awareness
2. **Causes of Heart Attacks**
  - (a) lack of phy'l exercise
  - (b) wrong eating habits
  - (c) smoking & alcohol
  - (d) stressful lifestyle
3. **Role of Physical Excse.**
  - (a) prevents hrt attacks—longer life
  - (b) isotonic-beneficial; isometric—harmful
  - (c) walking: best excse.
    - (i) 30 to 60 mts. brisk walk
    - (ii) no equipment, money, mat'l or membership of club
    - (iii) early morning: ideal for walking
  - (d) Other beneficial excses
    - (i) stay cycling
    - (ii) swimming
    - (iii) walk'g on treadmill
4. **Consult cardiologist before beginning an excseprgrme.**

(Prepare a key to the abbreviations used in your notes)

Summary: In recent times, heart attack is an epidemic disease that causes grave concern to the medical fraternity. To have control on increasing death and disability due to heart attacks, the World Health Organization (W.H.O) and World Heart Federation has observed September 24th as the World Heart Day to focus on public awareness. According to health expert there

are four main habits that cause heart attack, these are lack of physical exercise, wrong eating habits, smoking, excessive alcohol consumption and stressful lifestyle. The effects of heart attack can be reduced to greater extent with the help of regular exercise.

## **Do it yourself: Exercise 2**

### **Title: Self Cleaning Materials**

#### **Notes:**

1. **Self clg. mats.**
  - (a) clean dirt, stains
  - (b) eliminate foul odour& dang, bacteria
2. **Self clg. tiles—pple. of wk.**
  - (a) uv rays  $\rightarrow$   $\text{TiO}_2$
3. **Spl. props, of  $\text{TiO}_2$** 
  - (a)  $\text{TiO}_2$  makes paint/tooth paste white
  - (b) ability to break down  $\text{H}_2\text{O}$  into  $\text{H}_2$  and  $\text{O}_2$
  - (c) abs. energy from uv band + reacts with  $\text{H}_2\text{O}$  vapours  $\rightarrow$  prod.  $\text{O}_2 \rightarrow$  brk. org. matter  $\rightarrow$   $\text{CO}_2$  + trace elements
4. **Discovery Testing & Research**
  - (a) dis.- Akira Fujishima (Tokyo Univ.)—1969
  - (b) Testg.-Ako Central Hospl.
  - (c) Adam Heller (Texas Univ.)— $\text{TiO}_2$  coated glass—removed finger prints in 2 hrs.
5. **Marketing**
  - (a) Tiles called 'Neo clean'
  - (b) Jap. Toto Corp.
6. **Future Prospects wash itself paint**

(Prepare a key to the abbreviations used in your notes)

Summary: Scientists of Japan and USA have developed many smart materials that not only clean themselves off dirt and stains but also eliminate adours and dangerous bacteria. Some tiles, glass, paint, paper and cloth have been introduced those can be kept clean manually. Titanium dioxide and ultraviolet rays from the sun are the keys to the self-cleaning world. But the most effective and promising, self-cleaning product is likely to be wash itself paint.

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