



**INDIAN SCHOOL MUSCAT**  
**SENIOR SECTION**  
**DEPARTMENT OF ENGLISH**  
**CLASS XI**  
**NOTE MAKING AND SUMMARIZATION**



**1. Read the following passage and answer the questions that follow:**

8

Leadership does not exist without follower-ship. A leader has to be accepted by the group which the former is supposed to lead. To gain acceptability the leader should cause an emotive impact on the group members.

The character exhibited by leaders makes them dear to their followers. A leader is one who effectively inspires employees to achieve worthwhile things. What character of the leader motivates the followers? It is not pomp and show nor sanctioning more incentives. Flattery is unrealistic and cannot serve as long term motivational tool. A leader's style should be one that can be emulated irrespective of cadre, class and caliber. Simplicity is one thing that can be adopted by all. When the leader is simple he is counted as one belonging to the group of which he is the leader. That's enough to motivate the people. Motivation is the innate quality that enables an individual or group to contribute unlimitedly with limited means.

A leader needs to assume the role of a guide; quintessential to fulfilling the role is knowledge and ability. The technical knowledge is too vast to acquire by a leader. At best he is either 'Jack of all' or 'Master of few'. But he has to master the human relations aspect of administration in detail. When the leader is good at this guidance then he fulfills the role of a guide. The leader shapes and moulds character. To achieve this, the leader should maintain equanimity. Equanimity is keeping oneself poised and balanced at all times. A leader is simply great if he can mould his followers with this frame of mind. He does this by his own example.

**a) Make notes on the passage in any suitable format using recognizable abbreviations wherever necessary. Give a title to your notes.** 5

**b) Write a summary in 80 words based on the notes you have made.** 3

**2. Read the following passage and answer the questions that follow:**

8

There's more to keeping your pearly whites precisely than a bit of brushing and the odd visit to a dentist. Take a look at these dental dos and don'ts.

Carbonated drinks (including the diet variety and sparkling water) can cause your teeth to look older than they really are. "These drinks are so highly acidic that they can actually dissolve the upper layers of the tooth," warns cosmetic dentist Dr. Oliver Harman. They contain high amounts of phosphorous – a mineral that can leach calcium from your bones if you consume too much –

and some scientist believe they can weaken your jawbone, increasing the chance of losing teeth.

Foods that work on the teeth like detergents are foods that require chewing. Apples, celery and carrots clean teeth naturally and foods such as spinach, lettuce and broccoli prevent staining by creating a film in the teeth that acts like a barrier. Major stainers will take their toll on our smile sooner or later, so steer clear of tea, coffee, red wine, curries and highly pigmented foods such as cherries and blueberries – anything in fact, that will stain a white shirt.

Smoking causes staining of the teeth and bad breath and increases the risk of oral cancer and gum disease, as it constricts blood flow to the gums. Smoking one pack a day for 10 years can cause a 10 per cent loss of bone support. On a positive note, however, a study published in the journal of *periodontology* revealed that 11 years after quitting, former smokers' likelihood of having periodontal disease was not significantly different from that of those who had never smoked.

Bruxism is the technical name for tooth grinding and, according to the British Dental Health Foundation; it affects around one in 10 people. It is often caused by stress and anxiety and over a period of time can result in tooth damage and receding gums. The teeth may be pushed out of line and your bite may need adjustment. To make matters worse, grinding usually occurs at night, with many of us unaware we are doing it. The following are signs that you may be suffering from bruxism: mouth, jaw and facial pain; limited jaw movement; sore gums and worn teeth. If you have a partner, ask them to listen for grinding sounds you may make while sleeping. The British Dental Association advises trying relaxation techniques before you hit the pillow and if you suffer from prolonged tooth grinding, talk to your dentist about options such as a special mouth guard to wear while you sleep.

“A professionally applied whitening system will not damage teeth,” says Dr. David Bloom, a member of the British academy of Cosmetics Dentistry. “But some over the counter bleaches are so acidic; they can cause surface loss and sensitivity.”

Habitual nail chewers damage more than their cuticles; they can damage their teeth, too. “If you have weakened enamel, you end up with an exposed, dented, soft area in the centre of the tooth,” Harman says, “and that’s when a problem occurs. The dentine is much softer than the enamel and if exposed to bad habits such as chewing nails, opening beer bottles or tearing off Sellotape, it will wear down.” Often the middle part dissolves quicker than the outside and the brittle enamel is very prone to chipping, making the teeth look uneven and unattractive.

- a)On the basis of your reading of the above passage, make notes using headings and sub headings. Use recognizable abbreviations, wherever necessary. 5**
- b) Write a summary of the passage in not more than 80 words using the notes made and also suggest a suitable title. 3**