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BEGLA-138

B. A. (GENERAL)

(CBCS) (BAG)

Term-End Examination

June, 2026

BEGLA-138 : READING AND

SPEAKING SKILLS

Time : 3 Hours

Maximum Marks : 100

Note : Attempt *all* questions.

Section—A

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

Benefits of Vitamin C and its Sources

Vitamin C is an essential ingredient for human beings. It is required for the

synthesis of intercellular cement “collagen”, which is responsible for keeping various cells of human body together. As an oxidant, it acts like a cap in the body, apprehending the rowdy molecules called free radicals that are naturally formed during various chemical reactions in the body and have the potential to damage. Vitamin C is also required for dentine formation in the teeth and it also aids in the absorption of Iron from the body.

Rats have the capacity to synthesize vitamin C with their body whereas human beings are required to provide it through diet. The richest source of vitamin C is amla. The other sources are lemon, orange, papaya, pineapple, cabbage, cauliflower, green peas,

tomato etc. While cooking above 70°C Vitamin C gets destroyed.

Scurvy is a disease caused by the deficiency of this Vitamin. Due to its deficiency, gums are swollen or bleeding, bones are weak and readily fractured, delayed wound healing and poor teeth formation in children result. A balanced diet with Vitamin C is the requirement to avoid scurvy. For pregnant or lactating mothers Vitamin C is the remedy.

Each adult is required to consume 75 mg per day; an infant 30 mg per day; a pregnant woman 100 mg per day; a lactating mother 150 mg per day. Doctors use Vitamin C for the treatment of infections, healing of ulcers, burns and trauma, quick healing of fractures, etc.

However taking Vitamin C tablets on a long-term basis is not without side effects, like the reformation of oxalates, kidney stones, diarrhaea, abnormal heart rhythm, damage to the outer layer of teeth and rebound scurvy if tablets are stopped abruptly.

Amla with honey is a supertonic, particularly when treated with solar rays. Since honey is an ingredient that provides instant energy without consuming insulin for its absorption in the body. A newly born child in India is first provided with honey to purify his/her internal system since it acts as an antibiotic and also without side-effects.

Most of us are not aware that during World War II a lot of food material was sent to British army fighting for and on behalf of

British Government in different parts of the world. In this food material amla was one of the main ingredients to protect fighting forces from scurvy disease since during day time they had to live in bunkers and during night-time they had to fight. Therefore, they were generally deprived of sunlight which is a major source of Vitamins for human body.

Therefore, Vitamin C in the form of amla is the best for human health.

Questions :

- (i) Why, according to you, Vitamin C is important for human body ? 3
- (ii) Categorize the above passage on behalf of what you have learned about different types of text ? Justify your response. 4

- (iii) What happens to a human body due to the deficiency of Vit. C ? 3
- (iv) Why was amla included as a food ingredient to the British army during World War II ? 4
- (v) What are the side-effects of excess consumption of Vitamin C ? 3
- (vi) What disease is treated by the use of Vitamin C ? 3
2. Make the stressed syllables in the following sentences : 10
- (a) The doctor prescribed medicine today.
- (b) She dances in the rain.
- (c) They discovered an ancient tomb.
- (d) The mountains were covered with snow.
- (e) He explained the concept clearly.

Section—B

1. What is a Formal Communication ? 10
2. Discuss the barriers that influence the process of communication. 10
3. Why cross-cultural awareness is important in communication ? Explain. 10
4. Define Rhythm and stress. Give examples. 10
5. Discuss the difference between Argumentative text and Persuasive text. 10

Section—C

1. Write *five* sets of dialogue between a receptionist and a client, while she checks in the hotel. 10

Or

You are Ruchi Chaturvedi, a college student and your mother is Sandhya. The conversation takes place as you return home hungrily and find your mother preparing paratha.

2. You are Ritu and you need to get your mobile phone repaired. Write formal telephonic conversation between you and Suresh, a Service Department employee in Apple Store. 10

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