

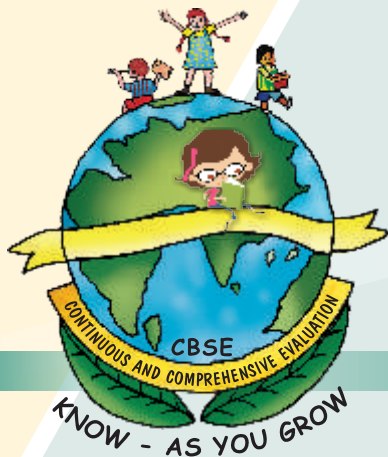
नया आगाज़

आज समय की माँग पर
आगाज़ नया इक होगा
निरंतर योग्यता के निर्णय से
परिणाम आकलन होगा।

परिवर्तन नियम जीवन का
नियम अब नया बनेगा
अब परिणामों के भय से
नहीं बालक कोई डरेगा
निरंतर योग्यता के निर्णय से
परिणाम आकलन होगा।

बदले शिक्षा का स्वरूप
नई खिले आशा की धूप
अब किसी कोमल-से मन पर
कोई बोझ न होगा

निरंतर योग्यता के निर्णय से
परिणाम आकलन होगा।
नई राह पर चलकर मंज़िल को हमें पाना है
इस नए प्रयास को हमने सफल बनाना है
बेहतर शिक्षा से बदले देश, ऐसे इसे अपनाए
शिक्षक, शिक्षा और शिक्षित
बस आगे बढ़ते जाएँ
बस आगे बढ़ते जाएँ
बस आगे बढ़ते जाएँ.....



Interact in English

MAIN COURSE BOOK

*A Textbook for English Course
(Communicative)*

Class-X



CENTRAL BOARD OF SECONDARY EDUCATION

PREET VIHAR, DELHI - 110092

Interact in English (Main Course book - X)

First Edition 1994	:	2,00,000
Second Edition 1995	:	1,40,000
Third Edition 1996	:	35,000
Fourth Edition 1997	:	1,50,000
Fifth Edition 1998	:	1,50,000
Revised Edition 1999	:	1,25,000
Revised Edition 1999	:	30,000
Reprint 2000	:	10,000
Reprint 2000	:	10,000
Reprint 2001	:	75,000
Reprint 2001	:	20,000
Reprint 2001	:	10,000
Reprint 2001	:	5000
Reprint November 2001	:	1,40,000
Reprint April 2002	:	25,000
Reprint June 2003	:	3000
Reprint January 2004	:	1,80,000
Reprint November 2004	:	1,75,000
Reprint May 2005	:	25,000
Reprint October 2005	:	6,500
Reprint January 2007	:	1,20,000
Reprint November 2007	:	1,50,000
Reprint March 2009	:	10,000
Reprint January 2010	:	2,50,000
Reprint March 2011	:	5,00,000
Reprint January 2012	:	80,000
Reprint February 2014	:	40,000
Reprint November 2014	:	

© **CBSE, India**

Paper used : 80 GSM Maplitho Paper

Price : ₹ 80/-

**This book or part thereof may not be reproduced by
any person or agency in any manner.**

PUBLISHED BY : The Secretary, Central Board of Secondary Education, Shiksha Kendra, 2, Community Centre, Preet Vihar, Delhi - 110092

DESIGN & LAYOUT : Multi Graphics, 8A/101, WEA Karol Bagh, New Delhi - 110005

PRINTED BY :

भारत का संविधान

उद्देशिका

हम, भारत के लोग, भारत को एक सम्पूर्ण 'प्रभुत्व-संपन्न समाजवादी पंथनिरपेक्ष लोकतंत्रात्मक गणराज्य बनाने के लिए, तथा उसके समस्त नागरिकों को:

सामाजिक, आर्थिक और राजनैतिक न्याय,

विचार, अभिव्यक्ति, विश्वास, धर्म

और उपासना की स्वतंत्रता,

प्रतिष्ठा और अवसर की समता

प्राप्त कराने के लिए

तथा उन सब में व्यक्ति की गरिमा

और राष्ट्र की एकता और अखंडता

सुनिश्चित करने वाली बंधुता बढ़ाने के लिए

वृद्धसंकल्प होकर अपनी इस संविधान सभा में आज तारीख 26 नवम्बर, 1949 ई० को एतद्वारा इस संविधान को अंगीकृत, अधिनियमित और आत्मार्पित करते हैं।

1. संविधान (बयालीसवां संशोधन) अधिनियम, 1976 की धारा 2 द्वारा (3.1.1977) से "प्रभुत्व-संपन्न लोकतंत्रात्मक गणराज्य" के स्थान पर प्रतिस्थापित।
2. संविधान (बयालीसवां संशोधन) अधिनियम, 1976 की धारा 2 द्वारा (3.1.1977) से "राष्ट्र की एकता" के स्थान पर प्रतिस्थापित।

भाग 4 क

मूल कर्तव्य

51 क. मूल कर्तव्य - भारत के प्रत्येक नागरिक का यह कर्तव्य होगा कि वह -

- (क) संविधान का पालन करे और उसके आदर्शों, संस्थाओं, राष्ट्रध्वज और राष्ट्रगान का आदर करे;
- (ख) स्वतंत्रता के लिए हमारे राष्ट्रीय आंदोलन को प्रेरित करने वाले उच्च आदर्शों को हृदय में संजोए रखे और उनका पालन करे;
- (ग) भारत की प्रभुता, एकता और अखंडता की रक्षा करे और उसे अक्षुण्ण रखे;
- (घ) देश की रक्षा करे और आह्वान किए जाने पर राष्ट्र की सेवा करे;
- (ङ) भारत के सभी लोगों में समरसता और समान भ्रातृत्व की भावना का निर्माण करे जो धर्म, भाषा और प्रदेश या वर्ग पर आधारित सभी भेदभाव से परे हों, ऐसी प्रथाओं का त्याग करे जो स्त्रियों के सम्मान के विरुद्ध हैं;
- (च) हमारी सामासिक संस्कृति की गौरवशाली परंपरा का महत्त्व समझे और उसका परिरक्षण करे;
- (छ) प्राकृतिक पर्यावरण की जिसके अंतर्गत वन, झील, नदी, और वन्य जीव हैं, रक्षा करे और उसका संवर्धन करे तथा प्राणी मात्र के प्रति दयाभाव रखे;
- (ज) वैज्ञानिक दृष्टिकोण, मानववाद और ज्ञानार्जन तथा सुधार की भावना का विकास करे;
- (झ) सार्वजनिक संपत्ति को सुरक्षित रखे और हिंसा से दूर रहे;
- (ञ) व्यक्तिगत और सामूहिक गतिविधियों के सभी क्षेत्रों में उत्कर्ष की ओर बढ़ने का सतत प्रयास करे जिससे राष्ट्र निरंतर बढ़ते हुए प्रयत्न और उपलब्धि की नई उंचाइयों को छू ले;
- ¹(ट) यदि माता-पिता या संरक्षक हैं, छह वर्ष से चौदह वर्ष तक की आयु वाले अपने, यथास्थिति, बालक या प्रतिपाल्य के लिये शिक्षा के अवसर प्रदान करे।

1. संविधान (छयासीवां संशोधन) अधिनियम, 2002 की धारा 4 द्वारा प्रतिस्थापित।

THE CONSTITUTION OF INDIA

PREAMBLE

WE, THE PEOPLE OF INDIA, having solemnly resolved to constitute India into a **¹SOVEREIGN SOCIALIST SECULAR DEMOCRATIC REPUBLIC** and to secure to all its citizens :

JUSTICE, social, economic and political;

LIBERTY of thought, expression, belief, faith and worship;

EQUALITY of status and of opportunity; and to promote among them all

FRATERNITY assuring the dignity of the individual and the² unity and integrity of the Nation;

IN OUR CONSTITUENT ASSEMBLY this twenty-sixth day of November, 1949, do **HEREBY ADOPT, ENACT AND GIVE TO OURSELVES THIS CONSTITUTION.**

-
1. Subs, by the Constitution (Forty-Second Amendment) Act. 1976, sec. 2, for "Sovereign Democratic Republic" (w.e.f. 3.1.1977)
 2. Subs, by the Constitution (Forty-Second Amendment) Act. 1976, sec. 2, for "unity of the Nation" (w.e.f. 3.1.1977)
-

THE CONSTITUTION OF INDIA

Chapter IV A

FUNDAMENTAL DUTIES

ARTICLE 51A

Fundamental Duties - It shall be the duty of every citizen of India-

- (a) to abide by the Constitution and respect its ideals and institutions, the National Flag and the National Anthem;
 - (b) to cherish and follow the noble ideals which inspired our national struggle for freedom;
 - (c) to uphold and protect the sovereignty, unity and integrity of India;
 - (d) to defend the country and render national service when called upon to do so;
 - (e) to promote harmony and the spirit of common brotherhood amongst all the people of India transcending religious, linguistic and regional or sectional diversities; to renounce practices derogatory to the dignity of women;
 - (f) to value and preserve the rich heritage of our composite culture;
 - (g) to protect and improve the natural environment including forests, lakes, rivers, wild life and to have compassion for living creatures;
 - (h) to develop the scientific temper, humanism and the spirit of inquiry and reform;
 - (i) to safeguard public property and to abjure violence;
 - (j) to strive towards excellence in all spheres of individual and collective activity so that the nation constantly rises to higher levels of endeavour and achievement;
- ¹(k) who is a parent or guardian to provide opportunities for education to his/her child or, as the case may be, ward between age of 6 and 14 years.

-
1. Subs. by the Constitution (Eighty - Sixth Amendment) Act, 2002

Foreword

The English - Communicative Course (then known as English-Course A) was introduced by CBSE at the secondary level in 1993-94. Though the course materials were renewed periodically in 1995, 1997 and 2003, a full-fledged and complete revision was undertaken only in 2009 when the Main Course Book, Workbook and Literature Reader for class IX were revised on the basis of feedback received from teachers, students and ELT professionals.

As a follow-up the Main Course Book, Literature Reader and Work Book for class X have been revised in 2010 and the revised books will come into effect from the academic session 2011-12.

In the Literature Reader for class X one short story, three poems and one play have been retained and five new short stories, three new poems and one new play have been included. An effort has been made to provide pieces of high literary merit, at the same time catering to the varied literary tastes and interests of students. While the overall approach and design has remained unchanged, the exercises and tasks have been so framed as to raise the standard of interaction and literary appreciation.

Grammar units have been revisited in the Workbook and some new tasks have been included to extend the scope for interaction. Integrated grammar practice units have been completely revised keeping the existing examination specifications in mind. The revised Workbook will come into effect from 2011-12.

In the Main Course Book a sixth unit has been added on the theme 'National Integration', retaining the other five themes from the earlier edition. Texts have been chosen with a view to appeal to the changing interests of students. All the four language skills have been addressed in a systematic manner, providing ample scope for lively interaction on contemporary issues.

The Board would like to acknowledge with thanks the guidance provided by Prof. Kapil Kapoor, Convener and the Members of the Committee of Courses in English. Thanks are also due to the members of the revision team who have put in much effort and time in bringing out these course materials. Dr. Sadhana Parashar, Professor and Director (Academics, Research, Training and Innovation), Ms. P. Rajeswary, Education Officer and Mrs. Neelima Sharma, Consultant (English), CBSE also deserve appreciation for their contribution to this revision project.

Suggestions for the improvement of the materials are always welcome.

Vineet Joshi, IAS
Chairman, CBSE

Acknowledgements

- Challenges to National Integration by Dr. Subhash C. Biswas from Article presented by author at National Integration Week India-Canada Association and the High Commission of India 25th Nov, 2009. www.docstoc.com/docs/27819621/on-national-integration
- Bonds of Culture by Usha Bande from <http://pib.nic.in/feature/feyr2002/fjan2002/f020120021.html>
- Mile Sur Mera Tumhara from developed by Lok Seva Sanchar Parishad, and promoted by Doordarshan and India's Ministry of Information. The song was composed by Ashok Patki.
- Land of All Seasons by India-The Land of Diversity from <http://www.bukisa.com/articles/89india-the-land-of-diversity>
- Guest is God - Atithi Devo Bhavah from <http://www.atithi.org.in/>
- The Emerald Islands from <http://www.south-india-tourism.com/andaman-nicobar/>
- The New Tourist is Indian by Hugh and Colleen Gantzer from The Hindu January 1, 2011
- Romulus Earl Whitaker from <http://rolexawards.com/en/the-laureates/romuluswhitaker-the-project.jsp>
- Sherpa to clean Mount Everest by Lynn Herrmann from <http://www.digitaljournal.com/article/290877>
- Interview with Wangari Mathai by NHK Radio (Japan) from <http://www.greenbeltmovement.org/a.php?id=103>
- Let's Clean Up by Martin Hickman, Consumer Affairs Correspondent from <http://www.independent.co.uk/life-style/food-and-drink/news/what-a-waste-britain-throws-away.16310bn-of-food-every-year-822809.html?r=RSS>
- Kerala shows the Way from <http://www.greeniacs.com/Videos/allvideolist/110.html>
- Ecological Footstep Worksheets from http://www.footprintnetwork.org/en/index.php/GFN/page/footprint_basics_overivew/
- Working to save a geological heritage by Anita Satyajit from Terra Green, India
- From Carelessness to Car-Lessness from Terra Green February 2010
- Solar Energy from Science Reporter September 2008
- New Inventions from Science Reporter December 2008, and Terra Green November 2009.
- Plugging into future by B. Pradeep Nair from Sunday Times of India, New Delhi, January 02-2011.
- 4 Women Astronauts Talk About Space Exploration by Julie Bain from Reader's Digest magrights@readersdigest.com
- Letters from the Planet Aurigae II by (Dear Pen Pal) A E Van Vogt The Young Oxford Book of Aliens Edited by Dennis Pepper from Oxford University Press (earlier edition)

- ❖ My Struggle for an Education by Booker T Washington from <http://www.bartleby.com/1004/3.html>
- ❖ Just a Chance Meeting by Thripura Krishnan from The Hindu (Young World) Apr 13, 2010
- ❖ Right to Education is a Reality by G.S. Reddy from Edutracks, Vol. 9, No. 8, Neelkannal Publications Pvt. Ltd., Hyderabad.
- ❖ The whole world came together from <http://www.agiftofinspiration.com.au/stories/personalgrowth/Whole.shtml>
- ❖ Educating the Girl Child from www.developednation.org/issue/education/.../girlchild.htm
- ❖ I am SPECIAL, and so are YOU by Vanessa Ohri, from www.trinayani.org
- ❖ West Bengal Boy is World's Youngest Headmaster from news.bbc.co.uk/2/hi/8299780.stm
- ❖ Speech by Steve Jobs, (Canara bank in house magazine and also in Steve Jobs Stanford Commencement Speech 2005- you tube
- ❖ The Two Roads by Whitney Welch from welches4@earthlink.net
- ❖ Vocational Education from www.ims-productivity.com/page.cfm/content/Vocation-Education/
- ❖ "Pelican Watching by Donna Getzinger from Chicken Soup for the Kid's Soul 2
- ❖ Do Indians get enough sleep? from Reader's Digest (August 2006)
- ❖ The Muddlehead by Ogden Nash
- ❖ Fundamentals of Laughter Yoga based on information in www.laughteryoga.org
- ❖ Whopping Walter Hudson from Old MCB
- ❖ Rags to Riches from Sportstar, May 6, 2010 website: www.sportstaronnet.com
- ❖ Nature's Medicines from <http://en.wikipedia.org/wiki/herbausm>
- ❖ Where the Mind is Without Fear by Rabindranath Tagore.
- ❖ My Childhood, by Wings of Fire APJ Abdul Kalam.

The CBSE has applied for copyright permission wherever possible. While every effort has been made to trace the owners of copyrights, in a few cases, this has proved impossible. The CBSE would appreciate information about these pieces. Appropriate acknowledgement will be made at the first opportunity.

Acknowledgements-2014

ADVISORY BODY

Sh. Vineet Joshi, IAS

Chairman, CBSE

Dr. Sadhana Parashar

Professor and Director (Academics, Research,
Training and Innovation), CBSE

Prof. Kapil Kapoor

Chancellor, International Hindi University, Wardha,
Maharashtra

EDITORIAL BOARD

Ms. P. Rajeswary

Education Officer, CBSE

Ms. Neelima Sharma

Consultant (English), CBSE

Material Production Group-2014

- | | |
|---|---|
| ❖ Ms. Anudita Bhatia
Sardar Patel Vidyalaya, New Delhi | ❖ Ms. Vimmy Singh
KV, R.K. Puram, Sec - 8, New Delhi |
| ❖ Ms. Manvinder Kaur
Delhi Public School, Ghaziabad | ❖ Ms. Kavita Rakhra
KV, Masjid Moth, Sadiq Nagar, New Delhi |
| ❖ Ms. Mridula Aggarwal
Springdales Public School, Pusa Road, New Delhi | ❖ Ms. Rajni Sharma
Delhi Public School, Vasundhara, |
| ❖ Ms. Neena Kaul
St. Mary's School, New Delhi. | ❖ Dr. Amber Banerjee
Principal, Delhi Public School, Agra |
| ❖ Ms. P. Rajeswary
MES Indian School, Doha, Qatar | ❖ Mrs. Lakshmi Srinivasan
Principal, P.S. Sr. Sec. School, Chennai |
| ❖ Ms. Vijay Lakshmi Raman
Padma Seshadri Bala Bhawan, Chennai | ❖ Ms. Nirmala Jairaj
ELT Consultant, Chennai |
| ❖ Mrs. Sudha Ravi
ELT Consultant, Chennai | ❖ Ms. Syriac Mary
KV, CRPF, Avadi, Chennai |
| ❖ Ms. Deepti S.
Asstt. Prof. Govt. First Grade
College for Women, Ramanagaram-571511 | ❖ Ms. Sandhya Awasthi
Vice Principal, Amity International School, Saket |
| | ❖ Mr. Anil Kumar
ELT Expert, Ludhiana |

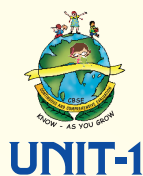
Illustrations : Ms. Meeta Tripathi, Freelance Artist

Mr. Surinder Tripathi, Freelance Artist

Contents

UNIT 1: HEALTH AND MEDICINE	1
Introduction	3
A. Do Indians Get Enough Sleep?	3
B. Laughter-The Best Medicine	14
C. Whopping Walter Hudson	22
D. The World Of Sports	28
E. Nature's Medicines	34
UNIT 2: EDUCATION	39
Introduction	41
A. My Struggle For An Education	42
B. Educating The Girl Child	52
C. Inclusive Education	58
D. Vocational Education	72
UNIT 3: SCIENCE	85
Introduction	87
A. Promise For The Future: Renewable Energy	88
B. Plugging Into Future	96
C. Space Travel	102
D. Letters From The Planet Aurigae II	109

UNIT 4: ENVIRONMENT	119
Introduction	121
A. Treading the Green Path- Towards Preservation	121
B: Heroes of the Environment	132
C: Let's Clean Up	144
D. A Tale of Three Villages	146
E: Geological Heritage	156
UNIT 5: TRAVEL AND TOURISM	165
Introduction	167
A. Land of All Seasons	168
B. Eco Tourism	174
C. The Emerald Islands	177
D. Promoting Tourism	191
UNIT 6: NATIONAL INTEGRATION	203
Introduction	205
A. Unity in Diversity	205
B. Challenges to National Integration	209
C. Spirit of Unity	226
D. Mile Sur Mera Tumhara	230
ANNEXURES	237



UNIT 1

HEALTH AND MEDICINE

(SUMMARY)

HEALTH AND MEDICINE

SECTION	In this UNIT you will develop your				
	READING SKILLS	WRITING SKILLS	SPEAKING SKILLS	LISTENING SKILLS	VOCABULARY
Introduction		<ul style="list-style-type: none"> Listing factors contributing to good health 	<ul style="list-style-type: none"> Group discussion on good health 		
(A) Do Indians get enough sleep?	<ul style="list-style-type: none"> Identifying the main points of a text. Analysing, interpreting and inferring the ideas in a text. Deducing the meaning of unfamiliar words. 	<ul style="list-style-type: none"> Writing an informal letter 	<ul style="list-style-type: none"> Learning to present your views in a group discussion Expressing opinion 	<ul style="list-style-type: none"> Listening to a conversation/feature and understanding the topic and main points. Listening for information required. Understanding and interpreting spontaneous spoken discourse. 	<ul style="list-style-type: none"> Phrasal Verbs Understanding and using words related to health and sleep.
(B) Laughter the Best Medicine.	<ul style="list-style-type: none"> Reading a poem for global and local comprehension and appreciation. Recognizing the organization of a prose text. 	<ul style="list-style-type: none"> Planning and organizing ideas Subtitling paragraphs Writing an e-mail. 	<ul style="list-style-type: none"> Expressing and responding to personal feelings, opinions and attitudes. Participating in spontaneous spoken discourse. 		<ul style="list-style-type: none"> Words related to benefits of laughter yoga.
(C) Whopping Walter Hudson	<ul style="list-style-type: none"> Identifying the main points of a text Deducing the meaning of unfamiliar lexical items in a given context. 	<ul style="list-style-type: none"> Adopting different strategies to convey ideas effectively according to purpose, topic and audience Taking active part in a group discussion. 			<ul style="list-style-type: none"> Word extension - using vocabulary related to eating and build.

HEALTH AND MEDICINE



UNIT-1

SECTION	In this UNIT you will develop your				
	READING SKILLS	WRITING SKILLS	SPEAKING SKILLS	LISTENING SKILLS	VOCABULARY
(D) The World of Sports.	<ul style="list-style-type: none"> Selecting and extracting information from a text for a specific purpose. Categorizing sports activities. 	<ul style="list-style-type: none"> Writing a coherent paragraph Writing a diary entry. 	<ul style="list-style-type: none"> Presenting opinions, supporting them with reasons. Taking active part in a group discussion 		<ul style="list-style-type: none"> Punctuation Words related to Sports and games. Inferring the meaning of Words and phrases and using them in sentences.
(E) Nature's Medicines.	<ul style="list-style-type: none"> Recognizing the organization of a text Deducing the meaning of unfamiliar lexical items Identifying the main points of a text 	<ul style="list-style-type: none"> Subtitling paragraphs Sentence completion Class project and presentation 	<ul style="list-style-type: none"> Making a power point presentation 		<ul style="list-style-type: none"> Words related to herbal medicine and health.