

NCERT SHORTHAND MAGAZINE

by *STENO RJ*

SPECIAL DICTATION MATTERS



Dictation NO. 28

House by hour New Year's Day reaches and passes through one of the 24 divisions until at the end of 24 hours it is in the last division. By that time the day is coming to an end in the first division and the second of January is beginning. But the last division too must have its full day and 24 hours must pass before New Year's Day really comes to an end and dies in the last of the 24 divisions. The first of January lives for 48 hours. But while the first of January has been continuing its **100**life in this way the second of January has been moving round the world. The first hour of the second of January reaches the last division just as the 24th hour of the first of January dies and at the same moment the third of January begins in the first division. And so we are faced with the strange truth that while a day lasts 48 hours there is between the first and 3rd of January no break at all. People in one country can hear five hours back coming to them over the air, hearing in the evening something **200** that is happening in the afternoon in another country. And the people of that country can have the equally remarkable experience of hearing five hours forward. They can hear the people of another country seeing the New Year in while it is for them the early evening of the last day of the old year. And if we are covering a long distance by ship we have the experience of finding that a certain day can last only 23 hours or for as long as 25 hours. We read in the newspaper that a plane has reached the wonderful rate **300**of over 600 miles an hour, but what is a rate like this when thought of side by side with the rate at which light moves? As for movement to the north or to the south to the east or to the west we know that our movement can be judged only in relation to some other object which is at rest or which can be said to be moving at a given rate away from or towards us. The earth itself is turning at a great rate and we do not feel this movement of itself. We can judge **400** the movement of the earth only in relation to some other object which is not moving with it. We have probably all had the experience of not being able to tell which way a train is moving at night when we cannot see anything out of the windows. We cannot tell which way we are moving or at what rate we are moving except in relation to another object which is not moving with us. And so we find that many of the common expressions of daily life have no meaning in themselves and become real for us only when **500**considered in relation to some other fact or object.



Dictation NO. 29

Many people think that life is very unfair. Here, you are working hard and yet, your income is not even enough to buy you an ice cream. On the other side of the coin, you know someone who does not even shed a drop of sweat and yet, lies in luxury. Unemployment is a very serious issue not only in India, but in the whole world. There are hundreds and thousands of people who do not have employment. The problem of unemployment is very severe in India because of the growing population and demand for jobs. The situation has become **100** so drastic that highly educated people are ready to do the job of a sweeper. Apart from all these, a large portion of the population is engaged in the agricultural sector and the sector only provides employment in harvest or plantation time. Government has taken the problem very seriously and has taken measures to slowly reduce unemployment. Due to overpopulation and lack of proper skills, there is a problem of unemployment in India. Gap between poor and rich is a big issue in India. It has been in the list of main agenda of most of the big political parties **200** in country and even now, it is listed in the agenda, but, unfortunately, there is not much progress in this regard. Although, Government and some NGOs are actively taking part on activities which are really very good to push the poor people status forward. In Economics term, poor is the person who has less purchasing power and the rich is one who had more purchasing powers. A person with less purchasing power is deeply affected because he cannot afford goods and services which rich can afford. Variety is the spice of life. Well, God did not create people equal. Some **300** strive to be rich and work hard to accomplish their goals and some go through hardships. Some live a life of needy and poverty and some live a life of luxury. Some sleep on cold floors and some sleep on a bed of roses. Lastly, both rich and poor differ in social status, income and life's great opportunities. Rich people have a very high social class compared to the poor. This means that they have money, nice house and cars. They need each other like tea and sugar. Without poor people, no one would have worked and everyone would stretch **400** their legs and relax like a king. But, even kings have servants who provide them their needs. Even though, rich have a better life than poor and they have good social status, high income and better privileges in education and career opportunities, they need poor people and it is part of their success. Poor people need rich people because rich people are their motivation to work hard to be rich and dream of the wealthy people. Poor work hard to achieve their goals and get out the life of poverty. On the other hand, rich people need poor people to **500** dream higher and never become poor.

Dictation NO. 31

The earth is our homeland is a dynamic planet. It is constantly undergoing changes inside and outside. Have you ever wondered what lies in the interior of the earth? What is the earth made up of? Just like an onion the earth is made up of several concentric layers with one inside another. The uppermost layer over the earth's surface is called the crust. It is the thinnest of all the layers. It is about 35 km. on the continental masses and only 5 km. on the ocean floors. The main mineral constituents of the continental mass are silica and 100 alumina. It is thus called silica. The oceanic crust mainly consists of silica and magnesium it is therefore called silica. Just beneath the crust is the mantle which extends up to a depth of 2900 km. below the crust. The innermost layer is the core with a radius fo about 3500 km. It is mainly made up of nickel and iron and is called nickel and ferrous that is iron. The central core has very high temperature and pressure. The earth's crust is made up of various types of rocks. Any natural mass of mineral matter that makes up the 200 earth's crust is called a rock. Rocks can be of different colour, size and texture. There are three major types of rocks igneous rocks, sedimentary rocks and metamorphic rocks. When the molten magma cools, it becomes solid and rocks thus formed are called igneous rocks. They are also called primary rocks. There are two types of igneous rocks intrusive rocks and extrusive rocks. Can you imagine lava coming out from the volcanoes? Lava is actually fiery red molten magma coming out from the interior of the earth on its surface. When this molten lava comes on the earth's surface, it 300 rapidly cools down and becomes solid. Rocks formed in such a way on the crust are called extrusive igneous rocks. They have a very fine grained structure. Sometimes the molten magma cools down deep inside the earth's crust. Solid rocks so formed are called intrusive igneous rocks. Since they cool down slowly they form large grains. Granite is an example of such a rock. Grinding stones used to prepare paste powder of spices and grains are made of granite. Rocks roll down, crack and hit each other and are broken down into small fragments. These smaller particles are called sediments. 400 These sediments are transported and deposited by wind, water, etc. These loose sediments are compressed and hardened to form layers of rocks. These types of rocks are called sedimentary rocks. For example, sandstone is made from grains of sand. These rocks may also contain fossils of plants, animals and other micro organisms that once lived on them. Igneous and sedimentary rocks can change into metamorphic rocks under great heat and pressure. For example, clay changes into slate and limestone into marble. Rocks are very useful to us. The hard rocks are used for making roads, houses and buildings. You use 500 stones in many games.

Dictation NO. 32

For example, seven stones, five stones. Find out some more such games by asking your grandparents or parents. You will be surprised to know that one type of rock changes to another type under certain conditions in a cyclic manner. This process of transformation of the rock from one to another is known as the rock cycle. You have already learnt when the molten magma cools, it solidifies to become igneous rock. These igneous rocks are broken down into small particles that are transported and deposited to form sedimentary rocks. When the igneous and sedimentary rocks are subjected to heat 100 and pressure they change into metamorphic rocks. The metamorphic rocks which are still under great heat and pressure melt down to form molten magma. This molten magma again can cool down and solidify into igneous rocks. Rocks are made up of different minerals. Minerals are naturally occurring substances which have certain physical properties and definite chemical composition. Minerals are very important to humankind. Some are used as fuels. For example, coal, natural gas and petroleum. They are also used in industries iron, aluminum, gold, uranium, etc. in medicine, in fertilizers etc. The deepest mine in the world is in South200 Africa. All plants, animals and human beings depend on their immediate surroundings. Often they are also interdependent on each other. This relation between the living organisms as well as the relation between the organisms and their surroundings forms an ecosystem. There could be an ecosystem of large rain forest, grassland, desert, mountains, lake, river, ocean and even a small pond. Human beings interact with the environment and modify it according to their need. Early humans adapted themselves to the natural surroundings. They led a simple life and fulfilled their requirements from the nature around them. With time needs grew and 300became more varied. Humans learn new ways to use and change environment. They learn to grown corps, domestic animals and lead a settled life. The wheel was invented surplus food was produced barter system emerged trade started and commerce developed. Industrial revolution enabled larger scale production. Transportation became faster. Information revolution made communication easier and speedy across the world. Have you ever thought why you love eating a juicy watermelon in summer and hot roasted peanuts in winter? A perfect balance is necessary between the natural and human environment. Humans must learn to live and use their environment in a 400harmonious way. Land, water, air, plants and animals comprise the natural environment. You are familiar with the meaning of atmosphere from your previous class. Let us learn some more facts about these domains. Atmosphere is the solid crust or the hard top layer of the earth. It is made up of rocks and minerals and covered by a thin layer of soil. It is an irregular surface with various landforms such as mountains, plains, valleys, etc. Landforms are found over the continents and also on the ocean floors. It is also a source of mineral wealth.497

Dictation NO. 34

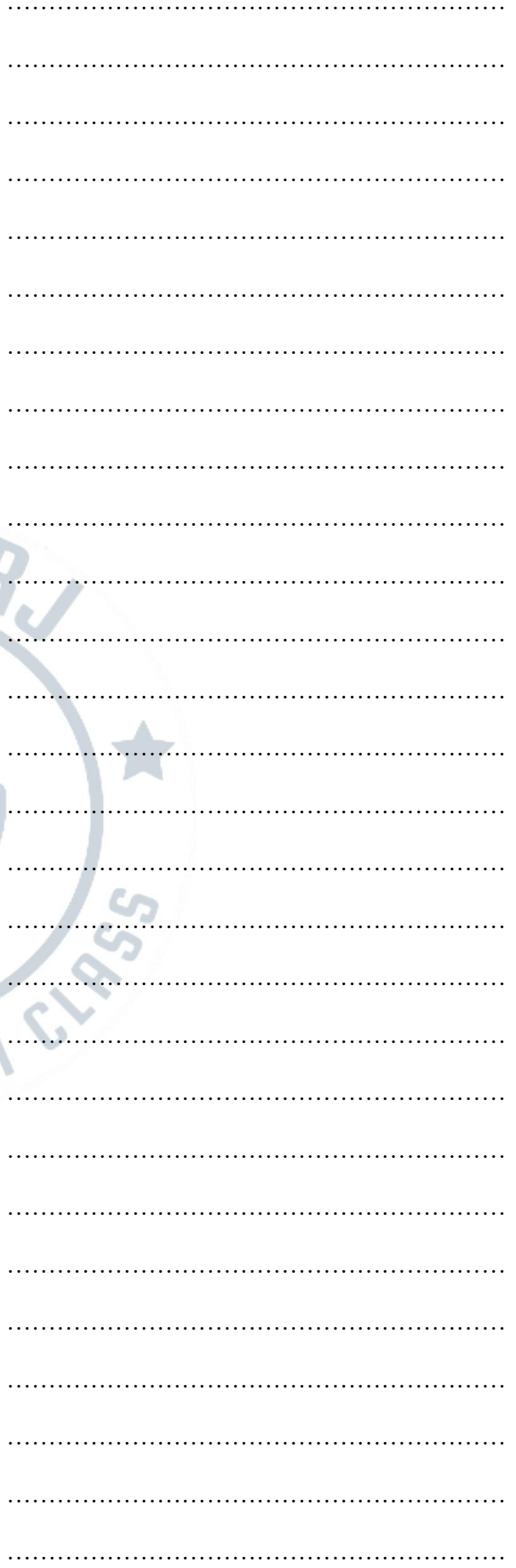
Industries are situated where some or all of these factors are easily available. Sometimes, the government provides incentives like subsidized power, lower transport cost and other infrastructure so that industries may be located in backward areas. Industrialization often leads to development and growth of towns and cities. An industrial system consists of inputs, processes and outputs. The inputs are the raw materials, labour and costs of land, transport, power and other infrastructure. The processes include a wide range of activities that convert the raw material into finished products. The outputs are the end product and the income earned from it.¹⁰⁰ In case of the textile industry the inputs may be cotton, human labour, factory and transport cost. The processes include ginning, spinning, weaving, dyeing and printing. The output is the shirt you wear. The world's major industries are the iron and steel industry, the textile industry and the information technology industry. The iron and steel and textile industry are the older industries while information technology is an emerging industry. Like other industries iron and steel industry too comprises various inputs, processes and outputs. This is a feeder industry whose products are used as raw material for other industries. The inputs²⁰⁰ for the industry include raw materials such as iron ore, coal and limestone, along with labour, capital, site and other infrastructure. The process of converting iron ore into steel involves many stages. The raw material is put in the blast furnace where it undergoes smelting. It is then refined. The output obtained is steel which may be used by other industries as raw material. Steel is tough and it can easily be shaped, cut, or made into wire. Special alloys of steel can be made by adding small amounts of other metals such as aluminum, nickel and copper. Alloys give³⁰⁰ steel unusual hardness, toughness, or ability to resist rust. Steel is often called the backbone of modern industry. Almost everything we use is either made of iron or steel or has been made with tools and machinery of these metals. Ships, trains, trucks and autos are made largely of steel. Even the safety pins and the needles you use are made from steel. Oil wells are drilled with steel machinery. Steel pipelines transport oil. Minerals are mined with steel equipment. Farm machines are mostly steel. Large buildings have steel framework. Before 1800 A.D. iron and steel industry was located where ⁴⁰⁰raw materials, power supply and running water were easily available. Later the ideal location for the industry was near coal fields and close to canals and railways. After 1950, iron and steel industry began to be located or large areas of flat land near sea ports. This is because by this time steel works had become very large and iron ore had to be imported from overseas. The development of the iron and steel industry opened the doors to rapid industrial development in India. Almost all sectors of the Indian industry depend heavily on the iron and steel industry for⁵⁰⁰ their basic infrastructure.

Dictation NO. 36

In this type of farming, herdsmen move from place to place with their animals for fodder and water, along defined routes. This type of movement arises in response to climatic constraints and terrain. Sheep, camel, yak and goats are most commonly reared. They provide mil, meat, wool, hides and other products to the herders and their families. In commercial farming crops are grown and animals are reared for sale in market. The area cultivated and the amount of capital used is large. Most of the work is done by machines. Commercial farming includes commercial grain farming, mixed farming and plantation agriculture. In commercial grain farming crops are grown for commercial purpose. Wheat and maize are common commercially grown gains. Major areas where commercial grain farming is praised are temperate grasslands of North America, Europe and Asia. These areas are sparsely populated with large farms spreading over hundreds of hectares. Severe winters restrict the growing season and only a single crop can be grown. In mixed farming the land is used for growing food and fodder crops and rearing livestock. It is practiced in Europe, eastern USA, Australia, New Zealand and South Africa. Plantations are a type of commercial farming where single crop of tea, coffee, sugarcane cashew, rubber, banana or cotton are grown. Large amount of labor and capital are required. The produce may be processed on the farm itself or in the tropical regions of the world. Rubber in Malaysia, coffee in Brazil, tea in India and Sri Lanka are some examples. A large variety of crops are grown to meet the requirement of the growing population. Crops also supply raw materials for agro based industries. Major food crops are wheat, rice, maize and millets. Jute and cotton are fiber crops. Important beverage crops are tea and coffee. Rice is the 800 major food crop of the world. It is the staple diet of the tropical and sub-tropical regions. Rice needs high temperature, high humidity and rainfall. It grows best in alluvial clay soil, which can retain water. Chin leads in the production of rice followed by India, Japan, Sri Lanka and Egypt. In favorable climatic conditions as in West Bengal and two to three crops are grown in a year. Wheat requires moderate temperature and rainfall during growing season and bright sunshine at the time of harvest. It thrives best in well drained loamy soil. Wheat is grown extensively in USA, Canada, Russia, Australia and India. In India it is grown in winter. They are also known grains and can be grown on less fertile and sandy soils. It is a hardy crop that needs low rainfall and high to moderate temperature and adequate rainfall. Bajra and Ragi are grown in India. Other countries are China and Nigeria. Cotton requires high temperature, light rainfall, two hundred and then frost free days and bright sunshine for its growth. It grows best on black and alluvial soils. China, USA, India, Pakistan and Egypt are the leading producers of cotton. It is one of the main raw materials for the cotton textile industry.

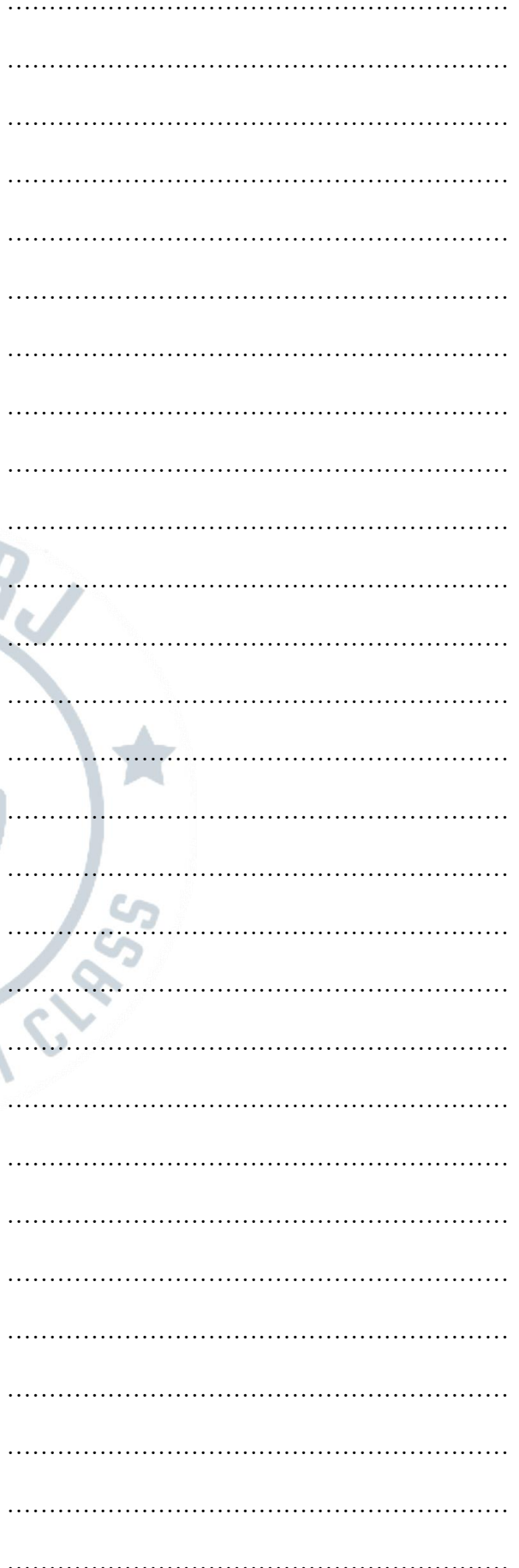
Dictation NO. 37

People are nation's greatest resource. Nature's bounty becomes significant only when people find it useful. It is people with their demands and abilities that turn them into resources. Hence, human resource is the ultimate resource. Healthy, educated and motivated people develop resources as per their requirements. Human resources like other resources are not equally distributed over the world. They differ their educational levels, age and sex. Their numbers and characteristics also keep changing. The way in which people are spread across the earth surface is known as the pattern of population distribution. More than 90 per cent of the world's 100 population lives in about 30 per cent of the land surface. The distribution of population in the world is extremely uneven. Some areas are very crowded and some are sparsely populated. The crowded areas are south and south east Asia, Europe and north eastern North America. Very few people live in high latitude areas, tropical deserts, high mountains and areas of equatorial forests. Many more people live north of the south. Almost three quarters of the world's people live in two continents Asia and Africa. 60 per cent of the world's people stay in just 10 countries. All of them 200 have more than a 100 million people. Population density is the number of people living in a unit areas of the earth's surface. It is normally expressed as per square km. The average density of population in the whole world is 51 persons per square km. South Central Asia has the highest density of population followed by East and South East Asia. People always prefer to live on plains rather than mountains because these areas are suitable for farming, manufacturing and service activities. The Ganga plains are the most densely populated areas of the world while mountains like Himalayas are 300 sparsely populated. People usually avoid extreme climates that are very hot or very cold like Sahara Desert, polar regions of Russia, Canada and Antarctica. Fertile soils provide suitable land for agriculture. Fertile plains such as Ganga and Brahmaputra in India are densely populated. People prefer to live in the areas where fresh water is easily available. The river valleys of the world are densely populated while desert have sparse population. Areas with mineral deposits are more populated. Diamond mines of South Africa and discovery of oil in the Middle east lead to settling of people in these areas. Areas of 400 better housing, education health facilities are more densely populated. The population change refers to change in the number of people during a specific time. The world population has not been stable. It has increased manifold as seen in the figure. This is actually due to changes in the number of births and deaths. For an extremely long period of human history, until the 1800, the world's population grew steadily but slowly. Large numbers of babies were born, but they died early too. This was as there were no proper health facilities. Sufficient food was not available for all the 500 people.



Dictation NO. 38

Farmers were not able to produce enough to meet the food requirements of all the people. As a result the total increase in population was very low. In 1804, the world's population reached one billion. A hundred and fifty five years later in 1959, the world's population explosion. In 1999, 40 years later, the population doubled to 6 billion. The main reason for this growth was that with better food supplies and medicine, deaths were reducing, while the number of births still remained fairly high. Births are usually measured using the birth rate that is the number of live births 100 per 1,000 people. Deaths are usually measured using the death rate that is the number of deaths per 1,000 people. Migrations is the movement of people in and out of an areas. Births and deaths are the natural causes of population change. The difference between the birth rate and the death rate of a country is called the natural growth rate. The population increase in the world is mainly due to rapid increase in natural growth rate. Migration is another way by which population size changes. People may move within a country or between countries. Emigrants are people who leave 200 a country and immigrants are those who arrive in a country. Countries like the United States of America and Australia has gained in numbers by in migration or immigration. Sudan is an example of a country that has experienced a loss in population numbers due to out migration or emigration. The general trend of international migrations is from the less developed nations to the more developed nations in search of better employment opportunities. Within countries large number of people may move from the rural to urban areas in search of employment, education and health facilities. Rates of population growth vary 300 across the world. Although, the world's total population is raising rapidly, not all countries are experiencing this growth. Some countries like Kenya have high population growth rates. They had both high birth rates and death rates. Now, with improving health care, death rates have fallen, but birth rates still remain high leading to high growth rates. How crowded a country is, has little to do with its level of economic development. For example, Japan is very densely populated but Japan is far more economically developed than any other country. To understand the role of people as a resource, we need 400 to know more about their qualities. People vary greatly in their age, sex, literacy level, health condition, occupation and income level. It is essential to understand these characteristics of the people. Population composition refers to the structure of the population. The composition of population helps us to know how many are males or females, which age group they belong to how educated they are and what type of occupations they are employed in what their income levels and health conditions are. An interesting way of studying the population composition of a country is by looking at the population pyramid. 500



Dictation NO. 40

The bare grounds between plants are covered with a layer of organic matter like straw. It helps to retain soil moisture. Stones, grass, soil are used to build barriers along contours. Trenches are made in front of the barriers to collect water. Rocks are piled up to slow down the flow of water. This prevents gullies and further soil loss. Broad flat steps or terraces are made on the steep slopes so that flat surfaces are available to grow crops. They reduce surface run off and soil erosion. Different crops are grown in alternate rows and are sown at different **100** times to protect the soil from rain wash. In the coastal and dry regions, rows of trees are planted to check the wind movement to protect soil cover. Water is vital renewable natural resources. Three fourth's of the earth's surface is covered with water. It is therefore appropriately called the water planet. It was in the primitive oceans that life began almost 3.5 billion years back. Even today, the oceans cover two thirds of the earth's surface and support a rich variety of plant and animal life. The ocean water is however saline and not fit for human consumption. Fresh **200** water accounts for only about 2.7 per cent. Nearly 70 per cent of this occurs as ice sheets and glaciers in Antarctica, Greenland and mountain regions. Due to their location they are inaccessible. Only 1 per cent of freshwater is available and fit for human use. It is found as ground water, as surface water in rivers and lakes and as water vapor in the atmosphere. Fresh water is therefore, the most precious substance on earth. Water can neither be added nor subtracted from the earth. Its total volume remains constant. Its abundance only seems to vary because it is **300** in constant motion, cycling through the oceans, the air, the land and back again, through the processes of evaporation, precipitation and run-off. This as you already know is referred to as the water cycle. Humans use huge amounts of water not only for drinking and washing but also in the process of production. Water for agriculture, industries, generating electricity through reservoirs of dams are the other usages. Increasing population rising demands for food and cash crops, increasing urbanization and rising standards of living are the major factors leading 900 to shortages in supply of fresh water either due to drying **400** up of water sources or water pollution. Access to clean and adequate water sources is a major problem facing the world today. Steps have to be taken to conserve these dwindling resources. Even though water is a renewable resource, its overuse and pollution make it unfit for use. Discharge of untreated or partially treated sewage, agricultural chemicals and industrial effluents in water bodies are major contaminants. They pollute water with nitrates, metals and pesticides. Water pollution can be controlled by treating these effluents suitably before releasing them in water bodies. **490**

Dictation NO. 41

Poverty is the state of having little material possessions or income. Poverty can have diverse social, economic, and political causes and effects. When evaluating poverty in statistics or economics there are two main measures absolute poverty measures compare income against the amount needed to meet basic personal needs, such as food, clothing, and shelter. Relative poverty measures when a person cannot meet a minimum level of living standards compared to others in the same time and place. Thus relative poverty is defined varies from one country to another or from one society to another. Governments and non-governmental organizations have experimented¹⁰⁰ with a number of different policies and programs for poverty alleviation such as electrification in rural areas or housing first policies in urban areas. The international policy frameworks for poverty alleviation are summarized. Social forces such as a gender, disability or race or ethnicity, can exacerbate issues of poverty with women, children and minorities frequently bearing unequal burdens of poverty. Moreover, impoverished individuals are more vulnerable to the effects of other social issues such as the environmental effects of industry or the impacts of climate change or other natural disasters or extreme weather events. Poverty can also make other social²⁰⁰ problems worse, economic pressures on impoverished communities frequently play a part in deforestation, biodiversity loss and ethnic conflict. For this reason the Sustainable Development Goals and other international policy programs such as the international recovery from COVID-19 emphasize the connection of poverty alleviation with other societal goals. Relative poverty refers to individuals or entities that do not meet minimum standards versus others in the same area, place and time. A lot of poorer economies can have both absolute and relative poverty affecting its respective people. Relative poverty generally exists more in advanced economies. Poverty reduction occurs largely as a result³⁰⁰ of overall economic growth. Food shortages were common before modern agricultural technology and in places that lack them today such as nitrogen fertilizers, pesticides and irrigation methods. The dawn of the Industrial Revolution led to high economic growth, eliminating mass poverty in what is now considered the developed world. Today, continued economic development is constrained by the lack of economic freedoms. Economic liberalization requires extending property rights to the poor especially to land. Financial services notably savings can be made accessible to the poor through technology such as mobile banking. In efficient institutions, corruption, and political instability can also discourage⁴⁰⁰ investment. Aid and government support in health, education, and infrastructure helps growth by increasing human and physical capital. Poverty alleviation also involves improving the living conditions of people who are already poor. Aid particularly in the medical and scientific areas is essential in providing better lives such as the Green Revolution and the eradication of smallpox. Problems with today's development aid include the high proportion of tied aid which mandates receiving nations to buy products often more expensive originating only from donor countries. Nevertheless some believe that small changes in the ways people in affluent nations live their lives could⁵⁰⁰ solve

world poverty.

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Dictation NO. 42

Rural poverty refers to poverty in rural areas including factors of rural society, rural economy, and political systems that give rise to the poverty found there. Rural areas because of their spread-out populations typically have less well maintained infrastructure and a harder time accessing markets which tend to be concentrated in population centers. Rural communities also face disadvantages in terms of legal and social protections with women and marginalized communities frequently having hard times accessing land, education and other support systems that help with economic development. Several policies have been tested in both developing and developed economies, including rural electrification¹⁰⁰ and access to other technologies such as internet, gender parity, and improved access to credit and income. In academic studies, rural poverty is often discussed in conjunction with spatial inequality which in this context refers to the inequality between urban and rural areas. Both rural poverty and spatial inequality are global phenomena, but like poverty in general there are higher rates of rural poverty in developing countries than in developed countries. Eradicating rural poverty through effective policies and economic growth remains a challenge for the international community. According to the Food and Agriculture Organization three quarters of those in poverty²⁰⁰ are in rural areas most of whom are smallholders or agricultural workers whose livelihoods are heavily dependent on agriculture. These food systems are vulnerable to extreme weather which is expected to affect agricultural systems the world over more as climate change increases. Thus the climate crises is expected to reduce the effectiveness of programs reducing rural poverty and cause displacement of rural communities to urban centers. Poverty sets international goals to address these issues and is deeply connected with investments in a sustainable food system as part. The first problem is the lack of opportunities and skills training for most ³⁰⁰of the working age population. Over the years a shortage of adequate investment in quality education and basic services like health, sanitation, waste management and skill training has had its consequences. It has led to generations of malnourished, uneducated, unaware and unskilled or semi-skilled people who find it difficult to find decent paying jobs. As agriculture is barely a lucrative option, their only job option is to seek out work in the cities informal economies. Millions migrate to the cities every day to take up informal jobs such as domestic help, driving cars for middle-class people, taxi driving, construction site⁴⁰⁰ work, etc. However, this creates overcrowding in the already packed urban infrastructure. They settle wherever they can but as more people join a whole community of undocumented settlers emerges. This further complicates the procedure of accessing basic services like electricity, water and sanitation, etc. as the authorities and public utilities can only serve those registered on paper this is how poverty begins. The low income of these communities means that standard medical help is often a far-fetched dream, not to mention unaffordable. Therefore, on occasions when it rains or the neighbourhood is flooded, these settlements become breeding grounds for various ⁵⁰⁰parasites and infections and the cycle repeats itself.

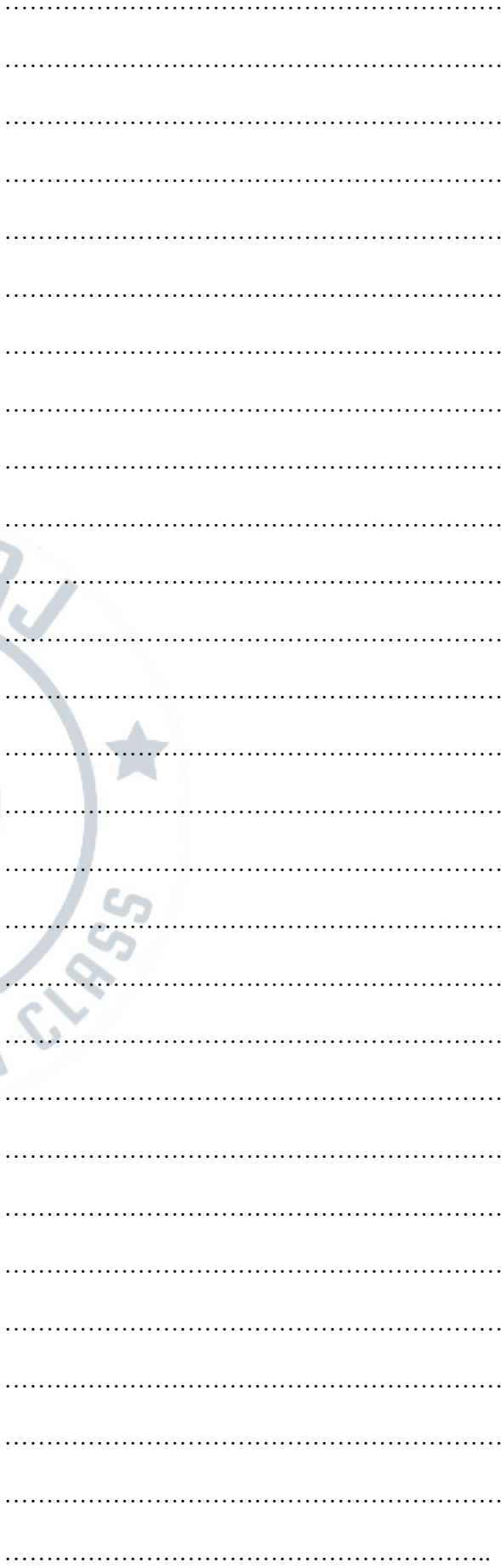
Dictation NO. 43

The Indian Constitution recognises every person as equal. This means that every individual in the country, including male and female persons from all castes, religions, tribes, educational and economic backgrounds are recognized as equal. This is not to say that inequality ceases to exist. It does not. But atleast, in democratic India, the principle of the equality of all persons is recognized. While earlier no law existed to protect people from discrimination and ill-treatment now there are several that work to see that people are treated with dignity and as equals. This recognition of equality includes some of the following 100 provisions in the Constitution. First that every person is equal before the law. Second, no person can be discriminated against on the basis of their religion, race, and caste, place of birth or whether they are female or male. Third, every person has access to all public places including playgrounds, hotels, shops and markets. All persons can use publicly available wells, roads and bathing ghats. Fourth, untouchability has been abolished. The two ways in which the government has tried to implement the equality that is guaranteed in the Constitution is first through laws and second through government programmes or schemes 200 to help disadvantaged communities. There are several laws in India that protect every person's right to be treated equally. In addition to laws, the government has also set up several schemes to improve the lives of communities and individuals who have been treated unequally for several centuries. These schemes are to ensure greater opportunity for people who have not had this in the past. One of the steps taken by the government includes the midday meal scheme. This refers to the programme introduced in all government elementary schools to provide children with cooked lunch. Tamil Nadu was the first state 300 in India to introduce this scheme, and in 2001, the Supreme Court asked all state governments to begin this programme in their schools within six months. This programme has had many positive effects. These include the fact that more poor children have begun enrolling and regularly attending school. Teachers reported that earlier children would often go home for lunch and then not return to school but now with the midday meal being provided in school, their attendance has improved. Their mothers, who earlier had to interrupt their work to feed their children at home during the day, now no longer 400 need to do so. This programme has also helped reduce caste children in the school eat this meal together, and in quite a few places, Dalit women have been employed to cook the meal. The midday meal programme also helps reduce the hunger of poor students who often come to school and cannot concentrate because their stomachs are empty. While government programmes play an important role in increasing equality of opportunity, there is much that still needs to be done. While the midday meal programme has helped increase the enrolment and attendance of poor children in school, there continues 500 to be big differences in our country between schools that the rich attended those that

the poor attend.

Dictation NO. 45

In a democracy people expect the government to work for their welfare. This could be through the provisions of education, health, employment, housing or the development of roads, electricity etc. We can think of health in many ways. Health means our ability to remain free of illness and injuries. But health is not only about disease. Apart from disease, we need to think of other factors that affect our health. People get clean drinking water or a pollution free environment they are likely to be healthy. On the other hand, if people do not get adequate food to eat or 100 have to live in cramped conditions, they will be prone to illness. All of us would like to be active and in good spirits in whatever we may be doing. It is not healthy to be dull, inactive, anxious or scared for long stretches of time. We all need to be without mental strain. All of these various aspects of our lives are a part of health. In order to prevent and treat illness we need appropriate healthcare facilities such as health centres, hospitals, laboratories for testing, ambulance services, blood banks, etc. that can provide the required care and services 200 that patients need. In order to run such facilities we need health workers, nurses, qualified doctors and other health professionals who can advise, diagnose and treat illnesses. We also need the medicines and equipment that are necessary for treating patients. These facilities are required to take care of us. India has a large number of doctors, clinics and hospitals. The country also has considerable experience and knowledge in running a public healthcare system. This is a system of hospitals and health centres run by the government. It has the ability to look after the health of a large section of 300 its population scattered over hundreds of thousands of villages. We will go into more detail on this later. Moreover, there has been a phenomenal advancement in medical sciences whereby many new technologies and treatment procedures are available in the country. However, the second column points out how poor the health situation in our country is. With all the above positive developments we are not able to provide proper healthcare facilities to people. This is the paradox something that is contrary to what we would expect. Our country has the money, knowledge and people with experience but cannot make the necessary 400 healthcare available to all. The public health service is a chain of health centres and hospitals run by the government. They are linked together so that they cover both rural and urban areas and can also provide treatment to all kinds of problems from common illnesses to special services. At the village level there are health centres where there is usually a nurse and a village health worker. They are trained in dealing with common illnesses and work under the supervision of doctors at the Primary Health Centre (P.H.C.). Such a centre covers many villages in a rural area. 500



Dictation NO. 46

At the district level is the District Hospital that also supervises all the health centers. A man who has never gone out of home has very narrow outlook. He feels his own way of living to be the best. He fails to understand the effect of environment on the life of man but a well-travelled man sees for himself the life of different people. He observes for himself the effect of environment on their customs and ways of life. When a man is away from his home, he comes in contact with persons whose language he cannot understand. He feels 100helpless. When he has spent all his money and does not get more of it in time from his home, he finds himself in great difficulty. When he faces such difficulties he begins to develop resourcefulness, initiative and drive. The health service is called public for many reasons. In order to fulfil its commitment of providing healthcare to all citizens, the government has established these hospitals and health centres. Also, the resources needed to run these services are obtained from the money that we the public pay to the government as taxes. Hence, such facilities are meant for everyone. One 200of the most important aspects of the public health system is that it is meant to provide quality healthcare services either free or at a low cost so that even the poor can seek treatment. Another important function of public health is to take action to prevent the spread of diseases such as T.B., malaria, jaundice, cholera, diarrhea, chikungunya, etc. This has to be organized by the government with the participation of people otherwise it is not effective. There is a wide range of private health facilities that exist in our country. A large number of doctors run their own 300private clinics. In the rural areas, one finds Registered Medical Practitioners (RMPs). Urban areas have a large number of doctors many of them providing specialized services. There are hospitals and nursing homes that are privately owned. There are many laboratories that do tests offer special facilities such as X-ray, ultrasound, etc. There are also shops from where we buy medicines. Costa Rica is considered to be one of the healthiest countries in South America. The main reason for this can be found in the Costa Rica took a very important decision and decided not to have an army. This helped400 the Costa Rican government to spend the money that the army would have used on health, education and other basic needs of the people. The Costa Rican government believes that a country has to be healthy for its development and pays a lot of attention to the health of its people. The Costa Rican government provides basic service and amenities to all Costa Ricans. For example, it provides safe drinking water, sanitation, nutrition and housing. Health education is also considered very important and knowledge about health is an essential part of education at all levels. Out Patient Department (O.P.D.) this 500is where people are first brought in and treated in a hospital without being admitted to any special ward.519



Dictation NO. 47

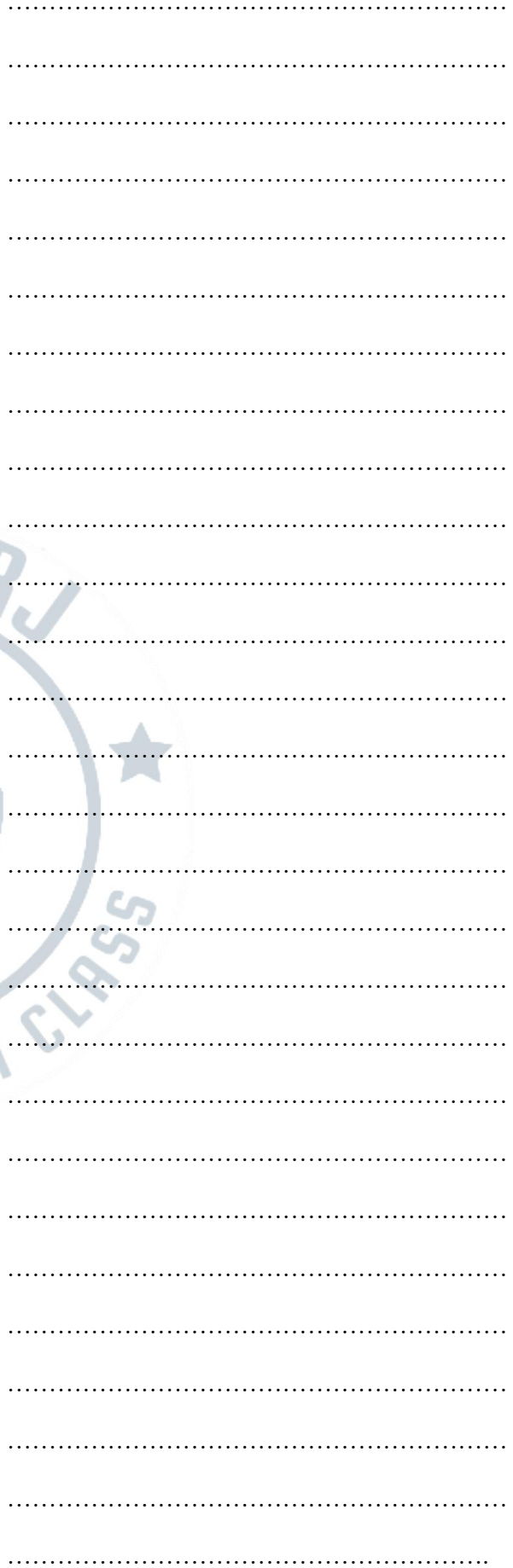
A lie is a statement which is inaccurate and untrue with intent to mislead and deceive. Half the truth is a deceptive statement that includes some element of truth. The classic story about the blind men and an elephant is perfect example of it. Each blind man touches a different part of the elephant and reaches a different conclusion about the nature of the elephant. While each man's experience of the elephant is accurate, none of them have a full understanding of the nature of the beast. One may be touching the tail and believe that the elephant is long¹⁰⁰ and thin, another may be touching the belly and say that it is round and big. Telling only half the truth is like lying by omission. When you leave out part of the truth, then a lie. By telling part of the truth, you may very well be trying to deceive someone. A person deceived by a half truth considers the suggestion to be knowledge and acts accordingly. So, it is no surprise that people lie all the time. Not only do we lie to cover up the truth, but we lie to make the truth seem less dull. I²⁰⁰ know that sometimes, we make mistakes as we are humans. But, there is never an excuse for lying. Lying only hides the truth so long. The truth always finds its way out sooner or later. When it does come out, it will either hurt the people around you or hurt yourself more than any physical wound ever could. Secrets and lies go together because they equal the same thing. Not telling someone the whole truth is still a whole entire lie. No one ever thinks about the long term consequences about telling a little white lie, but the truth is³⁰⁰ that it hurts just the same. In relationships, nowadays, most end because of someone or both could not keep it real. They were not being honest with each other or themselves or they simply did not care who they hurt with their words. We know that just how much impact words really do have on people and those are the words that we say. We know the pain they can cause, the controversy or even just mixed emotions, but imagine all of that magnified by hundreds of times. That is the impact the words that were never even said have⁴⁰⁰ on people. Hiding part of the story or changing it does not always mean that people get hurt or the outcome is not the same, but would we want to find out that the stories people told us were all lies? As soon as that happens, we begin to question every word, every feeling and every little thing that made us once so happy and they turn into cold, cruel and taunting memories of how we found, we could be. Look, the point of this is to make people aware that the things we say when worded right can be⁵⁰⁰ magical.

Dictation NO. 48

But they could also be relentless playing over and over again in the backs of our minds, reminding us of our mistakes, fears and flaws. Most of us believe that most of what we believe is absolutely true. In other words, we read before we believe and we believe only what we read. It is one of the basic premises of our lives. One of the reasons for that is the power of the written word. It can be printed or online. It can still compel obedience, however, it has been shown again and again that much of what we¹⁰⁰ read may be only partially accurate and some untrue. It is also possible, of course, that much of the time we read what believe is that it reinforces our convictions. The consequences can be curious. Christian dogma of marriage is sacrament. It is a vow that cannot be broken once spoken. That is why, it is spoken in sight of God and in the presence of witnesses. Whether god bears witness or not, the men and women do. They help to keep each other honest. For the first thousand years or so of Christianity no one not even kings and²⁰⁰ emperors dared to defy the announcement. Now we have at least two schools on Christian marriage. One insists that marriage is a bond for life and only death can break. The other factors permit divorce and multiple marriages. Christianity is all about second chances, but if you are a Catholic and married then you do not rate one. They continue to read the same book but seem to follow different creeds in separate churches. Only one sees the light, only one can be right but they are wise enough not to let the facts gum up the works. In this³⁰⁰ scheme faith trumps reality. It is an attitude which is far more widespread than we think. Take for instance the Sabrimala Temple. There was entry case for women. The same could be said for various traditions like untouchability child marriage polygamy temple entry for all and regardless of caste. What is so special about this particular tradition? The special feature is that it should be preserved. This is before we ask who knows the mind of God and they know about the existence of circumstances. He has not changed it because he does not feel threatened anymore. How can anyone⁴⁰⁰ even presumes to know his immortal will? The majority of Ayyappan devotees, however, would have no truck with this high emotion of feelings. They have been brought up in the old truth so long that any supersession would be there. It is one of the cornerstones of their world. It is probably the reason that not even a Communist Government in Kerala ever attempted to introduce equality in Sabarimala. There is a political consensus on this one subject and it became the hot and trending topic of debate in our country.⁴⁹¹

Dictation NO. 50

As Rome was not built in a day, one cannot become successful overnight. The road to success is rough and patchy with hurdles and obstacles. But all failures become insignificant, once we accomplish our goals successfully. An idea is a thought or opinion related to something which may pop up randomly or after a brainstorming session. It can be spontaneous or situational. Ideas provide us with a platform to express our thoughts. We ought to be thankful for the discovery of fire which was an outcome of the idea of rubbing of two stones by the early man. This marked¹⁰⁰ the beginning of a new era for the mankind. Most of the ideas are a result of some necessity or the need of human beings. Necessity is the mother of invention. Technological inventions such as electricity, the internet, laptops, computers and smart phones have been a boon for the society. All these have led to the evolution of mankind at a rapid pace. Thanks to the smart ideas and the technological innovations, the world has actually shrunk. We have transcended the geographical boundaries and are virtually connected with each other all the time. In many cases a single idea has²⁰⁰ given way to a string of connected ideas. Internet provided a platform to the social medial, which has become an important marketing tool in today's time. An idea bears the fruit of hope and has the potential to bring about a change. These changes result in innovation, eventually leading to growth and development of the human civilization. Some of the world's greatest inventions and innovations are the outcomes of an idea. Many a times the world has underestimated the potential of an idea but the great minds have proved the worth of their ideas with their splendid discoveries and inventions.³⁰⁰ Only a good idea is not sufficient. One requires the conviction and vision to execute it. An individuals confidence is the lifeline of an idea. One needs to have faith in his idea, as an idea has the potential to change the world. A successful execution of an idea requires will power, perseverance, hard-work and diligence. The countries around the world have think tanks that is people who generate new ideas and the organizations are investing heavily in the field of research and development. All this is done in order to provide a room for creative thinking so that the⁴⁰⁰ new ideas thus generated lead to innovation and development. India witnessed a technological revolutions in the last two decades. It was the vision, faith, will- power and determination of some of the present day leaders in their ideas, that India has been able to perform remarkably well in the information technology sector. With science and technology touching the untouched horizons it becomes important for the educational institutes as well as the government to promote and nurture the indigenous research and development. Brilliant ideas backed by research and knowledge assure success. We are living in the world which is basking in ⁵⁰⁰the glory of some revolutionary ideas.



Dictation NO. 51

Character and knowledge are the heart and soul of an individual. Character is the set of inherited and acquired qualities which defines an individual's identity and makes him different from others. One acquires knowledge over the time through formal and informal education. Formal education is acquired from schools and educational institutions while informal education is acquired through family, friends, peer group and social circle. Education empowers an individual and enables him to take rational decisions. Each individual is blessed with some or the other talent and is a bundle of untapped potential. This is why education has an important role. **100** It helps an individual to make the best use of his talent and capabilities. Education cannot be restricted to an individual's personal growth. He may inspire others to learn and act as a role model for many. In fact a society's progress can be measured in terms of the number of educated individuals. The knowledge and expertise gained by the person during the course of his education must be used for the benefits of others and society. An educated person with strong moral values is an invaluable asset to the society and nation. The moral values lay down the foundation **200** of a strong character. A person with poor moral values may attain his short term goals easily but it will be difficult for him to accomplish his long term goals. The technology has taken education to the next level. The students are taught by specialized teachers and trainers in smart classes. E-learning solutions have become an important component of the curriculum. But it is highly disappointing that amidst all these the moral values and the virtues have taken a back seat. Today's generation has failed to understand the importance of character building. The failure of education to instill values and **300** lack of character is increasingly apparent from the rising crime and violence in the society. There is an increase in the disrespect for the authorities and violence among the school going children and teenagers. The children are indulging in early sexual activities and self-destructive and addictive behaviors. The rate of heinous crimes such as physical and sexual assault among the children and teenagers is increasing. The media peer groups and the internet have an impact on the development and learning of the child. Using knowledge in the negative direction is a waste of one's talent and capabilities. This is what **400** is happening with today's generation. The moral values and the virtues of a society play an important role in the character building of the individuals. Over the time there has been a gradual decline in these values. We must remember that the character development and education need to go hand in hand. Character building must be an important aspect of education. It is important to teach the children moral and ethical values. These moral values help them to success in the long run. The purpose of education should be to develop a child's instincts in a manner that he is **500** naturally inclined to do what is morally right.

Dictation NO. 52

Besides the teachers and parents, the society needs to be an active partner in the character building efforts. Character development and education should go hand in hand. Effective education must include curriculum that teaches the students respect for moral and ethical values and helps them to succeed. The education should strive to develop students intrinsic motivation and commitment to do what is right. All school staff teacher, administrators, counsellors, coaches, secretaries, cafeteria workers, playgrounds aides, and bus drivers must be involved in learning about discussing and sharing responsibility for character education. Parents and community members should be full partners in **100** the character building effort. Effective education must include an effort to assess progress in the direction of character building. Knowledge without character is not only worthless but can also prove to be dangerous for the individual, society, country and the humanity as a whole. One of the greatest gifts to man from the nature is his ability to think and this is what makes him different from others. Each individual is unique in his way because of his thinking. An individual's thought process is reflected in his personality which ultimately plays an important role in deciding the course of his **200**life. Optimism or positive thinking is all about being confident about the future or success of something. It is this positive thinking which opens the doors of success for an individual. The person who is confident of achieving his goals will make sure to put in all the hard work in the requisite direction. It becomes difficult for the failures and hurdles to stop an optimistic person from achieving his goal. This is because each failure is a stepping stone to success for him. Although life is not a bed of roses, there is a way out of every maze **300**and an answer to every enigma. There is no such problem which cannot be sorted out. At times, it may happen that a person finds himself stuck in a situation and is unable to figure out how to proceed. In such a situation, he needs to think and analyses carefully in order to find a way out. The journey of life is not a smooth one. There are a number of speed breakers in the form of obstacles ad hurdles at each stage of our life. It is not that a few selected individuals have to face problems in life **400** everyone has to face their share of problems in life. It is just the intensity which may vary. However, the thinking of a person makes all the difference in how a person tackles the situation. An optimistic and confident person will be determined to fight the situation instead of giving up. A pessimistic person will prefer to run away from the situation. Such people develop a habit of finding faults in almost everything. Failures tend to halt their journey and what these people fail to understand is that life is all about challenges and overcoming them. **496**

Dictation NO. 53

Gautama Buddha began life as a prince named Siddhartha Gautama in northern India. At twelve he was sent away for schooling in the Hindu sacred scriptures and four years later he returned home to marry a princess. They had a son and lived for ten years as befitted royalty. At about the age of 25 the Prince heretofore shielded from the sufferings of the world while out hunting chanced upon a sick man then an aged man then a funeral procession and finally a monk begging for alms. These sights so moved him that he at once went out into 100 the world to seek enlightenment concerning the sorrows he had witnessed. He wandered for seven years and finally sat down under a peepal tree where he vowed to stay until enlightenment came. Enlightened after seven days he renamed the tree the Bodhi Tree the Tree of Wisdom and began to teach and to share his new understandings. At that point he became known as the Buddha. The Buddha preached his first sermon at the city of Benares, most holy of the dipping places on the River Ganges that sermon the Buddha's wisdom about one inscrutable kind of suffering. A lady 200 had an only son and he died. In her grief she carried the dead child to all her neighbours asking them for medicine and the people said she has lost her senses. The boy is dead. At length the lady met a man who replied to her request I cannot give the medicine for the child but I know a physician who can. And the girl said pray tell me sir who is it? And the man replied go to the monk that is the Buddha. The lady repaired to the Buddha and cried and said Lord and Master give 300 me the medicine that will cure my boy the Buddha answered I want a handful of mustard seed and when the girl in her joy promised to procure it the Buddha added the mustard seed must be taken from a house where no one has lost a child, husband, parent or friend. That poor lady now went from house to house and the people pitied her and said here is mustard seed take it. But when she asked did a son or daughter, a father or mother die in your family? They answered her that the livings are few but 400 the dead are many. Do not remind us of our deepest grief. And there was no house but some beloved one had died in it. Now that lady became weary and hopeless and sat down at the wayside watching the lights of the city as they flickered up and was extinguished again. At last the darkness of the night reigned everywhere. And she considered the fate of men that their lives flicker up and are extinguished again. And she thought to herself how selfish I am in my grief. Death is common to all yet in this valley of desolation 500 there is a path that leads him to immortality who had surrendered all selfishness.

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Dictation NO. 53

The Buddha said the life of mortals in this world is troubled and brief and combined with pain. For there is not any means by which those that have been born can avoid dying after reaching old age there is death of such a nature are living beings. As ripe fruits are early in danger of falling so mortals when born are always in danger of death. As all earthen vessels made by the potter and in being broken so is the life of mortals. Both young and adult, both those who are fools and those who are wise all **100** fall into the power of death all are subject to death. While relatives are looking on and lamenting deeply, one by one one mortals are carried off like an ox that is led to the slaughter. So the world is afflicted with death and decay therefore the wise do not grieve knowing the terms of the world. Neither from weeping nor from grieving will anyone obtain will peace of mind on the contrary his pain will be the greater and his body suffer. He will make himself sick and pale yet the dead are not saved by his lamentation. He **200** who seeks peace should draw out the arrow of lamentation and complaint and grief. He who has drawn out the arrow and has become composed will obtain peace of mind he who has overcome all sorrow will become free from sorrow and be blessed. It does not matter who you are. Happiness is something we are all after. Sometimes it is easy and natural and other times it is a total struggle. Although we desire happiness but we are not sure how to truly get it or achieve it. According to some health and happiness experts here is what happiness **300** really looks like. You enjoy the lifestyle you have created. We are in the present life situations because of choices we have made. We each have the chance to create our own lifestyles and if you have done so with love and intention you are probably a pretty happy person. Overall, a happy lifestyle can be defined as a genuine feeling of peace and fulfilment within yourself. Life can be complicated due to constant changes and demands. But if at the end of the day, you feel at peace with how you handled the situations of your life you are **400** on the right track. You speak your truth. The more comfortable you are with yourself and your own opinions the happier you will be. Happy people feel confident in themselves and are not too worried about what other people think about them. This frees them up to be open and honest with others in their life. Happy people are also brave enough to say what they are truly feeling. You pursue your passions. When you are not consumed with worrying about what others think of you. **486**

