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Question Paper	
Foundation - Law	Duration: 60
Details: Test- 9 (Ch - 5)	Marks: 30

Instructions:

- All the questions are compulsory
- Properly mention test number and page number on your answer sheet, Try to upload sheets in arranged manner.
- In case of multiple choice questions, mention option number only Working notes are compulsory wherever required in support of your solution
- Do not copy any solution from any material. Attempt as much as you know to fairly judge your performance.

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Q-1

Read the passage given below and answer the questions that follow:

Effective speaking depends on effective listening. It takes energy to concentrate on hearing and to concentrate on understanding what has been heard. Incompetent listeners fail in a number of ways. First, they may drift. Their attention drifts from what the speaker is saying. Second, they may counter. They find counter-arguments to whatever a speaker may be saying. Third, they compete. Then, they filter. They exclude from their understanding those parts of the message which do not readily fit with their own frame of reference. Finally, they react. They let personal feelings about a speaker or subject override the significance of the message which is being sent.

What can a listener do to be more effective? The first key to effective listening is the art of concentration. If a listener positively wishes to concentrate on receiving a message his chances of success are high.

It may need determination. Some speakers are difficult to follow, either because of voice problems or because of the form in which they send a message. There is then a particular need for the determination of a listener to concentrate on what is being said.

Concentration is helped by alertness. Mental alertness is helped by physical alertness. It is not simply physical fitness, but also positioning of the body, the limbs and the head. Some people also find it helpful to their concentration if they hold the head slightly to one side. One useful way for achieving this is intensive note-taking, by trying to capture the critical headings and sub-headings the speaker is referring to.

Note-taking has been recommended as an aid to the listener. It also helps the speaker. It gives him confidence when he sees that listeners are sufficiently interested to take notes; the patterns of eye-contact when the note-taker looks up can be very positive; and the speaker's timing is aided-he can see when a note-taker is writing hard and can then make effective use of pauses.

Posture too is important. Consider the impact made by a less competent listener who pushes his chair backwards and slouches. An upright posture helps a listener's concentration. At the same time it is seen by the speaker to be a positive feature amongst his listeners. Effective listening skills have an impact on both the listener and the speaker.

(a) On the basis of your reading of the above passage, make notes on it using headings and sub-headings. Use recognisable abbreviations wherever necessary

(b) Write a summary of the passage in not more than 80 words using the notes made and also suggest a suitable title.

(6 Marks)

Q-2

Read the passage given below and answer the questions that follow:

There is nothing more frustrating than when you sit down at your table to study with the most sincere of intentions and instead of being able to finish the task at hand, you find your thoughts wandering. However, there are certain techniques that you can use to enhance your concentration. "Your concentration level depends on a number of factors," says Samuel Ghosh, a social counsellor. "In order to develop your concentration span, it is necessary to examine various 2 facets of your physical and internal environment," she adds.

To begin with one should attempt to create the physical environment that is conducive to focused thought. Whether it is the radio, TV or your noisy neighbours, identify the factors that make it difficult for you to focus. For instance, if you live in a very noisy neighbourhood, you could try to plan your study hours in a nearby library.

She disagrees with the notion that people can concentrate or study in an environment with distractions like a loud television, blaring music etc. "If you are distracted when you are

attempting to focus, your attention and retention powers do not work at optimum levels,” cautions Ghosh. “Not more than two of your senses should be activated at the same time,” she adds. What that means is that music that sets your feet tapping is not the ideal accompaniment to your books.

Also do not place your study table or desk in front of a window. “While there is no cure for a mind that wants to wander, one

should try and provide as little stimulus as possible. Looking out of a window when you are trying to concentrate will invariably send your mind on a tangent,” says Ghosh.

The second important thing, she says, is to establish goals for oneself instead of setting a general target and then trying to accomplish what you can in a haphazard fashion. It is very important to decide what you have to finish in a given span of time. The human mind recognizes fixed goals and targets and appreciates schedules more than random thoughts. Once your thoughts and goals are in line, a focussed system will follow.

She recommends that you divide your schedule into study and recreation hours. When you study, choose a mix of subjects that you enjoy and dislike and save the former for the last so that you have something to look forward to. For instance, if you enjoy verbal skill tests more than mathematical problems, then finish Maths first. Not only will you find yourself working harder, you will have a sense of achievement when you wind up.

Try not to sit for more than 40 minutes at a stretch. Take a very short break to make a cup of tea or listen to a song and sit down again. Under no circumstances, should one sit for more than one and a half hours. Short breaks build your concentration and refresh your mind. However, be careful not to overdo the relaxation. It may have undesired effects.

More than anything else, do not get disheartened. Concentration is merely a matter of disciplining the mind. It comes with practice and patience and does not take very long to become a habit for life.

(a) On the basis of your reading of the above passage, make notes on it in points only, using abbreviations, wherever necessary. Also suggest a suitable title.

(b) Write a summary of the above in 80 words.

(8 Marks)

Q-3

Read the passage given below and answer the questions that follow:

The term dietary fibres refers collectively to indigestible carbohydrates present in plant foods. The importance of these dietary fibres came into the picture when it was observed that the people having diet rich in these fibres, had low incidence of coronary heart disease, irritable bowel syndrome, dental caries and gall stones.

The foodstuffs rich in these dietary fibres are cereals and grains, legumes, fruits with seeds, citrus fruits, carrots, cabbage, green leafy vegetables, apples, melons, peaches, pears etc.

These dietary fibres are not digested by the enzymes of the stomach and the small intestine whereas most of other carbohydrates like starch and sugar are digested and absorbed. The dietary fibres have the property of holding water and because of it, these get swollen and behave like a sponge as these pass through the gastrointestinal tract. The fibres add bulk to the diet and increase transit time in the gut. Some of these fibres may undergo fermentation in the colon.

In recent years, it has been considered essential to have some amount of fibres in the diet. Their beneficial effects lie in preventing coronary heart disease, and decreasing cholesterol level. The fibres like gums and pectin are reported to decrease postprandial (after meals) glucose level in the blood. These types of dietary fibres are recommended for the management of certain types of diabetes. Recent studies have shown that the fenugreek (Methi) seeds,

which contain 40 per cent gum, are effective in decreasing blood glucose and cholesterol levels as compared to other gum containing vegetables.

Some dietary fibres increase transit time and decrease the time of release of ingested food in colon. The diet having less fibres is associated with colon cancer and the dietary fibres may play a role in decreasing the risk of it.

The dietary fibres hold water so that stools are soft, bulky and readily eliminated. Therefore, high fibre intake prevents or relieves constipation.

The fibres increase motility of the small intestine and the colon and by decreasing the transit time there is less time for exposure of the mucosa to harmful toxic substances. Therefore, there is a less desire to eat . and the energy intake can be maintained within the range of requirement. This phenomenon helps in keeping a check on obesity. Another reason in helping to decrease obesity is that the high-fibre diets have somewhat lower coefficients of digestibility.

The dietary fibres may have some adverse effects on nutrition by binding some trace metals like calcium, magnesium, phosphorus, zinc and others and therefore preventing their proper absorption. This may pose a possibility of nutritional deficiency especially when diets contain marginal levels of mineral elements. This may become important constraints on increasing dietary fibres. It is suggested that an intake of 40 grams dietary fibres per day is desirable.

(a) On the basis of your reading of the above passage make notes on it in points only, using recognizable abbreviations wherever necessary. Also suggest a suitable title.

(b) Write a summary of the above in about 80-100 words.

(8 Marks)

Q-4.

Read the passage below:

The Great Wall of China was built to link existing fortifications into a united defense system and better keep invading Mongol tribes out of China. It is the largest man-made monument ever to have been built and it is said that it is the only one visible from space. Many thousands of people must have given their lives to build this huge construction.

The Great Wall of China is a series of towers made of stone, brick, earth, wood and other materials, generally built along an east-to-west line across the historical northern borders of China to protect the Chinese states and empires against the raids and invasions of the various nomadic groups of the Eurasian Steppe. Several walls were being built as early as the 7th century BCE; these, later joined together and made bigger and stronger, are now collectively referred to as the Great Wall. Especially famous is the wall built (220-206 BCE) by Qin Shi Huang, the first Emperor of China. Little of that wall remains. Since then, the Great Wall has on and off been rebuilt, maintained and enhanced; the majority of the existing wall is from the Ming Dynasty (1368-1644).

Other purposes of the Great Wall have included border controls, allowing the imposition of duties on goods transported along the Silk Road, regulation or encouragement of trade and the control of immigration and emigration. Furthermore, the defensive characteristics of the Great Wall were enhanced by the construction of watchtowers, troop barracks, garrison stations, signalling capabilities through the means of smoke or fire and the fact that the path of the Great Wall also served as a transportation corridor.

The Great Wall stretches from Dandong in the east to Lop Lake in the west, along an arc that roughly delineates the southern edge of Inner Mongolia. A comprehensive archaeological survey, using advanced technologies, has concluded that the Ming walls measure 8,850 km. This is made up of 6,259 km sections of actual wall, 359 km of trenches and 2,232 km of natural defensive barriers such as hills and rivers. Another archaeological survey found that the entire wall with all of its branches measures out to be 21,196 km.

King Zheng of Qin conquered the last of his opponents and unified China as the First Emperor of the Qin dynasty (“Qin Shi Huang”) in 221 BCE. Intending to impose centralized rule and prevent the resurgence of feudal lords, he ordered the destruction of some sections of the walls, however, he ordered a building of new walls to connect the remaining fortifications along the empire’s northern frontier. Transporting a large number of materials required for construction was difficult, so builders always tried to use local resources. Stones from the mountains were used over mountain ranges, while earth was used for construction in the plains. The Great Wall concept was revived under the Ming dynasty in the 14th century, to gain a clear upper hand over the Mongolian tribes.

(A) On the basis of your reading of the above passage make notes on it, using headings and subheadings. Use recognizable abbreviations (wherever necessary-minimum four) and a format you consider suitable. Also supply the appropriate title to it.

(B) Write a summary of the passage in about 80 words

(8 Marks)

