

Department	(AHS) MIC, DT,RAD & DPT
Subject	English-II
Marks	30
Semester	-II
Final Term Assignment	Spring 2020
<b>Instructor</b>	<b>Hajra Iqbal</b>

Fill below blocks.

Student Full Name	<b>RIMSHA KHATTAK</b>
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Department	<b>DPT</b>

**Instructions:** Your time starts once you log in. You have only 6 hours to complete and submit your paper on the portal. After 6 hours your time would be automatically expired. Download this paper and save it with your full name and subject. Attempt all the answers on the same page and keep in your mind to click the **SAVE** after every 10 minutes. When you are done with paper, go through it and submit your final copy with your name and id on SIC portal.

**Note:** i. Attempt all four questions.

**1. Write Short Notes . / 20 Marks**

**a. Three Steps of Essay**

There are three steps of essays

- Introduction
- Body Paragraph
- Conclusion
- **Introduction:** In Introduction we use general statements and thesis statements to list the main ideas in the essay.
- **Body Paragraph:** Each body paragraph begins with a topic sentence. If the thesis contains multiple points, the body paragraph should support to justify them
- **Conclusion:** In conclusion we have to summarize the main points of the essay

**b. Five Uses of Comma and Full Stop.**

Five Uses of Comma and Full Stop.

- Use of Comma:
  1. Comma is used to separate the main element of the sentence from each other
  2. Separating elements in a series
  3. Setting of dialogues or quotation
  4. To separate a city from its state
  5. To separate two adjectives

**Use of Full stop:**

1. The main use of full stop is to mark the end of a sentence that is a complete statement
2. Full stop also appears after initial of a person

3. It is a common practice to use full or periods to mark abbreviations
4. It is also used after decimal points
5. It is used after title of Mr. & Mrs.

- **c. Define Phrase and Clause with two examples.**

**Phrase:** A phrase is any group of word that does not contain a subject and verb, that functions in a sentence as one part of speech.

Examples:

- After a very long walk (prepositional phrase)
- The nice brother (noun phrase)

**Clause:** A clause is a group of words that makes complete sense.

Examples:

- They drove to the city
- After this hectic day ends

**d. What is Memorandum**

A memorandum is a note of things to be remembered, written report, informal communication or short official note that is prepared for a person, committee, and sent within a company or organization.

- It is a recording document with legal terms and conditions
- The official orders in government and non-government are passed through a memorandum

**2. Write an essay on any one Topic. (340-350) Word Count /20 Marks**

- a. Smoking in public places has to be banned.
- b. Parents are our first and most important teachers. Describe a specific valuable lesson from one of your parents
- c. The way I spend my lockdown during Covid-19..

## Topic:

# The way I spend my lockdown during Covid-19.

On March 16, 2020, when all universities announced holidays due to COVID-19 epidemic. As a student I have read about diseases and epidemic but this was first time in my life I faced a lockdown. I started searching about the spread but all I could see on search engine was reported cases. This was first time in my life after my university annual exams I got scared. I started praying to Allah to save us from this escalating deadly disease. We don't know whether the infection will keep on seething for an inconsiderable length of week or months. Oh Allah help us here on and off its been a long time. This was first time I saw whole world is halt.

I live with my family, my laptop, and a puffy cat. I live on Hayatabad, which is north side of Peshawar. It pretty clear, that everyone has to stay at home and all has to follow SOP's instructed by government. Thus I decided to limit my activities to few selected sources and avoid this scary chat over the virus. It was necessary to keep environment healthy and for positive mental stability. So in the beginning, I am foodie and I use to explore all the restaurants in my city with my friends and family. My urge to explore more food increased in this quarantine, so I tried out many dishes like Greek food, Thai food, Spanish Cuisine searching them online within a short time by cooking and eating myself.

I am continually dabbling in the arts. Currently I am renovating my grand ma old dressing table. Due to current situation I have consistently becoming a germaphobe, disinfecting everything before and after I use. I hope this lockdown soon is over it has made a huge impact on my life, one thing that turned into an opportunity is it has been a long since my family are together for such a long time. There's more time to spend with the household. It has given me the time to learn some of the skills that were mostly done by mom alone.

### **3.Read and Summarize the following Passage in your own words . /10 Marks**

Health' is a state of complete physical, social and mental well being and not merely the absence of disease or infirmity. Health is thus a level of functional efficiency of living beings and a general condition of a persons mind, body and spirit, meaning it is free from illness, injury and pain. It is a resource of everyday life and a positive concept emphasizing physical capabilities.

Good health is a secret of every happy man. There is an old saying, 'Health is Wealth'. Staying healthy for children is vital for proper growth and development of mind and body as they need to focus in the class and fully participate in the activities on the field. Parents must take their children for medical check-up and learn from experts about their development in terms of height and weight, as it has a huge impact on their overall performance and efficiency. If you are strong and healthy, you can be a shining example to others and teach them how to achieve vibrant health.

Good health is a matter of great concern, to maintain it, healthy living and a disciplined life is a must. One of the best ways is to drink plenty of water as it reduces the risk of infection, keeps your skin healthy, reduces the risk of heart attack, burns body fat and regulates our body temperature. We

should sleep well as it relaxes our body and reduces stress. We need to have a balanced diet and go for long, brisk walks. Our motto should be to keep our body clean in order to remain healthy. We must laugh more as laughing is a therapy and a secret of good health. The government should include integrated health programs into their public policies and control specific health problems.

### **Summarized:**

Health is not only defined by the absence of illness or disease but has also to be taken in conjunction with the general betterment of mind, body and soul and hence is a valuable recourse for everyday life.

Good health is therefore one of the key ingredients to live a happy life. Parents and guardians should ensure from the younger years of their children to take them for proper medical checkups, get them involved in sports and other recreational activities as it has a direct impact on their growth and development leading to better performance and productivity. A strong and healthy person can further encourage others to follow suit.

One should focus on their health by making minute changes in their lifestyle for a longer, happier life, such as drinking plenty of water which in turn reduces many ailments and issues from arising. We should be on a schedule, have a good-night's sleep, exercise and maintain a good diet and add laughter to our everyday life, in short, treat our bodies as a temple, keep it clean, happy and serene.

The government should also include health programs into their public policies to combat health problems.