

# **St. Andrews Scots Sr. Sec. School**

**9th Avenue, I.P. Extension, Patparganj, Delhi – 110092**

**Session: 2025-2026    Worksheet**

**Class : XI**

**Subject : English**

**Worksheet No. 9**

**Q1. You are Secretary, Social Service League of your school. Design a poster in 50 words to be displayed in your colony and in local hospital premises inspiring people to make a pledge to donate eyes and other organs of their bodies.**

**Q2. Many complaints about unfair means being used in exams have been reported. Write a letter to the editor of a national daily newspaper in 100-120 words giving reasons for this trend and suggest some measures to combat this. You are Arun/ Aruna, 12, Fort Road, Kochi.**

**Q3. Read the passage given below:**

1. Well-being is not just the absence of disease or illness. It is a complex combination of a person's physical, mental, emotional and social health factors. Well-being is strongly linked to happiness and life satisfaction. In short, it could be described as how one feels about oneself and one's life. Every aspect of one's life influences the state of one's well-being. Researchers investigating happiness have found the following factors which enhance a person's well-being : network of close friends, enjoyable and fulfilling career, enough money, regular exercise, nutritious diet, sufficient sleep, fun hobbies and leisure pursuits, healthy self-esteem, optimistic outlook and so on.
2. The factors that influence one's well-being are interrelated. For example, a job provides not just money but purpose, goals, friendships and a sense of belonging. Some factors also make up for the lack of others; for example, a good marriage can compensate for a lack of friendship, while religious beliefs may help a person to accept physical illness. Money is linked to well-being, because having enough money improves living conditions and increases social status. But various international studies have shown that it is the quality of our personal relationships, not the size of our bank balance, which has the greatest effect on our state of well-being. Believing that money is the key to happiness can also harm a person's well-being.
3. Understanding the well-being of the population is very important. Measuring well-being, however, in a population is difficult because the interpretation of well-being is so subjective —

how one feels about peoples' lives largely depends on the way one sees it. Like the saying goes: 'one person's problem is another person's challenge.'

4. Keeping track of a population's well-being helps governments to decide on particular policies. It also acts as an indicator for various population trends. For example, knowing the average weekly income of a population helps to set the 'poverty line', which may then influence decisions on social welfare reforms. Well-being can be achieved through a variety of means. Some are as follows : developing and maintaining strong relationships with family and friends, making regular time available for social contact, trying to find work that is enjoyable and rewarding, rather than just working for the best pay, eating healthy, nutritious foods, doing regular physical activity, involving oneself in activities that interest the people, joining in local organisations or clubs that appeal, setting achievable goals and working towards them and trying to be optimistic and enjoying each day.

**(a) On the basis of your reading of the above passage, make notes on it using recognizable abbreviations (minimum four), wherever necessary. Use a format you consider suitable. Give it a suitable title also.**

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