

UNIVERSITY OF CAMBRIDGE INTERNATIONAL EXAMINATIONS  
General Certificate of Education Advanced Level

**HINDI**

**9687/05**

Paper 5 Prose

October/November 2004

Additional Materials: Answer Booklet/Paper

**45 minutes**

**READ THESE INSTRUCTIONS FIRST**

If you have been given an Answer Booklet, follow the instructions on the front cover of the Booklet. Write your Centre number, candidate number and name on all the work you hand in. Write in dark blue or black pen on both sides of the paper. Do not use staples, paper clips, highlighters, glue or correction fluid. Dictionaries are not permitted.

Translate the passage overleaf into **Hindi**.  
At the end of the examination, fasten all your work securely together.

**उत्तर लिखने के पहले इन निर्देशों को पढ़िए -**

यदि आपको उत्तर-पुस्तिका दी गयी है तो उसके मुख-पृष्ठ पर लिखे निर्देशों का अनुसरण कीजिए। अपना नाम, केन्द्र-संख्या और छात्र-संख्या अपने हर उत्तर-पुस्तिका / पृष्ठ पर लिखिए। लिखने के लिए केवल गहरे नीले या काले रंग की कलम का ही प्रयोग कीजिए और अपने उत्तर पृष्ठों के दोनों तरफ लिखिए। स्टेपलर, पेपर-क्लिप, हाईलाइटर, गोंद और करेक्शन फ्लुइड का प्रयोग न करें। शब्द-कोष का प्रयोग निषेध है।

अगले पृष्ठ पर दिए गए अनुच्छेद का अनुवाद हिन्दी में कीजिए।  
परीक्षा के अन्त में अपने सभी पृष्ठों को एक साथ धागे से बाँध दें।

This document consists of 2 printed pages.



**Translate into Hindi**

Good health should be our top priority. Regular exercise and a balanced diet are important elements of a healthy lifestyle. You do not need a partner to participate in many forms of exercise, for example, walking, jogging, swimming and cycling.

Our body is like a machine. It needs food for energy, just like a car needs fuel. We need to eat plenty of fruit and vegetables because they are sources of vitamins, minerals and fibre. Ideally they should be bought locally when they are in season and be free from chemicals.

In the modern world, living a completely stress-free life is rather an impossible task. We can at least make an effort to minimise stress as much as possible. There is a close relationship between mental and physical health. There is no doubt that negative thoughts, anger, anxiety, fear and jealousy are detrimental to good health. We should adopt the principle of 'simple living and high thinking'.

Finally, we should be fully aware that pollution-free air and water play a vital role in sustaining a healthy life.