

Read the texts carefully and answer the questions that follow.

Role of Music in Life Today, we are rushing through life and everyone seems to be pressurized and stressed about one or the other thing. Stress has become an inescapable part of our lives. Many of our illnesses are a result of stress, and to deal with it, we need certain ways to relax our body and mind. Listening to music, particularly gentle, calming and melodious music, relaxes people both physically and mentally. Music releases endorphins, the natural painkillers in our brain, which relieve us from the sense of pain. Music can normalize heart rate and blood pressure. The common occurrences of fatigue and boredom decrease when we listen to music. It diverts our attention from everyday anxieties, thereby reducing the stress caused by such concerns. While meditating, listening to music helps us to connect with our soul. Students can improve their concentration and boost their memory by listening to soft music. Soothing music, when played at night, helps us to rest and relax for a good night's sleep. Listening to good music helps in overcoming negative traits such as anger or worry, thereby improving our personality. It creates positive energy and happiness. Every cell in the body becomes energetic with increased peace of mind. Music is a therapy for everyone — plants, birds, animals and human beings — to flourish and rejuvenate. It certainly plays an important part in making the world better for all living beings.

Complete the following statements by selecting the most appropriate options given below.

1. _____ helps in relaxation of our body and mind. (a) Pop music (b) Soothing music (c) Jazz music (d) Rock music
2. The natural painkillers released in our brain are _____. (a) Insulin (b) Endorphins (c) Endocrine (d) Glycerin
3. Music is helpful in improving the _____ of students. (a) concentration (b) emotion (c) relaxation (d) anxiety
4. Which word from the passage means the same as 'to renew'? _____ (a) rejuvenate (b) enhance (c) release (d) relieve
5. List the benefits of music mentioned in the passage.