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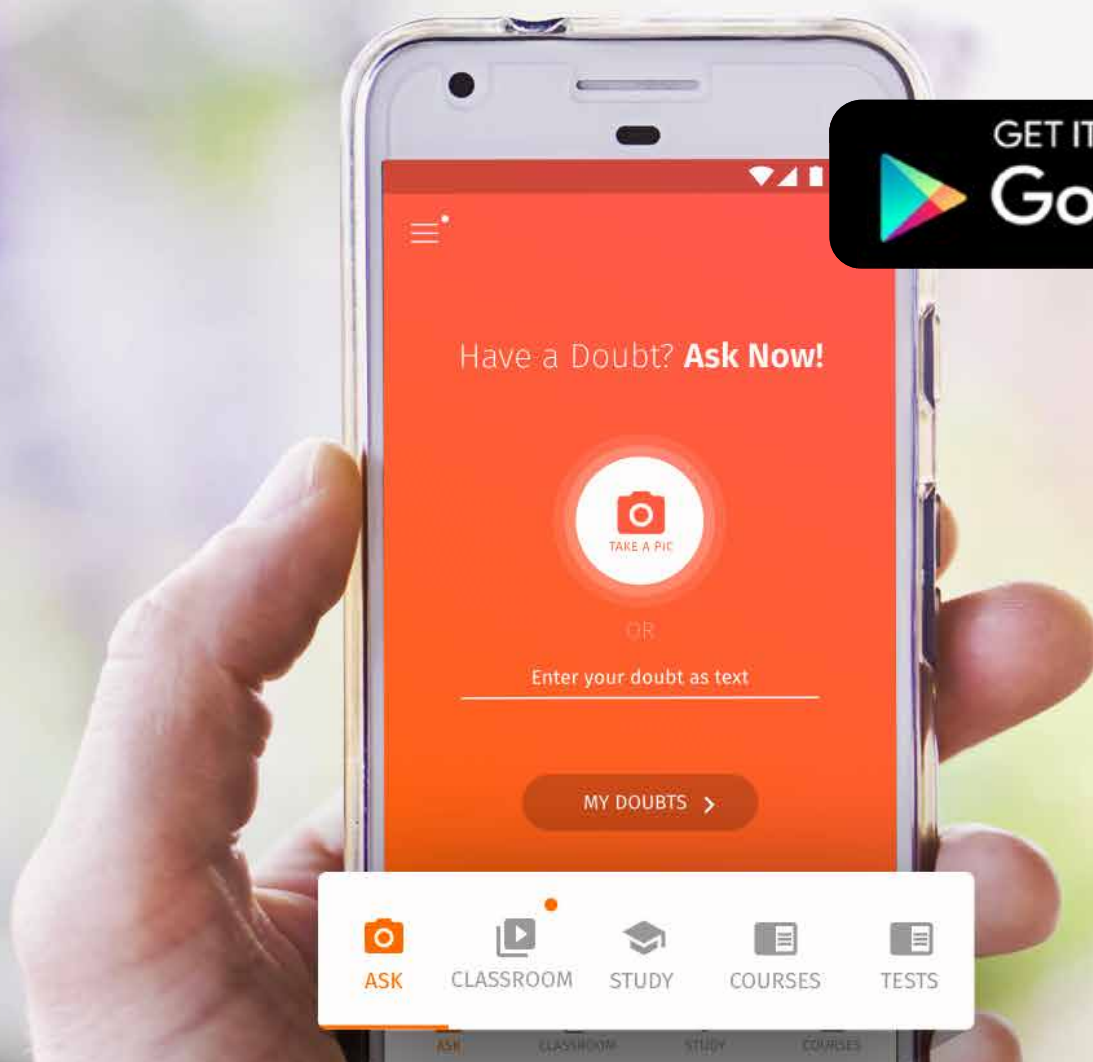
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**Keeping Quiet****Before you read :** Solutions of Questions on Page Number : 95**Question:****What does the title of the poem suggests to you? What do you think the poem is about?****Answer :**

The title of the poem suggests the importance of silence.

The poem is about the importance of self-examination and introspection. It is also an appeal for universal harmony.

*(A model answer has been provided for students' reference. It is strongly recommended that students themselves prepare the answer based on their own experience.)*

**Think it out :** Solutions of Questions on Page Number : 96**Question:****What will counting up to twelve and keeping still help us achieve?****Answer :**

According to the poet, taking a break from our monotonous routine by 'counting up to twelve' and 'keeping still' will help us understand ourselves and those around us better. The quietness will aid our understanding of the significance of peace and tranquility in this age of futile activities. Thus, they will help us in introspection and self-analysis.

**Question:****Do you think the poet advocates total inactivity and death?****Answer :**

Although the poet believes that silences assist in introspection and help in taking a break from the world of frenzy activity, he does not advocate total inactivity and death. Rather, he believes that observing stillness once in a while helps people to spring back in action, rejuvenated.

**Question:****What is the 'sadness' that the poet refers to in the poem?****Answer :**

The poet refers to the 'sadness' of failing to understand oneself in the monotonous every day existence. He also finds it sad that the humanity is moving towards its own ruin owing to its unanalyzed actions. He regrets the rush of outdoing others that has made us forget the values of humanity.

**Question:****What symbol from Nature does the poet invoke to say that there can be life under apparent stillness?****Answer :**

The poet uses the symbol of the earth to illustrate the point that there can be life under apparent stillness.

**Try this out :** Solutions of Questions on Page Number : 97**Question:**

**Choose a quiet corner and keep still physically and mentally for about five minutes. Do you feel any change in your state of mind?**

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## Keeping Quiet Exercise Answers & Summary

### Answer :

Yes, I felt a strange stillness engulf me initially. But soon, I started thinking about my day and the activities that I was engaged in. My mind, of its own accord, moved to thoughts or actions that preoccupied my mind. As my thoughts became organized, the skewed priorities, of their own accord, became apparent. It also gave me opportunity to reprioritise and energy to work with a new zeal. All worries seemed unnecessary and I felt relieved of stress. It became easier for me to focus on more important things in life and empty my mind of petty issues that I dwelt on without reason. Thus, these five minutes of silence and introspection brought a huge change in my perspectives. I've now decided to continue this for the rest of my life.

*(A model answer has been provided for students' reference. It is strongly recommended that students themselves prepare the answer based on their own experience.)*

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