

Passage 40

Translate into Urdu

If you want to improve your health, there are two things you can do: do more exercise or eat less. Exercise may sound more **attractive**¹, but it is not very **effective**². A fast three miles run is needed to **counter**³ the effect of a small bar of chocolate.

This does not mean that exercise is not useful. **Activity**⁴ is important for the body and does your heart and **lungs**⁵ good. It can, however, increase the **appetite**⁶ and that's why some people put on weight when they take exercise. Eating less is the only way to be certain of losing weight. You can either eat less of everything or make sure you eat a **balanced**⁷ diet.

مشکل الفاظ کے معنی

پھل پھڑے	5	پُرکشش	1
بھوک	6	مؤثر	2
متوازن	7	مقابلہ کرنا	3
		مصروفیت - حرکت	4

Passage 39

Translate into Urdu

The place that I had been looking forward to visit was Agra. I know what the Taj Mahal looked like, but I wanted to **experience**¹ it from myself. The Taj Mahal is not only one of the most beautiful buildings in the world, but it is **unique**² in its design, an architectural **masterpiece**³ which is ever so pleasing to the eye. It was **dedicated**⁴ to the love of Mumtaz Mahal by her husband Shah Jehan.

The popular legend says he was so **devastated**⁵ at losing her that he planned to build a **replica**⁶ of the Taj Mahal in black as his own tomb on the other side of the river Jumna. However, he died before it could be built. This is a sad love story reflected in the perfection of the shape, the inlaid semi-precious stones in the marble and the complex **carvings**⁷. Its position on the bend of the river dominates the surrounding countryside and the city of Agra.

مشکل الفاظ کے معنی

تباہ حال	5	تجربہ کرنا	1
نقل - شبیہ	6	منفرد - یکتا	2
گندہ کاری	7	تعمیراتی شاہکار	3
		منسوب	4