



Cambridge International AS & A Level

ENGLISH LANGUAGE

9093/13

Paper 1 Reading

May/June 2023

2 hours 15 minutes

You must answer on the enclosed answer booklet.

You will need: Answer booklet (enclosed)

INSTRUCTIONS

- Answer **all** questions.
- Follow the instructions on the front cover of the answer booklet. If you need additional answer paper, ask the invigilator for a continuation booklet.
- Dictionaries are **not** allowed.

INFORMATION

- The total mark for this paper is 50.
- The number of marks for each question or part question is shown in brackets [].

This document has **8** pages. Any blank pages are indicated.

Section A: Directed response

Question 1

Read the following text, which is an article from *The Indian Express* newspaper.

- (a) You work for a travel agency. Write the text for an advertisement for a volunteering holiday, during which tourists will join the conservationists tracking the tigers and learning about them. Use 150–200 words. [10]
- (b) Compare your advertisement with the original text, analysing form, structure and language. [15]

Explained: Where tigers roam mountains

Uttarakhand has flaunted¹ its tiger range up to 3660 m. How commonly are tigers found at such altitudes?

To celebrate International Tiger Day last week, the Uttarakhand government highlighted the expanse of the state's tiger map from Corbett National Park to Kedarnath Wildlife Sanctuary. Between the Terai² and the mountains, Chief Minister Pushkar Singh Dhami flaunted the tiger range from an elevation of 360 m to 3680 m as a testimony of Uttarakhand's success in tiger conservation.

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The tiger's usual range is under 1800 m (think Kasauli). That makes its presence above 3660 m – the elevation of the Kedarnath temple – rare. But tigers have shown up before a strategically placed motion-triggered camera at higher altitudes.

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Global spotlight

While there have been ample anecdotal accounts of tigers roaming significantly higher slopes of their Himalayan habitats, the global fascination with the so-called high-altitude or snow tigers was triggered by a BBC documentary that claimed to have 'discovered a lost tiger population in Bhutan mountains' in 2010.

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The documentary, *Lost Land of the Tiger*, made splashes around the globe, even as conservationists pointed out that the tigers in question were never lost. In fact, the first photographic evidence of a tiger in Bhutan was recorded in 2000 in Phrumsengla National Park at 2965 m, then the highest altitude record of the species.

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Then, not long before the BBC team landed in Bhutan, another camera-trap study set a new elevation record for tigers, capturing an adult male in the snow inside Jigme Dorji National Park at 4200 m in 2008. Since the global hype generated in 2010, high-altitude tigers have been photographed in Bhutan on multiple occasions, including the first high resolution capture above 3350 m by Emmanuel Rondeau for WWF³-UK in 2017.

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In 2020, Nepal also captured two ridge-scaling tigers – one at 2500 m in Dadeldhura in April, and another at 3169 m in Kangchenjunga Landscape region in November.

Tiger sightings in India

In India, anecdotes of high-altitude tigers survive in community tales, as also in the accounts of hunters, adventurers and naturalists.

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Since 2016, multiple records of tigers above 3000 m have been recorded in India:

March 2016: A tigress was camera-trapped at 3274 m in Askot Musk Deer wildlife sanctuary near Pithoragarh in Uttarakhand.

January 2017: Two male tigers were captured at 3630 m and 3246 m in the Mishmi Hills (Dibang Valley) of Arunachal Pradesh. These two were the first photos of tigers (other than Russia's Amur tigers) in the snow.

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December 2018: A tiger was photographed at 2915 m in Sikkim's Pangolakha Wildlife Sanctuary.

May 2019: A tiger was camera-trapped in Rudraprayag's Kedarnath Wildlife Sanctuary at 3400 m.

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Causes for concern

Records of high-altitude tigers getting somewhat routine have alarmed a section of conservationists. Warming induced by climate change, they argue, is making the higher mountains tolerable for tigers.

But the fact that tigers are found roaming the snow indicates that their upward movement is not deterred by the cold. A more likely explanation is that tigers, given an opportunity, have always ventured far and wide. Thanks to a better monitoring regime and camera-traps, scientists and managers are now getting to learn more about their actual ranges.

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The fact that there are enough tigers in certain pockets to wander around is certainly good news. But that should not prompt hasty proposals, such as declaring a high-altitude area as a tiger reserve, or even shifting a conservation area upward, based on a few tiger photos.

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Like Siberian tigers do not actually live in Siberia (but in temperate broadleaf-mixed-pine and pure deciduous forests), it is unlikely that tigers spotted in the snow have settled down there. Their survival still depends on the forests below. There can be no trade-off between traditional tiger habitat and these new heights of feline interest.

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¹ *flaunted*: showed off something they were proud of in order to get admiration

² *Terai*: a lowland region in northern India and southern Nepal

³ *WWF*: World Wildlife Fund, a conservation organisation

Section B: Text analysis

Question 2

Read the following text, which is a transcript of a voiceover for an informational video.

Analyse the text, focusing on form, structure and language.

[25]

What yoga does to your body and brain

At some point between the first and fifth century, the Hindu sage Patañjali began to codify the ancient, meditative traditions practiced throughout India. He recorded techniques nearly as old as Indian civilization itself in 196 manuals called the Yoga Sutras. These texts defined yoga as the 'yoking' or restraining of the mind from focusing on external objects in efforts to reach a state of pure consciousness. Over time, yoga came to incorporate physical elements from gymnastics and wrestling. Today, there are a multitude of approaches to modern yoga – though most still maintain the three core elements of Patañjali's practice: physical postures, breathing exercises, and spiritual contemplation.

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This blend of physical and mental exercise is widely believed to have a unique set of health advantages. Such as improving strength and flexibility, boosting heart and lung function, and enhancing psychological well-being. But what have contemporary studies shown regarding the benefits of this ancient tradition?

Despite attempts by many researchers, it's tough to make specific claims about yoga's advantages. Its unique combination of activities makes it difficult to determine which component is producing a specific health benefit. Additionally, yoga studies are often made up of small sample sizes that lack diversity, and the heavy reliance on self-reporting makes results subjective. However, there are some health benefits that have more robust scientific support than others.

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Let's start with flexibility and strength. Twisting your body into yoga's physical postures stretches multiple muscle groups. In the short term, stretching can change the water content of these muscles, ligaments, and tendons to make them more elastic. Over time, regular stretching stimulates stem cells which then differentiate into new muscle tissue and other cells that generate elastic collagen. Frequent stretching also reduces the body's natural reflex to constrict muscles, improving your pain tolerance for feats of flexibility.

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Researchers haven't found that any one form of yoga improves flexibility more than another, so the impact of specific postures is unclear. But like other low-impact exercises, yoga reliably improves fitness and flexibility in healthy populations.

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The practice has also been shown to be a potentially powerful therapeutic tool. In studies involving patients with a variety of musculo-skeletal disorders, yoga was more helpful at reducing pain and improving mobility than other forms of low-impact exercise. Adding yoga to an existing exercise routine can improve strength and flexibility for hard-to-treat conditions like chronic lower back pain, rheumatoid arthritis, and osteoporosis.

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Yoga's mix of physical exercise and regimented breathing has proven similarly therapeutic for lung health. Lung diseases like chronic bronchitis, emphysema, and asthma shrink

the passageways that carry oxygen, while weakening the membrane that brings oxygen into the blood. But breathing exercises like those found in yoga relax the muscles constricting those passageways and improve oxygen diffusion. Increasing the blood's oxygen content is especially helpful for those with weak heart muscles who have difficulty pumping enough oxygen throughout the body. And for those with healthy hearts, this practice can lower blood pressure and reduce risk factors for cardiovascular disease.

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Yoga's most widely celebrated benefit may be the most difficult to prove: its psychological effects. Despite the longstanding association between yoga and psychological well-being, there's little conclusive evidence on how the practice affects mental health. One of the biggest claims is that yoga improves symptoms of depression and anxiety disorders. Since diagnosis of these conditions varies widely, as do their origin and severity, it's difficult to quantify yoga's impact. However, there is evidence to suggest that yoga can help reduce the symptoms of stress, as well as meditation or relaxation.

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Research on the effects of yoga is still evolving. In the future, we'll need larger studies, incorporating diverse participants, which can measure yoga's impact on heart attacks, cancer rates, cognitive function and more. But for now, yoga can continue its ancient tradition as a way to exercise, reflect, and relax.

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