

Unit 4: Vitamin-M + I Cannot Remember My Mother

English Notes + Complete Solutions with Explanation / Notes by Abhishek Sir

PART A: Story - Vitamin-M (Asha Nehemiah)

1. Summary

Ravi ki maa Vidya ka kehna hai ki bujurgon ke liye koi "Vitamin-M" (memory) hona chahiye. Ravi ke 75 saal ke Grandpa, jo pehle lawyer the, ek mahine pehle unke saath rehne aaye hain kyunki wo ghar me gir pade aur raat bhar bahar pade rahe the. Grandpa ko shehar ka shor aur chhota flat pasand nahi. Chhutti ka pehla din, maa ne Ravi ko kaha ki Grandpa ko akela bahar mat jaane dena. Grandpa chess ke master hain, par Ravi ko "tiresome" kehkar chaturai se akele nikal jaate hain. Ravi chupke se unka peechha karta hai: park (bachche ki maa se daant), tea stall (vendors se jhagda), barber shop, ladies salon (nikala gaya), phir bus. Bus me Grandpa ki yellow cap pehne ek ajnabi milta hai - barber ne use cap de di thi! Ravi ghabra kar ghar lauta to Grandpa aaram se so rahe the. Shaam ko Grandpa ne maa ko batakar chidhaya ki aaj unka birthday tha (maa bhool gayi thi), sabko gift diya, aur Ravi ko detective stories ki kitab - "avoid getting fooled when trailing a suspect". Grandpa ne maa ko kaha: "My daughter needs some Vitamin-M." Saaf hai ki Grandpa ko Ravi ke peechha karne ka pata tha.

Characters

- **Grandpa:** independent, witty, clever (cunning), generous, loving, self-respecting, proud of his memory. Wo nahi chahte ki unhe bachche ki tarah treat kiya jaye.
- **Ravi:** loyal, caring, obedient, innocent, dedicated, thoda comic.
- **Vidya (maa):** caring, anxious, over-protective, busy (aur khud birthday bhool gayi).

Theme / Message

- Bujurgon ko respect aur independence chahiye, bachchon jaisa treatment nahi.
- Umar badhne par bhi dimag aur yaadasht tez ho sakti hai - stereotypes galat hain.
- Generations ke beech pyaar aur hasi-mazaak. Memory sirf budhape ki nahi, sabki kamzori ho sakti hai.

Word	Meaning
frail	kamzor

Word	Meaning
shuddered	dar/ghrina se kaanpa
poky	chhota aur tang
forbid	mana karna
pottering	chhote-mote kaam me idhar-udhar
wincd	dard/sharm se munh bana
bustle	chehal-pehal
dilemma	dubidha (do vikalp, dono mushkil)
deterred	rok diya

PART B: Poem - I Cannot Remember My Mother (Rabindranath Tagore)

Tagore apni maa ko yaad nahi kar paate (bachpan me maa chali gayi), par tune (hum), shiuli phoolon ki khushboo aur aasman me unhe mehsoos karte hain. **Refrain:** "I cannot remember my mother". **Tone:** nostalgic, tender, serene. **Devices:** refrain, imagery (auditory, olfactory, visual), symbolism (tune, shiuli, sky), onomatopoeia (hum), free verse.

Symbols

- Tune = maa ki lori aur pyaar
- Shiuli flowers / morning service ki sugandh = maa ki pavitra upasthiti
- Sky = maa ki shant, anant, sab taraf phaili hui nazar

SOLUTIONS - VITAMIN-M

Reflect and Respond II (Vocabulary)

Word	Meaning
1. frail	weak and thin
2. shuddered	shook with fear or disgust
3. poky	small and cramped
4. forbid	not allow
5. pottering	moving about doing small, unimportant tasks
6. wincd	made a quick face because of pain or embarrassment

Q. III. Dadi/Nani ki tradition

Ans. Apni family ka koi recipe, kahani ya parampara likho: jaise "Dadi ki kheer jo har Diwali par banti hai - isse mujhe ghar ki yaad aur bachpan ki khushi milti hai."

Check Your Understanding (Part I)

Q. I. Grandpa ko city kyun pasand nahi?

Ans. Use shor aur bheed pasand nahi thi, flat poky (chhota) tha, aur wo apne shaant brick house (mango tree ke saath, jahan raat ko patta girne ki awaaz bhi sunayi deti thi) ko yaad karte the. Upar se unki independence chali gayi thi.

Q. II. Vidya ne akele bahar jaane se kyun roka?

Ans. Wo darti thi ki Grandpa kho jayenge ya chot khayenge - unhone pehle bhi double dose le li thi, rasta bhoool gaye the, aur bagiche me gir kar raat bhar bahar pade rahe the.

Q. III. Kya Ravi maa ke bachche jaisa treat karne ke paksh me tha?

Ans. Nahi. Ravi ne maa ke zor-zor se bolne par "wince" kiya (uncomfortable hua) - use laga Grandpa ko aise samjhana jaise wo samajh nahi sakte, galat hai. Aur usne kaha "Mamma would never treat you like a baby".

Q. IV. Kya Ravi apna vaada nibha payega?

Ans. Poori tarah nahi. Ravi Grandpa ko rok nahi paya, par wo chupke se unka peechha karne laga taki wo surakshit rahein - isse uski zimmedari aur pyaar dikhta hai, par Grandpa uska vaada tod kar bhi use fool bana dete hain.

Check Your Understanding (Part II)

Q. I. Flow chart

Ans. Grandpa goes out to get Tamil newspaper -> first stops at 1. the children's park, buys 2. peanuts and watches the children play -> Ravi hides behind a bush -> Ravi gets scolded by 4. a little boy's mother (park) and the vendors -> Grandpa next goes to 3. the tea stall -> Ravi hides behind a banyan tree -> Grandpa drinks 5. sugary tea and eats 6. bananas and ice cream -> crosses the road, enters a barber shop -> Ravi enters the Ladies' Hairdressing Salon by mistake -> Grandpa walks quickly to a 7. bus stop and boards a bus -> Ravi enters the bus only to discover that he had been fooled (stranger in yellow cap).

Q. II. Kya Grandpa kho gaye the?

Ans. Nahi. Grandpa ko poora pata tha wo kahan ja rahe hain. Unhone apni cap ek ajnabi ko de di (barber shop me), jisse Ravi ko lage ki wo bus me hain. Wo aaram se ghar pahunch kar so rahe the.

Q. III. Grandpa ko dekhkar Ravi kaisa mehsoos karega?

Ans. Khushi aur raahat (relief), saath me hairan aur thoda sharminda kyunki Grandpa ne use uloo bana diya.

Q. IV. Kya Ravi ki maa ko pata chalega?

Ans. Shayad nahi. Ravi sharm ke karan nahi batayega aur Grandpa ne bhi sirf hint di ("Ravi disappeared"). Par Grandpa ki chidhane wali muskurahat se lagta hai ki wo baad me bhi ise mazaak banate rahenge.

Check Your Understanding (Part III)

Q. I. Ravi ki pratikriya

Ans. Ravi ko bahut raahat aur khushi hui; usne Grandpa ke paas ghutne tekkar gaal se gaal lagaya aur gale lag gaya. Ye uske pyaar, chinta aur lagaav ko dikhata hai - wo darr gaya tha ki kahin kuch ho na jaye.

Q. II. Grandpa ka sabko gift dena

Ans. Wo dene me khushi mehsoos karte hain; apni generosity aur pyaar dikhate hain; sab ko ab bhi apne "babies" maanate hain. Isse ye bhi sabit hota hai ki unki yaadasht theek hai (birthday aur gift yaad hain) jabki bahu/beti bhool gayi.

Q. III. Detective book kyun?

Ans. Grandpa ko pata tha ki Ravi unka peechha kar raha tha. Book me "how to avoid getting fooled when trailing a suspect" ki baat unka mazaakiya, chatur andaaz dikhati hai - wo sab jaante the aur Ravi ko pyaar se chhed rahe the.

Critical Reflection - Extract 1

Q. (i) Grandfather ka emotion

Ans. C. nostalgic (peeche chhoote ghar ki meethi yaad). (D) wistful bhi kaafi paas hai, par nostalgic past ki yaad ke liye sahi hai.)

Q. (ii) City life kyun nahi pasand

Ans. kyunki wo shor aur bheed se bhari thi, aur use apne shaant ghar ki aadat thi.

Q. (iii) City kyun aaye?

Ans. Wo bagiche me gir gaye aur raat bhar akele pade rahe; koi unki madad ke liye nahi tha. Isliye beti unhe safety ke liye apne saath le aayi.

Q. (iv) "hear a leaf fall"

Ans. D. pin drop silence.

Q. (v) Town ke ghar me rehne ke fayde/nuksan

Ans. Fayda: shaanti aur independence. Nuksan: akela rehne se emergency me koi madad nahi (gir gaye the).

Extract 2

Q. (i) Grandfather ka tone

Ans. C. calm - wo bina ghabraye, seedhe chehre se mazaak kar rahe the.

Q. (ii) Ravi confused/embarrassed kyun?

Ans. Grandpa ne kaha ki wo "disappeared" jabki Ravi unka peechha kar raha tha; use samajh nahi aaya ki Grandpa ko pata tha ya nahi - aur wo sharminda tha.

Q. (iii) Maa impatient kyun?

Ans. Kyunki use laga Grandpa bhool gaye ki Ravi ka birthday 3 mahine pehle tha - wo unki yaadasht ke baare me chintit thi.

Q. (iv) True/False

Ans. False. Grandpa ne kaha ki wo apne birthday par har bachche ko gift dete hain - unhe pata tha, aur maa hi birthday bhool gayi thi.

Q. (v) "I don't know about Ravi" kyun?

Ans. Wo Ravi ko chidha rahe the - unhe pata tha Ravi ne kya kiya, par wo anjaan banne ka natak kar rahe the aur bahane se Ravi ki shararat par mazaak kar rahe the.

II. Answer the following

Q. 1. Do saboot ki Grandpa ki memory kamzor nahi

Ans. (i) Wo Karpov aur Bobby Fischer ke chess games aur moves ko yaad rakhte hain. (ii) Unhe apna birthday aur sabke gifts yaad the, jabki beti ne calendar me likh kar bhi bhula diya. (iii) Unhone Ravi ko chaturai se fool bana diya.

Q. 2. Do-do traits

Ans. (i) Grandfather: independent, witty/cunning. (ii) Ravi: loyal, caring. (iii) Ravi's mother: caring, over-protective/anxious.

Q. 3. Tea stall me Ravi chintit kyun?

Ans. Grandpa ko sugar mana tha aur bananas bhi banned the. Wo meethi chai, kele aur ice-cream kha rahe the - Ravi ko darr tha ki isse unki sehat bigad jayegi aur maa naraaz hogi.

Q. 4. Kya Ravi ke liye peechha karna aasaan tha?

Ans. Nahi. Use jhaadi ke peechhe jhuk kar chhupna pada, bachche ki maa se daant padi, vendors ne use gher liya, ladies salon se nikala gaya, bus ke peechhe bhaagna pada - aur aakhir me cap ne dhokha de diya.

Q. 5. "Ravi is a good detective"

Ans. Paksh me: usne Grandpa ko bahut door tak bina pakde follow kiya aur kabhi haar nahi mani. Virodh me: wo bar-bar pakda gaya aur cap se dhokha kha gaya; Grandpa ghar pahunch gaye par Ravi ko pata hi nahi chala.

Q. 6. Kya Grandpa ko pata tha?

Ans. Haan. (i) Unhone apni cap ek ajnabi ko de di, jisse Ravi uljh jaye. (ii) Unhone detective stories ki kitab di aur "avoid getting fooled when trailing a suspect" kaha. (iii) "He just disappeared" kehna.

Q. 7. Kise Vitamin-M chahiye?

Ans. Ravi ki maa ko - wo apne father ka birthday bhool gayi, jabki wo bujurg ki memory ko kamzor samajh rahi thi. Grandpa ne khud kaha: "My daughter needs some Vitamin-M."

Q. 8. Age-based bias ka udaharan

Ans. Mere ghar me dada ji ki raay kai baar "aap nahi samjhoge" kehkar nazarandaaaz ki jaati hai jabki unka anubhav kaam aata hai. Society me bhi bachchon ki raay "tum chhote ho" kehkar aur bujurgon ki "purane zamane ki baat" kehkar ignore hoti hai - ye ageism hai.

Vocabulary and Structures

Movement words	Sound words
pottering, twirling, crouch, bustle, crawl, creeping, ducked, evicted, zigzagging, briskly, sprinting, jumping, darted, trailing	boomed, thudded, shrieks, whirr, grunted, snoring

Q. Detective passage

Ans. 1. trailing; 2. bustle; 3. briskly; 4. thudded; 5. twirling; 6. crouch; 7. creeping; 8. grunted; 9. darted; 10. whirr.

Q. II. Synonyms of dilemma

Ans. 1. QUANDARY; 2. PREDICAMENT.

Word	Part of Speech	Meaning	Synonym	Antonym
1. craftily	adverb	chaturai se	cunningly	honestly
2. dilemma	noun	dubidha	predicament	solution
3. furious	adjective	bahut gussa	angry	calm
4. boomed	verb	gunj ke bola	roared	whispered
5. humiliation	noun	apmaan	disgrace	honour
6. attire	noun	poshak	clothing	nakedness

Q. IV. Matching

Ans. 1. embarrassed - (v) felt uncomfortable; 2. countered - (iv) reply to an argument; 3. flushed - (vi) became red in the face; 4. stricken - (i) affected severely by an unpleasant feeling; 5. gleam - (iii) expression of emotion. (Extra: (ii).)

Q. V. Prepositions

Ans. Story me: across, over, under, behind. Fill: (i) through; (ii) over; (iii) near; (iv) on; (v) along; (vi) towards.

Q. VI. Interrogative sentences

Ans. (i) interrogative; (ii) Yes/No type (1, 4, 5); (iii) Wh- type (2, 3); (iv) two types.

Q. VII. Reported speech

Ans. 1. Arvind asked Priya if she helped in taking care of her grandparents at home; Priya said that they took turns making sure they were alright. 3. Priya further asked Arvind if he had grandparents living with him. 4. Arvind said that he and his parents visited his grandfather every weekend. 5. He further enquired how she managed her grandparents' medical needs. 6. Priya said that they had a schedule for giving medications and visits to the doctor. Rule: Yes/No question me if/whether; Wh- me wahi wh-word; tense ek step peeche, pronoun badle.

Q. Listen and Respond (Meditation) - transcript page 266

Ans. Transcript PDF me nahi hai. Likely answers: 1. concentration / focus; 2. physically and mentally; 3. mood / emotional health; 4. habit; 5. stress / daily challenges - teacher ke transcript se confirm karo.

Q. Speaking: Intonation

Ans. Wh- aur How questions: falling tone; Yes/No: rising; affirmative + negative tag: rising; negative + positive tag: falling; choices wale questions: rise-fall.

Q. Writing: Article "Our Inspiring Elderly"

Ans. Title + naam/class. Para 1: Introduction (hamare bujurgh anubhav ka khazana). Para 2: Examples (dadi ki kahaniyan, dada ki imandari, quotes). Para 3: Unhone mushkilon ko kaise paar kiya aur mujh par asar. Para 4: Conclusion - "Unki baat suno, unka samman karo".

Q. Learning Beyond: Walking stick

Ans. Grandpa ki stick: shiny-black mahogany, brass handle jo eagle ke head ke aakar me khuda hai - wo image chuno jisme eagle head wala brass handle ho.

Q. The Lost Child (Mulk Raj Anand) - short notes

Ans. Basant ke mele me ek bachcha toys, sweets, garland, balloons, snake-charmer aur roundabout dekhta hai aur "I want..." kehta hai par maa-baap ki naraazgi ke darr se aage badh jaata hai. Achanak maa-baap kho jaate hain; ab usse mele ki koi cheez khushi nahi deti - wo sirf "I want my mother, I want my father" kehta hai. Message: bachche ke liye maa-baap ka pyaar sab khilaunon se bada hai.

SOLUTIONS - I CANNOT REMEMBER MY MOTHER

Q. Reflect III. Matching

Ans. 1 hover - (v); 2 hum - (i); 3 cradle - (vi); 4 shiuli - (ii); 5 morning service - (iv); 6 gaze - (iii).

Q. Check I. Fill in the blanks

Ans. Stanza 1: 1 plays; 2 remembers the tune but not the mother; Setting: indoor. Stanza 2: 1 autumn; 2 shiuli flowers; Setting: outdoor. Stanza 3: 1 gazes at him from the sky; Setting: indoor (bedroom window).

Q. II. Senses table

Ans. Stanza 1 - "...the tune of some song that she used to hum..." = auditory. Stanza 2 - "the smell of the shiuli flowers floats in the air" = olfactory. Stanza 3 - "the stillness of my mother's gaze on my face has spread all over the sky" = visual.

Q. III-1. Alliteration

Ans. (i) "my mother ... midst ... my" (m); (ii) "send my eyes" ya "stillness ... spread ... sky" (s).

Q. III-2. Onomatopoeia

Ans. hum

Q. III-3. Imagery

Ans. Kavita me auditory (tune, hum), olfactory (shiuli ki gandh, temple ki sugandh) aur visual (distant sky, mother's gaze) imagery hai jo maa ki yaad ko mehsoos karwati hai.

Q. III-4. Rhyme nahi par enjoyable kyun?

Ans. Kyunki refrain, komal lay, vivid sensory images aur dil ko chhoone wali bhavna use free verse hone par bhi madhur banate hain.

Q. III-5. Tone

Ans. Nostalgic aur tender - poet maa ko yaad nahi kar paata par uski upasthiti pyaar se mehsoos karta hai.

Q. III-6. Title ka mood par asar

Ans. Title seedha dukh aur kami ka mood banata hai par kavita me wo kami pyaar aur sukh me badal jaati hai.

Q. III-7. Refrain kyun

Ans. Refrain "I cannot remember my mother" vyatha ko baar-baar ubharta hai aur dikhata hai ki yaad na hone par bhi uska pyaar dil me hai.

Q. III-8. Symbols

Ans. Tune (maa ki lori), shiuli aur temple ki sugandh (maa ki pavitrata), sky (maa ki anant, shaant nazar).

Critical Reflection - Extract 1

Q. (i)-(v)

Ans. (i) play. (ii) C. It activates memories of the mother. (iii) Hovering tune maa ki yaad dilata aur uski upasthiti ka ehsaas karata hai. (iv) True ("only sometimes"). (v) Wo tune,

shiuli ki gandh aur aasman jaisi cheezon se maa ki presence mehsoos karta hai.

Extract 2

Q. (i)-(v)

Ans. (i) B. The sky is a symbolic extension of the mother's presence. (ii) D. a sense of serenity. (iii) False - sirf symbolic hai. (iv) Maa ki nazar ko aasman jaisa kehna dikhata hai ki wo bahut badi, shant aur hamesha saath hai. (v) Tender and serene kyunki poet use pyaar aur sukoon se mehsoos karta hai.

II. Answer the following

Q. 1. Refrain ka emotional impact

Ans. Baar-baar sunne par udaasi aur lagaav badhta hai; reader ko poet ka dard mehsoos hota hai.

Q. 2. Connection

Ans. (i) Shiuli = maa ki pavitra upasthiti aur subah ki puja ki sugandh. (ii) Humming tune = maa ka pyaar, lori, uske saath bitaye bachpan ke pal.

Q. 3. Nature ka role

Ans. Prakriti (phool, hawa, aasman) maa ki yaad ko zinda rakhti hai - nature hi poet ke liye maa ka roop ban jaati hai.

Q. 4. Mother-child relationship

Ans. Ye rishta itna gehra hai ki yaad na hone par bhi mehsoos hota hai; maa ka pyaar amar aur sarvvyapi hai.

Vocabulary in Context

Visual	Auditory	Olfactory	Tactile
glowing, gigantic, minuscule, gloomy, vibrant, crimson	hiss, rustle, sizzle, deafening, squeaky, ear-splitting	aroma, stale, scent, pungent, stinky, fragrant	sticky, rough, chilled, smooth, slimy, hairy, fluffy

Q. II. Sarojini Naidu passage

Ans. 1. scarlet; 2. perfumes; 3. sweetness; 4. shrill; 5. scents; 6. essence; 7. flaming.
(Extra: sizzle, smooth.)

Q. III. Pictures/Listening/Speaking/Writing

Ans. Picture-matching me tasveeron par nirbhar hai (main nahi dekh paaya), isliye sensory phrases ko matching karo: music = beats echo/lullaby; flowers = fragrant breeze/scent; sky = colourful sky/canvas. Listening transcript PDF me nahi. Diary entry:
"Monday, 12 Nov, 9 p.m. Dear Diary, aaj hamne hill station dekha - thandi hawa, chidiyon

ki chehchahat, chai ki khushboo..." (first person, sensory details, emotions, reflection).

Q. Learning Beyond: Shiuli aur I Remember, I Remember

Ans. Shiuli = Parijat/Harsingar; raat ko khilta, meethi khushboo. Kurinji 12 saal me ek baar khilta hai (Western Ghats). Thomas Hood ka poem: poet bachpan ka ghar, roses aur khidki yaad karta hai - nostalgia aur ant me udaasi.

– Teacher: Abhishek Sir / Practice: is topic ke 100 MCQs ka CSV zaroor solve karo.