



“ARE WE OKAY?”



Notes

INTRODUCTION

Whenever we meet somebody, we begin the conversation by asking “Hello, how are you? Often, this greeting is just a polite way of asking someone’s well-being, or beginning a conversation. Mostly people respond by saying, “Hello, I am fine. How are you”? In English language, this is a common way of exchanging greetings and pleasures.

There are, however, occasions when someone may be unwell, sick, hospitalized, hurt, injured or in a crisis. Then, the question, “How are you?”, becomes very important and meaningful. Asking a person who may be stuck in a scene of a disaster, or asking a survivor, how they are feeling, or if they are hurt, or if they are in a shock becomes the first step in knowing their state of well-being and then providing them with the necessary comfort and help. Let us read and find out more about such incidents and stories, where asking, “Are you okay?” is very important.



LEARNING OUTCOMES

After completing this lesson, the learner-

- asks about the welfare of victim/ survivor of a disaster in an appropriate language;
- uses specific vocabulary/ terminology meant for such situations;
- frames inverted questions and responses to such questions;
- differentiates between inverted questions and ‘wh’ questions;
- differentiates between present participle and gerunds;
- listens to descriptions given by survivor/ victim/ onlookers and narrates them in reported speech;

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- differentiates between the tone/ stress needed for open and closed questions and their responses.

PART 1: ARE YOU OKAY?**10.1 TALKING TO PEOPLE IN DISTRESS***Notes*

There are several ways of enquiring about someone’s well-being. Let us look at some scenarios and different ways of talking to people. Choose the best option, that you would ask in these situations-

1. There has been an earthquake. You have to approach a person who may be stuck under some debris.

You would say- “Hello, how are you? Are you feeling alright? How can I help you?”

2. A person has been rescued from flood waters.

You could ask them-“How are you doing? Is there someone you'd like to talk to?”

3. There have been some casualties in a building collapse. There are people who have lost their dear ones.

“How are you doing? Are you hurt somewhere? Can you move your arms and legs? Can you turn your head?”

4. A person does not know that their family member is no more. How will you break this sad news to them?

A good way of talking to this person is- How are you? I am afraid, I have to inform you that XYZ could not be saved.

Given below are two news reports on two different accidents, where NDRF personnel were deployed, and were responsible for rescue operations. Read the reports and answer the questions that follow.

I. NDRF RESPONSE IN NASHIK BUS ACCIDENT 2020

On 29th January, 2020, a state transport bus collided with an auto rickshaw in Nashik and both the vehicles fell into a roadside well. On receipt of information, one rescue team of NDRF immediately rushed to the incident site and joined the search and rescue operations. NDRF rescuers, along with other rescue agencies, conducted non-stop rescue operations throughout the night. During the operation, the rescue agencies rescued 32 injured persons and shifted them to various hospitals.

II. NDRF RESPONSE IN DEOGHAR ROPEWAY ACCIDENT 2022

On 10 April, 2022, a malfunction/breakage in the rope of the Deoghar Ropeway took place at Triku Hills. In the accident, some persons fell down from the ropeway and got injured. 22 trollies were stranded on the ropeway in which 70 people were stuck. On intimation, mobilization of 02 NDRF teams of 09 Bn was done immediately towards the incident site to join the on-going ops. Persons stuck in 10 trollies near the start and end point were evacuated easily. Food and water was provided to the stranded people through drones. NDRF rescued 57 persons. Unfortunately, 3 people died while being rescued.

You are an NDRF personnel tasked with the responsibility of asking the rescued people if they are okay, and what they may be needing. Below are given 5 questions and some responses. Match the questions with the right responses.

a. Are you feeling unwell?	1. No, it did not. It was locked.
b. Can you stand and walk?	2. Yes, I do. I am very thirsty.
c. Are you hurt somewhere?	3. Yes, I am very hungry after being in the ropeway trolley for 5 hours.
d. Do you need some water?	4. Yes, I am. My leg is bleeding from the knee down
e. Do you need a blanket?	5. Yes, I am feeling a bit dizzy.
f. Would you like to eat something?	6. Yes, I think I can walk, if you can just help me stand first.
	7. No, we all came out of the emergency door of the bus.
	8. No, I am not col

10.2 LET’S LEARN LANGUAGE

I. In Lesson-3 we have already learnt that verbs can be made into nouns by adding suffixes like ‘ment’, ‘tion’, or ‘sion’, etc. We can change verbs into nouns in many other ways as well, such as-

- We can add ‘er’ as in rob/ robber;
- Adding ‘al’ as in refer- referral;
- ‘ance’ or ‘ence’ as in defer- deference; continue- continuance;
- ‘age’ as in pilfer- pilferage, etc.

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ACTIVITY 10.1

Find out words from both the reports, given above, which are the noun forms of the given verbs. One has been done as an example. Write your responses here-

Collide- collision

Inform	
Operate	
Rescue	
Break	
Intimate	
Mobilize	



INTEXT QUESTIONS 10.1

Choose the correct verb from the ones given in the box, change into its noun form and fill in the blanks. One has been done as an example:

Hard times are a test of our endurance and patience. (endure)

Announce; refuse; advertise; achieve; perform; agree; refuse; attend; disappoint; depend; endure; deny

- Thebetween the central and state governments was signed on Monday.
- There is a big of vacancies in NDRF coming up on the internet next week.
- We must feel proud of our and always try to work even harder.
- of a problem, that it exists, cannot last very long. It has to be faced, sooner or later.
- Two people could not be saved in the accident, was a big
- It is compulsory to mark your in the morning exercises session.
- The of the new recruits in the practice drill was quite impressive.
- We should reduce our on fossil fuels.
- The of the company to give long leaves is a new policy.
- An important is going to be made by the prime-minister today.

II. VERBAL NOUNS OR GERUNDS

Using - 'ing' forms such as drinking.

We have already seen that verbs have tenses which denote the time when the action was performed e.g. it is in the present, was it in the past or will it be in the future. In these cases the main verb is accompanied by a helping verb: is, am, was, were, will, etc., to show the progressive tense. (refer to Lesson 2 Hello, I'm Shree Kumar). However, verbs can be used in many other interesting ways as well.

Let's learn one way of using the 'ing' form of a verb as a verbal noun or a gerund.

For example: when we say, 'Drinking water is good for health.' Here, 'drinking' becomes the name of an action or an activity.

Let's look at another example: 'Swimming is a good skill to know.' Here, the word swimming is used as a noun, as a name of an activity.

In both these sentences, the words swimming and drinking are being used as **gerunds** or **verbal nouns**.

Let's identify the gerunds in the following sentences, and understand how they are used. The gerunds are indicated in bold.

1. **Swimming** is a very useful activity. It is a great exercise too. Everyone should know how to swim.
2. **Fighting** fires is not easy. It requires a lot of stamina, patience, and quick thinking.
3. **Driving** beyond the permissible limits can be dangerous. It can pose danger to you, and other people on the road as well.
4. **Knowing** what to do in an emergency is a crucial part of training. One has to be alert all the time.
5. **Protecting** people in difficult situations requires a lot of courage and selflessness.



INTEXT QUESTIONS 10.2

A. Choose the correct verb and fill in each blank with the gerund form of the verb:

Hear; take; exercise; cook; ask; save

1.lives is the main mission of NDRF.
2.regularly is good for health.
3. food is his passion.

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*Notes*

4. After classes in English, I had no problem in communication.
5. We are always interested in about your problems.
6. One of his duties is people if they are okay.

B. Read the following report about the collapse of an old bridge in Morbi, Gujarat that caused many deaths:

A nearly 100-year-old suspension bridge collapsed on October 31, 2022. The bridge was on Machchhu River in Morbi, Gujarat.

Five teams of NDRF, the Army, SDRF and the local administration are carrying out search and rescue operations on a war footing. More than 100 people are feared to have died, and 177 people have been rescued. Several teams of NDRF have been airlifted by the IAF and are leading the search operation. Rescue boats and life jackets are being provided by the fire department. More than 25 ambulances are deployed at the spot. Deep divers from the Navy have also been deployed. The search operations are continuing, and 19 people are under treatment.

You are a news reporter sending news bytes to your TV channel from Ground Zero. Fill in the blanks with the gerund form of the words given below to create news flash for your TV channel. One has been done as an example:

Admit; deploy; airlift; collapse; carry; provide

Collapsing of a nearly 100- year- old bridge in Morbi, Gujarat creates panic.

1.of several teams of NDRF is being done by IAF.
2.out rescue and search operations, NDRF, Army, SDRF, and local administration are working hand in hand.
3.rescue boats and life jackets is being taken care of by the fire department.
4. The Navy is alsodeep divers for the rescue operations.
5. several people in hospitals, more than 25 ambulances, are working round the clock.

10.3 FRAMING QUESTIONS

The following is an account given by a survivor cum savior who was present during the bridge collapse at Morbi, Gujarat. Listen to her firsthand account. You can listen twice, to get a proper understanding.



I am Nagma. I was on the bridge with five of my friends. There were many people on the bridge at that time. We were all standing and talking, when suddenly the bridge collapsed. All of us, along with many other people, fell into the water of the Machhu river. I know how to swim, so with the help of my friends, was able to save 50 to 60 people. I was in the water for more than an hour. I myself got injured, but at that time, all I thought, was to save the people from drowning. I was soon sent in an ambulance to the hospital, and today I’m feeling better.

ACTIVITY 10.2

You are Vinita, an NDRF official. You have been asked to interview Nagma, the day after the tragic incident. Given below are Nagma’s responses to certain questions. Based on the account given above, match the responses given by Nagma to the questions.

- When did you realize you were hurt?
- How are you feeling now? Are you okay?
- What happened after that?
- What was your first reaction?
- When were you taken to the hospital?
- What do you think happened?
- Where were you where this incident happened?

1. **(Vinita) NDRF official** - Where were you when this incident occurred?
Nagma- I was standing on the bridge near the entrance.
2. **Vinita-**
Nagma- There were many people on the bridge. Everyone was excited and some children were running here and there. Suddenly, the bridge began to make a strange noise, and then it just broke into two.
3. **Vinita-**
Nagma-Thankfully, I know how to swim. Somebody near me cried for help. I pulled that person out.



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4. **Vinita-**

Nagma-After almost an hour I realized that my arm was hurting, because there had been an injury by falling.

5. **Vinita-**

Nagma- I realized that one of my friends was missing. He did not know how to swim. Nobody had seen him.

6. **Vinita-**

Nagma- The NDRF personnel, helped me into an ambulance, along with the other survivors.

7. **Vinita-**

Nagma- I am okay now. Though, we were six friends on the bridge that day. Only 5 of us came back.

ACTIVITY 10.3

Now listen to some questions and their responses. Listen to how they sound, how the words are stressed and how the tone rises for a question. Notice how the responses sound, and how they are different from the questions in tone and stress.

As you listen to these questions, you can understand that they all end on a rising tone. There is always a stress on the first word (the ‘be’ verb)



1. Are you feeling unwell?	1. Yes, I am feeling a bit dizzy.
2. Can you stand and walk?	2. Yes, I think I can walk, if you can just help me stand first.
3. Are you hurt somewhere?	3. Yes, I am. My leg is paining from the knee down
4. Do you need some water?	4. Yes, I do. I am very thirsty.
5. Do you need a blanket?	5. No, I am not cold.
6. Would you like to eat something?	6. Yes, I am very hungry after being in the ropeway trolley for 5 hours.

Now, in pairs of two, practice asking the questions and giving the response. Observe the change in tone, as a question is asked, and a response is given.

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Record your conversation, and listen to how it sounds. Did you notice the rising tone at the end?



INTEXT QUESTIONS 10.3

Frame questions for the following responses, beginning with auxiliary verbs like Are, Is, Can, Was, Did, Were, Do, Would, etc.



Frame the Questions

1. I am okay now
2. My head is feeling better
3. Yes, I can walk
4. My family member was also injured
5. Yes, somebody came to check me up today
6. Yes, we were able to get timely help
7. I remember we were standing on the bridge and talking when it broke
8. Yes, I am able able to read this text

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10.3 REPORTED SPEECH

When we have to narrate some incident to another person, we use reported speech or indirect speech. It is important that we do not use the first person (I, We, us, etc.) and we change the tenses as well. Listen to the account given by Nagma again, this time in reported speech. Carefully observe the changes that have been made in the narration given below. For your help, the changes that have been made to the tenses and the first person, have been put in bold letters.



Nagma **said that she** was on the bridge with five of **her** friends.

They were all standing and talking.

She said that all of **them** fell into the water.

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She informed the NDRF official that she knew how to swim so with the **help of her friends she was able to** save 50 to 60 people.

She also said, that she was in the water for more than an hour, and **she was herself** injured, but all **she** thought of, was to save people.

She was soon sent to the hospital, and by the next day she was feeling better.

A question changes into a statement when we use indirect speech to narrate something. Let us look at these questions-

1. Are you a graduate?
They asked me if I was a graduate.
2. What did you study for your graduation?
They asked me what Iforgraduation.
3. Do you have any experience in conducting any kind of practical training(like NCC or NSS) in your college?
They asked if.....any experience in conducting practical training incollege.
4. Do you have any experience in handling wireless Radio sets?
I was asked if any experience in handling wireless Radio sets.
5. What qualities do you have which will help you in the efficient performance of your duties as a sub Instructor in NDRF?
6. I was asked what qualities efficient performance of duties as a sub Instructor in NDRF.

10.4 PRONUNCIATION



Let’s learn some fun rules which make English different from many other languages.

Rule 1: Sometimes ‘h’ is silent: Most of the time ‘h’ sound is aspirated like a Hindi ‘h’, and it is spoken like hot, humble, humming etc. However, there are some words which we write with an h, but speak as if there is no ‘h’. (confusing, is it?) eg. Honest, Honour, Hour, etc.

By the way, have you heard this joke?

When I was in class 7, I used to ask a lot of questions. One day, I asked my English teacher:

"Why do we ignore some letters in pronunciation like the letter 'H' in 'Hour', 'Honor', etc?"

My English teacher said:

"We do not ignore them; they're considered silent."

I was even more confused !

During the lunch break, my teacher gave me her packed lunch and asked me to heat it in the Cafeteria. I ate all the food and returned her the empty container.

My English teacher said:

"What happened? I told you to go and HEAT my food, you are returning me an empty container."

I replied:'

"Madam, I thought 'H' was silent.

Rule 2: When there is a ‘oo’ before a ‘k’, it is pronounced as a short ‘u’ sound:

Confusing? Not really!

Usually a ‘double o’ sounds like a long oo sound as in bloom or school, but, when it is followed by a ‘k’, it becomes a short ‘u’ sound eg- book, or look, or crook .

Rule 3: Y is both a consonant and a vowel. Isn't that interesting?

Y is a very unique letter in English alphabet: it acts both like a vowel and a consonant. When it is placed at the beginning of a word, it is treated as a consonant like young, you, your. It has that hindi y sound, but when it is in the middle of a word or at the end of a word, it acquires different vowel sounds eg. cyst, gym or cycle, bicycle. It could be fully, truly or fly, try etc.

Rule 4: G and K are always silent before N at the beginning of a word

In many European languages all consonants must be pronounced, (even in native Indian languages that's the case), but in English language, many consonants are silent. One example is ‘k’ or ‘g’ before ‘n’. Similarly ‘p’ is silent before ‘s’ as in Psychology, Psychic. Let us look at these examples: gnat, gnarl, knot, know, knock, psychology, psychic.

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Let us recap-



Notes

Spoken h	Silent h	Long oo	Short oo	Y as consonant sound	Y as vowel sound	Silent g	Silent k	Silent p
Hot	Hon-	School	Book	Young	Fly	Gnat	Knot	Psychol-
Heat	our	Fool	Shook	Youth	Cycle	Gnarl	Know	ogy
Humble	Hour	Food	Took	Yelp	Rhyme	gnash	knock	Psychic
hem-	Honest	tool	look	year	Rhythm			psycho
ming	what				Actually			
					truly			

10.5 INVERTED AND ‘WH’ QUESTIONS

Observe these questions carefully. They are all inverted questions, which can get an answer as yes or no.

1. Are you okay now?
2. Is your head feeling better?
3. Can you walk?
4. Was your family also injured?
5. Did anybody come to check you up today?
6. Were you able to get timely help?
7. Do you remember what exactly you were doing at that time?
8. Would you be able to read this text?

The same questions can be asked in a different way, where they get or need a specific answer/ response. These questions also begin with a question word – when, what, why, where, who, why, whose, whom, how etc. These are also called **definite or open questions**. They are open because you cannot answer them in a ‘yes’ or ‘no’. you have to give the whole answer.

Let’s practice asking some questions ourselves and observe the difference in the tone and stress.

Instructions-

1. Read aloud the questions and their responses. Did you notice that all these questions end on a falling tone? Did you also notice a slight stress that falls on the question words?
2. Now get into pairs. Take one role each – that of an NDRF official of a survivor.
3. You can practice first. Remember to use all the speaking skills you have learnt so far.
4. You can record the conversation on your mobile phone in order to know how effectively you are asking and responding to questions.
5. After one round, you can switch roles.
6. In the third round, each pair will give a demonstration in front of everybody.



Notes

Questions	Answers
1. How are you feeling now?	I am feeling much better
2. How is your head injury?	It is healing. The dizziness is less.
3. When did you realize that your leg is hurt?	I tried to get up, but could not stand on my legs. Then I realized, my leg was hurt.
4. Where is your family?	Thankfully, they were not there. My family is safe.
5. What time will the doctor come to check the patients?	The doctor came in the morning. Now he will come in the evening
6. Who helped you out of the rubble?	Some NDRF personnel pulled me out, they heard me shouting for help.
7. What were you doing when the earthquake occurred?	I was managing some inventory in my shop.
8. Why is your eye still bandaged?	It is bandaged because it is wounded, and my vision is still blurred.

PART 2- AM I OKAY?

We have already read in the previous lessons about the commendable job that is being done by NDRF. They are the ones who are always looking out for the people in distress both within the country and even outside. While they are asking if the people in need are okay, is anyone asking them whether they are okay? In order to be able to help those who are in distress, it is important that the saviors (NDRF Personnel) themselves

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are in good health, both physically and mentally. There could be many reasons why these people could be in distress themselves: they are away from family; they work in hard physical conditions; they see a lot of tragedy from up close; they work in challenging situations, etc.



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10.6 MAINTAINING WELLNESS

Read the article given below

Have a group discussion on the feelings and emotions you or your colleagues and friends may have had in various situations, both personal and professional.

Understanding someone’s behavior or psychology is very difficult. No two people will behave in the same way in the same situation. Particularly in a disaster situation, both providers as well as sufferers face several psychological problems. To bring their life to normalcy, it becomes important to manage these situations effectively.

The rescue operation can be more effective if the psychological needs of survivors and providers are recognized. Open, honest expression of emotions as a self-protection mechanism is very useful in coping with the stress. In disaster situations, we sometimes forget that even the rescue workers (the NDRF personnel) can experience physiological and psychological symptoms related to the suffering and tragedy that they see from up close. Their symptoms could range from sleep disorders, mood swings, depression, home sickness and elevated blood pressure etc.

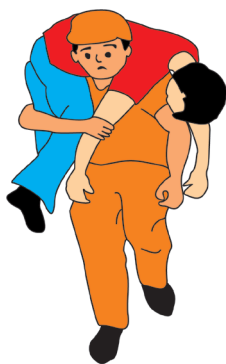
Workers who may be in stress may be counselled or briefed in the following ways:

1. **Proper briefing:** Before the operation begins, it is necessary to explain what the operation is about, and how much time it will take, and what problems may have to be faced.
2. **Emphasize Teamwork:** It is very important to distribute the workload, which is as much physical as emotional. Only then can a positive attitude towards the work and the victims be developed.
3. **Rotate Personnel:** It is very important for rescuers to get some rest after a tiring job. Their schedule should be rotational to avoid becoming overtired and to break the monotony.
4. **Encourage Breaks:** Rescues workers should be encouraged to take breaks away from the incident area, so that it will provide some relief.
5. **Proper Nutrition:** Adequate nutrition should be provided for rescue workers, they should be encouraged to take food, water etc. in between the work, to maintain the energy levels.

6. **Phase Out Workers Gradually:** Abrupt removal from duty may cause additional stress to rescuers.

Extracted from Psychological Management

By Inspector, B Biswal (NDRF)



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From your own experience, discuss other strategies/ initiatives that may have helped the smooth functioning of a relief operation.

Listening Activity-2



Yoga is a scientific process that activates, detoxifies, and strengthens every part of the body through a series of postures, breathing exercises, relaxation techniques and meditation. Each component takes care of something different in the body, and yet they all work together, contributing to the success of the other. It's never too late, and one is never too old to start yoga from the scratch. Yoga is friendly for beginners, and a holistic system to flush out toxins from all parts of the body. Yoga is easy: it is to start with, stretching your body, relaxing it, and allowing the muscles to loosen and open up. Yoga is best done empty stomach or having eaten a light meal 2 to 3 hours before the practice. Yoga is a big step towards positive thinking, a calm mind, and a higher purpose in life. For normal people, it is a discipline to improve one's inherent capacity in a balanced manner to achieve desired success in life.

On the initiative of Shri Narendra Modi, Prime Minister of India, the United Nation has declared 21st June as the International Yoga Day, recognizing the ancient Indian Science's "holistic approach of health and well-being". On the occasion of

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1st International Yoga Day, NDRF personnel actively performed different Postures, Asans, Kriyas at its HQ in New Delhi as well as in all NDRF Battalions.



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Group Discussion: Each member of the group can speak on-

- The kind of physical fitness regimen you or your friends and family members follow
- what goals you would like to achieve
- what the organization could do to support healthier habits amongst its workforce.



WHAT YOU HAVE LEARNT

You have learnt how to

- ask about the welfare of victim/ survivor of a disaster in an appropriate language
- pronounce silent ‘h’ sound in English language
- frame inverted questions and respond to such questions
- know the difference between inverted questions and ‘wh’ questions
- differentiate between present participle and gerunds

- How to narrate an incident in reported speech
- Ask open and closed questions with correct stress and right tone



ANSWERS TO INTEXT QUESTIONS

10.1

II Right response

- a. (5)
- b. (6)
- c. (4)
- d. (2)
- e. (8)
- f. (3)

ACTIVITY 10.1

Inform- information

Operate- operations

Rescue- rescuers

Break- breakage

Intimate- intimation

Mobilize- mobilization

INTEXT QUESTIONS 10.1

1. Agreement
2. Advertisement
3. Achievements
4. Denial
5. Disappointment
6. Attendance



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7. Performance
8. Dependence
9. Refusal
10. announcement

INTEXT QUESTIONS 10.2**A.**

1. Saving
2. Exercising
3. Cooking
4. Taking
5. Hearing
6. Asking

B.

1. Airlifting
1. Carrying
1. Providing
1. Deploying
1. Admitting

ACTIVITY 10.2

1. Where were you when this incident occurred?
2. What do you think, happened?
3. What was your first reaction?
4. When did you realize you were hurt?
5. What happened after that?
6. When were you taken to the hospital?
7. How are you feeling now? Are you okay?

ACTIVITY 10.3

1. Yes, I am feeling a bit dizzy.
2. Yes, I think I can walk, if you can just help me stand first.
3. Yes, I am. My leg is paining from the knee down
4. Yes, I do. I am very thirsty.
5. No, I am not cold.
6. Yes, I am very hungry after being in the ropeway trolley for 5 hours.

INTEXT QUESTIONS 10.3

1. Are you okay now?
2. Is your head feeling better?
3. Can you walk?
4. Were your family members also injured?
5. Did somebody come to check you today?
6. Were you able to get timely help?
7. What were you doing on the bridge when it broke?
8. Are you able to read this text?

10.3 REPORTED SPEECH

A question changes into a statement when we use indirect speech to narrate something. Let us look at these questions-

1. They asked me if I was a graduate.
2. They asked me what I had studied for my Graduation.
3. Yes, I am. My leg is paining from the knee down/
4. Yes, I do. I am very thirsty.
5. I was asked if I had any experience in handling wireless Radio sets.
6. I was asked what qualities I had which would help me in the efficient performance of my duties as a sub Instructor in NDRF.

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Extended Learning

https://www.ndrf.gov.in/sites/default/files/IMG_7583.JPG-https://www.ndrf.gov.in/sites/default/files/IMG_7610.JPG-

Notes

THE SOUND OF SILENCED LETTERS

We know the letter B doesn't belong in subtle
 But what has the letter C got to do in a muscle?
 The role of the D in Wednesday we can't define
 Why should G be present in a gnat or in a sign?

To be honest, does the H in rhyme ring a bell?
 And can the J in marijuana anybody smell?
 Who knows why the K in knee won't knock
 And why the L in walk or in calf would not talk

The first M in mnemonic is hard to understand
 Would the damned N in the column ever stand?
 We can't say the P in psalm or in psychology
 And S alone gets tossed out from the debris

Is the T heard when you listen to a whistle?
 W is not write, it's wrong, don't try to wrestle
 X is the mistake in a faux pas, get the clue?
 Hush, no rendezvous with Z, goodbye, adieu !!!