

PREBOARD EXAMINATION – 2020-21

Class: XI (CBSE)

Total Marks: 80

Date.....

SUBJECT - ENGLISH

Time: 3 hrs.

SECTION A

1. Read the following passage:

THE STRESS FACTOR

1. While there is no denying that the world loves a winner, it is important that you recognise the signs of stress in your behaviour and be healthy enough to enjoy your success. Stress can strike anytime, in a fashion that may leave you unaware of its presence in your life. While a certain amount of pressure is necessary for performance, it is important to be able to recognise your individual threshold. For instance, there are some individuals who accept competition in a healthy fashion. There are others who collapse into weeping wrecks before an exam or on comparing mark sheets and finding that their friend has scored better.
2. It is a body reaction to any demands or changes in its internal and external environment. Whenever there is a change in the external environment such as temperature, pollutants, humidity and working conditions, it leads to stress. In these days of competition when a person makes up his mind to surpass what has been achieved by others, leading to an imbalance between demands and resources, it causes psycho-social stress. It is a part and parcel of everyday life.
3. Stress has a different meaning depending on the stage of life you're in. The loss of a toy or a reprimand from the parents might create a stress shock in a child. An adolescent who fails an examination may feel as if everything has been lost and life has no further meaning. In an adult, the loss of his or her companion, job or professional failure may appear as if there is nothing more to be achieved.
4. Such signs appear in the attitude and behaviour of the individual, as muscle tension in various parts of the body, palpitation and high blood pressure, indigestion, hyperacidity and ultimately in self destructive behaviour such as eating and drinking too much, smoking excessively, relying on tranquilisers, trembling, shaking, nervous blinking, dryness of throat and mouth and difficulty in swallowing.
5. The professional under stress behaves as if he is a perfectionist followed by depression, lethargy and weakness for further work. Periodic mood shifts also indicate the stress status of students, executives and professionals.
6. In a study sponsored by World Health Organisation and carried out by Harvard School of Public Health, the global burden of diseases and injury indicated that stress diseases and accidents are going to be the major killers in 2020.
7. The ischaemic heart diseases and neurological depression, both stress diseases, are going to rank first and second in 2020. Road traffic accidents are going to be the third largest killers. These accidents are also an indicator of psycho-social stress in a fast-moving society. Other stress diseases like ulcers, hypertension and neuronal disorders including insomnia have assumed epidemic proportions in modern societies.
8. A person behaves in different ways in stress but the common ones are flight, fight and flow. Depending upon the nature of stress and capability of the person, the three responses can be

elegantly chosen to cope up with the stress so that stress does not damage the system and become distress.

9. When stress crosses the threshold peculiar to an individual, it deteriorates his/her performance capacity. Frequent jumps over that threshold may result in a syndrome called chronic fatigue in which a person feels lethargic, disinterested and is not easily motivated to achieve anything. This may make the person mentally undecided, confused and accident prone as well. Sudden exposure to un-nerving stress may also result in a loss of memory.
10. The best technique is self-control. This arises by having faith in oneself, on the usefulness of the job he is doing and on any superpower, who would deliver the result of the effort made.
11. There are many stress modifiers or stress busters. Some of these are diet and massage from naturopathy, food supplements and herbs from herbal medicine hobbies and relaxation techniques, homeopathy and modern medicine. Physical exercise and dance movements are excellent stress modifiers.

Questions:

A. Choose the most appropriate option:

(1 x 4 = 4 marks)

(a) The unhealthy competition prevalent in this dog-eat-dog world causes.....

1. psycho-social stress
2. political stress
3. neuro problems
4. blood pressure

(b) Stress impairs.....

1. death
2. hypertension
3. the performance of an individual
4. none of the above

(c) The best stress busters are.....

1. physical exercises
2. dance movements
3. both (i) and (ii)
4. none of the above

(d) Stress leads to

1. road traffic accidents
2. neurological depression
3. hypertension
4. all of these
- 5.

B. Answer the following questions briefly:

(1 x 6 = 6)

- (a)** What is stress? What factors lead to stress?
- (b)** Does the age of a person have any impact on stress levels? If yes, then how?
- (c)** What are the symptoms or signs by which a person can recognise he is under stress?
- (d)** What are the different diseases a person gets due to stress?

- (e) How can a person cope with stress?
- (f) What are the disadvantages of chronic fatigue?

C. Find words in the passage similar in meaning as:

(1 x 2 = 2)

- (a) person whose physical or mental health has been seriously damaged. (Para 1)
- (b) Inactivity; apathy (Para 5)

2. Read the passage and attempt the task that follows.

Many great inventions are greeted with ridicule and disbelief. The invention of the airplane was no exception. Although many people who heard about the first powered flight on December 17, 1903, were excited and impressed, others reacted with peals of laughter. The idea of flying an aircraft was repulsive to some people. Such people called Wilbur and Orville Wright, the inventors of the first flying machine, impulsive fools. Negative reactions, however, did not stop the Wrights. Impelled by their desire to succeed, they continued their experiments in aviation.

Orville and Wilbur Wright had always had a compelling interest in aeronautics and mechanics. As young boys they earned money by making and selling kites and mechanical toys. Later, they designed a newspaper-folding machine, built a printing press, and operated a bicycle-repair shop.

In 1896, when they read about the death of Otto Lilienthal, the brother's interest in flight grew into a compulsion. Lilienthal, a pioneer in hang-gliding, had controlled his gliders by shifting his body in the desired direction. This idea was repellent to the Wright brothers, however, and they searched for more efficient methods to control the balance of airborne vehicles. In 1900 and 1901, the Wrights tested numerous gliders and developed control techniques. The brothers' inability to obtain enough lift power for the gliders almost led them to abandon their efforts.

After further study, the Wright brothers concluded that the published tables of air pressure on curved surfaces must be wrong. They set up a wind tunnel and began a series of experiments with model wings. Because of their efforts, the old tables were repealed in time and replaced by the first reliable figures for air pressure on curved surfaces. This work, in turn, made it possible for them to design a machine that would fly. In 1903 the Wrights built their first airplane, which cost less than one thousand dollars. They even designed and built their own source of propulsion lightweight gasoline engine. When they started the engine on December 17, the airplane pulsed wildly before taking off. The plane managed to stay aloft for twelve seconds, however, and it flew one hundred twenty feet.

By 1905 the Wrights had perfected the first airplane that could turn, circle, and remain airborne for half an hour at a time. Others had flown in balloons or in hang gliders, but the Wright brothers were the first to build a full-size machine that could fly under its own power. As the contributors of one of the most outstanding engineering achievements in history, the Wright brothers are accurately called the fathers of aviation.

A) Based on your reading of the above passage, make notes on it, using headings and sub-headings. Use recognizable abbreviations. Supply a suitable title **(4)**

B) Write a summary of the passage.

(4)

SECTION B (WRITING)

3. You are Smitha/Sunil, Secretary AVM Housing Society. You are going to organize a blood donation camp. Write a notice in not more than 50 words, urging the members of your society to come in large numbers for this noble cause. Invent all the necessary details. **(4)**

4. Complete the following dialogue using suitable exchanges

Here is a conversation between an Architect and his client. The client is there to discuss about a new villa project.

Client: Hello, Sir

Architect: Hello, How can I assist you??

Client: I have an upcoming villa project and my friend Anand suggested your firm.

Architect: **Thank** you. We will have a detailed discussion.

Client: _____

Architect : _____

Client : _____

Architect : _____

Client : _____

Architect : _____ **(6)**

5. Holidays and birthdays are moments to come together. But with the outbreak of Covid-19 our life turned upside down. Share your thoughts in a paragraph or two on how you are adapting to it in about 150-200 words. **(6)**

6. You are Dr. Francis, a certified art therapist from Ladakh. You have been invited by G. D Public School, Jammu, to conduct a seminar for students on ‘Art Therapy-the Way Forward’. This seminar is to introduce students to the usefulness of art in dealing with personal and social problems. Write your reply, in about 50 words accepting the invitation. **(8)**

7. Re-order the words to form meaningful sentences:

(1x2=2)

a). to/consult/determine/the/doctor/important/is/it/the/to/cause

b) you/weight/can/exercise/maintain/help/healthy/to/a

8. Fill in the blanks with the correct form of the verb

(1x4=4)

As I entered the room, the first thing that _____ (strike) me as odd, was the candle still _____ (burn) on the table. The curtains had been _____ (draw) back and the room was bright. No one in their right minds _____ (keep) a candle burning in broad daylight.

SECTION C (LITERATURE)

9. Read the extracts and answer any TWO of the questions in a sentence (1x2=2)

“A few leaves yellowing, all its seeds fallen

Till the goldfinch comes, with a twitching chirrup

A suddenness, a startlement, at a branch end”.

- a. What has happened to the tree?
- b. How does the mood change on the arrival of the goldfinch?
- c. There is a comparison of the goldfinch with an animal. Which animal is that?

10. Answer any FIVE questions in about 30-40 words: (2x5=10)

1. How did the narrator manage to survive through the attacks of subsequent waves in the lesson we are not afraid to die?
2. Justify the title ‘The Voice of the Rain’.
3. Why does Taplow feel that Mr. Harris is “hardly human”?
4. Explain the significance of the “middle void” with reference to the lesson ‘Landscape of the Soul’.
5. How can we say that the grandmother was a deeply religious lady?
6. What does the phrase “her barred face identity mask “means?

Answer any ONE in about 120 – 150 words:

11. (a) Nature echoed the unnatural happenings with King Tut’s body. Comment. (6)

OR

(b) Various visionaries and academicians have warned against hazardous consequences if we do not wake up to our responsibilities towards the environment. Elaborate.

12. (a) Comment on the role of Yuri as described in the extract. **(6)**

OR

(b) Bring out the humour in Uncle Khosrove's and John Byro's meeting.

13.(a) From a foster mother in the village to a lonely old lady in the city describe the grandmother's journey through the later part of her life. **(6)**

OR

(b) Comment on the attitude shown by Taplow towards Croacker Harris

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