



# B.K. BIRLA CENTRE FOR EDUCATION

SARALA BIRLA GROUP OF SCHOOLS  
A CBSE DAY-CUM-BOYS' RESIDENTIAL SCHOOL

ANNUAL EXAMINATION 2025-26

SET I  
ENGLISH

Class: VII  
Date: 10.03.26  
Admission no:

Time: 3hr  
Max Marks: 80  
Roll no:

## General Instructions:

1. The Question Paper contains FOUR sections: READING, GRAMMAR, WRITING and LITERATURE.
2. Attempt questions based on specific instructions for each part.

## SECTION A: READING SKILLS

(22 marks)

### 1. Read the passage and answer the questions.

(12)

Regular physical exercise is widely recognized as one of the most effective methods for maintaining good health and overall well-being. Engaging in consistent physical activity helps regulate body weight, improves cardiovascular health, and strengthens muscles and bones. Beyond physical benefits, exercise has a profound impact on mental health. Individuals who incorporate regular exercise into their routines often experience higher energy levels, enhanced self-confidence, and a greater sense of relaxation and emotional stability.

However, the demands of modern life have led to increasingly sedentary lifestyles. Extended periods of sitting, excessive use of digital devices, and limited outdoor activity have contributed to a surge in health problems such as obesity, diabetes, heart disease, and back pain. According to medical experts, nearly 80 percent of lifestyle-related diseases are linked to people being physically inactive.

Exercise plays a crucial role in stress management by stimulating the release of endorphins, natural chemicals in the brain that improve mood and alleviate feelings of anxiety and depression. Additionally, regular physical activity promotes better sleep patterns, strengthens the immune system, and enhances overall vitality. Even moderate activities—such as walking, cycling, or playing outdoor sports for just 30 minutes a day—can yield significant health benefits.

Short-term physical exertion during exercise is beneficial as it strengthens muscles, boosts stamina, and enhances overall endurance. Nonetheless, overexertion without adequate rest may lead to injuries and fatigue. Therefore, maintaining a balanced and consistent exercise routine is essential for achieving optimal health.

In conclusion, making physical activity a regular part of daily life is vital for long-term wellness. Exercise does not necessitate expensive gym memberships or specialized equipment; rather, dedication and consistency are key. By embracing an active lifestyle and combining exercise with a nutritious diet and sufficient rest, individuals can prevent many common health issues and enjoy a longer, healthier, happier, and more productive life.

**Answer the following questions based on the passage above:**

**I. What is one of the most effective ways to stay healthy today? (1)**

- (a) Exercise                      (b) Medicine                      (c) Sleep                      (d) Diet

**II. Find from the passage the opposite of ‘active’. (1)**

**III. What do medical experts believe causes lifestyle diseases? (1)**

- (a) Pollution                      (b) Poor diet                      (c) Physical inactivity                      (d) Lack of sleep

**IV. What is the key thing to maintain good health according to the passage? (1)**

**V. What percent of lifestyle diseases are caused by physical inactivity? (1)**

- (a) 60 percent                      (b) 70 percent                      (c) 80 percent                      (d) 90 percent

**VI. Find from the passage the word which means “tiredness”. (1)**

**VII. Why is regular exercise important for good health? (2)**

**VIII. How does physical activity help in reducing stress? (2)**

**IX. Why is short-term physical strain good for the body? (2)**

**2. Read the passage and answer the questions. (10)**

Water is one of the most precious natural resources on Earth and is essential for the survival of all living beings. Humans depend on water for drinking, cooking, bathing, cleaning, farming, and running industries. Plants require water to prepare their food through the process of photosynthesis, while animals need it to stay healthy and active. Without water, life on Earth would not be possible.

Fresh water is obtained from natural sources such as rivers, lakes, ponds, glaciers, and underground water. These sources provide water for homes, agriculture, and industries. However, rapid population growth, industrialization, and careless human activities have led to a serious shortage of clean water. Industries discharge harmful chemicals into rivers and lakes, and people often waste water by leaving taps running or using excessive water for daily activities.

Water scarcity has become a major problem in many parts of the world. To protect this valuable resource, water conservation is extremely important. Simple practices like fixing leaking taps, using buckets instead of showers, recycling water, and harvesting rainwater can help reduce water wastage. If we use water wisely today, we can protect the environment and ensure enough water for future generations.

In addition to conservation, spreading awareness about the importance of water is equally necessary. Schools, communities, and governments should work together to educate people about responsible water usage. Protecting water bodies from pollution, planting trees, and supporting sustainable water management practices can help maintain the natural water cycle. By valuing water and using it carefully, we can preserve this life-giving resource and maintain balance in nature.

Moreover, adopting modern technologies can play a significant role in conserving water. Techniques such as drip irrigation, wastewater treatment, and desalination can help meet the growing demand for clean water while minimizing waste. Smart water meters and efficient plumbing systems in homes and industries can also monitor and reduce unnecessary usage. By combining traditional conservation practices with innovative solutions, society can ensure sustainable water management and safeguard this invaluable resource for generations to come.

**Answer the following questions based on the passage above:**

- I. What is one of the most precious natural resources on Earth?** (1)  
 (a) Coal (b) Water (c) Petroleum (d) Gold
- II. Mention any two purposes for which humans need water.** (1)
- III. Why do plants need water?** (1)  
 (a) For movement (b) For shelter (c) For photosynthesis (d) For respiration
- IV. Name two natural sources of fresh water.** (1)
- V. What is one major reason for water scarcity today?** (1)  
 (a) Conservation (b) Rainfall (c) Pollution and wastage (d) Storage
- VI. How do human activities pollute water bodies?** (1)
- VII. Mention any two methods of conserving water.** (2)
- VIII. How can water conservation help future generations? Describe in your own words.** (2)

**SECTION B-WRITING SKILL**

**(22 marks)**

**3. Attempt any one of the two, (A) or (B) in about 80–100 words.** (1×3 = 3)

**A. Write a short biography of Mahatma Gandhi**

- Born: 2 October 1869, Porbandar, Gujarat
- Belief: Truth and non-violence (Ahimsa)
- Role: Leader of India’s freedom struggle
- Key movements: Non-Cooperation Movement, Quit India Movement
- Lifestyle: Simple and disciplined
- Inspiration: Influenced millions of people
- Title: “Father of the Nation”
- Death: Assassinated on 30 January 1948
- Legacy: Teachings of truth and non-violence followed even today

**B. Write a short biography of Cristiano Ronaldo.**

- Born: February 5, 1985, Madeira, Portugal
- Early talent: Loved football as a child, practiced a lot
- First club: Sporting Lisbon
- Major clubs: Manchester United, Real Madrid, Juventus, Manchester United (return)
- Achievements: Premier League titles, UEFA Champions League, 4 Ballon d’Or awards
- Skills: Speed, dribbling, finishing, aerial ability
- International career: Led Portugal to 2016 Euro Championship & 2019 Nations League wins
- Off-field: Involved in charity work

**4. Attempt any one of the two, (A) or (B), in 120 words.** (1×4 = 4)

**A. You are a reporter for a local newspaper. Write a report in about 60–80 words on a cleanliness drive organised in your school on Gandhi Jayanti.**

**OR**

**B.** You are the Sports Captain of Green Valley School. Write a notice informing students about an Inter-School Sports Meet.

**5. Attempt any one of the two essay, (A) or (B), in 120 words.**

**(1x7=7)**

**A.** Importance of Time Management for Students

Hints

- Helps complete homework, study, and revision on time
- Reduces stress and prevents last-minute pressure
- Improves concentration and focus
- Teaches discipline and responsibility
- Builds confidence and helps achieve academic goals

**OR**

**B.** Effects of Social Media on Students

Hints

- Keeps students connected with friends and peers
- Provides educational content and learning opportunities
- Can waste time if overused
- Causes distraction and reduces concentration
- Needs careful use and time limits to be beneficial

**6. Attempt any one of the two descriptive essay, (A) or (B), in 150 words.**

**(1x8=8)**

**A.** A Day without Electricity.

- Reason for no electricity (e.g., power cut, weather)
- Difficulties faced: fans, lights, TV, charging devices
- Positive moments: family time, talking, playing games
- Using alternative sources: candles, lanterns
- Lesson learned: value of electricity and dependence on it

**OR**

**B.** A Journey by Train.

- Destination and purpose of the journey
- Description of the platform and boarding experience
- Sights seen from the train: fields, rivers, villages
- Interaction with fellow passengers and vendors
- Feelings about the journey and why it was memorable

**SECTION C- GRAMMAR**

**(10 marks)**

**7. Fill in the blanks with the correct form of the verbs given in brackets.**

**(1x3=3)**

**I.** The \_\_\_\_\_ (break) window was repaired by the worker.

**II.** \_\_\_\_\_ (run) fast, the boy caught the bus.

III. We saw a \_\_\_\_\_ (dance) doll.

8. Change the following sentences as directed:

(1×4 = 4)

I. "I am reading a book" (Change into Indirect Speech)

II. "The teacher explains the lesson clearly" (Change into Passive Voice)

III. "A beautiful painting was created by Arjun" (Change into Active Voice)

IV. "He had left for school" (Change into Direct Speech)

V. Arrange the following sentences correctly and identify their type as Declarative, Interrogative, Exclamatory, and Imperative

(1×3=3)

I. / new / did / you / buy / a / phone / ?

II. / enjoyed / We / the / movie / very / much

III. / close / the / door / quietly / Please

### SECTION D – LITERATURE

(26 marks)

10. Read the given extract and answer the questions briefly, for any two extracts, of the three, given.

(2×4=8)

**A. Johnsy lay on her bed, looking through the small Dutch window at the brick wall of the next house. She counted the ivy leaves that were falling one by one. She believed that when the last leaf fell, her life would also come to an end. Sue tried to distract her, but Johnsy had lost all hope and interest in life.**

- Where was Johnsy lying?
- What was she counting and why?
- How did Sue react to Johnsy's thoughts?
- What does this extract show about Johnsy's condition?

**B. "Come, sit down on this bed of flowers, while I stroke your hairy cheeks. I'll stick musk roses in your smooth bald head, and kiss your large, beautiful ears, my gentle joy."**

- Identify the speaker and the person being addressed.
- Why does the person being addressed have "hairy cheeks" and "large ears"?
- What does this extract reveal about the speaker's state of mind?
- How do the Fairies (Peaseblossom, Cobweb, etc.) treat the "gentle joy" in this scene?

**C. "For men may come and men may go,  
But I go on forever."**

- Who is the speaker?
- What does "men may come and men may go" mean?
- What contrast is shown here?
- Name the poet.

11. Answer any five of the following six questions in about 30-40 words each.

(2×5=10)

- What is the importance of plastics in The Material of 1000 Uses?
- How does Durrell describe animals in The Durrells?
- Why was the bed uncomfortable in An Uncomfortable Bed?
- How did Sue support Johnsy during her illness?
- Why does Swami dislike Monday mornings?
- What message does the poem Mother to Son convey?

**12. Answer in 150-200 words any one of the following.**

**(8x1=8)**

**A.** Describe the scene where Titania wakes up from the spell. How does she react to seeing Bottom, and how is the conflict between Oberon and Titania resolved?

**OR**

**B.** Explain why plastic is called “the material of a thousand uses.” Mention its advantages, disadvantages and its importance in daily life as mentioned in the lesson.

\*\*\*\*\*ALL THE BEST\*\*\*\*\*