



BK BIRLA CENTRE FOR EDUCATION

SARALA BIRLA GROUP OF SCHOOLS

SENIOR SECONDARY CO-ED DAY CUM BOYS' RESIDENTIAL SCHOOL

PERIODIC TEST 2 EXAMINATION 2024-25

ENGLISH CORE (301)



Class: XI

Date:04.12.24

Admission no.:

Duration: 1 hr

Max Marks: 25

Roll no.:

General Instructions:

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

SECTION A: READING SKILLS

(7 marks)

I. Read the passage given below.

Stress is the way human beings react physically and mentally to the changes that occur in their lives in the form of certain events, situations, incidents or experiences. People experience stress in different manners and for different reasons. The reaction of the person is based upon the perception of an event or a situation. For example, John, a middle-aged executive, experienced chronic stress due to work and family pressure, leading to a range of health issues. Having never learned good stress management skills, John overate, drank too much coffee in the daytime and alcohol in the evening, and made no time for exercise or relaxation in his over busy days. He didn't complain or even recognize how stressed he was since all his colleagues and friends seemed to be dealing with the same issues. He didn't recognize the signs of stress but over a few years accumulated a number of medical diagnoses and medications to go with them. Eating on the run and too much coffee and alcohol gave him chronic heartburn, diagnosed as "GERD" (Gastro Oesophageal Reflux Disease) and treated with omeprazole and antacids. John developed high blood pressure and high cholesterol, putting him at high risk for heart disease and stroke, so was given blood pressure medications and statin medication. His increasingly poor sleep was treated with Trazodone, a medication that knocked him out but left him feeling groggy and starting his day with 2 or 3 large cups of coffee. Susan, a school teacher, faced constant anxiety due to high workload and financial problems. Due to his prolonged exposure to unmanaged stress and anxiety over time, Susan experienced emotional exhaustion leading to feelings of detachment, a condition often referred to as burnout. Chronic stress and burnout affected her ability to concentrate, plan, and make good decisions. Eventually, persistent stress and anxiety triggered the onset of depression in Susan. Emma, a college student suffering from chronic stress, worry, and anxiety, exhibited changes in her social behaviour. She started withdrawing from her friends and social activities, leading to feelings of loneliness and even more stress. Identifying these signs of too much stress is the first step towards recovery. None of these people had an illness or disease; they were over stressed and didn't have the tools or support to help them manage it. There are many techniques and tools

that can help to keep stress and anxiety at manageable levels: Techniques like Mindfulness and Meditation helped John stay focused on the present moment, reducing his Techniques like Mindfulness and Meditation helped John stay focused on the present moment, reducing his

stress levels. Regular exercise assisted Susan in reducing her stress. It served as a natural mood enhancer and distracted her from constant worry. Emma found that a healthy diet helped combat her stress. Certain foods even assisted in reducing stress, such as those rich in omega-3 fatty acids and vitamin C. Upon recognizing the detrimental effects of stress and anxiety on their daily lives, John, Susan, and Emma decided to learn how to reduce stress and manage it better when it couldn't be avoided. Either on their own or with the urging of a therapist, they discovered relaxation and guided imagery. The skills and practices they learned became a keystone of their healthy lifestyle, playing a significant role in alleviating their stress and anxiety and guiding them towards recovery.

Answer the following questions:

1x7=7

- i. Stress affects people in different ways. Mention one.
- ii. Find the noun phrase in the passage that means 'a method of relaxation which concentrates the mind on positive images in an attempt to reduce pain, stress etc.'
- iii. Among many youths, withdrawing from social activities is the symptom of the person's suffering from chronic stress.
 - a) Yes
 - b) No
 - c) May be
 - D) Not sure
- iv. Statement 1: One can recover oneself from chronic stress.
Statement 2: The person has to identify the signs of stress in himself/herself.
 - a) Statement 1 can be inferred from the passage but Statement 2 can't.
 - b) Statement 2 can be inferred from the passage but Statement 1 can't.
 - c) Both statements can be inferred from the passage.
 - d) None of the statements can be inferred from the passage
- v. Too much of stress can lead to
 - a) Depression
 - b) Lack of concentration
 - c) High blood pressure
 - d) All of the above
- vi. Mention one way in which we can help a person who is suffering from chronic stress.
- vii. Assertion: Physically unwell people suffer from stress.
Reason: John developed high blood pressure and high cholesterol, putting him at high risk for heart disease and stroke.
 - a) Both A and R are correct but R is not the correct reason.
 - b) A is correct but R is not.
 - c) A is not correct but R is.
 - d) Not sure

SECTION B: WRITING SKILLS

(1x4=4)

In many parts of our country girls are still discouraged from going to school. Consequently, a sizable section of the population is deprived of education. Schemes like Sarva Shiksha Abhiyan, CBSE scholarship to the single girl child and the Government's policy of giving free education to girls have come as a boon to our society. Write an article in 80-100 words on the education of the girl child in the country.

SECTION C GRAMMAR

(1x4=4)

The following passage has not been edited. There is an error in each line against which a blank is given. Write the incorrect word and the correction in the space provided. Remember to underline the word that you have supplied.

		Incorrect	Correct
If you are feeling depressed any chocolate	(a)
can be a real tonic who cheers you up	(b)
instantly. Unfortunately, an effect is	(c)
temporary and soon he feel down again.	(d)

LITERATURE

A. COMPETENCY-BASED MULTIPLE-CHOICE QUESTIONS (MCQS):

(1x3=3)

“I descend to lave the droughts, atomies, dust-layers of the globe, And all that in them without me were seeds only, latent, unborn;”

(i) The tone of the rain when it says ‘. I descend to lave the droughts, atomies, dust-layers of the globe is.....

- (a) solemn (b) informative (c) conversational (d) proud

(i) Options (a) and(c)

(ii) options (b) and (d)

(iii) options (a) and (d)

(iv) options (b) and (c)

(ii) Complete the sentence with ONE word’ The phrase ‘lave’ means to-----

(iii) The above extract delineates the functions of rain. Which of the following statement is TRUE with respect to the extract?

- (a) Rain helps to settle the dust on earth
 (b) But for the rain seeds would remain dormant
 (c) Rain helps in the formation of dusts.
 (d) Rain descends to speak to the poet

(i) only option (a)

(ii) options (a),(b), (c)

(iii)options (a) and (b)

(iv) options (b), (c) and (d)

B. Answer *any two* of the following questions

(2x2=4)

1. What does the phrase "It is the engine of her family" imply about the goldfinch's role?
2. What did Andrew do to restore life in the stillborn child?
3. Who was Professor Gaitonde? Why was he surprised to see the name of East India Company on an imposing building in Bombay?

C. Answer in 80 words *any one* of the following long answer type questions:

3 Marks

1. Write the character Sketch of Dr Andrew.
2. Examine the theme of nature and its cycles in "The Laburnum Top." How does Ted Hughes portray the relationship between the goldfinch and the laburnum tree?