



B.K. BIRLA CENTRE FOR EDUCATION

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

PERIODIC TEST 1 2025-26

ENGLISH

Class: IX

Date: 11.06.26

Admission no:

Time: 1hr

Max Marks: 25

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 .

(7 marks)

I. Read the passage and answer the questions

In recent years, the importance of mental health has gained significant attention across the world. While physical health has always been a priority, mental well-being was often overlooked or misunderstood. Today, people are beginning to realize that mental health is equally essential for leading a balanced and fulfilling life.

The pressures of modern living, including academic stress, work deadlines, and social expectations, have contributed to rising levels of anxiety and depression, especially among young people. The constant use of social media also plays a role, as individuals tend to compare their lives with others, leading to feelings of inadequacy and low self-esteem.

However, there has been a positive shift in attitudes. Schools and workplaces are now encouraging open conversations about mental health. Counselling services, helplines, and awareness campaigns are becoming more accessible. People are also learning the importance of self-care practices such as meditation, exercise, and maintaining healthy relationships.

Despite these improvements, challenges remain. Stigma surrounding mental health still prevents many individuals from seeking help. Therefore, it is important to create a supportive environment where people feel safe to express their emotions without fear of judgment. Only then can society truly progress towards holistic well-being.

1. What is the main idea of the passage?

- a) Physical health is more important
- b) Mental health is gaining importance
- c) Social media should be banned
- d) Schools are stressful

2. What has increased among young people?

- a) Happiness

- b) Physical strength
 - c) Anxiety and depression
 - d) Wealth
3. What contributes to low self-esteem?

- a) Exercise
- b) Meditation
- c) Social media comparison
- d) Reading books

4. What is needed to improve mental health awareness?

5. Find a word from the passage that means “a negative social attitude”.

6. Find a word that means “complete or overall”.

7. Write few causes of stress mentioned in the passage.

SECTION B: GRAMMAR

(4 marks)

II. The following passage has the word omitted in each line. Find out the missing word and write it down. (0.5x4=2)

When I boarded examination a physical test endurance compulsory. They me to run as they timed me. The examiner was not and said I would have to run again.

III. Change the following into indirect speech.

(1x2=2)

- a. Rohit: Can you lend me your book?
- b. Sahil: I will give it to you tomorrow.

Rohit asked Sahil (i) _____.

Sahil replied (ii) _____ it to him the next day.

SECTION C: WRITING SKILL

(4 marks)

IV. Write any of the following:

a. Write a formal email to the manager of a bookstore requesting information about the availability of a particular book.

OR

b. Write an application to your Principal requesting permission to participate in an inter-school debate competition

SECTION D: LITERATURE

(10 marks)

V. Answer any two of the following questions in about 40 -50 words.

(2x2=4)

- a. Explain the role of the granddaughter as a teacher. How did she help her grandmother succeed?
- b. What message does the poem The Brook convey about nature and life? Explain in detail.
- c. Write down the sights and sounds used in the poem The Brook.

VI. Answer any two question from the following in about 60-70 words.

(2×3=6)

- a. Explain the importance of determination and education in the story. How do the grandmother's actions inspire others?
- b. "The brook is a symbol of the continuous flow of life." Explain this idea in detail with reference to the poem.
- c. Describe the journey of the brook from its origin to where it joins the river. How does the poet, Alfred Lord Tennyson, use imagery and poetic devices to bring the brook to life?