



B.K. BIRLA CENTRE FOR EDUCATION

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

PERIODIC TEST - 1 ENGLISH SET - 1

Class: X

Date: 12.06.26

Admission no:

Time : 1hr

Max Marks : 25

Roll no:

General Instructions:

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

Section – A

Reading

I. Read the passage and answer the questions given below.

7M

In recent years, the conversation around mental health has gained considerable importance, particularly among students. While awareness has increased, a deeper understanding of mental well-being is still lacking. Many students continue to face stress due to academic expectations, social pressures, and the constant need to perform well in various areas of life.

One of the key factors contributing to this stress is the emphasis on measurable success. Marks, rankings, and achievements often become the primary indicators of ability, leaving little room for personal growth or creativity. As a result, students may begin to associate their self-worth with their performance, leading to anxiety and fear of failure. Social media further adds to this pressure by presenting idealised versions of success, which can create unrealistic expectations.

Despite these challenges, there are ways to promote better mental health. Developing healthy routines, engaging in physical activity, and taking time to relax are essential practices. Equally important is the ability to express emotions openly and seek support when needed. Schools can play a significant role by creating an environment where students feel valued beyond their academic performance.

Mental well-being is not separate from success; rather, it is essential for achieving it. A balanced mind allows individuals to think clearly, manage challenges effectively, and maintain overall well-being.

A. Answer the following questions:

(1 × 7 = 7 marks)

1. Why do students often experience stress according to the passage?
2. How do performance indicators affect students' self-worth?
3. What role can schools play in supporting mental health?
4. The phrase “*idealised versions of success*” refers to:
 - a) real achievements
 - b) exaggerated and unrealistic portrayals
 - c) academic results
 - d) failures
5. The tone of the passage is:
 - a) humorous

- b) analytical and concerned
 - c) fictional
 - d) casual
6. Why is mental well-being essential for success?
7. Find a word from the passage which means the same as “importance or value”.

Section – B (Writing & Grammar)

II. A. You are deeply concerned about the increasing use of mobile phones among students and its impact on their studies and health. Write an article in about 120–150 words on the topic: **3M**
 “Impact of Excessive Screen Time on Students”

- You may include the following points:
- Distraction from studies
- Overuse of mobile phones and gadgets
- Need for balance and discipline
- Effect on physical and mental health
- Suggestions for improvement

B. You have noticed that the public park in your locality is poorly maintained, with broken benches, litter, and lack of proper lighting. Write a letter to the **Municipal Commissioner** of your city complaining about the condition of the park and requesting immediate action. You are **Riya Sharma**, a resident of Green Valley Apartments, Pune. **4M**

- Location and size
- Rules and discipline
- Number and types of books available
- Importance for students
- Seating arrangement and facilities

III. The following passage is an extract from an article on ‘Do Memory Pills Enhance Memory’ but some of the words have to be filled in the blanks. **8 x ½ = 4**

How (1) _____ are memory pills that (2) _____ to turn your mind (3) _____ an information powerhouse? Pretty (4) _____, say experts but students (5) _____ buy these in the hope of doing (6) _____ in their examination don’t know better. “There’s (7) _____ evidence that memory enhancing supplements help boost memory”, says Dr. Pushpendra Renjen, senior consultant of neurology (8) _____ the Apollo Hospital.

1	A.	infective	B.	effectively	C.	effective	D.	affected
2	A.	have promises	B.	promised	C.	promises	D.	promise
3	A.	to	B.	towards	C.	in	D.	into
4	A.	useful	B.	usefulness	C.	useless	D.	used to
5	A.	those	B.	who	C.	that	D.	which
6	A.	good	B.	best	C.	better	D.	well
7	A.	none	B.	no	C.	any	D.	few
8	A.	from	B.	at	C.	in	D.	of

Section C (Literature)

IV. Answer any two of the following questions in brief.

2x2=4M

1. Why did Mrs. Packletide decide to hunt a tiger? What does this reveal about her character?
2. How does the poet suggest that poetry can defeat the passage of time?
3. What do the words on the pedestal reveal about Ozymandias' personality?

V. Answer the questions in brief.

3M

1. Both "Ozymandias" and "Not Marble, Nor the Gilded Monuments" deal with the idea of immortality. Compare how each poet presents this idea. How does "Mrs. Packletide's Tiger" present a contrasting view of fame?
