



B.K. BIRLA CENTRE FOR EDUCATION

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

PRE MID TERM TEST 2026-27

ENGLISH

SET 1

Class: XI

Date: 20.07.26

Admission no:

Time: 1hr

Max Marks: 25

Roll no:

General Instructions:

1. The question paper contains THREE sections-READING, WRITING and LITERATURE.
2. Attempt questions based on specific instructions for each part.

SECTION A: READING SKILLS

(7 marks)

Q1. Read the following passage carefully and answer the questions that follow.

Fear is a natural human response that helps individuals recognise and avoid danger. However, when fear becomes intense, persistent and disproportionate to the actual threat, it may develop into a phobia. A phobia is a type of anxiety disorder characterised by an overwhelming fear of a particular object, situation or activity.

Phobias can vary widely in nature. Some individuals experience a fear of heights, enclosed spaces or flying, while others may fear animals, insects or social situations. What makes a phobia different from ordinary fear is the degree of distress it causes. A person suffering from a phobia may go to great lengths to avoid the feared object or situation, even when they recognise that their fear is irrational.

Researchers believe that phobias can develop through a combination of genetic, psychological and environmental factors. A traumatic experience may trigger a phobia in some individuals, while others may develop fears by observing the reactions of people around them. In recent years, studies have also suggested that certain fears may have evolutionary origins, helping early humans avoid potential threats.

Although phobias can interfere significantly with daily life, they are treatable. Therapies such as cognitive behavioural therapy (CBT) and gradual exposure therapy have proven effective in helping individuals manage their fears. These approaches encourage people to understand their thought patterns and slowly confront situations they have been avoiding.

Experts emphasise that phobias should not be dismissed as mere weaknesses or personality flaws. Understanding and support from family, friends and society can help affected individuals seek treatment and regain confidence. Greater awareness about mental health can also reduce stigma and encourage more people to access professional help when needed.

Q1. Answer the following questions.

(1×7=7)

I. What is the primary purpose of the passage?

- a) To entertain readers with unusual fears.
- b) To explain the nature, causes and treatment of phobias.
- c) To discourage people from seeking therapy.
- d) To compare different mental disorders.

II. Complete the Analogy:

Ordinary fear : Proportionate response :: Phobia : _____

III. Which of the following conclusions can most logically be inferred from the passage regarding the development and persistence of phobias?

- a) Since phobias often involve irrational fears, they are unlikely to respond to psychological treatment.
- b) The immediate sense of safety gained through avoidance may unintentionally strengthen the association between fear and the feared stimulus.
- c) Exposure-based therapies are designed to help individuals gradually challenge and modify maladaptive fear responses.
- d) Phobias persist solely because individuals lack the determination to confront their fears.
- e) Environmental experiences and behavioural patterns may play a significant role in maintaining phobic reactions over time.
- f) If avoidance temporarily reduces anxiety, individuals may become increasingly dependent on it as a coping mechanism.

Select the MOST appropriate combination:

- A. b, c, e and f only
- B. a, b, d and e only
- C. b, d and f only
- D. a, c, d and e only

IV. Why does the author mention evolutionary origins of certain fears?

V. The author's attitude towards people with phobias can best be described as:

- a) Judgmental
- b) Sympathetic and informative
- c) Humorous
- d) Indifferent

VI. The word "**stigma**" in the passage refers to:

VII. Which statement is most strongly supported by the passage?

- a) Phobias are signs of personal weakness.
- b) People should simply ignore their fears.
- c) Professional intervention can help individuals overcome phobias.
- d) Phobias cannot be managed effectively.

SECTION B – WRITING (4 Marks)

Q2. You are the Sports Captain of your school. Draft a notice in not more than 50 words informing students about the selection trials for the school football team. Mention date, venue, timing and eligibility.

SECTION C – LITERATURE (14 Marks)

Q3. Answer the following questions. (1×4=4)

Early every morning for two weeks my cousin Mourad and I took the horse out of the barn of the deserted vineyard where we were hiding it and rode it, and every morning the horse, when it was my turn to ride alone, leaped over grape vines and small trees and threw me and ran away. Nevertheless, I hoped in time to learn to ride the way my cousin Mourad rode.

I. Which statement best reflects the similarity between the bird and the horse in the extract?

- a) Both struggled initially but eventually showed their natural abilities.
- b) Both were captured and never allowed to move freely.
- c) Both were trained by Mourad to obey commands.
- d) Both belonged to John Byro.

II. What can be inferred about the narrator's character from the line, "Nevertheless, I hoped in time to learn to ride..."?

- a) He was impatient and careless.
- b) He was determined and optimistic despite failures.
- c) He was afraid of horses.
- d) He wanted to give up riding.

III. How does Mourad's statement, "I have a way with farmers," contribute to the development of his character?

- a) It shows his arrogance and dishonesty.
- b) It proves he dislikes farmers.
- c) It suggests he is confident and skilled in dealing with people.
- d) It indicates that he is afraid of John Byro.

IV. Read the following analogy and choose the correct option.

Bird : Freedom :: Narrator : _____

Q4. Answer the following questions in 30–40 words each. (2×3=6)

- a) Why did the grandmother become less involved in the narrator's daily routine after they moved to the city?
- b) How does the title "A Photograph" become significant to the poem's meaning?
- c) What does the story reveal about the values of the Garoghlanian family?

Q5. Answer the following questions in about 80–100 words each. (1×4=4)

A) Evaluate the grandmother as a symbol of tradition and unconditional love in "The Portrait of a Lady".

OR

B) Discuss how silence becomes a powerful expression of grief in "A Photograph".

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