



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-MS

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 physical inactivity.

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

Answer: (a) Exercise

II. Find from the passage the opposite of 'active'. (1)

Answer: inactive

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

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

Answer: (c) physical inactivity

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

Answer: balance and regularity

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

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

Answer: (c) 80 percent

VI. Find from the passage the word which means "tiredness". (1)

Answer: fatigue

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

Answer:

Regular exercise is important because it keeps the body fit and active.

It helps in strengthening muscles and bones.

Exercise improves heart health and increases energy levels.

It also helps in preventing many lifestyle diseases.

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

Answer:

Physical activity helps reduce stress by relaxing the mind and body.

It releases chemicals in the brain that improve mood.

Exercise reduces feelings of anxiety and depression.

It helps a person feel calm, fresh, and positive.

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

Answer:

Short-term physical strain is good for the body because it helps strengthen muscles.

It also improves stamina and overall physical fitness.

Such strain trains the body to become more active and energetic.

However, it should be balanced with proper rest.

(Any two acceptable: heart disease, back pain)

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

Answer: (b) Water

II. Mention any two purposes for which humans need water.

(1)

Answer: Drinking and farming.

III. Why do plants need water?

(1)

- (a) For movement (b) For shelter (c) For photosynthesis (d) For respiration

Answer: (c) For photosynthesis

IV. Name two natural sources of fresh water.

(1)

Answer: Rivers and lakes.

V. What is one major reason for water scarcity today?

(1)

- (a) Conservation (b) Rainfall (c) Pollution and wastage (d) Storage

Answer: (c) Pollution and wastage

VI. How do human activities pollute water bodies? (1)

Answer: By releasing harmful chemicals and waste into rivers and lakes.

VII. Mention any two methods of conserving water. (2)

Answer: Fixing leaking taps and Harvesting rainwater

VIII. How can water conservation help future generations? Describe in your own words. (2)

Answer:

Water conservation helps prevent water shortages and ensures the availability of clean water for future generations.

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

Mahatma Gandhi

Mahatma Gandhi was born on 2 October 1869 in Porbandar, Gujarat. He was a great leader of India's freedom struggle. He believed in truth and non-violence. Gandhi led many movements like the Non-Cooperation Movement and the Quit India Movement. He lived a simple life and inspired millions of people. Due to his principles, he is called the "Father of the Nation." He was assassinated on 30 January 1948, but his teachings are 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

Cristiano Ronaldo: The Portuguese Superstar

Cristiano Ronaldo, born on February 5, 1985, in Madeira, Portugal, is one of the greatest footballers of all time. From a young age, he showed exceptional talent and dedication to football. He began his professional career with Sporting Lisbon and soon moved to Manchester United, where he became a

world-class player, winning multiple Premier League titles and a UEFA Champions League trophy. In 2009, he joined Real Madrid, breaking numerous goal-scoring records and winning four Ballon d'Or awards. Ronaldo has also led Portugal to victory in the 2016 UEFA European Championship. Known for his speed, skill, and determination, Ronaldo inspires millions worldwide. Off the field, he contributes to charitable causes, making him a true global icon.

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

Cleanliness Drive Organised in Green Valley School

Green Valley School organised a cleanliness drive on 2nd October to mark Gandhi Jayanti. Students from classes VI to VIII actively participated in the programme. They cleaned classrooms, corridors, and the school playground. Teachers guided the students and explained the importance of cleanliness and hygiene. The drive helped students understand their responsibility towards keeping their surroundings clean and healthy.

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

Ans:-Notice

GREEN VALLEY SCHOOL

NOTICE

Date: 12 August 2025

This is to inform all students that an Inter-School Sports Meet will be held on 25 August 2025 in the school playground. Interested students may give their names to their sports teachers by 18 August 2025.

Rohan Mehta

Sports Captain

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

(1×7=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

Answer (A): Importance of Time Management for Students

Time management is very important for students to succeed in their studies and daily life. When students manage their time well, they can complete homework, revise lessons, and also enjoy playtime. Proper planning helps reduce stress and improves concentration. A timetable allows students to use time wisely and avoid last-minute pressure. Time management also teaches discipline and responsibility. Students who value time are more confident and organised. Therefore, learning to manage time from a young age helps students achieve their goals and become successful in life.

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

Answer (B): Effects of Social Media on Students

Social media has become an important part of students' lives. It helps students stay connected with friends and learn new information. Educational videos and online discussions can improve knowledge. However, excessive use of social media can waste time and affect studies. It may also lead to distraction and reduced concentration. Students should use social media carefully and limit screen time. When used wisely, social media can be useful, but misuse can be harmful.

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

Answer (A): A Day Without Electricity

Yesterday, our area faced a complete power cut due to heavy rain. Life became difficult without electricity. Fans stopped working and the house felt very hot. We could not watch television or charge our mobile phones. However, the power cut also brought some positive moments. My family sat together and talked for a long time. We played indoor games and shared stories. At night, we used candles and enjoyed the quiet surroundings. The experience taught me the value of electricity and how dependent we are on it in our daily life.

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

Answer (B): A Journey by Train

Last summer, I travelled by train to visit my grandparents. It was my first long journey by train. The platform was crowded and full of activity. After boarding, I enjoyed watching green fields, rivers, and villages pass by. Vendors sold snacks and tea, which added to the excitement. I spoke to fellow passengers and made new friends. The rhythmic sound of the train was soothing. The journey was comfortable and enjoyable. It became a memorable experience that I will always cherish.

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.

Answers:

I. broken.

II. Running

III. dancing

8. Change the following sentences into passive voice.

(1x4 = 4)

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

Sameer said that he was reading a book.

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

The lesson is explained clearly by the teacher.

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

Arjun created a beautiful painting.

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

She said, "He has left for school."

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

(1x4=4)

I. / new / did / you / buy / a / phone / ? → **Did you buy a new phone?** – Interrogative

II. / enjoyed / We / the / movie / very / much → **We enjoyed the movie very much.** – Declarative

III. / close / the / door / quietly / Please → **Please close the door quietly.** – Imperative

SECTION D – LITERATURE

(26 marks)

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

(2x4=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.

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

- a. She was lying on her bed near the window.
- b. She was counting ivy leaves, believing her life would end with the last leaf.
- c. Sue tried to distract and encourage her.
- d. Johnsy was ill, depressed, and hopeless.

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."

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

- a. Speaker and Addressed: The speaker is Titania and she is addressing Nick Bottom.
- b. Hairy cheeks/Large ears: Bottom has these features because Puck (Robin) changed his head into a donkey's head.
- c. State of mind: Titania is under a magic spell and is completely deluded by the love-juice.
- d. Treatment by Fairies: The fairies treat him with great respect, serving him and following his every command.

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

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

- a. The brook
- b. Human life is temporary
- c. Temporary human life vs eternal nature
- d. Alfred Lord Tennyson

11. Answer any five of the following six questions in about 30-40 words each. (2x5=10)

a. What is the importance of plastics in The Material of 1000 Uses?

Answer:

Plastics are useful because they are light, strong, cheap, and versatile. They are used in daily life, industries, medicine, and technology, making them an important modern material.

b. How does Durrell describe animals in The Durrells?

Answer:

Durrell describes animals with affection and humour. He observes their habits closely and presents them as lively, interesting, and full of personality.

c. Why was the bed uncomfortable in An Uncomfortable Bed?

Answer:

The bed was uncomfortable because it was hard, uneven, and unfamiliar. The author was not used to sleeping in such conditions, which made it difficult for him to rest properly.

d. How did Sue support Johnsy during her illness?

Answer:

Sue stayed with Johnsy, encouraged her to eat, and tried to distract her from negative thoughts. She also continued painting to support both of them and showed care and concern throughout Johnsy's illness.

e. Why does Swami dislike Monday mornings?

Answer:

Swami dislikes Monday mornings because they end the freedom of the weekend. He fears school, especially his strict teacher and the headmaster, and feels lazy and unhappy returning to routine.

f. What message does the poem Mother to Son convey?

Answer:

The poem conveys that life is full of difficulties and challenges, but one should never give up. Through the mother's advice to her son, the poet teaches the importance of perseverance, courage, and determination. Even when life is hard and full of struggles, moving forward with hope and strength leads to success.

12. Answer in 150-200 words any 1 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

Answer:

Under the influence of the magic flower juice, Titania's behavior toward Bottom is filled with extreme affection and royal treatment. Even though Bottom has a donkey's head, Titania sees him as a "gentle joy" and a beautiful being.

First, she provides him with physical comfort by making him lie on a bed of musk roses and stroking his "hairy cheeks." Second, she places her best servants-Peaseblossom, Cobweb, Moth, and Mustardseed-at his disposal. She commands them to fetch him "apricots and dewberries" and to fan him with butterfly wings.

Furthermore, she is willing to give up her most prized possession, the changeling boy, to Oberon just to be left alone with Bottom.

B. Explain why plastic is called "the material of a thousand uses." Mention its advantages and importance in daily life.

Answer:

Introduction:

The Material of 1000 Uses explains the importance of plastic in modern life. Plastic has become one of the most useful materials used by humans.

Explanation:

Plastic is light, strong, flexible, and inexpensive. It is used to make many everyday items such as containers, bottles, toys, and bags. In hospitals, plastic is used for syringes, gloves, and medical equipment. It is also widely used in industries, transportation, and construction. Plastic can be easily shaped into different forms, which makes it very useful. However, the lesson also warns us about the harmful effects of plastic waste if not used carefully.

Conclusion:

The chapter shows that plastic is an important material, but it should be used wisely. Proper recycling and responsible use can help protect the environment while enjoying its benefits.

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