



# B.K. BIRLA CENTRE FOR EDUCATION

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

ANNUAL EXAMINATION 2025-26

SET II

**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)

#### The Importance of Regular Physical Exercise

Regular physical exercise is one of the most effective ways to maintain good health. It helps control body weight, improves heart and lung function, and strengthens muscles and bones. Beyond physical benefits, exercise is also vital for mental well-being. People who engage in regular physical activity tend to feel more energetic, confident, and relaxed.

Modern lifestyles, however, have made many people inactive. Long hours of sitting, excessive screen time, and minimal outdoor activity have led to an increase in health problems such as obesity, diabetes, heart disease, and back pain. Medical experts estimate that nearly 80 percent of lifestyle-related diseases are caused by physical inactivity.

Exercise also reduces stress by stimulating the brain to release chemicals called endorphins. These natural chemicals enhance mood, reduce anxiety, and help prevent depression. Regular physical activity improves sleep quality, boosts immunity, and promotes overall well-being. Even simple activities like walking, cycling, or playing outdoor games for just 30 minutes a day can bring significant benefits.

Short-term physical strain during exercise is beneficial because it strengthens muscles, improves stamina, and enhances physical fitness. However, over-exercising without adequate rest can lead to injury, fatigue, or burnout. Therefore, maintaining balance and regularity in exercise is crucial for long-term health.

In conclusion, incorporating physical exercise into daily life is essential for overall well-being. Exercise does not require expensive equipment or gym memberships; consistency and dedication are far more important. By combining regular exercise with a balanced diet and sufficient rest, individuals can prevent many health problems and lead a longer, healthier, and more fulfilling life.

Answer the following questions based on the passage above:

### I. Who does road safety concern?

(1)

- (a) Only drivers (b) Only pedestrians  
(c) Everyone using the roads (d) Only cyclists

**Answer: (c) Everyone using the roads**

**II. Find from the passage the opposite of ‘careful’.** (1)

**Answer: careless**

**III. What is one major cause of road accidents mentioned in the passage?** (1)

- (a) Heavy rain (b) Over speeding (c) Narrow roads (d) Poor lighting

**Answer: (b) Over speeding**

**IV. What are traffic signals designed to do?** (1)

**Answer: to control the flow of vehicles and prevent accidents**

**V. Who are especially vulnerable to road accidents?** (1)

- (a) Drivers (b) Elderly people (c) Children (d) Cyclists

**Answer: (c) Children**

**VI. Find from the passage the word which means “in danger”.** (1)

**Answer: vulnerable**

**VII. Why is it important to follow traffic rules?** (2)

**Answer:**

**Following traffic rules helps prevent accidents.**

**It protects one’s own life and the lives of others.**

**Traffic rules maintain order on roads.**

**They ensure safe movement for everyone.**

**VIII. How can pedestrians stay safe on the road?** (2)

**Answer:**

**Pedestrians should use footpaths and zebra crossings.**

**They should look both ways before crossing the road.**

**Avoiding distractions helps prevent accidents.**

**Walking on the correct side ensures safety.**

**IX. Why should children be educated about road safety early?** (2)

**Answer:**

**Children may not fully understand traffic rules.**

**Early education helps develop safe habits.**

**It reduces the risk of accidents.**

**Awareness can save lives.**

## 2. Read the passage and answer the questions.

(10)

### Energy: A Vital Requirement for Life

Energy is one of the most important requirements for daily life. Humans rely on energy for a wide range of activities such as cooking food, lighting homes, running electrical appliances, operating machines, and travelling from one place to another. Schools, hospitals, offices, factories, and public transport systems all depend on energy to function efficiently. Without energy, modern life as we know it would come to a complete standstill, and daily routines would become extremely difficult.

There are two main types of energy sources: renewable and non-renewable. Renewable sources of energy, such as solar energy, wind energy, hydroelectric power, and biomass, can be used repeatedly without the risk of depletion. They are also eco-friendly and do not cause pollution. Non-renewable sources of energy, including coal, petroleum, natural gas, and nuclear fuels, are limited and cannot be replaced once used. Excessive dependence on these sources can lead to environmental damage, air and water pollution, and depletion of natural resources, making it harder for future generations to meet their energy needs.

Energy conservation is the practice of using energy wisely and avoiding unnecessary wastage. Simple measures, such as switching off lights, fans, and electrical appliances when not in use, using energy-efficient devices, walking or using public transport instead of private vehicles, and reducing unnecessary consumption, can save a significant amount of energy. Conserving energy not only protects the environment but also ensures that energy resources remain available for future generations.

In addition to conservation, adopting renewable energy sources on a larger scale can help meet the growing energy demands of the world in a sustainable and environmentally friendly way. Governments, industries, and individuals can invest in solar panels, wind turbines, hydroelectric projects, and other clean technologies. Public awareness campaigns, education, and community initiatives can encourage people to adopt energy-saving habits. By combining energy conservation with the use of renewable energy, we can reduce pollution, protect natural resources, and create a safer and more sustainable energy future for everyone.

Answer the following questions based on the passage above:

**I. What is an important requirement for daily life?** (1)

**Answer:** Energy

**II. Mention any two uses of energy in daily life.**

**Answer:** Cooking food and lighting homes. (1)

**III. Which of the following is a renewable source of energy?** (1)

(a) Coal (b) Petroleum (c) Natural gas (d) Solar energy

**Answer:** Solar energy

**IV. Name any two non-renewable sources of energy.** (1)

**Answer:** Coal and petroleum

**V. What happens due to excessive use of non-renewable energy?** (1)

(a) Less pollution (b) Environmental harm (c) Energy conservation (d) Increase in resources

**Answer:** Environmental harm

**VI. What does energy conservation mean?** (1)

**Answer:** Using energy wisely and avoiding unnecessary wastage.

**VII. Mention any two ways to conserve energy.**

(2)

**Answer:**

- Switching off lights, fans, and electrical appliances when not in use.
- Using energy-efficient devices and choosing public transport.

**VIII. How does conserving energy help future generations?**

(2)

**Answer:**

- It ensures that energy resources are not depleted.
- It reduces pollution and protects the environment.
- It provides sufficient energy for future generations.

### SECTION B-WRITING SKILL

(22 marks)

**3. Attempt any one of the two, (A) or (B)**

(1×3 = 3)

**A. Write a short biography of Rani Lakshmibai of Jhansi.**

Hints:

1. Born on: 19 November 1828
2. Birthplace: Varanasi
3. Childhood name: Manikarnika (Manu)
4. Husband: Maharaja Gangadhar Rao
5. Fought in: Revolt of 1857
6. Known for: Bravery and courage
7. Died in: 1858

**Answer (A): Biography**

**Rani Lakshmibai**

Rani Lakshmibai was born in 1828 in Varanasi. She was a brave queen of Jhansi and a great freedom fighter. She played an important role in the Revolt of 1857 against British rule. Rani Lakshmibai was skilled in horse riding and sword fighting. She fought courageously to protect her kingdom and her people. Her bravery and patriotism inspired many Indians. She died fighting the British in 1858. Rani Lakshmibai is remembered as a symbol of courage and sacrifice.

**OR**

**B. Write a short biography of Sachin Tendulkar.**

Hints:

1. Born on: 24 April 1973
2. Birthplace: Mumbai
3. Profession: Cricketer
4. Debut year: 1989
5. Nickname: Master Blaster
6. Awards: Bharat Ratna
7. Retired in: 2013
8. Known for: Hard work and records in cricket

**Answer (B): Biography**

Sachin Tendulkar was born on 24 April 1973 in Mumbai, India. He is one of the greatest cricketers in the world. He started playing cricket at a very young age and worked very hard to become a successful player.

He made his international debut in 1989 for India. Sachin scored many centuries and broke several records in his career. He is known as the “Master Blaster” and the “God of Cricket.”

He received many awards, including the Bharat Ratna, India’s highest civilian award. He retired from international cricket in 2013. He is admired for his dedication, discipline, and love for the game.

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 tree plantation drive organised in your school.

**Answer:**

#### **Tree Plantation Drive at Sunrise Public School**

Sunrise Public School organised a tree plantation drive on 5 June to celebrate World Environment Day. Students from classes VI to VIII actively participated in the programme. Saplings were planted in the school garden and nearby areas. Teachers guided the students and explained the importance of trees for clean air and a healthy environment. The drive encouraged students to protect nature and become responsible citizens.

B. You are the Head Boy / Head Girl of Sunrise Public School. Write a notice informing students about a science exhibition.

**Answer (B): Notice**

**SUNRISE PUBLIC SCHOOL**

**NOTICE**

**Date: 10 September 2025**

All students are informed that a Science Exhibition will be held on 20 September 2025 in the school hall. Interested students should give their names to their science teachers by 15 September 2025.

**Aarav Sharma**

**Head Boy**

5. Attempt any one of the two, (A) or (B), in 120 words. (1×7=7)

A. Importance of Healthy Eating Habits

**Answer (A): Importance of Healthy Eating Habits**

Healthy eating habits are very important for students. Eating nutritious food helps the body grow strong and keeps the mind active. Fruits, vegetables, milk, and whole grains provide essential vitamins and minerals. Junk food may be tasty, but it can cause health problems if eaten regularly. Healthy food improves concentration and energy levels, which helps students perform better in studies and sports. Drinking enough water is also necessary for good health. Therefore, developing healthy eating habits at a young age helps students stay fit and active throughout life.

OR

**B. Importance of Outdoor Games**

**Answer (B): Importance of Outdoor Games**

Outdoor games play an important role in the physical and mental development of students. Playing games like football, cricket, and kho-kho keeps the body fit and strong. Outdoor activities improve stamina, teamwork, and discipline. They also reduce stress and refresh the mind. Playing in open spaces helps students stay active and reduces screen time. Outdoor games teach students important values such as cooperation and sportsmanship. Therefore, students should make time for outdoor games to maintain good health and overall development.

6. Attempt any one of the two, (A) or (B), in 150 words.

(1x8=8)

A. "Describe your dream house. Write about its location, rooms, furniture, special features, and how you would feel living there."

**Answer (A): MY DREAM HOUSE**

My dream house is a beautiful and spacious home located near the sea. It is a two-story house with large windows that let in plenty of sunlight. The walls are painted white, and the roof is red, giving it a cheerful and welcoming look.

The house has a big living room with a comfortable sofa, a wooden dining table, and colorful paintings on the walls. There is a modern kitchen with all the necessary appliances, where I love to imagine cooking delicious meals. My bedroom is cozy, with a soft bed, a study table, and shelves full of my favorite books.

Outside, there is a green garden with flowers, fruit trees, and a small fountain. I would also like to have a swimming pool and a terrace garden where I can relax and enjoy the fresh air. My dream house is a place where I can spend happy moments with my family and invite friends over for fun gatherings.

Living in this house would make me feel peaceful, happy, and safe. It is not just a building, but a place full of love, comfort, and beautiful memories.

OR

**B. Swachh Bharat Cleanliness Drive in Our City**

**Answer (B): Swachh Bharat Cleanliness Drive in Our City**

Recently, a Swachh Bharat cleanliness drive was organised in our city to promote hygiene and cleanliness. People from different age groups participated actively. Roads, parks, and public places were cleaned. Volunteers collected plastic waste and spread awareness about proper waste disposal. Municipal workers guided citizens on keeping their surroundings clean. Posters and slogans encouraged people to avoid littering. The drive reminded everyone that cleanliness is essential for good health. Such initiatives help prevent diseases and create a pleasant environment. The programme motivated citizens to adopt cleanliness as a daily habit and support the Swachh Bharat Mission.

**SECTION C- GRAMMAR**

(10 marks)

7. Fill in the blanks with the correct form of the verbs given in brackets.

(1x3=3)

- I. The \_\_\_\_\_ (write) letter was posted yesterday.
- II. \_\_\_\_\_ (play) in the park, the children enjoyed themselves.
- III. She bought a \_\_\_\_\_ (paint) pot from the shop.

**Answers:**

**I. written**

**II. Playing**

**III. painted**

8. Change the following sentences as directed: (1×4 = 4)

- I. Riya said “I will come to the party” (**Change into Indirect Speech**)
- II. The gardener waters the plants every morning (**Change into Passive Voice**)
- III. A magnificent monument was built by the emperor to celebrate his victory. (**Change into Active Voice**)
- IV. She said that she had finished her work (**Change into Direct Speech**)

**Answers:**

- I. Riya said that she would come to the party (Indirect Speech)**
- II. The plants are watered by the gardener every morning (Passive Voice)**
- III. The emperor built a magnificent monument to celebrate his victory. (Active Voice)**
- IV. She said, “I have finished my work” (Direct Speech)**

9. Arrange the following sentences correctly and identify their type as Declarative, Interrogative, Exclamatory and Imperative (1×3 = 3)

- I. today? / are / late / you / Why
- II. picnic / enjoyed / school / the / We
- III. class / give / a / Please / me / of / water

**Answers:**

- I. Why are you late today? (Interrogative)**
- II. We enjoyed the school picnic. (Declarative)**
- III. Please give me a class of water. (Imperative)**

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

**(2x4=8)**

**A.** *“Be as you always were. See what you have always seen. Diana’s flower has more power than Cupid’s. Now, my Titania, wake up, my sweet queen.”*

- Who is speaking these lines?
- What action does the speaker take physically while saying these words?
- To whom is the speaker referring as "my sweet queen"?
- What "sight" does the speaker want the Queen to see upon waking?

**Answers:**

- Speaker: Oberon, the Fairy King.
- Physical Action: He touches Titania's eyes with a special herb (the antidote).
- Sweet Queen: He is referring to his wife, Titania.
- The Sight: He wants her to see the foolishness of her loving a man with a donkey's head.

**B.** *“Life for me ain’t been no crystal stair.  
It’s had tacks in it,  
And splinters,  
And boards torn up.”*

- Who is speaking in these lines?
- What does “no crystal stair” suggest about life?
- What do “tacks” and “splinters” symbolise?
- What message is conveyed through these lines?

**Answers:**

- The mother is speaking to her son.
- Life has not been easy or comfortable.
- They symbolize hardships and difficulties in life.
- Life is full of struggles, but one must continue moving forward.

**C.** Swaminathan lay in bed on Monday morning, unwilling to get up. The warmth of the blanket and the comfort of sleep made him dislike the thought of going to school. He remembered the strict teachers, the heavy school bag, and the long hours of classes. As he thought of these things, his body ached, and he felt that he was truly ill.

- Why was Swaminathan unwilling to get up?
- What thoughts made Swami dislike school?
- What physical feeling did Swami experience?
- What does this extract reveal about Swami’s attitude towards school?

**Answers:**

- Swaminathan was unwilling to get up because it was Monday and he did not want to go to school.
- He thought about strict teachers, a heavy school bag, and long school hours.
- He felt body pain and believed that he was ill.
- The extract shows that Swami disliked school and preferred the comfort of home and sleep.

**11. Answer any five of the following six questions in about 30-40 words each.**

**(2x5=10)**

i. How does Sue try to keep Johnsy hopeful in The Last Leaf?

**Answer:**

**Sue stays close to Johnsy and tries to distract her from negative thoughts. She encourages her to eat and speaks cheerfully. Sue also continues painting to support both of them and never leaves Johnsy alone.**

ii. How does Swami's father react to his excuses in Monday Morning?

**Answer:**

**Swami's father does not believe his excuses. He scolds him and insists that he go to school. His strict attitude shows discipline and contrasts with Swami's lazy and fearful behaviour.**

iii. What makes the animals interesting in The Durrells?

**Answer:**

**The animals are described with humour and affection. Their habits and behaviour are observed closely, making them appear lively and full of personality rather than ordinary creatures.**

iv. What difficulties does the narrator face in An Uncomfortable Bed?

**Answer:**

**The narrator finds the bed hard, uneven, and unfamiliar. These uncomfortable conditions prevent him from sleeping properly and make the night restless and unpleasant.**

v. How does Sindbad escape from the giant in The Second Voyage of Sindbad the Sailor?

**Answer:**

**Sindbad and his companions blind the giant with a heated iron rod. Later, they escape by tying themselves to the bellies of sheep and passing unnoticed.**

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

**Answer:**

**The poem teaches that life is full of struggles and hardships. Through a mother's advice, it encourages perseverance, courage, and the importance of never giving up.**

**12. Answer in 150-200 words any one of the following.**

**(8x1=8)**

**A. Describe how Titania treats Bottom while she is under the magic spell. Use examples from the story.**

**OR**

**Answer:**

**The awakening of Titania marks the restoration of peace in the fairy kingdom. Oberon, having obtained the changeling boy, decides to release Titania from her "hateful" love. He uses "Diana's flower" to clear her eyes.**

**When Titania wakes up, she is confused and feels as though she has had a strange vision. Her reaction to seeing Bottom is one of immediate disgust. She asks, "How mine eyes do loathe his visage now!" She is shocked that she ever found the donkey-headed weaver attractive and turns to Oberon for protection.**

**The conflict is resolved through forgiveness.**

**Oberon is no longer angry because he achieved his goal. He takes Titania's hand, and they dance together, which symbolizes their reunion and the end of their quarrel.**

**B. Describe the narrator's experience in An Uncomfortable Bed. How does the writer use humour to describe his discomfort?**

**Answer:**

**Introduction:**

An Uncomfortable Bed is a humorous account of the narrator's experience of spending a restless night on an unpleasant bed.

**Explanation:**

The narrator is forced to sleep on a hard, uneven bed that makes him extremely uncomfortable. He keeps changing positions throughout the night but finds no relief. The bed seems to grow harder as the night passes. The writer humorously exaggerates his discomfort and describes how even small movements disturb his sleep. His thoughts and reactions make the situation amusing for the reader. Though the problem is small, the narrator's suffering appears serious because of his dramatic description.

**Conclusion:**

The lesson shows how humour can turn an ordinary experience into an entertaining story. It also reminds us to appreciate comfort and adapt to difficult situations with patience.

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