



B.K. BIRLA CENTRE FOR EDUCATION

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

TERM I 2025-26

ENGLISH

Class: VII

Date: 05.09.25

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)

It has become common knowledge that yoga is good for you. Currently yoga is being used as a therapy for cancer, infertility, lung disease, multiple sclerosis, Parkinson's disease, insomnia, high blood pressure, and joint pain. Yet there is very little awareness and understanding on exactly how yoga heals, even in the yoga and medical communities. The key is to understand the relationships between stress, yoga and disease.

Medical research estimates that as much as 90 percent of illness and disease is stress related. A few of the many diseases and conditions that have been linked to an overactive stress response include: cardiovascular disease, depression, anxiety, some types of diabetes mellitus, etc.

What we feel as stress, is the product of the sympathetic nervous system or the "fight or flight" response: an almost instantaneous surge in heart rate, cardiac output, blood pressure, sweating, shallow breathing and metabolism, combined with a tensing of muscles. Internally, the "fight or flight" response shuts down digestion and elimination and reduces blood flow to the internal organs. Short term, this stress reaction is a good thing.

The "fight or flight" response prepares us to respond to any environmental threat by fighting against it or fleeing from it. But long term continuous exposure to stress is harmful, placing excess wear and tear on the body's system and severely limiting the body's natural maintenance and healing abilities. Chronic stress can lead to continuously high levels of cortisol. This hormone at normal levels helps to maintain an active, healthy body (including regulation of metabolism and blood pressure).

I. What is good for us today?

(1)

- (a) yoga
- (b) medicines
- (c) operations
- (d) diseases

II. Find from the passage the opposite of 'fertility'.

(1)

III. What should we understand between stress, yoga and disease? (1)

- (a) relationship
- (b) cure
- (c) medicines
- (d) procedure

IV. Which is key thing that we should understand? (1)

V. What percent of illness and disease is stress related? (1)

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

VI. Find from the passage the word which means “sleep disorder”. (1)

VII. Find from the passage the synonym of “dangerous” and “fear” (2)

VIII. For which diseases is yoga being used as a therapy? (2)

IX. How is short term stress good thing? (2)

2. Read the passage and answer the questions. (10)

Forests are considered the ‘green gold’ of a country. The very survival of humans and other living beings is dependent on trees and plants which are a major source of oxygen-the vital gas for our respiration. They also act as a ‘sink’ for the carbon dioxide exhaled by humans and animals and spewed from the chimneys and by the automobiles.

Forests play a vital role in sustaining our life and the nation’s economy. They provide oxygen without which life is not possible on earth. They maintain a healthy gaseous balance in the atmosphere. They are great moderators of climate. Plants increase the humidity of water vapour from their exposed surfaces by way of transpiration. Buy vitamins and supplements

As one may be aware, forests extensively control soil erosion and landslides. Forests in the hilly areas keep the soil of riverbanks intact with their extensive root system. They also maintain the stability of the mountain slopes. The aerial parts of the plants intercept rain, decreasing its erosive power. Ground flora and the thick layer of litter and humus in the forests act as sponge and help to retain the water received in the form of rain or through the melting of snow; this prevents floods in the plains. By decreasing the velocity of water coming down the hills, forests help in greater absorption of water by the soil in we keep the soul mountain sloperind the thick lay in the form locity the plains and thus preventing droughts. As the soil retains its moisture, it is released slowly, giving rise to perennial streams and rivulets. The material advantage offered by forests needs no mention. Through centuries forests have provided us fuel, fodder and timber wood; our several industries are based on certain resources which are found in the woods.

I. What are considered “green gold’ of a country? (1)

- (a) Forests
- (b) Colours
- (c) Fields
- (d) Flags

II. How do the trees maintain a healthy gaseous balance in the atmosphere? (1)

III. Which gas is vital for our respiration? (1)

(a) Carbon dioxide

(b) Nitrogen

(c) Oxygen

(d) Hydrogen

IV. How do forests control soil erosion? (1)

V. For which gas do the trees and the plants act as a sink? (1)

(a) Nitrogen

(b) Oxygen

(c) Carbon dioxide

(d) Hydrogen

VI. How do forests prevent droughts? (1)

VII. Mention two material advantages offered by forests. (2)

VIII. How are forests useful for us? Describe in your own words (2)

SECTION B-WRITING SKILL

(22 marks)

3. You are going on a school picnic with your classmates and teachers. You are very excited. The night before the trip you sit down to write your diary. Describe what you have planned for the picnic and how you hope to enjoy yourself there. You are Rajesh. Write your diary in 100-150 words. (1x3=3)

4. Write an e-mail to the Principal of your school requesting him to give you one week's leave as your grandmother expired last night. (1x4=4)

5. Attempt any one of the two, (A) or (B), in 120 words. (1x7=7)

A. You are Amit/Anu Pillai of C-43, Maya Enclave, Bengaluru. Every day you read newspaper reports about a number of crimes and murders. Write a letter to the Commissioner of Police, Bengaluru, complaining about the rising rate of crime in the city.

OR

B. Write to the Ramanathan Publishers, 23 Mount Road, Chennai, complaining about the parcel of books which you have received in a damaged state. You are Anshul Reddy living at 26, Anand Nilayam, Hyderabad.

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

A. With the help of the given outlines, develop readable story and give title with moral. (1x8=8)

Outline:- A boy falls in bad company..... father brings applesput them in the cupboard places a rotten apple among themnext day all apples rottenteaches a lesson. Moral

OR

B. You are a staff reporter for a local newspaper. Write a report in about 100–120 words on a tree plantation drive held in your city. Mention when and where it was organised, who participated, and what was the purpose of the event. (1x8=8)

SECTION C- GRAMMAR

(10 marks)

7. Fill in the blanks (i) – (iii) with the appropriate option from those in the bracket. (1x3=3)

Last summer, I _____ (1) (have been to/have gone to) Italy twice with my family, and we loved visiting Rome. This year, my friend Alex _____ (2) (have been to/have gone to) Italy as well, but he is still travelling there, so he hasn't come back yet. My parents _____ (3) (have been to/have gone to) Italy many times, but they still enjoy going.

8. Fill in the blanks with past perfect continuous form of the verb. (1x4=4)

Liam: Hi Emma! You look tired. What happened?

Emma: I (1) _____ (study) for my science test all weekend.

Liam: Oh, wow! How long (2) _____ you _____ (study) before you finally took a break?

Emma: I (3) _____ (study) for almost six hours before I stopped.

Liam: That's a lot! I thought you had gone to the park.

Emma: I wish! By the time I went outside, it was raining. It (4) _____ (rain) since morning.

9. Complete the sentences using the correct form of Gerunds and Infinitives and rewrite the sentence. (1x3=3)

1. ----- (Swim) is my favourite sport, which I like ----- (perform)

2. I enjoy----- (read) books as it helps me ----- (improve) my knowledge.

3. I am interested (work) in France, as I would love ----- (learn) French.

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. Swaminathan found Monday mornings challenging after the relaxed freedom of the weekend. The thought of returning to school, especially facing the strict class-teacher Vedanayagam and the intimidating headmaster with his cane, made him dread the day.

I. Who is the student mentioned in the extract?

II. Which day of the week is Swaminathan dreading, and why?

III. Name the two figures Swaminathan fears facing back at school.

IV. What object symbolizes Swaminathan's anxiety about school?

B. Weavers, weaving at fall of night,

Why do you weave a garment so bright?

Like the plumes of a peacock, purple and green,

We weave the marriage-veils of a queen

- I.** Who is being spoken to in the extract?
- II.** What are the weavers doing at "fall of night"?
- III.** What simile is used to describe the cloth they are weaving?
- IV.** For whom are the weavers creating the garment?

C. I chatter, chatter, as I flow
To join the brimming river;
For men may come and men may go,
But I go on forever

- I.** Who is the speaker in this extract?
- II.** What does the speaker mean by "I chatter, chatter"?
- III.** Where is the brook flowing to?
- IV.** What do the last two lines suggest about the brook compared to human life?

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

- I.** What is Johnsy's illness? What can cure her, the medicine or the willingness to live?
- II.** What is the main theme of poem "The Brook"?
- III.** How is a Monday morning to you? Elaborate.
- IV.** What is the main idea of The Lottery Ticket by Anton Chekhov?
- V.** Why do the weavers weave a garment so gay at the break of day?
- VI.** How did Sue try to help Johnsy overcome her pessimistic attitude?

12. Answer in 150-200 words any 1 of the following. (8x1=8)

- I.** Do you think the feeling of depression Johnsy has is common among teenagers? Elaborate.
- II.** Describe Swami's feelings and reactions as he anticipates and then experiences the Monday morning routine. What does this reveal about his character?

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