1. Read the following passage carefully and answer the questions that follow:

_The Stress Factor_

a. While there is no denying that the world loves a winner, it is important that you recognize the signs of stress in your behaviour and be healthy enough to enjoy your success. Stress can strike anytime, in a fashion that may leave you unaware of its presence in your life. While a certain amount of pressure is necessary for performance, it is important to be able to recognize your individual threshold. For instance, there are some individuals who accept competition in a healthy fashion. There are others who collapse into weeping wrecks before an exam or on comparing marksheets and finding that their friend has scored better.

b. It is a body reaction to any demands or changes in its internal and external environment. Whenever there is a change in the external environment such as pollutants, temperature, humidity and working conditions, it leads to stress. In these days of competition when a person makes up his mind to surpass what has been achieved by others, leading to an imbalance between demands and resources, it causes psychosocial stress. It is a part and parcel of everyday life.

c. Stress has a different meaning depending on the stage of life you are in. The loss of a toy or a reprimand from the parents might create a stress shock in a child. An adolescent who fails an examination may feel as if everything has been lost and life has no further meaning. In an adult, the loss of his or her companion, job or professional failure may appear as if there is nothing more to be achieved.

d. Such signs appear in the attitude and behaviour of the individual, as muscle tension in various parts of the body, palpitation and high blood pressure, indigestion and hyperacidity and ultimately in self destructive behaviour such as eating and drinking too much, smoking excessively, relying on tranquillisers etc.
e. The professional under stress behaves as if he is a perfectionist followed by depression, lethargy, weakness for further work. Periodic mood shifts also indicate the stress status of students, executives and professionals.

f. In a study sponsored by World Health Organisation and carried out by Harvard School of Public Health, the global burden of diseases and injury indicated that stress diseases and accidents are going to be the major killers in 2020. Stress diseases like ulcer, hypertension and neurological disorders including insomnia have assumed epidemic proportions in modern societies.

g. When stress crosses the threshold peculiar to an individual, it deteriorates his performance capacity. Frequent jumps over the threshold may result in a syndrome called chronic fatigue in which a person feels lethargic, disinterested and is not easily motivated to achieve anything. The best technique is self inner control. This arises by having faith in oneself, on the usefulness of the job he is doing and on any superpower who would deliver the result of the effort made.

h. There are many stress modifiers or stress busters. Some of these are diet and massage from Naturopathy, Homeopathy, modern medicine, food supplements and herbs from herbal medicine, hobbies and relaxation techniques. Physical exercise and dance movements are considered as excellent stress modifiers.

1 x 3 = 3

A. Choose the most appropriate option:
   1. The unhealthy competition prevalent in this competitive world causes ----------------
      i) psycho-social stress  ii) political stress
      iii) neuro problems  iv) blood pressure
   2. Stress impairs -----------------
      i) death  ii) hypertension
      iii) the performance of an individual  iv) none of the above
   3. The best stress busters are-----------------
      i) physical exercise  ii) dance movements
      iii) both (i) and (ii)  iv) none of the above

B. Answer the following questions briefly: 1 x 5 = 5
   1. What is stress?
   2. What may cause stress in a child?
3. Name the different diseases a person gets due to stress.
4. How can a person cope with stress?
5. What are the disadvantages of chronic fatigue?

1 × 3 = 3

C. Find the synonyms of the following words from the passage

1. people whose physical or mental health have been seriously affected (para-a)
2. rebuke (para-c)
3. showing lack of interest (para-e)

2. Read the following poem and answer the questions that follow:

Lines Written In Early Spring

I heard a thousand blended notes,
While in a grove I sat reclined,
In that sweet mood when pleasant thoughts
Bring sad thoughts to the mind.

To her fair works did nature link,
The human soul that through me ran;
And much it grieved my heart to think
What man has made of man.

Through primrose tufts in that green bower,
The periwinkle trailed its wreaths;
And 'tis my faith that every flower
Enjoys the air it breathes.

The birds around me hopped and played,
Their thoughts I cannot measure:
But the least motion which they made
It seemed a thrill of pleasure.
The budding twigs spread out their fan,
To catch the breezy air;
And I must think, do all I can,
That there was pleasure there.

If this belief from heaven be sent,
if such be Nature's holy plan,
Have I not reason to lament
What man has made of man?

William Wordsworth

A. Choose the most appropriate option:  

1 x 3 = 3

a. How does the poet feel after seeing nature?  
   (i) happy  (ii) philosophical  
   (iii) sad  (iv) mixed feeling

b. Where does the poet recline?  
   (i) tuft  (ii) grove  
   (iii) wreath  (iv) holy place

c. The poet seems to be sad because  
   (i) man hurts his fellow-being  (ii) man is not enjoying nature  
   (iii) man has become selfish  (iv) man destroys nature

B. Answer the following questions briefly:  

1 x 5 = 5

(a) Where did the poet hear the melodious music?  
(b) Pick out the rhyming words used in the third stanza.  
(c) What does the poet justify in the last two lines of the first stanza?  
(d) What could he not measure?  
(e) What does the poet think about Nature's plan?

C. Find words in the passage similar in meaning as  

1 x 3 = 3

(a) regret  (b) jumped  (c) excitement
Read the following passage carefully:

The Indian hand-knotted carpet industry, a traditionally rural-based cottage industry, is highly labour intensive and almost entirely export-oriented. The present dominant tradition of pile carpet-weaving goes back to the 16th century when the migration of skilled craftsmen from Persia and Afghanistan and the patronage extended by the Mughal rulers enabled the craft to take root and flourish in India.

The carpet industry in India adopted classical designs, almost all of the Persian origin. However, some patterns, commonly incorporated, were of Indian or Chinese origin. While the Persian weavers commonly depict animals such as lions and tigers, Indian weavers more often represent birds. There is also a difference between the Persian and Indian manner of depicting flowers.

The Indian essence is symbolized through its art, textiles, crafts and culture, which make the Indian appeal unique. Indian carpet designers and weavers have made distinct contributions to the oriental tradition of carpet-weaving down the ages. The most technically accomplished carpets of all times were woven in India. Also, the Indian carpet-weavers were really painters; they employed dyed yarn as painters used pigments which resulted in a range of colours. Yarns of different colours were directly mixed or used in a combination to yield new hues or subtitle variations of the existing ones. There was also a stylistic contribution. Although in the early years under court patronage, the patterns of Indian carpets were heavily dependant on the Persian models, later several patterns incorporating beautifully depicted flowers came into use.

After Independence, the carpet industry expanded rapidly, particularly since 1970, facilitating the growth of employment and income in relatively backward and often remote regions of the country. The industry continues to be predominantly, in the cottage and small-scale sectors, labour-intensive and particularly oriented towards exports. Hand-knotted carpets from India have long been valued in countries which import them.

5 Marks

(a) On the basis of your reading of the above passage, make notes using headings and subheadings. Use recognizable abbreviations, wherever necessary (minimum 4). Also supply an appropriate title to it.

3 Marks

(b) Write a summary of the above passage in about 80 words.
SECTION B (Advanced Writing Skills) 30 Marks

4. a) Horizon Girls' Hostel, Mumbai, needs the service of a warden. Draft an advertisement for publication in a local daily asking deserving candidates to appear for a walk-in-interview on 20th June from 9am to 5pm at Harrison Road, Mumbai.

(OR)

b) You are Sanjeev/Sanjeevani, Secretary of DRJ Flats Welfare Association, Bangalore. Write a notice to be circulated to the members of the Association, requesting them to attend a meeting to discuss the parking of vehicles of the residents.

6 Marks

5. a) You are Rithvik/Rita, a social worker. You are upset as some good schools are exploiting the parents at the time of admission by taking capitation fee in the name of donation or building fund. Write a letter to the Editor of 'The Times of India' highlighting this corrupt practice in 120-150 words.

(OR)

b) You are Naima/Naiman, the Sports Secretary of your school. Write a letter to Jamal Trading Company, Kolkata, a leading firm which deals with sports goods, enquiring about the rates of various sports materials to be purchased for the new academic session.

10 Marks

6. a) You are Neeraj/Nidha. On Teachers Day, you are asked to deliver a speech in the morning assembly on "The role of a teacher in society". Write your speech in 150-200 words.

(OR)

b) You are Amit/Amita. A debate competition on "How to guard Indian culture in the midst of global cultures" has been hosted by your school. Write a debate for or against the motion in 150-200 words.

10 Marks

7. a) Value education should be made a part of the curriculum in schools. Write an article in 150-200 words. You are Mark/Maria.

(OR)

6
b) After 12th you will be leaving the school for higher studies. What is your notion of a college life? Is it freedom from strict discipline imposed on you by the school or is it the beginning of responsible preparation for a brilliant career? Write an article in 150-200 words on what you think of college life.

SECTION C (Literature) 40 Marks

8. Read the extract given below and answer the questions that follow: 1 x 4 = 4

------I saw my mother,
beside me,
doze, open mouthed, her face
ashen like that of a corpse and realized with pain----

1. Name the poem and the poet.
2. What did the poet notice about her mother?
3. Name the poetic device in 'her face ashen like that of a corpse.'
4. What did the poet realize with pain?

(OR)

------And yet, for these
Children, these windows, not this map, their world
Where all their future's painted with a fog.
A narrow street sealed in with a lead sky.

1. Name the poem and the poet.
2. What do 'these windows' represent?
3. How is the future of these children?
4. Name the poetic device used in the 3rd line. 3 x 4=12

9. Answer any four of the following questions in 30-40 words each.

1. What order had come from Berlin? What changes did it cause in school that day?
2. Why was Douglas determined to get over his fear of water?
3. Why did the peddler decline the ironmaster’s invitation?
4. How did Jo want the story of Roger Skunk to end?
5. Why was it a celebration time for all the tigers inhabiting Pratibandapuram?
6. Describe the miserable plight of the people working at the glass furnaces.

10. Answer the following question in 120 - 150 words 6 Marks

a. What impression do you form of Edla on reading the story ‘The Rattrap’? What humanitarian values do you find in her attitude towards the peddler?

(OR)

b. Dedication, determination and devotion are the factors responsible for phenomenal success. Substantiate the above quoted statement in the light of the following lines:
“I want to be a motor mechanic”, he repeats. He will go to a garage and learn. But the garage is a long way from his home.

11. Answer the following question in 120 – 150 words 6 Marks

a. What problems did the Maharaja face in pursuit of his mission? How did he resolve them?

(OR)

b. Roger Skunk’s mother seems quite annoyed at the change in her child. Why?

12. Answer the following questions in 120 - 150 words 2 x 6 =12

a. The facts about the burglary at the vicarage came to be known through the medium of the vicar and his wife. Narrate the incident the vicar and his wife experienced during the night of the burglary.

b. “For God’s sake don’t worry me. If there is any damage done, put it down in the bill.” Comment upon the stranger’s character with regard to his behaviour towards Mrs Hall.

*******************************