

Date : 05-11-2011 Time : 9:00 - 12:00 Dept. No.

Max.: 100 Marks

## I Read the passage and answer the following questions given below:

5x2=10

It is that dreaded time of the year when you get to see pale panic-stricken students with dark circles under their eyes, their head buried in books. This is the time when stress-related problems among students are many. Exams are to be given their due importance, but they are not life or death situations. Dr. Ann McCraken, Chairperson, International Stress Management Association, explains why it is important to manage stress and keep your cool.

During student life, exams undoubtedly are the major cause of stress but there are other factors as well. Stress can also be an outcome of ill health. Dr. McCraken says that it is very important to keep both the body and mind 'Exam Ready'. When mind is refreshed and body is fit, our concentration level will improve. Contrary to the common belief, stress is an outcome of ill health and not its cause. Stress in a child could very well be an outcome of poor physical,mental or emotional health. According to Dr. McCraken, the reason that could probably be protecting Indian children from stress is a healthy diet. A right diet is absolutely essential for both — the mind and the body. A balanced diet should have proteins, carbohydrates, fat, vitamins and minerals. These micro-nutrients are essential for proper functioning of cells.

In her opinion stress level among Indian children is high. The children are under constant pressure from their parents and teachers to score above average marks. Competition in India is so great that the pressure on students grows immense. "Definitely, the education system in India must re-consider the format of exams and grading. The authorities must understand that the current system is putting a lot of pressure on children which they are incapable of handling. Parents should also be made aware of dealing with stress. They should have clear understanding about exam time management, importance of extra-curricular activities and also unconventional career options," she said.

- 1) What is the major cause of stress among students? What according to Dr. McCraken is very important?
- 2) What is the cause of stress in a child?
- 3) What is a balanced diet and why is it essential?
- 4) Why is the stress level high among Indian Students.?
- 5) Suggest two ways of 'Exam Time Management'.

# II Read the passage and answer the following questions given below:

To my deep distress, the professor called on me to explain a point in the day's lesson. I was always a hard worker, studied diligently and had revised my lessons carefully. But I was also terrified of speaking in public. With shaking knees, I stood up, shifting nervously form one feet to another, beads of perspiration running down my face. Finally I mumbled incoherently and slumped down. I had not only handled the subject matter awkwardly but had made the entire class laugh. As the class came to a close the professor asked me to meet him 'I wish to talk with you', he said. Shaking in my shoes, I waited until all the students had left, then slipped into the professor's room, 'you wanted to see me, sir?'

- 1. What were the positive qualities followed by the student in his studies?
- 2. What made the entire class laugh?
- 3. Is this kind of behaviour peculiar only to this student ? Explain.
- 4. If someone has this difficulty, how can he come out of it?
- 5. Write down any two words or phrases in the passage which mean that the student was nervous.

## III. Answer any two of the following in about 200 words:

- a. 'Money is not everything'. Explain this with reference to the story 'A perspective'.
- b. Role of parents in a child's life.
- c. What is the responsibility of a student in creating a corruption free India?
- d. Imagine yourself as Yashoda and narrate the story in your own words.

## IV. Refer to the Dictionary pages and answer the following questions : 20 marks

- 1. Make a sentence using the verb' **behold'**? (1 mark)
- 2. Give the noun form of: 'behave'. (1 mark)
- 3. Give the meaning of and make a sentence using the word ' belong ' (2 marks)
- 4. Give the adjective form of : 'bend' and use it in a sentence of your own. (2 marks)
- 5. Pick and write out **4 prepositions from the dictionary** (**2 marks**)
- 6. Construct a sentence using the word 'before' as preposition. (2 marks)
- 7. Construct a sentence using the word 'before' as conjunction. (1 mark)
- 8. Give the synonyms of the words 'beefcake' and 'benefactor'. (2 marks)
- 9. Write out the **correct spellings** of these words : (3 marks) i bigins ii beleive iii. beneeth
- 10. Give the parts of speech for the words 'beloved' and 'benevolent'. (2 marks)
- 11. I have the shape of a cup. I make a ringing sound when I am hit or struck. Who am I?
- 12. What is the **plural** form of '**Bedouin**'? (1 mark)

2x10=20

(1 mark)

#### V. Answer any ONE of the following in about 250 words:

- 1. Importance of sports for youngsters.
- 2. Express to God all the inequalities of our society (social evils/problems) and make a prayer that we have a better society in the near future.
- 3. My Dreams.

#### VI. Rewrite the following jumbled sentences into correct order.

- 1) Other apprentices laughed at him for doing extra work.
- 2) It shows that we have to go the extra mile to be successful.
- Kumar, a boy worked as an apprentice in a bicycle shop and a man sent a bicycle for repair.
- 4) After repairing the bicycle, Kumar cleaned up the bicycle and it looked like a new one.
- 5) The next day after the owner claimed the bicycle back; Kumar was appreciated and offered a job.
- VII. Study the picture, relate it to the lesson and write 10 sentences.

15 marks



Study the picture, relate to the lesson "Family Relationship" and write ten sentences about father-son relationship.

### Question for visually-challenged students.

If you are a leader, how will you motivate a shy and nervous boy? Write at least ten sentences.

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10 marks