

SECTION-A: READING

20

Read the following passage carefully and answer the questions that follow. 8

SET A ROUTINE FOR GOOD HEALTH

(Factual: Instructions)

1. When the body works with the rhythms of nature, then it is able to function at its best. Our body is programmed to work with the cycles of day and night and the seasons throughout the year. If we honour our body by working within these cycles, we are more inclined to have good health, lots of energy and a calm mind.
2. The best time to wake up is between 6 am to 8 am. The first thing, drink a glass of warm water with a squeeze of lemon juice in it.
3. Urinate, then clear your bowel. Make this a habit. After this, wash hands and face. Brush teeth. Scrape the tongue of built-up amal (toxin) using a tongue scraper or metal spoon. Scrape gently twice down the middle and once either side of the tongue.
4. Dry body brush yourself for five minutes, starting at the feet and working up the body. Then go for a daily self massage routine using warmed sesame oil. Bathe in warm water, never hot or cold.
5. Then exercise gently—do yoga, walk or breathe in deeply. Dress in clean clothes.
6. Whatever be your choice for breakfast, limit salt intake; avoid oily, fatty, fried foods, alcohol, caffeine, red meat, hot spices, chemicals, preservatives, cheese, yogurt and soya sauce.
7. Before breakfast, sip hot water often throughout the morning, for about 30-60 minutes.
8. Make it a regular routine to have your lunch between 12 midday–1 pm. It goes without saying, clean hands before eating. Lunch needs to be the biggest meal of the day as the digestive fire of *pitta* is at its peak.
9. Consider having 1/8th teaspoon fresh grated ginger with a few drops lemon juice before lunch, and follow with a few sips of warm water. Choose foods such as soups, whole grain breads, grains, salads, steamed or stir-fried vegetables, beans or legumes.
10. Avoid drinking with meals. Warm water can be sipped five minutes after eating to aid digestion. Sit quietly for five minutes after eating. Include a gentle walk of five to 15 minutes to aid digestion.
1. Practice the art of having dinner early—preferable between 6 pm and 7.30 pm. Consider having 1/8th teaspoon fresh grated ginger with a few drops lemon juice before dinner, follow with a few sips of warm water.
2. Eat a light dinner comprising fresh vegetables, salads, cooked vegetables, whole grains, legumes, followed by something sweet.
3. Always leave three hours between dinner and going to bed. Only consume warm herbal teas after dinner or warm water. Try to avoid stressful activity in the evening. Retire to bed by 10–10.30 pm. Do not read, eat or watch TV while eating or in bed.
4. How about trying to limit your intake of animal meat? It really helps to stay fit and have a long healthy life. —Colin Hall, Spa Director Ananda in the Himalayas

On the basis of the reading of the above passage, answer the following questions briefly:

1. When our body functions at its best?
2. Working within the rhythm of nature provides us which things?
3. What should gentle morning exercise include?
4. Why lunch should be the biggest meal of the day?
5. Which things are to be avoided during breakfast?
6. What is recommended by the writer before dinner and lunch?
7. What is the suggestion of the writer at the end?
8. What is the central themes of the passage?

2. Read the following passage carefully.

12

THE TUITION TRAP

(Discursive: Persuasive)

1. Given the general awareness of the woeful condition of our State schools, it would be surprising to find someone not engaging a private tutor or two if he could afford it. We, the urban, articulate and decision-making top 5 per cent of Indians, perfectly understand why only the rarest of rare among our politicians and bureaucrats send their children to a State school. They're not for people like us; they're for people like them. And so, in 21st century India, we are immune to the fact that the vast majority of Indians will be educationally deficient, uncompetitive in most contemporary skills and quite unable to raise their standards of living through the straight route.
2. Our complacency does not get shaken with the alarming rate of growth of the private tuition industry. This industry is exploiting the mediocrity that has spread even to our private schools. Attempts by state governments to ban private tuition have failed because the schools' managements don't cooperate. Indeed, they often sabotage these moves. The common practice is to first deny the teachers their just wages and then look the other way when they try to make it up by giving private tuitions. In some states, teachers are forced to sign bonds that bar them from giving private coaching, but this promise remains on paper.
3. Parents are both perpetrators and victims of this pernicious system. The hedonism bred by free market principles has led to the commodification of education. Those who can afford it recruit private tutors because it gives their children an edge in competitive examinations. The vast majority of people cannot afford tuitions and, therefore, fall behind. The national objective of a society, where every child gets equal opportunity, is lost.
4. When NCERT began working on developing a new National Curriculum Framework in 1999, one of the objectives was that the course content should be set keeping in mind contemporary realities and global trends. To have both parents working is more a norm than the exception in modern India. The pressures of the workplace don't allow mothers the time to assist their children anymore. To prevent young parents from falling into the tuition trap, several steps, including introduction of grades in place of marks, were recommended. Long forgotten recommendations made on education, like the Yash Pal Committee's report of 1990 which recommended lighter school bags, were brought out of the backburners. —J.S. Rajput: *Former Director, NCERT*

- I. Answer the following questions in 30-40 words each.
- (a) What according to the author are the causes of students engage in private tuitions?
 - (b) Why has private tuition industry grown at such an alarming rate?
 - (c) Why have the state governments attempt to ban tuition failed miserably?
 - (d) Which steps have been taken by NCERT to ease the situation of private tuition?

II. Pick out the correct meaning of the words, taken from passage, from the choices given below: 1 × 4 = 4

1. **Articulate**
 (a) clear speech (b) clear minded (c) clear thought (d) none of these
2. **Perpetrators**
 (a) guilt (b) guide (c) guilty (d) none of these
3. **Pernicious**
 (a) destruction (b) deadly (c) destructive (d) none of these
4. **Hedonism**
 (a) seeking pleasure (b) pleasant (c) pleasure (d) none of these

SECTION-B: WRITING & GRAMMAR 25

Crafts Melas are a wonderful way of acquainting people with our cultural heritage. You recently visited the Crafts Mela at Suraj Kund, Haryana. Write an article in about 120 words on what you saw there. You are Varsha/Vineet. 5

Write a story in about 150-200 words on the theme, 'All that glitters is not gold'. 10

Complete the passage given below choosing the correct alternatives. 3

Hillary Clinton is (a) 67th U.S. Secretary of State. She embarked (b) a career in law graduating from Yale Law School. She (c) elected as Senator for New York state (d) 2000. As Obama's Secretary of State (e) is the first former First Lady to serve in (f) President's Cabinet.

- | | | |
|------------|-------------|-----------------|
| (a) 1. a | (b) 1. on | (c) 1. has been |
| 2. the | 2. in | 2. had been |
| 3. an | 3. at | 3. was |
| 4. X | 4. for | 4. was being |
| (d) 1. for | (e) 1. they | (f) 1. the |
| 2. on | 2. her | 2. any |
| 3. in | 3. she | 3. a |
| 4. since | 4. it | 4. all |

In the passage given below, one word has been omitted in each line. Write the missing word along with the word that comes before and the word that comes after it in your answer sheet against the correct blank number. Ensure that the word that forms your answer is underlined. ½ × 8 = 4

It now evening and we move towards shelter e.g. it is now
 There no electricity at Kabir Chabutra. Clouds of (a)
 fireflies on the garden of the rest house blinking coded (b)
 messages to each other. The forest to the night. Insects chitter. (c)
 A cheetal shrilly. Far away a sambhar yells, certain (d)
 indication that it sighted a big cat. Till just a few years ago (e)
 panthers regular visitors to the rest house garbage. (f)

Ten years ago it not uncommon to see a tiger even in the town. But tree-felling since then pushed the prey species away and the great cats followed.

7. Rearrange the following words and phrases to form meaningful sentences. The first one has been done as an example for you. 3

Example: important/it/is/to observe/rules/traffic

It is important to observe traffic rules.

- (a) not/children/below/of/the age/must/drive/eighteen years
(b) protection/our/we/must/helmets/own/wear/for
(c) phones/must/used/not/mobile/be/driving/while

SECTION-C: LITERATURE TEXTBOOK AND LONG READING TEXT

25

8. Read the extract given below and answer the questions that follow. 3

Well, poor bird—she should have known

That your song must be your own.

That's why I sing with panache:

"Koo-oh-ah! ko-ash! ko-ash!"

- (a) Why the frog calls the nightingale 'poor bird'?
(b) Why the frog expected from the nightingale?
(c) What does 'I sing with panache'?

Or

Read the extract given below and answer the questions that follow.

"Then please note it down, brother. It will be useful if a letter should come when I am not here."

- (a) Who speaks these words and to whom?
(b) What does the phrase '...when I am not here' mean?
(c) Why does Ali come to the postmaster?

9. Answer the following questions in 30–40 words each: $2 \times 4 = 8$

- (a) Why does the frog call the bird 'stupid'? Give reasons in support of your answer.
(b) In what way is the mirror 'exact'?
(c) Who was Ali? Where did he go daily?
(d) How does Mrs Slater plan to outshine the Jordans? What does it reveal about her character?

10. Answer any one of the following questions in about 80-100 words: 4

Tortured by doubt and remorse, the postmaster sits in the glow of a charcoal *sigri* that night, waiting for news of his daughter. As he sits, he writes his diary. As the postmaster, write a diary entry outlining your feelings about the day's events.

Or

Comment on the ending of the play 'The Dear Departed'.

11. Answer any one of the following questions (either (a) or (b)) in about 150-200 words: 10

- (a) What did the narrator tell us about her childhood's illness and how she felt then?

Or

Draw a character sketch of the narrator's father.

- (b) What were the Anti-Jewish decrees made by the Germans under Hitler's influence?

Or

Give the character sketch of Harry Goldberg.
