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L-242020/820-B

हायर सेकण्डरी परीक्षा / Higher Secondary Examination

विषय : अंग्रेजी

Subject : English

समय : 3 घण्टे]

Time : 3 Hours]

[पूर्णांक : 80

[Maximum Marks : 80

Note :- All questions are compulsory.

General Instructions :-

(i) This question paper is divided into three sections.

Section A – Reading Comprehension.

Section B – Writing Skills.

Section C – Literature Textbook.

L-242020/820-B

P.T.O.

SECTION - A
(Reading Comprehension)

Note:- Read the passage given below and answer the questions that follow:

1. Sleep is essential for a person's health and well-being. Yet millions of people do not get enough sleep and many suffer from lack of sleep. Most of those with these problems go undiagnosed and untreated. In addition, more than 40 percent of adults experience daytime sleepiness severe enough to interfere with their daily activities at least a few days each month - with 20 percent reporting problems of sleepiness a few days a week or more. Furthermore, 69 percent of children experience one or more sleep problems a few nights or more during a week.
2. If a sleep deprived person doesn't sleep after the initial signs, the person may then start to experience apathy, slowed speech and flattened emotional responses, impaired memory and an inability to be novel or multitask. As a person gets to the point of falling asleep, he or she will fall into microsleeps (5-10 seconds) that causes lapses in attention, nod off while doing an activity like driving or reading and then finally experience hallucinations.
3. Everyone's individual sleep needs vary. In general, most healthy adults are built for 16 hours of wakefulness and need an average of 8 hours of sleep a night. However, some individuals are able to function without sleepiness or drowsiness after as little as 6 hours of sleep. Others can't perform at their peak unless they have slept 10 hours. And contrary the

common myth, the need for sleep doesn't decline with age but the ability to sleep for 6 to 8 hours at one time may be reduced.

4. Stress is the number one cause of short-term sleeping difficulties, according to sleep experts. Common triggers include school or job-related pressures, a family or marriage problem and a serious illness or death in the family. Usually, the sleep problem disappears when the stressful situation passes. However, if short term sleep problems such as insomnia aren't managed properly from the beginning, they can persist long after the original stress has passed.
5. Drinking alcohol or beverages containing caffeine in the afternoon or evening, exercising close to bedtime, following an irregular morning and nighttime schedule and working or doing other mentally intense activities right before or after getting into bed can disrupt sleep.
6. If you are among the 20 percent of employees in the United States who are shift workers, sleep may be particularly elusive. Shift work forces you to try to sleep when activities around you and your own biological rhythms — signal you to be awake. One study shows that shift workers are two or five times more likely than employees with regular, daytime hours to fall asleep on the job. Groups that are at particular risk of sleep deprivation include night shift workers, physicians and truck drivers.
7. Travelling also disrupts sleep, especially jet lag and travelling across several time zones. This can “upset” your biological or “circadian” rhythms. Environmental factors such as a room that's too hot or cold, too noisy

or too brightly lit can be a barrier to sound sleep. And interruptions from children or other family members can also disrupt sleep. Other influences to pay attention to are the comfort and size of your bed and the habits of your sleep partner. If you have to lie beside someone who has different sleep preferences, snores, can't fall asleep, or has other sleep difficulties, it often becomes your problem too.

8. Having a 24/7 lifestyle can also interrupt regular sleep patterns: the global economy that includes round the clock industries working to beat the competition; widespread use of nonstop automated systems to communicate and an increase in shift work makes for sleeping at regular times difficult.
9. A number of physical problems can interfere with your ability to fall or stay asleep. For example, arthritis and other conditions that cause pain, backache, or discomfort can make it difficult to sleep well. It is a good idea to talk to a physician or mental health provider about any sleeping problem that recurs or persists for longer than a few weeks.

Questions:

[1x5=5]

Note: [A] Choose the appropriate option:

- Q. 1** Our biological rhythm can be affected by-
- (a) travelling
 - (b) 24/7 lifestyle
 - (c) physical problems
 - (d) shift work

- Q. 2** One can tackle sleep deprivation by-
- (a) Changing one's lifestyle
 - (b) Understanding one's sleep pattern
 - (c) Seeking professional help
 - (d) Opting for medication
- Q. 3** Sleep deprivation can be caused by all these factors except-
- (a) exercising close to bedtime
 - (b) drinking alcohol
 - (c) interruption from children
 - (d) reading books
- Q. 4** The antonym of the word 'peak' (para 3) is-
- (a) Lowest
 - (b) Maximum
 - (c) Greatest
 - (d) Supreme
- Q. 5** A sleep deprived person may not experience-
- (a) Flattened emotional responses
 - (b) Slowed speech
 - (c) Ability to be novel or multitask
 - (d) Impaired memory

Note: [B] Answer the following questions briefly:-

[1x5=5]

- Q. 6** How can sleep pattern for some differ from certain others?
- Q. 7** What is the common myth about sleep?
- Q. 8** How does micro sleep affect a person?

Q. 9 What is ideal sleep pattern for most of us?

Q. 10 Which factors attribute to sleep deprivation in most cases?

Note: [C] Pick out the words from the passage which have similar meaning to the following: **[1x2=2]**

Q. 11 Legend (para 3)

Q. 12 Universal (para 8)

Note: Read the following passage carefully and answer the questions given below it:

The term dietary fibres refers collectively to indigestible carbohydrates present in plant foods. The importance of these dietary fibres came into the picture when it was observed that the people having diet rich in these fibres, had low incidence of coronary heart disease, irritable bowel syndrome, dental caries and gall stones.

The foodstuffs rich in these dietary fibres are cereals and grains, legumes, fruits with seeds, citrus fruits, carrots, cabbage, green vegetables, apples, melons, peaches, pears, etc.

These dietary fibres are not digested by the enzymes of the stomach and the small intestine whereas most of the other carbohydrates like starch and sugar are digested and absorbed. The dietary fibres have the property of holding water and because of it, these get swollen and behave like a sponge as these pass through the gastrointestinal tract. The fibres add bulk to the diet and increase transit time in

the gut. Some of these fibres may undergo fermentation in the colon.

In recent years it has been considered essential to have some amount of fibres in the diet. Their beneficial effects help in preventing coronary heart disease, and decreasing cholesterol levels. The fibres like gums and pectin are reported to decrease postprandial (after meals) glucose level in blood. These types of dietary fibres are recommended for the management of certain types of diabetes. Recent studies have shown that the fenugreek (Methi) seeds, which contain 40 percent gum are effective in decreasing blood glucose and cholesterol levels as compared to other gum containing vegetables.

Some dietary fibres increase transit time and decrease the time of release of ingested food in colon. The diet having less fibres is associated with colon cancer and the dietary fibres may play a role in decreasing the risk of it. The dietary fibres hold water so that stools are soft, bulky and readily eliminated. Therefore, high fibre intake prevents constipation.

The fibres increase mobility of the small intestine and the colon and by decreasing the transit time there is less time for exposure of the mucosa to harmful toxic substances. Therefore, there is less desire to eat and the energy intake can be maintained within the range of requirement. This phenomenon helps in keeping a check on obesity.

The dietary fibres may have some adverse effects on nutrition by binding some trace metals like calcium, magnesium, phosphorus, zinc and others and therefore

preventing their proper absorption. This may pose a possibility of nutritional deficiency especially when diet contain marginal levels of mineral elements. This may become an important constraints on increasing dietary fibres. It is suggested that an intake of 40 grams dietary fibres per day is desirable.

- Q. 13** On the basis of your reading of the above passage, make note on it in points only using headings and sub-headings. Use recognizable abbreviations wherever necessary. [4]
- Q. 14** Write a summary of the above passage and give a suitable title. [4]

SECTION - B
(Writing Skills)

- Q. 15** You are a resident of Adarsh Nagar, Bilaspur. You are concerned about the insanitary condition of your city. Write a letter to the Municipal Commissioner, highlighting the problems and suggesting measures to check the problems. [6]

OR

You are Saket / Savita, residing at B-60, Street No. 3, Telibandha, Raipur. Write a letter to your friend congratulating him / her on his / her brilliant success in JEE mains exam.

- Q. 16** You are Smita / Sunil, Secretary of AVM Higher Secondary school. Your school is going to organise an annual function. Write a notice in about 50 words informing the students and inviting their participation. **[4]**

OR

Design a poster to be displayed on the walls of your school library on the value of reading books.

- Q. 17** Do as directed (any ten): **{1x10
=10}**

- (i) Please lend me your pen.
(change the voice)
- (ii) The stranger said to me, "Have you lost your way?"
(Change the narration)
- (iii) I offered him a chair.
(Change the voice)
- (iv) (a) I bought a car yesterday.
(b) It is blue in colour.
(Combine the two sentences and make it a complex sentence with a relative clause)
- (v) Make haste.
You will be late.
(Combine the sentences using appropriate coordinating conjunction)
- (vi) The sum is too difficult for me to solve.
(Change into complex sentence using "so-that")

(vii) No sooner did I take a dose of medicine than I started feeling better.

(Rewrite the sentence using "As soon as")

(viii) Unless you respect all, they will not respect you.

(Rewrite the sentence using "if" in place of "unless")

(ix) He saves money so that he may buy a car.

(Rewrite using nonfinite clause)

(x) The teacher said to the students, "Don't waste your time in idle gossip".

(Change the narration)

(xi) My sister, who is a teacher, can speak five languages.

(Pick out the relative clause and write its type as defining / non defining)

(xii) Inspite of running very fast, Ajay lost the race.

(Rewrite the sentence starting with 'although')

Q. 18 Write an article in about 250 words on any one of the following topics:

[10]

- (i) Hazards of polythene / plastic.
- (ii) Value of games and sports.
- (iii) Clean India Green India.
- (iv) Launch of Chandrayaan III by India.
- (v) Role of computers and Internet in our lives.

SECTION - C
(Literature - Textbook)
[Flamingo]

Note:- Read the extract given below.

From that day onwards it was celebration time for all the tigers inhabiting Pratibandhpuram.

The State banned tiger hunting by anyone except the Maharaja. A proclamation was issued to the effect that if anyone dared to fling so much as a stone at a tiger, all his wealth and property, would be confiscated.

The Maharaja vowed he would attend all other matters only after killing the hundred tigers. Initially the king seemed well set to realise his ambition.

Not that he faced no dangers. There were times when the bullet missed its mark, the tiger leapt upon him and he fought the beast with his bare hands. Each time it was the Maharaja who won.

At another time he was in danger of losing his throne. A high-ranking British officer visited Pratibandhpuram. He was very fond of hunting tigers and fonder of being photographed with the tigers he had shot. As usual, he wished to hunt tigers in Pratibandhpuram, but the Maharaja was firm in his resolve. He refused permission. "I can organise any other hunt, you may go on a boar

hunt. You may conduct a mouse hunt. We are ready for a mosquito hunt. But tiger hunt! That's impossible!"

The British officer's secretary sent word to the Maharaja through the dewan that the durai himself did not have to kill the tiger. The Maharaja could do the actual killing. What was important to the durai was a photograph of himself holding the gun and standing over the tiger's carcass. But the Maharaja would not agree even to this proposal.

Choose the correct alternatives and answer the questions given below: [1x4=4]

- Q. 19 In Pratibandhapuram the time of celebration was for ____.
- (a) Rats
 - (b) Mosquitoes
 - (c) Tigers
 - (d) Boars
- Q. 20 During the state ban, if anyone dared to fling a stone at a tiger, he would be ____.
- (a) Killed
 - (b) Imprisoned
 - (c) Thrashed
 - (d) Confiscated of wealth and property

Q. 21 What was the ambition of the Maharaja?

- (a) killing the hundred tigers
- (b) protecting people from dangers
- (c) abolishing all the bad practices
- (d) trapping the rats

Q. 22 Who visited Pratibandhapuram?

- (a) An American officer
- (b) A high-ranking British officer
- (c) A Russian officer
- (d) An officer of the Indian Army

Note:- Read the extract of poem given below and choose the correct option.

_____ I looked again at her, wan, pale as a late winter's moon and felt that old familiar ache, my childhood's fear, but all I said was, see you soon, Amma, all I did was smile and smile and smile.

Questions:

[1x4=4]

Q. 23 Mother's face has been compared to-

- (a) full moon brightness
- (b) late winter's moon and its paleness
- (c) young children
- (d) young tree

Q. 24 Which word in the stanza means “to suffer from a continuous dull pain”?

- (a) Wan (b) Familiar
(c) Pale (d) Ache

Q. 25 Why did the poet say, “see you soon, Amma”?

- (a) Bidding farewell
(b) Being hopeful to meet Mother again
(c) To comfort her mother
(d) None of the above

Q. 26 Why did the poet smile again and again?

- (a) Pretending to smile
(b) Trying to hide her fear from mother
(c) To distract her mother
(d) Both (a) and (b)

Note:- Answer the following questions in about 2-3 sentences each. **[2x3=6]**

Q. 27 How were Gandhiji and Shukla treated by Rajendra Prasad’s servants?

Q. 28 Is Saheb happy working at the tea stall? Why / Why not?

Q. 29 Who described interview like thumbprints on his windpipe and why?

Note:- Answer the following question in about 120-150 words. [6]

Q. 30 Justify the title of the lesson, "The Lost Spring".

OR

Give the character sketch of Franz.

[VISTAS]

Note:- Answer the following questions in about 2 – 3 sentences each. [2x2=4]

Q. 31 What kind of a person was Evans? Why is he called "Evans the Break"?

Q. 32 How did the Tiger King celebrate his victory over the killing of the hundredth tiger?

Note:- Answer the following question in about 120 – 150 words. [6]

Q. 33 Give the character sketch of Dr. Sadao as depicted in the story "The Enemy".

OR

Give the character sketch of "Charlie".
