

[SECTION - A : READING]

1. Read the passage given below and answer the questions that follow-

You want to get healthy, you know you need to exercise more. But if you are not ready to grunt through an hour of kick-boxing, don't despair. There is growing agreement among exercise researchers that the intense physical activities offered by most health clubs are not the only or even the preferable path to better health. Indeed, the best thing for most of us may be to just walk.

Walking may be the perfect exercise. Working at a speed of 5 to 6 kmph for half an hour or so, may be five or six times a week. You may not feel the benefits all at once, but the evidence suggests that over the long term, a regular walking routine can do a world of preventive good.

Dr. (Miss) Johne Manson says, "If everyone were to walk briskly 30 minutes a day, we could cut the incidence of many chronic diseases by 30 to 40 percent." She further says "Regular physical activity is probably as close to a magic bullet as we will come in modern medicine"

Brisk walking is good for the heart. Which makes a lot of sense. The heart is a muscle after all, and any thing that makes the blood flow faster through a muscle helps keep it in shape. But regular walking also lowers blood pressure.

**Questions.**

- (a) What is the best thing to get healthy?  
(b) What type of walking may be the perfect exercise?

- (c) What is close to a magic bullet?
- (d) Pick out the word from para, which means 'lose hope'?
- (e) Synonym of 'bullet'.

[SECTION - B : WRITING]

2. Write an article on acute shortage of water is a reality now a days. (Limit 100 words)

OR

Describe the scene of a Corona vaccination centre in your own words.

- 3. Write an essay on 'Environment and pollution'!
- 4. Write a letter to the editor of a national daily expressing your views on the bad condition of sports facilities in rural areas.

[SECTION - C: GRAMMAR]

5. Give very short answers of the following:

- (a) Change into indirect speech:

The girl said to his mother, "let me go for learning swimming"

OR

The boy said, "Alas! I have wasted any time all these years?"

- (b) Change as directed :

You can not pass. You do not work hard  
(complex Sentence)

OR

The book is cheap. It is good. (Compound Sentence)

- (c) I teach her. (Passive voice). OR

Who does not know Narendra Modi?

(Assortive sentence)

- (e) Correct the sentences.

(i) She, I and you are friends

(ii) He is younger from them.

(c) Use any one of the given idioms/phrases into your own sentence:

A Herculean task; in a nutshell

Pass away; Back out

(f) Give the synonyms of the following -

Esteem ; Humane

Battle ; copious

(g) Give The cantonyms

Vigilant; united; timid; Quiet

(h) Give one word for the following expressions :

(i) Capable of being easily set on fire

(ii) One who goes on foot.

(i) Use the following words in sentences of your own so as to bring out the difference in their meaning-

(i) tail

(ii) tale OR

(i) Edge

(ii) Age

6. Translate the following passage into English

रॉबर्ट एक सिपाही था। युद्ध के दौरान उसे पकड़ लिया गया और सात वर्ष तक फ्रांस के कारागार में डाल दिया गया। मुक्त होने पर वह अपने देश इंग्लैण्ड पहुँचा। वहाँ टेम्स नदी के पुलचर उसने एक आदमी देखा जो पक्षी बच रहा था। रजर्ट ने सब पक्षियों को उनके पिंजरे के साथ खरीद लिया। उसने पिंजरे का दरवाजा खोलकर एक-एक करके उन पक्षियों को बाहर निकाला और उन्हें उड़ जाने दिया। यह देखकर पक्षी बेचने वाले को बड़ा आश्चर्य हुआ। उसने रोबर्ट से इस बात का कारण पूछा। रॉबर्ट ने उत्तर दिया मित्र! तुम आजादी का मूल्य नहीं जानते और गुलामी के अभिशाप को नहीं समझते। यदि तुम मेरी तरह जेलखाने में रहे होते, तो मैंने जो दिया है, वही तुम भी करते।

## [SECTION D: LITERATURE]

7. Draw a character sketch of the narrator in 'we are not afraid to die?'  
OR

Explain the losing of forests and its reasons.

8. Give short answers of any two-

(a) Why did Tutan Khaten change his name to Tutan Khanum?

(b) What did the Emperor say about the painting in "Landscape of the Sone"?

(c) What were the words of Margaret Thatcher?

9. Read the given stanza and the questions:

Where did my childhood go?

It went to some forgotten place,

That is hidden in an infant's face,

That's all I know.

Questions :-

(a) What shift of thought do you notice in this stanza?

(b) Where has the poet's Childhood gone?

(c) Explain "That's all I know"

10. Write the central idea of any one of the following poems:

(a) A Photograph

(b) The voice of the Rain

(c) The Laburnum Top.

11. What steps did the narrator take to get Ranga married to Ratna?

OR

Mr. Brawn and Mr. Koch, both had different opinions about Einstein Comment.

12. Answer any two of the following-

(a) What did the narrator decide at last in 'The Address'?

(b) What happened when Aram rode the horse?

(c) What did Mrs. Fitzgerald suggest to Mrs. Pearson?