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**SINDHI HIGH SCHOOL, HEBBAL**

**PERIODIC TEST - I (2023-24)**

**SUBJECT – English**

**Marks: 30**

**Class: X Timings: 1 Hours 10 mins**

**Date: 27/6/2023 Reading Time: 8:05 to 8:15 am Number of printed sides: 4 Writing Time: 8:15 to 9:15 am**

**General Instructions:**

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• **All Questions are compulsory.**

**• The Question Paper has 3 Sections.**

**• Section A (Reading) is for 6 marks.**

**• Section B (Writing and Grammar) is for 9 marks.**

**• Section C (Literature) is for 15 marks**

**SECTION A (READING)**

**Read the following passage and answer the questions that follow.**

1. Meditation has become a mainstream activity in many parts of the world. Though the main

reason to meditate is for spiritual awareness, there are additional benefits from learning to

focus our attention within. One of these is the healing it brings about in our physical

bodies. Over the past few decades, doctors and scientists have been studying the body-

mind connection and its relationship to physical health. Medical research has indicated a

link between certain illnesses and our state of mind and emotional condition.

2. It has been found that when we undergo mental stress, emotional pain or depression, our

physical resistance to disease drops. We become more susceptible to catching a disease

because our ability to keep our immune system in top working order decreases.

3. Science has pinpointed that certain diseases such as digestive problems, breathing

problems, heart disease, and migraine headaches, to name a few, may sometimes be caused

due to stress. Thus, we arrive at the possibility that by reducing stress in our lives, we can

improve our physical health and well-being.

4. To begin to explore this possibility, it is imperative to understand the root cause of stress in

our lives. In this hectic and fast-paced world, we are constantly being bombarded with

information, and stimuli.

5. Life has become increasingly complicated. With competing priorities, family and social

obligations, increasing responsibilities, and looming deadlines, people seem to have too

much to do and not enough time to do it. We hold jobs that require long hours and too

much responsibility.

6. Medical research has shown that meditation, the process of taking our attention away from

the stresses and strains of the outer world, and focusing it within ourselves, can help reduce

stress in our lives. In doing so, it can reduce our chances of developing a stress-related

illness.

7. When we meditate on the inner light and sound of God, we come in contact with God’s

love within us, which fills us with inner peace, joy, bliss and happiness. This experience

takes our attention away from the stresses and pains of the outer world. As we spend time

in meditation, we create a calm haven in which we restore equilibrium and peace to our

mental functioning.

8. Researchers have recorded that the brain activity in people who meditate reflects a state of

deep relaxation. Their mind becomes calmer. The tranquil effect of meditation lasts beyond

the time spent in meditation. The carry-over effect helps us maintain peace of mind as we

continue our activities throughout the day.

9. We become more in control of our reactions and maintain an even keel in the face of

conflict, or in the midst of turmoil and strife. It also gives us a private retreat of bliss and

peace within us that we can retreat to anytime we wish. This refuge helps take our attention

away from the pains of the world and gives us another mechanism by which we can reduce

stress in our lives.

**Based on your understanding of the passage, answer the questions given below. (1 X 6 = 6)**

**i. Why has meditation become a mainstream activity in many parts of the world?**

(a) Because it helps us maintain peace of mind

(b) Because it gives us a private retreat of bliss and peace

(c) Because it reduces our chances of developing a stress-related illness

(d) All of these

**ii. Select the option that displays what the writer projects, with reference to the**

**following :**

**Researchers have recorded that the brain activity in people who meditate reflects a**

**state of deep relaxation. (Paragraph 8)**

(a) Reflection (b) Meditation (c) Vexation (d) Both (a) and (c)

**iii. Select the option that displays what happens when we come in contact with God’s**

**love.**

(a) It fills us with the feeling of resurrection.

(b) It fills us with the feeling of pessimism.

(c) It fills us with inner peace, joy, bliss and happiness.

(d) It fills us with the feeling of prejudice and parochialism.

**iv. Discuss the main objectives of meditation.**

**v. What are the findings of doctors and scientists about meditation?**

**vi. Find a word from the passage which means the same as ‘serene’. (para 8)**

**SECTION B (GRAMMAR AND WRITING)**

**2. Attempt the following questions. (1 x 4 =4)**

**i) Complete the given narrative, by filling in the blank with the correct option.**

If you move around hoping your problems \_\_\_\_\_, they won’t.

(a) will solve (b) will solved (c) will have solved (d) will be solved

**ii) Identify the error in the given sentence, from an e-magazine report and supply the**

**correction.**

In the last decade, conservationists and academics have turned his attention to studying the

best ways to install these natural features in the North.

Use the given format for your response.

|  |  |
| --- | --- |
| **Error** | **Correction** |
|  |  |

**iii) Select the correct option to complete the conversation between Abhigyan and Anmol.**

**Abhigyan : Anmol, why did you not attend the Biology class yesterday?**

**Anmol : Actually, I was practising for my Physics test.**

Abhigyan asked \_\_\_\_\_ . Anmol replied that he had been practising for his Physics test,

actually.

(a) Anmol why he has not attended the Biology class the previous day.

(b) Anmol that why he has not attended the Biology class previous day.

(c) Anmol why he had not attended the Biology class the previous day.

(d) Anmol why he has not attended the Biology class yesterday.

**iv) Fill in the blank by choosing the correct option, to complete the sentence.**

He said I \_\_\_\_\_ use his car whenever I wanted.

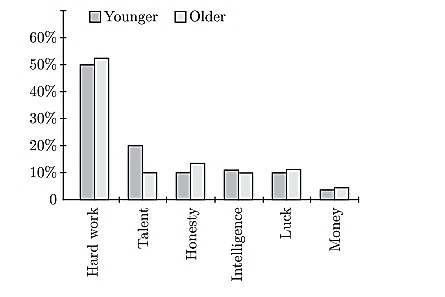
(a) will (b) would (c) could (d) can

**3. The bar graph given below contains data related to the people’s opinion about their**

**consideration for the most important factor for success. Write an analytical**

**paragraph in 100-120 words after observing the graph carefully and analysing;**

**highlight the main features and make suitable comparisons The Most Important**

 **Factor For Success. (5 Marks)**

**SECTION C (LITERATURE)**

**4. Read the extract and answer the questions that follow: (1 x 3 = 3)**

Some say the world will end in fire,

Some say in ice.

From what I’ve tasted of desire

I hold with those who favour fire.

But if it had to perish twice,

I think I know enough of hate

To say that for destruction ice

Is also great

And would suffice.

**i) Complete the sentence appropriately.**

It is clear that ‘Alliteration’ is the poetic device used for ‘favour fire’….because

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

(Clue: Explain how Alliteration applies here)

ii) What is the poet’s point of view about the destruction of this world, in this extract?

a) He leaves it to the people.

b) Fire is potentially more harmful.

c) Fire and ice, both are equally detrimental.

d) Nothing leaves any impact, world has to end finally.

iii) Why does the poet hold with those who favour fire?

**5. Answer the following questions in 40 to 50 words. (2 x 3 = 6)**

i) What does courage mean to Mandela?

ii) Why is Dr. Herriot tempted to keep Tricki as a permanent guest?

**6. Answer the following question in 100 to 120 words. (1 x 6 =6)**

The postmaster sends money to Lencho and signs the letter ‘God’. Explain why.

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