

**KENDRIYA VIDYALAYA ARMY CANTT,PANGODE**

CLASS: XII      JULY MONTHLY TEST, 2015

Marks: 50

ENGLISH

Time: 90 mts.

**SECTION –A READING**

1. Read the following passage carefully and answer the questions that follow: (9 marks)
1. Lord Macaulay, the English historian used to walk through the crowded streets of London reading a book. After reading a page he could repeat it from memory. Issac Newton always forgot to have his meals while working. French mathematician and theologian Blaise Pascal could not feel pain while he was engrossed in work. You may laugh at such idiosyncrasies, but remember that it is such men who have made a mark. They achieved it by concentration so intense that makes them temporarily oblivious to distractions. Such is the power of concentration.
2. Today, more than ever, concentration is essential not only for effective work but also for enjoyment of pleasures. This is an age of distractions- interruptions, television, friends, noise, and by many other things. Increasingly work must be done under conditions which are not conducive to concentration. Yet a person's success depends on it. Lack of concentration is a common problem. Like any other element of success, the power of concentration, too, can be worked upon. Here are a few ways to develop the art of concentration that have worked for many people.
3. Concentration means the power of giving undivided attention to something. Where we are interested, this attention follows automatically. You can never make success of work that fails to rouse your interest and you will not be able to give it enough attention. If you are already tied to work that is uninteresting—what then? Make it interesting! There is no job that has not got its interesting side. If you have created an interest you will begin to concentrate. If you have to attend to something in spite of its being uninteresting you can improve your concentration by strengthening your interest. This can be done by telling yourself, "This interests me and I will remember it".
4. Concentration can be cultivated. It can be made into a habit. It only needs constant practice. You must persevere in trying to concentrate until you succeed. Habit is a strong force for good and for ill. You should try to build up habits that are conducive to concentration. For instance, it helps to sit down to work at a definite time and at definite place. Find at least half an hour for reading. Use this as your practice ground. Forget

about that favourite lesson you wish to read. Reading those lessons involves no effort anyway. It is interesting, automatically holds your attention. Choose instead some lessons from the toughest paper in which you are interested. For half a day, force yourself to read it. Bring your will power into play, and hold your attention to its task in spite of all temptations. It will not be easy to make appointed task easier. And there will come a day when you will find that it needs no effort at all.

5. The inability to concentrate may be because you are worried. It may merely point to the existence of some other emotional difficulties that require to be solved like feelings of inferiority and insecurity, depression and social adaptations. These problems can be solved by reading books on positive thinking.

### **Questions.**

i. Why is it essential to develop concentration?

a) for effective work   b) for enjoyment of pleasures   c) for success   d) for developing interest in other things

ii. Evidence of Lord Macaulay's power of concentration:

a) he could read while walking   b) he could read in crowded streets   c) he could repeat from memory what he read while walking   d) he could remember scenes on road sides

iii. What are the most common emotional problems and how can they be solved? (2 marks)

iv. How can one create interest in what one is doing?

v. How can concentration be cultivated?

vi. Find words in the paragraph which mean the same as:

a) immersed (para 1)   b) favourable (para 2)   c) continue/persist (para 4)   3 marks

### **2) Read the following passage and answer questions that follow it.**

Modern food has become our enemy. We have become so besotted by taste and presentation, that we eat food for its entertainment value not for its nutritional benefit. Each restaurant boasts of a new cuisine, which is a mixture of refined flour, oil and sugar, pasta, noodles, white rice, white bread and maida based products like pizzas, burgers, naan and rumali roti are the grain option in Italian, Chinese, Indian or Mexican. The cuisines vegetarian dishes are either overcooked or have a lot of cornstarch and fat. A process of deprivation and elimination, however, cannot achieve perfect health. The

idea is to nourish the body you might achieve some weight loss, but you will lose on your health.

I have been providing solution to people suffering from obesity and its related problem like high cholesterol, hypertension, diabetes, osteoarthritis, and asthma. I realized that by advising a health-plan for these disorders, people lost excess baggage automatically. This means that weight loss can be a natural by-product of a health regime; you don't have to eat less to lose weight but to choose your food correctly. In fact the link between ideal body weight and health is so crucial that if one were concentrated completely on achieving good health one would automatically achieve some amount of weight loss.

Food influences almost every aspect of your being. It influences your nails, hair, skin, hormones, and bones. The vegetables that you eat will affect the texture of your skin. The fact that the right kinds of fats are essential to achieve good health comes as a surprise to many people. Fat is the raw material for many hormones that influence various functions in your body. Most people try to cut calories by going on fat-free diets. While eating less fat is not bad idea, going on a fat-free diet has its own set of problems. Fats make 'eicosanoids' which influences vital aspects of your body right from blood pressure to premenstrual syndrome to pain sensitivity as in arthritis. For example PUFA based oils, trigger inflammatory response and increase pain in arthritic patients. Omega-3 based oils as in flax seed oil and MUFA based oils like till oil, mustard oil, and groundnut oil not increases pain and inflammation of the joints. It is primarily composed of fat. The right fat intake (walnuts, almonds, tulsu seeds) would natural influence your concentration, memory, ability to conceptualize, calculate and comprehend life better. The brain is the vital organ that regulates the body and makes living possible. If you deprive your body of the right fats, your might fall prey to depression and other mental disorders. Fat is as essential to your health as vitamins, proteins and carbohydrates are. Therefore whilst embarking upon any weight loss programme, remembers that health is so much more than just weight loss, at the same time achieve ideal body weight in a healthy way does provide a basis for achieving perfect health.

a) On the basis of your reading of the above passage make Notes on it, using recognizable abbreviations wherever necessary. Use a format you consider appropriate. Supply a suitable title. (5)

## **Section – B: Advanced Writing Skills**

2) Krishna Kapur's father has started an academic coaching centre for different subjects of various competitive exams. Krishna writes the advertisement in about 50 words for publication in local newspapers (4 marks)

3) You have to deliver a speech in the morning assembly about the increasing pollution and related diseases. Write a speech in not more than 200 words expressing your concern. (10 marks)

### **SECTION C :LITERATURE TEXTBOOKS AND LONG READING TEXT**

**5) Read the extract given below and answer the question that follows: ( 4 marks)**

This map becomes their window and these windows

That shut upon their lives like catacombs,

Break O break open 'till they break the town

And show the children green fields and make their world

i) Who can help in bringing about change in the lives of slum children?

ii) What kind of lives do the children live ?

iii) What change does the poet hope for the children ?

iv) Name the poem and the poet.

**6) Answer the following in 30 to 40 words each. (3x2: 6 marks)**

i) For Saheb, a dream comes true and something is out of his reach. What are they?

ii) How did the 100th tiger avenge the death of tigers killed by the king?

**7) Answer the following in about 125-150 words. 6 marks**

Justify the title 'The Lost Spring'

**8) Answer the following in 125-150 words. (6Marks)**

**Describe the circumstance leading to Marvel forced to become Griffin's assistant.**