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English Core (301)
PRACTICE PAPER
Class - XI

Time: 90 Minutes **Max. Marks 40**

General Instructions:

1. The Question Paper contains THREE sections.
2. Section A-READING has 17 questions. Attempt a total of 13 questions, as per specific instructions for each question.
3. Section B-
(i) WRITING SKILLS has 12 questions. Attempt a total of 10 questions, as per specific instructions for each question.
(ii) Grammar part has 6 questions. Attempt a total of 5 questions.
4. Section C-LITERATURE has 25 questions. Attempt 22 questions, as per specific instructions for each question.
5. All questions carry equal marks.
6. There is no negative marking

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READING

I. Read the passage given below.

1. Stress is not a novel phenomenon. In fact, the word stress was first used in the fifteenth century. Since the turn of the twentieth century, however, the social consciousness of life's stress has risen dramatically. Stress and anxiety have become common terms.

2. Environment provides human beings with certain harsh incentives and demands, which as long as their intensity and frequency are within the limits of human tolerance, can stimulate their motivation and enhance their productivity. However, when these environmental demands become excessive it leads to stress.

3. Hans Selye, who first began piecing together the puzzle of human stress, holds that it is immaterial whether the agent or situation we face is pleasant or unpleasant; all that counts is the intensity of the demand for readjustment or adaptation. Stress is the body's response to external changes that place demands upon us, both physically and mentally. Stress is neutral, in itself it has no connotation; it is neither positive nor negative. There really is no such thing as plain 'stress'; stress is actually classified into one of two types of stress: eustress or distress.

4. Hans Selye, came up with this theory of distress versus eustress in 1975 when he published his theory. Eustress, the good stress, can sometimes be beneficial; sharpening our senses and providing the adrenaline rush needed to conquer deadlines and multi-tasking. Distress occurs when an individual cannot adapt to stress. It is the harmful stress that can, even in short bursts, depress your immune system, cause weight gain. Over a period of time it can lead to brain neurons dying from atrophy; it puts one at a greater risk for a range of medical conditions including blood pressure, diabetes and heart disease.

5. Eu, a Greek prefix for "healthy', is used in the same sense in the word 'euphoria'. Role models who push us to exceed our limits, physical training that removes our spare tires, and risks that expand our sphere of comfortable action are all examples of eustress – stress that is healthful and the stimulus for growth. Eustress can be defined as pleasant or positive stress. In fact, eustress or controlled stress may sometimes be encouraged as it gives us our competitive edge during performance-related activities. Any performance-related activity, a sports-related game or even a job interview has an optimal amount of stress that can prove to be beneficial. Positive stress lends focus and provides the ability to think quickly, clearly and effectively express your thoughts. We should invite and cultivate as much eustress in our lives as we can tolerate. Eustress makes us grow, it makes us stronger, and it makes us better people. Whether it's physical or mental, eustress is resistance training for our lives! Eustress is lifting weights at. the gym to build your muscles. Eustress is riding a roller coaster or watching an enjoyable horror flick. Eustress is a challenging work project that you enjoy using your creative abilities to solve.

6. Often the main problem with distress is that you don't know when it's going to end. To turn distressed into eustress we can try thinking of the stresses as temporary. One of the best ways to convert distress into eustress is to not try to do a million things at one time, take a big goal and cut it into small pieces, that way you can work more productively and efficiently.

7. Another way to convert your negative experiences into positive experiences is by reframing your stress sensation, for example, if you are anxious about a certain situation, reframe it as if it was excitement.

8. Next time you're feeling stressed because you're sitting in traffic, or you're running late, or your exams are round the corner – notice the feelings and thoughts that arise within yourself. Be aware of your breath,

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your heart rate, your emotions, your thoughts…and when you feel your heart start to pound, when you notice you are breathing rapidly and more shallow, when you feel your emotions are in a fight or flight state – realize that you are NOT in a life or death situation, you are NOT running for your life from a lion! Simple awareness can dissolve the association we make between distress and ourselves.

9. Create processes to filter out the distress from your life, while creating environments that foster helpful eustress. By saying YES to eustress and NO to distress, we allow the positive stressors into our lives that provide healthy resistance and facilitate our growth, while keeping out the harmful garbage that does nothing but damage us!

Source- Essayshout

On the basis of your reading of the passage, answer any eight out of ten questions.

Q.1 In the above passage, which factor has been described to explain human's productivity?

A. Stress
B. Environment
C. Motivation
D. Both 1 and 2

Q.2 Stress has been termed as beneficial. Suppose a situation where you have your exam tomorrow and how does stress play a role in your examination enhancement?

A. Eustress can enhance performance by motivating us to study
B. Stress only decreases enhancement
C. Stress is only distress and will decrease your performance
D. Stress gives us pressure that reduces our enhancement

Q.3 "by saying yes to eustress and no to distress" the writer means -

A. Simple awareness can dissolve the association we make between distress and ourselves
B. Helping to convert negative experiences into positive experiences
C. To work more productively and efficiently
D. We allow positive stresses into our lives that provide healthy resistance and facilitate our growth.

Hans Selye, came up with his theory of distress versus eustress in …….. .

A. 1970
B. 1975
C. 1980
D. 1999

Q.5 How does Hans Selye, theory of distress and eustress explain the relationship between physiological response and stress.

A. Body responses to stress through release of adrenaline hormone
B. Stress often causes headache, and body pain
C. Stress impacts our immune system
D. Both 1 and 3

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Q.6 What happens when an individual is not able to adapt to stress?

A. Happy
B. Eustress
C. Anxiety
D. Disease

Q.7 Hans Selye described stress as neutral , this means

A. Stress can be negative and positive
B. Stress can be of many types
C. Response to a stress can be negative or positive
D. Stress is negative that is distress

Q.8 "healthy', is used in the same sense in the word 'euphoria' which can also used to describe stress as in

A. Eustress can be defined as pleasant or positive stress same as healthy
B. Eustress makes us fall and unproductive, it makes us weak.
C. Both 1 and 2
D. Eustres cannot be described with the term healthy because stress is not good for us

Q.9 Read paragraph 8 and find the antonym of the word 'apathy'.

A. 'Feelings
B. Emotions
C. Thoughts
D. Both 1 and 2

Q.10 According to Hans Selye stress can be -

A. Both Eustress and Distress and can help us to face situations and challenging situation can also be dealt with a little amount of stress, on contrast stress can also increase your heart rate and can affect physical health
B. Stress in only positive and help us to do body building, and face difficult situations
C. Stress effects our body and also gives us anxiety
D. Facilitates growth and resistance in our life.

II. Read the passage given below.

We all have been affected by the current COVID-19 pandemic. However, the impact of the pandemic and its consequences are felt differently depending on our status as individuals and as members of society. While some try to adapt to working online, homeschooling their children and ordering food via Instacart, others have no choice but to be exposed to the virus while keeping society functioning. Our different social identities and the social groups we belong to determine our inclusion within society and, by extension, our vulnerability to epidemics. COVID-19 is killing people on a large scale.

As of October 10, 2020, more than 7.7 million people across every state in the United States and its four territories had tested positive for COVID-19. According to the New York Times database, at least 213,876 people with the virus have died in the United States.[1] However, these alarming numbers give us only half

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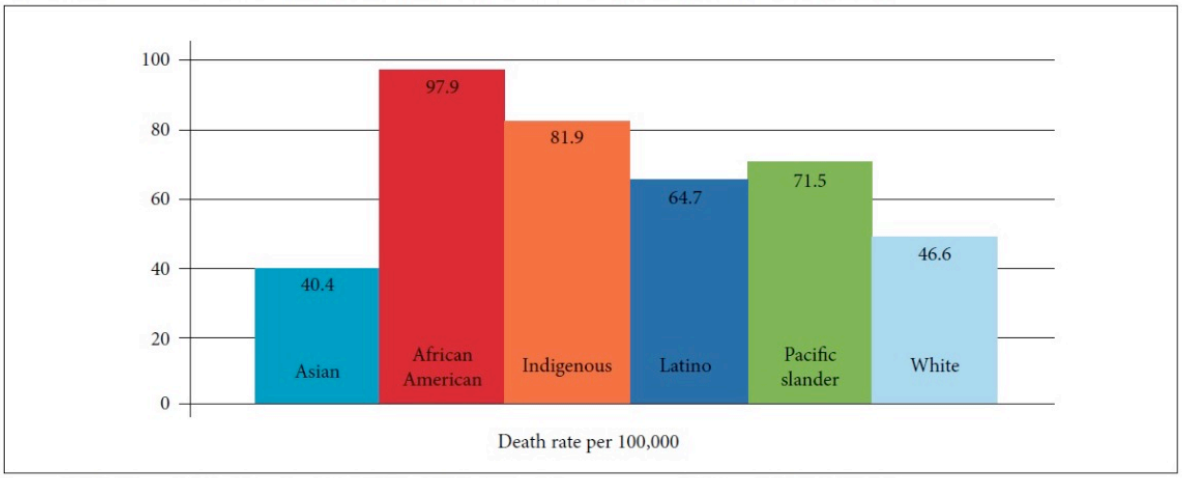
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of the picture; a closer look at data by different social identities (such as class, gender, age, race, and medical history) shows that minorities have been disproportionally affected by the pandemic. These minorities in the United States are not having their right to health fulfilled.

According to the World Health Organization's report Closing the Gap in a Generation: Health Equity through Action on the Social Determinants of Health, "poor and unequal living conditions are the consequences of deeper structural conditions that together fashion the way societies are organized—poor social policies and programs, unfair economic arrangements, and bad politics."[2] This toxic combination of factors as they play out during this time of crisis, and as early news on the effect of the COVID-19 pandemic pointed out, is disproportionately affecting African American communities in the United States. I recognize that the pandemic has had and is having devastating effects on other minorities as well, but space does not permit this essay to explore the impact on other minority groups. As noted by Samuel Dickman et al.: economic inequality in the US has been increasing for decades and is now among the highest in developed countries … As economic inequality in the US has deepened, so too has inequality in health.

Both overall and government health spending are higher in the US than in other countries, yet inadequate insurance coverage, high cost sharing by patients, and geographical barriers restrict access to care for many.[8] Similarly, American Public Media reported on the COVID-19 mortality rate by race/ethnicity through July 21, 2020, including Washington, DC, and 45 states (see figure 1). These data, while showing an alarming death rate for all races, demonstrate how minorities are hit harder and how, among minority groups, the African American population in many states bears the brunt of the pandemic's health impact. Approximately 97.9 out of every 100,000 African Americans have died from COVID-19, a mortality rate that is a third higher than that for Latinos (64.7 per 100,000), and more than double than that for whites (46.6 per 100,000) and Asians (40.4 per 100,000). The overrepresentation of African Americans among confirmed COVID-19 cases and number of deaths underscores the fact that the coronavirus pandemic, far from being an equalizer, is amplifying or even worsening existing social inequalities tied to race, class, and access to the health care system.

FIGURE 1. COVID-19 deaths per 100,000 people by race/ethnicity, through September 10, 2020



Source: APM Research Lab, September 10, 2020. Available at https://www.apmresearchlab.org/COVID/deaths-by-race.

source- LEARNINSTA

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On the basis of your understanding of the passage, answer any five out of seven questions by choosing the correct option.

Q.11 What were the adaptations taken by society during the epidemic ?

A. Working online, homeschooling, visiting markets
B. Visiting markets, ordering food online
C. Homeschooling, working online, ordering food online
D. Homeschooling, visiting restaurants

Q.12 WHO's report closing the gap in generation mainly focuses on?

A. Closing the health gap
B. Closing health equity
C. Closing social discrimination
D. Closing social justice

Q.13 Who among the minorities were disproportionally affected during pandemic ?

A. Asian Americans
B. Native Americans
C. Middle East Americans
D. African Americans

Q.14 According to Samuel Dickman,

A. Economic inequality has decreased drastically
B. Economic inequality became stable over the years
C. Economic inequality has increased rapidly
D. None of the above

Q.15 American Public Media reported COVID-19 Mortality rate on the basis of

A. Religion of the effected
B. Caste of the effected
C. Ethnicity of the victims
D. Age of the effected

Q,16 According to New York Times minorities in United States

A. Had their right to health fulfilled
B. Had their right to wealth neglected
C. Had their right to health dismissed
D. Had their right to wealth dismissed

Q.17 According to the passage which race was affected most?

A. Latino
B. Pacific Slander
C. African American
D. Asian

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WRITING

III. Answer any four out of five questions given, with reference to the context below.

Your school is organizing a fete to collect funds for charity. Only school students are eligible to exhibit stalls. As Head Boy/ Head Girl of Saint Thomas School, you have to draft a notice giving details.

Q.18 Select the appropriate title for the notice.

A. Let's enjoy the Fete
B. Fete for A Cause
C. Charity is very important
D. All the above.

Q.19 Select the option that lists the most accurate opening for this notice.

A. Greetings and attention please, to one and all in Saint Thomas School
B. This notice is written to share some news with you all about…
C. This is to inform all the students of St. Thomas School about…
D. I wish to share with all officials, teachers and officials of Saint Thomas School that…

Q.20 Select the option with the information points to be included in the body of the notice.

(1) to organize fete to collect funds for charity.
(2) Scheduled on date and time
(3) Chief guest
(4) What the visitor can purchase
(5) Why the Chief Guest is invited
(6) Details of the stalls

A. (1), (2), (3)and (6)
B. (2), (3) and (5)
C. (2) and (6)
D. (3), (4) and (6)

Q.21 Would this notice reflect the name of the school?

A. Yes, because it is the issuing body.
B. No, because it is understood through the signature.
C. Yes, because it makes it informal.
D. No, because the title makes it clear.

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Q.22 Select the appropriate conclusion for this notice.

A. Meet the undersigned.
B. Interested students may contact the undersigned for putting up stall.
C. Stay prepared.
D. Inconvenience regretted.

IV. Answer any six of the seven questions given, with reference to the context below.

You are Shweta, the secretary of your school sports club. On behalf of the school basically you have to write a letter with the sales manager of BDM Sports Store placing an order for sports equipment like cricket bats, cricket balls, volleyball and racquets etc.

Q.23 Select the option that lists an appropriate subject for the letter.
A. Request to send sports equipment.
B. Order for sports equipment
C. Please send sports equipment
D. we want to purchase sports equipment

Q.24 Which should be the beginning of the letter-
A. The following sports equipment may please be supplied to our school within twenty days after the placement of the order-
B. Please send us the following items as we are in need-
C. We need the following items-
D. None of the above.

Q.25 What should be the content of the table of required items-
A. Serial No. – Items – Manufacturer/ Brand- Number required
B. Manufacturer/ Brand- Number required
C. Serial No. – Items – Manufacturer/ Brand
D. No need to mention this as it will be conveyed telephonically.

Q.26 What is to be written about the replacement of the defective items-
A. Defective items to be replaced conditionally.
B. Please ensure that no defective or substandard equipment have supplied. In case any item found defective it should be replaced randomly, free of cost and with no conditions.
C. Defective items will be accepted conditionally.
D. All the above.

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Q.27 At what condition the order may be cancelled –

A. Order may be cancelled in case you demanded money before six months.
B. Any piece found broken or damaged or wrongly assembled will attract cancellation of the order forthwith.
C. We will not cancel the order in any way.
D. None of the above.

Q.28 What should be to condition of payment of the required articles-

A. Payment shall be made in advance.
B. Payment shall be made in instalments.
C. Payment shall be made by valid cheque no sooner the articles received in good condition.
D. Payment shall not be made in any way.

Q.29 Read the following options for the self-checklist (Format) for this letter and select the option that includes the most appropriate self-checklist -

A. Date- Receiver's address- Salutation- Sender's address- Subject- Main content (Body of the letter)- Complimentary close – Signature with Name and Designation
B. Sender's address- Date- Receiver's address- Salutation- Subject- Main content (Body of the letter)– Signature with Name and Designation- Complimentary close
C. Sender's address- Date- Receiver's address- Salutation- Subject- Main content (Body of the letter)- Complimentary close – Signature with Name and Designation
D. Sender's address- Receiver's address- Salutation- Subject- Main content (Body of the letter)- Complimentary close – Signature with Name and Designation

GRAMMAR

V. Answer any five out of six questions given below:

Choose the best option for each of the sentences given below to fill the gaps appropriately.

Q.30 Rita and her friends---------- French for five years.

A. have learnt
B. have been learning
C. are learning
D. learnt

Q.31 The trainees attended the session with full zeal and concentration. (Change the sentence to its interrogative form)

A. Do the trainees attended the session with full zeal and concentration?
B. Did the trainees attended the session with full zeal and concentration?
C. Did the trainees attend the session with full zeal and concentration?
D. Why the trainees attend the session with full zeal men concentration?

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Q.32 We have only a---------sponsors for this event.

A. few
B. many
C. any
D. some

Q.33 I am very shy to face camera so I did not take---------- photo of mine in the function.

A. many
B. any
C. much
D. few

Q.34 Reorder the words or phrases given below to make meaningful sentence-
Everyone/ interested/ making/ money/easy/ in this jet age/in/ is.

A. In this jet age, everyone is interested in making easy money.
B. Everyone is interested in in this jet age making easy money.
C. In this jet age, everyone is making in interested easy money.
D. Everyone is interested in easy money making in this jet age.

Q.35 Reorder the words or phrases given below to make meaningful sentence

Advancement/ Due to/ the/ science/ in/ and technology/ life has become/ more easy/comfortable/ than earlier/and/these days

A. And the advancement in science and technology these days life has become more easy due to comfortable than earlier.
B. Due to the advancement in science and technology these days life has become more easy and comfortable than earlier.
C. The advancement in science and technology these days life has become more easy due to and comfortable than earlier.
D. And due to the advancement in science and technology these days life has become more easy, comfortable than earlier.

LITERATURE

This section has sub-sections: VI, VII, VIII, IX. There are a total of 25 questions in the section. Attempt any 22 questions from the sub-sections VI TO IX.

VI. Read the given extract to attempt questions that follow:

MY grandmother, like everybody's grandmother, was an old woman. She had been old and wrinkled for the twenty years that I had known her. People said that she had once been young and pretty and had even had a husband, but that was hard to believe. My grandfather's portrait hung above the mantelpiece in the drawing room. He wore a big turban and loose-fitting clothes. His long, white beard covered the best part of his chest and he looked at least a hundred years old. He did not look the sort of person who would have a wife or children. He looked as if he

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could only have lots and lots of grandchildren. As for my grandmother being young and pretty, the thought was almost revolting. She often told us of the games she used to play as a child. That seemed quite absurd and undignified on her part and we treated it like the fables of the Prophets she used to tell us.

Q.36 "The thought of her mother being young and pretty once was revolting" shows-

A. That grandmothers can't be young and pretty in their youth.
B. The writer had been witnessing his grandmother to be old and wrinkled since long so it was hard for him to believe that she was once young and pretty.
C. One does not even think about the beauty of one's grandmother.
D. The writer opposed the idea of being his grandmother to be ugly in her youth.

Q.37 What, according to the writer, was quite absurd and undignified on grandmother's part –

A. That she used to tell a lie that she played games when she was a child.
B. That she used to play games as a child.
C. That playing games by girls was almost impossible.
D. All the above.

Q.38 Choose the most appropriate statement-

A. His grandfather used to be very handsome at one point of time.
B. His grandfather had a lots of grandchildren.
C. His grandfather is still alive.
D. The writer had never seen his grandfather alive.

Q.39 Which of the following characteristics, describes the grandmother aptly-

A. Absurd
B. Undignified
C. Wrinkled
D. Revolting

Q.40 The word 'absurd' means the same as-

A. Revolting
B. Illogical
C. Useless
D. Logical

VII. Read the given extract to attempt questions that follow:

I must draw your attention to this aspect of Ranga's character. He knew when it would be to his advantage to talk to someone and rightly assessed people's worth. As for his namaskara to me, he did not do it like any present-day boy —with his head up towards the sun, standing stiff like a pole without joints, jerking his body as if it was either a wand or a walking stick. Nor did he merely fold his hands. He bent low to touch my feet. "May you get married soon," I said, blessing him. After exchanging a few pleasantries, I left.

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Q.41 Why did the narrator want to draw reader's attention towards Ranga's character?

A. As Ranga is the protagonist of the story.
B. As Ranga is the example of bad character.
C. As the narrator is bound to tell the qualities of Ranga.
D. All the above.

Q.42 The difference between the ways of greeting by Ranga and other modern boys-

A. Ranga stood still just bending his neck while other boys folded their hands.
B. Ranga bowed low while other so called modern boys stood stiff like a pole.
C. Ranga never bowed while other boys bowed respectfully.
D. No difference.

Q.43 Which trait/ traits of Ranga's character is/are mentioned here-

A. When to talk to someone.
B. The way he used to offer namaskara to others.
C. Keeping himself rooted to his traditions.
D. Above all.

Q.44 Which figure of speech is used in "jerking his body as if it was either a wand or a walking stick."

A. Metaphor
B. Simile
C. Hyperbole
D. Alliteration

Q.45 The word 'pleasantries' is referred here as –

A. Chats
B. Prayers
C. Greetings
D. Wishes

VIII. Read the given extract to attempt questions that follow:

All three stood still to smile through their hair
At the uncle with the camera. A sweet face,
My mother's, that was before I was born.
And the sea, which appears to have changed less,
Washed their terribly transient feet."

Q.46 What does 'three' refer to?

A. Poet and her two cousins.
B. The 'three' are Betty, Dolly and the mother of the poet.
C. Uncle, poet's mother and the poet.
D. Poet's mother and her friends.

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Q.47 When and where was the photograph taken?

A. At the bank of the river when they went for swimming.
B. At the swimming pool when poet's mother was splashing the water.
C. In the forest when they had gone to see the wild life.
D. The photograph was taken on the sea beach by the uncle when they went for outing.

Q.48 Whom they were smiling at?

A. The poet.
B. Uncle.
C. Dolly.
D. Betty.

Q.49 The word 'transient' means –

A. Long lived
B. Remains forever
C. lasting only for a short time
D. soft

Q.50 Bring out the comparison between the sea and the 'feet'.

A. The sea is short lived while feet live long
B. The sea is unchanging while human feet being washed by the sea waves are changing fast.
C. The sea changes every moment of time whereas feet are unchanged.
D. None of the above.

IX. Attempt the following.

Q.51 What do the books of Confucius and Zhuangzi teach?

A. to guide a disciple in the right direction
B. to not fear the superiors
C. to not to suppress your thoughts
D. None of the above

Q.52 What was the name of the ship of the author?

A. Amazon
B. Wavewalker
C. Waveship
D. Sailorship

Q.53 Who discovered Tut's tomb and when?

A. Adam Cooper in 1901
B. Howard Carter in 1922
C. Howard Carter in 1930
D. Sam Shaw in 1890

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Q.54 What two forms of art did the author contrast in this chapter?
A. Indian Ancient Art and Chinese Art
B. Chinese art and European art
C. American Art ad European Art
D. European Art and Greek Art

Q.55 When did the death-like laburnum tree become alive?
A. in the month of March
B. by the arrival monsoon season
C. by the arrival of the Goldfinch bird
D. by the arrival of sparrows

Q.56 Mourad had been hiding the horse _____.
A. in a stable
B. in a barn of a vineyard
C. at a secret place of his house
D. None of the above

Q.57 What is the poem 'A Photograph' about?
A. About poet's childhood memories
B. tribute to the poet's mother
C. Poet's photograph
D. Poet's father

Q.58 Why did the horse's owner refuse to believe that the boys had stolen his horse?
A. Because he didn't examine the horse carefully
B. Because their family was known for honesty
C. Because he had found his horse elsewhere
D. Because his horse had a twin.

Q.59 **In what attire did the author find Mrs. Dorling?**
A. Author's mother's green knitted cardigan
B. Author's green knitted cardigan
C. Author is unable to recognise it
A. Not mentioned in the story

Q.60 Why was Ranga's homecoming a big event?
A. Because he brought gifts for everyone
B. Because he was new in the village
C. Because he returned from Bangalore after studying there for six months.
D. All of the above

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