

Section - A (Reading)
Read the passage carefully and answer the questions that follow-

- (i) Stress is a disease of modern times, it afflicts people regardless of their situation in life. Stress is present in the lives of the rich and poor, literate and illiterate, men and women. Stress is however, more evident and is probably more widespread in technologically advanced countries, and is common among higher qualified professionals.
- (ii) Stress is of various kinds -physical, emotional and intellectual and it is characterized by a feeling of being burned of being unable to cope. At a physical level, modern technology and facilities have actually increased workloads and laptops have made it easy to carry the office to the home.
- (iii) Emotional stress increases when there is disharmony and friction in relationships. Unfortunately the trend today is to take the easy way-out-people prefer to break away from relationships rather than repair them. The answer to stress can be found in the very letters of the word stress, 'S' stands for strength: physical, emotional, intellectual and spiritual. Physical and emotional weakness leads to irritability. A strong healthy body developed

Series - C
Term-1-Exam.-2022
T-1-831-C

Roll No.....

Total No. of Questions-11]

[Total No. of Printed Pages-12

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ENGLISH

Time allowed : 3 hours]

[Maximum marks: 50

*Candidates are required to give their answers
in their own words as far as possible.*

*Marks allotted to each question are indicated
against it.*

Special Instructions:

- (i) You must write question-paper series in the circle
at top left side of title page of your answer-book.*
- (ii) While answering your questions you must
indicate on your answer-book the same question
no. as appears in your question paper.*
- (iii) Do not leave blank page/pages in your
answer-book.*
- (iv) All the questions are compulsory.*
- (v) The question paper is divided into three
sections A, B, and C. All the sections are
compulsory.*
- (vi) Observe word limit wherever prescribed.*

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(1)

[P.T.O.]

through proper diet, exercise and Pranayama Techniques helps reduce stress at the physical level. Love, compassion and friendship are valuable strength that help us cope with stress.

- (iv) The scriptures say that knowledge of the self cannot be gained without inner strength, Rabindranath Tagore in a poem, prays to the Lord not to remove all obstacles, but instead, he asks for strength to bear them. Before the start of Mahabharata war, Arjun was seized with a bout of emotional weakness and he refused to fight war. Lord Krishna rescued him by giving him emotional strength. 'T' stands for traffic control. We need to regulate and control our thoughts. We can cope with stress if our thoughts are orderly and methodical. 'R' is for redesign. We tend to view life and ourselves through our own philosophy. A readjustment or reorientation in this philosophy builds our capacity to bear heavier load.
- (v) 'E' stand for erase: the Ego, Anger, Fear and Jealousy are negative emotions that reduce efficiency, leading to mental weakness, causing stress. 'S' stands for sharing: Share your wealth, knowledge, work load or anything else you have. By and large people do not know how to share or delegate. The last but most

important 'S' which stands for surrender to the Lord. Free your mind from the weight of worries and become an instrument, adopting an attitude of service.

(A) On the basis of the above passage answer the following questions choosing the correct option-

$4 \times 1 = 4$

(i) Stress is common.....

- (a) in the lives of rich only
- (b) in the lives of poor only
- (c) in the lives of technologically advanced countries.
- (d) none of the above

(ii) We can cope with stress if-

- (a) we eat healthy diet.
- (b) we exercise and do pranayama.
- (c) our thoughts are orderly and methodical
- (d) we have inner strength.

(iii) The letter 'T' stands for

- (a) Traffic lights
- (b) Tear
- (c) Thoughts
- (d) Traffic Control

of terrorism between the 1960's and 1980's. This has largely been due to the characteristics of the international system. The most important of these are deep and bitter ethnic, religious and ideological conflicts which remain unresolved and which fester in the international system and produces many forms of terrorism.

- (ii) Another underlying factor for the growth of terrorism in the use of unconventional and proxy war methods, Here terrorism becomes an attractive instrument of policy for states and sub-state organisations, such as national liberation movements. Such methods are low-cost, relatively low-risk and yet afford the possibility of high yields.
- (iii) Terrorism today has taken different forms. These include political terrorism involving not only the use of terrorism by the state but also against the state, religious terrorism, micro terrorism as well as the recent emergence of nuclear terrorism.

The United Nations Human Rights Commission has recognised that terrorism can destroy human rights and fundamental freedom of the people and threatens the territorial integrity of nations.

(iv) Which of the following is negative emotion?

- (a) Worry (b) Love
(c) Struggling (d) Fear

(B) Find the words from the given choices that have the same meaning. $3 \times 1 = 3$

(i) Sympathy:

- (a) innocence (b) love
(c) compassion (d) friendship

(ii) Holy books

- (a) knowledge (b) strength
(c) film script (d) scriptures

(iii) Hindrance:

- (a) obstacle (b) irritate
(c) stop (d) stress

2. Read the following passage carefully and answer the questions that follow : $3 + 2 = 5$

- (i) The world today is confronted with a large number of problems like arms, proliferation, fundamentalism, separatist movements as well as international terrorism. International terrorism has today emerged as one of the most ominous threats to world peace and security. There has been considerable growth