



**INDIAN SCHOOL SOHAR**  
**PRE-BOARD EXAMINATION (2018 - 2019)**  
**ENGLISH (Core)**

CLASS: XII

MAX. MARKS: 100

DATE: 6.1.2019

DURATION: 3HRS.

**General Instructions:**

- This paper is divided into three sections: A, B and C.
- All the sections are compulsory.
- Read the instructions very carefully given with each section and question and follow them faithfully.
- **Do not exceed** the prescribed word limit while answering the questions.

**SECTION A: READING****(30 Marks)****1. Read the passage carefully and answer the questions that follow: (20)**

1. Sleep is essential for a person's health and well-being. Yet millions of people do not get enough sleep and many suffer from lack of sleep. Most of those with these problems go undiagnosed and untreated. In addition, more than 40 per cent of adults experience daytime sleepiness severe enough to interfere with their daily activities at least a few days each month – with 20 per cent reporting problem of sleepiness a few days a week or more. Furthermore, 69 per cent of children experience one or more sleep problems a few nights or more during a week.
2. According to psychologist and sleep expert David F. Dinges, Ph.D., of the Division of Sleep and Chronobiology and Department of Psychiatry at the University of Pennsylvania School of Medicine, irritability, moodiness and disinhibition are some of the first signs a person experiences from lack of sleep. If a sleep-deprived person doesn't sleep after the initial signs, said Dinges, the person may then start to experience apathy, slowed speech and flattened emotional responses, impaired memory and an inability to be novel or multitask. As a person gets to the point of falling asleep, he or she will fall into micro sleeps (5-10 seconds) that cause lapses in attention, nod off while doing an activity like driving or reading and then finally experience hypnagogic hallucinations, the beginning of REM sleep.
3. Everyone's individual sleep needs vary. In general, most healthy adults are built for 16 hours of wakefulness and need an average of eight hours of sleep a night. However, some individuals are able to function without sleepiness or drowsiness after as little as six hours of sleep. Others can't perform at their peak unless they've slept ten hours. And, contrary to common myth, the need for sleep doesn't decline with age but the ability to sleep for six to eight hours at one time may be reduced.
4. If a sleep-deprived person doesn't sleep after the initial signs, the person may then start to experience apathy, slowed speech and flattened emotional responses, impaired memory and an inability to be novel or multitask. As a person gets to the point of falling asleep, he or she will fall into micro sleeps (5-10 seconds) that cause lapses in attention, nod off while doing an activity like driving or reading and then finally experience hallucinations. Everyone's individual sleep needs vary. In general, most healthy adults are built for 16 hours of wakefulness and need an average of eight hours of sleep a night. However, some individuals are able to

function without sleepiness or drowsiness after as little as six hours of sleep. Others can't perform at their peak unless they've slept ten hours. And contrary to common myth, the need for sleep doesn't decline with age but the ability to sleep for six to eight hours at one time may be reduced.

5. Stress is the number one cause of short-term sleeping difficulties, according to sleep experts. Common triggers include school or job related pressures, a family or marriage problem and a serious illness or death in the family. Usually the sleep problem disappears when the stressful situation passes. However, if short term sleep problems such as insomnia aren't managed properly from the beginning, they can persist long after the original stress has passed.
6. Drinking alcohol or beverage containing caffeine in the afternoon or evening, exercising close to bedtime, following an irregular morning and night-time schedule, and working or doing other mentally intense activities right before or after getting into bed can disrupt sleep.
7. If you are among the 20 percent of employees in the United States who are shift workers, sleep may be particularly elusive. Shift work forces you to try to sleep when activities around you- and your own biological rhythms – signal you to be awake. One study shows that shift workers are two to five times more likely than employees with regular, daytime hours to fall asleep on the job. Groups that are at particular risk of sleep deprivation include night shift workers, physicians and truck drivers.
8. Travelling also disrupts sleep, especially jet lag and travelling across several time zones. This can “upset” your biological or “circadian” rhythms. Environmental factors such as a room that's too hot or cold, too noisy or too brightly lit can be a barrier to sound sleep. And interruptions from children or other family members can also disrupt sleep. Other influences to pay attention to are the comfort and size of your bed and the habits of your sleep partner. If you have to lie bedside someone who has different sleep preferences, snores, can't fall asleep, or has other sleep difficulties, it often becomes your problem too. Having a 24/7 lifestyle can also interrupt regular sleep patterns: the global economy that includes round the clock industries working to beat the competitions; widespread use of nonstop automated systems to communicate and an increase in shift work makes for sleeping at regular times difficult.
9. A number of physical problems can interfere with your ability to fall or stay asleep. For example, arthritis and other conditions that cause pain, backache, or discomfort can make it difficult to sleep well. Epidemiological studies suggest self-reported sleep complaints are associated with an increased relative risk of cardiovascular morbidity and mortality. Finally, certain medications such as decongestants, steroids and some medicines for high blood pressure, asthma, or depression can cause sleeping difficulties as a side effect.
10. It is a good idea to talk to a physician or mental health provider about any sleeping problem that recurs or persists for longer than a few weeks. According to the DSM, some psychiatric disorders have fatigue as a major symptom. Included are: major depressive disorder (includes postpartum blues), minor depression, dysthymia, mixed anxiety-depression, seasonal affective disorder and bipolar disorder.
11. According to a long-term study published in the 2004 April issue of *Alcoholism: Clinical and Experimental Research*, young teenagers whose preschool sleep habits were poor were more than twice as likely to use drugs, tobacco or alcohol. This finding was made by the University of Michigan Health System as part of a family health study that followed 257 boys and their parents for 10 years. The study found a significant connection between sleep problems in

children and later drug use, even when other issues such as depression, aggression, attention problems and parental alcoholism were taken into account.

**1.1 Answer the following questions choosing the most appropriate option from those given below them: (5)**

- i. A sleep deprived person may not experience .....
  - a. impaired memory
  - b. ability to be novel or multitask
  - c. flattened emotional responses
  - d. slowed speech
- ii. One can tackle sleep deprivation by .....
  - a. opting for medication
  - b. understanding one's sleep pattern
  - c. seeking professional help
  - d. changing one's life style
- iii. The antonym of peak (para 3) is.....
  - a. supreme
  - b. lowest
  - c. Greatest
  - d. maximum
- iv. Our biological rhythm can be affected by .....
  - a. physical problems
  - b. 24/7 lifestyle
  - c. travelling
  - d. shift work
- v. Sleep deprivation can be caused by all these factors except.....
  - a. reading books
  - b. drinking alcohol
  - c. interruptions from children
  - d. exercising close to bedtime

**1.2 Answer the following questions briefly: (6)**

- i. Which factor attributes to sleep deprivation in most cases?
- ii. What is the ideal sleep pattern for most of us?
- iii. What is the common myth about sleep?
- iv. What should a person with the problem of sleep due to physical problems do?
- v. How can sleep pattern for some, differ from certain others?
- vi. How does micro sleep affect a person?

**1.3 Answer any three of the following questions in 25-30 words: (6)**

- i. What are the common triggers of short term sleeping difficulties?
- ii. Who are shift workers and why do they tend to fall asleep on the job?
- iii. What factors in our 24/7 lifestyle disturb our regular sleep pattern?
- iv. What are the effects of sleep deprivation?

**1.4 Pick out the words from the passage which are similar to the following: (3)**

- i. universal (para 8)
- ii. legend (para 3)
- iii. illusions (para 2)

**2. Read the passage and answer the questions that follow: (10)**

Environment means all that surrounds us. It is a very complex and comprehensive phenomenon. It consists of the climate, geography, geology and all the natural resources that nature has bestowed upon us. Life is there because of our peculiar biosphere and ecosystem. There is life on

this planet because of a certain balance between these various elements. Without this balance, our planet would have been just another sterile and lifeless planet revolving round the sun.

Our life depends on healthy and balanced environmental conditions. Our health, working habits, lifestyle, and behaviour, etc. are closely linked with all that surrounds us. The climate is an integral part of the environment. The varied climatic conditions on our planet have been responsible for all the variety that we have in our cultures, clothing, foods, festivals, and social customs, etc. The human population is scattered all over the world. But there are marked socio-cultural differences among the various races, groups, and countries because of different geographical and climatic conditions.

Existence on the earth presupposes maintenance of biodiversity and the preservation of the delicate balance between the various elements that constitute our environment, geographical conditions and climate. Preservation and protection of environment means the protection of the earth, its atmosphere, and its various vital resources. These are the essential ingredients of our life and existence, and should be kept alive, pure, vibrant and rich. Of late, it has been keenly felt that their depletion can prove disastrous. For example, the depletion of the ozone layer of our atmosphere has caused a huge hole in the sky, which is growing bigger and bigger with the passage of time. Consequently, the very harmful ultraviolet rays from the sun are reaching the earth. This hole in the atmosphere was discovered over Antarctica. It has been caused by the release of chlorofluorocarbons (or CFCs) in huge quantity from chemicals mainly used in refrigerators and air conditioners.

There is a direct correlation between environmental conditions and our physiological functions. Change in climate affects our behavioural pattern in spite of our marvellous adaptability. For example, hot tropical climate and heat of the desert causes fatigue, exertion, lethargy and irritability. Similarly, very cold climates may cause inertia, morbidity and respiratory infections. Extreme climates and sudden change of environment have a direct influence on our lifestyle and work culture. Obviously, the conflict between environment and our so-called developmental activities is the main cause of so many of our problems. For example, for the conservation of our natural resources it is necessary that there is a proper check on our ever-growing population.

The rapid growth in human population has adversely affected our land, forests, water, atmosphere, biodiversity and biomass. The overcrowding of our cities and towns, as a result of this explosion of population, is at the root of many of our evils. This has resulted in tremendous pressure on our agriculture, irrigation, forestry, energy and use of natural resources. Due to this imbalance, there has been a meteoric rise in crimes, diseases, squalor, poverty and misery. Our over-exploitation of the gifts of nature has created an unprecedented chaos in the environment. Our rivers are either dead or dying. The level of our groundwater is going down because of too much and indiscriminate pumping of water. Our earth has been green and wonderful, full of food and other goodies, and with other valuable boons of nature, but now it finds itself under an unbearable strain and stress because of our various acts of commission and omission.

It is imperative that we soon strike a balance between our environment and industrial development. Environment can no more be sacrificed for economic growth and development.

Many of our power and industrial projects are still being implemented without proper environmental clearance. Our thermal power projects, based on coal, should be located far away from cities, towns, national parks, wildlife sanctuaries, lakes, coastal areas and places of historical, tourist and religious importance. And, a 5-km buffer zone is a must around such a plant. Moreover, there should be installation of all necessary pollution control mechanisms and devices for the treatment of waste products. Similarly, to check the environmental degradation in case of hydroelectric plants, there should be proper arrangements for treatment of catchments area and compensatory forestation for the forest-cover submerged in the process of erection of such a plant.

To save the humanity from this looming ecological crisis, it is necessary that there is a mass movement against environmental degradation. The sooner we recognize this, the better. Our so-called industrial development, growth, and advancement at the cost of ecology is nothing but a regression, nay an "ecocide". Our oneness with nature and our environment is an established fact. Instead of fighting and destroying it, we should be with it because our fate as individuals is inseparable from the fate of Mother Nature. Our very survival depends on the survival and health of our eco-system. People should come forward voluntarily and participate in the movement to stop the over-exploitation of our rivers, oceans, lakes, forests, mountains, atmosphere and the earth.

- 2.1** On the basis of your understanding of the above passage, **make notes** on it using headings and subheadings. Use recognizable abbreviations (wherever necessary-minimum 4). Also supply an appropriate title to it: **(5)**
- 2.2** Write a summary of the passage in about 100 words: **(5)**

### **SECTION B: ADVANCED WRITING SKILLS**

**(30 Marks)**

- 3.** You propose to sell your house at 15 Rajendra Nagar, Kancheepuram. Draft **an advertisement** in not more than 50 words, giving the necessary details, to be published in the classified columns of The Hindu, Chennai. You are Adit / Aditi. **(4)**

**OR**

You are Ali / Aliya, the President of Nehru Yuva Club. You have planned to take a trekking trip for 15 days to Rohtang Pass next month. Write **a notice** giving all necessary information to invite participants for trekking programme. **(4)**

- 4.** An advertisement that appeared in the Times of India inviting applications for the post of an Accountant in Pioneers Pvt. Ltd. Company, Hyderabad. In response to their advertisement dated 13th November 2018 draft **an application for the same job**. **(6)**

**OR**

As Stores in charge of Cambridge Public School, 47, M. G Marg, Allahabad, write **a letter** complaining about the poor quality of biscuits in the latest consignment received from Messrs Mangla Confectioners, Allahabad. **(6)**

- 5.** Rapid growth of technology has resulted in the widespread use of computers. They have successfully replaced man power. However, in the newly dawned computer era, 'Should Teachers

be Replaced by Computers' is a burning issue. Write this **debate** speech against the motion in not more than 200 words. **(10)**

**OR**

Children between 13 and 19 years of age are neither too young nor too mature. Today, these children feel that the pressures of the competitive world they live in have made their lives less exciting. Write an **article** in not more than 200 words expressing your views. You are Mukesh / Mukta. **(10)**

6. You have seen some students of your class and other classes littering the school compound and corridors with tiffin left overs. As a responsible and concerned student, you decide to give a **speech** for the morning assembly on keeping the school neat and clean. Write this speech in not more than 200 words. **(10)**

**OR**

Army Public School, Bangaluru, recently organised Career Fair in their school. As David / Ann, write a **report** in about 150 – 200 words to be published in the local daily. **(10)**

**SECTION C: LITERATURE & LONG READING TEXT**

**(40 Marks)**

7. Read the extract given below and answer the questions that follow: **(4)**

*Fishermen in the cold sea  
Would not harm whales  
And the man gathering salt  
Would look at his hurt hands.*

- What are fishermen symbolic of?
- What message does the poet convey in these lines?
- What image does the poet create in the last line?
- Name the poem and the poet.

**OR**

*.....and felt that  
Old familiar ache, my childhood fear,  
But all I said was, see you soon,  
Amma, all I did was smile and smile and smile.*

- What is the poet's childhood fear?
- What were the parting words of the poet? Why was it ironic?
- Why did the poet smile and smile?
- Who is the speaker? Where was she at that time?

8. Answer any four of the following questions in 30 - 40 words each: **(12)**

- Who solved Roger Skunk's problem? How?
- What two distinct worlds does Anees Jung speak of with respect to bangle makers?
- Why was the crofter so talkative and friendly with the peddler?
- Describe the three deprived children as described by Spender in the poem 'An Elementary School Classroom in a Slum'?
- What is the message of the poem 'A Thing of Beauty'?
- How did Hana wash the wounded man?

- 9. Answer any one the following question in about 125 - 150 words: (6)**
- Rajkumar Shukla, an unassuming peasant became a catalyst for change by taking Gandhiji to Champaran, an act which later culminated into the first successful instance of Civil Disobedience in India. What qualities do you think helped both of them to initiate one of the most powerful movements in the history of our national struggle?
  - Young students who are about to leave school face challenges. What do you think is the best way to deal with those problems? Write an article with reference to the story "Going Places".
  - Franco Prussian war had impacted all spheres of life, even the schools. It caused an emotional turmoil in the life of the civilians. Can war/violence be a solution to any problem? Elucidate with respect to *The Last Lesson*.

- 10. Answer any one the following question in about 125 - 150 words: (6)**
- During her first meal in the missionary school, Simmons became painfully tensed. Further she declares, "I will not Submit! I will struggle first". Explain the cultural conflict and her attitude towards it
  - "People forget how fast you did a job – but they remember how well you did it", says Howard Newton. The Governor paid heavily for his lapses in security. If he had weighed the probabilities of Evans' escape he might have taken sufficient precautions. What qualities do you think will help one guard against such lapses?
  - Derry: "Look at all the people who are in pain and brave and never cry and never complain and don't feel sorry for themselves." But Derry does not follow it. What qualities do you need to develop to be like the 'people' Derry mentions?

- 11. Answer either one of the following questions in 125 - 150 words: (6)**
- Why did Silas wish to visit Lantern Yard again? What did his visit accomplish?
  - Explore how Eliot contrasts the progress of Godfrey and Silas in the novel.

- 12. Answer either one of the following questions in 125 - 150 words: (6)**
- Describe Dolly Winthrop as the most lovable character in George Eliot's "*Silas Marner*".
  - What is the significance of Gold in the novel, "*Silas Marner*"?

\*\*\*\*\*THE END\*\*\*\*\*