

KENDRIYA VIDYALAYA SANGATHAN
PRE – BOARD PAPER
ENGLISH COMMUNICATIVE (Code No. 101)
CLASS-X (2024-25)

TIME: 3 Hrs.

Max. Marks: 80

General Instructions:

Read the following instructions very carefully and strictly follow them:

- I. This question paper has 12 questions. All questions are compulsory.
- II. This question paper contains four sections:

Section A: Reading Skills

Section B: Writing Skills

Section C: Grammar

Section D: Literature Textbook

- III. Attempt all questions based on specific instructions for each part. Write the correct question number and part thereof in your answer sheet.
- IV. Separate instructions are given with each question/ part, whatever necessary.
- V. Adhere to the prescribed word limit while answering the questions.

SECTION A: READING (22 Marks)

1. Read the following passage carefully. (12 marks)

(1) Engaging in regular physical activity is not just about enhancing physical fitness—it offers numerous advantages that contribute to overall well-being. While many individuals may focus on exercise for weight management or muscle development, the benefits extend far beyond the body. Regular exercise serves as an essential tool for maintaining mental clarity, emotional stability, and a robust immune system. It contributes to a sense of vitality, boosting energy levels and improving quality of life.

(2) A key advantage of regular exercise lies in its positive impact on heart health. Aerobic exercises such as brisk walking, jogging, swimming, and cycling significantly improve cardiovascular function. These

activities enhance blood circulation, reduce high cholesterol levels, and prevent plaque build-up in the arteries, ultimately decreasing the risk of cardiovascular diseases. As heart disease remains a leading cause of death globally, adopting a regular exercise routine is crucial in mitigating this risk.

(3) Beyond physical health, exercise also plays a critical role in mental well-being. It helps combat stress, anxiety, and depression, acting as a natural mood booster. Physical activity stimulates the production of endorphins, serotonin, and dopamine—neurotransmitters commonly referred to as “feel-good” chemicals. These chemicals promote a sense of happiness and relaxation, helping individuals better manage stress and improve their emotional health.

(4) Furthermore, consistent exercise has been linked to improvements in cognitive functions such as memory, concentration, and learning ability. Studies show that individuals who engage in physical activity regularly perform better academically and in their daily tasks. Exercise enhances neurogenesis—the process by which the brain produces new neurons, which is essential for cognitive growth and maintaining mental sharpness as individuals age. Regular physical activity increases blood flow to the brain, thereby improving cognitive performance and mental clarity.

(5) In addition to the psychological and cognitive benefits, exercise also aids in better sleep. Engaging in regular physical activity helps individuals fall asleep more easily, experience deeper sleep, and wake up feeling more rested. This occurs because physical exertion reduces anxiety and promotes the release of sleep-inducing hormones, which help the body relax and restore energy.

(6) However, it is important to acknowledge that moderation is key when it comes to exercise. Overexertion, especially without adequate rest or proper technique, can lead to injuries, fatigue, and even long-term physical damage. It is essential to tailor an exercise routine that suits an individual’s capacity and specific health goals. A balanced approach allows individuals to reap the benefits of exercise while avoiding unnecessary strain on the body.

(7) In conclusion, regular physical activity offers a wide range of benefits. It is crucial not only for physical health but also for mental, emotional, and cognitive well-being. By incorporating exercise into one’s daily routine, individuals can enhance their cardiovascular health, boost their mood, improve cognitive function, and enjoy better sleep. However, finding the right balance and avoiding overexertion is vital for maximizing the positive effects of exercise and maintaining long-term health.

Answer the following questions based on the passage: (12 marks)

(i) Which of the following is a key cognitive benefit of regular exercise mentioned in the passage? 1

- A. Improved cardiovascular health
 - B. Enhanced memory and learning
 - C. Weight management
 - D. Muscle fortification
- (ii) How does aerobic exercise specifically benefit heart health? 1
- A. By reducing anxiety
 - B. By decreasing cholesterol levels
 - C. By aiding in weight loss
 - D. By promoting sleep
- (iii) Complete the sentence: The neurotransmitters released during exercise, which uplift mood, include _____. 1
- (iv) Name one cognitive function improved by regular physical activity, according to the passage. 1
- (v) What is one possible drawback of excessive exercise, as mentioned in the passage? 1
- (vi) In what way does consistent exercise contribute to better sleep, according to the passage? 1
- (vii) Explain how physical activity influences mental health. 2
- (viii) Why does the author emphasize the need for a balanced exercise routine? 2
- (ix) Summarize the physical, mental, and cognitive benefits of exercise as described in the passage. 2

2. Read the following report. (10 marks)

City Observes the Annual Eco Drive with Great Enthusiasm

- by Riya Chawla, Student Reporter

New Delhi, Oct. 15 – The Annual Eco Drive organized by the Green Earth Club took place this Saturday with great zeal and participation from all sections of society. The event aimed to raise awareness about the importance of environmental conservation and encourage people to adopt eco-friendly practices.

The Green Earth Club collaborated with local environmental organizations and municipal authorities to plant over a thousand trees across different neighbourhoods. The campaign also included a cleanliness drive along the riverbank and workshops on waste segregation. Dr. Mehta, an environmental activist, emphasized the urgent need for sustainable practices, while volunteers distributed eco-bags and pamphlets on reducing plastic usage.

A special session was held to educate children about recycling and the impact of pollution on marine life. The event concluded with a pledge to reduce carbon footprints and protect the environment.

Answer the following questions based on the report above: (10 marks)

- I. Fill in the blank: The Green Earth Club collaborated with ____ and ____ to plant trees across neighbourhoods. 1

- II. Which of the following was an activity carried out during the Annual Eco Drive? 1
 - A. Tree planting
 - B. Organizing a marathon
 - C. Free food distribution
 - D. Holding a fashion show

- III. What does the phrase “carbon footprint” refer to? 1
 - A. The number of trees planted
 - B. The reduction of plastic usage
 - C. The impact of human activity on the environment
 - D. The quantity of waste produced

- IV. Who gave a special session on pollution, and what did it focus on? 1
 - A. Dr. Mehta; it focused on waste segregation
 - B. Dr. Mehta; it focused on recycling
 - C. A volunteer; it focused on plastic usage
 - D. A child; it focused on tree planting

- V. State one initiative that was part of the Eco Drive. 1

- VI. Explain why children were targeted for a special session on recycling. 1

- VII. Why is planting trees considered important in environmental conservation? 2

- VIII. Describe the role of the Green Earth Club in the success of the event. 2

SECTION B: WRITING SKILLS (22 marks)

3. You are Preetam Shrivastava from New Delhi. Write an email, in about 50 words, to your principal requesting an eco-friendly Diwali celebration at school. Include suggestions like no firecrackers, eco-friendly decorations, and tree plantation activities. (3 marks)
4. Write a factual description, in about 100 words, of a person who presented an innovative project at the recent science fair organized at your school. Describe their project, their approach to explaining the science behind it, and how their presentation contributed to the fair's success. (4 marks)

5A. Concerned about the excessive plastic waste in your city, write a formal letter to the Editor of your local newspaper. Describe how plastic pollution affects the environment and public health, and suggest practical solutions like recycling initiatives, reducing plastic packaging, and raising public awareness. Use ideas from Unit 4: Environment to support your suggestions.

(120-150 words, 7 marks)

OR

5B. Write a letter to the Director of a health organization, advocating for mental health awareness programs in schools. Highlight the benefits for students, such as reducing stigma and promoting emotional resilience, and suggest steps like workshops and teacher training. Emphasize how these programs positively impact student well-being and academic success.

(120-150 words, 7 marks)

6A. As a Class 10 student, write an article on how yoga can help students manage stress. Highlight how yoga supports mental and physical health, aids concentration, and reduces anxiety. Discuss simple techniques like breathing exercises and mindfulness that help students stay calm, improve focus, and enhance sleep quality.

(Word Limit: 150-180 words, 8 marks)

<p>Mental and Physical Health: Yoga's benefits for mind and body, especially during exams. Stress Relief: How breathing exercises and mindfulness calm the mind. Better Focus and Sleep: Yoga's role in enhancing concentration and sleep.</p>

OR

6B. Write an article on the rise of virtual learning and its impact on traditional classrooms. Discuss reasons for the shift, like flexibility and accessibility, and explore how it has reshaped classroom

dynamics. Mention both benefits, such as self-paced learning, and challenges, like limited social interaction, and suggest how a blended learning model can combine the strengths of online and in-person education.

(Word Limit: 150-180 words, 8 marks)

Flexibility and Accessibility: Key advantages of virtual learning.
 Social Interaction: Effect of online learning on student connections.
 Blended Learning: Combining online and traditional methods for optimal education.

SECTION C: GRAMMAR (10 marks)

7. Complete the task (A) to (C) , as directed (3 x 1 = 3 marks)

A fill in the blanks(I)-(III) with the appropriate option from those in the brackets.

(I) The teacher recommended that we _____ (review / reviewed / reviewing) the topic thoroughly.

(II) By the time she arrived, the meeting _____ (started / had started / will start).

(III) They _____ (has / have / having) been practicing for weeks before the performance.

B In the following paragraph, one word has been omitted in each line. In your answer sheets, remember to write the missing word along with the word that comes before and after, as shown below. The first one has been done as an example. (4×1=4)

No	Text	Word before	Omission	Word after
e.g.	Effective teamwork requires that each	requires	that	each
I	member aware of their own strengths			
II	and contribute positively team goals.			
III	Understanding differences among people crucial			
IV	for building trust and unity a group.			

C Do as directed. 3 Marks

a) Rearrange the following jumbled words/phrases in the given dialogue to create a meaningful sentence.

Person A: Education is so important for personal growth, don't you think?

Person B: Absolutely! But could you explain how exactly?

Person A: (i) CRITICAL THINKING / AND / DEVELOPMENT / EDUCATION / CULTIVATES / OF SKILLS / FOR / IS NECESSARY / THE / INDIVIDUAL GROWTH / IMPROVEMENT. 1

b) Report the dialogues to complete the paragraph that follows. 2

Friend 1: I'm planning to adopt a pet.

Friend 2: Oh, that's great! What type of pet?

Friend 1: A dog, so I'll always have a loyal companion.

Friend 1 told Friend 2 that they were planning to adopt a pet. Friend 2 responded with enthusiasm and (i) _____. Friend 1 added (ii) _____ have a loyal companion.

SECTION D: LITERATURE TEXTBOOK (26 Marks)

8. Read the given excerpts and answer the following questions briefly comma for **any two** excerpts of the three given. (2×4=8)

(A) "The compelling motive of her sudden deviation towards the footsteps of Nimrod was the fact that she had recently been put out of countenance by Loona Bimberton's boastful talk of the prowess of a tiger she had shot."

(Mrs.Packletide'Tiger)

I. Why does Mrs. Packletide want to hunt a tiger? (1 mark)

II. What does the phrase "put out of countenance" suggest about Mrs. Packletide's feelings? (1 mark)

III. What does this passage reveal about Mrs. Packletide's personality? (1 marks)

IV. How does the passage highlight the theme of rivalry and envy? (1 mark)

(B) "Et tu, Brute? Then fall, Caesar!"

(*Julius Caesar*)

I. What is the significance of this line? (1 mark)

II. Who speaks this line, and to whom? (1 mark)

III. How does this line impact the play's theme of betrayal? (1 marks)

IV. How does Caesar's reaction add to the tragic atmosphere of the scene? (1 mark)

(C) "Patol Babu cleared his throat and said, 'Am I to speak?'"

(*Patol Babu*)

I. How does this line reflect Patol Babu's dedication to his role? (1 mark)

II. What was the role assigned to Patol Babu, and why was he initially disappointed? (1 mark)

- III. How does Patol Babu's attitude change by the end of the scene? (1 marks)
- IV. What does this reveal about Patol Babu's commitment to acting, regardless of the size of the role? (1 mark)

9. Answer **any five** of the following questions in 40 words each (5x2=10 marks)

- I. Describe the characters of the two gentlemen in "*Two Gentlemen of Verona*." 2
- II. Why does the ancient mariner feel cursed in "*The Rime of the Ancient Mariner*"? 2
- III. Interpret the symbolic meaning of the snake in the poem "*Snake*", and explain how it reflects the poet's inner conflict. 2
- IV. Why does Antony's speech in *Julius Caesar* have a powerful effect on the people? 2
- V. Analyze how the poem "*Nor Marble, Nor the Gilded Monuments*" uses literary devices like metaphor and contrast to convey the impermanence of material achievements and the enduring nature of poetry. 2
- VI. Evaluate the author's use of imagery and emotion in "*The Letter*" in depicting the old man's deep yearning for his daughter. 2

10. Answer the following in 150 words. (1×8=8)

- I. Analyze how both the Frog and Ozymandias display pride and arrogance. Discuss how the Frog manipulates the Nightingale and how Ozymandias' hubris is reflected in the ruins of his statue. Evaluate the consequences of their pride, using examples from both texts to highlight the theme of downfall.

Or

- II. Explore how virtual reality in "*Virtually True*" influences the protagonist's perception of reality. Compare this with the supernatural events in "*Shady Plot*" and discuss how both stories blur the line between reality and illusion, examining their impact on human understanding and