

Section A

1. Read the passage given below.

[10]

Crash dieting may help you lose weight, in the short term. Ultimately it can hinder weight loss in the long term, as most of the weight that you have lost with crash dieting will bounce back. It means that you will gain all the weight that you have lost and more. Crash dieting not only removes fat but also lean muscle and tissue.

Contrary to the belief of many who start this diet, this form of dieting is neither healthy nor successful in achieving long term weight loss as it induces the slowing down of the body's basal metabolic rate. The body seeks to conserve every calorie and so weight loss becomes increasingly difficult. Basal metabolic rate is the amount of calories your body needs on a daily basis, to maintain its regular activities. This means your body will need fewer calories than it did previously, making weight gain more likely once you stop dieting.

Most crash diets involve eating low-calorie food for several weeks or eating the same food or food groups for several weeks. Even if you are only trying the diet for a week or two, eating such a strict diet of same foods can cause nutritional deficiencies. Eliminating one or more food groups will not provide you with adequate, long-term nutrition. Nutritional deficiencies such as this can have multiple and immediate side effects such as haggard look, dark under eyes, dull skin, sloppy posture and less stamina.

This is also why exercise is recommended in any weight-loss plan to build muscle and maintain your metabolic rate. Again common mistakes that are observed with exercise are joining the gym only till the New Year, so that you can lose weight and once the party is over, the party for not exercising continues. On the other hand, we have some who make New Year resolutions and with gym memberships which are

so tempting, especially during the New year, take up annual memberships, which is not bad, what is bad is to break the resolution. It is good to take up an exercise programme during the new year and to make a resolution about exercise, provided you do not break the resolution and continue exercising year long, what is important is consistency.

On the basis of your understanding of the passage, answer the questions that follow.

- i. Which of the following is true about crash dieting as per the passage?
 - I. It helps you lose weight permanently.
 - II. It only removes fat.
 - III. It is neither healthy nor successful in achieving long-term weight loss.
 - IV. It involves eating foods high in carbohydrates for several weeks.
 - a) I and II
 - b) III and IV
 - c) II and III
 - d) Only III

- ii. Most crash diet plans involve:
 - I. eating the same food/food groups for several weeks
 - II. eating high-calorie foods
 - III. eating low-calorie food for several weeks
 - IV. fasting for 3 days a week
 - a) I and II
 - b) Only IV
 - c) I and III
 - d) Only II

- iii. The correct definition of basal metabolic rate is:
 - a) amount of exercise your body needs on a daily basis
 - b) amount of rest your body needs on a daily basis
 - c) amount of calories your body needs on a daily basis
 - d) amount of food your body needs on a daily basis

- iv. Which of the following will be a suitable title for the given passage?
 - a) How Crash Dieting Works
 - b) Crash Dieting-Myths busted
 - c) The Benefits of Crash Dieting
 - d) When and How to Diet

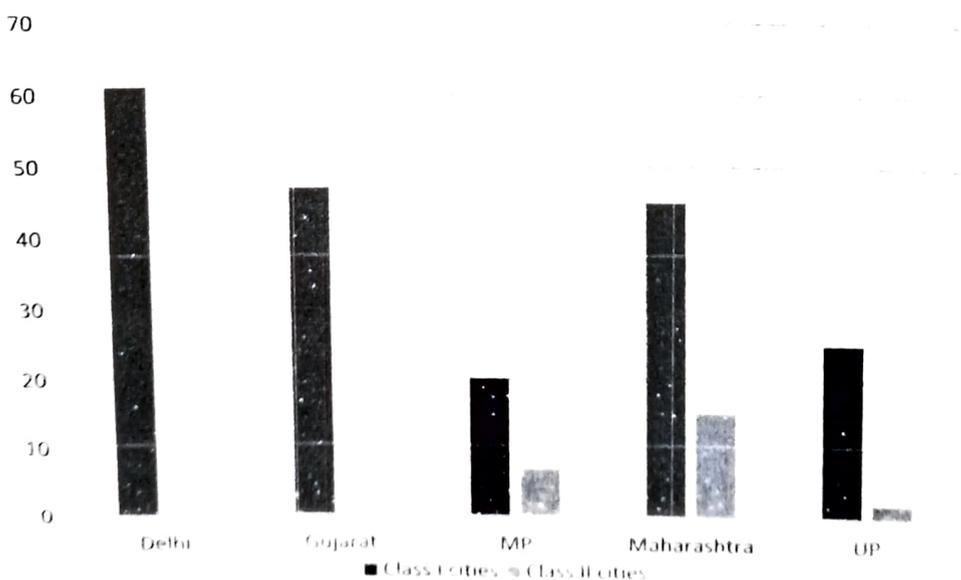
- v. What can be the consequence of eliminating one or two food groups from one's diet?
 - a) nutritional deficiencies
 - b) food intolerance
 - c) allergic reactions
 - d) hormonal imbalance

The Central Pollution Control Board in 2009 calculated that major cities and towns together generate more than 38 billion litres of sewage every day, of which only 30% is collected. Less than 20% of this is treated because that's the treatment capacity available. The rest is just emptied into rivers, lakes, seas and ponds.

A report by Water Aid India on faecal sludge management documents the chinks in India's sewage system. Seventeen million, or roughly 20% of urban households lack sanitation facilities, the report says. Among those that have access to sanitation only 32% are connected to a sewage network, the rest depend on septic tanks and pit latrines. There are more numbers to raise a stink about. More than 5 lakh pit latrines are unsanitary, being nothing more than open pits. More than 9 lakh toilets empty directly into drains. Among the 18% of urban household that don't have access to individual toilets, more than 12% resort to open defecation.

The story gets murkier beyond the numbers. Where sewers exist, they often leak or overflow. Instead of being cleaned every few years, septic tanks are left to accumulate sludge that percolates into ground water. When the tanks are cleaned the black water is disposed of in fields and water bodies, once again contaminating open fresh water.

Percentage of total treated wastewater



The Water Aid report looks at sanitation systems in six states and offers a snapshot of how much waste water is dumped untreated. Delhi, for instance, uses 4,346 million litres of water per day of which 87% returns as waste. However, Delhi has the capacity to treat only 61% of the total wastewater it generates. The class I cities in Maharashtra consume three times as much water as Delhi does, 80% of that goes into sewage and less than half of their total wastewater is treated. The statistics are far worse for class II cities. Even with the creation of the National Urban Sanitation Policy in 2008 and several thousands of crores being spent by states on sewage networks, the problem has grown worse in the last five years.

The Water Aid report recommends enforcing a national building code, public promotion campaigns and decentralizing sewage treatment plants as remedies to the sewage problem. Water experts, for years have been calling for freeing up the flow of rivers to allow them to rejuvenate.

On the basis of your understanding of the passage, answer the questions that follow.

- i. What does revelation made by the Municipal Corporation of India point to?
 - a. lack of water treatment technology in India
 - ~~b.~~ problem of water pollution in India
 - c. problem of water scarcity in India
 - d. problem of water borne diseases
- ii. What percentage of surface water in India is contaminated?
 - a. 95%
 - ~~b.~~ 80%
 - c. 85%
 - d. 75%
- iii. What is true regarding the contaminated water?
 - a. Only 80% of the contaminated water is treated.
 - ~~b.~~ Most of the contaminated water is dumped into the water bodies.
 - c. Contaminated water is the reason for the lack of potable water.
 - ~~d.~~ The problem has improved in the last five years.
- iv. Among the urban household, most of the sanitation depends on
 - a. individual toilets
 - b. open defecation
 - ~~c.~~ open pits and septic tanks
 - d. proper sanitation and sewage systems

- v. Why does the presence of septic tanks result in contamination of ground water?
- They are an inefficient system of sewage management.
 - They are not cleaned thoroughly.
 - They leak or overflow into the ground water.
 - They are not placed at strategic locations.
- vi. The Class II cities of which of the following state has the lowest treatment percentage?
- Uttar Pradesh
 - Madhya Pradesh
 - Maharashtra
 - Gujarat
- vii. According to the passage, less than 50% of wastewater is treated in:
- Delhi
 - Uttar Pradesh
 - Maharashtra
 - Madhya Pradesh
- viii. Which of the following facts can be inferred from the given graph?
- The sewage treatment capacity of the country needs to be increased.
 - The condition of treatment sewage is still better in Class II cities.
 - The maximum contamination of waste water takes place in Delhi.
 - The class I cities are the reason for contamination of water bodies.
- ix. Why is freeing of water bodies necessary today?
- to preserve natural glory
 - to allow rivers to rejuvenate
 - to channelise water bodies into cities
 - to build treatment plants
- x. What are the recommendations of the Water Aid report?
- enforce a national building code
 - promote public campaigns
 - decentralize sewage treatment plants
 - all of the above

Section B

3. The following paragraph has not been edited. There is an error in each line. Write the error and its correction as shown in the example. [3]
- I.

	Error	Correction
Example: Last week, I visit the trade fair. It	visit	visited
a. inaugurates by the President of India.		
I was		

- REDEFINING LEARNING
- b. accompanied by a friend who was coming from the USA last week.
 - c. He lives in the USA since last five years.

II. Fill in the blanks with the correct word.

[3]

- a. You _____ (will/should) not leave sharp objects in a house with small children.
- b. The buildings on the campus _____ (was/were) recently renovated.
- c. Nobody in the class _____ (has/have) the answer.

III. Do as directed. Attempt any four.

[4]

- a. Rekha said to Sushmita, "Please wait in the studio till I come." (Change into indirect speech.)
- b. The clerk said to the officer, "Kindly grant me leave for two days." (Change into indirect speech.)
- c. The salesman requested the customer to pay at the cash counter. (Change into direct speech.)
- d. "There is a big storm coming!" said the weatherman. (Change into indirect speech.)
- e. The coach told the players that they must report for practice at 4 pm daily. (Change into direct speech.)

4. I. **Describe a landscape as it appeared before and after a modern highway had been built across it.** [5]
- II. **You met your kindergarten teacher at a mall one day. Write a diary entry narrating how you felt on seeing him/her and what you spoke about.** [5]

Section C

5. Read the extracts given below and answer the questions that follow.

- I. A headmaster once told his father that what Einstein chose as a profession wouldn't matter, because, "He'll never make a success at anything." Einstein began learning to play the violin at the age of six, because his mother wanted him to; he later became a gifted amateur violinist, maintaining this skill throughout his life. [5]
- i. What was the headmaster's opinion about Einstein?

- a) He was gifted child.
 - b) He would not succeed in any profession.
 - c) He would be able to perform much later.
 - d) His hard work will pay off.
- ii.** Why did Einstein begin learning to play the violin?

- a) He loved playing since childhood.
- b) His father wanted him to learn the violin.
- c) His mother wanted him to learn the violin.
- d) His friends encouraged him to learn the violin.

iii. Which word from the extract means the same as 'not a professional'?

- a) gifted
- b) amateur
- c) skilled
- d) professional

iv. What is Einstein remembered as?

- a) a world citizen
- b) a gifted musician
- c) a star violinist
- d) a skilled scientist

v. At what age did Einstein begin to play the violin?

- a) three
- b) four
- c) five
- d) six

II. *Every tinkle on the shingles*
Has an echo in the heart;
And a thousand dreamy fancies
Into busy being start,

[5] 7

i. What does 'tinkle' mean?

- a) the sound of the bell
- b) the shining stars
- c) the sound of rain falling
- d) beautiful memories

ii. How does the heart echo?

- a) with sound sleep

- b) with the rain
- c) with peace and happiness
- d) with the wind

iii. How does the poet's mind get busy?

- a) with memories
- b) with dreams
- c) with music
- d) with peace

iv. What does 'dreamy fancies' mean?

- a) new aspirations
- b) old friends
- c) old memories
- d) fancy imagination

v. Which dreamy fancy is most dear to the poet?

- a) of playing in the rain
- b) of childhood bonding with siblings
- c) of travel
- d) of his mother

6. I. **Answer ANY FOUR out of the FIVE questions in 40-50 words.**
[3×4Q=12]

- i. Why did Kezia's grandmother send her to the drawing-room on Sunday afternoons? What would her parents be doing?
- ii. Why did Einstein write a letter to Franklin Roosevelt?
- iii. Why did the snake leave the doctor's arm?
- iv. Why does the poet ask the wind to come softly in the beginning of the poem?
- v. How will the poet have peace at Innisfree?

II. **Answer ANY TWO out of the THREE questions in 40-50 words.**
[3×2Q=6]

- i. How did Iswaran show his usefulness to the narrator?
- ii. Why was the dancing girl walking up and down the street?
- iii. How was Toto a nuisance in the house?

III. **Answer ANY ONE out of the TWO questions in 100-120 words.**
[6×1Q=6]

