

SECTION A – READING SKILLS

1.
 - i. (iii) He's becoming prone to bone diseases
 - ii. Due to sedentary lifestyle children do not get the bone-building benefits. They are prone to deformity, chronic pain and osteoporosis at a younger age.
 - iii. The deficiency of Calcium and Vitamin D in a child's body weaken bones because they are necessary to build a strong skeleton.
 - iv. (iv) adequate
 - v. (ii) Pain in Joints and Back
 - vi. A. Inculcate Lifestyle Changes
B. Take a balanced Diet
C. Sit in the sun
D. Drink milk (any one)
 - vii. Osteoporosis can be fatal because up to 25 percent of older people who suffer a broken hip die within a year.
 - viii. Sedentary Lifestyle
 - ix. (i) Practical
 - x. Soft drinks can contribute to the risk of bone disease in children because they often replace milk, depriving kids of the calcium and vitamin D needed for strong bones. Combined with a sedentary lifestyle, this increases the risk of brittle bones, fractures, and potentially early-onset osteoporosis.
2.
 - i. FALSE, The researcher indicates that educational institutions have opportunities and programmes to inculcate leadership skills.
 - ii. No, The aim of seeking students' perspectives was to enable a better designing/ creation/ of the leadership programmes in educational institutions.
 - iii. D. certain lessons are common in more than one
 - iv. 72 of 130 students consented and were interviewed
Note- 72 out of 130 is more than half/50%.
 - v. B. Students will be able to manage the responsibilities of a mentor, planner researcher and presenter.
 - vi. C. relationship of key events with particular lessons.
 - vii. This needs attention because it clearly indicates that the lessons created/student experiences do not allow sufficient opportunity for development of this crucial skill.
 - viii. A. collaboration

SECTION B – CREATIVE WRITING SKILLS

3.

SLV Public School, Lucknow
NOTICE

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22 Feb 23

Water Conservation Awareness

The school will be organizing a Water Conservation Awareness Program for all students on Thursday, 6th March 2023, from 11:00 AM to 01:00 PM in the school auditorium. This program aims to create awareness about the importance of water conservation and sustainable use of water resources. We encourage all students to attend this informative program.

Sanjay/Sanjana

School Captain, SLV Public School, Lucknow.

OR

ABC SCHOOL, GOKULPURI

NOTICE

Volunteer for Clean Delhi

22nd September 20XX

As part of the Swachh Bharat Abhiyaan, the school has decided to launch a cleanliness drive in sector 2 slum area adjoining the school. Class XII students are requested to volunteer for the programme which is to be held from 2nd to 7th October. By joining

this programme you will do your service to the nation and help the local residents live in a clean and hygienic place. For further details contact the undersigned.

Mohan
(Secretary, Social Activities Club)

48, Patel Chowk

New Delhi

1 June 2022

Nav Nirman School

Sucheta Vihar, Kolkata

Subject: Acceptance of invitation to the workshop on time management

Dear Piyush,

I am honored to accept your invitation to speak at the workshop on "The Importance of Time Management" on June 5, 2022 at 10:00 a.m. in Nav Nirmaan School. It will be a privilege to share my insights with the students and faculty of your esteemed institution.

Thank you for this opportunity.

Best regards,

4. Rajneesh/Rajee Mehta

OR

Letter of Regret

Dear S.K. International School,

Thank you for inviting me to be the Chief Guest at the award ceremony of S.K. International School, Ahmedabad.

Unfortunately, due to a medical problem, I am unable to attend. I regret missing this important event and wish you all the best.

Sincerely,

Priya Jadhav

5. 8/35, MG Road,
Bengaluru-560001

9th March, 20XX

The Editor,

The Times of India,

Bengaluru

Sir,

Subject: Creating awareness about the need to improve the standard of sports and games in our country

Through the columns of your esteemed daily, I would like to draw the attention of people to the poor performance of India in sports in an international arena. The recent Olympic Games have proved yet again that India does not perform well in sports. It is such a pity that a country of more than 1.2 billion people can only collect an average of less than one medal per game. India has been taking part in Olympics since 1990 but has won just 22 medals. This win of India makes just 1 medal per 383 million Indians.

Games and sports are not given much importance in the country. Our academic system is a grade-hungry machine. From students to teachers, all are focused on scoring the highest. It has been noticed that parents and kids are often interested in playing just renowned games but not athletics. Parents do not see a bright future in such games as well. The picture of insecurity does not let the players flourish and fulfil their dreams. As a result, our achievements in the international sports arena are poor.

Though the different academic boards have tried to make physical education a part of the school curriculum, more work in this area needs to be done. Parents and teachers must identify their child's inclination towards sports and the ability to perform well. Students should be encouraged to take an active part in sports along with studies. Sports facilities must be made available in cities as well as villages. There should be more parks and open spaces for children to play in. More and more sports competitions should be held at school levels. Government should provide funds to train budding sportspersons. There should not be any discrimination, reservation and biased opinion while selecting the sportsperson for Olympics or other such events. Awareness must be created among the pupils that games and sports can be a good career prospect.

I hope my letter will find a suitable space in your newspaper and a new India will emerge which not only excels in technology but in sports arena as well.

Yours sincerely,
Sunita

OR

63, Civil Lines
Delhi
12th February, 2019
Jindal Public School
Dwarka, New Delhi
Dear Sir,

Subject Application for the post of Accountant

This is in reference to your advertisement in The Hindu dated 10th February, 20XX for the post of accountant in your consultancy firm. I thereby wish to apply for the same.

Attached herewith is my resume. If I am considered for the above mentioned post, I would whole-heartedly and honestly contribute towards the progress of your esteemed and reputed organisation. I assure you hardwork and professionalism on my part.

Thank you!

Yours sincerely,
Ketan Pandey

Resume

Name: Ketan Pandey

Father's name: Rampal Singh

Date of birth: 5th April 1993

Address: 63, Civil Lines, Delhi

Academic Qualifications:

Degree	Board/ University	Year	Division
Graduation	CBSE	2008	First
B.Com	Jammu University	2011	First
M.Com	Jammu University	2013	First

Experience: Accountant, ASD Pvt. Ltd. India, November 2013 - Present

Expected salary: Rs. 60,000 per month

Languages fluency: English, Hindi

Hobbies: Music and sports

Marital status: Unmarried

Contact information: 8059XXXXXX / ketanXX@gmail.com

6. How Far is it Justified for Children to Participate in TV Programmes?

by Sukanya

Children up to the age of 12 years have been participating in TV programmes, bearing a lot of stress and neglecting their studies at such a prime time of their life. Today, the entertainment industry comprises a large number of child artists who gain much fame at a very early stage in their lives. Taking part in television programmes is the result of such unhealthy competitions, whose unbearable pressure provokes the children to do something at a very young stage. Most of their time is consumed or rather wasted in such participation when they should be concentrating more on their studies at this age. The children are so obsessed with the programmes, that they do pay the least attention towards their books. They are occupied with their schedule so much that they have the least stamina to study after returning home. Thus, the golden time of their life is invested in doing TV programmes and entertainment.

Others enjoy their act but how many of us bother about their prospects? It is not always possible for a child artist to gain the same success on maturity. So what would they become when they grow up? People should first prioritise their basic studies and then come into the entertainment business. It is not justified for children below the age of 12 years to be involved in TV programmes.

OR

Quarrel Outside College Gate Escalates: A Reflection on Youth Tolerance

By Reporter: Sanjoy Kumar, Aaj Kal Newspaper

Maharashtra, September 11, 2024: A minor disagreement among a group of boys outside the XYZ College gate escalated into a full-blown quarrel yesterday afternoon. The incident began when two students argued over a trivial matter, reportedly about a

misplaced book. The situation quickly spiralled out of control as more students joined in, turning the scene chaotic. Eyewitnesses reported that the quarrel involved around 20 students from various departments. The heated exchange of words soon led to physical altercations, with punches and kicks being thrown. The college security staff intervened but struggled to contain the situation as the number of participants grew.

The local police were called to the scene and managed to disperse the crowd, restoring order after about 30 minutes. Fortunately, no serious injuries were reported, but several students sustained minor bruises and cuts.

This incident highlights a concerning trend among today's youth – a growing lack of tolerance and inability to resolve conflicts peacefully. The ease with which a minor issue spiralled into a significant confrontation underscores the need for better conflict resolution education and emotional management among students.

The college administration has announced that disciplinary actions will be taken against those involved, and counselling sessions will be organized to address the underlying issues contributing to such behaviour. It is a stark reminder that promoting tolerance and conflict resolution skills is crucial in shaping a harmonious society.

SECTION C - LITERATURE

7. i. My thoughts were as heavy as lead that evening when ...
 ii. She put away her fear that her mother would not live long.
 iii. Only 5
 iv. Title 3
 v. c. Both (1) and (2) can be inferred from the extract.
 vi. dozing,

OR

- i. country money
 ii. 1, 3, 5
 iii. (2) is true but (1) is false.
 iv. resigned/resignation
 v. He suggests that poor people should begin to sell gallons of gas.
 vi. Pain
8. i. option (d). Annan; Bama
 ii. option (a) I and II
 iii. The treatment meted out to the community was unfair or devoid of honor, dignity, and respect.
 iv. option (d) Studying leads to social reforms and progress.

OR

- i. He was waiting eagerly for someone's arrival
 ii. Assassins
 iii. Here, **burden** refers to a dead body (of American man Tom)
 iv. Serving humanity

9. i. rule for participles
 ii. Drilling in the open field back of the sawmill
 iii. b. (1) cannot be inferred from the extract but (2) can.
 iv. Resist
 v. All of these
 vi. tempting

OR

- i. All of these
 ii. a. (1) Can be inferred from the extract but (2) cannot.
 iii. of working for the bangle industry
 iv. aware
 v. Losing eyesight
 vi. Daring/To dare
10. Answer any five of the following questions in 40-50 words each:
- (i) Douglas had developed the fear of water as a child. When he was three or four years old, he went to the beach with his father for surfing where he got frightened, knocked-down and buried under water by powerful waves.

- (ii) Pablo Neruda criticizes fishermen in "Keeping Quiet" for failing to grasp the serene silence of the ocean, disrupted by their noisy endeavors. He urges them to pause, listen, and contemplate the ocean's peaceful beauty rather than continually disrupting its tranquility with their clamor.
- (iii) The tigers made by Aunt on the screen are jumping and playing about without any fear of the men beneath the tree. They walk in elegance and style displaying the spirit of the courage, fearlessness, strength and confidence.
- (iv) Jansie was a little nosey about things - always wanted to know a little more and would spread the news; Jansie discouraged dreaming; was too realistic; accepted fate; too mature for her age; over-practical; didn't want to grow professionally, socially, economically.
- (v) The Englishman who visited the studios was Stephen Spender. He was an English poet and the editor of a British periodical, 'The Encounter'. He visited the studio to deliver a speech at the invitation of Mr. Vasan who was the boss of Gemini Studios. He was unable to establish a rapport with his dazed audience. No one really understood the purpose of his visit. Even his identity was discovered by Asokamitran years later, that too by sheer chance.
- (vi) Ronald Barthes was an essayist and not a novelist and he did not have the knack of writing creatively. As he was not able to pen down his thoughts in a creative manner he remained frustrated throughout his life. Ronald did have a strong desire to do some creative writing one day but he was not able to fulfil his desire as he died before he could do it. Eco, on the other hand, had never such frustration as his narrative was creative and everyone liked it.

11. Answer any two of the following questions in 40-50 words each:

- (i) According to Geoff Green, High School students are the future policy-makers and through this programme, they would be able to save this planet from the environmental hazards and the harmful effects of global warming. Antarctica, with its simple ecosystem and lack of biodiversity, is the perfect place to study how little changes in the environment can have major repercussions.
- (ii)
 - The infant astonishes everyone by speaking clearly at just ten days old. He boldly challenges the astrologers' predictions about his future, showing an unusual level of intelligence and confidence for a newborn.
 - The infant's first words include a defiant statement about his fate. He questions the astrologers and demands to know the manner of his death, indicating his fearless and rebellious nature.
- (iii) Antarctica is a crucial element in the debate on climate change because it is the only place in the world that has never sustained a human population and thus remains relatively pristine. Moreover, it holds in its ice-caves half-million-year old carbon records trapped in its layers of ice. The world's climate is changing fast and is at present one of the most hotly debated issues.

12. Good morning, everyone.

As I analyzed the texts 'The Rattrap' and 'Aunt Jennifer's Tigers', I noticed how they portrayed men's tendency to change or remain stiff. In 'The Rattrap', the protagonist changes his ways and accepts his mistakes, while in 'Aunt Jennifer's Tigers', Aunt Jennifer creates an alternate world of freedom in her art to escape male dominance since her marriage had put a lot of burden and stress on her.

These portrayals highlight the willingness to reform by accepting our mistakes. In 'The Rattrap', the protagonist mends his ways following Edla's kindness which brings a change in the peddler's heart. Similarly, in 'Aunt Jennifer's Tigers', the uncle is tyrannical and represents patriarchy, a system that needs to be changed. However, Aunt Jennifer finds a way to vent her emotions through her art to escape her stark reality, which shows her adapting nature.

Moreover, these texts emphasize the importance of updating and adapting our nature and knowledge according to changing times. In 'The Rattrap', the protagonist changes his ways and adapts to his new life, which leads to a better life. Similarly, in 'Aunt Jennifer's Tigers', Aunt Jennifer longs for freedom and tries to achieve that by embroidering a motif of tigers on a tapestry which represents her ferocious personality and her need for freedom and self-expression.

In conclusion, I'd like to say that these texts offer valuable insights into the willingness to improve and accept mistakes and the importance of updating and adapting our nature and knowledge according to changing times. We should learn from these portrayals and strive to improve ourselves as everyone is capable of change to lead a better life.

OR

Good morning to one and all!

After reading both poems, "Keeping Quiet" by Pablo Neruda and "A Thing of Beauty" by John Keats, I strongly believe that the preservation of nature is not just a necessity but a moral obligation for the benefit of mankind.

The Wisdom of Nature

In "Keeping Quiet," Neruda urges us to pause and reflect, suggesting that in moments of stillness, we can learn from nature. He writes, "Perhaps the Earth can teach us as when everything seems dead and later proves to be alive." This line reminds us that nature, even in its quietest moments, is full of life and wisdom.

The Beauty of Nature

Keats, in "A Thing of Beauty," celebrates the eternal beauty of nature. He writes, "but will keep a bower quiet for us," emphasizing that nature provides a sanctuary of peace and beauty. This beauty is not just aesthetic but also essential for our mental and emotional well-being.

The Importance of Preservation:

1. Nature provides essential services such as clean air, water, and fertile soil, which are vital for our survival.
2. Protecting natural habitats ensures the survival of countless species, maintaining the balance of our ecosystems.
3. Forests and oceans play a significant role in regulating the Earth's climate, helping to mitigate the effects of climate change.
4. Access to natural spaces has been shown to improve physical and mental health, reducing stress and promoting overall well-being.

Call to Action

As members of the Eco Club, it is our responsibility to lead by example and inspire others to take action. Here are some steps we can take:

1. Educate our peers and community about the importance of preserving nature and the benefits it provides.
2. Promote and adopt sustainable practices such as reducing waste, conserving water, and using renewable energy sources.
3. Organize tree planting drives, clean-up campaigns, and other community projects that contribute to environmental conservation.
4. Advocate for policies and initiatives that protect natural habitats and promote sustainability.

Thank you.

13. Dear friends,

I will be eternally grateful to Mr. Lamb for the profound impact he had on my life. Meeting him was a turning point that I will cherish forever. Mr. Lamb was a beacon of optimism, a man who saw beauty and potential in everything and everyone, even in the face of adversity.

When I first met Mr. Lamb, I was filled with bitterness and self-pity. My disfigured face made me feel isolated and unloved. But Mr. Lamb, with his gentle wisdom and unwavering positivity, showed me a different way to look at life. He taught me that our physical appearances do not define us and that true beauty lies in our actions and our hearts.

Mr. Lamb's garden was a sanctuary of hope and inspiration. He would often say, "Look at those trees, Derry. They are beautiful because they are alive, just like you." His words were simple yet profound, and they helped me see the world through a new lens. He encouraged me to embrace life, to find joy in the little things, and to believe in my own worth.

His optimism was infectious. He never let his disability hold him back or dampen his spirit. Instead, he used his experiences to connect with others, to offer support and understanding. He showed me that we all have the power to rise above our circumstances and make a positive impact on the world.

As we say goodbye to Mr. Lamb today, let us remember his unwavering optimism and his belief in the goodness of people. Let us carry forward his message of hope and compassion, and strive to make the world a better place, just as he did.

Thank you, Mr. Lamb, for everything. You will be deeply missed, but your spirit will continue to inspire us all.

With heartfelt gratitude,

Derry



AI POWERED
LEARNING



CONCEPT
MASTERY



PERFORMANCE
FOCUSED



EXCELLENCE
DRIVEN

OR

Humanity and Harmony: Lessons from Dr. Sadao

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Humanity is a value that binds us together, transcending borders, cultures, and conflicts. My experience in Japan, where I was saved by Dr. Sadao Hoki, a Japanese surgeon, during World War II, profoundly demonstrated the importance of humanity and living in harmony.

When I was washed ashore, wounded and desperate, I expected to be captured or left to die. Instead, Dr. Sadao, despite being a loyal Japanese citizen and aware of the risks, chose to save my life. His decision was not driven by political allegiance but by his unwavering commitment to his medical oath and his deep sense of compassion. He stated, "that if the man were whole I could turn him over to the Police... But since he is wounded," highlighting his belief that a doctor's duty to save lives transcends national and racial boundaries.

Dr. Sadao's actions were a powerful testament to the ability to rise above prejudices. In a time of intense nationalism and conflict, he chose to see me not as an enemy but as a fellow human being in need of help. This act of kindness not only saved my life but also challenged the deeply ingrained biases of his society.

Dr. Sadao's decision to treat me, despite the potential risks to himself and his family, underscores the importance of humanity. By prioritizing my life over his safety, he showed that true courage lies in doing what is right, even when it is difficult.

The story of Dr. Sadao and his wife Hana, who also supported his decision, illustrates the importance of living in harmony. Their willingness to help me, despite the danger, reflects a deep understanding of the interconnectedness of all human beings. It is a reminder that our actions, driven by empathy and compassion, can bridge the divides between us and foster a sense of global