



General Instructions :

1. This paper is divided into three sections: A, B and C. All sections are compulsory.
2. Separate instructions are given with each section and question, wherever necessary. Read these instructions very carefully and follow them faithfully.
3. DO NOT exceed the prescribed word limit while answering the questions.

SECTION - A (READING)

1. Read the following passage carefully and answer the questions that follow:

Believe it or not, you are constantly projecting your level of self-confidence to the people around you. It shows in many ways; your behavior, your body language, your words, what you say and how you say it. Confidence is the foundation for everything in life and it is our confidence, or lack of, that directly affects HOW we do everything in life.

Our confidence is perfectly intact when we are born, but diminishes during our childhood. We lose a little of it when we make mistakes, fail, misbehave, get in trouble, feel guilty, neglect ourselves, and/or do things we are ashamed of. As we all know, kids can be mean. Many of us can relate to being bullied and picked on as children, which can destroy our confidence.

As an adult, we can lose more of our confidence for many reasons: being criticized by others, when we have negative people in our lives. It's very common for women to have men in their lives who belittle them, breaking down their confidence because they THEMSELVES lack confidence, negative self talk, demeaning yourself by saying things like, "I'm stupid," "loser" "I KNEW it!" Negative body image because of what society dictates we "should" look like, not achieving the goals that we set for ourselves (consciously or sub-consciously).

Our confidence has a big impact on how we enjoy life. Many people have self-limiting beliefs and bad habits that hold them back from achieving optimal success and living the life they have dreamed about. Nothing is more powerful than confidence and being confident changes everything!

Building confidence must be something that you want to do for yourself, not for anyone else in your life. Many people will just settle with their current life and will not experience how incredibly rewarding it is to live a life filled with confidence, passion, purpose and enthusiasm because they lack the confidence and knowledge to do so. There is nothing wrong with wanting to feel better about yourself and to achieve more in life. Sometimes getting there is not easy and there are things that can happen along the way to make the path a lot longer and more difficult.

Your confidence is NOT controlled by anyone else. That means that YOU have absolute control and can become confident at anytime in your life, regardless of your past experiences!

Your confidence is like an unused muscle that needs to be developed. And like any muscle, it never stays the same for any period of time. It will either get stronger or weaker depending on how you use it.

Building your confidence is like exercising a muscle. It relies on small, incremental improvement on a daily basis. You won't run out to the gym and expect to have perfect muscles for life in just one hour. So, consistent confidence building is the only way to lasting confidence and happiness.

- 1.1 On the basis of your understanding of the passage make notes on it using headings and sub-headings. Use recognizable abbreviations wherever necessary. (minimum 4) (5 marks)
- 1.2 Prepare a summary of the passage in about 80 words. Also provide a suitable title. (3 marks)
2. Read the following passage very carefully:

About thirty years ago Miss Maria Ward of Huntingdon with only seven thousand pounds had the good luck to captivate Sir Thomas Bertram of Mansfield Park in the country of Northampton and to be there raised to the rank of a Baroness Lady with all the comforts and consequences of a handsome house and a large income. All Hamilton exclaimed on the greatness of the match and her uncle, the lawyer, himself, allowed her to be at least three thousand pounds short of any equitable claim to it. She had two sisters to be benefitted by her elevation and such of their acquaintance as thought Miss Ward and Miss Francis quite as handsome as Miss Maria, did not crumple to predict their marrying with almost equal advantage. But there certainly are not so many men of large fortune in the world as there are pretty women to deserve them. Miss Ward, at the end of half a dozen years found herself obliged to be attached to the Reverend Mr. Norris, a friend of her brother-in-law with scarcely any private fortune and Miss Francis fared yet worse. Miss Ward's match indeed when it came to the point, was not contemptible, Sir Thomas being happily able to give his friend an income in the living of Mansfield, and Mr. and Mrs. Norris began their new career of conjugal felicity and with every little less than a thousand a year. But

Miss Francis married, in the common phrase, to disoblige her family, and by the fixing on a lieutenant of marines, without education, fortune, or connections, did it very thoroughly. She could hardly have made a more untoward choice.

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Sir Thomas Bertram had interest, which, from principle as well as pride, from a general wish of doing right and a desire of seeing all that were connected with him in situations of respectability, he would have been glad to exert for the advantage of Lady Bertram's sister, but her husband's profession was such as no interest could reach; but before he had time to devise any other method of assisting them, an absolute breach between the sisters had taken place. It was the natural result of the conduct of each party, and such as a very imprudent marriage almost always produces. To save herself from useless remonstrance, Mrs. Price never wrote to her family on the subject till actually married. Lady Bertram, who was a woman of very tranquil feelings and a temper remarkably easy and indolent, would have contented herself with merely giving up her sister, and thinking no more of the matter: but Mrs. Norris had a spirit of activity, which could not be satisfied till she had written a long and angry letter to Fanny, to point out the folly of her conduct, and threaten her with all its possible ill consequences. Mrs. Price in her turn was injured and angry; and an answer, which comprehended each sister in its bitterness, and bestowed such very disrespectful reflections on the pride of Sir Thomas, as Mrs. Norris could not possibly keep to herself, put an end to all intercourse between them for a considerable period. Their homes were so distant and the circles in which they moved so distinct, as almost to preclude the means of ever hearing of each other's existence during the eleven following years, or at least make it very wonderful to Sir Thomas that Mrs. Norris should ever have it in her power to tell them, as she now and then did in an angry voice, that Fanny had got another child. By the end of eleven years, however, Mrs. Price could no longer afford to cherish pride or resentment, or to lose one connection that might possibly assist her. A large and still increasing family, a husband disabled for active service, but not the less equal to company and good liquor, and a very small income to supply their wants, made her eager to regain friends she had so carelessly sacrificed.

An Extract from Jane Austen's Mansfield Park

- 2.1. Answer the following questions: (1 x 8 = 8 marks)
- Who did Miss Maria Ward 'captivate'? What were the consequences?
 - Why is it stated that Miss Francis married 'to disoblige her family'?
 - 'Sir Thomas being happily able to give his friend an income...' Who is the 'friend' referred to?
 - Explain the phrase, 'Conjugal felicity'.
 - What happened just before Sir Thomas could devise a way of helping his sister-in-law?
 - How did Lady Bertram react to her sister's marriage?
 - What were the contents of Mrs. Norris letter to Francis?
 - How was Mrs. Price affected by the letter?
- 2.2. Complete the following statement by choosing from the correct option given: (1 x 4 = 4 marks)
- Miss Ward's match was not contemptible because _____.
 - Mr. Norris was rich
 - Sir Thomas gave Mr. Norris a fortune
 - Sir Thomas detested the match
 - Miss Maria detested the match
 - Miss Francis married _____.
 - Mr. Norris
 - Sir Thomas Bertram
 - a lieutenant marine
 - a gentleman with a large fortune
 - The word 'preclude' in the last paragraph means _____.
 - include
 - exclude
 - make something impossible
 - introductory remark
 - The word 'indolent' used to describe Lady Bertram suggests that she was _____.
 - angry
 - inactive
 - aggressive
 - reserved

3. Read the following passage carefully and answer the questions given:

Gratitude meditation is a type of meditation that focuses on expressing gratitude for the things in your life. According to Jack Kornfield:

"Buddhist monks begin each day with a chant of gratitude for the blessings of their life. Native American elders begin each ceremony with grateful prayers to mother earth and father sky, to the four directions, to the animal, plant, and mineral brothers and sisters who share our earth and support our life. In Tibet, the monks and nuns even offer prayers of gratitude for the suffering they have been given"

These examples show that gratitude meditation is neither new nor restricted to one spiritual or religious movement.

While some people might think of meditation along the lines of sitting in a dark room and clearing your mind, gratitude meditation can be practiced in many different settings. One might practice gratitude meditation while they wait for their morning coffee to brew, for example.

Gratitude meditation is a simple way to meditate because at its core, all you have to do is just reflect on all the people and things you are grateful for.

It is important to note that gratitude is not just about being thankful for the good things in your life, but it is about being thankful for everything in your life. There are things in your life which might initially seem bad, but upon further reflection actually give you an opportunity to learn and grow. Part of gratitude is recognizing these blessings in all things. As Jack Kornfield says:

“Open the meditation to include neutral people, difficult people, and even enemies- until you extend sympathetic joy to all beings everywhere, young and old, near and far”

Some gratitude meditation practices also include keeping a gratitude journal. This is simply a journal where you write down things you are grateful for, or even where you write letters to people you are grateful for. Gratitude journals are not a necessary part of a gratitude meditation practice, but they are an easy way to stay grateful throughout the day without losing sight of what is important.

As for the benefits of gratitude meditation specifically, one study found that practicing gratitude meditation four times a week for three weeks (along with keeping a gratitude diary) led to reduced levels of stress and depression, as well as increased levels of happiness. Anybody can incorporate this intervention into their lives with minimal cost and effort, making that finding extremely promising. This specific intervention’s schedule of four times a week for three weeks could also easily be incorporated in schools, prisons, and other situations.

Gratitude meditation practice yields near-immediate benefits that lead to increased levels of well-being. Having a gratitude meditation practice will also increase your levels of gratitude, which can serve as a protective factor in the face of certain traumatic events, as well as a protective factor against risky behaviors.

So what is the relationship between gratitude and mindfulness? There is clearly some sort of relationship between mindful awareness and feeling grateful for things in your life.

Gratitude is one of a few “sisters” of mindfulness because it is a core tenet of Buddhism, and highlights the fact that the Dalai Lama was even able to show gratitude towards the Chinese who were occupying his nation.

One study comparing gratitude interventions and mindfulness interventions found that they both led to similar outcomes, particularly when it comes to well-being.

Taken together, the above points indicate that gratitude and mindfulness serve similarly important roles in society, and recent research suggests that they have similar effects on individuals. Again, gratitude and mindfulness are not interchangeable, but they are two closely related aspects of human psychology. Any gratitude practice should include mindfulness, and any mindfulness practice can easily incorporate gratitude. Calling gratitude a “sister” of mindfulness does seem to be justifiable.

3.1 Answer the following questions briefly:

- a) What is gratitude meditation? Give two benefits of gratitude meditation. (2 marks)
- b) What is the general opinion about meditation? How is it different from gratitude meditation? (2 marks)
- c) What is the relationship between gratitude and mindfulness? (2 marks)
- d) What is a ‘gratitude journal’? How is it beneficial? (2 marks)
- e) Why is important for one to be grateful even to enemies? (2 marks)

SECTION - B (WRITING SKILLS)

4. You are Manasvi/Manas, you want to sell your mobile as you are planning to buy a new one. Draft a suitable advertisement to be published in the newspaper, with all the necessary details. Write the advertisement in 50 words.

(OR)

You are Dr. Urmil Raina, an eminent educationist. You have been invited to preside over an Inter Zonal Declamation Contest by Sidhant Sharma, the President of English Literary Club of Govt. Model School, Sec. 34, Noida. Write a reply expressing your inability to accept the invitation due to prior engagements on that day. Write the refusal in 50 words. (4 marks)

5. You are Shaurya, staying at South Delhi. You bought a Laptop from “Elite Shop”. The laptop developed a problem within few days of the purchase. Write a letter to the Sales Manager of the showroom complaining about the defect and seeking the immediate replacement. (120 words)

(OR)

You are Yashvardhan Sinha, a student of T. R. Sanhita School, Nainital. You are eager to enter the National School of Drama, Delhi, after your board examination results. Write a

letter to the Director of the NSD, Delhi seeking information regarding admission procedure, eligibility criteria, fees etc. (120 words) (6 marks)

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6. 'The policy of reservation of seats for admission to professional courses needs to be revisited.' Write an article on the topic expressing your strong opinion on the statement. You are Shiny/ Sumit. (150 - 200 words)

(OR)

For our health issues we consult a doctor, for the legal problems we seek legal advice from the lawyers. Therefore solving the social issues like gender biases, casteism, dowry, etc. is the collective responsibility of the society. Write an article on the topic in 150-200 words. You are Shiv/Shivani. (10 marks)

7. 'Homes for the aged is a necessity in India'. Write a debate for/against the motion in 150-200 words. You are Arham/Ara.

(OR)

'India is a land of diversity'. As the Headboy/girl of your school, write a speech to be delivered in the morning assembly highlighting the fact that we need to live in harmony despite our differences, and can achieve unity in diversity. (150 - 200 words) (10 marks)

SECTION – C (LITERATURE)

8. Read the following extract and answer the questions that follow: (4 x 1 = 4 marks)

What I want should not be confused
with total inactivity.
Life is what it is about;
I want no truck with death
If we were not so single minded
About keeping our lives moving,
And for once could do nothing
Perhaps a huge silence
Might interrupt this sadness of never understanding ourselves
And of threatening ourselves with death.

- a) Name the poem and the poet.
b) What is the proposal made by the poet?
c) What is implied by the phrase " Life is what it is about"?
d) How has the poet explained 'this sadness' that is said to have gripped mankind?

(OR)

When aunt is dead, her terrified hands will lie
Still ringed with ordeals she was mastered by.
The tigers in the panel that she made
Will go on prancing, proud and unafraid.

- a) Identify one poetic device in the given extract.
b) What is implied by the term 'terrified hands'?
c) What does 'ringed with ordeals' imply?
d) Briefly explain the highlighted contrast between the artist and the artwork?

9. Answer any four of the following questions in about 150 words each: (4 x 3 = 12 marks)

- a) 'Lost Spring' explains the grinding poverty and traditions that condemn thousands of people to a life of abject poverty. Analyze.
b) The lesson 'On the face of it' depicts the loneliness and sense of alienation experienced by people on account of disability. Explain.
c) Who was Rajkumar Shukla? Why is he described as being 'resolute'?
d) 'Destiny has its own ways. If it's meant to be; it will be'. How has it been proven in the lesson 'The Tiger King'?
e) How did Douglas develop an aversion to water? Explain.

10. Answer the following question in about 150 words: (6 marks)

In the lesson 'Going Places', the dreams and aspirations of Sophie are cynically criticized by Jansie and the readers alike. It's important to dream but it's also important to dream and strive towards actualizing one's dream. Elucidate.

(OR)

ZitkalaSa, in spite of knowing the might of her oppressors made all possible attempts to resist the shingling of her hair. Explain the events that concluded with 'The Cutting of My Long Hair'.

11. Answer the following question in about 150 words: (6 marks)
Owing to the kindness and hospitality shown by Edla Willmansson, the peddler emerges to be a man of finer human qualities despite being a vagabond. Describe with reference to the story 'The Rattrap'.
(OR)
Evans and his friends planned Evans' escape most meticulously down to the minutest detail anticipating all the possible twists and turns. Their diligence and precision is seen in all that happens on the day of the test. Discuss.
12. Answer the following questions in about 150 words: (6 marks)
Attempt the character sketch of Mrs. Hall in about 150 words.
(OR)
Attempt the character sketch of Dr. Kemp in about 150 words.
13. Answer the following questions in about 150 words: (6 marks)
How has the theme of megalomania been explored in the novel, 'The Invisible Man'.
(OR)
Money had been the central force behind the happenings in the novel 'The Invisible Man'. How far do you agree with the statement? Justify by providing suitable examples.