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TIME - 3HR. | QUESTIONS - 13

THE MARKS ARE MENTIONED ON EACH QUESTION

SECTION-A (READING) 20 marks

Q. 1. Read the passage given below and answer the questions that follow: 12marks

1. While there is no denying that the world loves a winner, it is important that you recognize the signs of stress in your behaviour and be healthy enough to enjoy your success. Stress can strike anytime, in a fashion that may leave you unaware of its presence in your life. While a certain amount of pressure is necessary for performance, it is important to be able to recognise your individual limit. For instance, there are some individuals who accept competition in a healthy fashion. There are others who collapse into weeping wrecks before an exam or on comparing marks-sheets and finding that their friend has scored better.
2. Stress is a body reaction to any demands or changes in its internal and external environment. Whenever there is a change in the external environment such as temperature, pollutants, humidity and working conditions, it leads to stress. In these days of competition when a person makes up his mind to surpass what has been achieved by other, leading to an imbalance between demands and resources, it causes psycho-social stress. It is a part and parcel of everyday life.
3. Stress has a different meaning, depending on the stage of life you are in. The loss of a toy or a reprimand from the parents might create a stress shock in a child. An adolescent who fails an examination may feel as if everything has been lost and life has no further meaning. In an adult, the loss of his or her companion, job or profession failure may appear as if there is nothing more to be achieved.
4. Such signs appear in the attitude and behaviour of the individual, as muscle tension in various parts of the body, palpitation and high blood pressure, indigestion and hyperacidity. Ultimately the result is self-destructive behaviour such as eating and drinking too much smoking excessively, relying on tranquilizers. There are other signs of stress such as trembling, shaking, nervous blinking, dryness of throat and mouth and difficulty in swallowing.
5. The professional under stress behaves as if he is a perfectionist. It leads to depression, lethargy and weakness. Periodic mood shifts also indicate the stress status of the students, executives and professionals.
6. In a study sponsored by World Health Organization and carried out by Harvard School of Public Health, the global burden of diseases and injury indicated that stress diseases and accidents are going to be the major killers in 2020.

7. The heart disease and depression-both stress diseases-are going to rank first and second in 2020. Road traffic accidents are going to be the third largest killers. These accidents are also an indicator of psycho-social stress in a fast-moving society. Other stress like ulcers, hypertension and sleeplessness have assumed epidemic proportions in modern societies.
8. A person under stress reacts in different ways and the common ones are flight, fight and flee depending upon the nature of the stress and capabilities of the person. The three responses can be elegantly chosen to cope with the stress so that stress does not damage the system and become distress.
9. When a stress crosses the limit peculiar to an individual, it lowers his performance capacity. Frequent crossings of the limit may result in chronic fatigue in which a person feels lethargic disinterested and is not easily motivated to achieve anything. This may make the person mentally undecided, confused and accident prone as well. Sudden exposure to unnerving stress may also result in a loss of memory. Diet, massage, food supplements, herbal medicines, hobbies, relaxation techniques and dance movements are excellent stress busters.

(a) (i) What is stress? What factors lead to stress? 2 marks

(ii) what are the signs by which a person can know that he is under stress? 2 marks

(iii) What are the different diseases a person gets due to stress? 2 marks

(iv) Give any two examples of stress busters. 1 mark

(v) How does a person react under stress? 2 marks

(b) which words in the above passage mean the same as the following: 3 marks

(i) fall down (para 1)

(ii) rebuke (para 3)

(iii) inactive (para 9)

Q. 2. Read the passage given below and answer the questions that follows: 8 marks

Research has shown that the human mind can process words at the rate of about 500 per minute, whereas a speaker speaks at the rate of about 150 words a minute. The difference between the two at 350 is quite large.

So, a speaker must make every effort to retain the attention of the audience and the listener should also be careful not to let his mind wander. Good communication calls for good listening skills. A good speaker must necessarily be a good listener. Listening starts with hearing but goes beyond. Hearing, in other words is necessary but is not a sufficient condition for listening. Listening involves hearing with attention. Listening is a process that calls for concentration. While, listening, one should also be observant. In other words, listening has to do with the ears, as well as with the eyes and the mind. Listening is to be understood as the total process that involves hearing with attention, being observant and making interpretations. Good

communication is essentially an interactive process. It calls for participation and involvement. It is quite often a dialogue rather than a monologue. It is necessary to be interested and also show or make it abundantly clear that one is interested in knowing what the other person has to say.

Good listening is an art that can be cultivated. It relates to skills that can be developed. A good listener knows the art of getting much more than what the speaker is trying to convey. He knows how to prompt, persuade but not to cut off or interrupt what the other persons must say. At times the speaker may or may not be coherent, articulate and well organised in his thoughts and expressions. He may have it in his mind and yet he may fail to marshal the right words while communicating his thought. Nevertheless, a good listener puts him at ease, helps him articulate and facilitates him to get across the message that he wants to convey. For listening to be effective, it is also necessary that barriers to listening are removed. Such barriers can be both physical and psychological. Physical barriers generally relate to hindrances to proper hearing whereas psychological barriers are more fundamental and relate to the interpretation and evaluation of the speaker and the message.

(a) On the basis of your reading of the above passage, make notes in points only, using abbreviations wherever necessary. Supply a suitable title. 5 marks

(b) Write a summary of the above passage in 80 words. 3 marks

SECTION-B: (ADVANCED WRITING SKILLS) 35 MARKS

Q. 3. Your school has planned an excursion to Lonavala near Mumbai during the autumn holidays. Write a notice in not more than 50 words for your school notice board, giving detailed information and inviting the names of those who desirous to join. Sign as Naresh/Namita, Head Boy/Head Girl, D. V. English School, Thane, Mumbai.

OR

C.P.R. Senior Secondary School, Meerut is looking for a receptionist for the school. Draft an advertisement in not more than 50 words to be published in classified columns of Hindustan Times. You are Romola Vij, Principal of the school.

Q. 4. Your school Commerce Association organised a seminar for class XII students of the schools of your zone on the topic, 'Rising prices create a crisis'. As Co-ordinator of the programme/ write a report in 100-125 words for your school magazine. You are Piyush/Priya of ABC School, Agra. 10 marks

OR

A new indoor gymnasium has recently been constructed and inaugurate at AP] International School at Goa. As special correspondent of 'The Hindu' draft a report in 100-126 words on the gymnasium and the inauguration ceremony.

Q. 5. You are Pritam/Priti, 27, W. E. A. Karol Bagh, Delhi. You have decided to shift your residence to Faridabad and hence decided to discontinue your membership of Brain Trust Library, Karol Bagh. Write a letter to the Librarian, requesting him to cancel your membership and refund your security deposit of five thousand explaining your inability to continue your membership. 10 marks

OR

You are Anu/Arun, 13 W. E. A. Karol Bagh, New Delhi. You feel very strongly about the ill-treatment meted out to stray dogs at the hands of callous and indifferent people. Write a letter to the editor of a national daily giving your views on why some people behave in such a manner and how these dogs should be treated.

Q. 6. Spurt of violence previously is known in Indian schools makes it incumbent on the educationists to introduce value education effectively in schools. Write an article in 150-200 words expressing your views on the need of value education. You are Anu/Arun. 10 marks

OR

Regular practice of yoga can help in maintaining good health and even in the prevention of so many ailments. Write a speech in 150-200 words to be delivered in the morning assembly on the usefulness of yoga.

SECTION-C: (TEXT-BOOKS) 30 MARKS
(Based on New Textbooks)

Q. 7. Read the extract given below and answer the questions that follow: 4 marks

*The stunted, unlucky heir
Of twisted bones, reciting a father's gnarled disease,
His lesson, from his desk. At back of the dim class
One unnoted, sweet and young. His eyes live in a dream,
Of squirrel's game, in tree room, other than this.*

- Who is the 'unlucky heir' and what has he inherited? 2 marks
- What is the stunted by reciting? 1 mark
- Who is sitting at the back of the dim class? 2 marks

OR

*For once on the face of the Earth
let's not speak in any language,
let's stop for one second,
and not move our arms so much.*

- (a) Why does the poet want us to keep quiet? *2 marks*
- (b) What does he want us to do for one second? *1 mark*
- (c) What does he mean by 'not move our arms'? *1 mark*

Q.8. Answer any two of the following in 30-40 words each: *4 marks*

- (i) Why are the young trees described as 'sprinting'?
- (ii) How is a thing of beauty a joy forever?
- (iii) Why did Aunt Jennifer choose to embroider tigers on the panel?

Q. 9. Answer any six of the following in 30-40 words each: *12 marks*

- (a) What changes did the order from Berlin cause in the school?
- (b) Why was Douglas determined to get over his fear of water?
- (c) How were Shukla and Gandhi received in Rajendra Prasad's house?
- (d) What is the significance of the third level?
- (e) Did Hana think the Japanese tortured their prisoners of war? Why?.
- (f) How does Mr. Lamb keep himself busy when it is a bit cool?
- (g) People are insensitive to those who have disabilities. Give instances from the story.

Q. 10. Answer the following in 100-125 words: *5 marks*

How are the attitudes of the ironmaster and his daughter different? Support your answer from the text.

OR

Compare Sophie and Jansie highlighting their temperament and aspirations.

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Q.11. Answer the following in 125-150 words: 5 marks

How did the Tiger King stand in danger of losing his Kingdom? How was he able to avert the danger?

OR

Bama's experience in Memories of childhood is that of a victim of the caste system. What kind of the discrimination does Zitkala-Sa's experience depict? What are their responses to their respective situations?

SECTION-D: (NOVELS) 15 marks
(Long Reading Text)

Attempt any question either Q.No.12 or Q. No. 13.

Q. 12. Answer the following questions in 125-150 words: 8 marks

- (i) What information did Dr. Mortimer give to Watson about L.L.? Explain.**
- (ii) What was the fate of Mrs. Stapleton? Discuss.**

OR

Q.13. Answer the following questions in 125-150 words:

- (i) How was Ralph rescued?**
- (ii) Discuss lack's first pig-hunt as Chief of new team.**



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