

ENGLISH PROFICIENCY
(English Core)
Sample paper 1

Unique paper code : 62031107
Title of the paper : English Proficiency
Semester : I/II
Maximum Marks : 75 marks
Time : 3 hours

Evaluation Scheme :
Reading Comprehension: 25 marks
Vocabulary : 15 marks
Grammar : 15 marks
Composition : 10 marks
Dialogue & Expressions : 10 marks
Total : 75 marks

Q1. Read the passage below and answer the questions that follow it:

Fear is what fuels excuses. We start making excuses when we are afraid how someone will react to something we say or do. Here's how to stop with the excuses already.

1. The first thing to know is that an excuse is nothing more than a lie. The more you make excuses, the easier it gets. Lying, like most everything else, becomes easier the more you do it. But so does telling the truth. Practice telling people the truth all of the time.
2. Use your talent, time, and resources doing things that are important and meaningful for you. Stop saying yes to doing things that you don't like doing. If the person or project doesn't excite you or make you happy, then don't waste your time.
3. Personal excuses pop up when a deadline goes rushing past and you have not finished the project. Whether your goal is to exercise, finish a project, or simply drink more water, you should set realistic goals for yourself.
4. Procrastination is just another word for excuse. Let "now" be your buzz word. . You won't have to make an excuse if the task is finished. **Be positive.** It is easy to say "Be positive!" to people, but it is a lot harder in practice. , smiling is one a many ways to turn your black mood into a bright, shiny one.
5. Self talk is the way you think about yourself. The way you view a task, and the way you view your own ability to conquer that task has a direct impact on your ability to actually complete it

a) Match the sub-headings given below with the paragraphs of the passage above. The paragraphs have been numbered for your convenience.

(5)

- i. Set realistic goals.
- ii. Stop postponing.
- iii. Be nice to yourself.
- iv. Set your priority.

v. Practice honesty.

b) On the basis of the information given in the above passage, mark the following statements as true or false.

(5)

- i. Self talk does not help to understand one's own ability.
- ii. We must not waste time on something that doesn't interest us.
- iii. We must practice telling the truth always.
- iv. It is not easy to be positive.
- v. We must set goals that are realistic.

Q2 Read the passage below and answer the questions that follow it:

World Health Organisation has termed 'burnout' as an outcome of excessive workplace stress, but the fact is that burnout-like symptoms can be found in persons having nothing to do with the conventional workplace. From homemakers and students to senior citizens and youth, all face some kind of stress.

The World Hypertension Day discussion last month warns that in the next five years, the number of adult population living with high blood pressure is expected to grow to a mind-boggling 1.56 billion. What do we need to do? No easy answers, but given the fact that stress is the culprit, and it cannot be wished away, yoga seems to be a probable antidote.

\Yoga and health have now proven positive links. Yoga can go a long way in preventing ill-effects of stress-related problems of both body and mind. Individuals differ in their stress tolerance limits. Thus, for some individuals, low to moderate stress can prove to be harmful, whereas for some, even high stress levels may not have the expected impact.

This stress tolerance limit of individuals can be called the Stress Resilience Index. Yoga is an easy yet effective way of coping with stress because it can provide that mental and physical strength that is needed for coping. With several simple yogic postures carried out as a daily regimen for even half an hour, an individual can raise his stress resilience. The best advantage of yoga is that it catalyses the secretion of good hormones in the blood while inhibiting the harmful ones.

a) Fill in the blanks in the sentences below using a suitable word from the passage:

(3)

- i. Now-a-days ____ is not only a problem of the conventional workplace but all kinds of people face it.
- ii. Yoga is a probable _____ to fight back rising hypertension cases.
- iii. Yoga helps to _____ secretion of good hormones that help to cope with stress.

b) Which of the following is not an objective of the passage?

(2)

- i. Stress is the cause of Hypertension.
- ii. Yoga raises stress resilience.

- iii. Stress is not good for everyone.
- iv. Yoga is good for health.

Note: The following questions should be answered in 30-40 words each, using your own words as far as possible.

- 1) Does Yoga give a probable solution for stress? If yes, How? (2)
- 2) Give two reasons why stress needs to be coped with. (2)
- 3) What are the positive links between health and Yoga? (2)
- 4) What is 'Stress Resilience Index'? How can it be raised? (2)
- 5) How can you cope with high stress? (2)

Q3.

A. On the lines of the given example, make the opposites of the words given below by choosing a suitable prefix from the following list. (5 marks)

In, Dis, Un, Im, Ir

Example : Safe – unsafe

- (i) Regular
- (ii) Proper
- (iii) Sure
- (iv) Appear
- (v) Active

Hint: See Appendix 1 of Grammar Capsule provided after the sample papers

B. Complete each of the following sentences by choosing suitably from the opposites you have made in question 3(a) above: (5 marks)

Example : Drunken driving in very unsafe.

1. It is _____ to throw garbage on the road.
2. Eating pizzas and burgers makes us _____.
3. The rainbow will _____ once the sky clear up.
4. I am _____ about my visit to Agra tomorrow.
5. The supply of water has been very _____.

C. On the lines of the given example, complete each sentence below by making suitable changes in the form of the word given in the bracket. (5 marks).

Example : The rose is a beautiful (beauty) flower

1. There was a mood of _____ (celebrate) when India won the final match.
2. We must eat all _____ (season) fruits.
3. The result of today's debate completion is quite _____ (predict)

4. There is much _____ (tense) in the area after curfew.
5. I am looking for a _____ (translate) for my book in Sanskrit.

Hint: See Appendix 4 of Grammar Capsule provided after the sample papers

Q.4. A. Fill in the blanks in the sentences given below by making suitable changes in the forms of the verbs given in the bracket. (5 marks)

Example : Sumit was (be) late for class today.

1. The thief _____ (run) when he saw the policeman.
2. She ____ (start) working as an airhostess immediately after she left college.
3. Raja Ram Mohan Roy _____ (found) the Brahma Samaj.
4. He _____ (do) his homework, don't disturb him.
5. I _____ (read) a story book.

B. Complete the sentences given below by choosing from the following list of prepositions. (5 marks)

Example : I have bought a gold chain for you.

(between, in, for, after on)

1. Our English class lasted _____ two hours.
2. September comes _____ August and October.
3. The dog is running _____ the ball.
4. The boy is swimming _____ the water.
5. The box is _____ the table.

Hint: See Appendix 2 of Grammar Capsule provided after the sample papers

C. Fill in the blanks in the sentences given below by choosing a suitable article (a, an, the) (5 marks)

Example : There is a big tree outside our house.

1. I saw _____ accident this morning.
2. Gold is _____ precious metal.
3. _____ Ganga is a holy river.
4. My aunt always carries _____ umbrella in her bag.
5. Are you coming to _____ party next Saturday?

Hint: See Appendix 3 of Grammar Capsule provided after the sample papers

Q.5. Write a paragraph is about 100 words on "Life is Beautiful." (10 marks)

You may use the following words / phrases

*God's greatest gift, comfortable life,
Attractive, beauty of nature, parents,*

*Family, friends, thankful ,
Don't complain, appreciate what you have*

Hints : Write a connected paragraph.

Don't only frame sentences from the words / phrases provided as suggested words.

Q.6. A. Match expressions in column A with the correct responses in column B

(5 marks)

| Column A | Column B |
|---|---|
| 1. Excuse me what can use get in five minutes time? | 1. I 'm sorry, she's not at home. Can take a message for her? |
| 2. We would be grateful if you accept our invitation. | 2. That's all right. We all make mistakes. |
| 3. Could I please speak to Mrs. Gupta? | 3. Welcome, my boy! |
| 4. Please forgive me, I'm sorry! | 4. Sir, I can get you a burger or pizza. |
| 5. Thank you so much, aunty! | 5. It will be our pleasure to come! |

Hints: Go back to the Chapter on Speak Better

B. Fill in the blanks in the following sentences with the words given below :

(5 marks)

Rest, reward, wealth, damage, contest, mercy, awake, shore, artificial, plenty

1. We tied our boat and went on the _____
2. The judge had _____ on the guilty man and did not punish him.
3. Have you enough money for the ticket? Yes, I have _____.
4. The policemen received a _____ of Rs.500/- for his bravery in catching the thief.
5. I must have a _____ for a few minutes, I am tired.
6. A rich man has great _____.
7. After the man lost his leg in the accident, he had to wear an _____ one.
8. There was no _____ for the President's post.
9. Last night's storm caused great _____ to the trees.
10. Is the baby _____ or asleep?