



SANGFORD SENIOR SECONDARY SCHOOL

CHAPTER: COMMUNICATIVE ENGLISH , CLASS: IX, SUBJECT: ENGLISH

TOTAL MARKS: , DURATION: 45 Mnts, EXAM NO: 00IXENC01

INVIGILATOR'S SIGNATURE : _____

STUDENT NAME: _____ DATE: _____



READING FACTUAL PASSAGE

Read the passage carefully and answer the following questions carefully:

Sleep disorders have become a common occurrence in India. Forty year old Marketing Executive Aviral, early one morning returned to Delhi from New York. He was trying to recover from jet lag and was dead tired. To cure himself of this sleep problem, he forced himself to remain awake one whole day, as he thought he might be able to sleep at night. But this did not happen. "I hardly managed any sleep that night," Aviral recalled. Next day, he felt very uneasy at the office and had difficulty in concentrating on work. On his way back home, he stopped at one of the busy signals on Delhi roads, but due to excessive tiredness, fell asleep. He woke up suddenly, after the motorist behind him honked. Aviral realised that he couldn't drive any longer and decided to park his car in a quiet place. He took a nap of 2 hours in his car and only then could manage to drive back home safely.

Sleep disorder experts have pointed out that lack of sleep is the reason for many ailments. Dr Kumar Menon and his colleagues presented a paper on sleep disorders in Mumbai, in which they stressed that early detection of the problems is necessary and physician need to seriously view it as a disorders. They need to evaluate their patients on the basis of sleep history too.

Adequate sleep is important to one's lifestyle just like diet and exercise. According to Canadian expert on sleep disorders. Dr Jeffrey Lipsitz, on an average a healthy adult requires just over 8 hours of sleep at night. However, the amount varies between individuals.

Swarup Chatterjee, a 28 year old, IIM graduate and Assistant Manager at a BPO in Hyderabad is deprived of good sleep. Swarup is completely stressed Out due to overburden of work in his professional and personal life and often feels tired. He also knows it is bad for his health.

In a study conducted by sleep disorder experts, it was found that one-third of adults have been experiencing sleep disorders. They get less than 7 hours of sleep every night. Another study shows that 29% of Indians went to sleep only after midnight. The survey further mentioned that Indians were among the world's earliest risers. We should understand that 'early to rise' is good, provided that 'early to bed' principle is also followed.

On the basis of your reading of the passage, answer any eight of the following questions briefly: (1×8=8)

1. What has become a common problem in our country?
2. What happened when Aviral could not sleep in the night?
3. What is the view of Dr Jeffrey Lipsitz on sleep disorder?
4. Lack of sleep is the reason for many_____ .
5. What was the result of a study conducted by sleep disorder experts?
6. Just like ___ _ and _____, adequate sleep is important to one's lifestyle.
7. What should Indians understand being early risers?
8. What did Dr Kumar Menon and his colleagues stressed on?
9. Which word in the passage means 'sleep'?

Read the following passage carefully :

1. Do children really need such long summer breaks, was a question posed by some experts recently. Apparently, such a long break disrupts their development and comes in way of their learning process. 'Let's get them back to their books,' is perhaps the expert view. One would have thought the children are doing too much during their vacations and not too little, given the plethora of classes, camps and Workshops involving swimming, art, personality development, music, computers and the like. Even the trips taken in the name of holidays seem laden with exotic destinations and customised experience packed into a short period of time. We can do Europe in 10 days and Australia in a week and come back armed with digital memories and overflowing suitcases. Holidays are in some ways, no longer a break but an intensified search for experience not normally encountered in everyday life.

2. It is far cry from summer holidays as we know them. For us, holidays every year meant one thing and one thing alone - you went back to your native place, logging in with the emotional headquarters of your extended family and spent two months with a gaggle of uncles, aunts and first and second cousins. The happiest memories of the childhood of a whole generation seemed to be centred around this annual ritual of homecoming.

3. Summer was not really a break, but a joint. It was the bridge used to reaffirm one's connectedness with one's larger community. One did not travel, one returned. It was not an attempt to experience the new and the extraordinary but one that emphatically underlined the power of the old and the ordinary. With the change of time, what we seek from our summer breaks too has changed in a fundamental way.

4. Today, we are attached much more to our work and summer helps us temporarily detach from this new source of identity. We refuel our individual selves now; and do so with much more material than we did in the past. But for those who grew up in different times, summer was the best time of their lives.

Based on your reading of the passage, answer the following questions in about 30-40 words: (ans four) (2×4=8)

1. What do experts think about summer breaks?
2. How do students spend their summer breaks?
3. What were the writer's happiest moments of childhood?
4. How are present day summer breaks different from those of the former days.
5. How are travel and tour not a break from daily stress?

Choose the correct option for each : (1×4=4)

Which word in the passage means 'made to suit one's needs'?

- (a) Attached (b) plethora (c) Customised (d) gaggle

The word 'development' has-

- (a) -ment as a suffix (b) -ment as a preix (c) De-as a prefix (d) de-as a suffix

The opposite of emphatically is-

- (a) Carelessly (b) casually (c) Irregularly (d) foolishly

The phrase 'a far cry from' In para 2 means-

- (a) very distant from (b) very different from (c) more busy than (d) more harmful than

Word in the passage that means 'starting again strongly' is.....
(a) emphatically (b) reaffirm (c) attempt (d) detach

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