



The question paper is divided into three sections:

Section A :	Reading	11 Marks
Section B :	Writing	9 Marks
Section C :	Literature	20 Marks

General Instructions:

- i) All questions are compulsory.
- ii) You may attempt any section at a time.
- iii) All questions of that particular section must be attempted in the correct order.

SECTION – A (READING)

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

It's a busy world. You fold the laundry while keeping one eye on the kids and another on the television. You plan your day while listening to the radio and commuting to work, and then plan your weekend. But in the rush to accomplish necessary tasks, you may find yourself losing your connection with the present moment—missing out on what you're doing and how you're feeling. Did you notice whether you felt well-rested this morning or that forsythia is in bloom along your route to work?

Mindfulness is the practice of purposely focusing your attention on the present moment—and accepting it without judgment. Mindfulness is now being examined scientifically and has been found to be a key element in happiness.

The cultivation of mindfulness has roots in Buddhism, but most religions include some type of prayer or meditation technique that helps shift your thoughts away from your usual preoccupations toward an appreciation of the moment and a larger perspective on life.

Professor emeritus Jon Kabat-Zinn, founder and former director of the Stress Reduction Clinic at the University of Massachusetts Medical Center, helped to bring the practice of mindfulness meditation into mainstream medicine and demonstrated that practicing mindfulness can bring improvements in both physical and psychological symptoms as well as positive changes in health attitudes and behaviour.

Increasing your capacity for mindfulness supports many attitudes that contribute to a satisfied life. Being mindful makes it easier to savor the pleasures in life as they occur, helps you become fully engaged in activities, and creates a greater capacity to deal with adverse events. By focusing on the here and now, many people who practice mindfulness find that they are less likely to get caught up in worries about the future or regrets over the past, are less preoccupied with concerns about success and self-esteem, and are better able to form deep connections with others.

If greater well-being isn't enough of an incentive, scientists have discovered the benefits of mindfulness techniques help improve physical health in a number of ways. Mindfulness can help relieve stress, treat heart disease, lower blood pressure, reduce chronic pain, improve sleep and alleviate gastrointestinal difficulties.

In recent years, psychotherapists have turned to mindfulness meditation as an important element in the treatment of a number of problems, including depression, substance abuse, eating disorders, couples' conflicts, anxiety disorders, obsessive-compulsive disorder. Some experts believe that mindfulness works, in part, by helping people to accept their experiences—including painful emotions—rather than react to them with aversion and avoidance.

It has become increasingly common for mindfulness meditation to be combined with psychotherapy, especially cognitive behavioural therapy. This development makes good sense, since both meditation and cognitive behavioural therapy share the common goal of helping people gain perspective on irrational, maladaptive, and self-defeating thoughts.

There is more than one way to practice mindfulness, but the goal of any mindfulness technique is to achieve a state of alert, focused relaxation by deliberately paying attention to thoughts and sensations without judgment. This allows the mind to refocus on the present moment. All mindfulness techniques are a form of meditation.

- 1.1 On the basis of your reading of the passage make notes on it, using headings and sub headings. Use recognizable abbreviations (min 4) wherever necessary. Also provide a suitable title. (4)
- 1.2 Write a summary of the passage in about 50 words. (2)

2. Read the following passage and answer the questions that follow:

To Sherlock Holmes, she is always the woman. I have seldom heard him mention her under any other name. In his eyes she eclipses and predominates the whole of her gender. It was not that he felt any emotion akin to love for Irene Adler. All emotions and that one in particular were abhorrent to his cold, precise but admirably balanced mind. He was I take it, the most perfect and reasoning and observing machine that the world has seen, but as a lover, he would have placed himself in a false position. He never spoke of the softer passions save with a jibe and a sneer. They were admirable things for the observer- excellent for drawing the veil from men's motives and actions. But for the trained reasoned mind to admit such intrusions into his own delicate and finely adjusted temperament was to introduce a distracting factor which might throw a doubt upon all his mental results. Grit in a sensible instrument, or a crack in one of his own high power lenses, would not be more disturbing than a strong emotion in a nature such as his. And yet there was but one woman to him, and that was the late Irene Adler, of dubious and questionable memory.

I had seen little of Holmes lately. My marriage had drifted us away from each other. My own complete happiness, and the home-centered interests which rise up around the man who first finds himself master of his own establishments, were sufficient to absorb all my attention while Holmes who loathed every form of society with his whole Bohemian soul, remained in our lodgings in Baker Street, buried among his old books, and alternating from week to week between cocaine and ambition, the drowsiness of the drug and the fierce energy of his own keen nature. He was still as ever deeply attracted by the study of crime, and occupied his immense faculties and extraordinary powers of observation in following out those clues and clearing up those mysteries which had been abandoned as hopeless by the official police. From time to time I heard some vague account of his doings: of his summons to Odessa in the case of the Trepoff murder, of his clearing up of the singular tragedy of the Atkinson brothers at Trincomalee and, finally, of the mission which he had accomplished so delicately and successfully for the reigning family of Holland. Beyond these signs of his activity, however, which I merely shared with the readers of the daily press, I knew little of my former friend and companion.

One night- it was on twentieth of March 1888- I was returning from a journey to a patient when my way led me through Baker Street. As I passed the well remembered door, which must always be associated in my mind with my wooing, and with the dark incidents of the Study in Scarlet, I was seized with a keen desire to see Holmes again, and to know how he was employing his extraordinary powers. His rooms were brilliantly lit and, even as I looked up, I saw his tall, spare figure pass twice in dark silhouette against the blind. He was pacing the room, swiftly, eagerly with his head sunk upon his chest and his hands clasped behind him. To me, who knew his every mood and habit, his attitude and manner told their own story. He was at work again. He had risen out of his drug-created dreams and was hot upon the scent of some new problem. I rang the bell and was shown up to the chamber which had formerly been in part my own.

His manner was not effusive. It seldom was; but he was glad, I think to see me. 'Wedlock suits you Watson,' he remarked.

- 2.1 Answer the following questions briefly:
- a) Who is "the woman" referred to in the opening lines of the passage? (½)
- b) What is the name of the narrator? (½)
- c) Was Sherlock Holmes in love with Irene Adler? How do you know? (1)
- d) According to the narrator, of what use were 'softer passions' to Holmes? (1)
- e) What was Holmes opinion about 'love'? (1)
- f) Why had the narrator not met Holmes lately? What did the remark, 'wedlock suits you' imply? (1)

SECTION - B (WRITING)

3. Your school is organizing a charity show, the proceeds of which will benefit the economically backward students. The music legend A. R. Rehman will be the chief guest for the event. Draft a formal invitation in about 50 words for the parents to attend the show on 24th December 2017, in the Millennium Hall at 6 pm. Invent all relevant details. (3)
4. You feel strongly about the differences that exist in our society, that cause conflicts. Prepare your debate in favour/ or against the motion, "Multilingualism in our country has divided more than united the people in our society." (6)

SECTION – C (LITERATURE)

5. Read the extract and answer the questions that follow: (4 x 1 = 4)
- That she was as old as she looked but soon
Put that thought away and looked out at young
Trees sprinting, the merry children spilling out of their homes.....
- a) Who is 'she' mentioned in the first line?
b) Which was 'that thought' the poetess indicates?
c) Why did the poetess 'look out' of the car?
d) What is the highlighted contrast of these lines?
6. Answer any four of the following questions in about 60 words each: (4 x 3 = 12)
- a) How has the author justified her statement that Seemapuri is 'a place on the periphery of Delhi yet miles away from it metaphorically'? Briefly explain the miserable and pathetic life of the ragpickers of Seemapuri?
b) Briefly explain the attempt made by Zitkala Sa to avoid shingling of her hair?
c) The readers, unlike in the case of Mukesh (Lost Spring), tend to be cynical and critical about the dreams and aspirations of Sophie. Analyze the plausible reasons.
d) What was the advice and the instruction given by her Annan to Bama? Justify the relevance of his advice.
e) The recommendations, suggestions and the inherent philosophy reflected and highlighted in the poem 'Keeping Quiet' resonate with the need and necessity of the 21st century. Elucidate.
7. Answer the following in about 80-100 words: (4)
- Sophie is the creator and the victim of all her disappointments and dilemmas. Analyze
(OR)
Who was James Roderick Evans? What was the unusual request made by him?
Briefly explain the precautionary measures taken by the jail authorities to fulfil the same.