ENGLISH CORE - 301

Space for writing Question Number

SECTION - A

(READING SKILLS)

1.

(i) The suprachiasmatic nucleus in the brain governs the circadian ~~sy~~ rhythm that aligns our sleep, metabolism, hormone release and mood with the 24 hour cycle.

(ii) The metaphor, 'the body remembers the sun even when the mind forgets' has been used to convey that in case of biological desynchronisation, if a person spends a week away from artificial light, their circadian rhythm resets entirely.

(iii) (A) body's natural rhythms no longer align with external time cues.

(iv) in preventing biological desynchronization.

Space for writing Question Number

(v) (B) resists manipulation through artificial means.

(vi) Tampering with the body's natural ~~set~~ rhythms often have hidden costs like chronic fatigue, hormonal imbalance and weakened immunity.

(vii) It reveals that the modern life is characterised by blurring of day and night. People are suffering from 'social jet lag'. Adolescents are particularly vulnerable as their natural cycle shifts during puberty and clashes with the early school time. As a result, they are persistently deprived of meaningful rest.

(viii) (A) compare how schedules disrupt our internal clock, similar to time zone travel confusion.

(ix) Adolescents are at a risk of internal time disruption as their natural clock clashes with early school timings. As a result, they are persistently deprived of

meaningful rest. Sleep deficiency and chronic fatigue may lead to serious risks like diseases, depression and accidents.

(x) Firstly, adjusting school hours will be a very difficult task to implement to adjust to everyone's internal time. Secondly, designing light conscious architecture or aligning work shifts with biological peaks will pose difficulty as such architecture will require ~~econo~~ financial inputs and biological peaks of different people may also vary...

2.

(i) calling urban planning as a solution to city-based food shortages, environmental degradation and mental ~~he~~ health challenges.

Space for writing Question Number

(ii) (B) incentives

(iii) People opt to grow spinach and tomatoes on their roofs rather than purchasing them to escape pesticide exposure.

(iv) Hyderabad is most likely to emerge as a national model for tech-integrated urban farming by 2026. It is because it has combined conventional methods and modern technology through its app-based micro ~~fa~~ farm programme initiative. Also, over 18 per cent of households are projected to be engaged in urban farming.

(v) Pune use uses 'Terrace Garden Tax Rebate' to encourage urban farming. It is an economic method whereas Hyderabad combines modern technology with conventional methods through its app-based micro farm programme.

Space for writing Question Number

(vi) Firstly, the lack of space, high initial costs for equipment, and unreliable yields make urban farming unsustainable at scale. Secondly, concerns about rooftop safety and water use efficiency persists without regulation.

(vii) NGOs like 'Hariyali' and start ups like 'Rangeen' offer seed kits, app-based guidance and balcony farming workshops.

For the urban workforce, this movement offers something tangible: control, calm and climate action, all from a window ledge.

(viii) (B) excessive food production

Space for writing Question Number

SECTION - B

(CREATIVE WRITING SKILLS)

3.(B)

Springdale Public School
Green Park, Lucknow

NOTICE

12 th March, 2026

Workshop on Growing Microgreens

This is to inform all the students that the Biology Club of our school is going to organise a week long workshop on 'Growing Microgreens' after the school hours.

Date : 16 th March to 21st March, 2026
Days : Monday to Saturday
Time : 1 : 30 P.M to 3 : 00 P.M.

8

Space for writing Question Number

Venue : School playground

Interested students may submit the registration forms to their class teachers. The last date for registration is 14th March, 2026. All the participating students will be given a participation certificate.

Deeps
Secretary, Biology Club
Springdale Public School

Space for writing Question Number

4.

(A) Crestwood Academy
Civil Lines
Pune

12 th March , 2026

Mr. Sudhendu Rangarajan
Press Avenue Lane
Pune

Subject : Invitation for workshop on editing skills

Sir
It is a matter of great pride that our school is organising a workshop on editing skills for budding ~~skill~~ student journalists on 18th March, 2026 (Wednesday) from 10 : 00 A.M. at the school auditorium. We ~~would~~ will be deeply grateful if you could attend the workshop

10

Space for writing Question Number

and share your valuable insights with the budding student journalists of our school.

Soliciting a line of reply or an e-mail at crestwoodacademy @gmail.com.

Thanking you

Yours truly
Riya Sharma
Chief Editor
Crestwood Academy.

Space for writing Question Number

Q. 5.

(A)

10, Lake View Road
Lucknow

12 th March, 2026

The Editor
The Times of India
Press Avenue Lane
Lucknow

Subject : Growing lack of civic sense among students and young adults.

Sir
Through the columns of your esteemed, widely read newspaper, I would like to draw the attention of the common masses and the concerned authorities towards the pressing and alarming issue of lack of

civic sense among the students and young adults.

Lack of civic sense among the youth is a grave issue that sequires immediate attention. Students and young adults are often seen littering public places, playing loud music, damaging public property and disregarding rules in parks and other public places. This points towards their growing indifference and lack of respect for public infrastructure. Such activities often cause significant ~~disruption~~ disturbances in the lifes of people.

It is high time that immediate and effective measures ~~are~~ must be taken to mitigate this issue. The schools and parents play a central role in this context. They must embibe and inculcate social ethics and values right from a very young age. The children must be encouraged to follow these values in everyday life. The government and administration may organise

Space for writing Question Number

awarness campaigns and community service progeramnes for youth. These steps ~~may to~~ will have long-term benefits of the entire society.

Thanking You

Yours truly
Reena Sen

6.

(A) DISCONNECT TO RECONNECT WITH YOURSELF

by. Neelima Roy, XII-B

The contemporary era, is dominated by screens and social media. They have become and integral part of our lives. Today, it is difficult to imagine ~~of~~ our life without these devices and social media: They have indeed helped in fostering interconnected among people.

We can easily communicate with someone living in the other side of the globe through our mobile phones and internet. But as every coin has two sides, the use of internet, devices and social media too have some negative effects on our lives.

Teenagers today spends several hours of the day on screens and social media. They have disconnected from the real life. Spending too much time on screens may pose serious issues like weakening of eye-sight, postural deformities, mental and psychological issues. They tend to withdraw themselves from the real life to experience the reel life. The need for regular digital detox has become more important than ever ~~before~~.

They must take regular breaks from screen. Screen and app timers can be used to regulate their screen times. Disconnecting from social media and screens is

Space for writing
Question Number

also essential for mental clarity and increasing our concentration and attention span. Instead of computer games, children must play with their friends in ground. Real-life social interactions are very essential for holistic growth of a child. We must disconnect from screens to reconnect with ourselves and our life.

SECTION-C
(LITERATURE)

7.

(B)

(i) The tigers which Aunt Jennifer embroided were fearless, majestic, bold, ~~and~~ free and unafraid of men which contrast to ~~the~~ Aunt Jennifer as she was oppressed by the patriarchal marriage. She lacked the qualities

16

Space for writing Question Number

of tigers which she made in her life.

(ii) her terrified hands will lie
Still ringed of the with the ordeals she was
mastered by

(iii) (A) terror

(iv) (C) empathetic

(v) That the poet Adrienne Rich feel deeply empathetic for the state of Aunt Jennifer. She feels that women are oppressed by the patriarchal society.

~~(vi)~~

(vi) My advice to Aunt Jennifer and other women like her would be take stand for themselves and raise their voices against injustice.

Space for writing Question Number

8.

~~(A)~~

(B)

(i) that life in Galesburg, Illinois of 1894 was very peaceful, away from the modern world problems like anxiety, fear and wars.

(ii) Sam, the psychiatrist, tells Charley that his visit to the third level of the Grand Central Station was a waking dream with fulfilment initially in the story. However, by the end of the story ~~the~~ Sam is the one who escapes to Galesburg of 1894 shows that he too was a city boy and faced modern world challenges and wanted to escape.

(iii) Sam wants Charley to come to the third level to escape to Galesburg of 1894 where life is very peaceful. There are no modern world challenges.

Space for writing Question Number

(iv) (B) cheerful and inviting

9.

(A)

(i) (A) the power of non-violent resistence and moral authority.

(ii) bafflement

(iii) were surprised by the resolve, ~~and~~ determination and tenacity of Gandhiji and the peasants. They needed time to come up with solutions to deal with them.

(iv) In the given except, 'voice of conscience' refers to the inner voice of Gandhiji which did not allow ~~him~~ him to leave the peasants suffering and

Space for writing
Question Number

go back.

(v) (A) conflict

(vi) he wanted to provide justice and freedom ~~f~~ ~~of~~ to the peasants from the oppressive system. Also, he did not like the postponement of the trial.

10.

(i) In the lesson, 'The Interview', Mukund Padmanabhan, a reporter from ~~the~~ The Hindu takes the interview of ~~the~~ Umberto Eco. The interview reveals that he was very well informed about the person whose interview he had to take. Secondly, he articulated his questions and follow-ups very well. Also, he listened to Eco very carefully.

20

Space for writing Question Number

(ii) No, the peddler did not respect the confidence reposed in him by the crofter. The crofter was so very welcoming and warm towards the peddler. The peddler so breaks his confidence by stealing the thirty kronors of the crofter while leaving.

(iii) The life-threatening misadventure at the YMCA pool had far reaching consequences. He developed serious aversion to water. Also, he could not enjoy water activities like swimming, boating, fishing as they would remind him of the misadventure at the YMCA pool.

(iv) Author Anees Jung meant that Saheb was no longer free to do what he liked. He worked under a master. Though he was paid eight

hundred rupees and was provided meals, he could no longer live according to his will. He could not enjoy the wonder which he experienced while carrying a bag on his shoulder and ~~two~~ searching for gold in the garbage. The phrase points to the loss of freedom.

(v) Poet Kamala Das adds the image of merry children to her poem to show youthful energy and liveliness of children. She does so to contrast it with her mother's ~~s~~ who is growing old, frail and nearing death. The energy and liveliness of children is contrasted with the ~~so~~ old age and frailty of her mother.

11.

(i) The 'Students on Ice Programme' aims to take the high school students to the ends of the world and make them experience the impact of human activities on the fragile environment. It aims to provide ~~like~~ life changing experiences to youth at an age when they are ready to learn, absorb and most importantly act. It is a step towards future as it makes responsible citizens.

(ii) Dr. Sadao's father was a true Japanese nationalist. He sent his son to ~~learn~~ study and become a doctor in America. His father consented to his marriage with Hana only ~~if she~~ when he came to know that she is a Japanese. His emphasis on education of Dr. Sadao and his patriotism shapes his choices later in life. He helps a Japanese war..

persioner as a doctor and ~~d~~ at the same time informs his General as he did not want to go against his nation.

12.

(A) The poems 'Keeping Quiet' by Pablo Neruda and 'A Thing of Beauty' by John Keats emphasise on the healing power of the nature.

In the poem 'Keeping Quiet', Pablo Neruda emphasise to learn from nature. In winter season, the nature becomes still and lifeless. With the onset of the spring season, life rejuvenates. Similarly, humans must take a moment of pause from their busy life ~~and~~. This pause will help them foster universal brotherhood, introspect and contemplate their lives. It would give a break from the endless activities.

In the poem, 'A Thing of Beauty', poet John Keats emphasises on the everlasting joy which beauty provides. 'Beauty never fades or ceases into nothingness' The beauty of the various elements of nature like the sun, the moon, daffodils, clear rills, cool forests, ~~the~~ simple sheep and musk roses have a healing power. They provide constant comfort and solace against the 'hardship of life'. They bring peace and tranquility in our life. The beauty of the natural elements provide an everlasting joy and lifts the pall of despondance and darkened ways of life.

Space for writing
Question Number

13. (B)

~~(A)~~ The 'Cutting of my long hair' by Zitkala-Sa from the chapter 'Memories of Childhood' show how the native Americans were treated. ~~In~~ ~~Their~~ The author shares her experiences of the school where forced cultural assimilation took place.

Zitkala-Sa was told by her friend Judewin that ~~the~~ she ~~to~~ overheard the pale faced woman saying that they would cut their long hairs. Judewin told that they will have to submit as they are strong. Zitkala-Sa decided that she will not submit and will struggle. In her culture, shingled and short hair was worn by mourners and cowards. Long hair was a part of her cultural identity. Her decision to resist first shows her determination and resolve to protect her cultural identity. She decided to hide from them but she was eventually found and her long hairs were gnawed off. However, her

26

Space for writing Question Number

resistance show that she did not want to submit and would struggle to preserve her cultural identity.

ace for writing
estion Number

28

Space for writing
Question Number

ace for writing
estion Number

29

30

Space for writing
Question Number

ace for writing
estion Number

32

Space for writing Question Number

2026