

**KENDRIYA VIDYALAYA SITAPUR (FIRST SHIFT)
PERIODICAL TEST I (2019-20)
ENGLISH**

Class: VII

**Marks:40
Time: 1.30hr**

General instructions:

- 1-This Question Paper comprises of 3 sections A,B&C
- 2-All questions are compulsory.
- 3-Marks are included against each question.

SECTION A (READING)

(I)-Read the passage given below and answer the questions that follow:- **1x8=8**

Read the passage carefully and answers the following questions:-

We give undue importance to our health and the treatment of diseases. A large number of medicines treat only the symptoms of the disease, and not the root cause. In fact, the cause of many chronic ailments is still being researched. It is here that Yoga therapy comes to our assistance. Yoga emphasizes the treatment of the root cause of an ailment. It works in a slow, subtle and miraculous manner. Modern medicine can claim to save a life at a critical stage, but, for complete recovery and regaining of normal health, one must believe in the efficiency of Yoga therapy. The Yogic way of life includes a code of ethics, regulations, discipline and more, combined with prayer and meditation. Even a discussion of these subjects helps one relieve mental tensions and change attitudes. Simple Asanas help to stretch and relax the whole body and neutralize tensions. The sincere practice of Yoga postures benefits all levels of experience. Through continued practice, Yoga postures can have a profound effect on the inner dimensions of life, establishing deep calm, concentration, emotional stability and confidence. Man is physical; mental and spiritual being; yoga helps promote a balanced development of all the three. Other forms of physical exercises, like aerobics, assure only physical well-being. They have little to do with the development of the spiritual or astral body.

Answer the following questions briefly:

- (i)What do most of the medicines treat?
- (ii) What does the phrase ‘Chronic ailments’ refer to?
- (iii) How is yoga different from other treatments?
- (iv) What does the yogic way of life include?
- (v) What do ‘Simple Asanas’ help too?

- (vi) How does a sincere practice of yoga postures benefit us?
(vii) How does yoga therapy work?
(viii) Is yoga better than physical exercises? How?

SECTION B (WRITING AND GRAMMAR)

(II)1-You lost your Science Note Book in the school during lunch break .Write a notice on your school notice board about 50 words. You are Ravi / Ranjita studying in VII A , KV Pilibhit. 4

(III) Write a paragraph on any one of the following : 4

- (a) - Your Favourite Sports (b) - Uses of computer (c) - An Historical Place

(IV)B. Match items in List A with their meanings in List B 6

| A | B |
|---------------|-------------------|
| (i) Wounded | got up from sleep |
| (ii) Awoke | give back |
| (iii) Forgive | feel sorry for |
| (iv) Faithful | severely injured |
| (v) Pity | pardon |
| (vi) Return | loyal |

(V) Complete the story with given hints below : 5

There was a crow. ----- The little water----- the beak could not reach-----
crow put pebbles into the pitcher-----water came up-----quenched the
thirst .

or

(VI)Write an application for a week's leave to the Principal of your school as you are unable to attend school because of viral fever. You are Chand/Chandini, a student of class VII D, Kendriya Vidyalaya No. 02 Ooty 5

SECTION C (LITERATURE)

(VII). Read the following extracts given below and answer the questions that follow by choosing the correct option : (3)

When everybody has short hair,
The rebel lets his hair grow long.
When everybody has long hair,
The rebel cuts his hair short.
When everybody talks during the lesson,
The rebel doesn't say a word.
When nobody talks during the lesson,
The rebel creates a disturbance.

1-The rebel disturbs a class

- a- With his shouts and cries
- b- with his jokes
- c- With his talk
- d- By moving about

2- A rebel does

- a- Not behave well
- b- Everything expected of him
- c- Take up challenges
- d- The opposite of what all others do

3-The rebel will sit quietly when

- a- he is in trouble
- b- All others talk
- c- He has fought
- d- He is hurt

(VIII). Answer any THREE of the following in 30-40 words each

3x2=6

1. How did the king and the hermit help the wounded man?
2. What were Soapy's hopes for the winter?
3. What is the secret that Meena shares with Mridu in the backyard?
4. Why did Kari push his friend into the stream ?

(IX).Answer the question given below:-

(4)

1-Deacribe a desert in your own way

Or

How did the people react when Gopal started towards the palace after buying a hlisa-fish?
