

**BCM SCHOOL, BASANT AVENUE, DUGRI ROAD, LUDHIANA**

**ANSWER KEY**

**SUBJECT – ENGLISH CORE (301)**

**CLASS - XI**

**Section A – Reading**

**I. Title: Keys to Good Health**

**NOTES**

1. Sound Health
  - 1.1 sound body
  - 1.2 mind
  - 1.3 soul
2. Present approach of doctors
  - 2.1 cure only immediate disease
  - 2.2 Dr. Hegde's advice:
    - 2.2.1 Prevention better than cure -
    - 2.2.2 Yoga, meditation & exercise
  - 2.3 diet, anti-smoking & anti-alcohol
3. Importance of laughter
  - 3.1 secretion of catecholamines
  - 3.2 Stress mngmt
  - 4.3 restful sleep (8 hrs best)
4. Dangers
  - 4.1 Alcohol
  - 4.2 Pills
  - 4.3 over-exercising

**Abbreviations Used:**

1. Dr. – Doctor
2. & - and
3. Mngmt – management

**Summary (80 words):**

Good health means harmony of body, mind, and soul. Unlike modern doctors who treat only diseases, Dr. Hegde emphasizes prevention through yoga, meditation, balanced

diet, and healthy habits. He highlights laughter as a natural healer and stresses the value of sound sleep for relaxation and stress management. Sleep beyond 9–10 hours harms the body, while alcohol and pills are discouraged. A balanced diet and daily exercise are necessary, though over-exercising can be dangerous. True health comes from overall wellness.

## **Section B – Creative Writing & Grammar**

### **II. Advertisement (points):**

Electrical engineer, qualified, seeking job in/around Bengaluru, well-versed in installations, maintenance & projects. Contact: Ayan/Alisha, phone/email.

### **III. Poster (points):**

**Title:** Stop Global Warming – Save Earth

**Causes:** pollution, deforestation, industrialization

**Preventive steps:** plantation, renewable energy, reduce plastic, conserve resources

**Slogan:** Act today for a cooler tomorrow!

### **IV. Speech (points):**

**Topic:** How to Overcome Exam Stress

Plan timetable, avoid procrastination

Balanced diet & adequate sleep

Practice meditation & relaxation

Think positive, avoid peer pressure

Exams are not the end; confidence is key.

### **V. Debate:**

**For the motion:** Success demands academic excellence – builds foundation, opens career paths, ensures respect, and opportunities.

**Against the motion:** Academic excellence alone is insufficient – soft skills, creativity, emotional intelligence, communication & adaptability equally important.

**VI. Fill in the blanks:**

- (a) thought
- (b) was changing
- (c) were
- (d) was
- (e) worshipped

**VII. Transformation of sentences:**

1. The matter is so urgent that it cannot be postponed.
2. No one can beat him in the race.
3. Prerna is not a dishonest girl.
4. What a spectacular show it was!
5. Kashmir is more beautiful than many other hill stations of India.

**Section C – Literature**

**VIII A i. (b) an adolescent son**

- a. (d) alienation
- b. (b) understand and know his son better

**B i. A. ominous**

- ii. D. speed of wind greatly reduced
- iii. C. a cloud was approaching ship

**C.i. (b) Check the similarity of his horse with theirs'**

- ii. Teeth matched exactly with John Byro's horse
- iii. Synonym of 'wary' = suspicious

- iv. Figure of speech = Repetition

### **IX. Short Questions (40–50 words)**

- ii. Three phases with grandmother: Early childhood – lived together, very close. School days – slight separation, grandmother unhappy with modern education. Before going abroad – they grew apart but shared silent bond.
- iii. Childhood lesson: Realisation of being master of his own mind gave him confidence, self-reliance, ability to make independent decisions, shaping his personality.
- iv. Silence surrounds us: Indicates communication gap between father and son. Poetic device – personification.
- v. Mrs. Pearson's behaviour: Sudden boldness, smoking, drinking, defying family shocks Doris & Cyril. They think she is either unwell or under some strange influence.

### **X. Long Answer (120–150 words)**

The Address (war aftermath):

The story portrays the tragedy of war through the narrator's quest to reclaim her mother's belongings. The war left her homeless and emotionally shattered. The refusal of Mrs. Dorling, who had taken away their possessions, shows human selfishness and indifference in times of crisis. The material things lose meaning for the narrator, symbolising the futility of clinging to the past. The story highlights loss, alienation, and the painful reality of human predicament after war.

**OR**

Carter's decision to cut the resin was controversial. Justified, because the resin had hardened like cement, preventing examination. His aim was to preserve Tut's remains and carry out a proper burial. However, critics argue it damaged the mummy. Overall, Carter acted out of professional commitment, not disrespect.

