

MMC-GRADE XI
2081 (2024)
COMPULSORY ENGLISH

Time: 3 Hours

FM: 75

1. Read the following passage and do the activities as follows.**15**

Stress is a body reaction to any demands or changes in its internal and external environment. Whenever there is a change in the external environment such as temperature, pollutants, humidity and working conditions, it **leads to** stress. In these days of competition when a person makes up his mind to surpass what has been achieved by others, leading to an imbalance between demands and resources, it causes psychosocial stress. It is a part and parcel of everyday life. Stress has a different meaning, **depending** on the stage of life you are in. The loss of a toy or a reprimand from the parents might create a stress shock in a child. An adolescent who fails an examination may feel as if everything has been lost and life has no further meaning. In an adult the loss of his or her companion, job or professional failure may appear as if there is nothing more to be achieved.

The professional under stress behaves as if he is a perfectionist. It leads to depression, lethargy and weakness. Periodic mood shifts also indicate the stress status of the students, executives and professionals. In a study sponsored by World Health Organization and carried out by Harvard School of Public Health, the global burden of diseases and injury indicated that stress diseases and accidents are going to be the major killers in 2020. The heart disease and depression both stress diseases are going to rank first and second in 2020. Road traffic accidents are going to be the third-largest killers. These accidents are also an indicator of psychosocial stress in a fast-moving society. Other stress diseases like ulcers, hypertension and sleeplessness are **commonly** prevalent in this current time.

A person under stress reacts in different ways and the common ones are flight, fight and flee depending upon the nature of the stress and capabilities of the person. The three responses can be elegantly chosen to cope with the stress so that stress does not damage the system and become distressed. When stress crosses the limit, peculiar to an individual, it lowers his performance capacity. Frequent crossings of the limit may result in chronic fatigue in which a person feels lethargic, disinterested and is not easily motivated to achieve anything. This may make the person mentally undecided, **confused** and accident-prone as well. Sudden exposure of unnerving stress may also result in a loss of memory. Diet, massage, food supplements, herbal medicines, hobbies, relaxation techniques and dance movements are **excellent** stress busters.

A. Answer the following questions.**5**

- a. What is stress? What factors lead to stress?
- b. What are the examples of stress found in the adolescent and adult life?
- c. What are the two major stress diseases found in this present time?
- d. Identify the common reactions of the stress-affected persons?
- e. Mention any five stress management ways given in the passage.

B. Write 'T' for true and 'F' for false statements.**5**

- a. Stress causes impression, power and good performance.
- b. The external factors can also be the causes of stress.
- c. A person in the stress reacts in the similar way.
- d. When stress crosses the limit, it affects the performance.
- e. The stress makes the person mentally fit and right.

C. Find out the similar words out of the bold words from the passage above.**5**

- ☒ a. Generally
- ☒ b. Outstanding
- c. Puzzled
- ☒ d. Causes
- e. Relying

2. Answer the following questions. (Any Five)

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- a. Compare the character of Jean and Luc in the story. (**Two Little Soldiers**)
- b. Why does corona blame the human world for inviting the pandemics? (**Corona Says**)
- c. What does the poet metaphorically describe his love with? (**Red Red Rose**)
- d. Why is Aksionov arrested on the way? Explain. (**God Sees the Truth but Waits**)
- e. How do Jonathan and his family recover from the civil war? (**Civil Peace**)
- f. How does Parker describe her bitter experience of poverty? (**What is Poverty?**)
- g. What are the requirements of human life? (**What I Require from Life**)

3. Answer the following questions. (Any Two)

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- a. Why do the main characters Dona Laura and Don Gonzalo hide their real identity? Explain their past reality. (**A Sunny Morning**)
- b. What does the speaker lose from her life after the death of her loved one? Explain. (**The Gift in Wartime**)
- c. Explain the story of the astrologer. Why had the astrologer run away from his village? (**An Astrologer's Day**)

4. Write an email to your friend about 'Growing Attraction of Nepali People towards Cricket Game' in recent days.

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5. Write a review of book or film that you have recently read or seen.

8

6. Write an essay on 'Negative Impacts of Social Media in Students' Life'.

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7. Do the activities below as given in the bracket.

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- a. You're short of money. (Make a sentence using 'I wish')
- b. I walked at night yesterday (with, through, along) the road.
- c. The sky is full of clouds. It (will rain, is going to rain, rains) today.
- d. He is making wooden box. (a, an, the)
- e. I need a cheap laptop. (Underline the adjective in this sentence)
- f. We (shift) shift to Kathmandu next year. (Apply correct form of verb in the bracket)
- g. Unbelievable! The news really boring. (is, am, are)
- h. I saw a girl is wearing the red T-shirt. (Use an appropriate relative pronoun)
- i. She goes to the cinema hall. (Put the adverb 'often' in the right place)
- j. He said to me, "I will attend your birthday party tomorrow." (Change the sentence into the indirect speech)

8. Choose the best option.

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- a. See and read a warning the display.
i. on ii. in iii. at iv. with
- b. Which of the words below take the prefix 'im-'
i. colour ii. talented iii. balance iv. timely
- c. The light is on. Someone be in the house.
i. may ii. might iii. must iv. would
- d. The word synonymous to exhilarating is
i. excited ii. excites iii. excitement iv. exciting
- e. The correct spelling of the word below is
i. discipline ii. disciplene iii. discepline iv. descipline
