



विद्या सर्वार्थ साधिका

ANANDALAYA
PERIODIC TEST 1
Class : VI

Subject: English
Date : 18-07-2022

M.M : 30
Time: 1h30m

General Instructions:

1. The Question Paper contains four Sections. All are compulsory.
2. Part A- READING has 6 questions. Attempt all questions.
3. Part B- WRITING has 2 questions. Attempt both questions.
4. Part C- GRAMMAR has 2 questions. Attempt both questions.
5. Part D- LITERATURE has 4 questions. Attempt all questions, as per specific instructions given therein.

Section A (Reading)

1. Read the passage carefully.
 1. Headache can be a signal of an underlying disease or may be caused due to physical, emotional and mental disturbances. Anxiety and tension are the most potent factors for chronic headache. Chronic pain essentially is an imbalance in *Prana* (energy). It initially gets manifested only as functional abnormality like lack of concentration, lack of enthusiasm, fatigue, increased irritability and insomnia. Over the years, this imbalance settles in an organ. Chronic pain may sometimes be just a long standing muscle contraction which later on may give rise to organic changes as chronic inflammation.
 2. More than the medicines, Yoga therapy is suitable as a holistic treatment of headaches. Yoga is a mode of disciplining the body and the mind comprehensively. The Yoga Research Centre has been able to cure some tough headaches using an 'Integrated Approach to Yoga.' This approach includes asanas, breathing, pranayama, meditation and devotional sessions.
 3. Yogasanas, especially the ones imitating the natural postures of animals, having a tranquillising effect. Pranayama restricts random agitation in *Pranic* flows, stabilizing the autonomic nervous system. *Dhyan* and *Samadhi* culture the mind to relax it. This approach transforms the reaction of an individual to headache. By interrupting the vicious cycle of pain-agony-pain, it prevents headache from becoming a chronic problem.
 4. Yoga offers a holistic form of pain relief, asanas calm you, pranayama inhibits random energy flows, and meditations cultivate and relax your mind. It stops you from becoming trapped in the vicious circle of pain-anxiety-pain.

Answer the following questions based on the passage above

- (a) What is the result of disturbance in the energy level? (1)
- (b) Why is Yoga considered superior to medicine? (1)
- (c) How does the imbalance in energy show itself? (1)

- (d) Choose the correct answer from the given options and write in your answer sheet. (1)

'Integrated Approach to Yoga' means

- (i) All people have to do Yoga together.
- (ii) All *Asanas* are done one after the other.
- (iii) Different varieties of Yoga is performed at a time.
- (iv) Yoga is integrated with school curriculum

- (e) Find words from the passage having the same meaning as: (2)

- (i) tiredness (para1) (ii) pacifying (para 3)

Section B (Writing)

2. Write a factual description of a 'Restaurant' that you have visited recently. (80 words) (3)
You may use the hints given below.

location- how big- ambience- quality & variety of food-charges-other facilities

3. Write a paragraph on 'Importance of Tree Plantation'. You may use the hints given below. (5)

Importance of different trees – lifeline of environment – destruction because of man's greed – forestation – celebrating Vanmahotsav – love for trees

Section C (Grammar)

4. Fill in the blanks using suitable articles. Do not copy the paragraph. (2)

There is (a) _____ great need for cultivating reading habit in (b) _____ present age.

Modern civilization, with its hustle and bustle and advanced gadgets leaves us with

(c) _____ little time for quiet reading. One should read biographies of literary men as it gives (d) _____ insight to realize one's abilities.

5. Fill in the blanks by choosing the suitable words from the options given below. Do not copy the paragraph. (3)

Discipline is necessary both (a) _____ the individual and the nation. Life without discipline is like a ship (b) _____ a rudder. Man thrives (c) _____ a company. A nation is only a group (d) _____ individuals. Hence, there is a necessity of self-discipline. True discipline is not imposed (e) _____ outside; it springs from within.

Willing submission (f) _____ discipline gives true worth to any nation.

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|----|---|------|----|------|-----|---------|----|------|
| a. | i | to | ii | for | iii | with | iv | by |
| b. | i | with | ii | from | iii | without | iv | for |
| c. | i | at | ii | in | iii | from | iv | on |
| d. | i | by | ii | from | iii | for | iv | of |
| e. | i | with | ii | for | iii | with | iv | from |
| f. | i | of | ii | with | iii | to | iv | by |

Section D (Literature)

6. Read the extract from the poem and answer the questions that follow. (2)

*It's brick and stone
and wood that's hard.
Some window glass
and perhaps a yard.
It's eaves and chimneys
and tile floors
and stucco and roof*

- i What is the use of having a window glass, chimneys and roof?
ii Write two pairs of rhyming words from the above lines?

7. Read the extracts from the lessons and answer the following question. (Any ONE) (2)

'Get me a dictionary. No, what's even better, look up the word and sound it out by each letter.'

- i Who said this to whom?
ii Why did the speaker ask for a dictionary?

8. Answer any one question in 30 words. (Any ONE) (2)

- i What do you learn from the poem The Quarrel about behaving with your sibling/cousin?

OR

- ii Why did the wolf, cow and the lion could not prove to be good master for the Dog?

9. Answer any one question in 30 words. (Any ONE) (2)

- i What lesson do you think the king must have learnt from the story of the two birds?

OR

- ii If you were an animal and you know that Makara was wrong what would you do to raise your voice against Makara?

10. Answer the question in 100 to 120 words. (Any ONE) (3)

- i We can see diversity in our country - people speak different languages, people follow different cultures and customs, different festivals are celebrated, way of dressing is different and different religions. Being a student what are your views and opinions about your country and how will you behave or act keeping in mind these differences?

OR

- ii Why is the dog called the man's most loyal servant? Why does it not serve any other master? What should a dog owner do for his dog and how he/she should behave with the dog?