



**NOIDA PUBLIC SCHOOL**  
**A-78, Sector-23, Noida**  
**Affiliation No 2130200**  
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**CLASS XII**  
**ENGLISH          ASSIGNMENT 1**



**SECTION A - READING**

**Q1. Read the passage given below :**

(1) Every morning Ravi gives his brain an extra boost. We're not talking about drinking strong cups of coffee or playing one of those mind-training video games advertised all over Facebook. "I jump onto my stationary bike and cycle for 45 minutes to work," says Ravi. "When I get to my desk, my brain is at peak activity for a few hours." After his mental focus comes to a halt later in the day, he starts it with another short spell of cycling to be able to run errands.

(2) Ride, work, ride, repeat. It's a scientifically proven system that describes some unexpected benefits of cycling. In a recent study in the Journal of Clinical and Diagnostic Research, scientists found that people scored higher on tests of memory, reasoning, and planning after 30 minutes of spinning on a stationary bike than they did before they rode the bike. They also completed the tests faster after pedalling. ‘

(3) Exercise is like fertilizer for your brain. All those hours, spent on exercising your muscles, create rich capillary beds not only in leg and hip muscles, but also in your brain. More blood vessels in your brain and muscles mean more oxygen and nutrients to help them work. When you pedal, you also force more nerve cells to fire. The result : you double or triple the production of these cells — literally building your brain. You also release neurotransmitters (the messengers between your brain cells) so all those cells, new and old, can communicate with each other for better, faster functioning. That's a pretty profound benefit to cyclists.

(4) This kind of growth is especially important with each passing birthday, because as we age, our brains shrink and those connections weaken. Exercise restores and protects the brain cells. Neuroscientists say, "Adults who exercise display sharper memory skills, higher concentration levels, more fluid thinking, and greater problem-solving ability than those who are sedentary."

(5) Cycling also elevates your mood, relieves anxiety, increases stress resistance, and even banishes the blues. "Exercise works in the same way as psychotherapy and antidepressants in the treatment of depression, maybe better," says Dr. Manjari. A recent study analyzing 26 years of research finds that even some exercise — as little as 20 to 30

(6) Remember : although it's healthy, exercise itself is a stress, especially when you're just getting started or getting back into riding. When you first begin to exert yourself, your body releases a particular hormone to raise your heart rate, blood pressure, and blood glucose levels, says Meher Ahluwalia, PhD, a professor of integrative physiology. As you get fitter, it takes a longer, harder ride to trigger that same response.

**On the basis of your understanding of the passage, answer any eight of following questions with the help of the options that follow:**

**1. When nerve cells work during exercise then**

- (A) the body experiences stress.          (B) the brain is strengthened by multiplying them.  
(C) you start to lose your temper.          (D) your stationary cycle starts to beep

**2. What are the unexpected benefits of cycling?**

- (A) Sharpens the memory (B) improves reasoning  
(C) improves planning skills (D) all of these

**3. The more one pedals, more is ———**

- (A) production of nerve cells (B) harm to nerve cells  
(C) both (A) and (B) (D) neither (A) nor (B)

**4. Why does Ravi do a circuit of 'ride', work, ride?**

- (A) because he wants to stay focused  
(B) because after cycling to work, his brain is at the peak of activity level  
(C) Both (A) and (B)  
(D) Neither (A) nor (B)

**5. What is the work of neurotransmitters?**

- (A) They are like messengers between brain at cells.  
(B) With the help of neurotransmitters, cells can communicate with each other.  
(C) It makes the functioning better and faster  
(D) All of these

**6. Based on the understanding of the passage, choose the option that lists the correct sequence of 'How is exercise itself a stress?'**

1. The body releases a particular hormone.
  2. As one gets fitter, it takes a longer and more rigorous exercising to trigger the same response.
  3. As soon as one states exercising, the body reacts immediately.
  4. That hormone raises one's heart rate, blood pressure and blood glucose levels.
- (A) 1,2, 3, 4 (B) 1,3,4, 2 (C) 3,1, 4, 2 (D) 4,3,2,1

**7. Find word from the passage which means the same as (the following) inactive : (Para 4)**

- (A) passing (B) sedentary (C) shrink (D) weaken

**8. Find word/phrase from the passage which means the opposite of (abstain from functioning) (Para 6)**

- (A) stress (B) back into riding (C) exert (D) trigger

**SECTION B – WRITING (NOTICES AND INFORMAL INVITATIONS)**

- Q2.** You are John, the President of the Schoolbook Club. The Club is organising a drive for promoting reuse of study materials and books. Draft a notice in about 50 words, for the School Notice Board, addressing students, informing them about this drive and urging them to contribute to the endeavour. Mention how the donated books would benefit a charitable cause.
- Q3.** As the Sports Captain of your School, write a notice for the School Notice Board informing the budding cricketers to attend trials for the selection of under 18 school team, Kendriya Vidyalaya, Khairagarh.
- Q4.** You are Ankit Verma. Your friend from Malaysia is staying in the hostel. Invite him to come to your House to enjoy the Summer Vacation with you.
- Q5.** Mr Aseem Mathur wishes to invite his friend Mr Vikash Sachdeva to his brother's engagement party. Draft an informal invitation in about 50 words.