# ENGLISH COMMUNICATIVE CLASS IX

#### Time allowed: 3 hours

Maximum Marks: 70

\*Please check that this question paper contains 5 printed pages.

\*Please check that this question paper contains 11 questions.

\*15 minutes time has been allotted to read this question paper.

#### GENERAL INSTRUCTIONS:

- The paper is divided into three Sections: A, B and C. All the sections are compulsory.
- (V) Separate instructions are given with each section and question, wherever necessary. Read these instructions very carefully and follow them faithfully.
- (IM) Do not exceed the prescribed word limit while answering the questions.

#### SECTION - A (READING)

#### SECTION - A ( READING)

#### 1. Read the passage carefully.

(8)

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 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 a 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.

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**Daniela Niemeyer** 

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# **Table of Contents Sample Paper Of English For Class 9 Sa1**

- 1. Understanding the eBook Sample Paper Of English For Class 9 Sa1
  - The Rise of Digital Reading Sample Paper Of English For Class 9 Sa1
  - Advantages of eBooks Over Traditional Books
- 2. Identifying Sample Paper Of English For Class 9 Sa1
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
- 3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Sample Paper Of English For Class 9 Sa1
  - User-Friendly Interface
- 4. Exploring eBook Recommendations from Sample Paper Of English For Class 9 Sa1
  - Personalized Recommendations
  - Sample Paper Of English For Class 9 Sa1 User Reviews and Ratings
  - Sample Paper Of English For Class 9 Sa1 and Bestseller Lists
- 5. Accessing Sample Paper Of English For Class 9 Sa1 Free and Paid eBooks
  - Sample Paper Of English For Class 9 Sa1 Public Domain eBooks
  - Sample Paper Of English For Class 9 Sa1 eBook Subscription Services
  - Sample Paper Of English For Class 9 Sa1 Budget-Friendly Options

- 6. Navigating Sample Paper Of English For Class 9 Sa1 eBook Formats
  - o ePub, PDF, MOBI, and More
  - Sample Paper Of English For Class 9 Sa1 Compatibility with Devices
  - Sample Paper Of English For Class 9 Sa1 Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Sample Paper Of English For Class 9 Sa1
  - Highlighting and Note-Taking Sample Paper Of English For Class 9 Sa1
  - Interactive Elements Sample Paper Of English For Class 9 Sa1
- 8. Staying Engaged with Sample Paper Of English For Class 9 Sa1
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Sample Paper Of English For Class 9 Sa1
- 9. Balancing eBooks and Physical Books Sample Paper Of English For Class 9 Sa1
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Sample Paper Of English For Class 9 Sa1
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Sample Paper Of English For Class 9 Sa1
  - Setting Reading Goals Sample Paper Of English For Class 9 Sa1
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Sample Paper Of English For Class 9 Sa1
  - Fact-Checking eBook Content of Sample Paper Of English For Class 9 Sa1
  - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
- 14. Embracing eBook Trends
  - Integration of Multimedia Elements

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