

Candidates are required to write answers in their own words as far as practicable. The figures in the margin indicate full marks.

Attempt ALL the questions.

1. Read the following text and do the tasks.

Digestion is an active, whole-body event. Shortly after we eat, our bodies shift into 'rest and digest' mode—a period when the gut and brain communicate intensively, exchanging signals that influence digestion, mood, and stress levels. Carbohydrates, fats, and proteins are broken down into glucose, fatty acids, and amino acids, which are then released into your bloodstream.

This creates a sensitive window for the gut-brain axis—the bidirectional highway of nerves and signals linking digestion with stress and mood. It's also the perfect time to move, says Loretta DiPietro, an exercise and nutrition scientist at the George Washington University. When you move—even with a leisurely stroll—your muscles contract, which helps draw sugar out of your bloodstream and into cells. This process happens independently of insulin, which is especially helpful for older adults, people with insulin resistance, or anyone eating a big evening meal, when insulin tends to work less efficiently. That means movement gives your body a second pathway for managing blood sugar. It can help blunt sharp post-meal spikes and reduce the workload on your pancreas. Over time, that relief can help protect metabolic health and reduce risk factors for diabetes and heart disease. But these metabolic benefits tell only part of the story. Movement during this post-meal recovery state also increases blood flow to digestive organs and supports interoception—the brain's sense of what's happening inside the body. Recent studies suggest that the vagus nerve—a key communication line between the gut and brain—helps shape how we feel after eating. One study found it plays a role in everything from sensing fullness to managing emotions. Another found that gut bacteria can influence this nerve, linking what we eat to how our bodies and minds respond.

Scientists are still mapping these connections, but the evidence suggests post-meal walks support brain-body communication in ways that extend well beyond digestion. The timing doesn't have to be exact. DiPietro says that moving about 30 minutes after you put your fork down may be the ideal time, but notes that benefits begin as soon as people start moving. The activity doesn't have to be intense or prolonged. DiPietro's research suggests that 15 minutes of light

walking blunts post-meal glucose spikes. A 2025 study backed this up, finding that a 10-minute walk immediately after a meal improved blood sugar control just as well as a 30-minute walk done later. Another 2025 study showed that interrupting long sitting periods with two- to five-minute bouts of light walking significantly reduced post-meal glucose and insulin spikes in adults with obesity. And these benefits extend beyond those with insulin resistance. The key to the benefits lies in consistency. To see lasting effects, movement needs to be repeated daily. From an evolutionary perspective, post-meal DiPietro, humans were wired to move after eating—a rhythm that supported using energy rather than storing it. Walking after meals may be one simple way to reintroduce that expectation into modern life.

A. Complete the sentences with the correct boldfaced words from the text. Two of the words are not necessary.

- The chairperson of the community is under pressure to resign. [5×1=5]
- Viral diseases lower of the body to fight against infection. f)
- The television has a profound on people's opinion. e)
- The development of wings allowed birds to escape from predators. d)
- The local government is planning to the road to the north. b)

B. Write TRUE if the statement agrees with the information, FALSE if the statement contradicts the information and NOT GIVEN if no information on this is found in the text.

- A person's mood and anxiety levels can be affected by digestive signals. [5×1=5]
- Running is more effective than walking for controlling blood sugar after a meal. a)
- Insulin works best in the evening, especially after a large meal. b)
- Longer walks always provide better blood sugar control than shorter ones. c)
- One has to walk regularly for the significant benefits. d)

C. Answer the following questions in short.

[5×1=5]

- What is 'rest and digest' mode of the human body? a)
- How does walking help in controlling diabetes? b)
- Write any two functions of vagus nerve. c)
- Do you think walking is beneficial for our mental health? Give a reason. d)
- Why are human beings originally designed to move after eating? e)

1. Write short answers to the following questions in about 70 words.
- How did the characters' different view of the world change?
 - What is the main theme of the story 'The Prisoner in the Forest'?
 - How did the prisoner change his behaviour towards his father after he became a father himself?
 - According to the text, what is the difference between 'knowledge' and 'wisdom'?
 - What makes the Father Young Woman believe that her husband is married to a girl with the Father's secret?
 - What are the 'old guards' and what did they do to the speaker? (If you are not sure)

Ans.

Explain the following extract with reference to the context.
 But we are all richly blessed in hope,
 shown in history, like a mountain top,
 together we can ascend to a new height,
 guided by our hearts' clearest light. (The Awakening Age)

3. Write long answers to the following questions in about 150 words each.

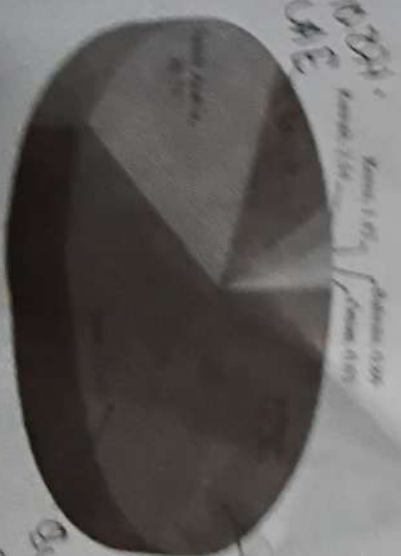
[2x5=10]

- Analyze the character of Laxminarayana Prasad as a representative of existing social order under oppressive systems. (The Bull)
- According to 'Tural Noah Parva', why are the Greeks, the Chinese, and the Hindus wrong about their belief that they are the center of human history? Explain. (Humility)

Ans.

Explain the poem 'Every Morning I Wake as a prayer to the God'.

4. The given chart illustrates the percentage of Nepali migrant workers across selected countries. Summarize its information in about 150 words by selecting and reporting the main features. Make comparisons where relevant. [7]



Malaysia
30%

India
35%

USA
20%

Write a letter to the editor of a local newspaper expressing your concern about the rising pollution levels in the cities of Nepal. Write it in about 180 words.

Write an essay in about 300 words discussing how the growing reliance of students on Artificial Intelligence (AI) for their academic tasks affects their learning, creativity, and personal growth. Do as instructed within the brackets and rewrite the sentences. [8]

Please wait We will call you when the doctor arrives. [10]

Complete the sentence with an appropriate adverb. The principal, along with the teachers, (has have was were) preparing for the annual day. (Rewrite the sentence using the correct alternative.) [10]

He completed the marathon. He had a leg injury. (Join the sentences with the connective 'although'.)

You think this is a simple task, but for me, it is quite challenging. (Use one of *must/might/will/should* to complete the sentence.)

The caterers (not/start) setting up the hall for the event yet. (Use the correct tense of the verb in the brackets and rewrite the sentence.)

The boys kept on (fight) for long before they were called by the Principal. (Use the correct gerund or infinitive form of the verb in the brackets.)

"You have to complete your homework before you go out to play," said the mother to her son. (Change it into indirect speech.)

People believe that the temple was built in the 19th century. (Change into passive voice.)

I will have finished my work two o'clock. (Choose the correct option *since/for/until/by* and fill in the blank.)

This is the restaurant. The restaurant serves authentic Italian food. (Join the sentences using an appropriate relative pronoun.)