ARMY PUBLIC SCHOOL GWALIOR
CLASS - VII
ACADEMIC SESSION 2024-25
REVISION WORKSHEET (SELF –ASSESSMENT)

Subject: English   **Assignment No. : 9**

Allotment Date: 15 February 2025

S. No.	QUESTIONS	MARKS	NATURE
1	**1. Read the passage carefully. change.** Climate change is one of the most pressing issues facing the world today. Scientists agree that human activities, such as burning fossil fuels and deforestation, contribute significantly to global warming. The increase in greenhouse gases like carbon dioxide traps heat in the Earth's atmosphere, leading to rising temperatures, melting glaciers, and extreme weather conditions. Governments and organizations worldwide are working on solutions, including renewable energy sources, afforestation, and stricter environmental laws. However, individual actions, such as reducing energy consumption, using public transport, and minimizing waste, also play a crucial role in combating climate change. **Q-Choose the most appropriate option for answer the following questions: -** 1.What can be inferred about the role of individuals in combating climate change? a) Individuals have no significant impact on climate change. b) Only governments can bring about change. c) Small individual actions collectively contribute to addressing climate change. d) Only large-scale industrial changes matter in fighting climate change. 2. According to the passage, what is the primary cause of rising global temperatures a) Natural weather changes b) Greenhouse gases trapping heat in the atmosphere c) Changes in ocean currents d) The Earth's rotation and position 3. Which of the following actions would not help in reducing the impact of climate change? a) Using solar and wind energy	5 Marks	Informative and understanding

	b) Increasing deforestation for urban expansion c) Reducing the use of fossil fuels d) Using public transport instead of private cars 4. Why do scientists emphasize the reduction of fossil fuel consumption? a) Because fossil fuels are expensive b) Because burning fossil fuels releases greenhouse gases, contributing to global warming c) Because renewable energy sources are ineffective d) Because fossil fuels are unlimited resources 5. What is one major cause of climate change? a) Planting more trees b) Burning fossil fuels c) Using solar energy d) Recycling plastic		
2	**Read the given passage carefully and answer the questions that follow** A cool breeze rustled through the tall trees as Maya walked along the forest path. The golden sunlight filtered through the leaves, creating dancing shadows on the ground. Birds chirped melodiously, and the distant sound of a bubbling brook filled the air with a peaceful rhythm. Maya loved coming here—it was her secret escape from the noisy city. As she wandered deeper into the woods, she noticed a small wooden bridge over the brook. She had never seen it before. Curious, she stepped onto it, the old planks creaking beneath her feet. Suddenly, she heard a faint whisper, as if the wind was trying to tell her something. She paused, listening closely. Was it just her imagination, or was the forest hiding a secret? 1. What is the main theme of the passage? a) The dangers of the forest b) The beauty and mystery of nature c) Maya's dislike for the city d) The importance of bridges 2. What can be inferred about Maya's feelings toward the forest? a) She finds it frightening and dangerous. b) She sees it as a noisy and crowded place. c) She loves its peace and beauty. d) She only visits it when forced to. 3. What does the world "bubbling" in the phrase "the distant sound of a bubbling brook" mean? 4.What is antonyms of word "whisper"?	4 Marks	Understanding
3	Fill in the blanks with suitable prepositions. 1. You look …time table. 2. Petr plays tennis ….Sunday. 3. …..1666,a great fire broke out in London.	3 Marks	HOT

4	Do as directed.
	
	    4. She will meet me tomorrow. (Change inti passive voice)
	    5. They told me, "you are my friend". (Change inti indirect)
	    6. ……..they have come in the meeting…. Informed us.
		3 Marks	Interdisciplinary

5	Read the given extract and answer the following questions. This morning a cat got stuck in our tree. Dad said, "Right, just leave it to me." The tree was wobbly, the tree was tall. Mum said, "For goodness' sake, don't fall!" i) What does the line "The tree was wobbly, the tree was tall" suggest? a) The tree was easy to climb. b) The tree was strong and steady. c) Climbing the tree could be dangerous. d) The tree had no branches. ii) The poem "The Dad and the Cat and the Tree" has been written by _____. (a) D.J. Enright (b) Kit Wright (c) Mildred Bowers Armstrong (d) Frank Flynn iii) What does the phrase "for goodness' sake" express? a) Happiness b) Worry or concern c) Anger d) Excitement	3 Marks	Analytical Skill
6	Last year your friend relocated in Pune. Recently you have visited your friend' place. Express your feeling in the form of diary entry.	5 Marks	Communication Skill
7	Answer the following questions in about 20-30 words. a) How did plan C become successful? What went wrong then? b) Why does the poet encourage the reader to explore the meadow closely c) Why did Chandni hate the rope?	2×3=6 Marks	Evaluation
8	In what ways do soldiers contribute to the peace and security of a nation beyond fighting?	3 Marks	Critical Thinking

Subject: Hindi   **Assignment No. : 9**

Allotment Date: 15 February 2025

क्रमसंख्या	प्रश्न	अंक	प्रकृति
1.	घमंडी की आँख से तिनका निकालने के लिए उसके आसपास के लोगों ने क्या कियाऽ	5	INFORMATIVE
2.	खानपान की मिश्रित संस्कृति से लेखक का क्या मतलब हैऽ अपने घर के उदाहरण देकर इसकी व्याख्या कीजिए।	4	UNDERSTANDING
3.	निम्न मुहावरे एवं लोकोक्तियों के अर्थ लिखिए- 1. अपना रास्ता नापना 2. एक तीर से दो शिकार करना 3. आम के आम गुठलियों के दाम 4. का बर्षा जब कृषि सुखाने 5. आप भले तो जग भला	5	HOT

4.	निम्न विषय पर आठ से दस वाक्यों मे चित्र वर्णन कीजिए।	5	INTERDISCIPLINARY
5.	1ण् मार्च माह के प्रथम रविवार को आप ख्खो-खो६ खेल प्रतियोगिता का आयोजन करा रहें है्रृ इस विषय की जानकारी के लिए सूचना प्रकाशित कीजिए। 2ण् राहुल और ऑटों वाले के बीच की बातचीत को संवाद के रूप में लिखो।	5	CRITICAL THINKING AND PROBLEM SOLVING
6	निम्नलिखित प्रश्नों के उत्तर दीजिये६ 1ण् दूसरी बार खेल में क्या शर्त लगी थी६ 2ण् पांडवों ने अपना अज्ञातवास कहाँ बिताया६ 3ण् कौरवों ने अर्जुन को युद्ध क्षेत्र से दूर ले जाने का निर्णय क्यों किया६ लिखो। 4ण् धृतराष्ट्र ने युधिष्ठिर से क्या अनुमति माँगी६	4x4=16	EVALUATION
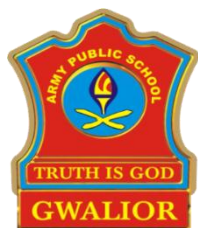
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CLASS - VII
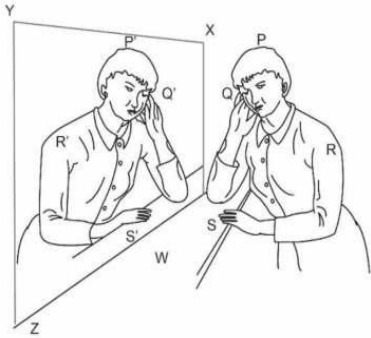**ACADEMIC SESSION 2024-25**
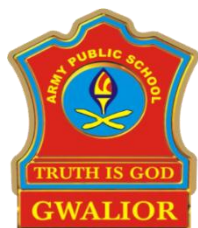**REVISION WORKSHEET (SELF –ASSESSMENT)**

Subject: Mathematics   **Assignment No. : 9**
Allotment Date: 15 February 2025

S. No.	QUESTIONS	MARKS	NATURE
1	Choose the correct alternatives in each of the following: (i) Write the statements "The sum of numbers x and 4 is 9"in the form of equations: .(a) x – 4 = 9 (b) x + 4 = 9 (c) x + 9 = 4 (d) none of these (ii) What cross-sections do you get when you give a horizontal cut to the brick? (a) rectangle (b) square (c) circle (d) triangle (iii) Two cubes of dimensions 2 cm x 2 cm x 2 cm are placed side by side, the length of resulting Cuboid is- (a) 2 cm (b) 3 cm (c) 4 cm (d) 6 cm (iv) Find the number of lines of symmetry in regular hexagon. (a) 1 (b) 2 (c) 3 (d) 4 (v) Value of $(2^3)^2$ is given by ____. (a) 64 (b) 32 (c) 12 (d) None of these (vi) Which is a solution of the equation 7x + 5 = 19 (a) x = 2 (b) x = 3 (c) x = 5 (d) x = 4 (vii) The expression x + y – xy is (a) Monomial (b) Binomial (c) Trinomial (d) Quadrinomial (viii) Area of triangle whose base is 15 cm and corresponding altitude is 6 cm will be (a) 45 cm^2 (b) 90 cm^2 (c) 45 cm (d) 90 cm (ix) The reciprocal of a positive rational number is __. (a) negative (b) positive (c) zero (d) none of these (x) Meeta saves Rs 400 from her salary. If this is 10% of her salary. What is her salary? (a) 4000 (b) 6000 (c) 3000 (d) none of these	10	understanding

2	**II Constructive response type - I questions:** (i) Find the area of a circle whose circumference is 52.8 cm (ii) Simplify $\frac{9^3 \div 3^4}{3}$ OR Simplify $(5^3 \times \frac{6^4}{6^3}) \div 5^2$. (iii) Draw a sketch of a triangle with only one line of symmetry and no rotational symmetry of order more than 1	6	**Informative**

3	(i) Irfan says that he has 7 marbles more than five times the marble permit has . Irfan has 37 marbles , then how many marbles does permit have ?
	
	(ii) What will be the measure of the supplement of 54° and 125°
	(iii) Draw the top ,front and side view of the given figure
	
	(iv) State the number of line of symmetry for the following
	. (a)Square
	  (b)Circle
	  (c)Equilateral triangle
		12	**Understanding**

4	**IV Long Answer type questions:** (i) **simplify** $$\frac{25 \times 5^2 \times t^8}{10^3 \times t^4}$$ **(b)** $\frac{4^5 \times a^8\, b^3}{4^5 \times a^5\, b^2}$ (ii) A circular flower bed is surrounded by a path 4 m wide. The diameter of the flower bed is 66 m. What is the area of this path? (π = 3.14)	10	Application
	(ii) DL and BM are the heights on sides AB and AD respectively of parallelogram ABCD in the figure given below. If the area of the parallelogram is 1470 cm^2 , AB=35cm and AD=49cm find the length of BM and DL. 	4	

	(iii) If Rs 250 is to be divided amongst Ravi, Raju and Roy, so that Ravi gets two parts, Raju three parts and Roy five parts. How much money will each get? What will it be in percentages?		
5	Case Study Based Questions: (i) Nanoscience is the study of structures and materials of an ultra-small scale. The widely used units to measure length in nanoscience are nanometre and micrometre. The relations between different units of length are given below. 10^3 nanometre (nm) = 1 micrometre 10^6 nanometre (nm) = 1 millimetre (mm) 10^7 nanometre (nm) = 1 centimetre (cm) 10^9 nanometre (nm) = 1 meter (m) Answer the following questions (i) A laboratory developed a switch that is 1cm wide. How wide will the switch look when seen under an electron microscope (in nm)? (ii) Convert 503.4 micrometer into nanometer. (iii) Asha measures the thickness of one sheet of newspaper. A stack of 100 sheets of newspaper is 1 cm thick. What would be the thickness of the newspaper when expressed in nanometres? (ii) The picture shows a girl and her reflection in a mirror. (i) Can you draw a line of symmetry on this picture? Mention Yes or No. Justify your choice. (ii) The girl has her right hand raised. Why does it look like her left hand in the mirror image? (iii) Points P, Q, R and S are marked on the girl and their mirror reflections P', Q', R' and S' are marked on the image. Which point and its image in the mirror have the greatest distance between them? (iv) In the above picture, XYZW is a mirror. Why does it produce a symmetric image? Give your explanation using the points shown in the image.	4	HOTS

ARMY PUBLIC SCHOOL GWALIOR
CLASS - VII
ACADEMIC SESSION 2024-25
REVISION WORKSHEET (SELF –ASSESSMENT)

Subject: Science   **Assignment No. : 9**

Allotment Date: 15 February 2025

S.NO	QUESTIONS	MARKS	NATURE
Q1	Multiple choice questions**:** 1-Name the cell that is formed after the fusion of male and female gametes. a) Zygote b) Embryo c) Seed d) Fruit 2- It is used to make the gong of an electric bell. a) wood b) plastic c) glass d) metal 3- Which of the following are known as scavengers or cleaners? (a)vultures (b) crows (c) jackals (d) all of these 4- which organism is used to convert human excreta to compost in vermi-processing toilets? a) millipedes b) bettle c) earthworms d) eagle	1x4=4	Information
Q2	Fill in the blanks: 1. _____ blood vessels have valves to prevent the backflow of blood. 2. _____ are dissolved and suspended solid impurities present in sewage. 3. _____ disease is caused by improper disposal of sewage. 4. the speed of a moving vehicle in a speedometer is shown in_____. 5. _____ lenses are used to rectify shortsightedness.	1x5=5	Observation
Q3	Match the following: 1. Aerobic bacteria fragmentation 2. Newton's Disc carries oxygen	1X5=5	Knowledge based

	3. Haemoglobin spins fast 4. Inorganic impurities manure 5. Algae nitrates			
Q4	Answer the following questions in one or two sentences: i. The distance between the two stations is 1995 km. How much time it will take to cover this distance at an average speed of 19 km/h? ii. At what position do we get the real image of the object from the convex mirror? iii. What type of image is formed in the mirror? a) Real and upright b) Virtual and upright c) Real and upside down d) Virtual and upside down Alice looks inside the steel bowl very closely. She sees her image on the inside of the bowl. Steel bowl with round bottom	2x3=6	Interdisciplinary
Q5	Answer the following questions in 20-30 words: i. Plot the distance-time graph from the following data and also find the speed using the graph. Calculate the distance travelled in 4.5s.	3x2=6	Evaluation

TIME (S)	0	1	2	3	4	5
DISTANCE (M)	0	10	20	30	40	50

	ii. Give a reason for the following: a) An electric fuse is required in all electric appliances. B) Eucalyptus trees are grown all along sewage ponds.		
Q6	Answer the following questions in 30-40 words: i. Describe the steps involved in getting clarified water from wastewater. ii. a) List two ways that can be used for sewage disposal if a proper sewage treatment plant is not available. b)Write any three causes responsible for the cutting of trees.	5X2=10	Analytical Skills
Q7.	Case-based question : Read the given passage carefully and answer the questions given below. We use various appliances based on heating effect of current in our daily life. Some such appliances are electric room heaters, electric heaters, hot plates, electric iron, hair dryers etc. All these contain a coil of wire called an element. a)Which of these labels on an electric device confirms standard quality? b) Which of these is the correct arrangement of electric cells in the battery? 	1X4=4	Critical Thinking and Problem Solving

	c) Which part of an electrical iron becomes hot and gives out heat? (a) the switch (b) the handle (c) the element (d) the connecting wire d)The amount of heat produced depends upon which of the following? (a) material of element (b) length of wire (c) thickness of wire (d) All of these		
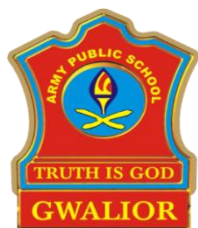
Subject: Social Science   **Assignment No. : 9**

Allotment Date: 15 February 2025

SECTION	QUESTIONS	MARKS	NATURE
A	**Multiple Choice Questions-** **1. Which state was called Rajputana by the british?** (a) Madhya Pradesh (b) Rajasthan (c) Punjab (d) Gujarat **2. Which of the following saints are devoted to Lord Vishnu?** (a) Nayanars (b) Alvars (c) Sangams (d) Pulaiyars **3. The forces that act in the interior of the earth are called as-** (a) Slow forces (b) Speed forces (c) Endogenic (d) Exogenic **4. What was the language of administration under the Delhi sultans?** (a) Hindi (b) Urdu (c) English (d) Persian **5. How much amount did Swapna borrow to buy seeds, fertilizers etc?** (a) Rs.1500 (b) Rs.2000 (c) Rs. 2500 (d) Rs.3000	5×1=5	Objective Type Questions
	Match the following- 1. Kathak (i) Dead sea 2. High salinity (ii) Water borne disease 3. Nizamuddin Auliya (iii) North India 4. Diarrhoea (iv) Sufi saint	4×1=4m	Analytical skill
B	**Answer the following questions in very short:** 1. Mention two characteristics of weekly market. 2. Name the countries that touch the Sahara desert. 3. What is meant by the internal and external frontiers of the sultanate? 4. Who was Mirabai?	4×2=8m	Very Short Questions

C	**Answer the following questions in short:**	2×3=6m	**Short Questions**
	1. In what ways is a hawker different from a shop owner?		
	2. Describe the life of the people living near oasis in Sahara desert.		

D	**Answer the following questions in detail:**	2×5=10m	**Long Questions**
	1. What are the important architectural features of the temples of Bengal?		
	2. Differentiate between warm ocean currents and cold ocean currents.		

E	**Read the extract carefully and answer the questions that follow:**	1×3=3m	**Case Based Questions**
	The Chera kingdom of Mahodayapuram was established in the ninth century in the south western part of the peninsula, part of the present day Kerala. Malayalam is the official language of Kerala.The Chola, Chera, Pandya and Pallava dynasties were the major dynasties of south India. Classical dances were performed in the court of kings, where it acquired its present features and developed with a distinctive style. Nawab Wajid Ali Shah was the last nawab of Awadh region. Basohli was a type of miniature painting that developed during the late 17th century in Himachal Pradesh.		

(i) Which state is associated with the Chera kingdom of Mahodayapuram?
(a) Tamilnadu   (b) Kerala   (c) Karnataka   (d) Andhra Pradesh

(ii) Basohli was a type of miniature painting that developed in the state of
_____.
(a) Kerala   (b) Rajasthan   (c) Himachal Pradesh   (d) Uttarakhand

(iii) Write the name of any two major dynasties of south India.

F	**On the political map of India, mark and locate the following:**		**Map Based**
	(i) The state associated with the Marathas.	1×4=4m	**Questions**
	(ii) The area associated with the cold desert 'Ladakh'		
	(iii) The State associated with Jagannatha temple		
	(iv) The region associated with hot desert Thar		

Subject: Sanskrit   **Assignment No. : 9**

Allotment Date: 15 February 2025

S. NO.	QUESTIONS	Marks	Skills/ Competencies
1	चित्र देखकर संस्कृत में पांच वाक्य बनायें-	1x5=5	Creative skill
2	समानार्थकपदानि मेलयत्- आश्चर्येण पठनस्य उल्लासेन समय: परिवारस्य प्रसन्नतया अध्ययनस्य विस्मयेन काल: कुटुम्बस्य	1x5=5	Thinking Skill
3	धातु और प्रत्यय बताएं- क) ज्ञात्वा = ख) खादितुम् = ग) आगम्य=	1x5=5	Understanding

घ) श्रोतुम् =

ङ)धावितुम् =

4	**रेखाङ्कितानि पदानि संशोध्य लिखत–** (क) छात्राः क्रीडाक्षेत्रे <u>कन्दुकात्</u> क्रीडन्ति। (ख) <u>ते</u> बालिकाः मधुरं गायन्ति। (ग) अहं <u>पुस्तकालयेन</u> पुस्तकानि आनयामि। (घ) <u>त्वं</u> किं नाम? (ङ) <u>गुरुं</u> नमः।	1x5= 5	**Thinking skill**
5	उदाहरण के अनुसार पदों की विभक्ति और वचन लिखें- | पदानि	विभक्तिः	वचनम्
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यथा-		
पितुः	षष्ठी	एकवचनम्
केयूराः	....	....
देवानाम्	....	....
सूक्तयः	....	....
लताभिः	....	....
प्रीत्यै	....	....		1x5= 5	**Memory skilll**
6	उपयुक्तकथनानां समक्षम् 'आम्', अनुपयुक्तकथनानां समक्षं 'न' इति लिखत- (क) विद्या राजसु पूज्यते। (ख) वाग्भूषणं भूषणं न। (ग) विद्याधनं सर्वधनेषु प्रधानम्। (घ) विदेशगमने विद्या बन्धुजनः न भवति।। (ङ) सर्वं विहाय विद्याधिकारं कुरु।	1x5= 5	**Analytical Skill**

ARMY PUBLIC SCHOOL GWALIOR
CLASS - VII
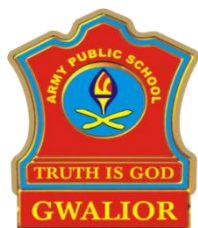## ACADEMIC SESSION 2024-25
REVISION WORKSHEET (SELF –ASSESSMENT)

Subject: Computer   **Assignment No. : 9**

Allotment Date: 15 February 2025

S.NO.	QUESTIONS	MARKS-20	NATURE
1	**Choose and write the correct option (MCQ):-**	1x5=5	Information
i)	_____ problems are found in AI systems which makes decisions on the basis of biased data. a. Technical b. Exclusion c. Inclusion		
ii)	A _____ control structure shows one or more actions following each other in order. a. Sequential b. Procedure c. Branching		
iii)	The attribute used to mention the path of the image where it is located is __ a. IMG b. SRC		
iv)	A software that installs on our computer without our consent is _____ 6. cookie 7. spyware 8. key logger		
v)	The text with special instructions in HTML is called _____ a) syntax b) tag c) command		

2	**Fill in the blanks-**	1x 5=5	Understanding
	(a) Facial recognition technology is not so accurate to recognize _____. (b) ____ is the process of placing the if or if-else or elif statement in other statements. (c) A hypertext link is used to connect one document with another document or file. (d) The ____ tag incorporates graphics in the HTML document. (e) _____ is a text editor in which HTML document is written.		
3.	**Write 'T' for True and 'F' for False statements.** a) The seventeen SDGs are also known as Global Goals. b) Conditional and looping statements are structured using indentation. c) We can wrap text between two images to change the layout of web page.	1x3=3	Understanding
4.	**Answer the following questions:-** a) Write a short note on the problem of inclusion in AI system. b) What is indentation? c) What are the various attributes associated with Table tag? d) What do you mean by attributes? e) How can we protect our computer from hacking? f) What do you understand by text editors?	1 x 7=7	Evaluation

Subject: GK   **Assignment No. : 9**
Allotment Date: 15 February 2025

SECTION	QUESTIONS	MARKS
1.	**Multiple Choice Questions-** **1. During Ganesh chaturthi, which sweet is offered to Lord Ganesha?** (a) Burfi (b) Kheer (c) Modak (d) Jalebi **2. Which French company plans to make 800 horsepower locomotives in India?** (a) Rafale (b) Alstom (c) Bombardier (d) Dassault **3. Which of the following sectors is not covered in the Make in India programme.** (a) Automobiles (b) Education (c) Information technology (d) Finance	3×1=3
2.	**Match the following-** 1. Asiatic Lion (i) Louis Pasteur 2. Pasteurisation (ii) Gir national park 3. Aye-Aye (iii) Giant waves 4. Akbarnama (iv) Primates 5. Tsunami (v) Abul Fazl	5×1=5
3.	**Fill in the blanks-** 1. _____ is the highest waterfall in Europe. 2. _____ is the brown antlered deer found only in Manipur. 3._____ is a legal document that shows you own a property.	3×1=3

4.	**Identify the given picture and write their names-**	2×1=2

_____

_____

5.	**Answer the following questions in one word-**	3×1=3

1. Which is the main language spoken in Lakshadweep?

2. What is the full form of 'BRICS'?

3. Where the headquarter of 'The Times of India' is situated?

6.	**Answer the following questions in one or two sentences-**	2×2=4

1. What is space junk?

2. Mention the significance of the five rings in the Olympic symbol.

Subject: Music (Vocal)   **Assignment No. : 9**
Allotment Date: 15 February 2025

S. NO.	QUESTIONS	MARKS	NATURE
1	Which rasa is seen more in the bhajans of shri Krishna? a) Shringar rasa b) Veer rasa	1	Informative
2	The instrument which is similar to keyboard ? a) Guitar b) Harmonium	1	Informative
3	Drums, Congo instrument belong to which category? a) Brass Instruments b) Percussion Instruments	1	Informative
4	The instruments which is similar to keyboard but played with sticks ? a) Xylophone b) Piano	1	Informative
5	Fill in the blanks: So ___ you can't get __ it a) High , over b) Deep , over	1	Informative
6.	Fill in the blank Pour out the _____ of love a) Power b) Shower	1	Informative
7.	"Tu hi mahan sarv shaktimaan tu hihai mere jeevan ka sangeet " lines are taken from which prayer ? a) Itni shakti humein dena data	1	Informative

	b) Teri aradhana karun		
8.	With reference to the National Anthem "Punjab, Sindh, Gujarat, Maratha" a) States b) Rivers	1	Informative
9,	Fill in the blank : Uchal _____ tarang a) Jalasi b)Jaladhi	1	Informative
10.	"Tu hi mahan sarv shaktimaan tu hi hai mere jeevan ka sangeet " lines are taken from which prayer ? a) Itni shakti humein dena data b) Teri aradhana karun	1	Informative

Subject: Yoga **Assignment No. : 9**

Allotment Date: 15 February 2025

QUESTIONS	MARKS	SKILLS
Fill in the blanks 1. _____ is a spiritual practice that helps connect with a higher power, bringing peace and guidance. 2. Yoga includes a combination of physical postures, _____ exercises, and meditation. 3. The main benefit of practicing yoga is improving _____, flexibility, and mental well-being.	3X1=3	INFORMATIVE
True and False: 1. Yoga includes only physical exercises and does not involve the mind. _____ 2. Pranayama is a breathing technique used to control energy. _____ 3. The main goal of Asanas is to improve mental peace only. _____ 3. Nadi Shodhana is also known as Skull Shining Breath. (True/False).	3X1=3	CRITICAL THINKING

Multiple Choice Questions:	4X1=4	ANALYTICAL THINKING

1. What is the primary benefit of prayer?
 	
    a) To gain material wealth
 	
    b) To connect with a higher power and find peace
 	
    c) To learn new languages
 	
    d) To exercise the body
 	
2. What is the role of Yama in yoga practice?
 	
    a) To focus on physical postures
 	
    b) To provide ethical guidelines for behavior with others
 	
    c) To improve lung capacity
 	
    d) To perform meditation
 	
3. Which of the following is an example of a standing yoga posture?
 	
    a) Padmasana
 	
    b) Tadasana
 	
    c) Sukhasana
 	
    d) Baddha Konasana
 	
4. What does the practice of Anulom Vilom involve?
 	
    a) Sitting in silence
 	
    b) Alternate nostril breathing
 	
    c) Stretching the body
 	
    d) Deep meditation		