



ARMY PUBLIC SCHOOL GWALIOR
CLASS - VIII
ACADEMIC SESSION 2025-26
REVISION WORKSHEET (SELF –ASSESSMENT)

Subject: English

Assignment No. : 2

Allotment Date: 20 July 2025

S.NO.	QUESTIONS	MARKS	NATURE
1	<p>Read the passage and answer the following questions: <u>The Value of Time</u> Time is one of the most precious gifts we have. Once it is gone, it never comes back. Successful people understand the value of time and use it wisely. Wasting time on unimportant things leads to regret. Managing time properly helps us achieve our goals and reduces stress.</p> <p><u>Questions:</u> Q1. What is described as the most precious gift in the passage? Q2. What do successful people do with their time? Q3. What is the result of wasting time? Q4. How does time management help us?</p>	(5)	Information
	<p>You are Varun /Vidya, a student of Class 8 at Holy Child Public School, Delhi. Write a formal letter to the Principal of your school requesting permission to organize a cleanliness drive in the school premises.</p>	(5)	Understanding
3	<p>Fill in the blanks with the correct word: elder, eldest, older, oldest, later, latter, latest or last.</p> <ol style="list-style-type: none">1. My _____ sister is getting married next month.2. This is the _____ building in the city—it was built in 1750.3. Between tea and coffee, I prefer the _____.4. Riya submitted her assignment a day _____ than the deadline.5. The _____ chapter of this book is the most exciting.	(5)	Interdisciplinary
4	<p><i>“ When the jet sprang into the sky, it was clear why the city had developed the way it had, seeing it scaled six inches to the mile. There seemed an inevitability about what on ground had looked haphazard, unplanned and without style.”</i></p> <p><u>Read the extract and answer the following questions :</u></p> <ol style="list-style-type: none">1. When did the poet realize the reason for the city’s development	(5)	Analytical Skill

	<p>pattern?</p> <p>2. What appeared different from the sky as compared to the ground?</p> <p>3. What is meant by “scaled six inches to the mile”?</p> <p>4. How did the city appear when seen from the ground?</p> <p>5. Name the poem and the poet.</p>		
5	<p>Read the following sentences and identify the case (nominative, accusative, or possessive) of the underlined nouns. Write the correct case against each.</p> <p>1. Riya's notebook was lying on the table. _____</p> <p>2. The teacher praised Aman for his good behavior. _____</p> <p>3. My brother gifted me a watch on my birthday. _____</p> <p>4. The children played with Ali's toys. _____</p> <p>5. Books help us gain knowledge. _____</p>	(5)	Critical Thinking and Problem Solving
6	<p>Why was the camel punished with a hump? What lesson can we learn from this story about avoiding work?</p>	(5)	Communication Skills



ARMY PUBLIC SCHOOL GWALIOR
CLASS - VIII



ACADEMIC SESSION 2025-26

REVISION WORKSHEET (SELF –ASSESSMENT)

Subject: Hindi

Assignment No. : 2

Allotment Date: 20 July 2025

क्रमसंख्या	प्रश्न	अंक	प्रकृति
1	अपने मित्र को जन्म दिवस पर एक बधाई पत्र लिखिए।	5	INFORMATIVE
2	<p>निम्नलिखित अपठित गद्यांश को पढ़कर नीचे लिखे प्रश्नों के उत्तर दीजिए-</p> <p>डॉ. कलाम दृढ़ इच्छाशक्ति वाले वैज्ञानिक थे। वे भारत को विकसित देश बनाने का सपना संजोए हुए थे। उनका मानना था कि भारतवासियों को व्यापक दृष्टि से सोचना चाहिए। हमें सपने देखने चाहिए। सपनों को विचारों में बदलना चाहिए। विचारों को कार्यवाही के माध्यम से हकीकत में बदलना चाहिए। डॉ. कलाम तीसरे ऐसे वैज्ञानिक हैं, जिन्हें भारत का सर्वोच्च सम्मान 'भारत रत्न' दिया गया। उन्हें 'पद्मभूषण' तथा 'पद्मविभूषण' से भी सम्मानित किया गया। भारत को उन पर गर्व है। इतनी उपलब्धियाँ प्राप्त करने के बावजूद अहंकार कलाम जी को छू तक नहीं पाया। वे सहज स्वभाव के एक भावुक व्यक्ति थे। उन्हें कविताएँ लिखना, वीणा बजाना तथा बच्चों के साथ रहना पसंद था। वे सादा जीवन उच्च विचार में विश्वास रखते थे। कलाम साहब का जीवन हम सभी के लिए प्रेरणादायक है। कलाम जी तपस्या और कर्मठता की प्रतिमूर्ति हैं। राष्ट्रपति पद की शपथ लेते समय दिए गए भाषण में उन्होंने कबीरदास जी के इस दोहे का उल्लेख किया था – 'काल करे सो आज कर, आज करे सो अब'।</p> <p>प्रश्न (1) डॉ. कलाम को क्या – क्या बेहद पसंद था ?</p> <p>प्रश्न (2) डॉ. कलाम को किन-किन सम्मानों से</p>	1x4=4	UNDERSTANDING

	<p>सम्मानित किया गया?</p> <p>प्रश्न (3) डॉ. कलाम कैसे स्वभाव के व्यक्ति थे?</p> <p>प्रश्न (4) डॉ. कलाम भारत को क्या बनाने का सपना संजोए हुए थे?</p>		
3	<p>'भारत की खोज' पुस्तक के लेखक कौन हैं? 'भारत की विविधता और एकता' से आप क्या समझते हैं?</p>	5	HOT
4	<p>नीचे लिखे प्रश्नों के उत्तर दीजिए-</p> <ol style="list-style-type: none"> 1. मौखिक भाषा के दो उदाहरण लिखिए। 2. वर्णमाला की परिभाषा लिखिए। 3. स्वर संधि के प्रकार के नाम लिखिए। 4. संयुक्त व्यंजन कौन-से हैं लिखिए। 5. बिहारी हिंदी की बोलियों के नाम लिखिए। 	5	INTERDISCIPLINARY
5	<p>निम्नलिखित विषय में से किसी एक पर अनुच्छेद लिखिए-</p> <ol style="list-style-type: none"> 1. जीवन में अनुशासन का महत्व 2. भावना से कर्तव्य ऊँचा है 	5	CRITICAL THINKING AND PROBLEM SOLVING
7	<p>निम्नलिखित प्रश्नों के उत्तर दीजिए -</p> <ol style="list-style-type: none"> 1. मशीनी युग से बदलू के जीवन में क्या बदलाव आया? 2. "लोगों ने सलाह दी कि समझदार आदमी इस शाम वाली बस से सफर नहीं करते।" लोगों ने यह सलाह क्यों दी? 3. 'दीवानों की हस्ती' कविता में ऐसी कौन-सी बात है जो आपको सबसे अच्छी लगी? 	3x2=6	EVALUATION



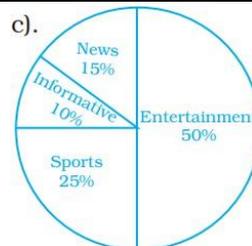
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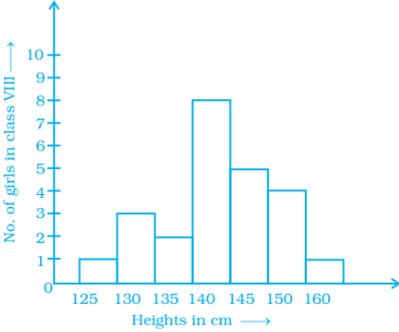
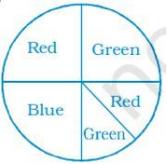
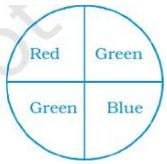
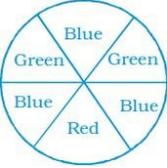
Subject: Mathematics

Assignment No. : 2

Allotment Date: 20 July 2025

S.NO.	QUESTIONS	MARKS	NATURE
1	If the diagonals of a quadrilateral bisect each other at right angles, it will be a (a) rhombus (b) trapezium (c) rectangle (d) kite	1	Understanding
2	The sum of the angles of a quadrilateral is (a) 180° (b) 270° (c) 360° (d) 300°	1	Critical Thinking
3	How many sides does an octagon have? (a) 7 (b) 8 (c) 9 (d) 10	1	Understanding
4	Rukmini has a farm land which is triangular in shape. What is the sum of all the exterior angles taken in an order of the farm land? (a) 90° (b) 180° (c) 360° (d) Can not be determined.	1	Analytical
5	The pie chart depicts the information of viewers watching different type of channels on TV. Which type of programmes are viewed the most? (a) News (b) Sports (c) Entertainment (d) Informative.	1	Understanding



6	<p>The probability of getting a multiple of 2 when a dice is rolled is</p> <p>(a) $\frac{1}{6}$ (b) $\frac{1}{3}$ (c) $\frac{1}{2}$ (d) $\frac{2}{3}$</p>	1	Analytical
7	<p>A dice is thrown two times and sum of the numbers appearing on the dice are noted. The number of possible outcomes is</p> <p>(a) 6 (b) 11 (c) 18 (d) 36</p>	1	Critical Thinking
8	<p>Observe the histogram given above. The number of girls having height 145 cm and above is</p> <p>(a) 5 (b) 10 (c) 17 (d) 19</p>	1	Problem solving
			
9	<p>Rahul, Varun and Yash are playing a game of spinning a coloured wheel. Rahul wins if spinner lands on red. Varun wins if spinner lands on blue and Yash wins if it lands on green. Which of the following spinner should be used to make the game fair?</p> <p>(a) </p> <p>(b) </p> <p>(c) </p> <p>(d) </p>	1	Informative
10	<p>Three angles of a quadrilateral are 50°, 40° and 123°. Find its fourth angle.</p>	2	Understanding
11	<p>Two adjacent angles of a parallelogram are in the ratio 4:5. Find their measures</p>	2	Analytical Thinking
12	<p>A dice is rolled once. What is the probability that the number on top will be</p> <p>(a) Odd (b) Greater than 5</p>	2	Understanding
13	<p>Construct a quadrilateral ABCD in which $AB = AD = 5\text{cm}$, $BC = CD = 7\text{cm}$ and $BD = 6\text{cm}$. What type of quadrilateral is this?</p>	3	Problem Solving

14

In a district, the number of branches of different banks is given below:

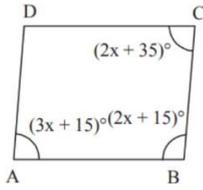
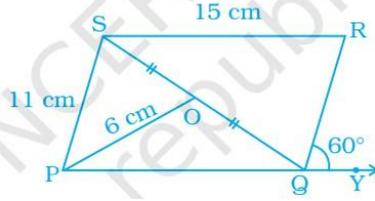
3

Critical Thinking

Bank	State Bank of India	Bank of Baroda	Punjab National Bank	Canara Bank
Number of Branches	30	17	15	10

Draw a pie chart for this data.

-

<p>15</p>	<p>Consider a parallelogram ABCD in the figure given below:</p> <p>(a) The value of x is:</p> <p>(b) The value of y is:</p> <p>(c) The measure of $\angle A$ and $\angle B$ is:</p>		<p>4</p> <p>Case study</p>
<p>16</p>	<p>In parallelogram PQRS, O is the mid point of SQ. Find $\angle S$, $\angle R$, PQ, QR and diagonal PR</p> 	<p>5</p>	<p>Problem solving</p>



ARMY PUBLIC SCHOOL GWALIOR
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ACADEMIC SESSION 2025-26
REVISION WORKSHEET (SELF –ASSESSMENT)

Subject: Science

Assignment No. : 2

Allotment Date: 20 July 2025

S. NO.	QUESTIONS	MARKS	NATURE
Q.1	Answer the following questions. I. What do you mean by term carbonization? II. What are petrochemicals? III. Is charcoal considered as fossil fuel?	1x3=3	Information
Q.2	I. Why we need to use fossil fuels in moderation? II. Why the outermost part of a flame is hottest?	2X2=4	Understanding
Q.3	I. Coal and charcoal does not burn with flame. Why? II. What are the important steps for accidental fire control? III. What are the important guidelines recommended by PCRA for fuel conservation?	2x3=6	HOT

Q.4	I. Find out about modern methods of irrigation other than given in the chapter and write their importance. II. Draw diagram of one bacteria one protozoa and one virus.	3X2=6	Interdisciplinary
Q.5	I. Write the advantages of manure over fertilizers.	3X1=3	Analytical Skill
Q.6	II. How can we avoid food poisoning?	3X1=3	Critical Thinking and Problem Solving
Q.7	Write a short note on 'Traditional methods verses Modern methods of agriculture.	5x1=5	Communication Skills and Evaluation



**ARMY PUBLIC SCHOOL GWALIOR
CLASS - VIII**

**ACADEMIC SESSION 2025-26
REVISION WORKSHEET (SELF –ASSESSMENT)**

Subject: Social Science

Assignment No. : 2

Allotment Date: 20 July 2025

S. NO.	QUESTIONS	MARKS	SKILLS
1	<p>Multiple choice questions-</p> <p>1. On which date did the Constituent assembly meet for the first time?</p> <p>a) 9 August 1942 b) 15 August 1943 c) 9 December 1946 d) 26 January 1950</p> <p>2. Who introduced the system of classifying Indian history into 'Hindu', 'Muslim', and 'British' periods?</p> <p>a) Mahatma Gandhi b) Lord Curzon c) James Mill d) Jawaharlal Nehru</p> <p>3. Which company got the Diwani rights of Bengal, Bihar, and Orissa in 1765?</p> <p>a) French East India Company b) Dutch East India Company c) British East India Company d) Portuguese Company</p> <p>4. Which of the following is NOT a factor that makes a substance a resource?</p> <p>a) Utility b) Time c) Technology d) Color</p> <p>5. Who discovered the sea route to India in 1498 A.D.?</p> <p>(a) Christopher Columbus (b) Michael Angelo (c) Vasco-da Gama (d) Jimmie Angel</p>	1 x 5=5m	Informative

<p>2</p>	<p>Answer the following questions in very short:</p> <ol style="list-style-type: none"> 1. Give a brief definition of human trafficking. 2. What attracted European trading companies to India? 3. What is resource conservation? 	<p>2x3=6m</p>	<p>Understanding</p>
<p>3</p>	<p>Answer the following questions in short:</p> <ol style="list-style-type: none"> 1. List any three principles of sustainable development. 2. What do you mean by Doctrine of lapse? 3. Differentiate between the state and the government. 	<p>3x3=9m</p>	<p>HOTS</p>
<p>4</p>	<p>Answer the following questions in detail:</p> <ol style="list-style-type: none"> 1. Explain the system of subsidiary alliance. 	<p>5x1=5m</p>	<p>Interdisciplinary</p>

5	<p>Case study based questions–</p> <p>The Nilgiri Hills in South India are rich in natural resources, especially forests. These forests provide valuable resources like timber, medicinal plants, and habitat for wildlife. However, over the past two decades, deforestation due to logging, farming, and construction has threatened this region's ecology.</p> <p>To combat this, the government launched a "Community Forest Program" where local tribes and villagers are involved in protecting the forests. They are taught how to collect forest products sustainably without harming the environment. Trees are now being planted again, and forest guards work with local youth to monitor illegal logging.</p> <p>This case shows the importance of human resources (people's skills and participation) in protecting and managing natural resources wisely.</p> <p>1. Which type of resource is mainly found in the Nilgiri Hills?</p> <p>A. Water resources B. Forest resources C. Mineral resources D. Marine resources</p> <p>2. What is the main goal of the "Community Forest Program"?</p> <p>A. Cutting down trees faster B. Building factories in the forest C. Involving local people in protecting forests D. Mining minerals from forests</p> <p>3. What type of resource is 'human effort and skill' in managing forests?</p> <p>A. Natural resource B. Human-made resource C. Human resource D. Mineral resource</p>	3x13m	Analytical Skill
6	<p>On the political map of India mark and locate the following:</p> <p>1. Calcutta- capital of Bengal Presidency.</p> <p>2. The State odisha.</p>	2x1=2m	Critical thinking and problem solving



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CLASS - VIII



ACADEMIC SESSION 2025-26
REVISION WORKSHEET (SELF –ASSESSMENT)

Subject: Sanskrit

Assignment No. : 2

Allotment Date: 20 July 2025

S.NO.	QUESTIONS	MARKS	NATURE
1	शब्दानां अर्थाःलिखत - (क) चलदूरभाषयन्त्रं (ख) कालपरिवर्तनेन (ग) आपणं (घ) संगणकस्य (ङ) सौकर्येण	(5)	Information
2	अधोलिखितानि पदानि निर्देशानुसारं परिवर्तयत- यान (द्वितीयाबहुवचने) – पाषाण(सप्तमीएकवचने) – राष्ट्र(चतुर्थीएकवचने) – शक्ति (प्रथमाएकवचने) – पशु (सप्तमी बहुवचने) –	(5)	Understanding
3	रेखांकितपदान्यधिकृत्य प्रश्ननिर्माणं कुरुत- (क) वयम् उपचारार्थम् चिकित्सालयं गच्छामः। (ख) लेखनार्थम् कर्गदस्य आवश्यकतायाः अनुभूतिः न भविष्यति। (ग) भोजपत्रोपरि लेखनम् आरब्धम्। (घ) सर्वाणि पत्राणि चलदूरभाषयन्त्रे सुरक्षितानि भवन्ति ।	(5)	Interdisciplinary

	(ड) विश्रामगृहेषु कक्षं सुनिश्चितं भवेत्।		
4	<p>विशेषण विशेष्यमेलनं कुरुत-</p> <p>(क) मौखिकम् (1) सामग्री</p> <p>(ख) मनोगताः (2) उपकारः</p> <p>(ग) टंकिता (3) भावाः</p> <p>(घ) महान् (4) विनिमयः</p> <p>(ङ) मुद्राविहीनः (5) ज्ञानम्</p>	(5)	Analytical Skill
5	<p>अधोलिखितपदयोः सन्धिं कृत्वा लिखत-</p> <p>तालपत्र + उपरि</p> <p>च + अतिष्ठत</p> <p>कर्गद + उद्योगे</p> <p>क्रय + अर्थम्</p> <p>इति + अनयोः</p>	(5)	Critical Thinking and Problem Solving
6	<p>कोष्ठकप्रदत्तेषु पदेषु चतुर्थी विभक्ति प्रयुज्य रिक्तस्थानपूर्तिं कुरु -</p> <p>(क) पुस्तकं देहि। (छात्र)</p> <p>(ख) अहम् वस्त्राणि ददामि। (निर्धन)</p> <p>(ग) नमः। (अध्यापक)</p> <p>(घ) रमेशः अलम्। (सुरेश)</p> <p>(ङ) पठनं रोचते। (लता)</p>	(5)	Thinking Skills



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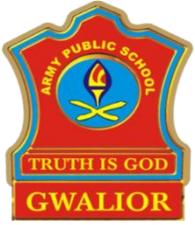
Subject: Computer

Assignment No. : 2

Allotment Date: 20 July 2025

S.NO.	QUESTIONS	MARKS	SKILLS/ COMPETENCIES
1	<p>1. define how tables are connected to each other based on common keys.</p> <p>a. Tuples b. Records c. Keys d. Relationships</p> <p>2. The statement in MySQL is used to retrieve data from a table.</p> <p>a. SELECT b. ALTER c. DROP d. ADD</p> <p>3. keys are alternative unique keys that could be primary keys.</p> <p>a. foreign b. Composite c. Candidate d. Unique</p> <p>4. A record in a table is also known as</p> <p>a. Relation b. Constraint c. Schema d. Tuple</p> <p>5. Which of the following represents the structure of a database?</p> <p>a. Data type b. Data dictionary c. Schema d. Query</p>	2.5	Information

<p>2</p>	<p>C. Write T for true and F for false.</p> <ol style="list-style-type: none"> 1. SHOW TABLES statement is used to view the content of a database. 2. MySQL is case-sensitive. 3. Query is a request you make to the database to perform any task. 4. DDL stands for Database Designing Language. 5. Constraints are imposed on data to maintain database integrity. 	<p>2.5</p>	<p>understanding</p>
<p>3</p>	<p>C. Define the following terms.</p> <ol style="list-style-type: none"> 1. VARCHAR 2. Data Dictionary 3. Indexes 4. Foreign key 5. RDBMS 	<p>2.5</p>	<p>understanding</p>
<p>4</p>	<p>D. Answer the following questions.</p> <ol style="list-style-type: none"> 1. Can a table have multiple primary keys? Can it have multiple foreign keys? 2. Write one similarity and one difference between CHAR and VARCHAR data types. 3. How can you change a constraint of an attribute? 4. What is the syntax for deleting data from a table? 5. What is an instance in RDBMS? 	<p>2.5</p>	<p>Evaluation</p>



**ARMY PUBLIC SCHOOL GWALIOR
CLASS - VIII**

**ACADEMIC SESSION 2025-26
REVISION WORKSHEET (SELF –ASSESSMENT)**

Subject: Art and Work Education

Assignment No. : 2

Allotment Date: 20 July 2025

S. No.	QUESTIONS	MAR KS	NATURE
1	How do you capture the softness and delicacy of tree foliage in watercolor?	2	Informative
2	How do you create realistic tree textures with pencil shading?	2	Informative
3	How do you create smooth transitions between shades?	2	Understanding
4	What are the best techniques for shading with poster colors (e.g., layering, blending, hatching)?	2	Informative
5	What materials are needed to create a straw heart (e.g., straws, glue, string)?	2	Understanding



ARMY PUBLIC SCHOOL GWALIOR
CLASS - VIII
ACADEMIC SESSION 2025-26
REVISION WORKSHEET (SELF –ASSESSMENT)

Subject: Dance

Assignment No. : 2

Allotment Date: 20 July 2025

S. NO.	QUESTIONS	MARKS	NATURE
1	How many counting are there in teen Taal? a) 16 b) 15	1	Informative
2	How many division are there in teen taal? a) 4 b) 10	1	Informative
3	How many times dugun is done in teen taal? a) 5 b) 2	1	Informative
4	What is the empty symbol in teen taal? a) 2 b) 0	1	Informative
5	At what volume is it empty in teen taal? a) 9 b) 3	1	Informative
6.	How many parts in kaharwa taal? a) 2 b) 4	1	Informative
7.	What is north indian classical music known as ? a) Hindustani b) Carnatic	1	Informative
8.	How many matras in kaharwa taal? a) 10 b) 8	1	Informative

9,	Which instrument is avnadhya vadya? a) Damru b) Flute	1	Informative
10.	Which type of instrument is Shankh? a) Shushir b) String	1	Informative



ARMY PUBLIC SCHOOL GWALIOR
CLASS - VIII
ACADEMIC SESSION 2025-26
REVISION WORKSHEET (SELF –ASSESSMENT)

Subject: Music

Assignment No. : 2

Allotment Date: 20 July 2025

S. NO.	QUESTIONS	MARKS	NATURE
1	Bharat humko _____ se pyara hai a. jaan b. praan	1	Knowledge
2	What do you mean by patriotism ? a. Devotion towards country b. Devotion towards religion	1	Informative
3	Ae duniya ke logon unchi awaz karo _____ a. Gao khushi ke geet b. Ibadat karo	1	Knowledge
4	Janam bhumi pe _____ a. Jaan lutate hai b. Haske jaate hai	1	Creativity
5	Prabhu ji inpe tum apni _____ karo a. Kirpa b. pyaar	1	Learning

6	Who wrote National Anthem? a. Rabindranath Tagore b. Jawaharlal Nehru	1	Knowledge
7.	Complete the line Jana gana mana ? a. Adhinaayak jaya hey b. Gaya hey	1	Learning
8.	Complete the line Vindhya Himachal ? a. Yamuna Godavari b. Yamuna Ganga	1	Learning
9	Complete the line Door agyan ke ho? a. Andhere b. Roshni	1	Creativity
10.	Har Se bachte rahe hum ? a. Burai b. Bhalai	1	Creativity



ARMY PUBLIC SCHOOL GWALIOR
CLASS - VIII
ACADEMIC SESSION 2025-26
REVISION WORKSHEET (SELF –ASSESSMENT)

Subject: Martial Art

Assignment No. : 2

Allotment Date: 20 July 2025

S.N	QUESTIONS	Point
	<p style="text-align: center;">MULTIPLE CHOICE QUESTION</p> <p>What is the meaning of bunkai?</p> <p>1. A. Pre decided techniques of offence and defence B. Defence C. Offence B. Dachi</p> <p>2. Combination offence and defence is called?</p> <p> A. Bunkai B. Ippon C. Kata D. Kumite</p> <p>3. What is the Japanese name of groin kick in karate ?</p> <p> A. Kenteki gari B. Kensetsu gari C. Mae gari D. None of these</p> <p>4. What is Japanese name knee kick ?</p> <p> A. Chudan mae gari B. Chudan yuko gari</p>	<p>1X10=10</p>

- C. Kensetsu gari
- D. Kentekigari

FILL IN THE BLANKS

- 5. is the Japanese name of block(Uke,Tsuki)
- 6. Bunkai is the combination of offence and(dwfence and dachi)
- 7. Japaneese name of Side kick is(yuko gari, kin gari)

TRUE AND FALSE

- 8. Bunkai is the combination of offence
- 9. The way of fight with empty hands is the meaning of karate.
- 10. DOJO is the Japanese name of karate training place.



ARMY PUBLIC SCHOOL GWALIOR
CLASS - VIII
ACADEMIC SESSION 2025-26
REVISION WORKSHEET (SELF –ASSESSMENT)

Subject: Health and Physical Education

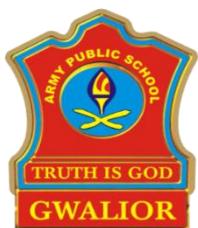
Assignment No. : 2

Allotment Date: 20 July 2025

S.N	QUESTIONS	NATURE	MARKS
1	MCQ A) How many players from each team are allowed to be on the field of Handball? i) 7 ii) 5 iii) 6 iv) 8	Understanding)	4x1=4
	B) What size is Handball court? i) 20 X 30 m ii) 20 X 40 m iii) 20 X 50 m iv) 20 X 60 m	Informatory	

	<p>C) Penalties are thrown from what distance?</p> <p>i) 11 m</p> <p>ii) 9 m</p> <p>iii) 7 m</p> <p>iv) 4 m</p>	Analytical	
	<p>D) Who is Babacar Fall?</p> <p>i) American Handball Player</p> <p>ii) Former president of European Handball Federation</p> <p>iii) Italian Handball Coach</p> <p>iv) Architect of African Handball</p>	Information	
2.	<p>B) Fill In The Blanks :-</p> <p>i) _____ is one of the best handballer in history.</p>	Informatory	3×1=3
	<p>ii) The playing area is _____ m.</p>	Informatory	
	<p>iii) After Three-minute suspensions, player get a _____ card.</p>	Understanding	
3.	<p>True/False</p> <p>i. Germany is cradle of the Handball?</p> <p>True</p> <p>False</p>	Understanding	3×1=3

	<p>ii. Beach Handball does not exist?</p> <p>True</p> <p>False</p>	Understanding	
	<p>iii. There is no shot clock?</p> <p>True</p> <p>False</p>		



ARMY PUBLIC SCHOOL GWALIOR
CLASS - VIII
ACADEMIC SESSION 2025-26
REVISION WORKSHEET (SELF –ASSESSMENT)

Subject: Yoga

Assignment No. : 2

Allotment Date: 20 July 2025

S.NO	QUESTIONS	MARKS	SKILLS
	MULTIPLE CHOICE QUESTIONS (Q1-Q4)	1X10=10	
1	Which of the following is a Bandh Mudra? a. Surya Namaskar b. Mula Bandha c. Trataka d. Neti	1	Analytical Thinking
2	What is the main aim of Pratyahara? a. Physical strength b. Sense withdrawal c. Fast breathing d. Eating right	1	Analytical Thinking
3	Who compiled the Yoga Sutras? a. Vyasa b. Charaka c. Patanjali d. Shankaracharya	1	Analytical Thinking
4	Which kriya is related to nasal cleansing? a. Dhauti b. Basti c. Neti d. Nauli	1	Analytical Thinking

5	TRUE OR FALSE (Q5-Q7) Patanjali described eight steps of Yoga in his Yoga Sutras. (True / False)	1	Critical Thinking
6	Bandh Mudra is only about hand gestures. (True / False)	1	Critical Thinking
7	Kapalabhati is one of the six Shatkarma practices. (True / False)	1	Critical Thinking
8	FILL IN THE BLANKS (Q8-Q10) Patanjali is known as the _____ of Yoga.	1	Informative
9	Pratyahara means withdrawing the _____ from external objects.	1	Informative
10	Shatkarma includes _____ major purification practices.	1	Informative

