Subject: English   **Assignment No. : 7**

Allotment Date: 15 January 2022

S. NO.	QUESTIONS	MARKS	NATURE
1	You are a student of class XI in Saint Mathew Convent School, Jammu. There is no canteen, library, indoor playing area in your school. Write a letter to your school Principal requesting for these facilities .	6	Information
2	Read the given extracts and answer the questions based on the extracts. Further on, where the plains became more stony than grassy , a great herd of wild ass came into view. Tsetan told us we were approaching them long before they appeared ." Kyang", he said, pointing towards a far- off pall of dust. When we drew near , I could see the herd galloping en masse , wheeling and turning in tight formation as if they were practising manoeuvres'on some predetermined course. Plumes of dust billowed into the crisp clean air. (i) The wild ass has been referred in the above extract as a. Stony b. Pall c. Kyang d. Herd (ii) The phrase more stony than grassy means a.Terrain had become hilly b. Terrain now had less greenery c.Terrain had become slippery d.Both a and b (iii) The synonym of the word " manoeuveres" is a. Movement b. Ignorance c. Stoppage d.inactivity (iv) Which figure of speech is there in " Plumes of Dust" ?	4	Understanding

	a. Simile b. Metaphor c. Oxymoron d. None		
3	Justify the title " SilkRoad"for the article written by Nick Middleton.	5	HOTS
4	The author of " Silk Road" thought that his positive thinking strategy worked well after all. How ?	5	HOTS
5.	" Saving the stillborn child was nothing less than a miracle." Discuss with reference to the story " Birth".	5	HOTS
6.	Why was Dr. Andrew so emotionally attached to his efforts to bring the seemingly lifeless baby back to life?	5	ANALYTICAL
7.	Dr. Andrew was a young medical graduate. Still he performed a miracle. Discuss.	5	ANALYTICAL
8.	Why was Dr. Andrew in a state of conflict when the child was born ?	5	ANALYTICAL

ARMY PUBLIC SCHOOL GWALIOR

CLASS - XI

ACADEMIC SESSION 2021-22

WORKSHEET (SELF –ASSESSMENT)

Subject: Hindi   **Assignment No. : 7**

Allotment Date: 15 January 2022

S. NO.	QUESTIONS	MARKS	NATURE
1	धरतीकेआँचलमेंसजी सँवरीहैंस्वर्णरश्मियाँ, खेतोंमेंआजबिखराहैसोना जिसेदेखकरमहका कृषकमनकाकोना-कोना। कियाधरतीकासोलह-सिंगार चमचमातेनयनबार-बार, धानीचुनरमेंमोतीसजेहैं ढोल, ताशेऔरबाजेबजेहैं दिलकीवीणाकेझंकृतहैंतार झूमें-गाएँसबकेमनबार-बार। हुएआँखोंमेंसबसपनेसाकार फिरसेजागीहैंउम्मीदेंहजार। 1. खेतोंमेंक्याबिखराहुआहै? 2. किसानकेनयनक्योंचमचमातेहैं? 3. सबकेमनक्योंझूमऔरगारहेहैं? 4. इसबारबेमौसमकीबरसातनेफसलोंकाबहुतनुकसानकियाहै, आपइसबारेमेंक्यासोचतेहैं? क्याहमइसकेलिएकुछकरसकतेहैं?	5	Information
2	"बेरोजगारीकीसमस्या ” विषयपरआलेखलिखिए		5	Understanding
3	वर्तमानसामाजिकव्यवस्था"परएकफीचरलिखिए|	5	HOT
4	1. विशेषीकृतपत्रकारितासेआपक्यासमझतेहैं ? 2. हिंदीपत्रकारितादिवसकबऔरकिसउपलक्ष्यमेंमनायाजाताहै?	5	Interdisciplinary

	3. सपादकीयमेंलेखककानामक्योंनहीदियाजाताहै ? 4. 'वॉचडॉगपत्रकारिता' किसप्रकारलोकतंत्रकाप्रहरीहै? 5. किन्हीचारहिंदीसमाचारपत्रोंकेनामलिखिए, जिनकेइंटरनेटसंस्करणभीउपलब्धहै|		
5	'आपकेउपवनकेपौधे ' विषयपरअनुच्छेदलिखिए|	5	Analytical Skill
6	भारतसरकारनेकेन्द्रीयहिंदीसंस्थान,आगरासेचतुर्थश्रेणीकेकर्मचारियों केआँकड़ेमाँगेथे , इसकीजानकारीपरपत्रलिखिए|	5	Critical Thinking and Problem Solving
7	घरोंमेंकामकरनेवालोंकेजीवनकीजटिलताओंकापताचलताहै|घरेलूनौक रोंकोऔरकिनसमस्याओंकासामनाकरनापड़ताहै|इसपरविचारप्रकटकी जिए ?	5	Evaluation
8	दिनों– दिनगहरातेपानीकेसंकटसेनिपटनेकेलिएक्याआजयुवावर्ग 'कालेमेघा पानीदे'किइंद्रसेनाकीतर्जपरकोईसामूहिकआन्दोलनप्रारम्भकरसकताहै ?अपनेविचारव्यक्तकीजिए?	5	Communication Skills

ARMY PUBLIC SCHOOL GWALIOR

CLASS - XI

ACADEMIC SESSION 2021-22

WORKSHEET (SELF –ASSESSMENT)

Subject: Mathematics   **Assignment No. : 7**

Allotment Date: 15 January 2022

S. NO.	QUESTIONS	MARKS	NATURE
1	The point (-2,-3,-4) lies in the: (a) First octant (b) Second octant (c) Second octant (d) Eighth octant	1	Information
2	If the points (5,2,4), (6,-1,2) and (8,-7,k) , are collinear then the value of k is: (a) 2 (b) -2 (c) 3 (d) -3	1	Understanding
3	Two adjacent vertices of a square are (-2,-3) and (1,1). The perimeter of the square is: (a) 10 (b) 15 (c) 20 (d) 25	1	HOT
4	The point nearest to the origin is : (a) (2,3) (b) (1,-4) (c) (4,0) (d) (2,1)	1	Understanding
5	Find the centroid of a triangle having vertices (4,8),(-2,6) and (4,7).	1	Understanding
6	What is the distance of a point P(x,y) from x-axis?	1	Understanding
7	Write the coordinates of any point in xz-plane.	1	Analytical Skill
8	Find the distance of the point (3,4,6) from z-axis.	1	Communication Skills
9	Evaluate: $\lim_{x \to \infty} \frac{1+2+3+\cdots.+n}{n}$	1	Evaluation
10	Evaluate: $\lim_{x \to \pi} \frac{\sin x}{x-\pi}$	1	Evaluation
11.	$\frac{d}{dx}(10^{10}+ 10^{x}+x^{10}+10)$ is equal to…….	2	Evaluation
12	Differentiate $|x|$ with respect to x.	2	Analytical Skill
13	Find the third vertex of the triangle whose centroid is origin	2	Analytical Skill

	and two vertices are (2,4,6) and (0,-2,5).		
14	If $f(x) = x^{100} + x^{99} + x^{98} + x^{97} + \ldots + x + 1$, then f'(1) is equal to………	2	Critical Thinking and Problem Solving
15	If $y = \sqrt{sinx}$, $0 < x < \pi/2$, then find dy/dx.	2	Evaluation
16	Find $\frac{d}{dx}(x^2 cosx)$	2	Critical Thinking and Problem Solving
17	Find the ratio in which the line joining (2,3,4) and (-1,4,5) is divided by the plane 3x+2y-z+2 =0.	2	Critical Thinking and Problem Solving
18	Find the ratio in which the yz-plane divides the line segment formed by joining the points (-2,4,7) and (3,-5,8).	3	Evaluation
19	Find the derivative of $sin(x^2 +1)$ from first principle.	3	Analytical Skill
20	Find k so that Lim f(x) may exist where f(x) $=\begin{cases} x^2 + 1, x \le 2 \\ x + k, x > 2 \end{cases}$ x→ 2	5	Interdisciplinary
21	Find the equations of medians of a triangle formed by lines x+y-6=0, x-3y-2 =0 and 5x-3y +2 =0	5	Understanding and problem solving

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CLASS - XI

ACADEMIC SESSION 2021-22

WORKSHEET (SELF –ASSESSMENT)

Subject: Biology   **Assignment No. : 7**

Allotment Date: 15 January 2022

S. NO.	QUESTIONS	MARKS	NATURE
1	**What are the factors affecting the rate of diffusion?**	03	Information
2	Explain why pure water has the maximum water potential?	03	Understanding
3	Explain why photosynthesis is considered the most important process in the biosphere.	02	
4	Why are chloroplast generally located at the outer margins of mesophyll cells? Explain.	02	HOT
5	In what kind of plants you come across 'Kranz' anatomy ? To which conditions are those plants better adapted? How are these plants better adapted than the plants which lack this anatomy.	03	
6	What are essential elements for plants? Give the criterion of essentiality.	02	Interdisciplinary
7	Chlorophyll a is the primary pigment for light reaction. What are accessory pigments? What is their role in photosysnthesis.	03	Analytical Skill
8	What conditions enables Rubis Co to function as an oxygenase ? Explain the ensuring process.	02	
9	Calvin cycle consists of three phases. What are they ? Explain the significance of each of them.	05	Critical Thinking and Problem Solving
10	Describe the non-cyclic photophosphorylation in plants. Why is this process called so.	05	Evaluation
11	Describe the light dependent steps of photosynthesis. How are they linked to the dark reaction	05	
12	What is anabolism ? Do you agree that photosynthesis is an anabolic process ? Give reasons in support of your answer	05	Communication kills

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CLASS - XI

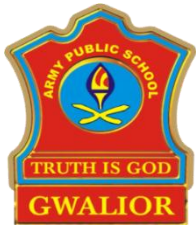## ACADEMIC SESSION 2021-22

WORKSHEET (SELF –ASSESSMENT)

Subject: Chemistry   **Assignment No. : 7**

Allotment Date: 15 January 2022

S. NO.	QUESTIONS	MARKS	NATURE
1	What do you mean by dynamic equilibrium?	2	Understanding
2	Give one example each of homogeneous and heterogeneous equilibrium	2	Understanding
3	What are redox reactions?	2	Information
4	State Le chatelier's principle. Explain the effect of concentration change on equilibrium.	2	Information
5	Specify effect of catalyst on equilibrium.	2	Information
6	Give one example of Homogenous and Heterogenousequilibria.	2	Understanding
7	1. Define acids and basses on the bases of following- (a) Arrhenius concept (b) Bronsted Lowry concept (c) Lewis concept.	3	Analytical skills
8	Derive the reaction $Cp— Cv =R$	3	Analytical skills
9	Differentiate between Kc and Qc.Under what condition Kc =Qc	3	Understanding
10	At a certain temperature and total pressure of 10^5Pa,iodine contains 40% by volume of I atoms $I_2 \rightarrow 2I$ Calculate Kp for the reaction.	3	HOT

11	HCl is stronger acid than acetic acid. Support your answer .	**3**	Analytical skills
12	. Derive relation between Ka and Kb.	**3**	understanding
13	Describe the effect of a.addition of H_2 b.Addition of CH_3OH c.Removal of CO d.Removal of CH_3OH in the equilibrium reaction $2H_2 + CO \rightarrow CH_3OH$	**5**	Interdisciplinary
14	$CH_4 + H_2O \rightarrow CO + 3H_2$ is a equilibrium equation a.Write expression for Kp b.How value of Kp and composition of equilibrium mixture is affected by i.Increase in temperature ii.Increase in pressure iii.Using catalyst	**5**	Interdisciplinary

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CLASS - XI

ACADEMIC SESSION 2021-22

WORKSHEET (SELF –ASSESSMENT)

Subject: Physics   **Assignment No. : 7**

Allotment Date: 15 January 2022

S. NO.	QUESTIONS	MARKS	NATURE
1	a) What is the foundation of Thermodynamics? b) A body with large reflectivity is a poor emitter why?	2	Interdisciplinary
2	If a air is a cylinder is suddenly compressed by a piston. What happens to the pressure of air?	2	Understanding
3	What is the ratio of find volume to initial volume if the gas is compressed adiabatically till its temperature is doubled?	2	information
4	What is the ratio of slopes of P-V graphs of adiabatic and isothermal process?	2	Evaluation
5	On what factors, does the average kinetic energy of gas molecules depend?	2	Analytical Skill
6	Why is the energy of thermal radiation less than that of visible light?	2	Understanding
7	Two rods A and B are of equal length. Each rod has its ends at temperature T_1 and T_2 ($T_1 > T_2$). What is the condition that will ensure equal rates of flow through the rods A and B?	3	HOT
8	The resistance of certain platinum resistance thermometer is found to be 2.56 Ω at 0^0c and 3.56 Ω at 100^0c. When the thermometer is immersed in a given liquid, its resistance is observed to 5.06 Ω. Determine the temperature of liquid?	3	Evaluation

9	Find out the ratio between most probable velocity, average velocity and root Mean Square Velocity of gas molecules?	3	Information
10	**A Carnot engine develops 100 H.P. and operates between 27^0C and 227^0C. Find 1) thermal efficiency; 2) heat supplied3) heat rejected?**	3	Evaluation
11	Show that constant - temperature bulk modulus K of an ideal gas is the pressure P of the gas?	3	HOT
12	The earth withoutits atmosphere would be inhospitably cold. Explain Why?	3	Understanding
13	If a vessel contains 1 mole of 02 gas (molar mass 32) at temperature T. The pressure of the gas is P. What is the pressure if an identical vessel contains 1 mole of Hit at a temperature 2T?	5	Critical thinking and Problem solving
14	State Charles's law? If air is filled in a vessel At 60^0c. To what temperature should it be heated in order that 1/3 of air may escape out of the vessel?	5	Analytical Skill

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CLASS - XI

ACADEMIC SESSION 2021-22

WORKSHEET (SELF –ASSESSMENT)

Subject: Accountancy   **Assignment No. : 7**

Allotment Date: 15 January 2022

S. No.	Questions	Marks
1	Write two features of Trial Balance.	1
2	Why is Trial Balance not a conclusive proof of accuracy of books of accounts?	1
3	What is meant by he term 'Negotiation of a Bill'?	1
4	What is meant by retiring a bill under rebate?	1
5	State two points of distinctions between a bill of exchange and a promissory note.	1
6	Does a promissory note require acceptance?	1
7	What is one sided error?	1
8	What is a Suspense A/c?	1
9	Give two example of partial error of omission.	1
10	What is meant by compensatory errors?	1
11	Give a specimen of a Bill of Exchange.	3

12	Y was indebted to X Rs.4,000 on 1st January, 2020 and sent his acceptance of a bill drawn by X payable 3 months after date. X endorsed it on 4th February, 2020 to his creditors Z. on the due date, the bill was duly met. Journalise the above transactions in the books of X,Y and Z.	3
13	Rectify the following errors which have been detected before preparing the Trial Balance: i. Sales Book is under-cast by Rs.1,000. ii. Purchases return book is over-cast by Rs.100. iii. Bought goods from Ram Rs.10,000 less 10% trade discount has been recorded in the purchases book but omitted to be posted to his account. iv. Sold good to Amit for Rs.2,500 has been recorded in the sales book and posted to credit side of Amit.	4
14	Prepare a Trial Balance from the following balances as at 31st March 2017 :−	6

	(Rs.)		(Rs.)
Opening Stock	28,800	Returns Inwards	7,500
Purchases	82,000	Returns Outwards	5,600
Sales	1,60,000	Carriage Inwards	1,640
Wages	16,160	Carriage Outwards	3,200
Salaries	6,400	Furniture	12,000
Repair Charges	500	Motor Car	80,000
Commission Received	800	Cash in Hand	4,700
Sundry Debtors	24,200	Bank Overdraft	25,400
Sundry Creditors	7,300	Investments	20,000
Capital	90,000	Interest on Investments	2,400
Drawings	4,400		

15	B owned to A Rs.60,000 on 1st January, 2017. On the same date. A drew upon B a bill for the amount at 2 months and B returned the bill duly accepted. A got the bill discounted at his bank @15% p.a. before the bill was due for payment, B told that he was not able to pay the full amount and requested A to accept Rs.20,000 immediately and drew upon him another bill for the remaining amount for 2 month together with interest @ 18% p.a. A agreed. The second bill was duly met. Give the journal entries in the books A only.	6
16	Pass the journal entries to rectify the following errors detected during preparation of the Trial Balance. i. Wages paid for construction of office debited to wages account Rs.20,000. ii. A credit sale of goods Rs.1,200 to Ramesh has been wrongly passed through the purchases book. iii. Goods purchased for Rs.5,000 were posted as Rs.500 to the purchases account.	8

		iv.	An amount of Rs.2,000 due from Mahesh Chand which had been written off as a bad debt in previous year was unexpectedly recovered has been posted to the personal account of Mahesh Chand.	
		v.	A credit purchase of Rs.1,040 from Ramesh was passed in the books as 1,400.	
		vi.	Goods (cost Rs.5,000; sale price Rs.6,000) distributed as free samples among prospective customer were not recorded anywhere.	
		vii.	Goods worth Rs.1,500 returned by Green & Co. have not been recorded anywhere.	
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CLASS - XI

ACADEMIC SESSION 2021-22

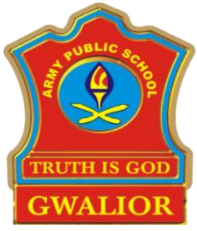## WORKSHEET (SELF –ASSESSMENT)

Subject: Business Studies   **Assignment No. : 7**

Allotment Date: 15 January 2022

S. No.	Questions	Marks
1	What do you mean by Entrepreneurship Development?	1
2	What is the investment limit in plant and machinery for micro manufacturing enterprises?	1
3	Why do small scale industries have low bargaining power in purchasing raw material?	1
4	Distinguish between shares and debentures on the basis of rate of return.	1
5	Distinguish between Wholesaler and Retailer on the basis of 'Profit Margin'.	1
6	What do mean by internal Trade.	1
7	What are the two types of Retail Trade?	1
8	State any two reasons to justify the need for international business.	1
9	What are Retained earning?	1
10	What do you mean by Trade Credit?	1
11	Briefly discuss any three services offered by retailers to consumer.	3
12	Whats is a Departmental Store? Give any two features of it.	3
13	Explain the role of small scale industries in rural areas.	4
14	What do you mean by international business? State its distinctive features.	4
15	Discuss the various ways to fund Startup.	5
16	Explain the services rendered by Wholesalers to Manufacturers.	5
17	Briefly discuss the features of equity shares as a source of finance.	6

Subject: Economics   **Assignment No. : 7**

Allotment Date: 15 January 2022

S. NO.	QUESTIONS	MARKS	NATURE
1	What kind of relationship exists between price and quantity supplied? (a) Inverse (b) Positive (c) Proportionate (d) None of these	1	Information
2	Expansion and contraction in supply is caused by: (a) Change in the income of the buyer (b) Change in price of the commodity (c) Change in price of related goods (d) Change in taste of the buyer	1	Understanding
3	With an increase in the price of petrol, supply curve of scooters: (a) shifts rightward (b) moves upward (c) shifts leftward (d) moves downward	1	HOT
4	Inferior goods are those whose income effect is: (a) negative (b) positive (c) Zero (d) none of these	1	Interdisciplinary
5	What is Law of Supply?	1	Analytical Skill
6	A seller cannot influence the market price under: (a) Perfect competition (b) Monopoly (c) Monopolistic competition (d) All of the above	1	Critical Thinking and Problem Solving
7	During the ___ period, production cannot be changed at all. (market/short)	1	Evaluation
8	If elasticity of supply is greater than one, supply is ___. (elastic/inelastic)	1	Evaluation Skill

9	Supply curve is always related to price of the commodity.(True/False)	1	Analytical Skill
10	Extension or contraction of supply refers to forward or backward movement on the same supply curve. (True/False)	1	Interdisciplinary
11	Write any three assumptions of the law of supply.	3	Communication Skills
12	.Explain the feature 'Large number of buyers and sellers' of a perfectly competitive market.	3	Critical Thinking and Problem solving
13	What is Supply function? Explain in brief.	4	Interdisciplinary
14	The market price of a good changes from Rs.5 to Rs.20. As a result, the quantity supplied by a firm increases by 15 units. The Pes of the firm is 0.5. Find the initial and final output levels of the firm.	4	Understanding/Analyse
15	At the market price of Rs.10, a firm supplies 4 units of output. The market price increases to Rs.30. The Pes of the firm is 1.25. What quantity will the firm supply at the new price?	4	HOT
16	Explain kinds of price elasticity of supply with the help of schedule and diagram.	6	Critical Thinking and Problem solving
17	Explain expansion and contraction of supply curve with the help of schedule and diagram.	6	Evaluation

ARMY PUBLIC SCHOOL GWALIOR

CLASS - XI

ACADEMIC SESSION 2021-22

WORKSHEET (SELF –ASSESSMENT)

Subject: History   **Assignment No. : 7**

Allotment Date: 15 January 2022

S. NO.	QUESTIONS	MARKS	NATURE
1	Part- A *Answer the following objective type questions:* (a) --------- is a which gave priority to present life rather than life thereafter. (b) What do you mean by Renaissance? (c) Ptolemy's -------- was a work on astronomy. (d) Define 'Document of Indulgences'. (e) 'Mona Lisa' was the most famous painting of -------- . (f) ------- is a belt made of coloured shells. (g) A policy that implies recognizing no one's right over a given piece of land was called---------- . (h) Define the term 'native'. (i) The historic declaration regarding slavery was made by -------------- . (j) Where did John Cabot reach?	(10x1=10)	Information
2	Part- B *Answer the following questions in short:* What were the reasons for progress in the field of science in the Renaissance?	3	Understanding
3	Briefly discuss the contribution of Martin Luther to the Reformation Movement.	3	Evaluation
4	Why were the original inhabitants of North America unhappy at the behaviour of the Europeans?	3	Informative
5	What was the reaction of the natives of Australia against the advent of the Europeans in Australia?	3	Understanding
6	Part- C *Long questions answers:* What was the role of 'Gold Rush' in economic and political expansion of America? Or What was the impact of the Renaissance on the life of people? What was its significance?	8	Understanding and Evaluation

7	Part-D (Sources Based Questions)
	Read the following source carefully and answer the questions that follow:
	
	Karl Marx (1818-83), the great German philosopher, described the American frontier as "the last positive capitalist utopia.....the limitless nature and space to which the limitless thirst for profit adapts itself."
	
	Questions:
	   a) Who was Karl Marks?
	   b) What made him popular?
	   c) What was his opinion about the American frontier?
		(1+2+2=5)	Application and
			
			understanding

8	PART-E
	(Map Question)
	On an outline political map of Australia, mark and name the following:
	   a) Sydney
	   b) Melbourne
	   c) Darwin
	   d) Perth
	   e) Adelaide
		(5x1=5)	Identification

Subject: Political Science   **Assignment No. : 7**

Allotment Date: 15 January 2022

S. NO.	QUESTIONS	MARKS	NATURE
1	Objective Type Questions: (a)Who presided over the joint session of the Parliament? (b) How many members are nominated by the Presided in LokSabha? (c) What is the tenure of the members of RajyaSabha? (d) By whom is the budget introduced in LokSabha? (e) What is a bill? (f) In which book Plato gave his theory of Justice? (g) From which language the word 'Jus' is taken? (h) What is moral justice? (i) Who wrote the book 'Republic'? (j) Who was Immanuel Kant?	(10x1=10)	Information
2	What does Socrates state about justice?	2	Understanding
3	What do you mean by Social Justice? Do you agree that majority of the people are denied social justice in India? Discuss.	4	HOT
4	What are the main functions and powers of the Parliament?	4	Understanding
5	Explain the relationship between LokSabha and RajyaSabha.	4	Evaluation
6	Read the extract carefully and answer the questions that follow: "Although there might be broad agreement in modern society about the equal importance of all people, it is not a simple matter to decide how to give each person his/her due. A number of different principles have been put forward in this regard. One of the principles is the principle of treating equals equally. It is consideration that all individuals share certain characteristics as human beings. Therefore they deserve equal rights and equal	(1+2+2=5)	Analytical

treatment. Some of the important rights which are granted liberal democracies today include civil rights such as the rights of life, liberty and property, political rights like the rights to vote, which enable people to participate in political processes, and certain social rights which would include the right to enjoy equal opportunities with other members of the society."

Questions:
  a) Is it a simple matter to decide how to give each person his/her due? Suggest.
  b) What does the principle of equal importance of all people refer?
  c) Distinguish between civil and social rights.

| 7 | Study the cartoon carefully and answer the questions that follow:

Questions:
  a) What does the cartoon represent?
  b) Why do you think such situation occurs?
  c) Who takes the final decision on all such cases? | (2+2+1=5) | Analytical |
| 8 | Mention the various stages through which the bill passes before becoming an Act.
<div align="center">Or</div>'It is the notion of justice which binds liberty with equality'. Do you agree with this view? Why? | 6 | Evaluation and HOT |

ARMY PUBLIC SCHOOL GWALIOR

CLASS - XI

ACADEMIC SESSION 2021-22

WORKSHEET (SELF –ASSESSMENT)

Subject: Physical Education   **Assignment No. : 7**

Allotment Date: 15 January 2022

S.NO.	QUESTIONS	MARKS	NATURE
Part- A	Answer the following questions in 15 to 20 words:	1X8=8	
1.	Define sports training.	1	Remembering
2.	Define doping?	1	Remembering
3.	What do you mean by prohibited substances?	1	Remembering
4.	What do you mean by warming up?	1	Remembering
5.	What do you mean by limbering down?	1	Remembering
6.	What are the types of doping.	1	Remembering
7.	Define WADA.	1	Remembering
8.	Define NADA.	1	Remembering
Part- B	Answer the following questions in 60 to 90 words:	3x4=12	
1.	Enlist the performance enhancing substances.	3	Knowledge
2.	Explain blood doping.	3	Understanding
3.	What do you mean by principal of sports training? Explain one of them.	3	Knowledge
4.	What are the side effects of anabolic steroids? Explain in brief.	3	Understanding
Part- C	Answer the following question in 150 to 180 words	5x4=20	
1.	Elucidate the doping control procedure in details.	5	Understanding
2.	Explain any 6 principal of sports training.	5	Application
3.	Explain doping and types of doping.	5	Knowledge
4.	Explain the side effects of of prohibited substances in details.	5	Understanding

ARMY PUBLIC SCHOOL GWALIOR

CLASS - XI

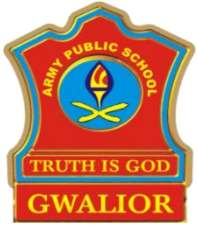## ACADEMIC SESSION 2021-22

WORKSHEET (SELF –ASSESSMENT)

Subject: Yoga   **Assignment No. : 7**

Allotment Date: 15 January 2022

S.No	Answer the following question	Marks	Skills
1.	How many total SHATKRIYAS are there? A] 8 B] 10 C] 6	1	Informative
2.	What is are SHATKRIYAS? A] Washing techniques B] Cleansing techniques C] Breathing technique	1	Informative
3.	What does the word 'Shat' in Shatkriya means? A] Eight B] Six C] Nine	1	Informative
4.	What does the word 'YOGA' Means? A] cleanliness B] Truthfulness C] Unite or Yoke	1	Informative
5.	Which among these is NOT a Type of Shatkriya? A] Vasti B] Pranyama C] Kapalbhati	1	Informative
6.	What is the literal meaning of KAPALBHATI? A] light of Face B] Light of Skull C] Light of Chest	1	Informative
7.	There are total how many Limbs of ASTHANGA YOGA? A] 9 B] 10 C] 8	1	Informative
8.	Tartaka practice is done for the purification of which part of the body? A] Eyes B] Mouth C] Stomach	1	Informative
9.	'Neti' is related to which body part? A] Head B] Nose C] Ears	1	Informative
10.	What does 'PRANA' In Pranyama stands for? A] Energy B] Life source C] Both of the above	1	Informative

ARMY PUBLIC SCHOOL GWALIOR

CLASS - XI

ACADEMIC SESSION 2021-22

WORKSHEET (SELF –ASSESSMENT)

Subject: Painting   **Assignment No. : 7**

Allotment Date: 15 January 2022

S. No.	QUESTIONS	MARKS	NATURE
	SECTION: First		
Q1.	(a) What do the four hands of the Shiva Natrajsymbolize? (i) Favorite (ii) Four Companions (iii) Fourcardinaldirections (b) What was the medium used in UmaParvati/ Devi - (i) Reliefsculpture (ii) Solidsculpture (iii) Hollowsculpture	**1x6=6**	Information

(iv)   Bronzesculpture

(c) What was the subject matter of UmaParvati/Devi-

   (i)   GoddessParvatiwassitting

   (ii)   GoddessParvatiwasstanding

   (iii)   GoddessParvatiwassittinginP admasan

   (iv)   Goddess Parvati is on one crossleg

(d) UnderwhichIndiandynastywas"thede scentof theGangesmade-

   (i)   Cholas

   (ii)   Pallavas

   (iii)   Chandelas

   (iv)   Rastitrakutas

(e) What is the location of the sculpture of"RavanashakingMountKailash"giveniny oucourse of study?

   (i)   Kailashnathtemple(caveno16)at Ellora

   (ii)   ElephantanearBombay, Maharashtra

	(iii) KonarkofOmsa		
	(iv) VimlaVashitemple		
	(f) Sanghetiisa-		
	(i) MuslimGarment		
	(ii) Foldoncloth		
	(iii) Muslimthread		
	(iv) Colour		

	SECTION:Second		
Q2.	*Answertobewritten foreach inabout30words:*		
	Evaluatethecompositionalarrangementofanythreeofthefollowingin short.		
	(a) Trimurti	**2x3=6**	Evaluation
	(b) Laxmi Narayan (KanolariyaMahadevTemple		
	(c) CymbolPlayer		

	SECTION: Third		
Q3.	*General instructions: Answer to be written for eachisabout 100words*		
	(a) Descentof Ganga	**3x2=6**	Hot
	(b) RavanashakingMountKailash		

SECTION: Fourth

Q4.	*Writeshortnoteonthefollowing:* (a)Describethesculptureof"Mother&Child". Whatisthedifferencebetweenaroundsc ulptureandreliefsculpture?	**6x1=6**	Understading

SECTION:Fifth

Q5.	*General Instruction: Answer to be written for eachisabout 350words.* (a) Write a brief note on Indian templesculptures.	**6x1=6**	Application

Subject: **Health and Physical Education**   **Assignment No. : 7**

Allotment Date: 15 January 2022

S.N	QUESTIONS	NATURE	MARKS
1	MCQ A) In football Penalty kick is taken at least _____ distance from the spot. i) 9 yard ii) 10 yard iii) 9.15 yard iv) 10.15 yard	Understanding)	4×1=4
	B) The FIFA football world cup in 2022 will be organizes in? i. Qatar ii. Croatia iii. Span iv. Brazil	Informatory	
	C What is original name of Volley Ball? i.Lacrosse ii.Volley ball iii.Mintonette iv.Badtonette	Analytical	
	D) Who is the father of Volleyball ? i. Jhon A Belstrad ii. William G. Morgan iii. Elijah C. Campwood iv. George Mintos	Informaton	

2.	B) Fill In The Blanks :-	Informatory	3×1=3
	i. _____ cup in India is associated with Football sports.		
	ii. _____ is the first and only Indian to score hattrick in Olympic Football match.	Informatory	
	ii. Points are called _____ in Volley Ball .	Understanding	
	3.True/False i. Brazil is second highest winner of FIFA world cup title. a. True b. False	Understanding	3×1=3
	ii A team can hit a ball maximum of three time without passing it over the net. a. True b. False	Understanding	
	iii.Thelibero, a Volleyball player who specializes in defense,can be substitute in at any time as long as the ball is not in play . a. True b. False		