

ARMY PUBLIC SCHOOL GWALIOR
CLASS - IX
ACADEMIC SESSION 2023-24
WORKSHEET (SELF –ASSESSMENT)

Subject: English

Assignment No. : 1

Allotment Date: 29 April 2023

S. NO.	QUESTIONS	MARKS	NATURE
Q.1	<p>Read the passage carefully.</p> <p>The difference between effectively and ineffectively pursuing happiness may all be in how we go about it. Research suggests that people who strive to feel happy all the time may suffer disappointment, and people who pursue happiness, as if it were the only thing that matters, may, ironically, chase happiness away. But these are not the only ways you can go about pursuing happiness. Another approach involves what I call ‘prioritising positivity’: Deliberately organising your day today life show that it contains situation that naturally give rise to positive emotions. This way of pursuing happiness involves carving out time in your daily routine to do things that you genuinely love, whether it be writing, gardening, or connecting with loved ones. This way of pursuing happiness means proactively putting yourself in contexts that spontaneously trigger positive emotions.</p> <p>One reason is that prioritising positivity involves monitoring one’s daily itinerary, not one’s moment- to- moment emotional experience. As research has revealed, the mere act of monitoring one’s happiness from one second to the next may get in the way of positive emotions. In contrast, we thought a more effective strategy would be “situation selection”, which involves approaching (or avoiding) situations that naturally trigger certain emotions. Going for a walk with your partner after dinner is one way you might use situation selection to experience a feeling of tranquillity. The tendency to prioritise positivity draws upon this strategy.</p> <p>We also predicted that prioritizing positivity would predict greater happiness and fewer symptoms of depression because of its relevance to daily life. The “highs” we get from one-time events like going on a vacation or winning a prize wear off over time. As a result, pursuing happiness may require regular engagement in behaviours that promote happiness. By its nature, prioritizing positivity increases the chance that we will weave these positive behaviours into our daily lives rather than just maintaining a general desire for happiness or expecting it to come from a few isolated events.</p> <p>The science on the deliberate pursuit of happiness is young, so any prescriptions for happiness must be offered with the caveat that the research is still evolving, and conclusions might be subject to change. I do have some speculations, based on my research, about how people might more effectively</p>	5 M	Understanding

pursue happiness. First, let go of extreme ways of relating to your happiness. Don't set the unrealistic goal of feeling positive emotions all- or even most-of the time. Second, reflect on the activities that gives you joy or contentment. This thought experiment should be highly personalised. Finally, once you think of a couple of activities, schedule them into your upcoming week.

The pursuit of happiness is not easy. If people attempt it with unrealistic expectations and too much attention, the risk sabotaging it. But this doesn't mean you should give up on trying to be happy. It may be more effective to adjust your daily routine so that it includes activities that naturally spark interest or contentment. Seeking happiness, although a delicate art, may still be a worthwhile pursuit.

Based on your understanding of the passage, answer the following questions.[5] ANY FIVE

- I. Why might some people chase away happiness?
- II. Rewrite the following sentence by replacing the underlined phrase with a word that means the same from para 2.
- III. Lack of sleep or too much sleep can lead to migraine.
- IV. State two ways to pursue happiness.
- V. What does the phrase 'prioritizing positivity" refer to?
- VI. Write the authors speculations, about how people can pursue happiness more effectively.

<p>Q.2</p>	<p>Read the passage carefully.</p> <p>What is a healthy diet? Many clinicians find themselves at a loss to answer this common question from patients. The difficulty of offering a simple answer is understandable. The overwhelming volume of data generated by food and nutrition researchers coupled with sometimes contradictory findings, the seeming flip-flops in.</p> <p>5. recommendations, and the flood of misinformation in diet books and the media can make it seem as though explaining the essentials of healthy eating is akin to describing the intricacies of particle physics. That is unfortunate, because there are now enough solid strands of evidence from reliable sources to weave simple but compelling recommendations about diet.</p> <p>10. In the United States and other developed countries, the average woman can expect to live 80 years or more. With such longevity, it isn't enough merely to consume the calories needed to sustain the body, build it, and repair it. The foods that supply these calories can influence the risk of developing chronic conditions, which range from heart disease and cancer to osteoporosis and age-related vision loss.</p> <p>15. Although much remains to be learned about the role of specific nutrients in decreasing the risk of chronic disease, a large body of evidence supports the</p>	<p>5</p>	<p>Critical Thinking & Problem Solving</p>
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utility of healthy dietary patterns that emphasize whole-grain foods, legumes, vegetables, and fruits, and that limit refined starches, red meat, full-fat dairy products, and foods and beverages high in added sugars. Such diets have been associated with decreased risk of a variety of chronic diseases.

20. Diet, of course, is just one approach to preventing illness. Limiting caloric intake to maintain a healthy weight, exercising regularly, and not smoking are three other essential strategies. Compelling data from the Nurses' Health Study which was collected through a questionnaire of 5 questions shared with 100 respondents, show that women who followed a healthy lifestyle pattern that includes these four strategies were 80% less likely to develop cardiovascular disease over a 14-year period. The responses were tabulated (Table 1) for analysis.

Questions	Yes %	No %	Can't say%
1. Do you think you eat a healthy	50	42	8
2. Do you add greens and legumes to your daily intake?	70	30	0
3. Do you take sugar and milk products daily?	59	41	0
4. Do you exercise daily?	55	45	0
5. Have you ever been diagnosed with any cardio-vascular disease?	20	80	0

25. A companion study, the health Professionals Follow-up Study, showed that similar healthy choices were beneficial in men, even among those who were taking medications to lower blood pressure or cholesterol. Although much solid information on optimal diets has emerged, the full picture of the relationship between diet and health will take years of further research to fill in. Yet several fundamentals have been established and are unlikely to change significantly.

On the basis of your understanding of the passage, answer ANY FIVE questions from the six given below.

- I. Why do the food researchers get data coupled with 'contradictory findings'?
- II. Comment on the approaches to prevent illness in line 20-21.
- III. Why do researchers feel that several fundamentals have been established and are unlikely to change significantly?
- IV. Justify the researchers' suggestions of healthy dietary patterns leading to low risk of chronic diseases.
- V. Healthy diet helps to prevent the risk of cardio-vascular diseases. How does evidence from Table 1 support this statement?
- VI. What purpose does the 'Can't Say' column serve in Q1 of the

	questionnaire (Table1)?						
Q.3	<p>Attempt ANY ONE from i and ii.</p> <p>(i) You are Priyanshu / Priyanka. You went to a nearby center for the first dose of vaccination against the corona virus. Write a diary entry by sharing your experience (word limit:100-150 words).</p> <p>(ii) Complete the story with the following beginning. (Word limit:100-150 words)</p> <p>“Gaurav was delighted to know that he would be studying in the city in a new school. He was eager to meet his new teachers and classmates. He thought that his bad days were over. But he was shocked.....”</p>	5	Communication skill				
Q.4	<p style="text-align: center;">Grammar</p> <p>i) Read the given sentence from a recipe review article. Identify the error and supply the correction in the sentence.</p> <p>This delightful recipe must keep your hunger pangs at bay with its balanced spices and oriental flavour.</p> <p>Use the given format for your response.</p> <table border="1" style="margin-left: auto; margin-right: auto;"> <tr> <td style="width: 50%;">error</td> <td style="width: 50%;">correction</td> </tr> <tr> <td style="height: 20px;"></td> <td></td> </tr> </table> <p>ii) Abhilasha and Neha had a conversation about the inauguration of Neha’s dance academy.</p> <p style="padding-left: 40px;">Is your best friend helping you in this venture?</p> <p>iii) Fill in the blank by choosing the correct option, to complete the concluding line of an issued circular by an Organisation, to its managers.</p> <p>A copy of the plan is enclosed and _____ (that/ then/ this) may be communicated to all Team leaders for compliance.</p>	error	correction			1x3	Analytical
error	correction						
Q.5	<p>Read the conversation and complete the passage that follows.</p> <p>Mr. Sharma: Why did you sell your new house?</p> <p>Mr. Mathur: It was a haunted house.</p> <p>Mr. Sharma: Do you believe in ghosts?</p> <p>Mr. Mathur: No, but the ghosts believe in human beings.</p> <p>Mr. Sharma asked Mr. Mathur (a) -----new house. Mr. Mathur replied that it was a haunted house. Mr. Sharma further asked (b) ----- in ghosts. Mr. Mathur replied that he did not, but the ghosts believed in human beings.</p>	2	Interdisciplinary				
Q.6	<p>Answer ANY SIX questions in 30-40 words each.</p> <ol style="list-style-type: none"> 1. Why did Margie hate ‘school’? What kind was it? 2. What does Tommy tell Margie about school? 3. How did the poet make his choice about the roads? 4. Why was the child always lagging behind his parents? 5. What happened when the child was separated from his parents? 6. Why does the author say, “Toto was not the sort of pet we could keep for long?” 7. How does Toto take a bath? Where has he learnt to do this? How does 	2x6	Evaluation				

	Toto almost boil himself alive?		
Q.7	Answer ANY TWO of the following in about 120 words each. 1. Compare the child's behaviour before and after he lost his parents? [Ch-1 The Lost Child] 2. What problems had Margie been facing with her mechanical teacher? Why did she hate it? What did her mother do to help her? 3. "The Road Not Taken' involves a moral dilemma about choice in life as the roads symbolize different options. Discuss the statement.	4x2	HOT



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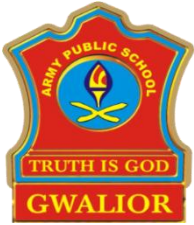
Subject: Hindi

Assignment No. : 1

Allotment Date: 29 April 2023

S. NO.	QUESTIONS	MARKS	NATURE
1	अपने जन्मदिन पर मित्र द्वारा भेजे गए उपहार के लिए धन्यवाद पत्र लिखिए।	5	Information
2	वनों की अंधाधुंध कटाई पर चिंता प्रकट करते हुए दो मित्रों के मध्य हुए संवाद का लेखन 50 से 60 शब्दों में कीजिए ।	6	Communication Skills
3	नीचे दिए गए शब्दों में उचित स्थान पर अनुनासिक का प्रयोग करके शब्दों को पुनः लिखिए- आख, हसमुख (ख (नीचे दिए गए शब्दों में उचित स्थान पर अनुस्वार का प्रयोग करते हुए शब्दों का मानक रूप लिखिए – नितात, अक निम्नलिखित शब्दों के प्रत्यय लिखिए । आनंदित - प्रसन्नता - वास्तविक - निम्नलिखित शब्दों के उपसर्ग लिखिए । बिनमाँगे नासमझ प्रतिशत	2 2 3 3	Understanding
4	इस पाठ का शीर्षक 'दुख का अधिकार' कहाँ तक सार्थक है? स्पष्ट कीजिए।	5	Analytical Skill

5	निम्नलिखित में से किसी एक विषय पर 80 - 100 शब्दों में अनुच्छेद लिखिए मधुर वाणी की महत्ता अथवा देशप्रेम-	5	Critical Thinking and Problem Solving
6	निम्नलिखित प्रश्नों के उत्तर दीजिए- 1. बाज़ार के लोग खरबूजे बेचनेवाली स्त्री के बारे में क्याकह क्या- रहे थे? अपने शब्दों में लिखिए। 2. लेखक ने बुढ़िया के दुख का अंदाज़ा कैसे लगाया? 3. दूसरे पद में कवि ने 'गरीब निवाजु' किसे कहा है? स्पष्ट कीजिए।	9	Evaluation



ARMY PUBLIC SCHOOL GWALIOR
CLASS - IX
ACADEMIC SESSION 2023-24
WORKSHEET (SELF –ASSESSMENT)

Subject: Mathematics

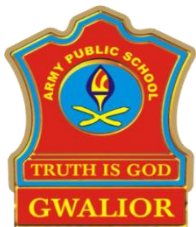
Assignment No. : 1

Allotment Date: 29 April 2023

S. NO.	QUESTIONS	MARKS	NATURE
1	$\sqrt{9}$ is _____ number. a. A rational b. An irrational c. Neither rational nor irrational d. None of the above	1	Understanding
2	$2\sqrt{3} + \sqrt{3} =$ _____. a. 6 c. $3\sqrt{3}$ b. $2\sqrt{6}$ d. $4\sqrt{6}$	1	Evaluation
3	Every rational number is: a. Whole number b. Natural number c. Integer d. Real number	1	Understanding
4	The rational number 0.3333... can also be written as _____. a. 0.3 c. 0.33 b. $\frac{3}{10}$ d. $\frac{1}{3}$	1	Interdisciplinary
5	Which of the following is equal to x^5 ? a. $x^8 - x^3$ c. x^8/x^3 b. $x^8 \cdot x^3$ d. $(x^8)^3$	1	Analytical Skill
6	The coefficient of x^2 in $3x^3 + 2x^2 - x + 1$ is: a. 0 c. $\frac{1}{2}$ b. 1 d. 2.	1	Critical Thinking
7	What is the degree of polynomial $\sqrt{3}$? a. 0 c. $\frac{1}{2}$ b. 1 d. 2	1	Evaluation

8.	The value of $f(x) = 5x - 4x^2 + 3$ when $x = -1$, is: a) 3 c) -6 b) -12 d) 6	1	Evaluation
9	Assertion reasoning-based question: Assertion: $3z^3 - 2z^2 + 7z + 9$ is a cubic polynomial. Reason: A polynomial of degree 3 is called a cubic polynomial. Choose the correct answer out of the following choices: (a) Assertion and Reason both are correct statements and Reason is the correct explanation of Assertion. (b) Assertion and Reason both are correct statements but Reason is not the correct explanation of Assertion. (c) Assertion is correct statement but Reason is wrong statement. (d) Assertion is wrong statement but Reason is correct statement.	1	Analytical Thinking
10	Locate $\sqrt{3}$ on the number line	2	Interdisciplinary
11	Find two rational numbers between 0.1 and 0.3	2	Interdisciplinary
12.	Find the value of k, if $(x - 1)$ is a factor of $4x^3 + 3x^2 - 4x + k$.	2	Application
13	The cost of Car is four times the cost of a Bike. Write a linear equation to represent the statement.	2	Application
14	Find two solutions for given equation: $3y + 4 = 0$.	2	Analytical Thinking
15.	Find six different irrational numbers between the rational numbers $\frac{5}{7}$ and $\frac{9}{11}$	3	Evaluation
16.	Factorise: $x^3 - 23x^2 + 142x - 120$.	3	Evaluation
17.	Calculate the sides of a rectangle whose area is $25x^2 - 35x + 12$.	3	Analytical thinking
18.	Evaluate $(3 + \sqrt{11})^2 + (3 - \sqrt{11})^2$	3	Evaluation

<p>19.</p>	<p>One day, the principal of a particular school visited the classroom. The class teacher was teaching the concept of a polynomial to students. He was very much impressed by her way of teaching. To check, whether the students also understand the concept taught by her or not, he asked various questions to students. Some of them are given below.</p> <p>Based on the above information answer the following questions:</p> <p>a) What is the name of the polynomial of the type $ax^2 + bx + c = 0$?</p> <p>b) How many numbers of zeros are there in the polynomial $x^2 + 4x + 2$?</p> <p>c) If $x + 2$ is the factor of $x^3 - 2ax^2 + 16$, then find the value of a.</p>	<p>4</p>	<p>Problem solving</p>
<p>20.</p>	<p>Simply each of the following by Rationalizing the denominator:</p> <p>i) $\frac{(3+\sqrt{3})(3-\sqrt{3})}{\sqrt{11}-\sqrt{5}}$ ii) $\frac{2\sqrt{3}-\sqrt{5}}{2\sqrt{2}-3\sqrt{3}}$</p>	<p>5</p>	<p>Interdisciplinary</p>



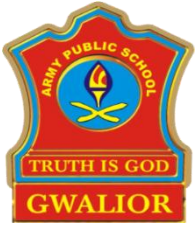
ARMY PUBLIC SCHOOL GWALIOR
CLASS - IX
ACADEMIC SESSION 2023-24
WORKSHEET (SELF –ASSESSMENT)

Subject: Science

Assignment No. : 1

Allotment Date: 29 April 2023

S. NO.	QUESTIONS	MARKS	NATURE
1	Q1. Define velocity. Give its S.I unit. Q2. Define melting point. Q3. How the unused energy is stored in plants and animals?	1 1 1	Information
2	Q4. List three events that occur during the process of photosynthesis. Q5. Differentiate between distance and displacement. (any three points) Q6. Cotton is solid but it floats on water. Why?	3 3 3	Understanding
3	Q7. Define scalar quantity and vector quantity. Give two examples of each. Q8. What are the characteristics properties of the particles of matter.	3 3	HOT
4	Q9. Describe one activity to show that carbon dioxide is essential for photosynthesis. Q10. An object travels 16m in 4s and another 16m in 2s. What is the average speed of the object?	3 3	Interdisciplinary
5	Q11. Explain why solids have fixed shape but liquids and gases do not have fixed shapes. Q12. A rubber band is a solid, but it can change its shape. why?	3 3	Analytical Skill
6	Q12. (a) When will you say a body is in (i) uniform acceleration? (ii) non-uniform acceleration? (b) Under what condition is the magnitude of average velocity equal to average speed?	5	Critical Thinking and Problem Solving
7	Q13. Draw diagram of stomata when a. It is open b. It is closed	5	Evaluation



ARMY PUBLIC SCHOOL GWALIOR
CLASS - IX
ACADEMIC SESSION 2023-24
WORKSHEET (SELF –ASSESSMENT)

Subject: Social Science

Assignment No. : 1

Allotment Date: 29 April 2023

S. NO.	QUESTIONS	MARKS	NATURE
1	(i) Who introduced 'Reign of Terror' in France? (a) King Louis XVI (b) Napoleon (c) Robespierre (d) Mirabeau	1	Information
	(ii) What is called as an old Regime? (a) France after 1774 (b) France before 1774 (c) Time period of Louis XVI (d) Reign of Terror	1	
	(iii) Taille was the tax levied by- (a) State (b) Church (c) King	1	

	<p>(d) National Assembly</p> <p>(iv) What did the French Revolution of 1789 stand for--</p> <p>(a) Liberty</p> <p>(b) Equality</p> <p>(c) Fraternity</p> <p>(d) All of these</p> <p>(v) What is the time lag between Gujarat and Arunachal Pradesh?</p> <p>(a) 4 hours</p> <p>(b) 3 hours</p> <p>(c) 2 hours</p> <p>(d) 5 hours</p> <p>(vi) What is the total area under Indian land mass?</p> <p>(a) 3.28 million sq. km</p> <p>(b) 5 million sq. km</p> <p>(c) 2.4 million sq. km</p> <p>(d) 5.6 million sq. Km</p> <p>(vii) Which narrow channel separates India and Sri Lanka?</p>	<p>1</p> <p>1</p> <p>1</p> <p>1</p>	
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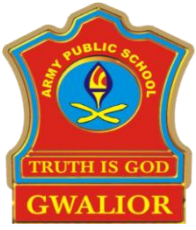
<p>(a)Palk strait</p> <p>(b) Maldives</p> <p>(c)Indira Point</p> <p>(d) Bangladesh</p>		
<p>(viii) What is the total boundary of India?</p> <p>(a)15,200 km</p> <p>(b) 17,800 km</p> <p>(c)29,500 km</p> <p>(d) 70,000 km</p>	1	
<p>(ix) Which of the following is not an argument against democracy?</p> <p>(a)Instability</p> <p>(b) No morality</p> <p>(c)Delays</p> <p>(d) Accountable</p>	1	
<p>(x) Name the political party of Zimbabwe-</p> <p>(a) Congress</p> <p>(b) Revolutionary Party</p> <p>(c) ZANU-PF</p>	1	

	(d) Communist Party		
2	<p>(a) Why has 82°30' E has been selected as the Standard Meridian of India?</p> <p>or</p> <p>(b) What are the drawbacks of Democracy ?</p>	3	Understanding
3	<p>(a) What were the salient features of Robespierre's government ?</p> <p>(b) What does the principle of 'one person, one vote, one value' mean?</p>	3 3	HOT
4	<p>(a) What distinguishes democracy from other forms of governments?</p>	3	Interdisciplinary
5	(a) What were the conditions of women in France	5	Analytical Skill

	<p>before the revolution? Describe briefly.</p> <p>or</p> <p>(b) India occupies an important strategic position in South Asia. Discuss.</p>		
<p>6</p>	<p>Here is a passage given, read it properly and answer the following questions.</p> <p># The country is ruled by a hereditary king and the people have no role in electing or changing their rulers.</p> <p># The king selects the legislature as well as the executive. He appoints the judges and can change any of their decisions.</p> <p># Citizens cannot form political parties or any political organisations. Media cannot report anything that the monarch does not like.</p> <p># There is no freedom of religion. Every citizen is required to be Muslim. Non-Muslim residents can follow their religion in private, but not in public.</p> <p># Women are subjected to many public restrictions. The testimony of one man considered equal to that of two</p>	<p>5</p>	<p>Critical Thinking and Problem Solving</p>

	<p>women.</p> <p>(a) About what kind of government system is discussed here ?</p> <p>(b) How you can say that secularism is not followed here ?</p> <p>(c) Do you think the given process of electing a government is suitable for making of a good society? If no. Why?</p>		
7	<p>(a) "India's land routes have been important since ancient times." Explain.</p> <p>or</p> <p>(b) How can you hold Louis XVI responsible for preparing the background of the French Revolution?</p>	5	Evaluation
8	<p>On an outline map of India , label the following.</p> <p>(a) Palk Strait</p> <p>(b) Andaman and Nicobar Islands</p> <p>(c) Tropic of Cancer</p>	3	Map skill

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ARMY PUBLIC SCHOOL GWALIOR
CLASS - IX
ACADEMIC SESSION 2023-24
WORKSHEET (SELF –ASSESSMENT)



Subject: Computer

Assignment No. : 1

Allotment Date: 29 April 2023

S. NO.	QUESTIONS	MARKS	NATURE
1	Short Definition : (i) Assembly Language (ii) Inheritance (iii) OOP (iv) Language Processor	4 x ½ = 02	Information and Understanding
2	Answer the following questions:- (i) Write any two difference between procedural and Non-procedural Languages. (ii) Write any two advantages of high level language. (iii) Write any two difference between compiler and interpreter (iv) Write any two difference between Machine Language and High Level Language.	4x1=4	HOT
3	Find out and write the names and nature of any ten high level languages.	1 X 2= 2	Interdisciplinary
4	Write a program in any high level language to print the sum of any two inputted numbers.	1x2 = 2	Critical Thinking and Problem Solving



ARMY PUBLIC SCHOOL GWALIOR
CLASS - IX



ACADEMIC SESSION 2023-24
WORKSHEET (SELF –ASSESSMENT)

Subject: Health and Physical Education

Assignment No. : 1

Allotment Date: 29 April 2023

S.NO	MULTIPLE CHOICE QUESTIONS(QUESTION 1 TO 4)	SKILLS	MARKS:- 1X10=10
1.	1. What is the height of lower edge of board from the floor? A. 3.12 m. B.4 m. C.2.90 m. D 2.5 m.	Problem-solving	1
2.	2. What is the radius of center circle of basketball court? A. 1.80 m. B 1.15 m C 2.15 m D 3.15 m.	Initiative	1
3.	What is the weight of basketball? A. 600 to 650 gm. B. 750to 850 gm. C. 800 to 850 gm. D 900 to 950 gm.	Problem-solving	1
4.	What is the circumference of basketball?	Initiative	1

	<p>A. 58 to 60 cm.</p> <p>B. 40 to 45 cm.</p> <p>C. 75 to 78 cm.</p> <p>D. 35 to 38 cm.</p>		
5.	<p>Fill in the blanks (question 5 to 7)</p> <p>Players may only hold the ball for__ second.</p> <p>(3 seconds, 4 seconds)</p>	Leadership	1
6.	<p>Breadth of boundary lines of basketball court _____?</p> <p>(5 cm , 3 cm)</p>	Thinking	1
7.	<p>_____height of lower edge of board from floor.</p> <p>(2.90 m., 3.10 m.)</p>	Self-regulation	1
8.	<p>True & False (question 8 to 10)</p> <p>There are 7 substitute players in basketball team.</p> <p>. A True</p> <p>B. False</p>	Initiative	1
9.	<p>Over arm pass is a terminology of basketball.</p> <p>A. True</p> <p>B. False</p>	Thinking	1
10.	<p>There are 5 players in basketball team</p> <p>A. True</p> <p>B. False</p>	Problem-solving	1



**ARMY PUBLIC SCHOOL GWALIOR
CLASS - IX**

**ACADEMIC SESSION 2023-24
WORKSHEET (SELF –ASSESSMENT)**

Subject: Music (Vocal and Dance)

Assignment No. : 1

Allotment Date: 29 April 2023

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

10.	Which type of instrument is Shankh? a) Shushir b) String	2	Informative
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ACADEMIC SESSION 2023-24
WORKSHEET (SELF –ASSESSMENT)



Subject: Karate

Assignment No. : 1

Allotment Date: 29 April 2023

S.NO	Questions	Marks 10	Nature
1	How many major styles in the world which is recognized by World Karate Federation? a) 2 b) 3 c) 4 d) 5		Informative
2	How many Pinans Kata in Shito – Ryu style? a) 3 b) 4 c) 2 d) 5		Informative
3	How many steps in PinanNidan Kata? a) 29 b) 20 c) 21 d) 15		Informative
4	Which block is used in the last step of PinanNidanKata ? a) Gaidanbarai uke b) Chudansoto uke c) Open hand gaidanbarai uke		Understanding

	d) None of these		
5	<p>What is the Japanese name of block in first step of PinanNidan Kata?</p> <p>a) Soto uke b) Uchiotoshi c) Gaidanbarai uke d) None of these</p>		Understanding
6	<p>Which stance is called CAT stance?</p> <p>a) Zenkotsudachi b) Shikodachi c) Niquashidachi d) None of these</p>		Informative
7	<p>How many blocks are used in PinanNidan Kata?</p> <p>a) 12 b) 13 c) 14 d) 15</p>		Informative
8	<p>How many times does jodan age uke used in PinanNidan Kata?</p> <p>a) 3 b) 2 c) 5 d) 6</p>		Understanding
9	<p>What is the full form of WKF?</p> <p>a) World Korean Federation b) World Karate Federation c) World Krav Maga Federation d) None of these</p>		Informative

10	How many NiquashiDachi is used in PinanNidan Kata? a) 2 b) 1 c) 3 d) 4		Informative
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ARMY PUBLIC SCHOOL GWALIOR
CLASS - IX
ACADEMIC SESSION 2023-24
WORKSHEET (SELF –ASSESSMENT)



Subject: Yoga

Assignment No. : 1

Allotment Date: 29 April 2023

QUESTIONS	MARKS	SKILLS
Fill in the blanks 1]..... is the component of Yama[Dharna/Satya]. 2]..... is the meaning of 'YOGA'. [Wholeness/Non-violence]. 3] _____ is the total no. of step in Surya namaskar[12/ 15]	3X1=3	INFORMATIVE
True and False: 1. Yoga Sutras are given by Patanjali. 2. Ahinsa [non-violence] is the part of Niyam. 3. Varkash asana is used for improving concentration.	3X1=3	
Multiple Choice Questions: 1] which among these is the meaning of Yama? A] Restraint B] Contentment C] Unity D] Non-of-these 2] Which among these is the correct translation of Niyam? A] Non-Violence B] Observances C] Truthfulness D] All of these 3] What does Yoga means? A] Wholeness B] Physical Health C] Emotional Health D] All of these 4] What is the total no. of elements of yoga? A] 10 B] 5 C] 8 D] 2	4X1=4	