

**RADIANT CENTRAL CHILDREN ACADEMY**  
**SUMMER VACATION HOMEWORK 23-24**  
**CLASS XI**  
**ENGLISH CORE**

Note: Students are being instructed to do Home work in Your Class Note books.

Days	No	Question	
Day-1	1	As Mukul / Mahima of Alps Public School, write a speech to be delivered in school assembly highlighting the importance of cleanliness suggesting that the state of cleanliness reflects the character of its citizens. (150-words)	5
Day -2	2	Manish has to speak in debate supporting the motion that life in the country (a village) is preferable to life in the city. Below you can see his notes. Use the information to develop Manish's speech in 150- words. COUNTRY (A VILLAGE) peace and quiet—soothing air—fresh and pure green fields all around—lovely sight helpful neighbours CITY-vehicles—smoke industries—smoke-pollution crowded streetspeople hurry—never relax	5
Day -3	3	You have to speak in the school's morning assembly on 'The Harm that Mobile Phones and Smartphones are Creating in Students' Lives'. Write the speech in 150-words. You are Javed/Jyotsana of class XI	5
Day -4	4	Q1-You are Krishna/ Tisha, Secretary, Greenland Enterprises Ltd, Delhi-110006. Your Chairman has asked you to draft an advertisement for a local daily under the classified columns for the vacant posts of one accountant and two office assistants. Draft an advertisement Q-2You are the Managing Director of Varun Enterprises, a leading garments export house. You need accountants for your Meerut office. Write an advertisement for the 'Situation Vacant' column of a local daily	3 + 3
Day -5	5	Q1-You are Shirish Saxena of 47, Mall Road, Shimla. You are a young man of 35 with seven years of experience as an expert executive. You seek an immediate change to some prestigious export house in Mumbai /Bangalore. Draft a suitable advertisement for the 'Situation Wanted' column of a National Daily. Q2-You are AP Raman of 22/14 Arabi Tank Lane, Trichy, Tamil Nadu. Your grandmother, Chennamo is missing from your home for the last 5 days. Draft a suitable advertisement with all details to be published in a local daily in the classified column.	3 + 3
Day -6	6	Write an article or Poem or Travelogue Of your choice for school Magazine	
Day -7	7	Read the chapter "The Summer of the beautiful white horse" and write the value points of the read chapter.	5
Day -8	8	Write the character sketch of Mourad on the basis of the chapter "The Summer of the beautiful white horse" in about 120 words	5
Day -9	9	Read the chapter "Discovering Tut :The Saga continues" and write the value points of the read chapter.	5
Day-10	10	Rearrange the following jumbled words/phrases to make meaningful sentences (a) inside/grandeur/the palace hall/it was/all (b) interwoven/pearls/were/flower garlands/sparkling/with (c) wooden stage/painted backcloth/the/decorated/with a/was (d) killed/they are/beaten/chained/and/mercilessly/trained. (e) their/heed/but/hears/and/pays/nobody/to/cries (f) friends/auxiliaries/animals/necessary/are our/and/survival/for our (g) animal/matters/our vision/a world/should be/where/welfare (h)Extremely/a/grief/it/is/that matter/unkindly/animals/are/of exploited	4 + 3
		<b>Q2-Fill in the blanks on the basis of tense:</b> 1.Janet __ karate class every Saturday. ( attend ) 2.The market __ usually noisy in the morning. ( to be ) 3.The delivery man __ the parcel already. ( delivery ) 4.The athletes __ for Canada tomorrow. ( leave ) 5.Aida __ her room for the past hour. ( paint ) 6.The breadman __ to our housing estate every evening. ( come ) 7.Warren __ badminton since primary school. ( play ) 8.The meeting __ due to lack of quorum. ( postpone ) 9.You are late. The bus __ already. ( leave ) 10.Everyone __ about Lin Dan's achievement in the Beijing Olympics. ( talk )	

# ग्रीष्मावकाश गृहकार्य ( हिंदी )

## कक्षा - 11

### DAY -1

1. किसी एक महत्वपूर्ण दिवस या अवसर का उल्लेख करते हुए डायरी लिखिए ।
2. विद्यालय पत्रिका हेतु कोई स्वरचित कहानी , कविता , यात्रा या अनुभव लेख तैयार करें ।

### DAY -2

3. सामाजिक, राजनैतिक या सांस्कृतिक क्षेत्र से सम्बन्धित किसी व्यक्ति विशेष का साक्षात्कार तैयार कीजिए ।

### DAY - 3

4. आपदाग्रस्त क्षेत्रों में भारतीय सेना के द्वारा किए जाने वाले सहायक कार्यों का वर्णन करते हुए किसी समाचार पत्र के संपादक को पत्र लिखिए ।
5. गंदगी द्वारा फैलने वाले रोगों का नामोल्लेख करते हुए इनकी रोकथाम हेतु स्वास्थ्य विभाग उत्तर प्रदेश राज्य सरकार द्वारा भारत सरकार को पत्र लिखिए ।

### DAY- 4 & 5

6. हाल ही में पठित किसी पुस्तक की समीक्षा प्रस्तुत कीजिए।

### DAY -6

7. अपने किसी प्रिय साहित्यकार का सम्पूर्ण जीवन परिचय लिखिए ।
8. स्वतंत्रता के 75 वें अमृत महोत्सव के अवसर पर किसी गुमनाम स्वतंत्रता संग्राम सेनानी पर आलेख तैयार करिए ।

### DAY -7,8,9

9. अधोलिखित कहानियों पर समीक्षात्मक टिप्पणी लिखिए -  
क. ईदगाह                      ख. आकाशदीप                      ग. पूस की रात

### DAY -10

10. किन्हीं दो विषयों पर रचनात्मक लेख तैयार कीजिए -  
क. वैश्विक पटल पर भारत की नई छवि                      ख. परीक्षा का वह दिन  
ग. पुस्तकालय ज्ञान का साधन                      घ. मेरा प्रिय टाइम पास

### मूल्यांकन का आधार -

विषयवस्तु - 5 अंक

भाषा एवं प्रस्तुति - 3 अंक

शोध एवं मौलिकता - 2 अंक



# ECONOMICS

## DAY-1 (Marks 3)

- 1- Market economies promote disparities in income distribution even when resources are optimally utilized. Substantiate this observation.
- 2- Define the subject matter of economics.
- 3- Distinguish between a centrally planned economy and a market economy.
- 4- What do you mean by positive economic analysis.
- 5- What do you mean by negative economic analysis?
- 6- Distinguish between microeconomic and macroeconomics?

## DAY-2 (Marks 3)

7. Explain the concept of positive and negative economic with illustration.
8. What is mean by an economy? What are its different types?
9. How to produce is a complex problem for less developed countries like india.explain how.
10. Why should there be huge unemployment in india when scarcity of resources is a universal fact?
11. Does production possibility frontier indicate the actual level of output or potrnial level of output?
12. Do you think the actual level of output in the Indian economy is less than its potential level?

## DAY-3 (Marks 4)

13. Massive unemployment shifts the PPC to the left. defend or refuse the statement.
14. Why marginal opportunity cost must rise as resource are shifted from use-1 to use-2,even given resources are fully and efficient utilized?
15. How does production possibility frontier affected when resources are inefficiently employed in an economy?
16. Using a diagram explain what happen to the PPC of Kashmir if the widespread flood have led to the destruction of the human life?
17. Resources are allocated to use-1 to use-2 to produce wheat and cloth. Technology improves for the production of wheat. How would it impact the PPC? Draw a suitable diagram.

## DAY-4 (Marks 4)

18. Why marginal opportunity cost must rise as resource are shifted from use-1 to use-2,even given resources are fully and efficient utilized?
19. How does production possibility frontier affected when resources are inefficiently employed in an economy?
20. Using a diagram explain what happen to the PPC of Kashmir if the widespread flood have led to the destruction of the human life?
21. Resources are allocated to use-1 to use-2 to produce wheat and cloth. Technology improves for the production of wheat. How would it impact the PPC? Draw a suitable diagram.

## DAY-5 (Marks 4)

22. If mar and more resources are constantly explored and new techniques of production are constantly discovered don't you think a day will come when our central problem will be solved once for all?
23. What is the likely impact of 'sarv shiksha abhyan' and skill india campaign' on PCC of te Indian economy?
24. For those working under MGNREGA, the government has raised the minimum employment from 100 to 150 days during an year.how would it impact the actual and potential level of output in the economy?
25. 'Make in india' campaign would shift the PPC to the right. How?

## DAY-6 (Marks 3)

26. Discuss the central problem of economy.
27. What do you mean by the production possibilities of an economy?
28. What is production possibilities frontier?
29. Why do central problem arise? Explain the central problem of economy.

## DAY-7 (Marks 4)

30. How are central problem solved in different economies?
31. What do you mean by production possibilities curve? Illustrate the central problem of what to produce using this curve.
32. Draw the production possibilities curve. What do the point inside and outside the cuve indicate.explain?
33. Draw the production possibilities curve and indicate the following situation in the diagram.
  - i) fuller and efficient utilization of resources
  - ii) underutilization of resources, and
  - iii) growth of resources.

DAY-8 (Marks 6)

34. Once the consumer reach the point of equilibrium he would not like to change his allocation of expenditure even if price of one commodity change. Do you agree?
35. On the consumption of 10 units of commodity, a consumer find that RS worth of  $MU_x$  has exceed the marginal utility of money.should he not reduce the consumption of X do that he strikes an equilibrium? Give reason in support of your amswer.
36. Higher consumption of commodities may means lower and lower marginal utility, but it never implied negative total utility. Do you agree?
37. Why should a consumer purchase more of a commodity when MU must decline as consumption of a commodity increase.

DAY-9 (Marks 6)

38. A consumer consumes only two goods X and Y whose price are rs2 and rs1 per unit respectively.if a consumer chooses a combination of the two goods with marginal utility of X being 4 and that of Y also being 4, is the consumer is equilibrium? give reason. Explain what will rational consumer do in this situation.
39. Would a consumer equate price of a commodity with total utility or marginal utility?give reason in support of your answer.
40. Explain the economic value of the following equation, $MU_x/P_x=MUM$  when X happens to be a domestic fuel (LPG) and  $P_x$  is lowered by way to subsidy by the government.
41. When the price of onion is very high,the poor man simply stop buying it.explain the economics of it,using utility analysis?

DAY-10 (Marks 3)

42. State the condition of consumer's equilibrium
43. Starting from the initial situation of the consumer equilibrium suppose the marginal utility of a rupee increase. Will it increase or decrease the quantity demanded of a product?
44. Ice cream sell of the rs30. Lakshmi who loved ice cream has already eaten3. Her MU from eating 3 ice cream is 90. Suppose further that, fo her, the MU is rs is 3. Should she eat more icecream or should she stop?
45. Distinguish between cardinal and ordinal measurement of utility?

# Accountancy

## Day 1

1. State what is the end product of financial accounting? 1
2. Pick the odd one out in context to the Communicating financing information to its users:  
(a) Management (b) Investors  
(c) A Social & Cultural Club (d) Creditors 1
3. What is the main task of :  
a) Financial accounting  
b) Cost accounting  
c) Management accounting 3
4. Explain with examples:  
a. Liquid assets  
b. Fictitious assets  
c. Contingent liabilities  
d. Deferred revenue expenditure 4
5. "Accounting information should be comparable". Do you agree with this statement? Give two reasons. 3

## Day 2

6. **Assertion (A):** Expenditure of Revenue Nature that give benefit for more than one accounting period is categorized as Deferred Revenue Expenditure  
**Reason (R):** A revenue expenditure, the benefit of which will accrue in more than one financial year and will be written off in the same manner (in more than one accounting period) is called Deferred Revenue Expenditure. 1  
**Find the Correct Option:**  
a. Both Assertion and Reason are correct and Reason is the correct explanation of Assertion.  
b. Both Assertion and Reason are correct but Reason is not the correct explanation of Assertion.  
c. Only Assertion is correct  
d. Only Reason is correct 1
7. "The role of accounting has changed over the period of time". Explain. 3
8. Define Book Keeping. What is its function? 3
9. Differentiate between Book Keeping and Accounting. 3
10. Explain the advantages of Accounting. 4

## Day 3

11. **Assertion (A):** The last step of accounting is to provide all the financial information in time to its users.  
**Reason (R):** Communicating the financial information to its users in time to prompt decisions indicating its reliability.  
a. Both Assertion and Reason are correct and Reason is the correct explanation of Assertion.  
b. Both Assertion and Reason are correct but Reason is not the correct explanation of Assertion.  
c. Only Assertion is correct  
d. Only Reason is correct 1
12. Discuss the limitations of Accounting. 3
13. State the different users of Accounting information and their informational needs. 4
14. Highlight the qualitative characteristics of accounting information. 4

## Day 4

15. Long term assets without any physical existence but, possessing a value are called  
a) Intangible assets (b) Fixed assets  
c) Current assets (d) Investments 1
16. Distinguish between:  
a. Loss and expense  
b. Revenue and income  
c. Fixed asset and current asset

- |  |   |
|--|---|
| d. Long term liability and short term liability  | 4 |
| 17. What do you mean by Business entity concept? | 3 |
| 18. Explain Convention of full disclosure.       | 3 |
| 19. What is Convention of materiality? Explain.  | 3 |

**Day 5**

- |   |   |
|---|---|
| 20. The fact that a business is separate and distinguished from its owner is best exemplified by concept.<br>a) Money measurement    b) Going concern    c) business entity    d) cost. | 1 |
| 21. What do you mean by Revenue recognition Concept?  | 3 |
| 22. What is Money measurement Concept? Explain.   | 3 |
| 23. What is Accounting period concept?  | 3 |
| 24. Explain the Matching concept.   | 3 |

**Day 6**

25. **Assertion (A):** As per the Prudence Principle 'Closing Stock is valued at cost price or its net realizable value, whichever is less.

**Reason (R)** Possibility of gain to be ignored but possibility of loss should be considered. Choose the correct option:

- |  |   |
|--|---|
| (a) Both Assertion and Reason are correct and Reason is the correct explanation of the Assertion.    |   |
| (b) Both Assertion and Reason are correct but Reason is not the correct explanation of the Assertion |   |
| (c) Only Assertion is correct  |   |
| (d) Only Reason is correct   | 1 |
| 26. What do you mean by Objectivity Concept? Explain.  | 3 |
| 27. What is convention of Prudence or Conservatism? Explain.   | 3 |
| 28. Explain various steps involved in the accounting process.  | 3 |
| 29. What is cash basis of accounting? Explain its merits and demerits.                               | 4 |

**Day 7**

- |   |   |
|---|---|
| 30. Revenue refers to –<br>a. Sale of goods & service    b. Interest & Rent earned<br>c. Commission earned    d. All of the above | 1 |
| 31. State the needs of accounting information for moneylenders.   | 1 |
| 32. What is the next step of accounting after identifying and measuring the financial transactions?<br>a. Classifying (b) Summarizing (c) Recording (d) Analysis and Interpretation   | 1 |
| 33. What is accrual basis of accounting? Explain its merits and demerits.   | 4 |
| 34. Differentiate between cash basis and accrual basis of accounting.   | 4 |

**Day 8**

- |  |   |
|--|---|
| 35. <b>Assertion (A):</b> Accounting Standards are mandatory for every size and type of business firm<br><b>Reason (R):</b> Accounting Standards are formulated after considering the applicable laws, customs and business environment and aim to bring about uniformity. |   |
| a) Both (A) and (R) are correct but (R) is the correct explanation for (A).  |   |
| b) Both (A) and (R) are correct but (R) is the wrong explanation for (A).  |   |
| c) (A) is correct but (R) is wrong.  |   |
| d) (A) is incorrect and (R) is correct.  | 1 |
| 36. The group of people from whom goods & services purchased on credit is called -----.  | 1 |
| 37. Bank overdraft is ----- liabilities. (fill in the blank)   | 1 |
| 38. What are accounting standards? Explain its nature.   | 4 |
| 39. Explain the objectives of accounting standards.  | 4 |

**Day 9**

- |  |   |
|--|---|
| 40. What is Accounting Equation?   | 1 |
| 41. Solve Accounting Equation.<br>1. Started business with Cash ₹50,000.<br>2. Paid Salary ₹5,000.<br>3. Rent Outstanding ₹1,000.<br>4. Accrued Interest ₹1,500<br>5. Bought goods for cash ₹30,000 and on Credit for ₹50,000. |   |

6. Purchased a Television for personal use ₹2,500. 6

42. Show the accounting equation on the basis of the following transactions & also show the Balance Sheet.

- a. Started the business with Cash ₹80,000; Goods ₹30,000; Furniture ₹40,000.
- b. Purchased goods on credit from Nidi, ₹15,000 and on cash from Meera ₹10,000.
- c. Bought a refrigerator for personal use ₹5,000.
- d. Goods costing ₹6,000 sold at the loss of 10% out of which ₹2,000 received in cash.
- e. Sold goods for cash ₹5,000.
- f. Introduced fresh capital ₹1,00,000. 6

**Day 10**

43. Give fundamental of Accounting Equation. 1

44. Show the accounting equation on the basis of the following transactions:

- 1) Shri Ganesh commenced business with cash ₹35,000, goods ₹8,000 and furniture ₹7,000.
- 2) Bought furniture from M/s Mohan Furnitures on credit for ₹3,000.
- 3) Purchased goods from Sohan for cash ₹35,000.
- 4) Sold goods to Shyam for cash ₹40,000(costing ₹30,000).
- 5) Bought goods from Ramesh ₹30,000.
- 6) Sold goods to Shyam costing ₹30,000 for ₹50,000. 6

45. Show the accounting equation on the basis of the following transactions:

- a) Shri Ganesh commenced business with cash Rs.35,000, goods Rs.8,000 and furniture Rs.7,000.
- b) Bought furniture from M/s Mohan Furnitures on credit for Rs.3,000.
- c) Purchased goods from Sohan for cash Rs.35,000.
- d) Sold goods to Shyam for cash Rs.40,000(costing Rs.30,000).
- e) Bought goods from Ramesh Rs.30,000.
- f) Sold goods to Shyam costing Rs.30,000 for Rs.50,000. 6



## **BUSINESS STUDIES (054)**

### **CLASS-11**

#### **Worksheet-1**

1. Name the first stage of development of commerce in India. 1
2. What is Entrepot? 1
3. What are the functions of Indigenous Bankers? 3
4. What do you mean by Make in India? Explain its Objectives in detail.4
5. Describe the concept of Business in modern concept. 6

#### **Worksheet-2**

1. What do you mean by Non-Economic Activities? Explain its examples. 3
2. Explain three characteristics of business.
3. Write detail note on following Topics: 3
  - a) Business
  - b) Profession
  - c) Employment
4. Discuss the causes of Business Risk. 4
5. What do you mean by Primary Industry? Explain its types. 6

#### **Worksheet-3**

1. What are the basic objectives of Business? Explain it. 3
2. Why does a businessman get ready to take risk? 3
3. What do you mean by Economic Activities? Explain its examples. 3
4. Point out the examples of activity which at one time is Economic and at other time , Non-economic. 3
5. 'Profit is not only objective of business, but it is the necessity of business also.'Are you agree with this statement?Give one reason in favour of your answer. 4

#### **Worksheet-4**

1. Nikhil wants to start a wholesale business of stationery items. But he is hesitating as it will involve hindrances related to finding customer, moving goods from place of production to market, storing goods because of time gap between production and consumption, risk of theft, fire, accident, procurement of capital to finance above activities, providing information to customers about product etc.He approaches his friend Anant to discuss his problem. Anant, who himself imports the electronic appliance for the purpose of exporting them to other countries, advises Nikhil to carry on with his plan and explain to him various function performed by the second limb of business i.e., Commerce.

Anant elaborate on various advantages of 'trade' and 'auxiliaries to trade'. After getting convinced by the advice given by Anant, Nikhil starts the business named Nikhil Ltd. and find no major problem at all in converting his desire into a business venture Nikhil gets his Company registered under Companies Act 2013.

- (a) **Name the type of trade under which Anant was doing his business.**

(b) **Name the services which help Nikhil to remove the hindrance of storing the stationery items.**

(c) **Name the services which help Nikhil to remove the hindrance of place.** 3

2. Why does business need multiple objectives? Explain any three such objectives. 3
3. Explain the role of profit in a business. 3
4. Why does business need multiple objectives? 3
5. Why commerce considered as backbone of Industry and other business activities? 3

#### Worksheet-5

1. What do you mean by Sole proprietorship Business? 1
2. Explain any three advantages of consumer cooperative societies. 3
3. Discuss the three limitation of a Company organization. 3
4. State any three privileges to a private company 3
5. Explain any three characteristics of One Person Company. 3

#### Worksheet-6

1. Define cooperative organization. 1
2. Explain the procedure for registration of partnership firm. What provisions are applied for the non registered firm. 3
3. Define Partnership deed discuss its main content. 3
4. Explain the steps in the Incorporation stage. 3
5. Rakesh Father gifted him a cricket bat on his birthday. The cost of the bat was Rs. 800. Few months later, Rakesh sold it to Nishant, one of his school friend, for Rs. 850. He was very happy to earn profit of Rs. 50. He was boosted by this transaction and after completing his studies, he formed a partnership business with his friend Nishant trading in bats and other sports material under the name M/s Rakes Traders. Rakesh and Nishant both act like an agent as well as principal of each other. Firm soon started earning good profits. Rakesh father suggested them to spend some money on social responsibility. They then decided to donate free sports goods to schools which were financially weak.
  - (a) **Can the transaction between Rakesh and Nishant be termed as business transaction? Give reason.**
  - (b) **Which features of partnership form of business is mentioned above?**
  - (c) **According to you which value motivated the partners to donate sports goods? Give any one suitable value.** 3

#### Worksheet-7

1. What is meaning of Indigenous Bankers? 1
2. If registration is optional, why do partnership firms willingly go through this legal formality and get themselves registered? Explain. 3
3. What do you understand by a sole proprietorship firm? Explain its merits. 4

4. Despite limitations of size and resources, many people continue to prefer the sole proprietorship over the other forms of organisations.why? 6

#### **Worksheet-8**

1. Is registration of partnership necessary? 1  
2. In which situations a partnership is called illegal? 1  
3. Explain any three features of partnership. 3  
4. Explain the position of a minor partners in a firm. 3  
5. If registration is optional, why do partnership firms willingly go through this legal formality and get themselves registered? Explain. 4

#### **Worksheet-9**

1. What do you mean by cooperative organization? 1  
2. Why is it important to choose an appropriate form of organization? Discuss the factors that determine the choice of the form of an organization. 3  
3. “ From the point of view of management, sole trade organization is the worst form of trade organization.” Do you agree with this statement? If yes,then support your view by reasons. 3  
4. Write the procedure of registration of a cooperative society. 3  
5. How is the profit of cooperative societies distributed? 3

#### **Worksheet-10**

1. Which of the certificate is known as the birth certificate of the company? 1  
2. What is meaning of Mitakshara? 1  
3. What is meaning of Dayabhaga? 1  
4. “Profit sharing is not a conclusive proof of the existence of partnership. “Comment upon this statement”. 3  
5. Is it obligatory for a company to file its prospectus to the Registrar of company? Clarify.3

## Physical education

### Day-1

#### Unit-1 changing trends and career in physical education

1-what is the aim of physical education? - 1

A-Physical development

B-psychological development

C-motor development D- all of these.

2-In which city khelo India games were played first? - **1 mark**

A-New Delhi B-Pune

C-Chennai D-Mumbai.

3-What are the main objectives of physical education? -**3 marks**

4-Enlist any five productive gears and the sports with which they are associated. -**3 marks**

### Day-2

1-Rishan a 17 years old boy, is an outstanding athlete of class 12. He wants to get trained under National coaches,which is possible only if he performs excellently in the khelo India program. - **4 marks**

1-Rishan wants to perform in khelo India youth games part of the khelo India program that are organised. -**1 mark**

A-Every year. B- after every 2 years

C-After every 3 years

D-After every 4 years

2-In which city Rishan can find the headquarter of the khelo India program? -**1 mark**

A-Patiala. B- Delhi

C-Bangalore D-Chennai

2-Explain technology advancement with reference to changing trends and career in physical education. -**5 marks**

3-Write a short note on Fit India program. - **3 marks**

### Day-3

A) Both (A)and (R) are true and (R) is a correct explanation of (A).

B) Both (A) and (R) are true but (R)is not the correct explanation of (A).

C)(A) is true but (R) is false.

D)(A) is false but (R)is true.

1-Assertion(A)-physical education is an integral component of education. - **1 mark**

Reason(R) - Physical education is concerned with the development of body mind and soul of a person.

2-Assertion(A)-sports photographs click photos during National and international sports events. - **1 marks**

Reason(R) - pictures clicked by sports photographers can be used to write stories and articles.

3-Describe the khelo India program. -**3marks**

### Day-4

1-State the career options in physical education. - **5 marks**

2-Describe the development of physical education in India- post independence. - **5 marks**

### Day-5

Radhika student of class 12, is brilliant in academics as well as in sports she can have a profitable career in academics but Radhika wants to pursue a career in any of the sectors of her interest in physical education. - **4 marks**

1-Which career option is available in the health-related sector in physical education for Radhika?

A- Professional player

B-photograph for sports

C-psychologist F-sports host

2- Which career option Radhika would find in the media and communication sector in physical education?

- A- Sports journalist
- B-Sports photographs
- C-Sports physiotherapist
- D- Both A and B

3-The career that Radhika can choose in the sports training sector in physical education is:

- A- Teacher in a middle school
- B- Teacher in a high school
- C- Coach in a high school
- D- Author of a physical education book

### **Day-6**

#### **Unit-2 Olympic value education**

1-In ancient Olympics winner were awarded with; - **1 marks**

- A- Cup and trophies
- B-Medals B-certificate
- D- Olive crown

2-The place where the Olympic flame lit before Olympic games is: - **1 marks**

- A- Capital city of host nation
- B- Capital city of Asia
- C-Olympia D-Athens

3-Explain the concept and fundamental principles of olympism. - **3 marks**

4-Give a brief description about Olympic flame, Anthem and Oath. - - 2 marks

### **Day-7**

1-How many Olympic values are? Explain friendship.- **2 marks**

2-Explain the meaning of excellence. -**2 marks**

3-Enlist the Olympic value education.explain joy of effort,balance between body,will and mind.- **3 marks**

4-Give a brief account of the Ancient and Modern Olympic games. - **5 marks**

### **Day-8**

1-In which year International Olympic committee was constituted? -**1 marks**

A-1892. B-1894 C-1896 D-1919

2-The Olympic anthem was composed by:-**1 marks**

- A-Pierre De Coubertin
- B- Narendra Dhruv
- C- Demetrious vikelas
- D- Spyridon Samaras

3-The Motto of Olympics is: - **1 mark**

- A-Citius,Altius,Fortius
- B-Per LudosAequalities
- C-Spirit in motion D- ASEAN

4-Modern olympic was started in: - **1mark**

A- 1894 B-1896 C-1919 D-1892

5-Write a short note on NOC and IFS -**3 marks**

6-Give a brief description about Olympic flame, Anthem and Oath. - **5 marks**

### **Day-9**

#### **Unit-3 Yoga**

1-Who said"Oneness of man with God is yoga"? -**1 mark**

- A-Agam B- Bharti krishna Tirtha
- C-Patanjali D-Bhagwad Gita

2-Which organ is benefitted from tratak kriya? -1 mark

A- Liver B-Kidneys

C-Digestion system D-Eyes

3-Svadhya means..... -1 mark

A-Selfishness B-introspection

C-purity D-Contentment

A. Both (A)and (R) are true and (R) is a correct explanation of (A).

B. B) Both (A) and (R) are true but (R)is not the correct explanation of (A).

(A) is true but (R) is false.

C. is false but (R)is true.

4-Assertion(A)-Yama is the first elements of yoga. - 1 mark

Reason(R)Satya, Ahimsa,Asteya,Brahmcharya and Aprigraha are five rules of Yama.

5-Assertion(A)-The steady control of the senses and mind is the yoga. - 1 mark

Reason(R) -Dharana is one of the elements of yoga.

6-What do you mean by yoga?Give a definition.-2 marks

Richa, faces difficulty in breathing and also not able to focus on studies and other things during a recent medical check up at school she was advised to practice Pranayam and meditation by yoga instructor for curing these difficulties. -4 marks

1-Pranayam suggest to Richa by yoga instructor will help in straightening A-muscular system B-Respiratory system C-Digestive system D-Lymphatic system

2- If Richa starts practising meditation, it will help to;

A-Calm her mind

B-Develop power of concentration

C- Lead to self knowledge D-All of these

3-Pranayam and samadhi are elements of:

A- Yoga B-Vedas

C-Upnishads D-Both B and C

4-How many elements are there in Yoga?-3 marks

5-State yogic kriyas.-3 marks

### Day-10

1-What is meant by Yama?-2 marks

2- How many Niyamas are there in Yoga?-2 marks

4-How many elements are there in yoga?-3 marks

5-What is Pranayam ?Explain its types.- 5 marks