

ENGLISH WORKSHEET 1

ADVANCED WRITING SKILLS:

1. Population explosion is still India's first and foremost problem. Family planning is the only way to check the growing population. Write an article for a national daily on the importance of 'Family Planning'
2. You have just come back from a factory which employs children and have witnessed the awful conditions of their work place. Write an article advocating a total ban on child labour.
3. In most Indian families, particularly in rural areas, the girl child is considered inferior to the male child. As a result of this bias, a daughter is considered a burden and she suffers discrimination in the matter of food, freedom, health and education. Write an article in 150-200 words showing how such an attitude is harmful and unjust. You are Satyen/Sunidhi.
4. Write a letter to the Editor of National Herald, New Delhi about water scarcity in your locality suggesting ways to improve the position of water supply. You are Ramnath/ Reema of Ghaziabad.
5. You are Hemant/Himakshi. Write a letter to the Editor of The Herald, New Delhi expressing your anguish over the problems faced by people due to illicit liquor and the deadly chemicals like anthrax.
6. You are Reshma/Raghu staying at the Press Apartments of Nagpur. The main road leading to this colony has three open manholes causing frequent accidents at night. Also, it gets so dark after seven in the evenings in winter that the children and women of these apartments just cannot venture to move out alone during night time. Write a letter to the Editor to The Times of India drawing attention of the government to this problem of the residents.
7. You have received an invitation to be the judge for a literary competition in St. Ann's School. Send a reply in not more than 50 words, confirming your acceptance. You are Mohan/Mohini. (All India)
8. Your friend, P.V. Sathish, has invited you to attend the wedding of his sister, Jaya. You find that you have an important paper of pre-board examination on the day of the wedding. Thus you cannot attend the event. Write in about 50 words a formal reply to the invitation expressing your regret. You are Puneet/Puneeta Vij, M 114, Fort Road, Chennai. (All India 2017)
9. Recently your school held a Seminar on Conservation of Water as a part of World Water Day celebrations. As the School Pupil Leader of Maryland School, Gurgaon, write a report in 100-125 words for a local daily. Sign as Pritham/Preeti. (Delhi 2010)
10. Maxim Gorky School, Kodaikanal celebrated 'Nutrition Week' from 1st September to 7th September by arranging inter-school cookery contests, oratorical, painting and poster competitions, besides talks by eminent nutritionists and medical professionals. There was an overwhelming response from students and parents. Prepare a report in 100-125 words to be published in your school magazine. You are Arjun/Anita, School Pupil Leader. (All India 2013)

WORKSHEET 2

MISCELLANEOUS LONG QUESTION/ANSWER FROM LITERATURE

1. The peddler declined the invitation of the ironmaster but accepted the one from Edla. Why?
2. Why is the Champaran episode considered to be the beginning of the Indian struggle for independence?
3. Mukesh finds himself caught between two distinct worlds. How do they affect his life and that of the other bangle makers?
4. Garbage to them is gold. How do rag pickers of Seemapuri survive?
5. The order from Berlin aroused a particular zeal in the school. Comment.
6. How did Douglas' experience at the YMCA pool affect him? How did he get over this effect?
7. The story "Deep Water" has made you realize that with determination and perseverance one can accomplish the impossible. Write a paragraph in about 100 words on how a positive attitude and courage will aid you to achieve success in life.
8. What familiar ache and childhood fear did Kamala Das feel?
9. How is "Shakespeare wicked and the map a bad example" for the children of the school in a slum?
10. Which is the exotic moment that the poet refers to in 'Keeping Quiet'?
11. What makes human beings love life in spite of all the troubles they face?
12. For Aunt Jennifer, what do the tigers symbolize?
13. Comment on the ending of the story, 'The Third Level'.
14. Do you think Dr Sadao's final decision was the best possible one in the circumstances? Why/ Why not? Explain with reference to the story, The Enemy?
15. Derry and Mr Lamb both are victim of physical impairment, but their attitudes towards life are completely different. Elaborate.

MATHEMATICS ASSIGNMENT 1

CLASS - XII MATHEMATICS (Vectors & Three Dimensional Geometry)

Topic: - Vectors

1. Is the measure of 20 m/s towards north is scalar or vector. [1]
 2. $\vec{a} = \hat{i} + 2\hat{j}$ $\vec{b} = 2\hat{i} + \hat{j}$ Is $|\vec{a}| = |\vec{b}|$ [1]
 3. Find the direction ratios and the direction cosines of the vector $\vec{r} = \hat{i} + 2\hat{j} + 3\hat{k}$ [1]
 4. Evaluate the product $(3\vec{a} - 5\vec{b}) \cdot (2\vec{a} + 7\vec{b})$ [1]
 5. Find $\vec{a} \times \vec{b}$ if $\vec{a} = 2\hat{i} + \hat{j} + 3\hat{k}$, $\vec{b} = 3\hat{i} + 5\hat{j} - 2\hat{k}$ [1]
 6. Show that the points A (1, -2, -8) B (5, 0, -2) and C (11, 3, 7) are collinear, and find the ratio in which B divides AC. [4]
 7. Find a vector \vec{d} which is \perp to both \vec{a} and \vec{b} and $\vec{c} \cdot \vec{d} = 15$ [4]
Let $\vec{a} = \hat{i} + 4\hat{j} + 2\hat{k}$
 $\vec{b} = 3\hat{i} - 2\hat{j} + 7\hat{k}$
 $\vec{c} = 2\hat{i} - \hat{j} + 4\hat{k}$
 8. Let \vec{a}, \vec{b} and \vec{c} be three vectors such that $|\vec{a}| = 3$, $|\vec{b}| = 4$, $|\vec{c}| = 5$ and each one of them being \perp to the sum of the other two, find $|\vec{a} + \vec{b} + \vec{c}|$ [4]
 9. If $\vec{a} = 4\hat{i} + 2\hat{j} - \hat{k}$ [4]
 $\vec{b} = 5\hat{i} + 2\hat{j} - 3\hat{k}$
Find the angel between the vectors $\vec{a} + \vec{b}$ and $\vec{a} - \vec{b}$
 10. Find the sine of the angel between the vectors. [4]
 $\vec{a} = 2\hat{i} - \hat{j} + 3\hat{k}$
 $\vec{b} = \hat{i} + 3\hat{j} + 2\hat{k}$
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ASSIGNMENT 2

CLASS - XII MATHEMATICS (Vectors & Three Dimensional Geometry)

Topic: - Vectors

1. Is the measure of 10 Newton is scalar or vector. [1]
 2. Write two different vectors having same magnitude. [1]
 3. Find the direction ratios and the direction cosines of the vector $\vec{r} = \hat{i} + \hat{j} + \hat{k}$ [1]
 4. Find $|\vec{a} - \vec{b}|$ if $|\vec{a}| = 2$, $|\vec{b}| = 3$ and $\vec{a} \cdot \vec{b} = 4$ [1]
 5. If $\vec{a} = 4\hat{i} + 3\hat{j} + 2\hat{k}$ $\vec{b} = 3\hat{i} + 2\hat{k}$ find $|\vec{b} \times 2\vec{a}|$ [1]
 6. Consider two point P and Q with position vectors $\vec{OP} = 3\vec{a} - 2\vec{b}$ and $\vec{OQ} = \vec{a} + \vec{b}$. Find the positions vector of a point R which divides the line joining P and Q in the ratio 2:1 (i) internally (ii) externally. [4]
 7. Show that the points A, B, C with position vectors $-2\vec{a} + 3\vec{b} + 5\vec{c}$, $\vec{a} + 2\vec{b} + 3\vec{c}$ and $7\vec{a} - \vec{c}$ respectively are collinear. [4]
 8. Find a unit vector \perp to each of the vectors $(\vec{a} + \vec{b})$ and $(\vec{a} - \vec{b})$ where $\vec{a} = \hat{i} + \hat{j} + \hat{k}$, $\vec{b} = \hat{i} + 2\hat{j} + 3\hat{k}$ [4]
 9. The scalar product of the vector $\hat{i} + \hat{j} + \hat{k}$ with a unit vector along the sum of vectors $2\hat{i} + 4\hat{j} - 5\hat{k}$, and $\lambda\hat{i} + 2\hat{j} + 3\hat{k}$ is equal the one. Find the value of λ [4]
 10. Find the area of the Δ with vertices A (1, 1, 2) B (2, 3, 5) and C (1, 5, 5). [4]
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BUSINESS STUDIES ASSIGNMENT 1

CHAPTER-3 BUSINESS ENVIRONMENT

Q1. Naman and Govind after finishing their graduation under vocational stream decided to start their own travel agency which will book Rail Tickets and Air Tickets on commission basis. They also thought of providing tickets within ten minutes through the use of internet. They discussed the idea with their Professor Mr. Mehta who liked the idea and suggested them to first analyse the business environment which consists of investors', competitors and other forces like social, political etc. that may affect their business directly or indirectly. He further told them about the technological improvements and shifts in consumer preferences that were taking place and hence they should be aware of the environmental trends and changes which may hinder their business performance. He emphasised on making plans keeping in mind the threat posed by the competitors, so that they can deal with the situation effectively. This alignment of business operations with the business environment will result in better performance.

1. Identify and state the component of business environment highlighted in the above Para.
2. State any two features of business environment as discussed by Professor Mehta with Naman and Govind.
3. Also state two points of importance of business environment as stated by Professor Mehta in the above situation.

Q2. With changes in the consumption habits of people, Neelesh, who was running a sweet shop, shifted to the chocolate business. On the eve of Diwali, he offered chocolates in attractive packages at reasonable prices. He anticipated huge demand and created a website chocolove.com for taking orders online. He got a lot of orders online and earned huge profits by selling the chocolate. Identify and explain the dimensions of business environment discussed in the above case.

Q3. A recent rate cut in the interest on loans announced by the banks encouraged Amit, a science student of Progressive School, to take a loan from State Bank of India to experiment and develop cars to be powered by fuel produced from garbage. He developed such a car and exhibited it in the Science Fair organised by the Directorate of Education. He was awarded the first prize for his invention.

Identify and explain the dimensions of business environment discussed in the above case.

Q4. After completing her MBA, Beni took up a job with a multinational company named Fortio. The company paid good salaries and perks to its employees. The wages were within the paying capacity of the company that provided the employees with a reasonable standard of living. The company also had a good work-culture and the behaviour of superiors was very good towards their subordinates. Beni was very happy in this organisation but due to long working hours, she did not have time to cook her meals. She had to depend upon outside food which was deteriorating her health.

She observed that this problem was faced by many of her colleagues, not only in her company but also in many other companies. This was because of increase in the number of working women and non-availability of hygienic home-cooked food. She identified this as a great opportunity and decided to give up her job to supply packaged home-cooked food to office-goers at a reasonable price. At the end of the day, she also distributed the leftover food to the nearby night-shelters.

1. State the dimension of business environment being discussed above.
2. State the principle of management being followed by Fortio.

ASSIGNMENT 2

CHAPTER-8 CONTROLLING

Q1. If anything goes wrong with the performance of key activities, the entire organisation suffers. Therefore, the organisation should focus on them.' Explain the statement with a suitable example.

Q2. 'AS Ltd.' is a large company engaged in assembling of air-conditioners. Recently the company had conducted the 'Time' and 'Motion' study and concluded that on an average, a worker can assemble ten air-conditioners in a day. The target volume of the company in a day is assembling of 1,000 units of air-conditioners. The company is providing attractive allowances to reduce labour turnover and absenteeism. All the workers are happy. Even then the assembling of air-conditioners per day is 800 units only. To find out the reason, the company compared actual performance of each worker and observed through CCTV that some of the workers were busy in gossiping.

1. Identify the function of management discussed above.
2. State the steps in the process of the function identified which are discussed in the above paragraph.

Q3. Kapil & Co. is a large manufacturing unit. Recently the company had conducted time and motion studies and concluded that on an average, a worker could produce 300 units per day. However, it has been noticed that the average daily production per worker is in the range of 200-225 units.

1. Name the function of management and identify the steps in the process of this function which helped in finding out that the actual production of a worker is less than the set target.
2. To complete the process of the function identified in (1) and to ensure the performance as per time and motion studies, explain what further steps a manager has to take?

Q4. Anubhav has set up an export house after completing his masters in fashion designing. As the quality of the garment depends on the quality of raw material used, he assures that the fabric meets the requirements by conducting a series of tests for the fabrics like shrinkage test, testing colour fastness to washing, colour fastness to light, colour fastness to perspiration etc through laboratory tests. Later on, at the production areas, fabric inspection is also conducted by stopping the production process. The tests help to detect the deviations and also take corrective action. Moreover, he ensures that complete training about production work was given to every worker at the time of joining his export house. In context of the above case:

1. Identify the function of management being performed by Anubhav by conducting tests to assure for the quality of the garments manufactured in his export house.
2. Briefly explain the term 'deviations.'

ASSIGNMENT (CLASS XII)

DISSOLUTION OF PARTNERSHIP FIRM

1. Arun and Tarun were partners sharing profits and losses in the ratio of 3:2. They decided to dissolve the firm on 31st March, 2017, when their Balance Sheet was as under:

Liabilities	Rs.	Assets	Rs.
Creditors	40,000	Cash	14,000
Mrs. Arun's Loan	10,000	Stock	8,000
Tarun's Loan	15,000	Debtors	18,000
General Reserve	5,000	Less: Prov. for Doubtful	
Capital A/cs:		Debts	1,000
Arun	10,000	Furniture	4,000
Tarun	8,000	Plant	30,000
	18,000	Investment	10,000
		Profit and Loss A/c	5,000
	88,000		88,000

The firm was dissolved on 01.04.2017 on the following terms:

- a) Arun took over investment at Rs. 8,000 and agreed to pay off the loan of his wife.
- b) The assets realised as follows: Stock: Rs.4,000; Furniture: Rs. 1,000 more than its book value; Plant Rs. 20,000 less than its book value. Debtors falling due on 1st June, 2014 were realised at a discount of 10% p.a.
- c) Expenses of realisation were Rs. 1,200.
- d) Creditors were due on an average basis, three months after the dissolution of the firm. However, they were paid immediately at 12% discount per annum.
- e) Firm had an unrecorded asset which was valued at Rs. 5,000 which was accepted by unrecorded liability of Rs. 7,000, in full settlement of their claims.

Pass necessary Journal entries.

2. Following is the Balance Sheet of X and Y, who share profits and losses in the ratio of 4:1, as at 31st March, 2013:

Liabilities	Rs.	Assets	Rs.
Sundry Creditors	8,000	Bank	20,000
Bank Overdraft	6,000	Debtors	17,000
X's Brother's Loan	8,000	Less: Prov. for	
Y's Loan	3,000	Doubtful Debts	2,000
Investment Fluctuation Fund	5,000	Stock	15,000
Capital A/cs:		Investments	25,000
X	50,000	Buildings	25,000
Y	40,000	Goodwill	10,000
	90,000	Profit and Loss A/c	10,000
	1,20,000		1,20,000

The firm was dissolved on the above date the following arrangements were decided upon:

- i. X agreed to pay off his brother's Loan.
- ii. Debtors of Rs. 5,000 proved bad.
- iii. Other assets realised: Investments 20% less; and goodwill at 60%.
- iv. One of the Creditors for Rs. 5,000 was paid only Rs. 3,000.
- v. Building were auctioned for Rs. 30,000 and the auctioneer's commission amounted to Rs. 1,000.
- vi. Y took over part of a stock at Rs. 4,000 (being 20% less than the book value). Balance Stock realised 50%.
- vii. Realisation expenses amounted to Rs. 2,000.

Prepare (i) Realisation A/c (ii) Y's Loan A/c (iii) Partners' Capital Accounts, (iii) Bank A/c.

ECONOMICS ASSIGNMENT 1

1. What is Rural Development?
2. Enumerate the sources of rural credit in India?
3. Distinguish between short term and medium term loans
4. Explain the role of following agencies :
 - A Non – institutional agencies
 - B Cooperatives
 - C NABARD
5. Discuss the weaknesses of institutional agencies and give suggestions to improve rural credit system.
6. What is meant by diversification of crop production?
7. India ranks first in the world in milk production due to successful implementation of Operation flood. Defend or refute.
8. State any 5 benefits of Agricultural diversification

ASSIGNMENT 2

1. Define casualisation of work force
2. What is worker population ratio
3. Why are less women found in regular salaried employment
4. State any four causes of unemployment in India
5. Compared to urban women, more rural women are found working . Why ?
6. Is it necessary to generate employment in the formal sector rather than in Informal sector ? why ?
7. How do you evaluate Start Ups in India as a solution to unemployment . Write any two observations
8. There is a mismatch between GDP growth and employment growth in India. How so you justify this statement

HISOTRY (027)

Chapter: Colonialism and countryside.

Q1. Why was the permanent settlement of land revenue rarely extended to any region beyond Bengal? Give two reasons. (HOTS; All India 2009)

Q2. “The ryots came to see the moneylenders as devious and deceitful”. Justify the statement in the context of Ryotwari System in India in late 18th century. (Delhi 2016)

Q3. The East India Company had recognised the zamindars importance but wanted to control and regulate them. Explain the steps taken by them to subdue their authority in the 18th century. (Delhi 2016)

or

Explain how East India Company subdued the authority of zamindars in Bengal during 18th century? (Delhi 2015)

Question 4. “The battle between the hoe and plough was a long one”. Substantiate the statement with reference to the Santhal and Paharias of Raj Mahal Hills during 18th century. (Delhi 2016)

Question 5. What was the Limitation Law? Why was this considered as a symbol of oppression against the ryot of 19th century? Give three reasons. (All India 2016)

Question 6. “The arguments and evidences offered by the Fifth-report cannot be accepted uncritically”. Give arguments. (HOTS; Delhi 2015)

or

Why did the Fifth Report become the basis of intense debate in England? (Delhi 2013)

or

Describe the Fifth Report produced by the select committee on English East India Company in 1813 by the British Parliament.

or

Critically evaluate the significance and shortcomings of the ‘Fifth Report’.

Question 7.

“Jotedar inevitably weakened zamindars in Bengal by the end of the 18th century”. Give arguments to support the statement. (Delhi 2015)

or

Describe the position of the ‘jotedars’ at the end of the 18th century, (All India 2009)

Answer:

The points given below describe how jotidar inevitably weakened the power of zamindars in Bengal by the end of the 18th century:

Question 8.

What was the other name of ‘Bombay Deccan revenue system of 1820s’. Mention the features of it. (All India 2015)

or

Which revenue system was introduced in the Bombay Deccan? What were its features?

Question 9.

Critically examine the experience of injustice felt by ryot on the refusal of moneylender to extending loans to them after 1830. (HOTS; All India 2014, Delhi 2010)

Question 10.

Explain how the Ricardo's idea of land ownership was introduced in the 'Bombay Deccan'? (All India 2013)

Question 11.

Explain the impact of American Civil War of 1861 on Indian peasants. (Delhi 2011)

Question 12.

Explain the impact of refusal by moneylenders to extend loans to ryots, around 1865, under the colonial rule of India. (All India 2011)

Question 13.

Explain two reasons for the failure of the Permanent Settlement of the land revenue introduced by the British in Bengal. (Delhi 2009)

Question 14.

Explain two strategies devised by zamindars of surviving the pressures of high revenue demands and possible auction of their lands. (All India 2009)

Question 15.

Critically examine the Deccan Riots Commission Report. (HOTS; Delhi 2008)

Question 16.

Examine the land revenue system that was introduced in Bombay Deccan. How did the peasants fall into the dept-trap of the moneylenders? Explain.

Question 17.

"After introducing the Permanent settlement in Bengal, the zamindars regularly failed to pay the land revenue demand." Examine the causes and consequences of it. (All India 2017)

Question 18.

Examine the main aspects of the fifth report which was submitted to the British Parliament in 1813. (All India 2017)

Question 19

Deeds of Hire: When debts mounted, the peasant was unable to pay back the loan to the moneylender. He had no option, but to give over all his possessions-land, carts and animals to the moneylender. But without animals he could not continue to cultivate.

1. How did the peasants pay back the loan to the moneylenders?
2. What was the deed of hire?
3. What light does the deed of hire throw on the relationship between the peasants and the moneylenders? (All India 2013)

Chapter 10 Value Based Questions

Question 20

Read the following passage and answer the question that follows.

When the Santhals settled on the peripheries of the Rajmahal hills, the Paharias resisted but were ultimately forced to withdraw deeper into the hills. Restricted from moving down to the lower hills and valleys, they were confined to the dry interior and to the more barren and rocky upper hills. This severely affected their lives, impoverishing them in the long term. Shifting agriculture depended on the ability to move to newer and newer land and utilisation of the natural fertility of the soil. When the most fertile soils became inaccessible to them, being part of the Damini, the Paharias could not effectively sustain their mode of cultivation. When the forests of the region were cleared for cultivation the hunters amongst them also faced problems. The Santhals, by contrast, gave up their earlier life of mobility and settled down, cultivating a range of commercial crops for the market, and dealing with traders and moneylenders.

1. What effect can be seen on the lives of Paharias when the Santhals were settled on the peripheries of the Rajmahal hills? Discuss.

Question 21 When Santhals cleared most of the parts of the forests region, the hunters amongst the paharias also faced problems. These changes severely affected their lives, impoverishing them in the long term. Read the following passage and answer the question that follow. Over time, peasants came to associate the misery of their lives with the new regime of bonds and deeds. They were made to sign and put thumb impressions on documents, but they did not know what they were actually signing. They had no idea of the clauses that moneylenders inserted in the bonds. They feared the written word. But they had no choice because to survive they needed loans, and moneylenders were unwilling to give loans without legal bonds,

1. How were bonds and deeds became responsible for misery of peasants over time?

GEOGRAPHY ASSIGNMENT-1

CH-9 PLANNING AND SUSTAINABLE DEVELOPMENT IN INDIAN CONTEXT

5 MARKS QUESTION

1. 'The development is mixed bag of opportunities as well as deprivations in India'. Support the statement with the three suitable Example.
2. Mention the three positive impacts of irrigation on Indira Gandhi command area?
3. How has the introduction of Indira Gandhi canal irrigation in the dry lands of Rajasthan influenced the environmental conditions of the region positively? Discuss.

3 MARKS QUESTION

4. Why Bharmaur area contains low density of population?
5. How do drought prone area programme and agro climate planning interrelated?
6. Suggest the three measures of promotion of sustainability in Indira Gandhi canal Command area.
7. Distinguish between sectoral planning and regional planning.

ASSIGNMENT- 2

CH-15 GEOGRAPHICAL PERSPECTIVE ON SELECTED ISSUES

1 MARK QUESTION

1. What is the criterion for the classification of pollution?
2. Mention any two sources of water pollutants created by humans.

3 MARKS QUESTION

3. 'Urban waste is a serious problem in India'. Analyse the statement.
4. What values can help in maintaining pollution free air?

5 MARKS QUESTION

5. a) Justify the statement, 'slum dwellers need help in making the transition from inhabitants of precarious urban settlements to citizens with full human rights and civic responsibilities.'
b) Find out the values associated with it.

CLASS –XII
ASSIGNMENT- 14

SUBJECT – POL SC
TOPIC – Challenges to and Restoration of
Congress System.

1. Why is 1960's called a dangerous decade in the political history of India?
 2. Who succeeded Nehru's as the prime minister of India?
 3. Who was the congress president when Nehru passed away?
 4. For which duration did Shastri remain the prime minister of India?
 5. What were the two challenges faced by shastri?
 6. What happened at Tashkent?
 7. How did indira Gandhi manage to succeed shastri?
 8. Why did Indra Gandhi face problems in the initial years?
 9. Why did congress get less seats in 1967 elections?
- Or
- What kinds of challenges were faced by congress in 1967?
- Or
- What was the context/circumstance preceding 1967 election?
10. What do you mean by non congressism?
 11. Why were 1967 elections describe as political earthquake by many?
 12. Name the political stalwarts of congress who lost 1967 elections?
 13. Name two northern and two southern states where congress lost assembly polls of 1967?
 14. Name the state where a non congress party secured a majority of its own in 1967? Name the party also?
 15. Explain the statement "the elections of 1967 brought into picture the phenomenon of coalition"?
 16. What is defection?
 17. Explain the expression "aya ram,gaya ram"?
 18. What do you mean by the following terms-
 - (a)Syndicate
 - (b)Grand Alliance
 19. Which two challenges were faced by indra Gandhi after the defeat of congress in 1967 elections?
 20. What strategy did congress adopt to meet the challenges after the defeat of 1967 elections?
 21. How did the presidential elections of 1969 cause split in the congress?
 22. What formalised the split of congress?
 23. Which two parties emerged after the congress split in 1969?
 24. Who found grand alliance?
 25. Who gave the following slogans-
 - (a)Garibi Hatao
 - (b)Indira Hatao
 26. Why is it said that the grand alliance of the opposition proved a grand failure in 1971?
 27. How was congress system restored after 1971?

PSYCHOLOGY

THERAPEUTIC APPROACHES

A. Fill in the banks:

1. Psychotherapy aims at _____ the maladaptive behaviors _____ sense of personal distress, and _____ the client to adapt better to her/his environment.
2. Psychotherapy is a _____ relationship between one _____ or the _____; and one who treats or the _____.
3. Psychotherapies may be classified into three broad categories _____, _____ and _____.
4. Different types of psychotherapies differ on multiple parameters. However, they all share common method of _____.
5. Clinical formulation refers to formulating the problem of the client in the _____ being used.
6. According to the behavior therapy, psychological distress arises because of _____.

B. Answer the following, briefly:

1. What is psychotherapy, what are its goals?
2. How is therapeutic relationship different from all other relationships of your life?
3. On what parameters are therapies classified?

C. Answer the following, extensively:

1. Mr X comes to a psychologist with the disorder-PTSD, what are the steps that the psychologist will use in formulating the problem?
2. What is behavior analysis, what are the operations mentioned here, explain using examples.
3. What is anxiety, what are the psychological procedures that are used to manage it? Discuss the role of progressive muscular relaxation and meditation.
4. What is the principle of reciprocal inhibition, explain using example.
5. What is cognitive therapy, explain the fundamental aspects.
6. Why are ethics an important part of psychotherapy, what are these ethics?

LEGAL STUDIES

Q1. What is right to equality? How is a reservation or affirmative action for government jobs to Schedule Castes and Scheduled Tribes protected by the right to equality?

Q2. Identify any two kinds of right to freedoms along with any two grounds of restrictions that take away these freedoms.

Q3. Explain in two to three sentences what is 'right to freedom of religion' as provided in the Indian Constitution.

Q4. Give any one example of fundamental duties provided in the Constitution.

Q5. Identify any two features in the Preamble of the Indian Constitution that indicate its objective of protecting human rights.

Biology worksheet- 1

QUESTION -1

A colour blind girl is rare because she will be born only when

- (1) Her mother and maternal grand father were colour blind
- (2) Her father and maternal grand father were colour blind
- (3) Her mother is colour blind and father has normal vision
- (4) Parents have normal vision but grand parents were colour blind.

Question 2- Procedure that is misused for foeticide but is responsible for carrying out the procedure for testing genetic disorders is:

1. Lactational amenorrhea
2. Artificial insemination
3. Amniocentesis
4. Parturition

Question 3- Several times it has been seen that when transplantation of tissues or organs is done to save patients, the transplantation fails due to the rejection of tissues or organs in the patient's body. Which immune response is responsible for this rejection?

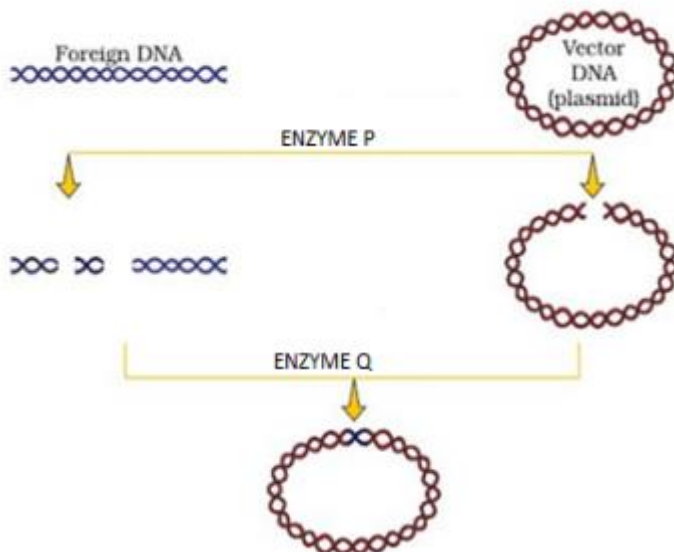
Question 4- Choose the correct reasons for Rheumatoid arthritis for the following:

1. Lymphocytes become more active.
2. The body attacks self cells.
3. More antibodies are produced in the body.
4. The ability to differentiate pathogens or foreign molecules from self cells is lost.

Choose the correct options:

- i) a and b
- ii) c and d
- iii) a and c
- iv) b and d

Question 5- Label the enzymes P & Q responsible for carrying out the following process:



Question 6- A biotechnologist wanted to create a colony of E.coli possessing the plasmid pBR322, sensitive to Tetracycline. Which one of the following restriction sites would he use to ligate a foreign DNA?

1. Sal I
2. Pvu I
3. EcoRI
4. Hind III

Question 7- What is the most important cause of biodiversity loss?

Question 8- How many pollen grains and ovules are likely to be formed in the anther and the ovary of an angiosperm bearing 25 microspore mother cells and 25 megaspore mother cells respectively?

Question 9- An embryo A develops from the synergids and the embryo B develops from the nucellus (in polyembryony). State the ploidy of both the embryos A and B.

Question 10- What is the scientific name of the source organism through which the first antibiotic was produced?

Question 11- What is the technique through which Gene expression can be controlled with the help of an RNA molecule?

Question 12- How does an encysted Amoeba reproduce on the return of favourable conditions?

Question 13- Answer the following:

- a. Define Gemmules and Conidia.
- b. Name the organisms for both of them in which they are formed.

Question 14- How IUD's acts as a contraceptive? Mention any two copper-related IUD's.

Question 15- Why the inheritance pattern in human beings can't be studied in human beings as it is done in the pea plant? Is there any alternate method to study the inheritance in human beings? If yes, state.

Question 16- State the technology used by the scientist to recover virus-free sugarcane plants for crop breeding experiments from the diseased sugarcanes.

Question 17- Explain the events that occur in the host cell on the introduction of a nematode-resistant gene into the tobacco plant by using Agrobacterium vectors.

QUESTION 18- In a cross between AABB X aabb , the ratio of F2 genotype between AABB,AaBB,Aabb and aabb would be

QUESTION 19-

Male pattern baldness is a _____ trait

- (1) sex-linked
- (2) sex-limited
- (3) sex-influenced
- (4) Y-linked

QUESTION -20

Find out the mismatched pair.

- | | |
|-----------------------|------------------------|
| (A) Haemophilia | - Sex linked recessive |
| (B) Cystic fibrosis | - Autosomal recessive |
| (C) Down's syndrome | - Trisomy 21 |
| (D) Turner's syndrome | - Y-linked |

Worksheet-2

1. Which of the following are reasons for Mendel's success?

- (i) Usage of pure lines or pure breeding varieties.
 - (ii) Consideration of one character at a time.
 - (iii) Maintenance of statistical records of experiments.
 - (iv) Knowledge of linkage and incomplete dominance.
- (A) (i) and (ii) only (B) (i), (ii) and (iii)
(C) (i) and (iv) only (D) (ii), (iii) and (iv)

Read the given statements and select the correct option.

Statement 1: The law of segregation is one of the most important contributions to the biology.

Statement 2: It introduced the concept of heredity factors as discrete physical entities which do not become blended.

- (A) Both statements 1 and 2 are correct and statement 2 is the correct explanation of statement 1.
(B) Both statements 1 and 2 are correct but statement 2 is not the correct explanation of statement 1.
(C) Statement 1 is correct and statement 2 is incorrect.
(D) Both statements 1 and 2 are incorrect.

Question 3 State the Mendelian principle which can be derived from a dihybrid cross and not from monohybrid cross.

Question 4- How does the gain or loss of chromosome(s) take place in humans? Describe one example each of chromosomal disorder along with the symptoms involving an autosome and a sex chromosome.

Such an individual has overall masculine development. Feminine development is also expressed by the development of breast/ Gynaecomastia. Such individuals are sterile.

Question 5-

A small stretch of DNA that codes for a polypeptide is given below
 3'----- CAT CAT AGA TGA AAC----- 5'

a.) Which type of mutation could have occurred in each type resulting in the following mistakes during replication of the above original sequence?

- i. 3'CAT CAT AGA TGA ATC... ..5'
- ii. 3'CAT ATA GAT GAA AC... .. 5'

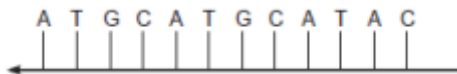
b.) How many amino acids will be translated in each of the above two cases?

Question 6- “Specific Bt Toxin gene is incorporated into the cotton plant so as to control the infestation of Bollworm”. Mention the organism from which the gene was isolated and explain its mode of action.

Question 7- “Apomixes is a form of asexual reproduction that mimics sexual reproduction in plants.” Explain.

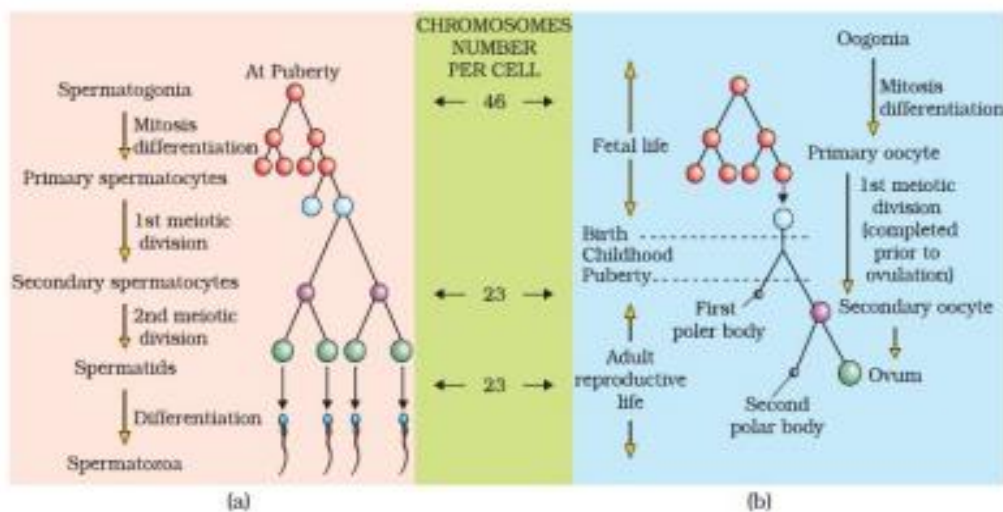
Question 8- Answer the following:

a) Construct a complete transcription unit with promoter and terminator on the basis of the hypothetical template strand given below:



- b) Write the RNA strand transcribed from the above transcription unit along with its polarity.
- c) Mention two events in which DNA is unzipped.
- d) Predict the consequences when both the template and the coding strands of a DNA segment participate in the transcription process?

QUESTION 9-



With reference to the above schematic diagram of Spermatogenesis (a) and Oogenesis (b), answer the following:

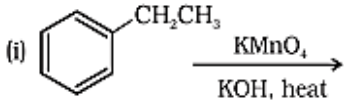
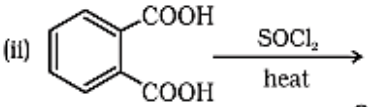
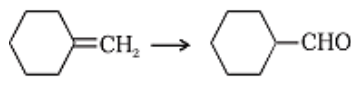
- a) About 300 million spermatozoa may be present in a human male ejaculation at one time. Calculate how many spermatocytes will be involved to produce this number of spermatozoa.
- b) How many spermatids will be formed?
- c) How many chromatids are found during Oogenesis in Primary oocyte and First polar body in a human female?

QUESTION -10.

Aneuploidy of chromosomes in human beings results in certain disorders. Draw out the possibilities of the karyotype in common disorders of this kind in human beings and its consequences in individuals.

QUESTION11. Differentiate between spermatogenesis and oogenesis.

CHEMISTRY-XII
WORKSHEET-1
ORGANIC CHEMISTRY

1. Write IUPAC name of $\text{CH}_3\text{CH}(\text{OCH}_3)\text{CHO}$ 1
2. Write the structures of the 2-Hydroxycyclopentane carbaldehyde 1
3. Arrange the following compounds in increasing order of their boiling points. 1
 CH_3CHO , $\text{CH}_3\text{CH}_2\text{OH}$, CH_3OCH_3 , $\text{CH}_3\text{CH}_2\text{CH}_3$
4. Which acid of each pair shown here would you expect to be stronger? formic acid or acetic acid and why 2
5. Arrange the following compounds in increasing order of their reactivity in nucleophilic addition reactions. 2
 (i) Ethanal, Propanal, Propanone, Butanone.
 (ii) Benzaldehyde, p-Tolualdehyde, p-Nitrobenzaldehyde, Acetophenone.
6. Give plausible explanation for each of the following: 2
 (i) Cyclohexanone forms cyanohydrin in good yield but 2,2,6-trimethylcyclohexanone does not.
 (ii) There are two $-\text{NH}_2$ groups in semicarbazide. However, only one is involved in the formation of semicarbazones.
7. Describe the following name reactions: (i) Etard reaction (ii) Cannizzaro reaction 2
8. An organic compound with the molecular formula $\text{C}_9\text{H}_{10}\text{O}$ forms 2,4-DNP derivative, reduces Tollens' reagent and undergoes Cannizzaro reaction. On vigorous oxidation, it gives 1,2-benzenedicarboxylic acid. Identify the compound. 2
9. How will you convert ethanal into the following compounds? 2
 (i) Butane-1,3-diol (ii) But-2-enal (iii) But-2-enoic acid
10. Complete each synthesis by giving missing starting material, reagent or products 3
 (i)  (ii)  (iii) 
11. Give chemical test for following pair of compound 3
 (i) acetaldehyde and acetone
 (ii) Acetophenone and Benzophenone
 (iii) Pentan-2-one and Pentan-3-one
12. Write chemical reactions to affect the following transformations: 3
 (i) 3-Nitrobromobenzene to 3-nitrobenzoic acid
 (ii) Cyclohexene to hexane-1,6-dioic acid
 (iii) But-2-enal to But-2-enoic acid.
13. An organic compound with the molecular formula $\text{C}_9\text{H}_{10}\text{O}$ forms 2,4-DNP derivative, reduces Tollens' reagent and undergoes Cannizzaro reaction. On vigorous oxidation, it gives 1,2-benzenedicarboxylic acid. Identify the compound. 3
14. How will you prepare the following compounds from benzene? You may use any inorganic reagent and any organic reagent having not more than one carbon atom 3
 (i) Methyl benzoate
 (ii) m-Nitrobenzoic acid
 (iii) Phenylacetic acid

CHEMISTRY-XII
WORKSHEET-2
ORGANIC CHEMISTRY

1. Write the formulas for the Tetraamminediaquacobalt(III) chloride 1
 2. Draw Out of the following two coordination entities which is chiral (optically active)? 1
(a) cis-[CrCl₂(ox)₂]³⁻ (b) trans-[CrCl₂(ox)₂]³⁻
 3. Ti(H₂O)₆ Cl₃ is coloured which on heating becomes colourless. Why? 1
 4. Using IUPAC norms write the formulas for the following: 2
(i) Tetrahydroxozincate(II) (ii) Potassium tri(oxalato)chromate(III)
 5. How many geometrical isomers are possible in the following coordination entities? 2
(i) [Cr(C₂O₄)₃]³⁻ (ii) [Co(NH₃)₃Cl₃]
 6. Explain [Co(NH₃)₆]³⁺ is an inner orbital complex whereas [Ni(NH₃)₆]²⁺ is an outer orbital complex. 2
 7. Indicate the types of isomerism exhibited by the following complexes and draw the structures for these isomers: 2
 - i. K[Cr(H₂O)₂(C₂O₄)₂]
 - ii. [Co(en)₃]Cl₃
 - iii. [Co(NH₃)₅(NO₂)](NO₃)₂
 - iv. [Pt(NH₃)(H₂O)Cl₂]
 8. : Explain on the basis of valence bond theory that [Ni(CN)₄]²⁻ ion with square 2
 9. [NiCl₄]²⁻ is paramagnetic while [Ni(CO)₄] is diamagnetic though both are tetrahedral. Why? 2
 10. On the basis of the following observations made with aqueous solutions, assign secondary valences to the first and forth metals in the following compounds: 3
- | Formula | Moles of AgCl precipitated per mole of the compounds with excess AgNO ₃ |
|-------------------------------------------|------------------------------------------------------------------------------------|
| (i) PdCl ₂ .4NH ₃ | 2 |
| (ii) NiCl ₂ .6H ₂ O | 2 |
| (iii) PtCl ₄ .2HCl | 0 |
| (iv) CoCl ₃ .4NH ₃ | 1 |
| (v) PtCl ₂ .2NH ₃ | 0 |
11. Write the IUPAC names of the following coordination compounds: 3
 - (i) [Pt(NH₃)₂Cl(NO₂)] (ii) K₃[Cr(C₂O₄)₃] (iii) [CoCl₂(en)₂]Cl
 - (iv) [Co(NH₃)₅(CO₃)]Cl (v) Hg[Co(SCN)₄]
 12. Draw all the isomers (geometrical and optical) of: (i) [Co(NH₃)Cl(en)₂]²⁺ (ii) [CoCl₂(en)₂]⁺ (iii) [Co(NH₃)₂Cl₂(en)]⁺ 3
 13. Aqueous copper sulphate solution (blue in colour) gives: (i) a green precipitate with aqueous potassium fluoride, and (ii) a bright green solution with aqueous potassium chloride Explain these experimental results. 3
 14. Discuss the nature of bonding in the following coordination entities on the basis of valence bond theory: (i) [Fe(CN)₆]⁴⁻ (ii) [FeF₆]³⁻ (iii) [Co(C₂O₄)₃]³⁻ 3

INFORMATICS PRACTICES ASSIGNMENT-1(DATAFRAME)

Q1. Create dataframe for the following data

Name	Jan	Feb	Mar	Apr	May	Jun
Ajay	10	21	23	31	7	22
Vijay	13	17	12	29	14	16
Sanjay	17	15	16	13	18	10
Ajit	45	21	7	34	22	34
Vikas	22	56	76	34	22	16
Vipul	12	17	22	36	31	23
Rakesh	31	86	27	41	32	22

- Q2. Use the above created Dataframe in Q.7 and perform the following :
- Show the sales data of "Vikas" for all the months
 - Show the Sales data of all the sales person for the month of APR
 - Display first 3 records with first 2 columns using iloc method
 - Display first 3 sales person data for all the months and last 3 person data for all the months using head() and tail () methods. Also perform the same task using loc and iloc (forward and reverse Indexing method respectively)
 - Drop the sales data of Vikas on temporary basis using both variations of DROP method.

Q3. Create an example of dataframe from list with 4 columns ,6 rows and perform following operations

- change default indexing
- add a new row
- add a new column
- display 3rd row
- store it in csv file

INFORMATICS PRACTICES ASSIGNMENT - 2 (DATAFRAME)

Q1. Create the following dataframes:

- CricketPlayers from a list of dictionaries containing names of five cricket players, number of matches played and Average Score.
- Items from a list of dictionaries containing names of five items, cost price, sales price, discount(if any).
- Result from a dictionary of series containing rollnumber of 6 students and their percentage in last five years.
- Monuments from a dictionary of series containing names of 10 monuments, their year of built, place and who built them.
- Countries from a list of dictionaries containing names of 10 countries, its national animal, bird and currency.

Q2. Consider the following dataframe RESULTSHEET:

	UT1	Half Yearly	UT2	Final
Sharad	57	83	49	89
Mansi	86	67	87	90
Kanika	92	78	45	66
Ramesh	52	84	55	78
Ankita	93	75	87	69
Pranay	98	79	88	96

Here, Names of the students are row labels and term names (UT1, Half Yearly, UT2 and Final) are the column labels. Answer the following questions based on the above dataframe:

a) the row labels from student name to roll numbers from 1 to 6.

Change the column labels to Term1, Term2, Term3, Term4.

b) Add a new column Internal Assessment with values 'A', 'A', 'B', 'A', 'C', 'B'

c) Add a new row for the student with name = Asatha and marks equal to 49, 56, 75, 58.

d) Delete the first row

e) Delete the third column

f) Rename Mansi to Mahak

g) Display 2nd row with all columns

h) Display marks in Half Yearly and Final of all students

I) Display all marks of students from Mansi to Ankita

j) Display marks of Mansi to Ankita in UT1 and UT2

k) Display marks of Kanika and Ankita in Half Yearly and Final

l) Display first 3 records

m) Display last four records

C.S.
ASSIGNMENT-1
PYTHON PROGRAMMING

1. Write a Python program to implement a stack using a list data- structure.
2. Write a python Program to implement Queue using a list data structure
3. Write a function in Python to check the primality of an integer number. Also implement this function in a Python Program.
4. Write a function in Python to swap() first half of the elements with the second half of the elements. Also implement this function in a Python Program

Example:

List = [1,2,3,4,5,6,7,8,9,10]

Result = [6,7,8,9,10,1,2,3,4,5]

5. Write a recursive function in Python to find the factorial of a natural number. Also implement this function in a Python Program.
6. Write a recursive function in python to find out the sum of digits of any integer number. Also implement this function in a Python program.
7. Write a recursive function to compute the nth Fibonacci number. Also implement this function in a Python Program.
8. Write a recursive function in Python to find the sum of all elements of a list. Also implement this function in a Python Program
9. Write a recursive Python program to test if a string is a palindrome or not.
10. Write a Python Program to read a text file. Find out the total number of words available in this file.
11. Write a program in Python to read a text file line by line and print it on the screen.
12. Write a program in python to read a text file and remove all the lines that contain the character `a` in a file and write it to another file.

EAST POINT SCHOOL
CLASS-XII
ASSIGNMENT-2
PYTHON FUNCTIONS

1	Function name must be followed by _____
2	_____ keyword is used to define a function
3	Function will perform its action only when it is _____
4	<p>Write statement to call the function.</p> <pre>def Add(): X = 10 + 20 print(X) _____ #statement to call the above function</pre>
5	<p>Write statement to call the function.</p> <pre>def Add(X,Y): Z = X+Y print(Z) _____ #statement to call the above function</pre>
6	<p>Write statement to call the function.</p> <pre>def Add(X,Y): Z = X+Y return Z _____ #statement to call the above function print("Total =",C)</pre>
7	<p>Which Line Number Code will never execute?</p> <pre>def Check(num): if num%2==0: print("Hello") return True print("Bye") else: return False C = Check(20) print(C)</pre> <p style="margin-left: 40px;">#Line 1 #Line 2 #Line 3 #Line 4 #Line 5 #Line 6 #Line 7</p>
8	<p>What will be the output of following code?</p> <pre>def Cube(n): print(n*n*n) Cube(n) # n is 10 here print(Cube(n))</pre>

9	What are the different types of actual arguments in function? Give example of any one of them.
10	<p>What will be the output of following code:</p> <pre>def Alter(x, y = 10, z=20): sum=x+y+z print(sum) Alter(10,20,30) Alter(20,30) Alter(100)</pre>
11	<p>Ravi a python programmer is working on a project, for some requirement, he has to define a function with name CalculateInterest(), he defined it as:</p> <pre>def CalculateInterest(Principal,Rate=.06,Time): # code</pre> <p>But this code is not working, Can you help Ravi to identify the error in the above function and what is the solution.</p>
12	<p>Call the given function using KEYWORD ARGUMENT with values 100 and 200</p> <pre>def Swap(num1,num2): num1,num2=num2,num1 print(num1,num2)</pre> <p>Swap(_____,_____)</p>
13	<p>Which line number of code(s) will not work and why?</p> <pre>def Interest(P,R,T=7): I = (P*R*T)/100 print(I)</pre> <p>Interest(20000,.08,15) #Line 1 Interest(T=10,20000,.075) #Line 2 Interest(50000,.07) #Line 3 Interest(P=10000,R=.06,Time=8) #Line 4 Interest(80000,T=10) #Line 5</p>
14	<p>What will be the output of following code?</p> <pre>def Calculate(A,B,C): return A*2, B*2, C*2</pre> <p>val = Calculate(10,12,14) print(type(val)) print(val)</p>
15	What is Local Variable and Global Variables? Illustrate with example

PAINTING (THEORY)

CHAPTER 5-THE DECCAN SCHOOL OF MINIATURE PAINTING

PAINTINGS: 1) CHAND BIBI PLAYING POLO

2) HAZRAT NIZAMUDDIN AULIYA AND AMIR KHUSRO

MULTIPLE CHOICE QUESTIONS

Q.1) What is the time period of the painting 'Chand Bibi playing polo' of Deccan school?

- A. 17th Century
- B. 16th Century
- C. 18th Century
- D. 19th Century

Q.2) The painting 'Hazrat Nizamuddin Auliya and Amir Khusro' belongs to which sub-school of Deccan school?

- A. Bijapur
- B. Hyderabad
- C. Ahmednagar
- D. None of the above

SHORT ANSWER TYPE QUESTIONS

Q.1) Write a short note on the description of the painting 'Chand Bibi playing polo'.

Q.2) Write a short note on the subject matter of the painting 'Hazrat Nizamuddin Auliya and Amir Khusro'.

HINDI

प्रश्न 1. वसंत आगमन की सूचना कवि को कैसे मिली?

प्रश्न 2. 'कोई छः बजे सुबह.....फिरकी सी आई, चली गई'- पंक्ति में निहित भाव स्पष्ट कीजिए।

प्रश्न 3. 'वसंत पंचमी' के अमुक दिन होने का प्रमाण कवि ने क्या बताया और क्यों?

प्रश्न 4. 'और कविताएँ पढ़ते रहने से....आम बौर आवेंगे'- में निहित व्यंग्य को स्पष्ट कीजिए।

प्रश्न 5. अलंकार बताइए:

(क) बड़े-बड़े पियराए पत्ते

(ख) कोई छह बजे सुबह जैसे गरम पानी से नहाई हो

(ग) खिली हुई हवा आई, फिरकी-सी आई, चली गई

(घ) कि दहर-दहर दहकेंगे कहीं ढाक के जंगल

प्रश्न 6. किन पंक्तियों से ज्ञात होता है कि आज मनुष्य प्रकृति के नैसर्गिक सौंदर्य की अनुभूति से वंचित है?

प्रश्न 7. 'प्रकृति मनुष्य की सहचरी है' इस विषय पर विचार व्यक्त करते हुए आज के संदर्भ में इस कथन की वास्तविकता पर प्रकाश डालिए।

प्रश्न 8. 'वसंत आया' कविता में कवि की चिंता क्या है? उसका प्रतिपाद्य लिखिए?

प्रश्न 9. 'पत्थर' और 'चट्टान' शब्द किसके प्रतीक हैं?

प्रश्न 10. कवि को धरती और मन की भूमि में क्या-क्या समानताएँ दिखाई पड़ती हैं?

प्रश्न 11. भाव-सौंदर्य स्पष्ट कीजिए-

मिट्टी में रस होगा ही जब वह पोसेगी बीज को

हम इसको क्या कर डालें इस अपने मन की खीज को?

गोड़ो गोड़ो गोड़ो

प्रश्न 12. कविता का आरंभ 'तोड़ो तोड़ो तोड़ो' से हुआ है और अंत 'गोड़ो गोड़ो गोड़ो' से। विचार कीजिए कि कवि ने ऐसा क्यों किया?

प्रश्न 13. ये झूठे बंधन टूटें तो धरती को हम जानें, यहाँ पर झूठे बंधनों और धरती को जानने से क्या अभिप्राय हैं?

प्रश्न 14. 'आधे-आधे गाने' के माध्यम से कवि क्या कहना चाहता है?

FINANCIAL MARKET MANAGEMENT

ASSIGNMENT 1

- Q1. How to log out from NEAT screen?
Q2. Discuss the features of USER ID and PASSWORD.
Q3. Explain the details displayed on log-on screen.

ASSIGNMENT 2

- Q1. Explain the details of market watch window.
Q2. What is MBP?
Q3. Explain special features of MBP.

YOGA

- Q1- Enlist the significance of Hath Yoga.
Q2- What are concept of Health living style in Bhagavad Gita?
Q3- What are symptoms of cervical disease?

PHYSICAL EDUCATION

Physiology and Injuries in Sports

Q1- Flexibility is not determined by which physiological factors?

- (a) Muscle strength
- (b) Age, gender
- (c) Injury
- (d) Aerobic capacity

Q2- Match the following

- | | |
|----------------|----------------------|
| 1. Speed | A. Age/gender |
| 2. Strength | B. Aerobic capacity |
| 3. Endurance | C Muscle size |
| 4. Flexibility | D Explosive strength |

- A. 1D, 2C, 3B, 4A
- B. 1C, 2B, 3A, 4D
- C. 1B, 2D, 3A, 4C
- D. 1A, 2B, 3D, 4C

Q3- Discuss the physiological factors, determine the strength as a component of physical fitness?

Q4- Describe the physiological factor determine the speed?

Q5- Explain the five effect of exercise on the cardiorespiratory system.