# RMY PUESUC M OL JORHAT 

 A)

## ARMY PUBLIC SCHOOL JORHAT

CLASS: XII Commerce (2023-24)

allomework

DATE OF SUBMISSION: 12.07.2023


| SUBJECT |  |
| :---: | :---: |
| Accountancy | (6) |
| Business Studies | (6) |
| Applied Mathematics | (6) |
| Economics | (6) |
| English | (6) |
| IP | (6) |
| Physical Education | (6) |
| Psychology | (6) |



## Accountancy

## HOLIDAYS HOME WORK FOR ACCOUNTANCY

A, B, C, D, X, Y and $Z$ are partners in a firm. During the year A withdrew $₹ 300$ at the beginning of the each month. B withdrew ₹ 600 at the end of the each month. C withdrew ₹ 500 at the middle of the each month. D month. B withdrew ₹ 600 at the end of the each month. C withdrew ₹ 500 at the middle of the each month. D
withdrew ₹ 1,000 at the beginning of the each quarter. X withdrew $₹ 2,000$ at the end of the each quarter. Y withdrew $₹ 5,000$ during the year. Z withdrew the following:-

|  | $(₹)$ |
| :--- | ---: |
| April 30, 2017 | 6,000 |
| June 30, 2017 | 4,000 |
| September 1, 2017 | 8,000 |
| December 31, 2017 | 3,000 |
| February 28, 2018 | 5,000 |

Interest on drawing is to be charged @ $12 \%$ p.a. calculate interest on drawings for the year 31st March 2018.
A, B and C are partners in a firm. Their capital accounts showed the balance on 1st April 2017 as $₹ 20,000$; ₹ 15,000 and $₹ 10,000$ respectively. During the year A withdrew ₹ 400 at the beginning of the each month. B withdrew $₹ 500$ at the end of the each month. C withdrew $₹ 800$ at the middle of the each month for six month ending 30th September 2017. Interest on drawing is to be charged @ $12 \%$ p.a. Calculate interest on drawings of each partner.
$2 \quad \mathrm{~A}$ and B are partners in a firm sharing profit and losses in the ratio of $2: 1$. They decide to admit C as a new partner for $1 / 3$ share on 01.04 .2018 . For this purposegoodwill of the firm is to be valued on the basis of two years purchases of the average profits for the last 3 years. The profits of the firm for the last three years were:
Year ending Profit/(Loss) (₹)
31st March 2016
31st March 2017
3,00,000

31st March 2018

$$
(1,00,000)
$$

2,50,000
Additional Information:
(i) There was an abnormal loss of ₹ 30,000 in the year 31st March, 2016.
(ii) Closing Stock as on 31st March, 2018 was overvalued by ₹ 30,000 .
(Premium for Goodwill is paid in Kind) L and M are partners in a firm sharing profits in the ratio of $3: 1$. They admitted $O$ as a new partner. L surrender $1 / 4$ of his share and $M$ surrender $1 / 3$ of his share in favour of $O$. $O$ brought the following assets towards his share of capital and goodwill: Stock ₹ 40,000 , Debtors ₹ 60,000 , Land ₹ $1,00,000$, Plant $₹ 60,000$. The goodwill of the firm was valued at $₹ 4,80,000$. Record the necessary journal entries for the same.

A business has earned average profits of $₹ 1,00,000$ during the last few years and the normal rate of return in similar business is $10 \%$. Find out the value of goodwill by:
(i) Capitalisation of super profit method and
(ii) Super profit method if the goodwill is valued at 3 years' purchase of super profit.

The assets of the business were $₹ 10,00,000$ and its external liabilities $₹ 1,80,000$.
J and $K$ are partners in a firm. Their capitals are $J ₹ 3,00,000$ and $K ₹ 2,00,000$. During the year ended 30.3.2010 the firm earned a profit of $₹ 1,50,000$. Assuming that the normal rate of return is $20 \%$, calculate the value of goodwill of the firm.
(i) By capitalisation method and
(ii) By super profit method if the goodwill is valued at 2 years' purchase of super profit.

7 (Not able to bring cash for Premium for Goodwill) Amar and Samar were partners in a firm sharing profits and losses in $3: 1$ ratio. They admitted Kanwar for $1 / 4$ share of profits. Kanwar could not bring his share of goodwill premium is cash. The goodwill of the firm was valued at $₹ 80,000$ on Kanwar's admission. Record necessary journal entry for goodwill on Kanwar's admission.

8 Anita, Asha and Amrit are partners sharing profits in the ratio of $3: 2: 1$ respectively. From 1st April, 2018, they decided to share profits in the ratio of $1: 3: 2$. The partnership deed provides that in the event of any change in profit sharing ratio, the goodwill should be valued at three years purchase of the average of five years profits. The profits and losses of the preceding five years are : Profits 2013-14 - ₹ $1,20,000 ; 2014-15$ - ₹ $3,00,000 ; 2015-16$ - ₹ 3,40,000; 2016-17 - ₹ $3,80,000 ; 2017-18$ - ₹ $1,40,000$ (Loss).
Showing the working clearly, give the necessary journal entry to record the above change.
9 The Partnership agreement between Maneesh and Girish provides that:
(i) Profits will be shared equally;
(ii) Maneesh will be allowed a salary of ₹ 400 p.m;
(iii) Girish who manages the sales department will be allowed a commission equal to $10 \%$ of the net profits, after allowing Maneesh's salary;
(iv) $7 \%$ p.a. interest will be allowed on partner's fixed capital;
(v) $5 \%$ interest will be charged on partner's annual drawings;
(vi) The fixed capitals of Maneesh and Girish are $₹ 1,00,000$ and $₹ 80,000$ respectively. Their annual drawings are ₹ 16,000 and $₹ 14,000$ respectively. The net profit for the year ending March 31, 2013 amounted to ₹ 40,000 .
Prepare firm's Profit and Loss Appropriation Account.
10 A and B entered into partnership on 1st April, 2016 without any partnership deed. They introduced capitals of ₹ $5,00,000$ and $₹ 3,00,000$ respectively. On 31 st October, 2016, A advanced $₹ 2,00,000$ by way of loan to the firm without any agreement as to interest.
The profit and loss account for the year ended 31.03 .2017 showed a profit $₹ 4,30,000$ but the partners could not agree upon the amount of interest on loan to be charged and the basis of division of profits.
Pass a journal entry for the distribution of profit between the partners.
11 K and P were partners in a firm sharing profits in $4: 3$ ratio. Their capitals on 01.04 .2017 were:
$K ₹ 80,000$ and $P$ ₹ 60,000 . The partnership deed provided as follows:
(i) Interest on capital and drawings will be allowed and charged @ $12 \%$ p.a. and $10 \%$ p.a. respectively.
(ii) K and P will be entitled to a monthly salary of $₹ 2,000$ and $₹ 3,000$ respectively.

The profits for the year ended 31.03 .2018 were $₹ 1,00,300$. The drawings of $K$ and $P$ were $₹ 40,000$ and ₹ 50,000 respectively.
Prepare Profit and Loss Appropriation Account and Capital Account of K and P for the year ended 31.3.2017 assuming that the capitals of the partners were: (i) fluctuating. (ii) Fixed.

12 X and Y are partners in a firm sharing profits in the ratio of $3: 2$. On 1 April 2017 their fixed capitals were ₹ $3,00,000$ and $₹ 2,50,000$ respectively. On 1.7.2017 they decided that their total fixed capital should be ₹ $6,00,000$. They further decided that this capital should be in their profit sharing ratio. Accordingly, they introduced extra capital or withdrew excess capital. The partnership deed provided for the following:
(i) Interest on capital @ $12 \%$ p.a.
(ii) Interest on drawings @ $18 \%$ p.a.
(iii) A monthly salary of $₹ 2,000$ to X and a monthly salary of $₹ 1,500$ to Y . The drawings of X and Y during the year as follows:

| Year 2017-18 | X (₹) | Y (₹) |
| :--- | :---: | :---: |
| June 30 | 20,000 | 15,000 |
| September 30 | 20,000 | 25,000 |

During the year ended 31.03 .2018 , the firm earned a net profit of $₹ 1,50,000.10 \%$ of this profit was to be transferred to general reserve. You are required to prepare:
(i) P \& L Appropriation A/c (ii) Partner's Capital A/c (iii) Partner's Current A/c.

13 Ankur and Bobby were into the business of providing software solutions in India. They were sharing profits and losses in the ratio $3: 2$. They admitted Rohit for a $1 / 5$ share in the firm. Rohit, an alumni of IIT, Chennai would help them to expand their business to various South African countries where he had been working earlier. Rohit is guaranteed a minimum profit of ₹ $2,00,000$ for the year. Any deficiency in Rohit's share is to be borne by Ankur and Bobby in the ratio $4: 1$. Losses for the year ₹ $10,00,000$. Pass the necessary journal entries.
$\mathrm{A}, \mathrm{B}$ and C sharing profits and losses in the ratio of $2: 2: 1$. D was admitted as a new partner with $1 / 5$ share in profit in the firm on 31-03-2017. An extract of their Balance Sheet as at 31st March, 2017 was as follows:

| Liabilities | $(₹)$ | Assets | $(₹)$ |
| :--- | :---: | :--- | :---: |
| Investment Fluctuation Fund | 90,000 | Investment | $3,00,000$ |

Show the accounting treatment investment fluctuation fund in each of the following alternative cases:
Case 1. If there is no other information.
Case 2. If the market value of investments is $₹ 3,00,000$.
Case 3. If the market value of investments is $₹ 2,60,000$.
Case 4. If the market value of investments is $₹ 2,00,000$.
Case 5. If the market value of investments is $₹ 3,50,000$.
X and Y were partners in a firm sharing profits in the ratio of $3: 2$. On 31.3.2017 their Balance Sheet was as follows:

| Liabilities | Amount (₹) | Assets | Amount $(₹)$ |  |
| :--- | ---: | ---: | :--- | ---: |
| Sundry Creditors | 50,000 | Land and Building | $1,00,000$ |  |
| Bills Payable | 20,000 | Machinery | 80,000 |  |
| Outstanding Expenses |  | 10,000 | Stock | $1,00,000$ |
| Capital Accounts : |  | Debtors | 40,000 |  |
| X | $1,80,000$ |  | Cash | 10,000 |
| Y | 70,000 | $2,50,000$ |  |  |
|  |  | $3,30,000$ |  | $3,30,000$ |

On the above date, Z was admitted as a new partner in the firm for $1 / 4$ th share in the profits on the following terms :
(i) Z will bring $₹ 1,20,000$ for his capital and $₹ 20,000$ for his share as premium for goodwill.
(ii) Machinery was to be depreciated by $10 \%$ and Land and Building was to be appreciated by $₹ 30,000$.
(iii) Stock was overvalued by $₹ 20,000$.
(iv) A provision of $5 \%$ was to be created for doubtful debts.
(v) Salary outstanding was $₹ 5,000$.

Prepare Revaluation Account, Partners' Capital Accounts and the Balance Sheet of the new firm.
16 Given below is the Balance Sheet of Krishna and Suresh who are partners in a firm sharing profits in the ratio of 3 :
2.

| Liabilities |  | Amount (₹) | Assets | Amount (₹) |
| :---: | :---: | :---: | :---: | :---: |
| Creditors <br> Reserves <br> Capital Accounts : <br> Krishna <br> Suresh |  | 15,000 | Plant and Machinery | 30,000 |
|  |  | 5,000 | Patents | 5,000 |
|  |  |  | Furniture | 3,000 |
|  | 30,000 |  | Stock | 16,000 |
|  | 20,000 | 50,000 | Debtors | 15,000 |
|  |  |  | Cash | 1,000 |
|  |  | 70,000 |  | 70,000 |

On that date, Mohan is admitted as a partner for $1 / 5$ th share on the following terms :
(i) He is to contribute $₹ 14,000$ as his share of capital which includes his share of premium for goodwill.
(ii) Goodwill is valued at 2 years' purchase the average profits of the last 4 years, which were ₹ 10,000 ; ₹ 9,000 ; ₹ 8,000 and $₹ 13,000$ respectively.
(iii) Plant to be written down to ₹ 25,000 and patents written up by ₹ 8,000 .
(iv) Unrecorded investment $₹ 7,000$ is to be brought into books

Prepare Revaluation Account, Partners' Capital Accounts and the Balance Sheet of the new firm.

## Business Study

## HOLIDAYS HOME WORK FOR BUSINESS STUDIES

Explain briefly any five features of management.
2 "Management is a profession like medical or legal profession." Do you agree with this statement ? Give any four reasons in support of your answer.
3 Identify the functions of the management: (a) Motivating empolyees and giving instructions to them to perform the tasks assigned to them. (b) Recruitment and selection of the personnel. (c) Finding out deficiencies in implementation of plans. (d) Preparing a blueprint for future. (e) Process of defining and grouping activity of an enterprise to establish authority relationship.
4 Vikas has completed his C.A. by clearing a specified examination by the Institute of Chartered Accountant of India. No body can become a C.A. without this step. He is working as finance manager in Kajaria Ltd. which is involved in manufacturing of tiles. There are other Chartered Accountants, too, in the company but Vikas has the reputation of creative application of existing theoretical knowledge which he has gained during his education.
He integrates the activities of finance department with production and sales department due to which performance of the company is geting better day-by-day.
(a)Mention the characteristic of profession discussed above.
(b) At which level of management Vikas is working in the company?
(c) Which nature of management is mentioned above?
(d) Name the concept of management which Vikas is performing by integrating the activities of his department with other departments. Give one importance of this concept.
5 Mr . Taneja is the Chairman of Navyug Ltd. which is involved in manufacturing of new year diaries since last two decades. He is responsible for the welfare and survival of the organisation. On an average, if a diary costs $₹ 100$ (including paper, printing, binding etc.) then company has a policy of selling it at MRP of ₹ 125 , thereby earning a margin of $25 \%$ on cost.
The management, in order to exploit the growth potential of the company fully, is planning to add table calenders and telephone diaries also. Due to this addition of new products, number of employees have to be doubled and, hence sales volume would also increase. Different corporates are also giving bulk orders to the company during Diwali season. Reputation of the company is growing day-by-day. The paper material used by the company is recyclable and not harmful for the environment, i.e., eco-friendly. Some part of the profit, earned by the company, is also donated to old age
homes and blind school.
(a) By quoting lines from the given paragraph, list the objectives of management mentioned.
(b) In which category of objectives of management, the given objectives come?
(c) List any two values which are communicated to the society by the company.
(d) At which level of management is Mr. Taneja working?

6 The profits and market share of Dana Choga, which was in food catering and bakery business, started declining. The customers were annoyed as many a times they did not get what they had ordered for. The chef was always short tempered as the ingredients required by him were usually not available, the store manager complained that he always ordered whatever requisitions were given to him but then also he was blamed, the delivery boys were frequently late to deliver, the person at the reception always complained that the orders taken by her were not met promptly.
(a) State which quality of management is missing in the above organization.
(b) Also, highlight the importance of this quality of management.

7 'Aapka Vidyalaya' believes in holistic development of students and encourages team building through a mix of curricular, co-curricular and sports activities. On its founders day a stage performance had to be put up. A committee of ten prefects was constituted to plan different aspects of the function. They all decided to use recycled paper for decoration. There was a spirit of unity and harmony and all members supported each other. With mutual trust and belongingness the programme was systematically planned and executed. Kartik, one of the prefectsrealised that unknowingly the group had applied one of the principles of management while planning and executing the programme. He was so inspired by the success of the function that he asked his father to apply the same principle in his business. His father replied that he was already using this principle.
(a) Identify the principle of management applied for the success of the programme.
(b) State any two features of management highlighted in the above para.
(c) Identify any two values which 'Aapka Vidyalaya' communicated to the society.

8 Voltech Ltd. is engaged in producing electricity from domestic garbage. There is almost equal division of work and responsibility between workers and management. The management even takes workers into confidence before taking important decisions. All the workers are satisfied as the behaviour of management is good.
(a) State and explain briefly the principles of management described in above para.
(b) Identify the value which the company wants to communicate to the society.

9 Distinguish between the principles of 'unity of direction' and 'unity of command' on the basis of (a) meaning (b) aim.
10 Distinguish between 'Motion study' and 'Time study' on the basis of meaning and purpose.
11 Principles of Taylor and Fayol are mutually complementary. One believed that management should not close its ears to constructive suggestions made by the employees, while the other suggested that a good company should have an employee suggestion system, whereby suggestions which result in substantial time or cost reduction should be rewarded.
Identify and explain the principles of Taylor and Fayol referred in the above para.
12 Taylor's principles of scientific management and Fayol's principles of management are mutually complementary. Do you agree with this view? Give any four reasons in support of your answer.

## Applied Mathematics

1. Order $3 \times 3$ find $\left|\mathrm{A}^{-1}\right|=$ ?
2. Order $3 \times 3 ;|\mathrm{A}|=3$ and $|2 \mathrm{AB}|=120$ find $\left|\mathrm{B}^{\prime}\right|=$ ?
3. If $\mathrm{n}=3 \times 3$ find $|\operatorname{Adj}(\operatorname{Adj} \mathrm{A})|$ and $|\mathrm{A}|=5$
4. Find the value of $x$ if the area of $\Delta$ is 35 square units with vertices $(x, 4),(2,-6)$ and $(5,4)$
5. An amount of Rs 5000 is put in to three investments at the rate of interest of $6 \%, 7 \%$ and $8 \%$ per annum. The total annual income is Rs 358. If the combined income from the first two investments is Rs 70 more than the income from the third, find the amount of each investment by matrix method.
6.An amount of Rs 5000 is put in to three investments at the rate of interest of $6 \%, 7 \%$ and $8 \%$ per annum. The total annual income is Rs 358 . If the combined income from the first two investments is Rs 70 more than the income from the third, find the amount of each investment by matrix method.
6. a) Find area of $\triangle \mathrm{ABC}$ whose vertices are $\mathrm{A}(3,8), \mathrm{B}(-4,2), \mathrm{C}(5,-1)$.
(b) Find equation of line joining $\mathrm{A}(3,5) \& \mathrm{~B}(4,2)$ using determinants.
(c) Find value of $\lambda$ so that points $(1,-5),(-4,7)$ and $(\lambda, 7)$ are collinear.

8 . Solve the equations using matrix method
$x+2 y+z=7 ; x+3 z=11 ; 2 x-3 y=1$
For each problem, use implicit differentiation to find dy dx in terms of x and y .

1) $2 x 3=2 y 2+5$
2) $3 x^{2}+3 y^{2}=2$
3) $5 y^{2}=2 x^{3}-5 y$
4) $4 x^{2}=2 y^{3}+4 y$
5) $5 x^{3}=-3 x y+2$
6) $1=3 x+2 x^{2} y^{2}$
7) $3 x^{2} y^{2}=4 x^{2}-4 x y$
8) $5 x^{3}+x y^{2}=5 x^{3} y^{3}$
9) $2 x^{3}=(3 x y+1)^{2}$
10) $x^{2}=\left(4 x^{2} y^{3}+1\right)^{2}$

Use logarithmic differentiation to differentiate each function with respect to $x$. You do not need to simplify or substitute for $y$.
11) $y=\frac{(5 x-4)^{4}}{\left(3 x^{2}+5\right)^{5} \cdot\left(5 x^{4}-3\right)^{3}}$
13) $y=\left(5 x^{5}+2\right)^{2} \cdot\left(3 x^{3}-1\right)^{3} \cdot(3 x-1)^{4}$
14) $y=\frac{\left(x^{2}+3\right)^{4}}{\left(5 x^{5}-2\right)^{5} \cdot\left(3 x^{2}-5\right)^{2}}$
15) $y=\left(3 x^{3}-4\right)^{5} \cdot(3 x-1)^{3} \cdot\left(5 x^{3}-2\right)^{2} \cdot(x+3)^{4}$
16) $y=\frac{\left(4 x^{2}-5\right)^{2}}{(2 x-3)^{4} \cdot\left(5 x^{4}-2\right)^{5} \cdot\left(3 x^{2}-4\right)^{3}}$

## Economics

## PRACTICE QUESTIONS

1.Discuss the economic features of Indian economy prior to the advent of the British rule?
2.What was the aim of the policies pursued by the British during colonial rule?
3.Where was the zamindari system implemented by British in India? Discuss its features.
4.Discuss the condition of Indian agricultural sector on the eve of independence.
5.India experienced export surplus during colonial rule, then why was there drain of wealth from India during the same period.
6. The real motive behind infrastructural development in India was not to provide basic amenities to the people but to subserve various colonial interests. Do you agree? Give reasons.
7. Give some suggestions to solve the problems of small scale industries.
8.Distinguish between consumer goods and capital goods. Which of these are final goods?
9.14.Will the following be included in gross domestic product / Domestic Income of India? 10. Give reasons for each answer.
I) Consultation fee received by a doctor.
II) Purchase of new shares of a domestic firm.
lii) Profits earned by a foreign bank from its branches in India.
Iv) Services charges paid to a dealer (broker) in exchange of second hand goods.
11.How will you treat the following while estimating domestic product of India? Give reasons.
I) Rent received by a resident Indian from his property in Singapore.
II) Profits earned by a branch of an American Bank in India.
III) Salaries paid to Koreans working in Indian embassy in Korea.
12.State whether the following is a stock or flow:
(a) Wealth, (b) Cement production, (c) Saving of a household, and (d) Income of household.
13.Are the following included in the estimation of National Income a country? Give reasons.
I) Bonus received by employees.
II) Government expenditure on defence.
III) Money sent by a worker working abroad to his family.
IV) Profit earned by a branch of Indian Bank in London.
14.Will the following be included in gross domestic product / Domestic Factor Income of India? Give reasons for each answer.
1.Old age pension given by govt.
2.Factor income from abroad.
3.Salaries to Indian residents working in American embassy in India.
4.Compensation of employees given to residents of china working in Indian embassy in China.
5.Profit earned by a company in India, which is owned by a non-resident.
6.Profit earned by an Indian company from its branch in Singapore.
1.CBSE PROJECT to be completed as discussed in class.

## Class XII Commerce IP-065

## Summer Vacation HW

1.Write two examples of DML commands to SQL.
2.When using the LIKE clause, which wildcard symbol represents any sequence of none, one or more characters?
3.Write the UPDATE statement in MySQL to increase commission by 100.00 in the "Commission" column in the 'EMP' table.
4. Rewrite the following SQL statement after correcting the error(s). Underline the corrections made. (All India 2014C) INSERT IN STUDENT (RNO, MARKS) VALUEC5, 78.5) ;
5. Table 'CLUB' has 4 rows and 3 columns. Table 'MEMBER' has 2 rows and 5 columns. What will be the cardinality of the Cartesian product of them?
6. Write the command to display the list of existing databases
7. Sarthak, a student of class XI created a table "CLASS". Grade is one of the column of this table. To find the details of students whose Grades have not been entered, he wrote the following MysQL query, which did not give the desired result

SELECT * FROM CLASS WHERE GRADE = "NULL"
Help Sarthak to run the query by removing the errors from the query and write the correct query.
8. Amit, a salesman in an Outlet, created a table

TRANSACTIONS an Amount is one of the column of this Table. To find the details of customer whose transaction amount is more than 800, he wrote the following MySQL query, which did not give the desired result:

SELECT * FROM TRANSACTIONS WHERE Amount $>$ "800";
9. Differentiate between COMMIT and SAVEPOINT.

## English

Students can select any one of the given topics for your English Project:

1. Bioterrorism (A Looming Threat) :

Links for
reference: https://youtu.be/Faftnz8cg7E https://youtu.be/b6NI97v2buc https://youtu.be/6Af6b wyiwl
Include the following sub-headings:

- What is bio-terrorism?
- Consequences of such wars
- Measures that can be undertaken to prevent it.
- Role of youth ('Gen X') in creating a world bereft of wars. Present this sub-topic creatively. You can compose / reproduce a poem/poster to depict the same.

2. 'Understanding Kamla Das a little more'. You all have studied the poem 'My mother at 66' by Kamla Das. 'My Grandmother's House' is another poem written by the same poet- Kamla Das. Make a comparative study of both these poems by the same poet

Links for reference:

## https://www.britannica.com/biography/Kamala-Das https://www.poetrynook.com/poem/my-grandmothers-house

Include the following sub-headings in your project:
$\neg$ A detailed study of the poet

- Her life
- Her works
- Her style of poetry
$\neg$ Comparison between the two poems. It should include-
- The similarities
- The differences
- The theme in both the poems
- Your reflections about both the poems


## Physical Education

## Holiday Homework for Physical Education : (2023-24)

## Chapter 4:

Q1. What are the strategies to make physical activities accessible for children with special needs?
Q2. Describe some measure you will take to ensure health and safety of children with special needs during physical education training.
Q3. Briefly explain the types of disability and disorder in detail.
Q4. 'There is no cure of austism, yet it's problem can be reduced.' Comment.
Q5. You see a person on the wheelchair who wants to go the second floor of the building. What will you do to help the person? (Value based question)

## CHAPTER 5:

Q1. Raghav is studing in class 4 and his lunch box is full of junk food. He refuses to eat chapatti, rice, dal, vegetable and salad. Based on the above statement, answer the following questions: (value based question)
I) What do you mean by balanced diet? Explain.
II) What physiological changes will take place in Raghav during adolescence?
III) Discuss the food myth.

Q2. Describe the consideration in meal intake which should be taken before, during and after a competition.
Q3. Vitamins are very essential for the working of the body and are divided into two groups. Explain about them.
Q4. Diet for sports person is very important. What should be the aims of preparing diet for sportsperson?
Q5. Discuss the Nutritive and Non-nutritive components of diet.
Q5. Differentiate between food intolerance and pitfalls of dieting.
Q6. Why does the weight lifters' diet include lotes of protein?

## Practical File:

## "*Record File shall include:

> Practical-1: Fitness tests administration. (SAI Khelo India Test)
> Practical-2: Procedure for Asanas, Benefits \& Contraindication for any two Asanas for each lifestyle disease.
> Practical-3: Anyone one IOA recognized Sport/Game of choice. Labelled diagram of Field \& Equipment. Also, mention its Rules, Terminologies \& Skills.

## Psychology

## Subject- Psychology

1. Answer the following questions briefly.
a. Which of the two, IQ and EQ, do you think would be more related to success in life and why?
b. How is aptitude different from interest and intelligence? How is aptitude measured?
c. Any intellectual activity involves the independent functioning of three neurological systems. Explain with reference to PASS model of Intelligence.
2. Write the practical report of Verbal Intelligence test.

