



ADARSH WORLD SCHOOL
SECTOR 12, DWARKA

CLASS X
HOLIDAYS HOMEWORK
&
COMPILED PRACTICE WORKSHEETS



Dear Parents,

As the holiday break approaches, it presents an opportune time for students to unwind, rejuvenate, and spend meaningful moments with family. It is also a period that can be thoughtfully utilized to reinforce learning and cultivate essential skills beyond the confines of the class room.

The holiday homework has been meticulously designed to promote independent learning, critical thinking, and creative expression. The assignments aim to integrate scholastic concepts with real-life applications, thereby fostering a deeper understanding and appreciation of the subjects. These tasks include a balanced blend of reading, research-based exploration, experiential learning, and reflective writing, all aligned with the overall educational objectives of holistic development.

We earnestly request your cooperation in motivating and monitoring your child's academic engagement during the break. Your support plays a pivotal role in encouraging self-discipline, responsibility, and a positive attitude toward learning. Kindly ensure that the work is completed with sincerity and originality, and that the process remains stress-free and enjoyable.

Let this holiday be a time not only for rest and recreation but also for meaningful intellectual engagement and personal growth.

With warm regards
Adarsh World School

HOLIDAY HOMEWORK
GRADE X

ENGLISH	<p><u>General Instructions for English HHW:</u></p> <ul style="list-style-type: none">- Print your PowerPoint presentation and organize it in a ring-file folder.- Complete the proverbs assignment on A4-sized sheets.- Create a separate file for your portfolio.- The brochure is a project; ensure it is effective and suitable for exhibition. <p>1. Read any book and summarize it in the form of a PowerPoint Presentation (slides) or PDF form. The slides must be in the following order:</p> <ul style="list-style-type: none">- General information about the book- Author's description- Character description- Summary of the story- Moral/ what you get from the story <p>*Note*- You can include different pictures related to the text in the slides. Presentation in the form of a paragraph will not be accepted. It must be in points. The slides must not be more than 10- 12.</p> <p>2. Describe the following proverbs in your own words in not more than 50 words.</p> <p>(i) *You can't teach an old dog new tricks*</p> <p>(ii) *You reap what you sow*</p> <p>3. PORTFOLIO: Prepare a portfolio with the following – (Prepare a file with A4 size sheets)</p> <ul style="list-style-type: none">• Introduction• My strengths• I need to improve on...• My achievements• I have participated in...• The books I have read• The book I wish to read <p>4. Read the chapters and revise your literature syllabus by the end date of May and prepare further according to your syllabus.</p> <p>5. Prepare a brochure on the state of Sikkim by covering all the points as given below with pasting photographs of the same.</p> <p>* Visual resources</p>
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	<ul style="list-style-type: none"> * Geographic location * Music, food, dance * Language * Costume and culture * Agriculture * Art and heritage * Religion and festivals * Occupation
HINDI	<p>1- वर्कशीट का प्रिंट निकाले व बहु वैकल्पिक प्रश्नों को हल करें ।</p> <p>2- “सिक्किम की संस्कृति” विषय पर A4 साइज की रंगीन शीट पर चित्र सहित सुंदर लेख लिखें। (100-120 शब्द सीमा)</p> <p>3- हिंदी के प्रसिद्ध गीतकारों/ संगीतकारों का A4 साइज की रंगीन शीट पर कोलाज बनाकर उनका संक्षिप्त परिचय दें।</p>
SCIENCE	<p>(EACH STUDENT MUST INDIVIDUALLY) Prepare an A2-size science poster on the theme 'Science in Sikkim: Nature, Innovation & Everyday Life', integrating concepts from either Biology, Physics, Chemistry, or a combination of these, and relate them to the environment, lifestyle, and culture of Sikkim. (Eg. for Biology Related topics- How respiration and circulation gets affected in higher regions, Agriculture and local diet , Sustainable ecosystem, Types of Biodiversity and photosynthesis).</p> <p><u>BIOLOGY-</u></p> <ol style="list-style-type: none"> 1) Complete Chapter- “Control and Coordination” (till brain) notes shared in a class group in the Biology register. 2) Complete the Biology practical file as discussed in Class. 3) Complete the worksheet 4) Roll No. 1-11 : Make an individual Model on any topic of your choice - Reflex Action Model , Neuron Structure , Human Brain 3D model , Digestive system model, Human circulatory model, Respiratory system.

	<p><u>CHEMISTRY-</u></p> <ol style="list-style-type: none"> 1) Complete the Chemistry practical file as discussed in class. 2) Complete the worksheet 3) Roll No. 12-22 : Make an individual Model on any topic of your choice - Conduction of electricity by Acids/Bses, Indicators(Natural /Synthetic), Types of reactions in Chemistry, Corrosion. <p><u>PHYSICS-</u></p> <ol style="list-style-type: none"> 1) Complete the Physics practical file as discussed in class. 2) Complete the worksheet 3) Roll No. 23-33 : Make an individual Model on any topic of your choice - 3D Model of Human Eye, Disorders of Human eye, Kaleidoscope, Refraction of light, Dispersion of light.
MATHEMATICS	<ol style="list-style-type: none"> 1) Make a Mathematics - integrated creative chart on Title : "Exploring Sikkim through Mathematics" (You can integrate geography, population, tourism, and economy using mathematical concepts like trigonometry , graphs, statistics, geometry, and data handling.) 2) Make a model (or working model) on any of the topic related to your Mathematics book (like real life applications of trigonometry, Basic proportionality theorem, geometry, probability or any other topic of your interest). 3) Do the assessment worksheet 4) Make a portfolio on topic : "Probability in daily life" . (The portfolio should be of 8-10 pages, should have relevant pictures and should be well decorated).
ARTIFICIAL INTELLIGENCE	<ol style="list-style-type: none"> 1. Complete the Worksheets of Unit 1 and Unit 2 in your AI Notebooks,

	<p>2. Complete the Python programs as per your roll numbers and submit them in a Report File,</p> <p>3. Create a working model according to your roll numbers as follows:</p> <p>Roll No 1-11 Topic : AI in Disaster Management(Eg:Create a model of a city or village where AI systems can be shown with labeled sensors/cameras, helping in predicting and responding to disasters like floods or earthquakes, guiding evacuation and safety.)</p> <p>Roll No. 12-22 Topic : AI in Temperature Prediction(Eg:Use a cardboard weather station model with a rotating display or color-coded cards to show how AI analyzes past data to predict daily temperatures and weather conditions.)</p> <p>Roll No. 23-33 Topic : AI Traffic Light System(Eg: Build a road junction with toy vehicles and lights to simulate how AI adjusts traffic signals based on vehicle density, reducing congestion and improving road safety.)</p>
SOCIAL STUDIES	<p><u>Q1. Make a project file on the following topic</u></p> <p>Project 1:-<u>Consumer rights</u> (Roll no. 1-10)</p> <ul style="list-style-type: none"> · Different types of consumers rights that you have as a consumer. · COPRA · Role of courts in implementation of

	<p>consumer rights.</p> <ul style="list-style-type: none"> · How you can spread consumer awareness. · Case study <p>Project 2:- <u>Sustainable development</u> (Roll no. 11-21)</p> <ul style="list-style-type: none"> · Meaning of sustainable development · Issue of sustainable development · Importance of sustainable development · Meetings/reports/summit related to sustainable development · Current status of development <p>Project 3:- <u>Social Issues</u> (Roll no. 22-33)</p> <ul style="list-style-type: none"> · (Students may select any one topic related with social issues. Some suggested topics are given below) · Gender issue · Caste issue · Linguistic diversity · Regionalisation · Economic disparities · Religious diversity · Environmental issue <p><u>GENERAL INSTRUCTIONS:-</u></p> <p>1. Cover page- Displaying the topic.</p>
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	<p>2. Acknowledgement – Thanking the people or institution that has helped you in completion of your project.</p> <p>3. Certificate- Mentioning your name and the name of teacher under whose supervision you have completed your work.</p> <p>4. Index- Giving the list of contents with page numbers.</p> <p>5. Introduction- Giving the purpose and importance of a study.</p> <p>6. Chapters- Give a title to each chapter along with details, pictures and newspaper cuttings.</p> <p>7. Conclusion- What do you learn from your study?</p> <p>8. Bibliography- Showing the sources from where you have gathered information.</p> <p>9. Present the following in your project report: • Data/Statistical Analysis/Map work • Analysis/Explanation and interpretation • Bibliography</p> <p>10. The students must submit original work.</p> <p>11. Project Report should be hand written only.</p> <p>12. Eco-friendly materials can be used by students.</p> <p>13. Students can use primary as well as secondary sources for the research work.</p> <p>Q2. MAP WORK</p> <p><u>Locate and label the following on the political outline map of India: (Map1)</u></p>
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	<ul style="list-style-type: none"> · Calcutta Session (September 1920) · Nagpur Session (December 1920) · Madras Session (1927) · Lahore Session (1929) <p><u>Identify and mark significant centres of the Indian National Movement: (Map2)</u></p> <ul style="list-style-type: none"> · Champaran (Indigo Planters' Movement) · Kheda (Peasants' Satyagraha) · Ahmedabad (Cotton Mill Workers' Satyagraha) · Amritsar (Jallianwala Bagh Incident) · Chauri Chaura (Non-Cooperation Movement) · Dandi (Salt March) <p>Use Clear Symbols(In Index): Ensure you use standard symbols for different locations</p> <p>Q3. Poster making on the theme of environmental Issues in Sikkim.</p> <p>Q4. Learn the syllabus of PA II.</p>
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<p>INFORMATION TECHNOLOGY</p>	<p>Q1. Write the steps to download Google Talk, create your own account and chat with your friend. Paste the screenshot of the chat window.</p> <p>Q2. Write the steps to turn on sticky keys and paste the screenshot for the same.</p> <p>Q3. Collect the information about any 4 instant messaging software.</p> <p>Q4. Write the steps to create a blog and paste the screenshot for each step.</p> <p>Q5. Perform online transaction for booking a movie ticket or bill payments on the secured websites.</p> <p>Write the steps for the same and paste the screenshots.</p> <p>Instructions for file:</p> <ol style="list-style-type: none"> 1. Take portfolio folder. 2. Prepare a title page including school name, your name and class & section. 3. Insert an acknowledgement page. 4. Write the steps and paste screenshots for each activity on a separate page.
<p>ART EDUCATION</p>	<ol style="list-style-type: none"> 1. Poster on Peace for all. 2. Book cover design on Sikkim Tourism. 3. Complete pages on file from -23-27, 30,32,33,34,&39

ADARSH WORLD SCHOOL
SECTOR 12, DWARKA

CLASS X
ENGLISH WORKSHEET

Reading Comprehension through Unseen Passages

1. Read the passage given below.

Sleep disorders have become a common occurrence in India. Forty-year-old Marketing Executive Aviral, early one morning returned to Delhi from New York. He was trying to recover from jet lag and was dead tired. To cure himself of this sleep problem, he forced himself to remain awake one whole day as he thought he might be able to sleep at night. But this did not happen. "I hardly managed any sleep that night," Aviral recalled.

Next day, he felt very uneasy at the office and had difficulty in concentrating on work. On his way back home he stopped at one of the busy signals on Delhi roads, but due to excessive tiredness, fell asleep. He woke up suddenly after the motorist behind him honked. Aviral realised that he couldn't drive any longer and decided to park his car in a quiet place. He took a nap of 2 hours in his car and only then could manage to drive back home safely.

Sleep disorder experts have pointed out that lack of sleep is the reason for many ailments. Dr Kumar Menon and his colleagues presented a paper on sleep disorders in Mumbai, in which they stressed that early detection of the problem is necessary and physicians need to seriously view it as a disorder. They need to evaluate their patients on the basis of sleep history too.

Adequate sleep is important to one's lifestyle, just like diet and exercise. According to Canadian expert on sleep disorders, Dr Jeffrey Lipsitz, on an average a healthy adult requires just over 8 hours of sleep at night. However, the amount varies between individuals.

Swarup Chatterjee, a 28 year old, IIM graduate and Assistant Manager at a BPO in Hyderabad is deprived of good sleep. Swarup is completely stressed out due to overburden of work in his professional and personal life and often feels tired. He also knows it is bad for his health.

In a study conducted by sleep disorder experts, it was found that one-third of adults have been experiencing sleep disorders. They get less than 7 hours of sleep every night. Another study shows that 29% of Indians went to sleep only after midnight. The survey further mentioned that Indians were among the world's earliest risers. We should understand that 'early to rise' is good, provided that 'early to bed' principle is also followed.

Answer the following questions, based on the passage above:

(i) What was the result of a study conducted by sleep disorder experts? Throw some light upon the findings of the study.

(ii) Just like __ and __, adequate sleep is important for good health.

- (a) diet, exercise
- (b) rest, healthy food
- (c) time, money
- (d) good career, success

(iii) What should Indians, who are early risers, need to understand?

- (a) Sleep late but rise early.
- (b) Compensate lack of sleep at night by sleeping whenever you can.
- (c) Early risers need to sleep late.
- (d) Early risers need to go to bed early, too.

(iv) Pick up the title, which describes the first, two paragraphs, the best:

- (a) Sleep Disorders
- (b) Jet lag a Sleep Disorder
- (c) Aviral-Marketing Executive
- (d) A two-hour nap

(v) Complete the given flow chart:

Burden at work → _____ → sleep disorder → _____.

(vi) Fill in the given blank with reference to para 2:

The synonym of 'evaluate' is _____.

(vii) Complete the following table:

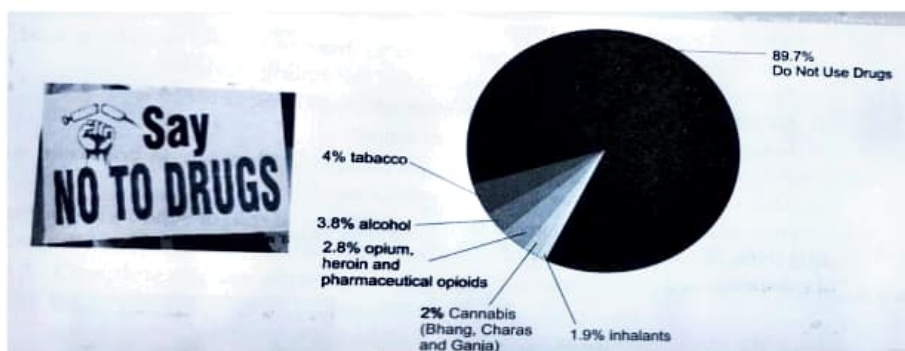
<i>Reason</i>	<i>Result</i>
Lack of sleep	

(viii) 'Physicians should evaluate their patients based on their sleep history'. Justify this statement in about 40 words.

2. Read the passage given below.

A 10-city survey covering nearly 6,000 schools from Class 8-12 during May 2019-June 2020 found over 10% of students having indulged in use (ranging from inhalants, opioids to alcohol and tobacco) during the preceding year. The students surveyed included 52% boys and 48% girls from both government and private schools.

While overall substance use was around 10.3%, substance wise break-up on use over one year showed that 4% used tobacco, followed by alcohol (3.8%), opioids 2.8% (opium, heroin and pharmaceutical opioids), Cannabis (Bhang, Charas and Ganja) by 2% and inhalants (1.9%).



Particularly disturbing is the fact that they continue their use despite knowing the effects. Easy availability of substances especially the licit ones has been the most common reason for continuation followed by relief from stress and acceptability among friends. This shows that homes and neighbourhoods furnish adolescents with ways to procure and continue using substances. Moreover, as adolescents are in a transitional phase confusion can sometimes make them susceptible to taking up unfavourable habits.

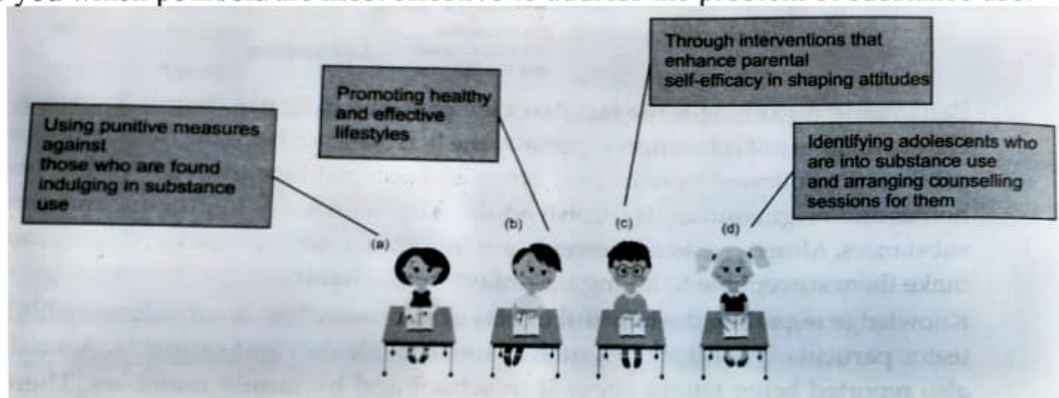
Knowledge regarding the harmful effects of substance use is considerably high among the users, particularly for licit ones such as tobacco, alcohol and cannabis. A small percentage also reported being taught about it in school and by family members. Therefore, media and close contacts are primarily responsible for imparting knowledge whether it be pro- or anti-substance use. The influence of peers and close contacts who use substances are usually responsible for initiating their use in others. Particularly disturbing is the fact that many users continue their use despite knowing the ill effects of the same.

Awareness of the harmful effects of substance use is high. A disturbing aspect that has been noticed is that though adolescents have knowledge of the harmful effects of substance use, they initiate and continue to do so. Efforts for controlling the problem in this age group should also target parents and other family

members. School is an essential part of a student's life and so can include and promote an effective and healthy lifestyle. Interventions that enhance parental self-efficacy in conveying and enforcing attitude shaping for their children could reduce adolescent substance use. Healthy substance uses control programs, focusing on youth, are essential, to reduce the burden of related diseases. Repeat surveys would help monitor the tobacco epidemic in schools and evaluate the efficacy of state-level tobacco control programs.

Answer the following questions, based on the passage above:

- (i) As per the survey, what is your opinion on the usage of substance by both the sexes, male and female?
- (ii) What are the most common reasons for continuation of substance use? What is your analysis regarding the same?
- (iii) Pick up the statement which is true:
 - (a) Adolescents learn ways to procure substance from home and neighbourhood.
 - (b) Media is 'the' culprit to promote substance use among students.
 - (c) Most users are not aware of the harmful effects of drug abuse.
 - (d) Learn ways to procure substance from school.
- (iv) What do you understand by the term 'repeat surveys'? Elucidate in your own words (about 40 words) its relevance to control substance use.
- (v) Different opinions have been given below regarding the role of schools in controlling drug abuse. According to you which point/sis/are most effective to address the problem of substance use:



- (a) Using punitive measures against those found indulging in substance use.
 - (b) Promoting healthy and effective lifestyles.
 - (c) Through interventions by schools that enhance parental self-efficacy in shaping attitudes.
 - (d) Tracking drug pedlars and taking action against them.
- (vi) Which of the given statement is 'false'?
 - (a) Parental self-efficacy programs can help reduce substance abuse.
 - (b) Schools can play a pivotal role in controlling substance use in adolescents.
 - (c) Parents and family members do not play an important role in controlling substance use.
 - (d) The influence of peers and close contacts who use substances are not usually responsible for initiating substance use because most adolescents are aware of its harmful effects.
 - (vii) Select the option that titles paragraphs 1-3 appropriately, with reference to information in the text:
 - (a) Students' preference; Percentage use of substance Licit drugs
 - (b) Drug use among teenagers; Substance wise break-up; Common reasons for drug-use
 - (c) Drug survey; Preferences for each drug; Knowledge about ill-effects of Drugs
 - (d) Common drugs trends; Most popular drug; Drugs - a stress-reliver
 - (viii) Tobacco epidemic refers to _____.

SECTION B
GRAMMAR AND CREATIVE WRITING SKILLS (20 Marks)

3. Complete the following tasks, as directed:

(i) It _____ since yesterday.

- (a) is raining
- (b) will be raining
- (c) has rained
- (d) has been raining

(ii) I have _____ coins in my pocket. (NOT MANY coins)

- (a) few
- (b) the few
- (c) a few
- (d) little

(iii) Choose the option for the given blank to express advice on behalf of a teacher to her student:

I ____ review my notes every day as it's a good idea to look at them after class.

- (a) ought
- (b) will
- (c) can
- (d) should

(iv) Raman is doubtful if he would be able to accompany his friend to the concert. So expressing his doubt he said, "I may not be able to accompany you."

- (a) Raman told he may not be able to accompany them.
- (b) Raman said I might not be able to accompany him.
- (c) Raman told him that he might not be able to accompany him.
- (d) Raman told to him that he might not be able to accompany him.

(v) Rishabh's parents got feedback about him from his teacher who told them that he hardly ____ in group discussions.

- (a) will participate
- (b) participates
- (c) has participated
- (d) had participated

(vi) Select the option that identifies the error and supplies the correction for the following line, from an article.

We often make mistakes while taking risks, but all brush them aside and learn.

<i>Option no.</i>	<i>Error</i>	<i>Correction</i>
(a)	make	makes
(b)	while	at
(c)	all	some
(d)	but	and

(vii) Fill in the blank by choosing the correct option to complete an online update:

The old couple was _____ them by their domestic help, the one who killed them at the end.

- (a) looked after
- (b) look after
- (c) looking after
- (d) been looked after

(viii) You ____ practice regularly if you want to win the tournament.

- (a) should
- (b) may
- (c) ought
- (d) will

(ix) Fill in the blanks to complete the conversation choosing the right option:

Boy 1: Have you seen ____ Taj Mahal, one of ____ seven wonders of the world?

Boy 2: Unfortunately, I never got an opportunity to visit Agra.

- (a) a, the
- (b) the, the
- (c) X, the
- (d) X,X

(x) Susan recently attended an interview for the selection of a receptionist. At the interview, she was asked-
Interviewer: So, why do you want to be a receptionist?

Susan: Well, I have always been interested in interacting with people.

Now report the given part of the interview choosing the best option:

The interviewer wanted to know why Susan wanted to be a receptionist. To this question she replied that she ____

- (a) loved to interact with people
- (b) loves to interact
- (c) had always been interested in interacting with people
- (d) has always been interested in interacting with people

(xi) Noticing the customer's attention towards daisies he had kept for his wife, the florist immediately said to him, " ____ flowers are not for sale."

- (a) This
- (b) These
- (c) That
- (d) Which

(xii) Vidya ____ since 4 p.m. today.

- (a) was reading
- (b) had been reading
- (c) has been reading
- (d) will be reading

4. Attempt the questions given below.

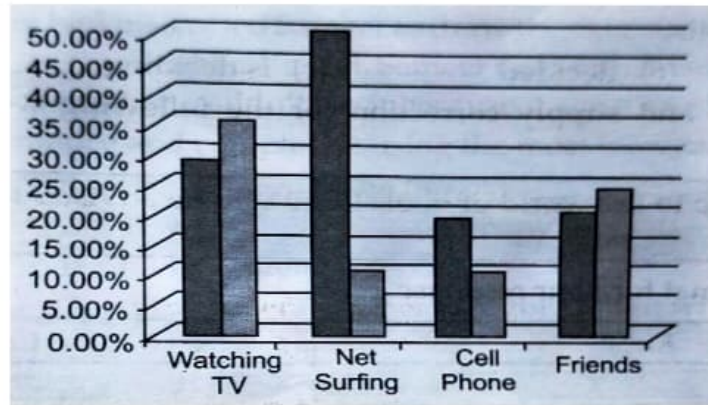
- (i) Seeing your grandmom as a working lady, you have always viewed women pursuing some profession that gives her a status of being economically independent. You have realised the necessity of education and financial independence of women for their family, society and in turn for the nation.

Write a letter to the Editor, 'The National Times' highlighting your ideas on the importance of education of women leading to a better status for them. You are Tarun/Taruna, B-7/9, Mall Road, Delhi. (100-120 words)

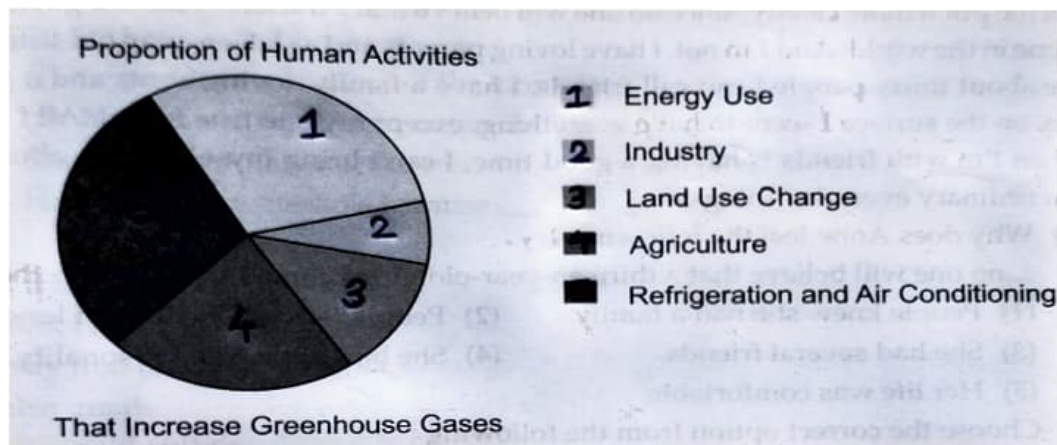
- (ii) Being the examination incharge of the esteemed institution you have been working with, you are answerable to any discrepancy occurring while placing order for stationery and related stuff. You want to choose the leading supplier of stationery items of the city and ensure prompt and quality delivery of the stuff that you place an order for.

You are Vaibhavi Sinha, Examination Incharge, Goodway Public School, Aurobindo Road, Indore. You require 4 reams of white paper, 2 packets of carbon paper, one dozen registers, blue and red ball point pens (50 each). Place an order with Sunrise Stationery Mart, 12, Mall Road, Indore mentioning terms of payment, discount asked by you and delivery date. (100-120 words)

- (iii) The given bar graph depicts leisure activities of people in the age group of 30-50 and 60-80 across a metropolitan city. Write an analytical paragraph based on the information illustrated through the graph. The first column represents the people in the age group of 30-50 and the second column represents the old.



- (iv) Global weather is warming leading to Arctic meltdown. Study the following pie-chart and write a brief paragraph on factors affecting global warming, in about 100 words.





आदर्श वर्ल्ड स्कूल

सेक्टर-12, द्वारका

हिंदी व्याकरण (कार्यपत्रक)

कक्षा- दसवीं

विद्यार्थी का नाम-_____

क्लास और सेक्शन-_____

व्याकरण रचना के आधार पर वाक्य भेद-

प्रश्न:1. निम्नलिखित वाक्यों को ध्यानपूर्वक पढ़िए और रचना के आधार पर उनका भेद लिखिए-

- मरीज दवाएँ लेने अस्पताल गया।
- जो लोग धनवान होते हैं, उन्हें गरीबों की मदद करनी चाहिए।
- अध्यापक आए और कक्षा में शोर बंद हो गया।
- जैसे ही नाटक समाप्त हुआ, वैसे ही दर्शक घर जाने लगे।
- जो परिश्रमी होते हैं, वे काम से नहीं डरते।

प्रश्न:2. निम्नलिखित वाक्यों को ध्यानपूर्वक पढ़िए और रिक्त स्थान भरिए-

- रचना के आधार पर वाक्य के _____ भेद होते हैं
- जिन वाक्यों में एक ही क्रिया होती है, और एक कर्ता होता है, वे _____ वाक्य कहलाते हैं।
- जिस वाक्य में एक से अधिक वाक्य मिले हों, किन्तु एक प्रधान उपवाक्य तथा शेष आश्रित उपवाक्य हों, _____ वाक्य कहलाता है।
- जिस वाक्य में साधारण अथवा मिश्र वाक्यों का मेल संयोजक अवयवों द्वारा होता है, उसे _____ वाक्य कहते हैं।

प्रश्न:3. निम्नलिखित बहुविकल्पीय प्रश्नों के सही विकल्प पर (✓) चिन्ह लगाए-

1. उसने अपने आप को डॉक्टर बताया

(i) सरल वाक्य

(ii) मिश्र वाक्य

(iii) संयुक्त वाक्य

(iv) इनमें से कोई नहीं

2. तुम वहाँ जाओ जहाँ पढाई होती है

(i) मिश्र वाक्य

(ii) संयुक्त वाक्य

(iii) सरल वाक्य

(iv) इनमें से कोई नहीं

3. मैं मंदिर आया और पूजा करने बैठ गया

(i) सरल वाक्य

(ii) मिश्र वाक्य

(iii) संयुक्त वाक्य

(iv) इनमें से कोई नहीं

4. जब शाम हो तब लौट आना सरल वाक्य में बदलिए।

(i) शाम होते ही घर आ जाना

(iii) जैसे ही शाम हो वैसे ही लौट आना

(ii) शाम में लौट आना

(iv) उपर्युक्त कोई नहीं

5. दीपक जला और अंधेरा नष्ट हुआ ।

(i) संयुक्त

(iii) विधान वाचक

(ii) संकेत वाचक

(iv) मिश्र

समास पर आधारित प्रश्न-

प्रश्न 4. नीचे दिए गए विग्रहों के लिए सामासिक पद लिखते हुए समास का नाम भी लिखिए-

सामासिक पद	समास का नाम
1. रसोई के लिए घर	
2. चार आनों का समाहार	
3. सत्य के लिए आग्रह	
4. देश और विदेश	
5. चक्र को धारण करने वाला अर्थात् कृष्ण	
6. कन्या रूपी धन	
7. हवन के लिए सामग्री	
8. पाँच तंत्रों का समाहार	
9. भूख से मरा हुआ	
10. जितना शीघ्र हो	

प्रश्न:5. निम्नलिखित वाक्यों को ध्यानपूर्वक पढ़िए और रिक्त स्थान भरिए-

- जिस समास में पूर्व पद प्रधान एवं अव्यय होता है तथा समस्त पद भी प्रधान होता है, उसे _____ समास कहते हैं।
- जिस सामासिक शब्द का दूसरा पद प्रधान होता है तथा दोनों पदों के बीच लगी विभक्ति या विभक्ति चिह्नों का लोप हो उसे _____ समास कहते हैं।
- दो अथवा दो से अधिक शब्दों से मिलकर बने हुए नए सार्थक शब्द को _____ कहते हैं।
- समास के मुख्यतः _____ भेद माने जाते हैं।
- वह समास जिसमें समूह व संख्या का बोध होता है। उसे _____ समास कहते हैं।

प्रश्न:6. निम्नलिखित बहुविकल्पीय प्रश्नों के सही विकल्प पर (✓) चिन्ह लगाए-

1. 'महात्मा' समस्तपद का विग्रह होगा:

(i) महात्मा की आत्मा

(iii) महा की आत्मा

(ii) महान की आत्मा

(iv) महान है जो आत्मा

2. 'शिवालय' समस्तपद कौन-से समास का उदाहरण है ?

(i) अव्ययीभाव समास

(iii) बहुव्रीहि समास

(ii) कर्मधारय समास

(iv) तत्पुरुष समास

(iv) આજીવન

(वाक्य प्रयोग)

(iv) आग बबला हो जाना

5- विद्यार्थी को केवल नहीं होना चाहिए, बल्कि स्वस्थ शरीर और उन्नत मस्तिष्क वाला होना ही युवक होना है।

- (i) अंधों में काना राजा
(ii) किताब में मग्न होना

- (iii) किताब का कीड़ा होना
(iv) पैरों पर खड़ा होना

औपचारिक-पत्र-

आप विद्यालय के हिंदी संघ के सचिव रजत चट्टोपाध्याय/ श्वेता चट्टोपाध्याय हैं। अपने विद्यालय के प्रधानाचार्य को पत्र लिखिए जिसमें पुस्तकालय में हिंदी की अच्छी पुस्तकें व पत्रिकाएँ मँगवाने के लिए निवेदन किया गया हो।

_____में,

_____ (विद्यालय का नाम)

_____ (पता)

दिनांक- _____

विषय- _____ (पत्र लिखने के कारण)

_____जी,

_____ (पहला अनुच्छेद)

अतः _____

_____ (दूसरा अनुच्छेद)

धन्यवाद।

आपका _____,

_____ (नाम)

कक्षा- _____



ADARSH WORLD SCHOOL
SECTOR-12, DWARKA
MATHEMATICS WORKSHEET

CLASS: X

Objective Type Questions

Q1) If the roots of equation $ax^2 + bx + c = 0$, $a \neq 0$ are real and equal, then which of the following relation is true?

- (a) $a = b^2/c$ (b) $b^2 = ac$ (c) $ac = b^2/4$ (d) $c = b^2/a$

Q2) If the roots of quadratic equation $4x^2 - 5x + k = 0$ are real and equal, then value of k is:

- (a) $5/4$ (b) $-5/4$ (c) $25/16$ (d) $-25/16$

Q3) The pair of linear equations $2x = 5y + 6$ and $15y = 6x - 18$ represents two lines which are:

- (a) intersecting (b) parallel (c) coincident (d) either intersecting or parallel

Q4) The point of intersection of the line represented by $3x - y = 3$ and y-axis is given by:

- (a) (0, -3) (b) (0, 3) (c) (2, 0) (d) (-2, 0)

Q5) If the system of equations $3x + y = 1$ and $(2k - 1)x + (k - 1)y = 2k + 1$ is inconsistent, then k =

- (a) -1 (b) 0 (c) 1 (d) 2

Q6) If the lines given by $3x + 2ky = 2$ and $2x + 5y + 1 = 0$ are parallel, then the value of k is:

- (a) $-5/4$ (b) $2/5$ (c) $15/4$ (d) $3/2$

Q7) The values of x and y satisfying the two equations $32x + 33y = 34$, $33x + 32y = 31$ respectively are:

- (a) -1, 2 (b) -1, 4 (c) 1, -2 (d) -1, -4

Q8) The value of k for which the pair of linear equations $5x + 2y - 7 = 0$ and $2x + ky + 1 = 0$ don't have a solution is:

- (a) 5 (b) $5/4$ (c) $4/5$ (d) $5/2$

Q9) The nature of roots of the quadratic equation $9x^2 - 6x - 2 = 0$ is:

- (a) no real roots (b) 2 equal real roots (c) 2 distinct real roots (d) more than 2 roots

Q10) What is the value of k such that the following pair of equations have infinitely many solutions?

$x - 2y = 3$ and $-3x + ky = -9$.

- (a) -6 (b) -3 (c) 3 (d) 6

Q11) For what value k , do the equations $3x - y + 8 = 0$ and $6x - ky + 16 = 0$ represent coincident lines?

- (a) $1/2$ (b) $-1/2$ (c) 2 (d) -2

Q12) The pair of linear equations $3x + 5y = 3$ and $6x + ky = 8$ do not have a solution, if k is equal to:

- (a) 5 (b) 10 (c) not equal to 10 (d) not equal to 5

Q13) Aruna has only Rs 1 and Rs 2 coins with her. If the total number of coins that she has is 50 and the amount of money with her is Rs 75, then the number of Rs 1 and Rs 2 coins are, respectively:

- (a) 35 and 15 (b) 35 and 20 (c) 15 and 35 (d) 25 and 25

Q14) The value of c for which the equation $ax^2 + 2bx + c = 0$ has equal roots is:

- (a) b^2/a (b) $b^2/4a$ (c) a^2/b (d) $a^2/4b$

Q15) The discriminant of the quadratic equation $(x + 2)^2 = 0$ is:

- (a) -2 (b) 2 (c) 4 (d) 0

Q16) The values of k for which the quadratic equation $16x^2 + 4kx + 9 = 0$ has real and equal roots are:

- (a) $6, -1/6$ (b) $36, -36$ (c) $6, -6$ (d) $3/4, -3/4$

Q17) If the equation $x^2 + 4x + k = 0$ has real and distinct roots, then:

- (a) $k < 4$ (b) $k > 4$ (c) $k \geq 4$ (d) $k \leq 4$

Q18) The positive value of k for which the equation $x^2 + kx + 64 = 0$ and $x^2 - 8x + k = 0$ will both have real roots is:

- (a) 4 (b) 8 (c) 12 (d) 16

Q19) If the equation $(a^2 + b^2)x^2 - 2(ac + bd)x + c^2 + d^2 = 0$ has equal roots, then:

- (a) $ab = cd$ (b) $ad = bc$ (c) $ad = \sqrt{bc}$ (d) $ab = \sqrt{cd}$

Q20) If the equation $ax^2 + 2x + a = 0$ has two distinct roots, then:

- (a) $a = \pm 1$ (b) $a = 0$ (c) $a = 0, 1$ (d) $a = -1, 0$

Subjective Type Questions

Q21) The present age of father is three years more than three times the age of his son. Three years later hence the father's age will be 10 years more than twice the age of the son. Determine their present ages.

Q22) Seven times a two digit number is equal to four times the number obtained by reversing the order of its digits. If the difference of the digits is 3, determine the number.

Q23) In a chemistry lab, there is some quantity of 50% acid solution and some quantity of 25% acid solution. How much of each should be mixed to make 10 litres of 40% acid solution?

Q24) Anuj had some chocolates, and he divided them into two lots A and B. He sold the first lot at the rate of Rs 2 for 3 chocolates and the second lot at the rate of Rs 1 per chocolate, and got a total of Rs 400. If he had sold the first lot at the rate of Rs 1 per chocolate, and the second lot at the rate of Rs 4 for 5 chocolates, his total collection would have been Rs 460. Find the total number of chocolates he had.

Q25) Find the value of 'k' for which the quadratic equation $2kx^2 - 40x + 25 = 0$ has real and equal roots.

Q26) The hypotenuse (in cm) of a right angled triangle is 6 cm more than twice the length of the shortest side. If the length of third side is 6 cm less than thrice the length of shortest side, then find the dimensions of the triangle.

Q27) A flight left 30 minutes later than the scheduled time and in order to reach its destination 1500 km away in time it has to increase its speed by 250 km/h from its usual speed. Find its usual speed.

Q28) A train covers a distance of 360 km at a uniform speed. Had the speed been 5 km/h more, it would have taken 48 minutes less for the journey. Find the original speed of the train.

Case Based Question

Q29) Generally, new methods such as aquaponics Raised-bed gardening raised beds and cultivation under glass are used. Marketing can be done locally in farmers markets, traditional markets or farmers can contract their whole crops to wholesalers, canners or retailers.

A farmer wishes to grow a 100m^2 rectangular vegetable garden. Since he has with the only 30 m barbed wire, he fences three sides of the rectangular garden letting compound wall of his house act as the fourth side-fence.



Based on the above information,

answer the following questions:

- (i) Represent given problem in quadratic form.
- (ii) Find the length of the vegetable garden.
- (iii) If length of the vegetable garden is 5 m, then find the breadth.

OR

If length is 5 m and breadth is 20 m, then find the perimeter of this garden.

Q30) A coaching institute of Mathematics conducts classes in two batches I and II and fees for rich and poor children are different. In batch I, there are 20 poor and 5 rich children, whereas in batch II, there are 5 poor and 25 rich children. The total monthly collection of fees from batch I is Rs 9000 and from batch II is Rs 26,000. Assume that each poor child pays Rs x per month and each rich child pays Rs y per month.



Based on the given graph, answer the following questions:

- (i) Represent the information given above in terms of x and y .
- (ii) If there are 10 poor and 20 rich children in batch II, what is the total monthly collection of fees from batch II?
- (iii) Find the monthly fee paid by a poor child.

OR

Find the difference in the monthly fee paid by a poor child and a rich child.



ADARSH WORLD SCHOOL
SECTOR-12, DWARKA

HOLIDAY HW WORKSHEET - CLASS 10th (CHEMISTRY)

Q1- The indicator that turns pink in basic solution is

- A. Methyl Orange B. Litmus C. Phenolphthalein D. Turmeric

Q2- How many water molecules are attached to gypsum

- A. 2 B. 10
C. $\frac{1}{2}$ D. 4

Q3- The brown gas evolved when lead nitrate is heated is

- A. Nitrogen gas
B. Hydrogen gas
C. Nitrogen dioxide
D. Carbon dioxide

Q4- **Assertion (A):** It is advised that while diluting an acid, one should add acid to water and not water to acid.

Reason (R): The process of dissolving an acid in water is highly exothermic.

- A. Both A and R are true, and R is the 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.

Q5- **Assertion (A):** The rusting of iron is endothermic in nature.

Reason (R): As the reaction is slow, the release of heat is not easily noticeable.

- A. Both A and R are true, and R is the 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.

Q6- Read the case below and answer the questions:

Riya decided to bake a cake at home. She followed the recipe and added baking soda to the cake batter. As the batter was mixed and then baked in the oven, it turned soft and fluffy. Her younger brother noticed bubbles forming in the batter and asked her why it happened. Riya explained that baking soda reacts with certain other substances during the process, helping the cake rise.

- (i) Name the type of chemical reaction that occurs when baking soda is heated.
(ii) Write the balanced chemical equation for the decomposition of baking soda on heating.
(iii) Why does the cake become soft and spongy after baking?
(iv) Baking soda is a base. Which acid is usually present in the cake batter to help it react and release CO_2 ?
(v) What will happen if excess baking soda is added to the batter? Explain.

Q7- Explain the Chlor-Alkali process with a labelled chemical equation. Name the products Formed and write one use each.

Q8- Balance the following equation-
In a thermite reaction, Fe (III)oxide reacts with aluminium and gives molten iron and Aluminium oxide.

Q9- $\text{Fe}_2\text{O}_3 + 3 \text{CO} \rightarrow 2\text{Fe} + 3\text{CO}_2$
Justify if the reaction is a redox reaction. Identify oxidising and reducing agent.

Q10- Write the chemical equation when electricity is passed through water. (ii) Name the gases produced at anode and cathode (iii) state the ratio in which these gases are released by volume and by mass.



ADARSH WORLD SCHOOL SECTOR-12, DWARKA

HOLIDAY HW WORKSHEET - CLASS 10th (PHYSICS)

- Q1- A lens has power -2D. It is a
A. Concave Lens B. Convex Lens C. Plane mirror D. Cylindrical Lens
- Q2- The mirror which always forms a virtual, erect and diminished image is
A. Concave Mirror B. Plane Mirror
C. Convex Lens D. Concave Lens
- Q3- The radius of curvature of a converging mirror is 30cm. At what distance from the mirror should an object be placed so as to obtain a virtual image?
A. Infinity
B. 30 cm
C. Between 15 cm and 30 cm
D. Between 0 cm and 15 cm
- Q4- **Assertion (A):** When a ray of light undergoes refraction from an optically rarer to a denser medium, it bends towards the normal.
Reason (R): The speed of light in a rarer medium is greater than that in a denser medium.
- A. Both A and R are true, and R is the 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.
- Q5- **Assertion (A):** The focal length of a concave mirror as well as a convex lens is taken to be negative.
Reason (R): Both concave mirror and concave lens can form only virtual images of objects.
- A. Both A and R are true, and R is the 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.

Q6- Read the case below and answer the questions:

The ability of a medium to refract light is expressed in terms of its optical density. Optical density has a definite connotation. It is not the same as mass density. On comparing two media, the one with the large refractive index is optically denser medium than the other. The other medium with a lower refractive index is optically rarer. Also the speed of light through a given medium is inversely proportional to its optical density.

- 1) Determine the speed of light in diamond if the refractive index of diamond with respect to vacuum is 2.42. Speed of light in vacuum is 3×10^8 m/s.
- 2) The speed of light in glass is 2×10^8 m/s and in water is 2.25×10^8 m/s. (i) Which one of the two is optically denser and why? (ii) A ray of light is incident normally at the water- glass interface when it enters a thick glass container filled with water. What will happen to the path of the ray after entering the glass? Give reason.

Or

The absolute refractive indices of water and glass are $\frac{4}{3}$ and $\frac{3}{2}$ respectively. If the speed of light in glass is 2×10^8 m/s, find the speed of light in (i) vacuum and (ii) water.

Q7- An object 4 cm in height, is placed at 15 cm in front concave mirror of focal length 10 cm. At what distance from the mirror should a screen be placed to obtain a sharp image of the object. Calculate the height of the image.

Q8- A 10 cm long pencil is placed 5 cm in front of a concave mirror having a radius of a curvature of 40 cm.

- (1) Determine the position of the image formed by this mirror.
- (2) What is size of the image?
- (3) Draw a ray diagram to show the formation of the image as mentioned in part(1).

Q9- Neha visited a dentist in his clinic. She observed that the dentist was holding an instrument fitted with a mirror. State the nature of this mirror and reason for its use in the instrument used by dentist.

Q10- Define the term absolute refractive index. The absolute refractive index of diamond is 2.42. What is meaning of this statement.



ADARSH WORLD SCHOOL
SECTOR-12, DWARKA

HOLIDAY HW WORKSHEET - CLASS 10th (BIOLOGY)

Q1- Which part of the brain is responsible for maintaining **posture and balance** of the body?

- A. Cerebrum B. Cerebellum C. Medulla D. Hypothalamus

Q2- Which of the following statements is true regarding **reflex actions**?

- A. They are controlled by the cerebrum. B. They occur voluntarily.
C. They are controlled by the spinal cord. D. They always involve thinking.

Q3- Which of the following events **does not** occur during **photosynthesis**?

- A. Absorption of light energy by chlorophyll
B. Conversion of light energy to chemical energy
C. Reduction of carbon dioxide to carbohydrates
D. Oxidation of oxygen to form carbon dioxide

Q4- **Assertion (A):** Axon carries nerve impulses away from the cell body.

Reason (R): Dendrites transmit impulses toward the cell body.

- A. Both A and R are true, and R is the 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.

Q5- **Assertion (A):** Blood from the right ventricle is pumped to the lungs.

Reason (R): Pulmonary artery carries deoxygenated blood from the heart to the lungs.

- A. Both A and R are true, and R is the 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.

Q6- Read the case below and answer the questions:

After a 30-minute intense football match, Rahul experienced pain and stiffness in his legs. His coach explained that due to vigorous activity, Rahul's muscles were not receiving enough oxygen, leading to **anaerobic respiration**. This process produced **lactic acid**, which caused the pain.

1. What is **anaerobic respiration**? How is it different from aerobic respiration?
2. What is the **end product** of anaerobic respiration in human muscles?
3. Why does lactic acid accumulation lead to muscle pain?
4. How can the body remove lactic acid after exercise?
5. Mention **one example of anaerobic respiration** in organisms other than humans.

Q7- Draw a well-labeled diagram of the **human brain** and explain the functions of the three parts of the human brain.

Q8- What is an **artificial kidney**? When is it used? Explain how it works briefly.

Q9- (a) Draw a neat and labeled diagram of the **human heart**.

(b) Prepare a **flow chart** to show the path of **double circulation** in humans.

Q10- Write **differences** between breathing and respiration.



ADARSH WORLD SCHOOL

WORKSHEET

SOCIAL SCIENCE -X

1. Which level of government in India can make laws on subjects in the State List?
A. Central Government B. State Government
C. Both Centre and State D. Local Government
2. Which of the following is not a feature of federalism?
A. Two or more levels of government
B. Division of powers between different levels
C. Subordinate judiciary
D. Constitutionally guaranteed powers
3. The third tier of government in India is known as:
A. Union Government B. State Government
C. Local Self Government D. Panchayati Raj
4. Which of the following is a cause of deforestation?
A. Mining B. Afforestation C. National parks D. Social forestry
5. Project Tiger was launched in:
A. 1973 B. 1965 C. 1980 D. 1991
6. Which of the following is a biodiversity hotspot in India?
A. Thar Desert B. Indo-Gangetic Plain
C. Western Ghats D. Sundarbans
7. The Non-Cooperation Movement was started in:
A. 1920 B. 1915 C. 1930 D. 1942
8. Who led the Civil Disobedience Movement?
A. Jawaharlal Nehru B. Sardar Patel
C. Mahatma Gandhi D. Subhas Chandra Bose
9. Which event marked the beginning of the Civil Disobedience Movement?
A. Quit India Movement B. Salt March
C. Simon Commission D. Jallianwala Bagh
10. Which of the following countries has a federal system of government?
A. China B. Sri Lanka C. India D. Bangladesh

11.The system of Panchayati Raj involves:

- | | |
|--|------------------------------|
| A. The village, block, and district levels | B. Only the village level |
| C. Only the district level | D. The city and state levels |

12.Which amendment made Panchayati Raj institutions constitutional?

- | | |
|-------------------|-------------------|
| A. 42nd Amendment | B. 44th Amendment |
| C. 73rd Amendment | D. 61st Amendment |

13.Which species is classified as a "critically endangered species" in India?

- | | |
|-------------------|------------------|
| A. Asiatic Lion | B. Bengal Tiger |
| C. Indian Bustard | D. Himalayan Yew |

14.Which type of forest is found in areas with less than 100 cm rainfall?

- | | |
|------------------------|---------------------|
| A. Tropical Rainforest | B. Thorn Forest |
| C. Deciduous Forest | D. Evergreen Forest |

15.Joint Forest Management (JFM) program was started in:

- | | | | |
|---------|---------|---------|---------|
| A. 1980 | B. 1990 | C. 1985 | D. 2000 |
|---------|---------|---------|---------|

16.Which of the following was a part of the Non-Cooperation Movement?

- | | |
|-----------------------|-----------------------------|
| A. Violent protests | B. Boycott of foreign goods |
| C. Civil Disobedience | D. Quit India |

17.What was the main cause of the Jallianwala Bagh massacre?

- | | |
|--------------------------------|-----------------------------|
| A. Protest against Rowlatt Act | B. Demand for Swaraj |
| C. Salt Satyagraha | D. Simon Commission arrival |

18.Who composed the song "Vande Mataram"?

- | | |
|------------------------|---------------------------------|
| A. Rabindranath Tagore | B. Bankim Chandra Chattopadhyay |
| C. Subhas Chandra Bose | D. Sarojini Naidu |

19. In India, the largest employment is provided by:

- | | |
|--------------------|---------------------|
| A. Primary sector | B. Secondary sector |
| C. Tertiary sector | D. IT sector |

20. GDP stands for:

- | | |
|------------------------------|---------------------------|
| A. Gross Domestic Production | B. Great Domestic Product |
| C. Gross Domestic Product | D. Good Domestic Product |



ADARSH WORLD SCHOOL

SECTOR-12, DWARKA

Subject : Artificial Intelligence

Holidays Homework Worksheet Class - 10

Topic: Communication Skills - II

A. One-Word Answer

- The person who receives the message is called?
- Give one example of non-verbal communication.
- What is the medium called in the communication cycle?
- A person who speaks clearly, listens actively, and shows confidence has ____ communication.

B. Fill in the Blanks

- _____ is the process of exchanging thoughts, messages, or information.
- The sender encodes the message and the receiver _____ it.
- Facial expressions and gestures are part of _____ communication.
- The C in 7 C's that refers to not leaving out important information is _____.

C. True or False

- Noise is a barrier in effective communication.
- Writing and speaking are visual communication methods.
- "Cultural differences" can affect how messages are understood.
- Communication only happens when words are spoken.

D. Identify the Barrier (Choose from: Physical, Social, Interpersonal, Cultural)

- Two people from different countries misunderstand each other.
- A student can't hear the teacher because of fan noise.
- A shy student avoids speaking in class.
- Friends argue because of personal differences.

E. Match the Following:

A	B
Eye contact	a. Physical barrier
2. Email	b. Receiver
3. Feedback	c. Non-verbal gesture
4. Loud environment	d. Written communication
5. Listener	e. Response in communication

F. Creative Thinking Challenge : Answer the given riddles

- I help you talk without a sound,
Hands and face, I am all around.
A raised eyebrow, a wave or grin,
Guess who I am hiding within?
- I stand between sender and receiver,
Noise or confusion, I'm the deceiver.
Guess my name if you are clever—
Break me down to talk better, ever!

G. Unscramble the words and write the correct communication-related term:

- The process of exchanging ideas, thoughts, and messages between people? **OCNTAIOMUCNIM**
- The communication involving gestures, facial expressions, and body language? **SRIEALNVOBM**
- What is the medium through which the message travels from sender to receiver? **LEHLNAC**
- What kind of barrier includes noise, distance, or faulty equipment in communication? **SLCIAPHY**

Topic: Self-Management Skills - II

A. Riddles (Guess the word!)

- I make your heart race, your hands may shake,
Too much of me is a mistake.
I come from pressure, worry, and strain,
Can you name me with your brain?
- I help you stretch and breathe with care,
I calm your thoughts and lighten despair.
Not just a pose, I am a way,
To beat your stress and brighten your day!
- I'm your silent strength, always inside,
Pushes you forward, helps you not hide.
I'm not from others, I grow in your heart,
What am I that gives you a start?

B. Jumbled Words – Unscramble the terms

- A step in time management where you organize tasks ahead : **IGANNLNNAP**
- The internal or external force that drives you to act : **NOIOTAVIM**
- An area where you may lack skill or confidence : **LRANEITX**
- Something you like or enjoy doing : **RITSEETN**
- Skill that helps you use hours in a day wisely : **MITE GNMTEAMANE**

C. Fill in the blanks

- The ABC theory of stress stands for A = _____, B = _____, C = _____.
- Two physical symptoms of stress are _____ and _____.
- A person with self-awareness knows their _____ and _____.
- Time Management helps you reduce _____ and increase _____.
- An example of external motivation is _____.

D. One-Word Answers

- What is the term for setting clear, achievable plans for your time?
- What is the ability to act without supervision called?
- Name one activity that promotes both mental and physical relaxation.
- What skill helps you handle emotions and relationships?
- What do we call goals that are Specific, Measurable, Achievable, Relevant, and Time-bound?

E. Match the columns

A	B
Emotional Intelligence	Yoga, Walk, Meditation
Physical causes of stress	Time-bound, Realistic Goals
Stress-relief techniques	Ability to manage emotions
SMART goals	Illness, Sleep deprivation
Self-Regulation	Controlling thoughts & behaviors

F. Creative Thinking

Imagine you're feeling overwhelmed with homework and exams. Write 3 things you can do to manage your stress in a healthy way.

G. True or False

- Self-awareness means ignoring your weaknesses and focusing only on strengths.
- Taking regular breaks, walking, or doing yoga can help in managing stress.
- Emotional intelligence is the ability to solve math problems quickly.
- External motivation comes from within, like personal satisfaction.
- Setting a goal with no deadline makes it a SMART goal.

H. Make Your Own SMART Goal

Think of something you want to achieve in school or personal life. Write your SMART goal by completing the steps below:

- **S (Specific):** What exactly do you want to achieve?
- **M (Measurable):** How will you know you've achieved it?
- **A (Achievable):** Can you realistically do it? How?
- **R (Relevant):** Why is it important to you?
- **T (Time-bound):** When do you want to complete it?

Topic: Python Programs

1. Write the following python programs in IDLE platform. After coding, execute the program and take the screenshot of the output. Now print the code along with its output and submit it in a stick file:

For Odd Roll No.s :

- To print the following patterns using multiple print commands :

```
1
1 2
1 2 3
1 2 3 4
```

- Input three numbers and print the greater one using if-else.
- To print all odd numbers from 1 to 30 using a for loop.
- Take marks of 5 subjects, store in a list, and display total marks and average.
- Input a number and check: Is it divisible by 4? Is it a multiple of 10?
- Write a program using while loop to print first 10 multiples of 3.
- Write a program to create a list of 5 numbers :
 - Replace the 2nd item with a new value.
 - Append a new number at the end.
 - Print the updated list.

For Even Roll No.s :

- Write a program to print:

```
..
.
.
.
.
.
.
.
```

- Input three numbers and print the smaller one using if-else.
- To print all even numbers from 1 to 30 using a for loop.
- Take 5 numbers from user, store in a list, and display maximum number and sum of all numbers.
- Input a number and check: Is it positive or negative? Is it even or odd?
- Write a program using while loop to print table of 6 up to 10 terms.
- Write a program to create a list of 6 numbers :
 - Replace the 4th item with a new value.
 - Append a new number at the end.
 - Print the updated list.



ADARSH WORLD SCHOOL
SECTOR-12,DWARKA

WORKSHEET
SUBJECT: INFORMATION TECHNOLOGY
CLASS:X

1. An _____ is a software that serves as an interface between the user and the computer.
 - a. Operating system
 - b. Application software
 - c. anti-virus software
 - d. microsoft word
2. Which of the following is not an operating system?
 - a. DOS
 - b. Windows
 - c. Linux
 - d. Disk Defragmentor
3. _____ Operating system enables multiple users to work on the same computer simultaneously.
 - (a) Single-user, single-task operating system
 - (b) Single-user, multi-task operating system
 - (c) Multi-user
 - (d) None of the above
4. The first screen that appears on monitor after loading OS is called _____.
 - (a) Icons
 - (b) Desktop
 - (c) Wallpaper
 - (d) None of the above
5. Bar present at the bottom of the desktop is called _____.
 - (a) Status bar
 - (b) Scroll bar
 - (c) Taskbar
 - (d) None of the above
6. _____ Is a way in which you give name to a file, store it and retrieve it.
 - (a) Operating System
 - (b) Formatting System
 - (c) File System
 - (d) None of the above
7. What is the term used when you press and hold the left mouse key and move the mouse around?
 - (a) Highlighting
 - (b) Dragging
 - (c) Selecting
 - (d) Moving
8. Difference between Hardware and software?
9. What are the different types of keys in Keyboard?
10. What are threats?