



SHREE VASISHTHA VIDHYALAYA



English Worksheet 2024-2025

Name: _____

Std: IV – _____

Roll No. _____

Worksheet PA1-01

Date: _____

Q-1 Multiple choice questions:

- 1) How many major periods are there in the evolution of yoga?
a) 4 b) 6 c) 8 d) 2
- 2) Yoga means?
a) just an exercise b) a way to distract c) an escape from reality
d) a process for elevating oneself
- 3) Which ancient Indian text is attributed to the sage of patanjali and is considered the foundational work, on the philosophy and practice of yoga?
a) Bhagavad Gita b) Ramayana. c) Manusmriti d) Yoga sutras
- 4) Yoga sutras tells us about the _____ limbs of yoga.
a) two b) seven c) eight. d) four

Q-2 Fill in the blanks:

- 1) _____ introduced yoga to the western world.
- 2) Our _____ can process information better when we use all our sense organs.
- 3) Yoga reduces stress, anxiety and _____.
- 4) Yoga was mentioned almost _____ years ago in the Rigveda.

Q-3 True or False:

- 1) Yoga improves the function and quality of breathing. _____
- 2) International Yoga Day is celebrated on 25th June. _____
- 3) Yoga reduces stress and improves sleep quality. _____
- 4) Yoga helps us stay happy, calm and peaceful. _____

Q-4 Circle the correct spelling of the plural form of the words given below:

- | | | | | |
|----------|---|---------|----------|----------|
| 1) berry | - | berrys | berryies | berries |
| 2) box | - | boxies | boxes | boxes |
| 3) calf | - | calfs | calfes | calves |
| 4) Scarf | - | Scarves | Scarfs | scarvies |
| 5) Shelf | - | Shelves | Shelfs | Shelfies |

Q-5 Fill in the blanks with plural forms of the nouns:

- 1) Guess _____
- 2) Peach _____
- 3) Exam _____
- 4) Pencil _____
- 5) Dish _____
- 6) Wife _____

Q-6 Rewrite the sentences using possessive nouns:

- 1) This dictionary belong to me.

- 2) She is the mother of Sonam.

- 3) The books belonging to the children are on the table.

- 4) Five peoples tents blew down in the storm.

- 5) The blanket of the baby is warm and cuddy.

- 6) The whistle of the coach was very loud.

- 7) The gloves of my dad are black.

Q-7 Diary writing:

Write a diary entry on memorable day of your life.

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