



SHREE VASISHTHA VIDHYALAYA

English Worksheet 2024-2025

Name: _____

Std: IV - _____

Roll No. _____ Worksheet PA1-01

Date: _____

Q-1 Multiple choice questions:

- How many major periods are there in the evolution of yoga?
a) 4 b) 6 c) 8 d) 2
- Yoga means?
a) just an exercise b) a way to distract c) an escape from reality
d) a process for elevating oneself
- 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
- Yoga sutras tells us about the _____ limbs of yoga.
a) two b) seven c) eight d) four

Q-2 Fill in the blanks:

- Swami Vivekananda introduced yoga to the western world.
- Our brains can process information better when we use all our sense organs.
- Yoga reduces stress, anxiety and fatigue.
- Yoga was mentioned almost 5000 years ago in the Rigveda.

Q-3 True or False:

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

True
False
True
True

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

- | | | | |
|------------|----------------|--------------|----------------|
| 1) berry - | berrys | berries | <u>berries</u> |
| 2) box - | boxies | <u>boxes</u> | boxess |
| 3) calf - | calfs | calfes | <u>calves</u> |
| 4) Scarf - | <u>Scarves</u> | Scarfes | scarvies |
| 5) Shelf - | <u>Shelves</u> | Shelfs | Shelfies |

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

- | | | | |
|----------|----------------|-----------|----------------|
| 1) Guess | <u>Guesses</u> | 4) Pencil | <u>pencils</u> |
| 2) Peach | <u>peaches</u> | 5) Dish | <u>Dishes</u> |
| 3) Exam | <u>Exams</u> | 6) Wife | <u>wives</u> |

Q-6 Rewrite the sentences using possessive nouns:

- 1) This dictionary belong to Raj.
This is Raj's dictionary.
- 2) She is the mother of Sonam.
she is sonam's mother.
- 3) The books belonging to the children are on the table.
The children's books are on the table.
- 4) Five peoples' tents blew down in the storm.
people's tents blew down in the storm.
- 5) The blanket of the baby is warm and cuddly.
The baby's blanket is warm and cuddly.
- 6) The whistle of the coach was very loud.
The coach's whistle was very loud.
- 7) The gloves of my dad are black.
my dad's gloves are black.

Q-7 Diary writing:

Write a diary entry on memorable day of your life.

25th May 2024
Saturday
8:00 P.M

Dear Diary,

I feel so grateful for the experiences I had this summer. It was a time of growth, adventure and relaxation, and I feel ready to take on whatever comes next. I will miss the freedom and fun of summer vacation, but I am also excited to see what the future holds.

Sunita