**Alpine Public School**

**Formative Assessment –I**

**Session- 2024-25**

**Class – VIIth**

**Sub: Moral**

**Max time- 1:30 Hrs Max Marks 20**

**Q1. Fill in the blanks: Marks 4**

1. “\_\_\_\_\_\_\_\_\_\_\_\_\_ is always with Unity” is a popular phrase and it is true to its every word.
2. One evening, Teesha found her mother watching a \_\_\_\_\_\_\_\_ on the television.
3. Asanas performed to improve \_\_\_\_\_\_\_\_\_\_\_\_\_, strength and balance.
4. Yoga asanas are known to develop vigor,\_\_\_\_\_\_ and confidence

**Q2. State whether statement true or false: Marks 4**

1. We should harm other children in our class.
2. We should not respect our teachers.
3. We should do your projects together with harmony.
4. We should fight always on petty issues.

**Q3. Answer the following questions: Marks 8**

1. What did the yellow color say about itself?
2. What did Teesha see in the dream?
3. What do you know about Vrikshasana?
4. What is Makarsana?

**Q4. Multiple choice questions: Marks 4**

1. Mr. Aggarwal was a very \_\_\_\_\_\_\_\_\_\_\_ and creative teacher.
2. Innovative b) rich c) lazy d) sulky
3. The dream was very \_\_\_\_\_\_ for Teesha.
4. Enjoyable b) interesting c) unique d) terrible
5. Tadasana is called so because in it the body imitates a \_\_\_\_\_\_\_\_\_\_\_\_\_\_
6. Oak Tree b) Banyan Tree c) Bamboo Tree d) Palm Tree
7. Bhujanga is Sanskrit means\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
8. Ant b) Lion c) Snake d) Cat