**Chapter 5**

 **Community Services**

1. The school organised free health check-up camp in the school. The school asked every student to find at least one person who needed check up and get him registered in the school. The teacher also encouraged the students by telling them what will be done in the camp and they should actively participate in it.
2. What was the school trying to do by involving the students in such an activity?
3. What was school doing?
4. The RWA of Ram’s colony was pressing the representative of government of their area to get a community hall constructed in the area. Ram asked his father what is the need of community centre. State what would be the possible answer of his father?
5. I went to Rajasthan by road from my hometown. On the way I saw many woman carrying earthen pots on their head and walking.
6. What were these ladies fetching?
7. How do you get the same thing at your house?
8. Fill in the blanks

 Help box

 Natural, atmosphere, pollution, community, assistance

 Travellers, Step, Kund

1. The members of a \_\_\_\_\_\_\_\_\_ live in harmony and work for the benefit of one another.
2. Community service is the help or \_\_\_\_\_\_\_\_\_\_ that benefits the community.
3. In olden times most \_\_\_\_\_\_\_ were pilgrims, messengers, soldiers or merchants.
4. \_\_\_\_\_\_\_ wells are called water temples of India.
5. A \_\_\_\_\_ is a well that looks like a saucer with a cup in centre.
6. Water \_\_\_\_\_\_\_\_\_\_\_ has become a major concern in all parts of India.
7. The most important gift of trees is they clean the \_\_\_\_\_\_\_\_\_\_\_.
8. \_\_\_\_\_\_\_\_\_\_ resources are the gifts of nature to mankind,
9. Multiple choice questions
10. Life without trees is not possible because trees
11. Give us lot of things like fruit, vegetable, medicine etc b) clean the atmosphere
12. Both
13. A \_\_\_\_\_\_\_\_ is a well that looks like a saucer with cup in the centre.
14. Step b) Kund c) Bawali
15. The kings constructed dharamsalas for \_\_\_\_\_\_\_\_ of the travellers
16. Shelter b) Safety c) both
17. Human beings are social animals because
18. They live together b) they live alone c) live in isolation
19. State whether given statements are true/false
20. Community living helps in building a peaceful society.
21. In earlier times the kings/emperors did not take up projects to look after common people.
22. In earlier times wells were the main source of water for drinking and other purpose.
23. A kund is a water storage system above the ground.
24. Community living requires organisation, co-ordination and tolerance.
25. Why are human beings known as social animals?
26. What can community services do?
27. How is water supplied to most of our country?
28. How do different people contribute to community services?
29. How the community service has been important part of Indian history?
30. What kind of travellers were there in olden times?
31. What were the hardships travellers had to face in olden times?
32. How did Ashoka make the travel comfortable for travellers?
33. How was water provided to travellers in olden days?
34. Nam the different sources of water found in olden days and name the states of its location.
35. How was water harvested in olden days?
36. How is water harvested now?
37. How are community services of modern time different from that of olden times?
38. ‘Travelling has undergone a great change in recent times,’ how?
39. Why is riding bicycle popular all over the world?
40. Why is water pollution major concern of our country?
41. Why life is not possible without trees?
42. Why are large numbers of trees being cut in recent times?
43. Name some projects that are being undertaken to plant more trees.
44. On the political map of India label the following
45. State with step wells
46. State having kund
47. State in north visited by pilgrims
48. State having Sisandra

 **Chapter 6**

 **Leisure Times**

1. The student should make list of some leisure time indoor activities enjoyed by him.
2. Carefully observe the surroundings and list the places around home where people generally get together.
3. List some of the games played in the leisure time that are enjoyed by both boys and girls.
4. State favourite activity that you enjoy during free time and write few lines bout it.
5. Fill in the blanks

 Help Box

 Breathing, mental, carbon dioxide, Agility , Reading

 Pallanguli, Shatranj, Leisure

1. \_\_\_\_\_\_\_\_ or free time is the time spent away from work for entertainment for relaxation.
2. Some board games like \_\_\_\_\_\_ and Chauper have been a part of Indian history and mythology.
3. Alugulimane or \_\_\_\_\_\_\_ is played in Tamil Nadu.
4. \_\_\_\_\_\_\_\_\_ is a leisure time activity that is quite popular among children as well as elders.
5. The harmful \_\_\_\_\_\_\_\_\_\_\_\_ is removed from our body when we exhale.
6. Physical strength and \_\_\_\_\_\_\_ were necessary for the ancient man in hunting, clearing forests and protecting himself from danger.
7. Physical and \_\_\_\_\_\_\_\_ stress makes us sick and tired.
8. \_\_\_\_\_\_\_\_\_\_ plays an important role in our physical and mental health.
9. Multiple choice questions
10. Which one is not traditional leisure time activity followed in India?
11. Dancing b) hunting c) watching television
12. Board games that are new
13. Shatranj b) Chauper c) Scrabble
14. The water sports that are popular today are
15. River rafting b) water skiing c) both
16. \_\_\_\_\_\_\_ is traditional form of martial art.
17. Khushti b) Judo c) Karate
18. Pranayam regulates
19. Breathing and relaxes body and mind b) toning of muscles c) our posture
20. State whether given statements are true/false
21. Physical and mental stress makes us sick and tired.
22. Khushti is not a traditional form of martial art.
23. Theatre has been an important source of entertainment for people since olden times.
24. Stories help in developing children’s imagination
25. Leisure time activities make us tired .
26. Name the following
27. 2 traditional leisure time activity
28. 2 traditional board games
29. Asana that regulates breathing
30. Meeting place of villagers
31. 2 olden times theatre
32. Match the following

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| --- | --- |
|  Column A |  Column B |
|  Mahabharta |  Water Sports |
|  Theatre |  Yoga |
|  Books  |  Creates awareness about challenges faced by society |
|  Asanas |  Entertain and give important information about any topic |
|  River rafting |  Epic |

1. Why do we need different leisure time activities?
2. List leisure time activities followed since old times.
3. How Adu Huli Aata helps man?
4. What was the boat used for in olden times?
5. Name 3 water sports popular now.
6. What led to the martial art becoming a sport?
7. Name 2 popular martial art of India.
8. How does yoga help man?
9. What is the benefit of doing Pranayam?
10. How does breathing help in maintaining physical and mental health?
11. What is the advantage of theatre?
12. Books are our best friends, explain.
13. What is story telling? What does story do to a man?
14. What is a Chaupal and what do people do there?
15. Name places in cities where people get together and spend their leisure time.
16. What does a sports person need to have?
17. List some sports that are fun to watch and are played by both girls and boys.
18. On a political map of India ,locate the following
19. State of Haryana known for khushti
20. State known for snake boat race
21. State popular for river rafting
22. State having National School of Drama