

PHYSICAL EDUCATION

8TH STD PHYSICAL EDUCATION NOTES-2021-22

THEORY CONTENT

SL.NO.	SUBJECTS	PAGENO.
01	SIGNIFICANCE OF PHYSICAL EDUCATION	2
02	VOLLEYBALL	4
03	HOCKEY	5
04	HANDBALL	6
05	BASKETBALL	7
06	BADMINTON	8
07	MIDDLE AND LONG DISTANCE RACES	10
08	HIGH JUMP	12
09	YOGASANA	13
10	MENTAL HEALTH AND EMOTIONS	14
11	FIRST AID	16
12	NATIONAL FLAG AND NATIONAL ANTHEM	18

PREPARED BY

H.T.SRINIVASA
B.A. B.P.Ed.
 ASSISTANT TEACHER
 (PHYSICAL EDUCATION) GRADE-1
 GOVT. PU COLLEGE
 (HIGH SCHOOL
 SECTION) KARIMUDDANAHALLI,
 HUNSUR TQ. MYSORE DISTRICT
 MO.N.8762855289 / 9740139217



PHYSICAL EDUCATION CLASS :VIII

CHAPTER-1

SIGNIFICANCE OF PHYSICAL EDUCATION

I. FILL IN THE BLANKS WITH SUITABLE WORDS:

- 1) Physical education is an _____ part of the total education of every child at different levels from primary through higher education.
- 2) Academic aspects of school curriculum address mental growth but _____ is essential in every school to ensure optimum physical growth and fitness.

II. ANSWER THE FOLLOWING IN ONE OR TWO SENTENCES EACH:

- 1) Write the aim of physical education?
- 2) What are the consequences of physical inactive lifestyle?
- 3) What are the aspects that enhance physical fitness?

III. ANSWER THE FOLLOWING IN TWO OR THREE SENTENCE EACH:

1) Write the importance of physical education at school level?

Answer: - Regular physical education has its own significance at the school level.
These are: -

1. Increases physical toughness.
2. There will be long-term health benefits.
3. Helps with mental development.
4. Complement intellectual development.
5. Foster a flexible attitude in society.
6. Guide to a healthy, active and disciplined lifestyle.
7. Teaches sportsmanship.
8. Help to relieve unnecessary psychological stresses.
9. Guidelines for leisure use
10. Opportunity for the display of latent talent. Etc.

2) How are long term health benefits derived from physical education?

Answer: - Long-term health benefits: -

1. Maintaining an equal amount of obesity in the body and maintaining a healthy body.
2. Keeping blood pressure under control.
3. Preventing excess cholesterol.
4. Regular physical education helps to prevent diabetes and heart disease.

3. What is sportsman spirit?

Answer: - Students have learned the qualities of leadership, morals and responsibility in the sport, Sportsmanship is the only way to live a happy life, to face defeat and victory in sports

4. How does physical education help in career selection?

Answer: - Everyone has hidden talents. The platform is necessary to properly dispose of it. Some people have good eye-and-eye and legs combination. With this, you can become better athletes if you develop good bodybuilding. Sports as a profession also provides the necessary knowledge and experience to become actively involved in physical education.

CHAPTER-2

VOLLEY BALL

I. FILL IN THE BLANKS WITH SUITABLE WORDS.

- Volleyball game was invented in America country.
- The earlier name of the game of volleyball was 'Mintonet'.
- The court measures 18in length and 9in width.
- Antennaeis tied above side line vertically over the net.
- Volleyball was formally included in the Olympic Games in Tokyo.



II. ANSWER THE FOLLOWING QUESTIONS IN ONE OR TWO SENTENCES EACH.

1. Who invented volleyball and when?

Ans: William G Morgan invented volleyball on 9th February 1895

2. Which organization formed rules of the game for the first time?

Ans: Young Men's Christian Association formed rules of the game for the first time.

3. What is the name of the line drawn at a distance of 3 meters from center line?

Ans : The Attack line drawn at a distance of 3 meters from center line.

4. Name the equipments used in volleyball game.

Ans : Ball, Net, Antennae, Poles

5. How many players does a volleyball team consist of?

Ans : A volleyball team consists of 6 Players.

III. ANSWER THE FOLLOWING QUESTIONS IN 3 TO 4 EACH SENTENCES.

1. Write any two rules of volleyball.

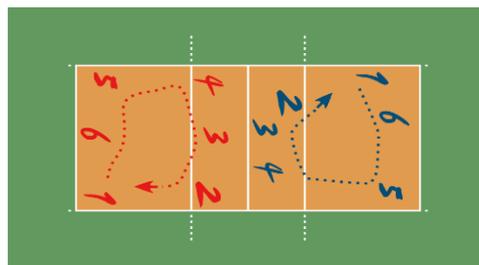
Ans : * Every team consists of 6 players and 6 substitutes.

* The team to serve first shall be decided by a toss of coin.

* The team which wins a rally is awarded a point (the rally point system)

* The receiving team will have maximum of three touches to return it from above the net.

2. DRAW THE PICTURE OF ROTATION. **Ans :**



3. Write the measurement of volleyball net and mention the equipment's used in net.

Ans :* The volley ball net is 9.5m to 10m long and has meshes of 10 cm. square.

* The top of the net is fastened by a white band of 7 cm width along the length of net.

* On both sides of the net, white side bands are tied perpendicular to the side Lines and its length is 1 meter and width is 5cm.

* The equipment's used in net Antennae.

4. Explain the procedure to decide the winner of a volley ball match.

Ans :A team gets a point and the chance to serve when their opponents make a Mistake. The team first to reach 25 points first with two points lead is considered Winner of the set. A match consists of five such sets and the fifth or deciding set Is usually played for 15 points. A team winning three sets is declared winner of the match.

5. Draw a diagram of volleyball court and name the lines with measurement?

A volleyball court is 9 m × 18 m (29.5 ft × 59.1 ft), divided into equal square halves by a net with a width of one meter (39.4 in) The top of the net is 2.43 m (7 ft 11 ¹¹/₁₆ in) above the center of the court for men's competition, and 2.24 m (7 ft 4 ³/₁₆ in) for women's competition, varied for veterans and junior competitions.

V. Match the list A with B.

'A'

1. Mintonette
2. Hallstead
3. Paul Libaud
4. Antenna
5. Rally

'B'

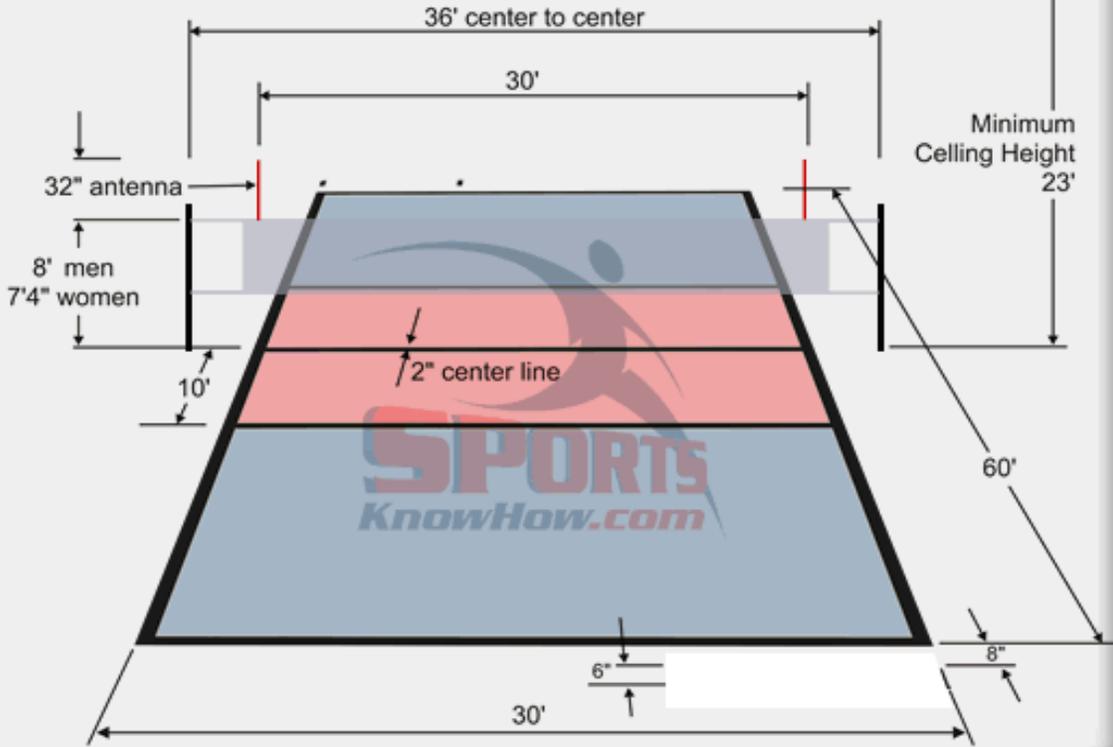
- A) Object tied at both ends of the net
- B) It continues till the players make foul.
- C) Earlier name of volleyball
- D) Gave the name volleyball
- E) Smash the ball to opponent
- F) First president of FIVB

Answer:

- 1) Earlier name of volleyball
- 2) Gave the name volleyball
- 3) First president of FIVB
- 4) Object tied at both ends of the net
- 5) It continues till the players make foul.



volleyball court diagram



CHAPTER-3 HOCKEY

I. Fill in the blanks using suitable words.

- 1) The British Hockey Association was started under the leadership of tedding ton Cricket Club in 1886.
- 2) Indian hockey team won the Asian **Six** medal for the first time in 1928 Olympics.
- 3) The Circumference of the ball used in Hockey match is **23.5 Centimeters**.

II. Fill in the blanks with suitable options provided.

1. Hooquet is a term derived from **French** language.
 - a) German
 - b) Latin
 - c) Greek
 - d) **French**
2. The maximum weight of a Hockey stick is **737 grams**
 - a) **737**
 - b) 730
 - c) 760
 - d) 700
3. **Green** card is used in hockey to indicate warning.
 - a) Red
 - b) Yellow
 - c) **Green**
 - d) Blue

III. Answer the following questions.

1. What is a dangerous play?

Ans : Raising the ball when the opponent is within 5mtrs distance is dangerous play And Sanctioned with suitable penalty.

2. Where was the first Hockey Association started in India?

Ans : The first Hockey Association in India was started in Kolkata.

3. Write the duration of a Hockey match.

Ans : A match consists of 4 quarters of 15 minutes each. There will be 2 minutes rest Interval between first and second as well as third and fourth periods. There will Be ten minutes halftime interval.

4. Mention the measurement of the Hockey stick?

Ans : A stick of 36 to 39 inches length. One end of the stick is curved and its Maximum weight shall be 737 Gms.

IV. Answer the following questions in two or three sentences each.

1. Describe a Hockey playfield.

Ans : Hockey is played on a rectangular playfield measuring 91.40 meters X 55 meters (100yardsX60 yards). Goal posts are kept at each end. In front of each goal post 'D' Area (a semi-circle) is marked. The penalty spot is marked at a distance of 6.40m (7 Yards) from the middle of goal post.

2. Make a list of the protective equipment's of a goal keeper?

Ans : Helmets, leg guards, kickers to kick the ball, chest protector, hand gloves, groin Or pelvic protector, and arm guards.

3. Write the situations in which cards are used in hockey?

Ans : A Green card = Which indicate used to a warning.

A Yellow card = which is temporary suspension, for a player for minimum of 5 Minute's duration.

A red card = Is for permanent exclusion from the rest of the game to u player Without substitution.

4. What is the differs between 'penalty stroke' and 'penalty corner'?

Ans : 'Penalty corner' is awarded for all fouls by the defending team in 'D' area.

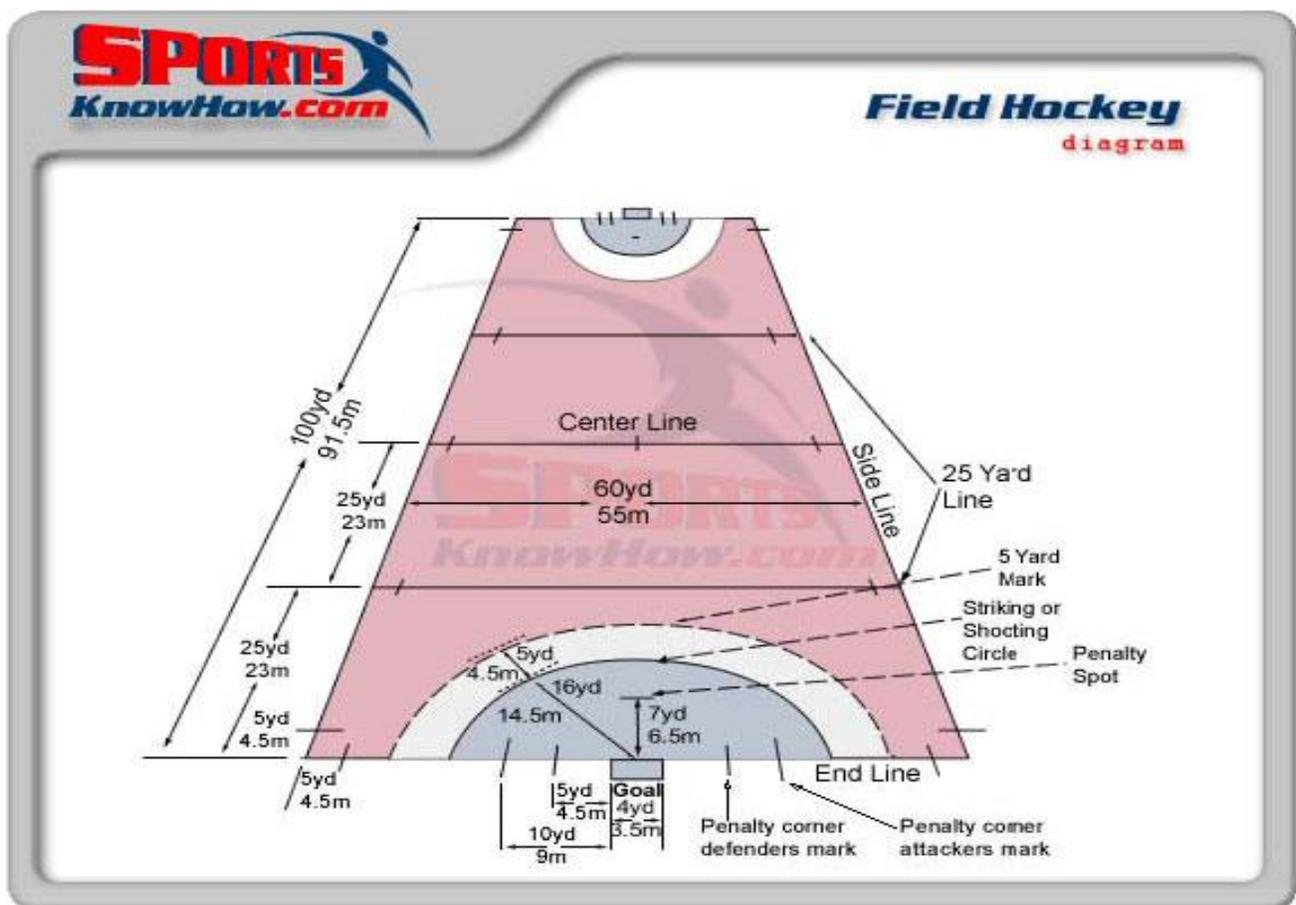
'Penalty stroke' is awarded to the opponents when a fault is made by the defending team in the 'D' area when the ball is moving towards the goal post.

5. Write the process of scoring a goal in hockey.

Ans : A goal is awarded to the team which successfully sends the ball into its opponent Goal from 'D' area.

6. Draw a diagram of Hockey playfield with measurements.

Ans :



CHAPTER-4 HANDBALL

I. FILL IN THE BLANKS WITH SUITABLE WORDS.

- 1) Handball match starts with a Throw off.
- 2) A penalty throw is taken from 7 meter line.
- 3) The width of a goal line is 8 cms.
- 4) IHF stands for International Hand ball Federation.

II. ANSWER THE FOLLOWING QUESTIONS IN ONE OR TWO SENTENCES EACH.

- 1) Who published the rules of Handball for the first time and when?

Ans :Done Holger Nielsen published the rules of Handball for the first time in 1906.

- 2) Who formulated the rules of modern Handball?

Ans :Max Heiser, Karl Schelenz, & Erich Konigh from Germany formulated the rules Of modern Handball.

- 3) When did the International Handball Federation come into existence?

Ans :The International Handball Federation came into existence in 1928.

III. ANSWER THE FOLLOWING QUESTIONS IN 3-4 SENTENCES.

- 1) Explain how the hand ball game was included in Olympics?

Ans :An exhibition match was organized as part of demonstration at Berlin Olympics In 1936. In spite of German team showing noticeable performance in the match, the Game was not included in the following Olympic Games. Team handball for men was Formally included in the Munich Olympics during 1972 and for women it was Introduced in 1976 Montreal Olympics.

- 2) Write a note on the Organization of Handball World Championship?

Ans :Initially World Handball Championship was organized once in every 3 or four Years. Presently it is organized once in every two years for both men and women. IHF Has been organizing World Championships for even junior boys and girls.

3) Write a short note on the ball used in the game of hand ball?

Ans :The ball used in the game of handball is smaller than a football in order to be Able to hold and handle it with single hand. The ball consists of 32 panels over it and Its size varies for men and women.

4) Explain the process of imposing penalties in handball?

Ans :The ball possession is given to the opponents for free throw in all other Situations including rough play. If such behavior is continued or intensity of rough Play is increased the punishment is progressively increased. Such situations are dealt Either by showing yellow card for 2 minutes suspension or red card. Penalizing should Be based on IHF regulations.

IV. Match the following words on list 'A' with list 'B'.

'A'

'B' Ans :

- | | | |
|---------------------------------------|----------|----------|
| 1) Line width of the court | a) 1972 | d) 8 cms |
| 2) IHF came into existence | b) 5 cms | c) 1946 |
| 3) Thickness of goal post | c) 1946 | b) 5 cms |
| 4) Hand ball included in the Olympics | d) 8 cms | a) 1972 |

CHAPTER-5

BASKET BALL

I. FILL IN THE BLANKS WITH SUITABLE WORDS.

- 1) Basketball court is Rectangular shaped.
- 2) Basketball game was included in 1936 Olympics.
- 3) The circumference of basketball for men is from 74.9 cms to 78 cms.
- 4) Time duration of the game has been divided into four periods of 10 minutes each.
- 5) One point is awarded to every free throw.

II. FILL IN THE BLANKS WITH SUITABLE OPTIONS GIVEN BELOW EACH SENTENCE.

- 1) Dr. James Naismith invented Basketball
 - a) Dr. Luther Gullick
 - b) Dr. James Naismith
 - c) Max Heiser
 - d) Koneig
- 2) Total duration of a Basketball match is 40 minutes
 - a) 30
 - b) 40
 - c) 60
 - d) 35
- 3) The weight of the basketball used in women match is 510 grams to 567 grams
 - a) 567 to 650
 - b) 500 to 600
 - c) 510 to 567
 - d) 510 to 576

III. ANSWER THE FOLLOWING QUESTIONS IN ONE OR TWO SENTENCES EACH.

- 1) Who invented basketball and when?

Ans : Dr. James Naismith invented basketball in 1891.

- 2) Which basket was used in the game of basketball initially?

Ans : Peach fruit was used in the game of basketball initially.

- 3) Write the measurement of backboard?

Ans : The length and width of the back board should be 1.80 m and 1.05 m respectively.

IV. Answer the following questions in three or four sentences each?

- 1) What was the reason behind basketball invention?

Ans : The objective was to structure an indoor game similar to football which kept the Students in good Physical shape during extreme winter season.

2) Write a short note on first official basketball match.

Ans : A formal match was played for the first time in 1892 at YMCA Gymnasium hall. The match was played between two teams of 9 players each by following certain prevailing rules which ended with a score of 1-0. The basket was to be scored from a distance of 25 feet and the court was half the size of present one.

3) What are the violations in Basketball?

Ans : * Dribbling the ball simultaneously with two hands, moving more than one step while holding the ball, * dribbling the ball after the end of a dribble, * deliberate use of legs for controlling the ball, * carrying the ball, * staying more than 3 consecutive seconds in the restricted area, * 3 seconds violation, * 8 seconds violation and 24 second violations are prominent.

4) Write on the officials required in Basketball?

Ans : The makeup of the officiating corps is strictly a matter of choice. The minimum number is five. A referee, an umpire, a scorer, a timer and a shot-clock operator. In some cases, eight officials are used in a lineup comprising a referee, two umpires, a shot-clock operator, two scorers and timers.

V. MATCH THE MEASUREMENTS IN LIST 'B' WITH SUITABLE WORDS IN LIST 'A'.

'A'

- 1) Court
- 2) Diameter of basket ring
- 3) Ball weight (men)
- 4) Back board
- 5) Ball weight (women)

- a) 567-650 grams
- b) 180 X 105 cm
- c) 45 cm
- d) 510 – 567 grams
- e) 28 mtr X 15 mtr

'B' Ans :

- e) 28 m X 15 m.
- c) 45 cm
- a) 567-650 grams
- b) 180 X 105 cm
- d) 510 – 567 grams

CHAPTER-6

BADMINTON

I. FILL IN THE BLANKS WITH SUITABLE WORDS.

- 1) The maximum weight of the racket is 83 to 100 gram.
- 2) The height of the badminton pole is 1.55 meters.
- 3) There are 21 points in a game.

II. ANSWER THE FOLLOWING QUESTIONS IN ONE OR TWO SENTENCES.

- 1) How did the name badminton originate?

Ans : This game came to be known as 'badminton' because it was played at 'Badminton House' of Duke.

- 2) What is the number of feathers in a shuttle?

Ans : Total 16 number of feathers in a shuttle.

- 3) From which end shall the server serve when his score is even?

Ans : Serves have to be done from right court during the score of the server is even and from left court if it is odd.

- 4) Name any two equipments used in the badminton.

Ans : Racket, Shuttle, Net, Poles

III. ANSWER THE FOLLOWING QUESTIONS IN THREE OR FOUR SENTENCES EACH.

- 1) Explain the history of the badminton game briefly?

Ans : In 1873, the Duke of Beaufort held a 'Lawn party' in his palace at GoucesterPiri, England. A recreational game was arranged for the guests who arrived at the party. This Game came to be known as 'badminton' because it was played at 'Badminton house' of Duke. In 1870's British Army officers initiated the game in India and it was called by the Name 'Poona'. 'England Badminton Federation' (EBF) was established in 1893.

- 2) Write any two rules of badminton?

Ans : * A match includes three games. Team winning two out of three games is the Winner.

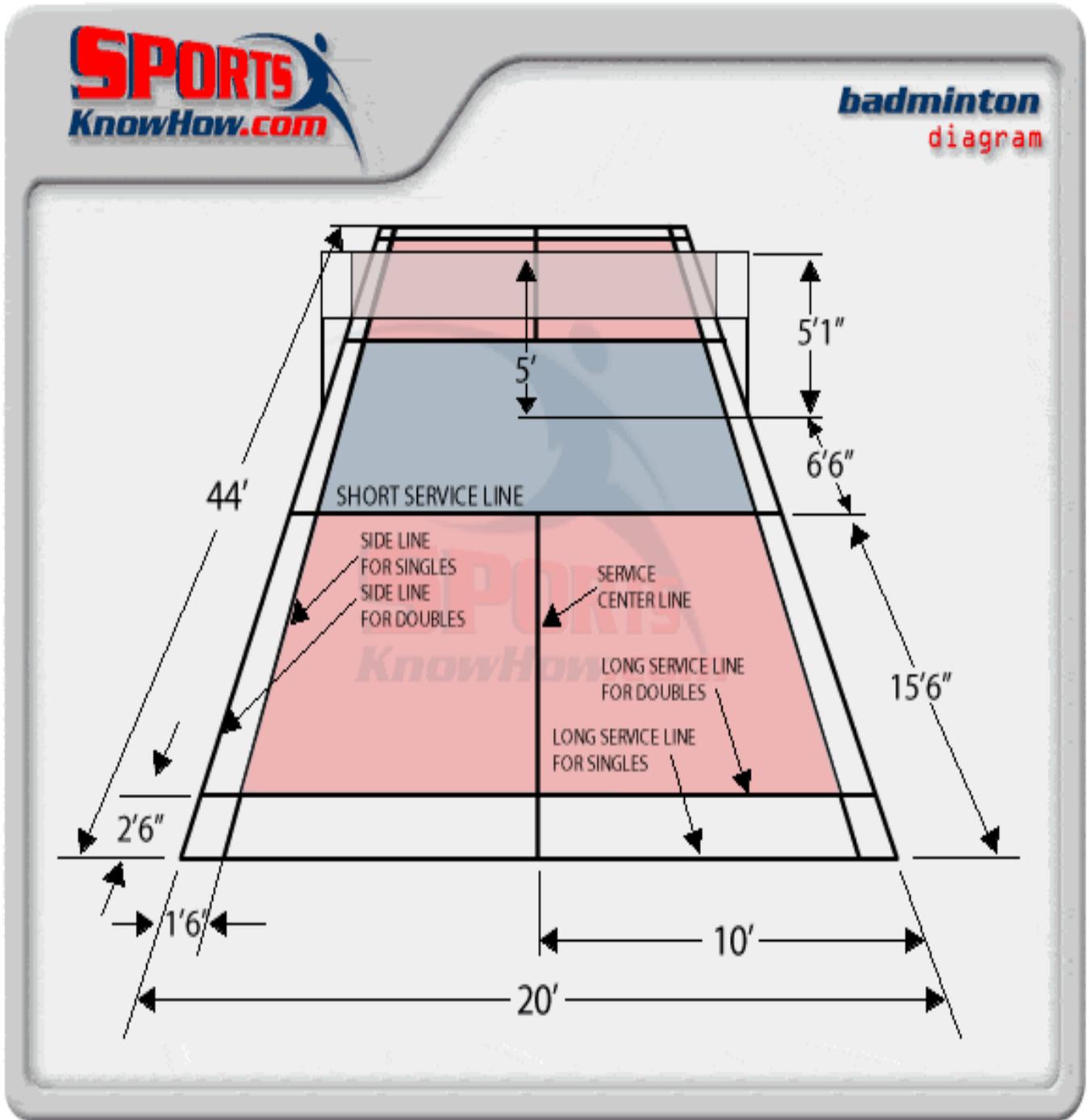
* Players change their playing ends after the end of each set.

- 3) Write the details of net?

Ans : The length of the net is 6.10 m and its width is 76 c m. The dimensions of the mesh Should be minimum 15 mm and maximum 20 mm. The tape on top of the net is white in Color and its width is 7.5 cm. A rope passing through the top of the net is tied to poles at Either ends. The height of the net is 1.55 mts at the extreme corners and 1.52 mts at the Center from ground.

4) Draw a badminton court and mention its measurements?

Ans :



CHAPTER-7

MIDDLE AND LONG DISTANCE RACES

I. ANSWER THE FOLLOWING IN ONE SENTENCE EACH.

1. Which are the middle distance events?

Ans :800m, 1500m, 3000m,

2. What should be the position of participant during 'On Your Mark'?

Ans :Competitors are not allowed to touch or cross the starting line or any space Beyond the starting line by hand or by leg during 'on your mark' command

3. Write the names of middle and long distance athletes creating records at State level

In men?

Ans :

Events Name

EVENTS		NAME
MIDDLE DISTANCE RUNNING	800M	800 mDamodarGowda 1:50.40 (1986)
	1500M	1500 mSathyaNarayana3:50.10 (1986)
	3000M	ArunD'souza9:11.07 (2001)
LONG DISTANCE RUNNING	5000M	K M Suresh 14:07.00 (1986)
	10000M	K M Suresh30:01.00 (1986)
	HALF MARATHON	-
	MARATHON	K M Seetharam 2:15.10 (1982)

CHAPTER-8

HIGH JUMP

I. ANSWER THE FOLLOWING QUESTIONS IN ONE OR TWO SENTENCES EACH.

1) How many attempts are given to an athlete for clearing a specific height?

Ans : Three attempts are given to an athlete for clearing a specific height.

2) In which year did Xavier Soto mayor set the international record in high jump?

Ans : Xavier Soto mayor set the international record in high jump in 1993.

3) Mention the Harishankar Roy's National Record.

Ans : 2.25mtr

4) What will be the decision if the cross bar falls due to the contact of jumper during an Attempt?

Ans : The decision will be Foul if the cross bar falls due to the contact of jumper during an attempt.

II. WRITE TRUE OR FALSE.

1) Athlete can take a take-off with both the legs simultaneously. (**False**)

2) Three attempts shall be given for clearing a specific height. (**True**)

3) An athlete remains in the competition after three consecutive attempts at a specific height. (**False**)

4) The height of the cross bar shall be systematically raised after it is attempted by all Competitors. (**True**)

III. ANSWER THE FOLLOWING QUESTIONS IN THREE OR FOUR SENTENCES EACH.

1) Make a list of the fouls in high jump.

Ans : * Cross bar falling due to the contact of jumper during an attempt is considered a foul.

* An attempt will be registered in the name of jumper in case if he touches the up Rights, cross bar, landing pit before taking off.

* No athlete can return through the space below cross bar.

* No trials or approach run is permitted to the athletes after the competition has Begun.

2) Write the basic rules of high jump.

Ans : * A High jumper should take-off on single leg.

* A maximum of 3 attempts are given in a particular height.

* The competitors should be informed regarding the increase of cross bar from Beginning to finish of the event.

* Athletes failing to clear a specific height shall have to leave the competition.

3) Mention the national and international records in high jump.

Ans :

DIVISION	STATE	NATIONAL	INTERNATIONAL
MEN	Harshith S. 2.20 mts	Harishankary Roy (west Bengal) 2020 mts	Javier Sotomayor (Cuba) 2.45 mts.
WOMEN	Sahana kumara 1.92 mts	Sahanakumari (Karnataka) 1.92 mts	StefkaKostadinova (Bulgaria) 2.09 mts.

IV. Match the list A with List B.

‘A’

- 1) Xavier Suto Mayor
- 2) Bobby Aloysius
- 3) StefkaKostadinova
- 4) Hari Shankar Roy

- a) 2.09 m
- b) 2.25m
- c) 1.91m
- d) 2.45 m

‘B’ Ans :

- d) 2.45 m
- c) 1.91m
- a) 2.09 m
- b) 2.25m

CHAPTER-9 YOGASANA

I. FILL IN THE BLANKS WITH SUITABLE WORDS.

- 1) Pranayama is the 4 facet of Ashtanga yoga.
- 2) Oxygen is the base for all activities in nature.
- 3) Yogasana provides Physical & Mental stability.
- 4) Inhalation of Oxygenated air is called 'Puraka'.

II. ANSWER THE FOLLOWING QUESTIONS IN ONE OR TWO SENTENCES EACH.

- 1) Which is the suitable time to practice Pranayama?

Ans : Morning or the Evening are suitable time to practice Pranayama.

- 2) What is Pranayama?

Ans : It is a conscious practice of inhalation, exhalation and breath control.

- 3) Write one difference between Yoga and Exercise.

Ans : Yoga Exercise

Yoga is performed effortlessly Exercise is performed with effort repeatedly

Yoga gives attention to breathing

Exercise does not provide enough attention to Breathing

III. Answer the following questions in three or four sentences each.

- 1) Explain the importance of Pranayama briefly.

Ans : * It helps in improving perception, digestion, memory power. It releases mind from the control of body and stimulates intellect.

* Cool and composed mind can be achieved through regular practice of Pranayama.

* Pranayama facilitates intake of oxygen and exhalation of carbon dioxide in higher quantities.

* Rhythmic and systematic process of breathing in Pranayama makes mind tension free and creative.

- 2) How do you prepare yourself for the practice of Pranayama?

Ans : * Morning or the Evening are suitable time to practice Pranayama.

* Pranayama should be practised on a suitable carpet.

* Bowels and bladder should be emptied prior to Pranayama practice.

* Practising in empty stomach is suitable.

- 3) Write the meaning of Puraka, Rechaka and Kumbhaka.

Ans : Pooraka : Inhaling oxygenated air

Rechaka : Exhaling de-oxygenated air

Kumbaka : Breathe holding

CHAPTER-10

MENTAL HEALTH AND EMOTIONS

I. ANSWER THE FOLLOWING QUESTIONS IN ONE SENTENCE EACH.

1. What is mental health?

Ans : health as a state of well-being in which every individual realizes his or her own Potential, can cope with the normal stresses of life, can work productively and Fruitfully, and is able to make a contribution to her or his community.

2. What are emotions?

Ans : Emotions are the activities of mind. Mind gets elevated when an individual Encounters joy and sorrows. Emotions play major role in the life of an individual and Without the emotions a life may be lusterless.

3. Make a list of the negative emotions?

Ans : Fear, disapproval, humiliation, anger, jealousy, sorrow etc.

II. ANSWER THE FOLLOWING QUESTIONS IN TWO OR THREE SENTENCES EACH.

1. Write any 3 objectives of mental health science?

Ans : - Good mental health enhances self-confidence leading to independence.
 - It develops the ability to adjust according to changing circumstances.
 - Good mental health may lead to control over emotions.

2. Write the characteristics of a mentally healthy person?

Ans : - Good mental health may lead to control over emotions.
 - Good mental health inculcates time sense.
 - It helps in shaping better citizens in the society.

3. What are the benefits of positive emotions?

Ans : * Positive emotions help in the growth and development of an individual.
 * It helps to build good relationship with fellow beings in the society.
 * They are helpful in exhibiting high moral character in the society.
 * The achievements of an individual are the result of his positive emotions.

CHAPTER-11

FIRST AID

I. FILL IN THE BLANKS WITH SUITABLE WORDS.

- 1) By drinking sufficient Water one can reduce the intensity of poison in the body.
- 2) Victim should not Fear when caught with fire.
- 3) Excess consumption of alcohol will lead to Unconsciousness.
- 4) The unconscious person should be laid down in Supine Laying position.

II. ANSWER THE FOLLOWING QUESTIONS IN ONE SENTENCE EACH.

- 1) Mention poisonous things?

Ans : A bite by poisonous snake, scorpion, honey bee, spider, and affected dog is also considered poisoning.

- 2) What do you mean by unconsciousness?

Ans : Unconsciousness is a state where a person loses his consciousness. It is the result of non-functioning of the cerebrum.

III. TRUE OR FALSE.

- 1) Tilt the head of the victim sideways if vomiting. **(True)**
- 2) Provide artificial breathing if the face of the victim turns bluish. **(True)**
- 3) Blisters due to burns should be punctured. **(False)**
- 4) Poison does not enter the body by means of respiration. **(False)**

CHAPTER-12

NATIONAL FLAG AND NATIONAL ANTHEM

I. ANSWER THE FOLLOWING QUESTIONS IN ONE SENTENCES EACH.

1. Who composed our National Anthem?

Ans : Gurudev Ravindranath Tagore composed our National Anthem.

2. In which language is our National Anthem written?

Ans : Our National Anthem is written in Bengali language.

3. What is the time limit to sing the National Anthem?

Ans : The time limit to sing the National Anthem is 48 to 52 seconds.

4. How many colours does our National flag consist?

Ans : Our National flag consist of Three Colours.

II. ANSWER THE FOLLOWING QUESTIONS IN ONE OR TWO SENTENCES EACH.

1. Explain the history of our National Flag briefly?

Ans : The first war of Indian independence (Sepoy Mutiny) in 1857 highly encouraged The concept of independence among the Indians.

The flag consisting three stripes of saffron, white and green with Ashoka

Chakra at its center was approved by the Constituent Assembly as the National flag of Independent India on 22nd July 1947.

2. Explain the history of our National Anthem briefly?

Ans : Jana Gana Mana is our National Anthem. This was composed in Bengali

Language by Gurudev Ravindranath Tagore in 1911. The song consists five stanzas.

The first stanza of this song was chosen as the National anthem. "Jana Gana Mana"

Was officially adopted by the Constituent Assembly as the Indian national anthem on 24 January 1950.

III. Match the list A with B.

'A'

- 1) Aug 15th 1947
- 2) July 22th 1947
- 3) Aug 14th 1947
- 4) Jan 24th 1950
- 5) 1911

'B'

- a) National Anthem written in Bengali
- b) Sung 'Jana Gana Mana'
- c) Formation of administrative committee
- d) Acceptance of nation Anthem
- f) Independence day

Ans :

- 1) Aug 15th 1947
- 2) July 22th 1947
- 3) Aug 14th 1947
- 4) Jan 24th 1950
- 5) 1911

- f) Independence Day
- c) Formation of administrative committee
- b) Sung 'Jana Gana Mana'
- d) Acceptance of nation Anthem
- a) National Anthem written in Bengali
