



# JAMNA VIDYAPEETH

## SST PRACTICE WORKSHEET

### ❖ MCQs

1. Which three dynasties fought in the Tripartite Struggle over Kannauj?

- A) Cholas, Palas, Rashtrakutas
- B) Pratiharas, Rashtrakutas, Palas
- C) Gajapatis, Pratiharas, Cholas
- D) Rashtrakutas, Chalukyas, Palas

2. The tripartite struggle was essentially for control of:

- A) Ujjain
- B) Kannauj
- C) Kanchipuram
- D) Ayodhya

3. Gurjara-Pratihara dynasty controlled region of:

- A) Bengal
- B) Gujarat & Rajasthan
- C) Deccan
- D) Tamil Nadu

4. Rashtrakutas were originally subordinate to which power?

- A) Palas
- B) Chahamanas
- C) Chalukyas of Karnataka
- D) Cholas

5. Who performed the ritual Hiranyagarbha to claim Kshatriya status?

- A) Dhruva
- B) Dantidurga of Rashtrakutas

- C) Rajaraja Chola
- D) Vighraharaja Chauhan

6. The ritual Hiranyagarbha was intended to:

- A) Convert to Brahmin
- B) Become king
- C) Become born as a Kshatriya
- D) Win a battle

7. What are Prashastis?

- A) Temple inscriptions
- B) Administrative manuals
- C) Poems glorifying rulers
- D) Religious texts

8. Who usually composed Prashastis?

- A) Warriors
- B) Brahmanas
- C) Merchants
- D) Kings

9. Kalhana wrote a long Sanskrit poem about rulers of:

- A) Tamil Nadu
- B) Kashmir
- C) Bengal
- D) Gujarat

10. Which Sultan destroyed the Somnath temple?

- A) Babur
- B) Mahmud of Ghazni
- C) Iltutmish
- D) Muhammad Ghori

11. Who wrote Kitab-ul-Hind, about India's society?

A) Ibn-Batuta

B) Fa-Hien

C) Al-Biruni

D) Marco Polo

12. What were ur in Tamil region?

A) Tax forms

B) Peasant settlements

C) Temples

D) Markets

13. The larger regional group of 'urs' was known as:

A) Sabha

B) Nadu

C) Village

D) District

14. What was brahmadeya?

A) Taxes to Brahmanas

B) Land gifted to Brahmanas

C) Market tax

D) Village assembly

15. A nagarams in Tamil region was:

A) Temple centre

B) Labourers' group

C) Traders' association

D) Tax office

16. Sabha elections at Uttaramerur used:

A) Secret ballot

B) Palm-leaf tickets drawn by boy

C) Royal nomination

D) Written test

17. One eligibility criterion for a sabha member in Uttaramerur was:

- A) Between ages 25-60
- B) Must own land and home
- C) Must be a merchant
- D) Under 30 years

18. Which committee member qualification was mandatory?

- A) Vedic knowledge
- B) Military service
- C) Artisan skill
- D) Brahmin birth

19. If someone served in one committee, they could not join another until:

- A) One year
- B) Two years
- C) Three years
- D) Five years

20. Who could not contest elections in Uttaramerur?

- A) Recent committee member
- B) Person who failed to submit accounts of self or relatives
- C) Ruled lands outside
- D) A Brahmana

21. The Chahamanas controlled:

- A) Kashmir and Punjab
- B) Maharashtra
- C) Ajmer and Delhi
- D) Bengal and Odisha

22. Cholas built great temples at:

- A) Madurai and Kanchipuram
- B) Thanjavur and Gangaikonda-Cholapuram
- C) Delhi and Ajmer

D) Ujjain and Kannauj

23. Chola temples were centres of:

A) Agriculture

B) Trade only

C) Craft, religious and economic life

D) Military training

24. Chola bronzes are famous as:

A) Stone works

B) Wooden idols

C) Finest sculptures in bronze

D) Miniature paintings

25. Temples supported which specialist group?

A) Only priests

B) Cooks, musicians, artisans, priests, dancers

C) Farmers

D) Soldiers

26. The first Delhi Sultan was:

A) Iltutmish

B) Qutb al-Din Aibak

C) Muhammad Ghori

D) Balban

27. Qutb al-Din Aibak began building:

A) Red Fort

B) Qutb Minar complex

C) Taj Mahal

D) Agra Fort

28. Iltutmish was succeeded by his daughter:

A) Razia Sultan

B) Jahanara

C) Mumtaz

D) Niloufer

29. Razia Sultan is notable for:

A) Being first female ruler of Delhi Sultanate

B) Defeating Timur

C) Building mosques

D) Marrying a Turkish general

30. Alauddin Khalji was known for:

A) Patronage of arts

B) Market reforms and price control

C) Religious tolerance

D) Weak administration

31. Alauddin introduced:

A) Supply of grain at fixed price

B) Reduced taxes

C) Removal of army

D) Zamindari system

32. Alauddin's price control extended to:

A) Clothing only

B) Grain, horses, cattle

C) Jewelry

D) Landowners

33. Muhammad bin Tughluq moved capital from Delhi to:

A) Agra

B) Daulatabad (Deccan)

C) Lahore

D) Multan

34. His capital shift policy caused:

A) Prosperity

- B) Failure and chaos
- C) Foreign trade boost
- D) Cultural renaissance

35. Firoz Shah Tughluq is known for building:

- A) Several canals, cities and mosques
- B) Only forts
- C) Only temples
- D) Only schools

36. Sultanate rulers collected tax from peasants known as:

- A) Zakat
- B) Jizya
- C) Land revenue
- D) Tithe

37. Jizya was a tax on:

- A) All citizens
- B) Hindus living under the Sultanate
- C) Muslim nobles
- D) Trade guilds

38. The Sultan's army was maintained by:

- A) Contributions of zamindars
- B) Land revenue from peasants
- C) Income from trade
- D) Voluntary charity

39. Women nobles were invited to:

- A) Join court
- B) Attend assemblies
- C) Have land and allowance (parda)
- D) Run armies

40. Alauddin's policing system:

- A) Had spies and patrolling every night
- B) Relied on merchants
- C) Used only village watchmen
- D) Did not exist

41. Firoz Shah Tughluq introduced:

- A) Educational reforms
- B) Welfare projects like hospitals, madrasas, canals
- C) Only war campaigns
- D) Temple reconstruction

42. Sultanate markets were regulated to:

- A) Allow free pricing
- B) Check black marketing and hoarding
- C) Ban foreign goods
- D) Encourage inflation

43. Muhammad bin Tughluq's reign is remembered for:

- A) Wise decisions
- B) Brilliant rule
- C) Policies that failed due to poor implementation
- D) Peaceful expansion

44. Which Sultan allowed free movement during Hajj?

- A) Qutb al-Din Aibak
- B) Iltutmish
- C) Firoz Shah Tughluq
- D) Alauddin Khalji

45. Who maintained horse and cattle checks in markets?

- A) Merchants
- B) Market inspectors (shahna)
- C) Peasants
- D) Local chiefs



46. Which system ensured ready grain supply to army?

- A) Market control system
- B) Zamindari
- C) Village storage
- D) Free market

47. Sultanate rulers strengthened the state by:

- A) Encouraging peasants only
- B) Combining military and economic centralization
- C) Relying solely on Hindu nobles
- D) Avoiding taxation

48. Which dynasty ruled Delhi Sultanate last in the Chapter?

- A) Khalji
- B) Tughluq
- C) Slave
- D) Lodhi

49. Peasant taxation under Sultanate was collected in:

- A) Cash or kind as fixed revenue share
- B) Only labour
- C) Forced crop production
- D) Gold coins always

50. Regulation of markets helped:

- A) Increase crime
- B) Keep prices stable
- C) Reduce army
- D) Ban crafts

51. What do people need to be free from to lead a healthy life?

- A) Education
- B) Illness
- C) Wealth

D) Employment

52. What is the full form of PHC?

A) Primary Health Centre

B) Public Health Care

C) Public Hospital Centre

D) Primary Hospital Care

53. Which one of the following is a part of the public health system?

A) Private hospital

B) PHC

C) Nursing home

D) Diagnostic lab

54. Which of these is a responsibility of the government?

A) Constructing private clinics

B) Providing healthcare to all

C) Importing medicines

D) Running private hospitals

55. Which law says that no one can be denied treatment in an emergency?

A) Right to Liberty

B) Right to Equality

C) Right to Health

D) Right to Life

56. Which of the following is the innermost layer of the Earth?

A) Crust

B) Mantle

C) Core

D) Lithosphere

57. The thinnest layer of the Earth is:

A) Crust

B) Core

C) Mantle

D) Inner core

58. The main constituent of the continental crust is:

A) Basalt

B) Granite

C) Iron

D) Nickel

59. The layer below the crust is called:

A) Inner core

B) Outer core

C) Mantle

D) Lithosphere

60. Rocks that are formed from molten magma are called:

A) Sedimentary rocks

B) Igneous rocks

C) Metamorphic rocks

D) Fossils

61. The Taj Mahal is made of:

A) Granite

B) Basalt

C) Marble

D) Limestone

62. Which rock contains fossils?

A) Igneous

B) Metamorphic

C) Sedimentary

D) Basalt

63. When metamorphic rocks melt, they turn into:

- A) Fossils
- B) Magma
- C) Sediments
- D) Igneous rocks

64. Which process breaks down rocks into smaller particles?

- A) Eruption
- B) Weathering
- C) Fossilisation
- D) Folding

65. Which of the following is a metamorphic rock?

- A) Limestone
- B) Granite
- C) Basalt
- D) Marble

### ◆ True or False

1. Dantidurga performed the Hiranyagarbha ritual to become a Brahmin.
2. Prashastis were composed by merchants to praise kings.
3. The Cholas built the famous temple at Thanjavur.
4. Kalhana wrote a historical account of the kings of Kashmir.
5. Ur was a type of merchant guild in South India.
6. Nadu referred to a group of villages in Tamil region.
7. Sabha members were selected through palm leaf drawing system.
8. Rashtrakutas were originally subordinate to Cholas.
9. Brahmadeya lands were gifted to temple dancers.
10. Chola temples were centres of administration and economy.
11. Qutb al-Din Aibak was the first Sultan of Delhi.

12. Razia Sultan was removed from the throne because she was unpopular.
13. Alauddin Khalji introduced price control to manage the market.
14. Muhammad bin Tughluq successfully shifted the capital to Daulatabad.
15. The Delhi Sultanate rulers relied entirely on local chiefs for administration.
16. Firoz Shah Tughluq built canals and new towns.
17. Jizya was a land tax paid by Muslims only.
18. Sultanate rulers collected revenue directly from farmers.
19. The Sultanate used market inspectors to enforce price control.
20. Women were never allowed any land grants under the Sultanate.
21. The crust is the thickest layer of the Earth.
22. The Earth's core is made up of iron and nickel.
23. Sedimentary rocks are formed by cooling of magma.
24. Granite is used in construction work.
25. Basalt is an example of metamorphic rock.
26. Igneous rocks are also called primary rocks.
27. The mantle is made up of molten rock materials.
28. Fossils are remains of dead plants and animals preserved in rocks.
29. The crust under oceans is thicker than that under continents.
30. Rocks do not change from one form to another.
31. Only rich people have the right to healthcare.
32. Clean drinking water is necessary for a healthy life.
33. Private hospitals are generally more expensive than government hospitals.
34. The government has no role in running health centres.
35. Health is not just about illness, but also about clean surroundings and nutrition.

### ◆ Assertion and Reasoning

(Choose: A – Both A and R are true, and R is the correct explanation of A

B – Both A and R are true, but R is not the correct explanation of A

C – A is true, R is false

D – A is false, R is true)

1. A: The Cholas built large temples.

R: Temples were not just religious centres but also cultural and economic hubs.

2. A: Prashastis were accurate historical records.

R: They were written by court poets and Brahmanas to glorify their patrons.

3. A: Sabha members in the Chola empire were appointed by the king.

R: Members were elected through a drawing of lots.

4. A: The Rashtrakutas were originally feudatories of the Chalukyas.

R: They declared independence after gaining military strength.

5. A: The ritual of Hiranyagarbha helped a person become a Vaishya.

R: The ritual was symbolic of rebirth into Kshatriya status.

6. A: Kalhana's Rajatarangini is an important source of early Indian history.

R: It was a Sanskrit poem based on local traditions and records.

7. A: Chahamanas ruled the region around Gujarat.

R: They controlled Delhi and Ajmer areas.

8. A: Chola rulers often gave land to temples.

R: Land grants helped in integrating religion with economy and politics.

9. A: Nadu was a temple in Tamil Nadu.

R: Nadu was a regional unit of peasant settlements.

10. A: The Chola empire had no local administration.

R: Villages had sabhas which managed local affairs.

11. A: Razia Sultan faced opposition during her reign.

R: Many nobles opposed the idea of a woman ruler.

12. A: Alauddin Khalji reduced military expenditure.

R: He maintained a large standing army through strict price control.

13. A: Muhammad bin Tughluq was a wise and practical ruler.

R: He successfully implemented all of his innovative ideas.

14. A: Firoz Shah Tughluq focused on welfare measures.

R: He built hospitals, rest houses, and canals.

15. A: Jizya was a tax collected from Muslim soldiers.

R: It was a religious tax imposed on non-Muslims.

16. A: The Delhi Sultanate had a well-organized army.

R: Market reforms and branding of horses were introduced to strengthen it.

17. A: The Sultans governed directly with the help of nobility.

R: They removed hereditary chiefs and created centralized administration.

18. A: Sultanate rulers encouraged Hindu kingship practices.

R: They followed Islamic traditions in administration.

19. A: Daulatabad became a successful second capital.

R: Its location helped traders and farmers.

20. A: Firoz Shah Tughluq's policies were more welfare-focused than military.

R: He avoided unnecessary wars and expanded public services.

21. Assertion (A): Health is a broader concept than just being free from illness.

Reason (R): Health also depends on clean environment and nutritious food.

22. Assertion (A): Private health services are not affordable to all.

Reason (R): They often charge high fees for treatment.

23. Assertion (A): Government hospitals often have long queues.

Reason (R): These hospitals treat patients free or at low cost.

24. Assertion (A): The Constitution guarantees the Right to Life.

Reason (R): It includes the right to receive emergency medical treatment.

25. Assertion (A): Clean water supply has no impact on health.

Reason (R): Water-borne diseases are caused by polluted water.

26. Assertion (A): Fossils are mostly found in sedimentary rocks.

Reason (R): Sedimentary rocks are formed by deposition and do not involve heat and pressure.

27. Assertion (A): Metamorphic rocks are formed from existing rocks.

Reason (R): High temperature and pressure transform one type of rock into another.

28. Assertion (A): Granite is an igneous rock.

Reason (R): It is formed from cooling and solidification of lava.

29. Assertion (A): The inner core is solid.



Reason (R): The temperature and pressure are so high that iron and nickel exist in solid form.

30. Assertion (A): All rocks are formed in the same way.

Reason (R): The Earth has only one rock-forming process.

### **Small Answer Type Questions (SAQs)**

1. Who were the Rashtrakutas and how did they rise to power?
2. What is the significance of the ritual 'Hiranyagarbha'?
3. What were Prashastis and who composed them?
4. What is the importance of Kalhana's Rajatarangini?
5. What do you understand by Brahmadeya and who received it?
6. What was the Tripartite Struggle and who were the main parties involved?
7. What was the structure and function of a sabha in the Chola administration?
8. What is a Nadu? How was it different from a ur?
9. Explain one eligibility criterion for sabha members in Uttaramerur.
10. How did temples serve as centres of both religion and economy under the Cholas?
11. Who was the first ruler of the Delhi Sultanate? Mention one achievement.
12. Why is Razia Sultan considered an important ruler in Indian history?
13. What were the market reforms introduced by Alauddin Khalji?
14. Why did Muhammad bin Tughluq shift the capital to Daulatabad and why did it fail?
15. How did Firoz Shah Tughluq support public welfare during his reign?
16. What is the meaning of jizya and who paid it?
17. How was revenue collected during the Sultanate period?
18. Describe one reason why Muhammad bin Tughluq's policies failed.
19. Why was the Sultanate's army considered disciplined and well-organized?
20. How were women treated under the Delhi Sultanate in terms of property and privileges?
21. Name the three layers of the Earth.
22. What is the difference between magma and lava?

23. Name any two types of rocks.
24. How are extrusive igneous rocks formed?
25. What are sedimentary rocks?
26. Define the rock cycle.
27. Name one use of granite and one use of marble.
28. What are fossils?
29. What is mantle made up of?
30. How are metamorphic rocks formed?
31. What do you understand by public health care services?
32. Why are private health services expensive?
33. State two features of public health services.
34. What is the role of the government in healthcare?
35. Why do people prefer private hospitals even though they are costly?

### Long Answer Type Questions (LAQs)

1. Explain the administrative structure of the Chola Empire. How were local self-governments organized?
2. Discuss the role and importance of temples in the Chola period.
3. What was the significance of land grants like Brahmadeya, and how did they affect rural society?
4. Explain the contribution of Kalhana and his Rajatarangini to Indian historiography.
5. Describe the Tripartite Struggle. What was its impact on the political structure of early medieval India?
6. Explain the process and purpose of the sabha elections in Uttaramerur village.
7. How did the Cholas establish their empire? What were their military and cultural achievements?
8. Discuss the role of Prashastis in shaping the image of kingship in early medieval India.
9. Compare the administrative roles of ur, sabha, and nadu in the Chola kingdom.
10. Describe the rise of the Rashtrakutas and their contribution to Indian polity and culture.
11. Explain the expansion and consolidation of the Delhi Sultanate under Qutb al-Din Aibak and Iltutmish.
12. Describe the achievements and challenges of Razia Sultan's rule.

13. What were the major economic reforms of Alauddin Khalji? How did they affect the army and the public?
14. Why is Muhammad bin Tughluq remembered as a visionary ruler whose ideas failed?
15. Describe the public works undertaken by Firoz Shah Tughluq and their significance.
16. Discuss the reasons behind the success and eventual decline of the Delhi Sultanate.
17. How was land revenue assessed and collected during the Sultanate period? What role did it play in state control?
18. Write a note on the status of non-Muslims under the Delhi Sultanate with reference to jizya and administration.
19. What changes did the Delhi Sultans bring to the army structure?
20. Compare the administrative policies of Alauddin Khalji and Muhammad bin Tughluq.
21. Describe the structure of the Earth with the help of a diagram.
22. Explain the formation of igneous rocks with examples.
23. What is the rock cycle? Explain with the help of a diagram.
24. Compare and contrast igneous, sedimentary, and metamorphic rocks.
25. Describe the characteristics and composition of the crust, mantle, and core.
26. Explain how sedimentary rocks are formed. Give examples.
27. Discuss the importance of rocks in our daily life.
28. Explain the difference between intrusive and extrusive igneous rocks with examples.
29. How do rocks change from one type to another? Explain with examples.
30. Why are fossils important to scientists?
41. Explain the difference between public and private healthcare services with examples.
42. Discuss why it is important for the government to provide health facilities to all.
43. How does the Constitution ensure the Right to Health for all citizens?
44. Describe the challenges faced by public health services in India.
45. How can the government improve public healthcare facilities?

**ALL THE BEST**