

Chapter 3: Landforms and Life

Practice Worksheet — Set B

Name: _____	Class & Section: _____	Date: _____
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Section 1: Multiple Choice Questions (10 x 1 mark = 10 marks)

Tick (✓) the correct option.

1. Which river is at the heart of India's most populous plain, the Gangetic plain?

- (a) Yamuna (b) Ganga (c) Indus (d) Brahmaputra

2. A lower area between hills or mountains, often with a river or stream flowing through it, is called a:

- (a) Plateau (b) Valley (c) Plain (d) Delta

3. The Nohkalikai Falls emerge from which plateau?

- (a) Deccan Plateau (b) Tibetan Plateau (c) Cherrapunji Plateau (d) Chhota Nagpur Plateau

4. Which of these is an example of a cold desert?

- (a) Sahara Desert (b) Thar Desert (c) Gobi Desert (d) Kalahari Desert

5. Plains are generally not more than how many metres above sea level?

- (a) 100 m (b) 300 m (c) 1,000 m (d) 3,000 m

6. The meeting point of two or more rivers is called a:

- (a) Delta (b) Confluence (c) Estuary (d) Basin

7. Which of the following is NOT a fibre crop grown in the Gangetic plain?

- (a) Cotton (b) Jute (c) Hemp (d) Wheat

8. Mount Everest is known as 'Sagarmatha', meaning 'Goddess of the Sky', in which language?

- (a) Tibetan (b) Nepali (c) Hindi (d) Chinese

9. Which Indian mountaineer lost a leg in an accident yet went on to climb Mount Everest and the highest peaks of every continent?

- (a) Bachendri Pal (b) Santosh Yadav (c) Arunima Sinha (d) Premlata Agarwal

10. In the tinai classification of ancient Tamil poetry, 'Marudam' refers to:

- (a) Mountainous regions (b) Coastal regions (c) Fertile agricultural plains (d) Arid, desert-like regions

Section 2: Fill in the Blanks (10 x 1 mark = 10 marks)

1. Other highlands with lower height and rounded tops (as compared to mountains) are called _____.
2. The Himalayas, Alps and Andes are examples of mountain _____.
3. _____ trees such as pine, fir, spruce and deodar are common in montane forests.
4. The sudden collapse of a mass of earth or rock from a mountainside is called a _____.
5. Mount Kailash in Tibet is considered sacred by followers of Hinduism, Buddhism, Jainism and _____.
6. Plateaus are often described as 'storehouses of _____'.
7. The Nohkalikai Falls drop down _____ metres from the Cherrapunji Plateau.
8. Plains are generally not more than _____ metres above sea level.
9. About _____ crore people live in India's Ganga plain.
10. The five _____ of ancient Tamil Sangam poetry describe five different landscapes and their occupations.

Section 3: True or False (10 x 1 mark = 10 marks)

1. Rivers originating in mountains carry sediments to the plains, making the soil fertile. [True / False]
2. Plains generally have large hills and deep valleys. [True / False]

3. The Ganga plain is home to more than one-fourth of the total Indian population. [True / False]
4. Traditional agriculture in the Gangetic plain has always depended only on irrigation, never on rainfall. [True / False]
5. Groundwater depletion is a challenge linked to increased irrigation in the Ganga plain. [True / False]
6. River navigation is difficult in plains because of their steep slopes. [True / False]
7. The Thar Desert is located in the northwest of the Indian subcontinent. [True / False]
8. The Gobi Desert is an example of a hot desert. [True / False]
9. In the tinai classification, 'Neydal' refers to coastal regions where fishing is the main occupation. [True / False]
10. According to the chapter, each landform offers only challenges and no opportunities. [True / False]

Section 4: Answer in About Two Lines (10 x 2 marks = 20 marks)

1. What is meant by 'altitude'?

2. What is precipitation?

3. Why do mountains attract tourists?

4. Name two challenges people face while living in the mountains.

5. What makes the Tibetan Plateau special?

6. Name two waterfalls found on plateaus.

7. Why is agriculture a major occupation in the plains?

8. What problems affect the Ganga plain today?

9. What are deserts?

10. What do the five tinais of Tamil Sangam poetry represent?

Section 5: Short Notes — Answer in 5 to 8 lines (5 x 4 marks = 20 marks)

1. Describe the Ganga river and its significance.

2. Write a short note on Deserts.

3. Explain how agriculture has changed in the Ganga plain over time.

4. Write a short note on famous women mountaineers of India (Bachendri Pal and Arunima Sinha).

5. Write a short note on mining and mineral wealth of plateaus.

Answer Key — Set B

Section 1: Multiple Choice Questions

1. b) Ganga
2. b) Valley
3. c) Cherrapunji Plateau (in Meghalaya)
4. c) Gobi Desert
5. b) 300 m
6. b) Confluence
7. d) Wheat (it is a food crop)
8. b) Nepali
9. c) Arunima Sinha
10. c) Fertile agricultural plains

Section 2: Fill in the Blanks

1. hills
2. ranges
3. Conifer
4. landslide
5. Bon
6. minerals
7. 340
8. 300
9. 40
10. tinais

Section 3: True or False

1. True
2. False — plains do not have large hills or deep valleys; they are flat or gently undulating.
3. True
4. False — traditional agriculture was mostly rainfed; irrigation became common only in recent decades.
5. True
6. False — plains have a gentle slope, which makes river navigation easy.
7. True
8. False — the Gobi Desert is a cold desert.
9. True
10. False — each landform offers both challenges and opportunities.

Section 4: Answer in About Two Lines

1. Altitude is the height of an object above sea level, for example the altitude of a mountain or of a bird or plane in flight.
2. Precipitation is water from the atmosphere reaching the ground in any form, the most common forms being rain, snow and hail.
3. Mountains attract tourists because of their crisp air and scenic beauty, and because they offer sports such as skiing, hiking, mountaineering and paragliding.
4. Landslides and avalanches are two challenges faced in the mountains; cloudbursts causing flash floods are another common danger.
5. The Tibetan Plateau is the largest and highest plateau in the world, with an average altitude of 4,500 m, which is why it is nicknamed the 'Roof of the World'.
6. The Victoria Falls on the Zambezi River and the Nohkalikai Falls on the Cherrapunji Plateau are two examples of waterfalls found on plateaus.
7. Rivers deposit fertile sediments in the plains, making the soil ideal for growing crops of all kinds, which is why agriculture is a major occupation there.

8. The Ganga plain faces problems such as depletion of groundwater due to excessive irrigation, along with high population and pollution.
9. Deserts are large, dry expanses of land with very little precipitation and unique flora and fauna, such as the hot Sahara and Thar deserts and the cold Gobi Desert.
10. The five tinais represent five different landscapes, each linked to a specific occupation, mood or emotion, showing a deep connection between people and the natural environment.

Section 5: Short Notes

1. The Ganga (also called the Ganges) is the largest river originating in the Himalayas and is nearly 2,500 km long. It has numerous tributaries, some like the Yamuna and Ghagara originating in the Himalayas, and others like the Son originating from the Vindhya Range. The Ganga plain, through which it flows, supports about 40 crore people — more than one-fourth of India's population — who depend on it for fishing, agriculture and river transport. Because plains have a gentle slope, the Ganga allows for easy navigation, and people still use boats to travel along stretches of the river. Its source and confluences with other rivers are considered sacred, and many festivals and rituals take place along its banks.
2. Deserts are large, dry expanses of land that receive very little precipitation, and they have unique flora and fauna adapted to harsh conditions. Some deserts are hot, such as the Sahara Desert in Africa and the Thar Desert in the northwest of the Indian subcontinent, while others are cold, such as the Gobi Desert in Asia. Despite the harsh living conditions, humans have adapted to life in most deserts. In India, communities living in or migrating through the Thar Desert have developed rich cultural traditions, including folk songs and legends connected to the desert landscape.
3. Traditionally, agriculture in the Gangetic plain was mostly rainfed, meaning crops depended on rainfall for water. In recent decades, however, farming has increasingly turned to irrigation, with water brought to fields through networks of canals or pumped up from the ground. While irrigation has helped increase agricultural production of crops like rice, wheat and jute, it has also led to a steady depletion of groundwater levels. This presents a serious challenge for the future of agriculture in the region, alongside other problems such as high population pressure and pollution.

4. Bachendri Pal began climbing mountains from a young age and went on to lead many women's climbing expeditions. In 1984, she became the first Indian woman to climb Mount Everest and was awarded the Padma Shri that same year, followed by the Padma Bhushan in 2019. Arunima Sinha lost a leg in an accident at the age of 22, but with Bachendri Pal's encouragement and training, she climbed Mount Everest in 2013. She went on to climb the highest peak of every continent, including Mount Vinson in Antarctica, and was awarded the Padma Shri in 2015. Both women show remarkable courage and resilience.

5. Plateaus are often called 'storehouses of minerals' because they are rich in mineral deposits, and many of the world's largest mines are found on them. The East African Plateau is famous for gold and diamond mining, while in India, the Chhota Nagpur Plateau holds huge reserves of iron, coal and manganese. This mineral wealth makes mining a major economic activity in plateau regions across the world, supporting industries and livelihoods, though it also affects the plateau environment.