APPENDIX A

Syllabus for Co-curricular Activities for Classes IX and X in the State of Nagaland

PHYSICAL EDUCATION

Objectives:

1. The pupil develops health and physical well-being.
2. The pupil develops desirable interests and skills.
3. The pupil develops desirable personal and social qualities and healthy social habits.
4. The pupil develops the quality of leadership.
5. The pupil learns the values of team-work, cooperation and fellow-feeling.
6. The pupil develops the spirit of sportsmanship.
7. The pupil practises discipline and obedience.

CLASS IX

TYPE I: Free Arm (Callisthenic) Exercises

EXERCISE TABLE - I

1. Introductory: Free running and hop-step and jump.
2. Arm: Pushing off and falling back on hands.
3. Trunk: Body lowering backward.
4. Trunk: Trunk bending downward, sideways, backwards, sideways and downward, reverse direction.
5. Leg: Astride rhythmic Jumping, arms raising sideways.
6. Abdominal: Jumping up to knees bent, hugging the knees with both hands.

TABLE - II

1. Introductory: Free running with skip and Arm action as in bowling Cricket ball.
2. Are: Bending arms slowly with partner supplying resistance.
3. Trunk: Head and shoulders raising.
4. Trunk: Body circling as in throwing the hammer.
5. Leg: Astride jumping rhythmically with arms raising upward.
6. Abdominal: Feet placing forward and backward with jump.

TYPE 2. Drill, Marching and Instructional Practices:
Revision of the works done in the Lower Classes.

TYPE 3. Games: Compulsory participation in all the major Games.
No simple or Relay games are prescribed for students of Classes IX.
However it shall be compulsory for them to attend and participate in the Mass P.T. Demonstration etc.

TYPE 4. Athletics: Compulsory participation in all Athletics events.

TYPE 5. E.C.C., Scouts and Guide (Optional)


CLASS X

TYPE 1:
1. Introductory: Free running and picking up imaginary Cricket ball, throwing it to the wicket Keeper.
3. Arms: Trunk bending from side to side, opposite arm swinging overhead.
4. Leg: Hopping with alternate leg kicking sideways.

5. Trunk: Crouching throwing legs backward to front support, running, to crouch, standing.

6. Abdominal: Body twisting, opposite hand touching the ankle.

TYPE 2: Games
Compulsory participation in all the major Games.

No simple or Relay games are prescribed for Students of Class X.

However it shall be compulsory for them to attend and participate in the Mass P.T., Demonstration etc.

TYPE 3. Athletics: Compulsory participating in all athletic.

TYPE 4.: NCC, Scouts and Guides (Optional)

TYPE 5: Yoga Asanas : Optional.

Socially Useful Producive Work

Objectives:

The objective of Socially Useful Productive Work are:

(i) to develop knowledge, understanding and skill involving different types of work relevant to the individual and social needs;

(ii) to develop in pupils a sense of dignity for manual works by practising and performing them;

(iii) to prepare the pupils to become a productive man-power in the future vocational life;
(iv) to develop in pupils a positive attitude to do manual work individually and collectively and thereby to appreciate social values of manual works;

(v) to generate in pupils a pleasant, joyful and gainful experience through production of materials useful to individual and social needs.

Syllabus for Class IX & X

Depending upon the needs and facilities available, the activities pertaining to Socially Useful Productive Work will differ from school to school.

The overall programmes should be so designed as to involve regular participation of pupils throughout the year.

Productive work and services, where possible, should result in remuneration in kind of cash.

Emphasis should be placed on work practice. Work-practice will include one main craft or equivalent service and one subsidiary craft or equivalent service.

Main crafts/Services

1. Kitchen gardening
2. Poultry farming
3. Bee keeping
4. Horticulture
5. Carpentry
6. Knitting
7. Embroidery work & tailoring
8. Pottery
9. Masonry work
10. Cane & bamboo work
11. Blacksmithy
12. Making toys
13. Book-binding
14. Making stationery
15. Type-writing
16. Metal work
17. Weaving
18. Soap-making
19. Music (vocal)
20. Music (Instrumental)
21. Wood carving
22. Painting and Lettering
Subsidiary craft/Services

1. Cleanliness of the neighbourhood, well and disposal of garbage.
2. Construction of compost pits and toilet facilities.
5. Making of jam, jelly, pickles etc.
6. Renovation and effecting minor repairs in buildings, fittings, furniture and household articles.
7. Making of decorative pictures.
8. Making of chalk and candle.
10. Laundry work.
11. Making costumes.
12. Holding of exhibitions
13. Construction of roads
14. Construction of fencing
15. Organising dance, drama etc.
16. Organising social festivals/feasts etc.
17. Organising school magazine.
18. Organising literacy campaign.
19. Organising social service.

(NB: This is only an illustrative list. Schools may submit to the Board for consideration the draft syllabus for any other Socially Useful Productive Work, if they think it worth introducing, keeping in view the facilities available in the neighbourhood).


## APPENDIX B

**Districtwise And Managementwise List Of High Schools in Nagaland As On 31.3.83.**

<table>
<thead>
<tr>
<th>District</th>
<th>Type of Management</th>
<th>Name of Schools</th>
<th>Total No of the High School</th>
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<td>Kohima</td>
<td>Government</td>
<td>1. Govt. High School, Kohima</td>
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<td>2. T.M.Govt. High School, Kohima</td>
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<td>3. John B.School(Govt.), Viswama</td>
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<td>5. Govt. High School, Pughoboto.</td>
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<td>6. Govt. High School, Chiechama</td>
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<td>7. Govt., High School, Seikhason, Kma.</td>
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<td>12. Govt. High School, Rehingkonghwa</td>
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<td>15. Govt. High School, Purnabazar.</td>
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<td>17. Govt. High School, Tenning.</td>
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<td>2. Donbosco School, Kohima</td>
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<td>4. Ministers Hill Baptist English School, Kohima</td>
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<td>Victory High School, Kohima</td>
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<td>Baptist English School, Jaluke</td>
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<td>H.M.C. English School, Dimapur</td>
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<td>St. Zavier High School, Jaluke</td>
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<td>Dhansiri Har High School, Dimapur</td>
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<td>Maiguglie Memorial High School, Dimapur</td>
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<td>Kohima</td>
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<td>Little Flower School, Kohima</td>
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<td>Faith Christian Academy, Kohima</td>
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<td>National High School, Kohima</td>
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<td>Loyala School, Jokhama</td>
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<td>2. Govt. High School, Pfutsero</td>
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<td>2. Private High School, Yesi (Meluri)</td>
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<td>3. Govt. High School, Chazuba</td>
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Mokokchung       | Government       | Private Unrecognised          | Private Recognised          | Total |
<p>|                | 2. Govt. High School, Chuchuyimlong. |                            |                             |       |
| Mokokchung | Private recognised | 1. Baptist English School, Mokokchung. |
|           |                   | 2. Bethesda English School, Mokokchung |
|           |                   | 3. Nivikhu High School, Mokokchung |
|           |                   | 4. Clerk Memorial Institute, Yimyn. |
|           |                   | 5. Edith Douglas High School, Mokokchung. |
|           |                   | 6. Herangkong High School, Mokokchung. |
|           |                   | 7. Private High School, Ungma. |
|           |                   | <strong>Total - 7</strong> |
|          | Private | 1. 10th Assam Rifle High School, Mokokchung. |
| Privac | Unrecognised | 2. Night High School, Mokokchung. |
|   |            | 3. Model Night High School, Arkongward, Mokokchung |
|   |            | 5. Oriental English Institute, Changtongya. |
|   |            | <strong>Total - 5</strong> |
| Zunheboto Government | 1. Govt. High School, Zunheboto |
|  | 2. Govt. High School, Aghunato. |
|  | 4. Govt. High School, Satakha |
|  | 5. Govt. High School, Akuluto |
|  | <strong>Total - 7</strong> |</p>
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<td>Private</td>
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GRAND TOTAL = 104
WHAT TO DO: You have a Booklet and an Answer Sheet. Write your name, age, etc., on the Answer Sheet where it tells you to.

The Booklet before you has in it questions about your interests and your likes and dislikes. Although you are to read the questions in this Booklet, you must put your answers on the Answer Sheet, making sure that the number of your answer matches the number of the question in the Booklet.

First, we shall give you two examples so that you will know exactly what to do. After each of the questions there are three answers. Read the following examples and fill in the right boxes where it says Example 1 and Example 2, on the Answer Sheet, below your name. Fill in the left-hand box if your answer choice is the "a" answer, the middle box if your choice is the "b" answer, and the right-hand box if you choose the "c" answer.

EXAMPLES:

1. Which would you rather do:
   a. visit a zoo,
   b. uncertain,
   c. go up in an airplane?

2. If you have a quarrel, do you make friends again quickly?
   a. yes,
   b. in between,
   c. no.

As you see from these examples, there are usually no right or wrong answers, although sometimes a correct answer is expected. Each person is different and you should say only what is true for you. You can always find one answer that suits you a little better than the others, so never leave a question without marking one of the answers.

Inside you will find more questions like the ones above. When you are told to turn the page, begin with number 1 and go on until you finish all the questions. In answering them, please keep these four points in mind:

1. Answer the questions frankly and truthfully. There is no advantage in giving an untrue answer about yourself because you think it is the "right thing to say."

2. Answer the questions as quickly as you can. Don't spend too much time thinking about them. Give the first, natural answer that comes to you. Some questions may seem much like others, but no two are exactly alike so your answers will often be different too.

3. Use the middle answer only when it is absolutely impossible to decide on one of the other choices. In other words, the "a" or the "c" answer should be used most of the time.

4. Don't skip any questions. Sometimes a statement may not seem to apply to you, but answer every question, somehow.

If there is anything you don't understand, please ask your questions now. If you have no question now, but later on come across a word you don't know, ask the examiner then.
1. Have you understood the instructions?
   a. yes, b. uncertain, c. no.

2. At a picnic would you rather spend some time:
   a. exploring the woods alone,
   b. uncertain,
   c. playing around the campfire with the crowd?

3. In a group discussion, do you like to tell what you think?
   a. yes, b. sometimes, c. no.

4. When you do a foolish thing, do you feel so bad that you wish the earth would just swallow you up?
   a. yes, b. perhaps, c. no.

5. Do you find it easy to keep an exciting secret?
   a. yes, b. sometimes, c. no.

6. When you decide something, do you:
   a. wonder if you may want to change your mind,
   b. in between,
   c. feel sure you're satisfied with it?

7. Can you work hard on something, without being bothered if there's a lot of noise around you?
   a. yes, b. perhaps, c. no.

8. If friends' ideas differ from yours, do you keep from saying yours are better, so as not to hurt their feelings?
   a. yes, b. sometimes, c. no.

9. Do you usually ask someone else to help you when you have a hard problem?
   a. seldom, b. sometimes, c. often.

10. Would you say that some rules and regulations are stupid and out of date?
    a. yes, and I don't bother with them if I can help it,
    b. uncertain,
    c. no, most rules are necessary and should be obeyed.

11. Which of these says better what you are like?
    a. a dependable leader,
    b. in between,
    c. charming, good looking.

12. Do you sometimes feel, before a big party or outing, that you are not so interested in going?
    a. yes, b. perhaps, c. no.

13. When you rightly feel angry with people, do you think it's all right for you to shout at them?
    a. yes, b. perhaps, c. no.

14. When classmates play a joke on you, do you usually enjoy it as much as others without feeling at all upset?
    a. yes, b. perhaps, c. no.

15. Are there times when you think, "People are so unreasonable, they can't even be trusted to look after their own good"?
    a. true, b. perhaps, c. false.

16. Can you stay cheerful even when things go wrong?
    a. yes, b. uncertain, c. no.

17. Do you try to keep up with the fads of your classmates?
    a. yes, b. sometimes, c. no.

18. Do most people have more friends than you do?
    a. yes, b. uncertain, c. no.

19. Would you rather be:
    a. a traveling TV actor,
    b. uncertain,
    c. a medical doctor?

20. Do you think that life runs more smoothly and more satisfyingly for you than for many other people?
    a. yes, b. perhaps, c. no.

21. Do you have trouble remembering someone's joke well enough to tell it yourself?
    a. yes, b. sometimes, c. no.
22. Have you enjoyed being in drama, such as school plays?
a. yes, b. uncertain, c. no.

23. "Mend" means the same as:
a. repair, b. heal, c. patch.

24. "Truth" is the opposite of:
a. fancy, b. falsehood, c. denial.

25. Do you completely understand what you read in school?
a. yes, b. usually, c. no.

26. When chalk screeches on the blackboard does it "give you the shivers"?
a. yes, b. perhaps, c. no.

27. When something goes all wrong, do you get very angry with people before you start to think what can be done about it?
a. often, b. sometimes, c. seldom.

28. When you finish school, would you like to:
a. do something that will make people like you, though you are poor,
b. uncertain,
c. make a lot of money?

29. Do you avoid going into narrow caves or climbing to high places?
a. yes, b. sometimes, c. no.

30. Are you always ready to show, in front of everyone, how well you can do things compared with others?
a. yes, b. perhaps, c. no.

31. Do you ask advice from your parents about the best things to do at school?
a. often, b. sometimes, c. seldom.

32. Can you talk to a group of strangers without stammering a little or without finding it hard to say what you want to?
a. yes, b. perhaps, c. no.

33. Do some types of movies upset you?
a. yes, b. perhaps, c. no.

34. Would you enjoy more watching a boxing match than a beautiful dance?
a. yes, b. perhaps, c. no.

35. If someone has been unkind to you, do you soon trust him again and give him another chance?
a. yes, b. perhaps, c. no.

36. Do you sometimes feel you are not much good, and that you never do anything worthwhile?
a. yes, b. perhaps, c. no.

37. When a group of people are doing something, do you:
   a. take an active part in what they are doing,
   b. in between,
   c. usually only watch?

38. Do you tend to be quiet when out with a group of friends?
a. yes, b. sometimes, c. no.

39. Do people say you are a person who can always be counted on to do things exactly and properly?
a. yes, b. perhaps, c. no.

40. When you read an adventure story, do you:
   a. just enjoy the story as it goes along,
   b. uncertain,
   c. get bothered whether it's going to end happily?

41. Does it bother you if you have to sit still and wait for something to begin?
a. yes, b. in between, c. no.
42. Do you feel hurt if people borrow your things without asking you?
   a. yes,  b. perhaps,  c. no.

43. “Firm” is the opposite of:
   a. easy,  b. kind,  c. loose.

44. “Rich” is to “money” as “sad” is to:
   a. trouble,  b. friends,  c. land.

45. Have you always got along really well with your parents, brothers, and sisters?
   a. yes,  b. in between,  c. no.

46. If your classmates leave you out of a game, do you:
   a. think it just an accident,
   b. in between,
   c. feel hurt and angry?

47. Do people say you are sometimes excitable and scatterbrained though they think you are a fine person?
   a. yes,  b. perhaps,  c. no.

48. When you are on a bus or train, do you talk:
   a. in your ordinary voice,
   b. in between,
   c. as quietly as possible?

49. Which would you rather be:
   a. the most popular person in school,
   b. uncertain,
   c. the person with the best grades?

50. In a group of people, are you generally one of those who tells jokes and funny stories?
   a. yes,  b. perhaps,  c. no.

51. Do you like to tell people to follow proper rules and regulations?
   a. yes,  b. sometimes,  c. no.

52. Are your feelings easily hurt?
   a. yes,  b. perhaps,  c. no.

53. In a play, would you rather act the part of a famous teacher of art than that of a tough pirate?
   a. yes,  b. perhaps,  c. no.

54. Which course would you rather take:
   a. practical mathematics,
   b. uncertain,
   c. foreign language or drama?

55. Would you rather spend free time:
   a. by yourself, on a book or stamp collection,
   b. uncertain,
   c. working under others in a group project?

56. Do you feel that you are getting along well, and that you do everything that could be expected of you?
   a. yes,  b. perhaps,  c. no.

57. Do you have trouble acting like or being like other people expect you to be?
   a. yes,  b. uncertain,  c. no.

58. If you found you had nothing to do some evening, would you:
   a. call up some friends and do something with them,
   b. not sure,
   c. read a good book or work on a hobby?

59. Would you like to be extremely good-looking, so that people would notice you wherever you go?
   a. yes,  b. perhaps,  c. no.

60. When something important is coming up, such as a test or a big game, do you:
   a. stay very calm and relaxed,
   b. in between,
   c. get very tense and worried?

61. If someone puts on noisy music while you are trying to work, do you feel you must get away?
   a. yes,  b. perhaps,  c. no.
62. In dancing or music, do you pick up a new rhythm easily?
   a. yes, b. sometimes, c. no.

63. "Run" is to "pant" as "eat" is to:
   a. exercise, b. indigestion, c. sleep.

64. If Joan's mother is my father's sister, what relation is Joan's father to my brother?
   a. second cousin, b. grandfather, c. uncle.

65. Do you often make big plans and get excited about them, only to find that they just won't work out?
   a. yes, b. occasionally, c. no.

66. When things go wrong and upset you, do you believe in:
   a. just smiling, b. in between, c. making a fuss?

67. Do you often remember things differently from other people, so that you have to disagree about what really happened?
   a. yes, b. perhaps, c. no.

68. Are there times when you feel so pleased with the world that you just have to sing and shout?
   a. yes, b. perhaps, c. no.

69. When you are ready for a job, would you like one that:
   a. is steady and safe, even if it takes hard work, b. uncertain, c. has lots of change and meetings with lively people?

70. Do you like doing really unexpected and startling things to people?
   a. yes, b. once in a while, c. no.

71. If everyone were doing something you think is wrong, would you:
   a. go along with them, b. uncertain, c. do what you think is right?

72. Can you work just as well, without feeling uncomfortable, when people are watching you?
   a. yes, b. perhaps, c. no.

73. Would you rather spend a free afternoon:
   a. in a place with beautiful pictures and gardens, b. uncertain, c. in a duck shooting match?

74. Would you rather spend an afternoon by a lake:
   a. watching dangerous speed boat racing, b. uncertain, c. walking by the lovely shore with a friend?

75. When you are in a group, do you spend more time:
   a. enjoying the friendship, b. uncertain, c. watching what happens?

76. Can you always tell what your real feelings are, for example, whether you are tired or just bored?
   a. yes, b. perhaps, c. no.

77. When things are going wonderfully, do you:
   a. actually almost "jump with joy," b. uncertain, c. feel good inside, while appearing calm?

78. Would you rather be:
   a. a builder of bridges, b. uncertain, c. a member of a traveling circus?

79. When something is bothering you a lot, do you think it's better to:
   a. try to ignore it until you cool off, b. uncertain, c. blow off steam?

80. Do you sometimes say silly things, just to see what people will say?
   a. yes, b. perhaps, c. no.

81. When you do poorly in an important game, do you:
   a. say, "This is just a game," b. uncertain, c. get angry and "kick yourself"?
82. Do you go out of your way to avoid crowded buses and streets?
   a. yes, b. perhaps, c. no.

83. "Usually" means the same as:
   a. sometimes, b. always, c. generally.

84. The grandmother of the daughter of my brother's sister is my:
   a. mother, b. sister-in-law, c. niece.

85. Are you almost always contented?
   a. yes, b. in between, c. no.

86. If you keep breaking and accidentally wasting things when you are making something, do you keep calm just the same?
   a. yes, b. perhaps, c. no.

87. Have you ever felt dissatisfied and said to yourself, "I bet I could run this school better than the teachers do"?
   a. yes, b. perhaps, c. no.

88. Would you rather be:
   a. someone who plans homes and parks,
   b. uncertain,
   c. a singer or member of a dance band?

89. If you had a chance to do something really wild and adventurous, but also rather dangerous, would you:
   a. probably not do it,
   b. not sure,
   c. certainly do it?

90. When you have homework to do, do you:
   a. very often just not do it,
   b. in between,
   c. always get it done on time?

91. Do you usually discuss your activities with your parents?
   a. yes, b. sometimes, c. no.

92. When the class is discussing something, do you usually have something to say?
   a. almost never, b. once in a while, c. always.

93. Do you stand up before your class without looking nervous and ill-at-ease?
   a. yes, b. perhaps, c. no.

94. Which would you rather watch on a fine evening:
   a. car racing, b. uncertain, c. an open-air musical play?

95. Have you ever thought what you would do if you were the only person left in the world?
   a. yes, b. not sure, c. no.

96. Do you learn games quickly?
   a. yes, b. in between, c. no.

97. Do you wish you could learn to be more carefree and lighthearted about your school work?
   a. yes, b. perhaps, c. no.

98. Are you, like a lot of people, slightly afraid of lightning?
   a. yes, b. perhaps, c. no.

99. Do you ever suggest to the teacher a new subject for the class to discuss?
   a. yes, b. perhaps, c. no.

100. Would you rather spend a break between morning and afternoon classes in:
    a. a card game, b. uncertain, c. catching up on homework?

101. When you are walking in a quiet street in the dark, do you often get the feeling you are being followed?
    a. yes, b. perhaps, c. no.
102. In talking with your classmates, do you dislike telling your most private feelings?
   a. yes,  b. sometimes,  c. no.

103. When you go into a new group, do you:
   a. quickly feel you know everyone,
   b. in between,
   c. take a long time to get to know people?

104. Look at these five words: mostly, gladly, chiefly, mainly, highly. The word that does not belong with the others is:
   a. mostly,  b. gladly,  c. highly.

105. Do you sometimes feel happy and sometimes feel depressed without real reason?
   a. yes,  b. uncertain,  c. no.

106. When people around you laugh and talk while you are listening to radio or TV:
   a. are you happy,
   b. in between,
   c. does it spoil things and annoy you?

107. If you accidentally say something odd in company, do you stay uncomfortable a long time and find it hard to forget?
   a. yes,  b. perhaps,  c. no.

108. Which would you rather read about:
   a. how to win at basketball,
   b. uncertain,
   c. how to be nice to everyone?

109. Are you best thought of as a person who:
   a. thinks,  b. in between,  c. acts?

110. Do you spend most of your weekly allowance for fun (instead of saving some for future needs)?
    a. yes,  b. perhaps,  c. no.

111. Do other people often get in your way?
    a. yes,  b. in between,  c. no.

112. How would you rate yourself?
    a. inclined to be moody,
    b. in between,
    c. not at all moody.

113. How often do you go places or do things with a group of friends:
    a. very often,  b. sometimes,  c. hardly ever.

114. What kind of movie do you like best?
    a. musicals,  b. uncertain,  c. war stories.

115. Do you get in trouble more often by saying to a group that wants to do something:
    a. “Let’s go!”
    b. uncertain,
    c. “I’d rather not join in”?

116. When you were growing up, did you expect the world to be:
    a. kinder and more considerate than it is,
    b. uncertain,
    c. tougher and harder than it is?

117. Do you find it easy to go up and introduce yourself to an important person?
    a. yes,  b. perhaps,  c. no.

118. Do you think that often a committee of your classmates takes more time and makes poorer decisions than one person would?
    a. yes,  b. perhaps,  c. no.

119. Do you feel you are doing pretty much what you should be doing in life?
    a. yes,  b. uncertain,  c. no.

120. Do you sometimes feel so mixed up that you don’t know what you are doing?
    a. yes,  b. perhaps,  c. no.

121. When someone is disagreeing with you, do you:
    a. let him say all he has to say,
    b. uncertain,
    c. tend to interrupt before he finishes?
122. Would you rather live:
   a. in a deep forest, with only the song of birds,
   b. uncertain,
   c. on a busy street corner, where a lot happens?

123. If you were to work on a railroad, would you rather:
   a. be a conductor and talk to the passengers,
   b. uncertain,
   c. be the engineer and run the train?

124. Look at these five words: below, beside, above, behind, between. The word that does not belong with the others is:
   a. below, b. between, c. beside.

125. If someone asks you to do a new and difficult job, do you:
   a. feel glad and show what you can do,
   b. in between,
   c. feel you will make a mess of it?

126. When you raise your hand to answer a question in class, and many others raise their hands too, do you get excited?
   a. sometimes, b. not often, c. never.

127. Would you rather be:
   a. a teacher, b. uncertain, c. a scientist?

128. On your birthday, do you prefer:
   a. to be asked beforehand to choose the present you want,
   b. uncertain,
   c. to have the fun of getting a present that's a complete surprise?

129. Are you very careful not to hurt anyone's feelings or startle anyone, even in fun?
   a. yes, b. perhaps, c. no.

130. If you were working with groups in class, would you rather:
   a. walk around to carry things from one person to another,
   b. uncertain,
   c. specialize in showing people how to do one difficult part?

131. Do you take trouble to be sure you are right before you say anything in class?
   a. always, b. generally, c. not usually.

132. Are you so afraid of what might happen that you avoid making decisions one way or the other?
   a. often, b. sometimes, c. never.

133. When things are frightening, can you laugh and not be bothered?
   a. yes, b. perhaps, c. no.

134. Do some books and plays almost make you cry?
   a. yes, often, b. sometimes, c. no.

135. Would you like better, when in the country:
   a. running a class picnic,
   b. uncertain,
   c. learning to know all the different trees in the woods?

136. In group discussions, do you often find yourself:
   a. taking a lone stand,
   b. uncertain,
   c. agreeing with the group?

137. Do your feelings get so bottled up that you feel you could burst?
   a. often, b. sometimes, c. seldom.

138. Which kind of friends do you like? Those who like to:
   a. “kid around,”
   b. uncertain,
   c. be more serious?

139. If you were not a human being, would you rather be:
   a. an eagle on a far mountain,
   b. uncertain,
   c. a seal, in a seal colony by the seashore?

140. Are you usually a very careful person?
   a. yes, b. in between, c. no.

141. Do small troubles sometimes “get on your nerves” even though you know that they are not very important?
   a. yes, b. perhaps, c. no.

142. Are you sure you have answered every question?
   a. yes, b. perhaps, c. no.
APPENDIX D

FINAL FORM OF THE QUESTIONNAIRE ON THE PARTICIPATION IN STUDENT ACTIVITIES

(For Students)

Your school might be providing you opportunities to participate in different types of activities apart from the regular classroom learning. You might have liked to take part in some activities or all the activities that the school provides you. We would like to know what type of activities you do take part in and to what extent. We will be thankful to you if you kindly let us know it by answering this Questionnaire truthfully. This is not any test. No marks are assigned for it. All your answers will be kept strictly confidential. We request you once again to co-operate with us fully.

Before you turn the page, please write your name below where it tells you to do so.

Name __________________________
Class _________________________
School _________________________
Age ___________________________
Sex ___________________________

Tribal/Non-Tribal _______________________

(Do Not Turn Page Until Told To Do So)
QUESTIONNAIRE

(A) Sports and Games

1. Does your school have any facility for sports and games?
   (a) Yes       (b) No

   If your answer is Yes to Qn. No. 1 then,

2. i) Do your participate in sports and games? Always/Rarely/Never
   ii) If you do participate, what is the reason for your participation?
        (Tick your choices)
   a) It develops in building a good character
   b) It is a part of education
   c) It is a leisure time recreation
   d) Elders compel to take part
   e) Any other (please specify)

3. Which of the undermentioned games do you participate mostly in the school? (Tick from among the games given below)

   a) Football   f) Badminton
   b) Volleyball  g) Table Tennis
   c) Basketball  h) Carom
   d) Hockey     i) Chess
   e) Cricket    j) Chinese Checker
   k) Any other? (Please list them below)

4. How often do you play the games in school?

   a) Come to school to play even during vacation
   b) Whenever free time is available in the school during the week days
   c) During the game period

5. i) Does your school organise competitions in sports and games?
     (a) Yes       (b) No
ii) If Yes, how often have you participated in them?
   Many times / Rarely / Never

iii) Have you received prizes or certificates in sports and games?
    More than once / Once / Never

6. i) Does your School participate in tournaments/matches/competitions?
    (a) Yes          (b) No

ii) If Yes, have you ever been selected to represent your school?
    More than once / Once / Never

7. i) Have you ever been selected to play at -
   a) District level   Yes/No
   b) State level      Yes/No
   c) National level   Yes/No

ii) If Yes to any category in Item 7 (i) above, what do you think that made you selected most of the times?
   a) I am good in games
   b) Somehow the selectors picked me up
   c) It was a chance factor

iii) Yes to any category in 7 (i), how many times have you been selected? (Please mention the number of times and year(s) during which selected

<table>
<thead>
<tr>
<th>Levels of competition(s)</th>
<th>No. of times</th>
<th>Year(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>a) District level</td>
<td></td>
<td></td>
</tr>
<tr>
<td>b) State level</td>
<td></td>
<td></td>
</tr>
<tr>
<td>C) National level</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

8. Have you at any time felt that you should become a better player?
   Many times / Rarely / Never
9. Does your school provide the -
   i) Specialists in different games and sports to train the talented
      Yes / No
   ii) Personal encouragement to the talented to improve their skill
      Yes / No
   iii) Financial help Yes / No

10. If Yes to any in Item No. 9, how often do you utilise the opportunities?
    To my best / Sometimes / Never

11. Since when have you been taking interest in games?
    Since a long time / Recently / Never

12. Have you at any time aspired to become a national player?
    Many times / Sometimes / Never

13. i) Have you ever been awarded the Sports Talent Scholarship?
      Yes / No
   ii) If Yes, since when are you getting it?
       a) Since I have joined the sports and games
       b) Since two years
       c) Since this year

14. i) Do you know that there are some certificate degree courses such as C.P. Ed.; B.P.Ed. etc.
      Yes / No
   ii) If Yes, have you ever thought of going for those courses after the completion of your study?
      Many times / Sometimes / Never

15. Do you think that in order to be an established and a renowned player one has to neglect his studies?
    No / Cannot say / Yes

16. What influence do you think that participation in sports and games lead to?
    a) Develops feelings of brotherhood
    b) Develops sportsmanship
    c) Develops physical strength and fitness
    d) None of the above
(B) N. C. C

1. Do you participate in N.C.C. in your school?  
   Yes / No

2. If your answer is Yes, since how long have you been an N.C.C. Cadet?  
   a) Since I was in Class VIII  
   b) Since I was in Class IX  
   c) Since I am in Class X

3. If you are a NCC Cadet, why did you join the NCC?  
   (Tick from among the reasons given below)  
   a) I had great interest in NCC  
   b) It provides a chance to have camp-life  
   c) It serves as an additional qualification for future studies or career  
   d) I was compelled by elders to join NCC

4. What is your rank (position) in the NCC? (Please mention)  
   a) Sergeant  
   b) Corporal  
   c) Lance-Corporal

5. What is the name of your NCC Company (please tick from below)  
   a) 24 Indep Coy NCC  
   b) 66 Indep Coy NCC  
   c) 24 Indep Coy NCC

6. Where is your NCC Directorate located (Please tick)  
   a) At Kohima  
   b) At Shillong  
   c) At Gauhati

7. What influence do you think the NCC training leads to?  
   a) It develops a sense of discipline  
   b) It inculcates the habit of punctuality  
   c) It enhances self-confidence  
   d) It cultivates a sense of co-operation  
   e) It makes one a responsible person  
   f) Any other? (specify below)
8. Is participation in NCC in your school -
   a) optional      b) compulsory

9. i) How many days in a week should you undergo training in NCC?
   a) Three days in a week
   b) Two days in a week
   c) Once in a week

ii) How regular are you in attaining the training?
    Very regular / Somewhat regular / Irregular

10. i) What is the reporting time for parade? (Please mention)

ii) How regular are you in attending the parades?
    a) Do not miss a single parade
    b) I stay away from parade very rarely
    c) I do miss quite a number of parades giving various reasons.

11. i) Have you attended any annual training camp in NCC so far?

   (a) Yes      (b) No

ii) If Yes, how many training camps have you attended so far?
    More than twice / twice / once only

12. i) Have you ever attended any special training camp(s) outside
      your district?
      Yes / No

ii) If Yes, please indicate the type of the special training camp and
    the number of times you have attended each in the block given below :

<table>
<thead>
<tr>
<th>Type of special camp</th>
<th>Number of times</th>
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</thead>
<tbody>
<tr>
<td>Army attachment camp</td>
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<tr>
<td>Navy attachment Camp</td>
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<tr>
<td>Airforce attachment camp</td>
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<tr>
<td>Mountaineering</td>
<td></td>
</tr>
<tr>
<td>High Altitude Training</td>
<td></td>
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<tr>
<td>Any other (please specify)</td>
<td></td>
</tr>
</tbody>
</table>
13. i) Have you ever appeared in any NCC examination?
   - Yes / No

   ii) If Yes, which examination of the NCC have you passed leading to any one of the certificates?
       - a) Certificate 'A'
       - b) Certificate 'B'
       - c) Certificate 'C'

14. Do you think that in order to be an NCC Cadet one has to neglect one's studies?
   - NO / Cannot say / Yes

15. i) Have you joined the Air Wing?
   - Yes / No

   ii) If Yes, please indicate the name of the Airwing given below
       - a) Air wing, Govt. High School, Dimapur
       - b) Air wing, Mokokchung

16. Do you like to join Indian Armed Forces in future after your educational career?
   - Yes / Cannot decide / NO

(C) Literary Activities

1. Do you have a literary association (which organises debates, Essay competitions, dramas, etc.) in your school?
   - Yes / No

2. What type of activities does it organise? (please tick from the list below)
   - a) Debates
   - b) Impromptu Speech
   - c) Essay writing
   - d) Quiz
   - e) Drama
   - f) Magazine Publication
3. In which of the above items are you interested? (please mention)
   (a) 
   (b) 
   (c) 
   (d) 

4. How often have you taken part in these activities?
   Many times / Once or twice / Never

5. i) Do you think that taking part in these activities helps the students in their development?
   Yes / Cannot say / No

   ii) If Yes, then, - How does it help the students? (Tick below)
       a) Students overcome shyness
       b) Students become fluent in speech
       c) Students become free and straightforward
       d) Students can analyse and express a point precisely
       e) Students get opportunities for leadership training
       f) Students get the chance to broaden their knowledge
       g) Students can develop the power of independent thinking and writing
       h) Any other (please specify)

6. i) Does your school organise any competition on these activities?
    Yes / No

   ii) If Yes, then - Have you ever participated in any competition?
       More than once / Once / Never

   iii) Since how long have you been taking part in these activities?
       Since 2 years / Since a year / Recently

7. i) Does your School participate in any competition?
    Yes / No

   ii) If Yes, then, - Have you ever been selected to represent your school in any such competition?
       Many times / Once / Never
7. iii) Have you ever been selected to represent at -
   a) District level  Yes / No
   b) State level  Yes / No
   c) National level  Yes / No

   iv) If Yes to any category in Item 7(iii) above:
       Please mention the number of times you have been selected and the year of selection in the block given below:

<table>
<thead>
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<th>Level of competition</th>
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<th>Year(s)</th>
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<tr>
<td>National</td>
<td></td>
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</tbody>
</table>

8. Have you ever been bestowed with any prize or certificate?
   More than once / Once / Never

9. Have you ever felt that you should further improve your performance in these activities?
   Many times / Rarely / Never

10. In your opinion should these activities be part of school education?
    Yes / Do not know / No

11. Do you think that your participation in these activities come in the way of your studies?
    No / Cannot say / Yes

12. If you have not taken part, have you witnessed these activities?
    Many times / Once / Never

13. What do you gain by witnessing these activities? (please tick below)
    a) It helps to know and appreciate the talents of my friends
    b) It gives a sense of satisfaction of participating in these activities
    c) It gives a pleasure to see friends competing
    d) Nothing of any worth
1. What are the other activities (other than sports and games and literary activities) offered in your school? (please tick)
   a) Kitchen gardening
   b) Poultry farming
   c) Toy making
   d) Drawing and painting
   e) Typewriting
   f) Embroidery and tailoring
   g) Knitting and weaving
   h) Bee keeping
   i) Book binding
   j) Music
   k) Dancing
   l) Pottery
   m) Carpentry
   n) Smithy
   o) Keeping the neighbourhood clean
   p) Seed collecting and experimenting with different kinds of seeds and manures
   q) Ornamental plants in plates/pots
   r) White washing
   s) Polishing doors, windows and furnitures
   t) Making School bags
   u) Casual labour work in the school
   v) Any other (please specify below)

2. What other type of activities you think the school should provide for? (Please list them below)

3. How many of the activities as listed in Question No.1 do you take part in? (please list them below)
   (a)
   (b)
   (c)
   (d)
4. i) Do you think that these activities are of any help to you?  
   Yes / No  
   ii) If Yes, how does the participation in these activities help you?  
      (please put a tick mark with which you agree)  
      a) It develops knowledge, skills and understandings  
      b) It develops a sense of dignity for manual work  
      c) It prepares for vocational life  
      d) It develops a positive attitude towards social values  
      e) It generates pleasant, joyful and gainful experiences  
      f) It prepares to practise and perform manual work individually  
         and collectively  
      g) It helps in understanding the principles involved in the various  
         types of work  
      h) It helps to arrive at suitable conclusions based on scientific  
         knowledge  
      i) Any other (please specify below)  

5. i) Has the school conducted exhibition during your stay in the school?  
      Yes / No  
      ii) If Yes,  
           a) Have you ever exhibited your things?  
              Yes / No  
           b) If not exhibited, have you helped in organising the exhibition?  
              Yes / No  
           c) Not at all participated.  
      iii) How often have you received prizes or certificates for your exhibits?  
           More than once / Once / Never  

6. i) Has your school participated in the inter-school exhibitions during your stay in the school?  
      Yes / No  
      ii) If Yes, have you ever been selected to represent your school in such exhibitions?  
          More than once / Once / Never
6. iii) How often have you received prizes or certificates in the interschool exhibition?
   More than once / Once / Never

7. i) Have you ever felt the need for some special help in these activities?
   Yes / No

   ii) If Yes, please tick from the below:
       a) A specialist teacher
       b) Provision of the required material by the school
       c) Extra space to undertake the activities in the school

8. Do you think that your participation in these activities come in the way of your studies?
   No / Cannot say / Yes
APPENDIX E

SCORING KEY

For each of the item, the scoring for the different choices in responses is given below:

(A) Sports and Games

Item No

1. No Score for any response

2. (i) Always - 3
   Rarely - 2
   Never - 1

   (ii) For indicating 2 or more choices
        (other than 'd')  3
        For indicating one choice
        (other than 'd')  2
        For indicating only 'd'  1

3. For indicating 4 or more choices  3
   For indicating less than 4 choices  2
   For indicating one choice  1

4. For ticking (a)  3
   For ticking (b)  2
   For ticking (c)  1

5. (i) No score for any response
   (ii) Many times  3
        Rarely  2
        Never  1
   (iii) More than once  3
        Once  2
        Never  1
6(i) No Score for any response
   (ii) More than once
       Once  2
       Never 1

7(i) No score for any response
   (ii) For ticking (a)  3
       For ticking (b)  2
       For ticking (c) 1

   (iii) Any number of times at national level 3
       Any number of times at State Level  2
       Any number of times at district level  1

8. Many times  3
   Rarely  2
   Never  1

9. No Score for any response

10. To my best  3
    Some times  2
    Never  1

11. Since a long time  3
    Recently  2
    Never  1

12. Many times  3
    Some times  2
    Never  1

13(i) No score for any response
   (ii) For ticking (a)  3
        For ticking (b)  2
        For ticking (c) 1
14. (i) No score for any response.

(ii) Many times 3
Some times 2
Never 1

15. No 3
Can not say 2
Yes 1

16. For ticking 2 or more choices 3
For ticking one choice 2
For ticking only 'd' 1

(B) N.C.C.

Item No.
1. No Score for any responses.

2. For ticking (a) 3
   For ticking (b) 2
   For ticking (c) 1

2. For ticking 2 or more choices 3
   For ticking one choice 2
   For ticking only 'd' 1

4. For ticking (a) 3
   For ticking (b) 2
   For ticking (c) 1

5. No score for any response

6. No score for any response

7. For indicating 4 or more choices 3
   For indicating less than 4 choices 2
   For indicating nothing 1
8. No score for any response

9. (i) For ticking (a) 3
For ticking (b) 2
For ticking (c) 1

(ii) Very regular 3
Some what regular 2
Irregular 1

10. (i) No score for any response

(ii) For ticking (a) 3
For ticking (b) 2
For ticking (c) 1

11. (i) No score for any response

(ii) More than twice 3
Twice 2
Once only 1

12. (i) No score for any response

(ii) 3 or more than 3 times for any training camp 3
2 times for any training camp 2
1 time only for any training camp 1

13. (i) No score for any response

(ii) Certificate 'A' 3
Certificate 'B' 2
Certificate 'C' 1

14. No 3
Can not say 2
Yes 1

15. (i) No score for any response

(ii) No score for any response
(C) LITERARY ACTIVITIES

Item No

1. No Score for any response
2. No score for any response
3. For indicating 3 or more
   - For indicating 2
   - For indicating 1
4. Many times
   - Once or twice
   - Never
5(i) Yes
   - Can not say
   - No
   (ii) For indicating 4 or more choices
      - For indicating 2 choices
      - For indicating 1 choice
6(i) No score for any response.
   (ii) More than once
      - Once
      - Never
   (iii) Since 2 years
      - Since a year
      - Recently
7(i) No score for any response
(ii) Many times 3
    Once 2
    Never 1
(iii) No score for any response.
(iv) Any number of times at national level 3
      Any number of times at State level 2
      Any number of times at district level 1

8. More than once 3
    Once 2
    Never 1

9. Many times 3
    Rarely 2
    Never 1

10. Yes 3
    Don't know 2
        No 1

11. No 3
    Cannot say 2
        Yes 1

12. Many times 3
    Once 2
    Never 1

13. For indicating 2 or were choices (other than 'd') 3
    For indicating 1 choice (other than 'd') 2
    For indicating 'd' only 1
(D) OTHER STUDENT ACTIVITIES

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