

Level
1A



AbacusSeekho.com

Mental Maths Development Programme

Date : _____
 Time Limit : _____
 Timetaken : _____

0 1 2 3 4 5 6 7 8 9

Right hand (Both the Fingers Simultaneously)

1	2	3	4	5	6	7	8	9	10
3	4	8	7	5	6	2	4	9	3
5	5	-3	2	3	-5	2	-3	-8	6
-7	-6	4	-5	-6	3	5	5	2	-8

11	12	13	14	15	16	17	18	19	20
4	6	5	8	7	9	3	5	4	8
5	3	4	-3	1	-4	5	4	-3	1
-3	-5	-2	4	-2	-5	-7	-6	5	-6
2	5	1	-5	-6	4	3	-2	2	-2

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Date : _____
 Time Limit : _____
 Timetaken : _____

$9 + 1 = 10$

$+ 9 = + 10 - 1$

0 1 2 3 4 5 6 7 8 9

Right hand (Both the Fingers Simultaneously)

1	2	3	4	5	6	7	8	9	10
2	6	3	5	2	7	9	9	4	8
2	9	9	3	5	2	-3	9	-3	-2
9	4	5	9	9	9	9	1	9	9

11	12	13	14	15	16	17	18	19	20
3	4	3	6	9	8	7	5	3	1
9	5	1	3	9	9	2	3	6	3
5	9	9	9	1	9	9	-7	-8	5
-7	-6	1	-3	-9	3	9	9	9	9

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Date : _____
 Time Limit : _____
 Timetaken : _____

$7 + 3 = 10$

$+ 7 = + 10 - 3$

0 1 2 3 4 5 6 7 8 9

Right hand (Both the Fingers Simultaneously)

1	2	3	4	5	6	7	8	9	10
4	5	6	7	9	3	3	8	9	4
7	3	3	2	7	6	7	7	7	7
2	7	7	7	3	7	3	2	-6	8

11	12	13	14	15	16	17	18	19	20
7	3	7	7	9	6	8	2	2	4
9	6	2	8	-1	3	7	2	5	-1
2	7	7	4	7	7	4	7	-1	7
7	2	-5	7	-5	-1	-3	-1	2	5

Blank grid for writing answers, consisting of 10 columns and 10 rows.

Date : _____
 Time Limit : _____
 Timetaken : _____

$2 + 8 = 10$

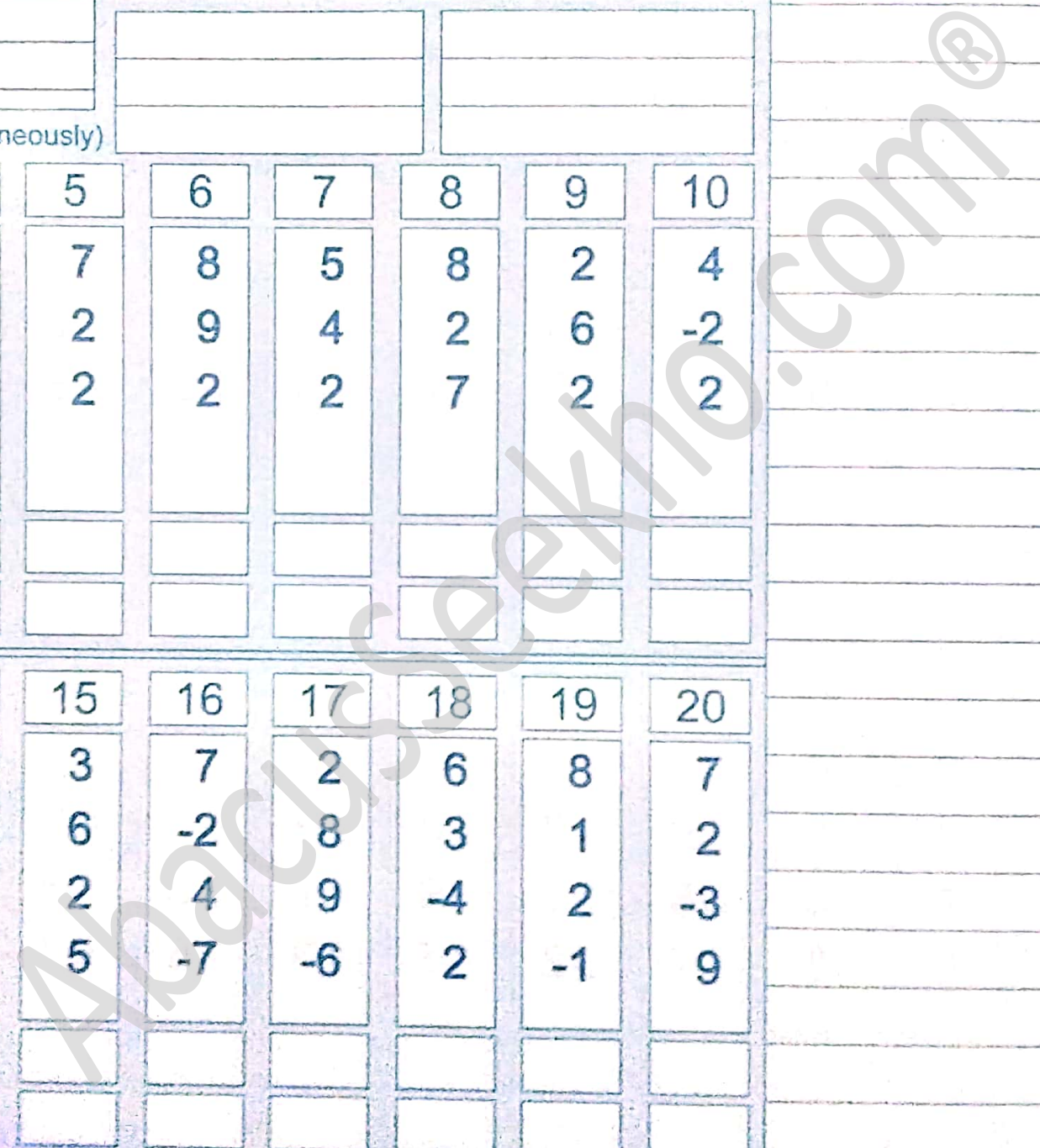
$+ 2 = + 10 - 8$

0 1 2 3 4 5 6 7 8 9

Right hand (Both the Fingers Simultaneously)

1	2	3	4	5	6	7	8	9	10
5	5	6	9	7	8	5	8	2	4
1	3	3	2	2	9	4	2	6	-2
2	2	2	6	2	2	2	7	2	2

11	12	13	14	15	16	17	18	19	20
4	5	8	7	3	7	2	6	8	7
6	4	-2	2	6	-2	8	3	1	2
7	2	5	2	2	4	9	-4	2	-3
2	6	7	9	5	-7	-6	2	-1	9



Date : _____

Time Limit : _____

Time taken : _____

$10 - 9 = 1$

$-9 = -10 + 1$

0 1 2 3 4 5 6 7 8 9

Right hand (Both the Fingers Simultaneously)

1	2	3	4	5	6	7	8	9	10
1	8	6	7	9	5	2	3	5	7
9	2	4	3	-9	4	8	9	5	8
-9	-9	-9	-9	9	-9	-9	-9	-9	-9

11	12	13	14	15	16	17	18	19	20
5	7	7	8	3	6	7	6	8	8
4	3	8	9	6	5	3	3	7	5
-9	5	5	-9	-9	-9	6	9	-9	-9
9	-9	-9	1	8	8	-9	-9	4	5

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Date : _____
 Time Limit : _____
 Timetaken : _____

$10 - 8 = 2$

$-8 = -10 + 2$

0 1 2 3 4 5 6 7 8 9

Right hand (Both the Fingers Simultaneously)

1	2	3	4	5	6	7	8	9	10
7	2	8	5	9	7	6	7	9	4
5	7	8	3	-8	4	4	3	9	7
-8	-8	-8	8	2	-8	-8	-8	-8	-8

11	12	13	14	15	16	17	18	19	20
3	6	7	9	5	6	7	9	2	4
5	5	8	5	5	5	8	-8	7	5
7	-8	4	-2	2	-8	-8	7	8	-8
-8	7	-8	-8	-8	6	5	7	-8	9

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This Program gives...

- Greater concentration
- Keener Listening skill
- Improved analytical skills
- Better creative and imaginative skills
- Improved Reading and Learning skills
- Better Memory
- Sharper Observation
- More Self-Confidence
- Better ways of expression



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