

KIRAN TUTORIALS

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Std 10 (English)**Science And Technology - II****Date 30-09-20****Time 1HRS****Chapter 9.00****Marks 20****Q.1 Multiple Choice Questions****2**

- 1 Salaam Mumbai Foundation was established in -
a. 1947 b. 1963 c. 2000 d. 2015

Ans Option c.

- 2 According to WHO definition of health is a state of -
a. Physical and mental well being
b. Social well Being
c. Absence of disease or infirmity
d. All of the above

Ans Option d.**Q.2 Find the odd one out****2**

- 1 All of the following are methods of stress management except -
a. Laughing loudly b. Playing games on mobile c. Gardening d. Listening to music

Ans Playing games on mobile.

- 2 Problems arising due to radiation of cell phones leads to all but -
a. Headache b. Insomnia c. Forgetfulness d. Good vision

Ans Good vision is the odd one, as harmful effects of cell phone radiation leads to problems in vision.**Q.3 State True or False****2**

- 1 Person indulging in selfie is more aware about the world around and risks.

Ans False

- 2 Salaam Mumbai Organization runs programs in various schools in Mumbai to empower the children living in slum area in the field of education, sports, arts and business.

Ans True**Q.4 Name the following****1**

- 1 It is an organization that runs programs in various schools in Mumbai to empower the children living in slum area in the field of education, sports, arts and business.

Ans Salaam Mumbai Organisation**Q.5 Give examples****2**

- 1 Any 4 Hobbies to reduce stress.

Ans i. To listen to music
ii. Bird watching and nature trails
iii. Reading good books.
iv. Playing outdoor games

Q.6 Suggest remedies / measures

- 1 Suggest the remedies for the following situation:
1. What will you do if your friend has developed the hobby of snapping selfies ?
 2. What will you do if your sister has become incommunicative and prefers to be alone ?

Ans 1.

i. I will make my friend realize that how taking selfies is a kind of addiction especially at dangerous places and at times it may lead to fatal accidents.

ii. Then once he is ready to let go of his addiction we can work together to overcome this addiction.

2.

i. If my sister has become incommunicative I will try to engage her in communication slowly and gradually.

ii. I will try to convince her that she can trust and discuss every problem with me and I will help her to solve all her problems.

iii. Meanwhile I will also observe her habits, behavior to rule out substance abuse.

2 Suggest the remedies for the following situation:

1. What will you do if your brother studying in class XII has developed the stress?

2. How will you help to maintain good atmosphere chronically ill old person?

Ans 1. I will sit and explain him that there is absolutely no need and no use of taking stress. His efficiency will increase if he studies stress free. I will suggest Various stress relieving exercises and activities. I will also suggest him to think more about time management, stress relieving, and efficient work.

2.

i. Recite some religious scripts.

ii. I will ask my relatives to visit at least twice a month.

iii. I will take responsibility of giving medicines on time.

iv. I will also get my friends alongwith me at home.

v. I will not let the old person feel isolated at any point of time.

Q.7 Answer the following in detail (Any One)

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- 1 Two caricatures presenting the situations of the year 1998 and 2017 about playing on playground are given below.

Observe these caricatures & tell difference in both situations.



1998



2017

Ans Earlier (1998) kids were very much interested in outdoor games and playing with their friends, they used to spend large amount of time in playground (after being at school and home).parents had to literally pull them inside the house from their never ending play. This way they had lot of interaction with people around, physical activity and fresh air had added advantage on their health and most important they were away from mobile phones and internet. They enjoyed good social health thus increasing the

probability of good physical as well as mental health.

Nowadays (2017) every child has so much exposure to mobile phones and internet that it is difficult for parents to engage them in other activities like outdoor plays, making friends, interacting with people around. Hence they play less, interact less, have much less physical activity, less of mental focus all of this leading to poor social health which might also reflect into increase in mental stress.

2 Complete the table for the factors affecting social health.

Factors	How it works
Satisfying basic needs	It is only after the basic needs are met, people want to start working for their betterment and have more time and interest in maintaining social health.
Education and Job opportunities	
Basic amenities	
Safe social environment	
Social treatment	
Financial status	

Ans

Factors	How it works
Satisfying basic needs	It is only after the basic needs are met, people want to start working for their betterment and have more time and interest in maintaining social health.
Education and Job opportunities	Basic education is must to expand ones vision and knowledge, introducing many paying job opportunities in different fields encourages one to improve social health.
Basic amenities	Good playgrounds, public parks, public libraries encourage people to go out often and interact with new people.
Safe social environment	Safety during transportation, in public places, toilets, schools, colleges, jobs, at and around residence, and low crime rates encourage people to go out and enjoy freely thus contributing to social health.
Social treatment	Absence of discriminations in various forms like caste, gender, colour, status etc at work place ,schools, colleges, in general everywhere encourages people to go out more and communicate freely thus contributing to positive social health.
Financial status	It is rightly said that poor has more to worry about food and basic needs, hence they work more-are under lot of stress to make the ends meet-have no time to even think about socializing and interacting. This is not good for social health.