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Time 1HRS	Chapter 9th chp	Marks 20
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- Q.1 Multiple Choice Questions** **2**
- Salaam Mumbai Foundation was established in -
a. 1947 b. 1963 c. 2000 d. 2015
 - 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
- Q.2 Find the odd one out** **2**
- All of the following are methods of stress management except -
a. Laughing loudly b. Playing games on mobile c. Gardening d. Listening to music
 - Problems arising due to radiation of cell phones leads to all but -
a. Headache b. Insomnia c. Forgetfulness d. Good vision
- Q.3 State True or False** **2**
- Person indulging in selfie is more aware about the world around and risks.
 - 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.
- Q.4 Name the following** **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.
- Q.5 Give examples** **2**
- Any 4 Hobbies to reduce stress.
- Q.6 Suggest remedies / measures** **6**
- Suggest the remedies for the following situation:
 - What will you do if your friend has developed the hobby of snapping selfies ?
 - What will you do if your sister has become incommunicative and prefers to be alone ?
 - Suggest the remedies for the following situation:
 - What will you do if your brother studying in class XII has developed the stress?
 - How will you help to maintain good atmosphere chronically ill old person?
- Q.7 Answer the following in detail (Any One)** **5**
- 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

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	