

1. Suggest ways in which you can use your knowledge of science / Technology / Management etc. for moving towards a universal human order.

Ans

A universal Human order means a world where peace, harmony, prosperity and coexistence prevail at all levels - from individuals to nation.

Here are some ways to contribute using knowledge of various domains:

• Science :-

- Develop eco-friendly innovations (biodegradable material, sustainable farming techniques)
- Promote scientific temper to eliminate superstitions & social divides.

• Technology :-

- Use AI, IoT, and data analytics to improve healthcare education, and waste management.
- Create platforms to enhance human interaction, transparency, and community building.

• Management :-

- Implement ethical leadership, teamwork, and sustainable business model.
- Foster inclusive decision-making processes that prioritize human well-being over profits.

Together these field can be used responsibly to build system that ensure well-being for all, rather than exploiting people of nature.

Teacher's Signature _____

2. purpose a broad outline for humanistic Constitution at the level of Nation.

A Humanistic Constitution is one that places human values & holistic well-being at the center of governance.

Broad outline

- **Fundamental Human values** - Emphasis on dignity, equality, justice, empathy, trust and mutual respect.
- **Right to life** - Basic needs - Guaranteed access to food, healthcare, education, shelter and livelihood.
- **Environmental Sustainable Development** - Policies that protect & promote balance with the ecosystem.
- **Decentralized governance** - local self-governance to empower communities & ensure participatory decision-making.
- **Education for Human values** - Mandatory value-based education to build responsible & ethical citizens.
- **Transparent legal & Economic Systems** - Systems aligned with justice & fairness, not just economic gain.
- **Peace & non-violence** - Zero tolerance for war & violence. Promotion of diplomacy & mutual cooperation.

Conclusion:- By integrating human values with Science, Technology, Management & adopting a human-specific national constitution, we can move towards a just, peaceful, and sustainable Universal Human Order.

Viva Question

- Q1 What is meant by a Universal Human Order?
Ans It refers to a world where all people live with peace, harmony, mutual respect, and sustainable prosperity.
- Q2 How can science contribute to a Universal Human order?
Ans By developing eco-friendly solutions, reducing human suffering and promoting rational thinking.
- Q3 What is the role of technology in building a better society?
Ans Technology can improve healthcare, education & communication if used with ethical intentions.
- Q4 Why is value-based education important in a humanistic constitution?
Ans It builds responsible, empathetic & ethical citizens who contribute to social harmony.
- Q5 What are key features of a Humanistic Constitution?
Ans It ensures basic needs, sustainable living, equality, justice and participatory governance for all.

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Planning in Sports

Planning in sports means thinking ahead before playing. Just like you plan your school day or your leg, athletes and coaches plan how to train, eat, rest & play.

Why is planning important?

- To set goals - like winning a match or improving speed.
- To stay safe - by warming up and using the right gear.
- To improve - through practice schedules & healthy habits.
- To work as a team - knowing everyone's role helps win games.

Reason & Causes.

Causes is what makes something happen.

~~Reason~~ is why someone does something.

- If you slip on a wet floor, the cause is the floor was slippery.
- If you help your friends with homework your reason might be because you care about them.

So, cause is about events & reason is about choices.

Q1 what is sports nutrition?

Ans Study of food's role in athletic performance.

Q2 Why is it important?

Ans Boosts energy, recovery & performance.

Q3 Key nutritive nutrients for athletes?

Ans Carbo, protein, fats, vitamins, mineral, water.

~~Q4 Roles of Carbohydration?~~

~~Ans Main source of energy.~~

~~Q5 Role of proteins?~~

~~Ans Muscle repairs & growth.~~

Sports & Nutrition

- Sports nutrition supports athletic performance through proper diet.
- Carbohydrates provide energy for workouts & competition.
- Proteins helps build & repair muscles.
- Fats offer long-term energy & support hormone health.
- Vitamins & minerals boost immunity, bone strength & recovery.
- Hydration is essential for endurance & preventing fatigue.
- Proper nutrition improves performance, recovery & injury prevention.
- Balanced meals & timing are crucial for optimal results in sports.
- Water & electrolytes - to stay hydrated & maintain fluid balance.

Viva - Question

Q: What is the difference between a reason & a cause?
A: A cause is what makes something happen. And a reason is why someone chooses to do something.

Q2 Ans What are the main things included in sports planning?
Training schedules, diet, rest, practice session, goals & team strategies.

Q3 Ans Who does the planning in sports?
See Coaches, trainers & sometimes the players themselves.

Q4 Ans How does time management help in sports planning?
It ensures enough time is given for training rest and other activities without stress.

Q5 Ans What is the role of a coach in planning?
A coach creates training plans, guides the team & makes strategies for games.

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