P1 Ans. (i) – highly self – directed / progressive

* Alive to the sense of her dignity
* Aware about the importance of her functions in domestic and public domains
* Rational in approach
* Careful in handling situations
* Desire to do things as best as possible (any two)

(ii) – enduring solutions of society’s most threatening social, economic and political problems possible only through women’s participation and empowerment

(iii) – prevailing cultural norms of gender behaviour and perceived domestic and reproductive roles of women

* Negative attitude towards sending girls to schools
* Early marriage, poverty, illiteracy of parents, restrictions on their mobility
* Deep foundation of inequality of sexes (any two)

(iv) – women’s political empowerment got a big boost

– 30% reservation in Village Panchayats, Block Samities and Zila Parishads throughout the country. (anyone)

(v) – educational system / socialisation process

P2 ans

1. Stress is a body reaction to any demands or changes in its internal and external environment. Whenever there is a change in the external environment such as temperature, pollutants, humidity and working conditions, it leads to stress and when there is an imbalance between demands and resources, it causes psycho-social stress.
2. A muscle tension in various parts of the body, palpitation, high blood pressure, indigestion and hyper-acidity are the signs that appear in the attitude and behavior of a person under stress. There are other signs also such as trembling, shaking, nervous blinking, dryness of throat and mouth and difficulty in swallowing.
3. The different diseases caused due to stress are heart disease, depression, ulcers, hypertension and sleeplessness.
4. Relaxation techniques and dance movements are two examples of stress busters.
5. A person under stress reacts in different ways and the common ones are flight, fight and flee depending upon the nature of stress and capabilities of the person.

P3 ans

* 1. Stress is a body reaction to any demands or changes in its internal and external environment. Whenever there is a change in the external environment such as temperature, pollutants, humidity and working conditions, it leads to stress and when there is an imbalance between demands and resources, it causes psycho-social stress.
  2. A muscle tension in various parts of the body, palpitation, high blood pressure, indigestion and hyper-acidity are the signs that appear in the attitude and behavior of a person under stress. There are other signs also such as trembling, shaking, nervous blinking, dryness of throat and mouth and difficulty in swallowing.
  3. The different diseases caused due to stress are heart disease, depression, ulcers, hypertension and sleeplessness.
  4. Relaxation techniques and dance movements are two examples of stress busters.

1. A person under stress reacts in different ways and the common ones are flight, fight and flee depending upon the nature of stress and capabilities of the person.

P4 Ans

* 1. Air pollutant is a gaseous or a particulate matter present in the air in an amount exceeding the normal concentrations.
  2. Air pollutants are present in gaseous form such as carbon monoxide, carbon dioxide, ozone and oxides of sulphur and nitrogen. The pollutants are also in the form of dust of various inorganic or organic origins.

* 1. We feel suffocated in a closed environment due to lack of oxygen. Accumulation of carbon dioxide exhaled out of lungs and more exposure to carbon monoxide are also the reasons of suffocation.

* 1. Sick building syndrome is characterised by a general feeling of malaise, headache, dizziness and irritation of mucous membrane. It may be accompanied by nausea, itching, aches, pains and depression.

It is increasing due to poorly ventilated and over furnished houses in big cities in which there is high concentration of carbon dioxide, carbon monoxide and oxides of nitrogen and other harmful substances.

* 1. Indoor smoking is hazardous in the way that there are 3,000 chemical constituents in tobacco smoke which are harmful to human health.

1. The houses should be properly ventilated with more and more greenery around them. Smoking of tobacco and burning of coal inside the houses should also be avoided to overcome the dangers of indoor air pollution.