

Section A: Social Health (15 Marks)

Q1. Multiple Choice Questions (5 Marks)

1. Mental health refers to:
(a) Physical well-being (b) Emotional well-being (c) Social well-being (d) All of the above
2. Stress is a:
(a) Physical response (b) Emotional response (c) Both physical and emotional response (d) None of the above
3. Addiction is a:
(a) Physical dependence (b) Psychological dependence (c) Both physical and psychological dependence (d) None of the above
4. HIV/AIDS is a:
(a) Bacterial disease (b) Viral disease (c) Fungal disease (d) Protozoan disease
5. World Health Day is celebrated on:
(a) 7th April (b) 10th May (c) 1st December (d) 26th January

Q2. Short Answer Questions (5 Marks)

1. What are the common causes of stress?
2. How can one cope with stress effectively?
3. Explain the importance of mental health.

Q3. Long Answer Question (5 Marks)

Discuss the harmful effects of substance abuse and the measures to prevent it.

Section B: Disaster Management (15 Marks)

Q1. Multiple Choice Questions (5 Marks)

1. A natural disaster is a:
(a) Man-made event (b) Natural event (c) Both man-made and natural event (d) None of the above
2. Earthquakes are caused by:
(a) Volcanic eruptions (b) Tectonic plate movement (c) Climate change (d) Human activities
3. Floods are caused by:
(a) Excessive rainfall (b) Deforestation (c) Climate change (d) All of the above
4. A cyclone is a:
(a) Low-pressure system (b) High-pressure system (c) Both low and high-pressure system (d) None of the above
5. The process of preparing for and responding to disasters is called:
(a) Disaster management (b) Risk assessment (c) Emergency response (d) Disaster recovery

Q2. Short Answer Questions (5 Marks)

1. What are the different types of natural disasters?
2. Explain the importance of early warning systems.
3. Describe the role of community preparedness in disaster management.

Q3. Long Answer Question (5 Marks)

Discuss the impact of climate change on natural disasters and the measures to mitigate its effects.