

1. Which one of the following is not a 'renewable' energy source ?

- (i) Solar (ii) Coal
- (iii) Wave (iv) Wind

2. One of the best ways to get rid of no-biodegradable waste is

- (i) Burying (ii) Burning
- (iii) Dumping (iv) Recycling

The environment includes

- (i) Abiotic factors
- (ii) Biotic factors
- (iii) Both (i) and (ii)
- (iv) Oxygen and Carbon

What is sustainable development ?

- (i) The development that meets the needs of the present without compromising the ability of future generations to meet their own needs
- (ii) Conservation of buildings and dams
- (iii) Use of natural resources
- (iv) All of the above

Consider the following statement related to the sustainability.

- (i) It refers to a process or state that can be maintained indefinitely.
- (ii) Natural resources must be used in ways that do not create ecological debts
- (iii) Maintenance of the total natural resources

(i) Only I

- (ii) Only II
- (iii) Only II & III
- (iv) I, II & III

6. Which of the following is not an objective of development ?

- (i) Preserve water resources
- (ii) Maintain a dynamic balance of land
- (iii) Maintain a dynamic balance of water
- (iv) To bring about a gradual and sometimes phic transformation of environment

7. An ecosystem consists of

- (i) Population
- (ii) A biotic community
- (iii) A population and its non-living elements
- (iv) A biotic community and its non-living elements

8. The region of earth, where life exists is known as

- (i) Atmosphere (ii) Biosphere
- (iii) Lithosphere (iv) Hydrosphere

9. Pollution is increasing due to

- (i) Increase in trees
- (ii) Increasing population
- (iii) Increasing forest area
- (iv) None of the above

10. Natural source of pollution is

- (i) rain forest
- (ii) mining for minerals
- (iii) forest fire
- (iv) falling of meteoroids

Answers

1. (ii)

2. (iv)

3. (iii)

4. (iv)

5. (iv)

6. (ii)

8. (ii)

9. (ii)

10. (iii)

7. (ii)

Fill in the Blanks

1. An economy is called green economy when it is based on the principles of

(C.B.S.E. SAMPLE PAPER 2020)

2. Energy in an Ecosystem.

3. We should drink polluted water.

4. Increasing number of factories is one of the causes of pollution.

5. The term environment has been derived by the French word which means to encircle or surround.

6. Herbivores are consumers.

Answers

1. Sustainable Development 2. flows 3. not 4. water 5. environer 6. primary

State True or False

1. The living parts of an ecosystem are the abiotic components.

2. Carnivores are primary consumers.

3. Green economy is defined as an economy that aims at enhancing environmental risks.

4. Hydrosphere is all the water bodies on the earth surface are included in hydrosphere.

5. Conservation of the environment aims at keeping it safe and healthy.

Answers

1. False

2. False

3. False

4. True

5. True

Very Short Answer Questions

1. What do you mean by environment ?

Ans. Environment refers to an aggregate of conditions or surroundings in which living beings such as humans, animals, and plants live or survive and non-living things exist. In other words "Environment is the sum total of water, air and land interrelationships among themselves and also with the human being, other living organisms and property".

2. What are the components of the environment ?

Ans. The two major classifications of environment are :

(a) **Abiotic Components or Physical Environment** : External physical factors like air, water, and land etc. These are also called the Abiotic components.

(b) **Biotic components or Living Environment** : All living organisms around us viz. plants, animals, and microorganisms. These are also called the Biotic components.

3. What do you mean by environment protection ?

Ans. Environmental protection refers to measures taken to conserve, maintain or preserve the state of the environment. Protection of the environment can be done through reducing pollutants or anything that leads to its degradation.

Short Answer Questions

1. List down four factors causing ecological imbalance.

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Ans. Ecosystems consist of the animals, plants and the environmental conditions of an area. Wetlands, mangroves, rainforests and coral reefs are examples of ecosystems. The various factors causing ecological imbalance are as follows

- (i) **Pollution** : The addition of contaminating substances to the natural environment that has an adverse effect on organisms and environment is called pollution i.e. An undesirable change in the physical, chemical and biological characteristics of the environment especially air, water and land that may adversely affect human population and the wild life is called pollution.
- (ii) **Over exploitation of resources** : Overexploitation refers to harvesting a renewable resource to the point of diminishing returns. Continued overexploitation can lead to the destruction of the resource. For example, removal of wild medicinal plants, excessive grazing of pastures by animals, destruction of forests, and water aquifers, overfishing and over hunting, results in overexploitation of forests and natural habitats.
- (iii) **Mining** : Mines are dug below the earth's surface to get ores. The ores are then refined to extract the valuable elements, such as metals, gems, minerals, etc. Some of the environmental impacts of mining include erosion, formation of sinkholes, loss of biodiversity, and contamination of soil, groundwater and surface water by chemicals from the mining processes.

2. What do you mean by sustainable development? Explain.

Ans. Sustainable development is the use of natural resources that aims to meet human needs while preserving the environment so that these needs can be met not only in the present, but also for future generations. Sustainable development is the development that meets

- The needs of the present
- Without compromising the ability of future generations to meet their own needs.

This definition emphasises two important things :

- The natural resources are vital not only for us but for future generations also.
- It is a long term concept. It does not focus only on the present economic growth but it also takes into account the future economic growth.

The idea is to create a system that is "sustainable", meaning one that can keep going indefinitely into the future. The natural resources like air, water, minerals etc. are essential to meet our needs. If we pollute the air and water sources and deplete the non-renewable resources like coal, petroleum, natural gas etc. then future generations would suffer. The concept of sustainable development therefore emphasises that we have no right to deny the right to life to future generations. The world's stock of resources is not only meant for present generation but also for future generations. That is why it is our responsibility to use the environment judiciously to meet our needs of today, and then leave them to our children and grandchildren so that they are able to meet their own needs as well.

3. Give one example of recycling of products for sustainable development of the environment.

Ans. Recycling means to use again, to re-process. To make paper we need wood pulp which comes from trees. Therefore, by recycling used paper we can contribute to saving trees from being cut down. Water is a scarce resource yet we do not use water judiciously. We can reuse rainwater by rainwater harvesting.

4. What is the importance of sustainable development? Explain.

Ans. Sustainable development is a carefully planned strategy to hold growth while using resources more efficiently, with utmost consideration of immediate and long-term benefits for our planet and the humans who live on it. The main goals of sustainable development are as follows

- To minimize the depletion of natural resources when creating new developments.
- To create development that can be maintained and sustained without causing further harm to the environment.
- To provide methods for existing developments to make them environmentally friendly.
- It aims at fulfilling the needs of today without compromising the needs of the future generations.

- It is the capability to use the resources judiciously and maintain the ecological balance.
- It lays emphasis on environmental protection and check environmental degradation.
- To stop overexploitation and over-use of resources.

5. What are problems related to sustainable development ? Explain.

Ans. The various problems related to sustainable development are as follows :

- Lack of financial resources to carry out and plan sustainable development.
- Sustainable development is often not possible in war-torn countries as there are other priorities on hand.
- Natural disasters such as earthquakes and tsunamis, can pose a threat to sustainability as they can shift the flow of water and destroy certain elements of infrastructure.
- Corruption at the level of implementing agency.
- Lack of efforts at municipal level.

6. What are the components of environment ? Explain.

Ans. The components of the environment are as follows :

1. **Atmosphere** : The region surrounding the earth is known as atmosphere. Atmosphere is generally a mixture of gases surrounding the earth.
2. **Hydrosphere** : All the water bodies on the earth surface are included in hydrosphere. It includes Oceans, rivers, glaciers, lakes, ponds, etc.
3. **Lithosphere** : The uppermost part of the earth crust is known as Lithosphere. Lithosphere includes, soil and its particles, rocks, metal. etc.
4. **Biosphere** : The life supporting mantle of the earth extending from few kilometer into the atmosphere to the deep ocean is known as Biosphere. The region of the earth where life exist is known as Biosphere.

7. What do you mean by biotic components ? Explain.

Ans. The living organisms including plants, animals and micro-organisms (Bacteria and Fungi) that are present in an ecosystem form the biotic components. On the basis of their role in the ecosystem, the biotic components can be classified into three main groups :

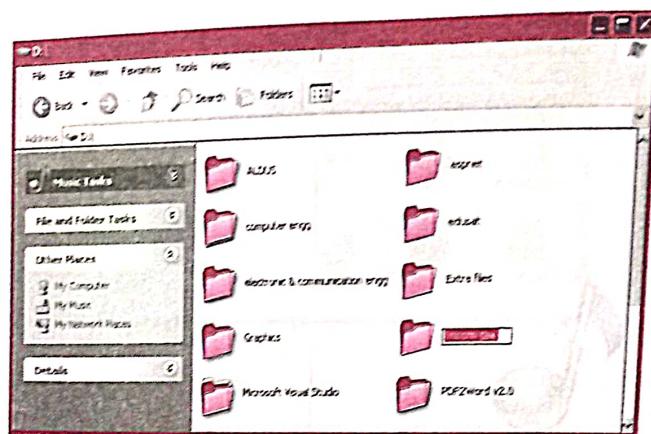
- (a) Producers
- (b) Consumers
- (c) Decomposers or Reducers.

(a) Producers : The green plants have chlorophyll with the help of which they trap solar energy and change it into chemical energy of carbohydrates using simple inorganic compounds namely water and carbon dioxide. This process is known as photosynthesis. As the green plants manufacture their own food they are known as Autotrophs (i.e. auto = self, trophos = feeder). The chemical energy stored by the producers is utilised partly by the producers for their own growth and survival and the remaining is stored in the plant parts for their future use.

(b) Consumers : The animals lack chlorophyll and are unable to synthesise their own food. Therefore, they depend on the producers for their food. They are known as heterotrophs (i.e. heteros = other, trophos = feeder).

(c) Decomposers or Reducers : Bacteria and fungi belong to this category. They break down the dead organic materials of producers (plants) and consumers (animals) for their food and release to the environment the simple inorganic and organic substances produced as by-products of their metabolism.

6. The word "Income Tax" has been selected as shown below :



What does this allow you to do ?

- (i) Delete the folder
- (ii) Rename the folder
- (iii) Move the folder
- (iv) Browse the folder

7. The Title bar button which will enlarge the window to cover the whole desktop is _____.

- (i) or
- (ii) or
- (iii) or
- (iv) or

8. On the Task bar the time is shown in the _____.
(i) Start menu (ii) Scrollbar

- (iii) Desktop
- (iv) Notification area or Tray

9. A right click on the desktop itself will _____.
(i) Open the display Properties dialog box
(ii) Show a context-sensitive menu
(iii) Open the Control Panel
(iv) Minimize all open applications

10. Which of the following would NOT turn off the computer ?

- (i) Click Start, Shut Down, OK
- (ii) Click "Control, Alt, Delete" and select "Shut Down"
- (iii) Press and hold the power button for 8-10 seconds.
- (iv) Press ESC on the keyboard.

11. Which of following is not a function of an operating system/s ?

- (i) File management
- (ii) Memory Management
- (iii) Resource Management
- (iv) Database Management

(C.B.S.E. Simple Paper 2010)

12. Which of the following is/are GUI based operating system

- (i) MS DOS (ii) UNIX
- (iii) Windows 3.1 (iv) Windows Vista

(C.B.S.E. Simple Paper 2010)

13. What is Windows 10 ?

- (i) Shareware software
- (ii) An operating system
- (iii) A mouse technique
- (iv) Part of Office 2000

14. What menu do you use to open a program ?

- (i) The Open menu
- (ii) The File menu
- (iii) The Start menu
- (iv) None of the above

15. In Windows 7, what is a folder ?

- (i) Space on the desktop
- (ii) A data and graphic transmission tool
- (iii) A location where you can store files and other folders
- (iv) A large box kept beside your computer

16. To retrieve a file from the Recycle Bin, click the Recycle Bin, select the file you want to retrieve, and :

- (i) Click the Restore all items link in the Recycle Bin Tasks list.
- (ii) Click the Restore this item link in the Recycle Bin Tasks list.
- (iii) Both (i) and (ii)
- (iv) None of the above

17. Which one of the following is not an operating system ?

- (i) Linux (ii) MS Windows 7
- (iii) MacOS (iv) CMOS

18. Which of the following is an example of an open-source operating system ?

- (i) Unix (ii) Linux
- (iii) Open Office (iv) Windows Vista

19. Which of the following is an acceptable way to shut down the computer ?

- (i) Press the Reset button
- (ii) Turn the computer off at power point
- (iii) Select the Shut Down option from the menu
- (iv) Pull the power cord from back of the computer

20. Location of Start Button, active programs, Quick Launch, and current time :

- (i) My Computer (ii) Windows
- (iii) Task Bar (iv) Desktop

21. When you delete an object, Windows 7 sends it here :

- (i) Internet (ii) My Documents
- (iii) Task Bar (iv) Recycle Bin

22. An icon with an arrow in the lower left hand corner for quick access :

- (i) Shortcut (ii) Folder
- (iii) Document (iv) File

23. What is the function of the single left click on the computer mouse ?

- (i) Activate (ii) Scroll
- (iii) Select (iv) Drag and release

24. What is the function of the double left click on the computer mouse ?

- (i) Activate
- (ii) Open menu of options
- (iii) Scroll
- (iv) Select

25. What is the function of the right click on the computer mouse ?

- (i) Activate
- (ii) Open menu of options
- (iii) Scroll
- (iv) Select

Answers

- | | | | | | | |
|-----------|-----------|----------|----------|-----------|-----------|-----------|
| 1. (iii) | 2. (ii) | 3. (iv) | 4. (iii) | 5. (iii) | 6. (ii) | 7. (ii) |
| 8. (iv) | 9. (ii) | 10. (iv) | 11. (iv) | 12. (iv) | 13. (ii) | 14. (iii) |
| 15. (iii) | 16. (ii) | 17. (iv) | 18. (ii) | 19. (iii) | 20. (iii) | 21. (ii) |
| 22. (i) | 23. (iii) | 24. (i) | 25. (ii) | | | |

Fill in the Blanks

(C.B.S.E. SAMPLE PAPER 2020)

- serves as an interface between the user and the computer.
- The function of the wheel on the computer mouse is ?
- The function of the left click plus hold on the computer mouse is ?
- To "maximize" a window means to it to fit the desktop.
- is the on screen work area on which window appears.
- The is located on the bottom edge of the desktop.
- Local Disk (C:) to display the contents of hard drive C.
- You can display a shortcut menu for most objects in Windows by them.
- Linux is an
- Press twice to close a shortcut menu.
- MS DOS stands for

Answers

- | | | | | |
|---------------------|-----------------|-------------------------------------|-------------------|------------|
| 1. Operating System | 2. Scroll | 3. Drag and Release | 4. expand | 5. Desktop |
| 6. taskbar | 7. Double Click | | 8. Right Clicking | |
| 9. Operating System | 10. Esc | 11. Microsoft Disk Operating System | | |

1. You cannot size a window after it's been maximised.
2. Once you create a new file or folder, it cannot be renamed.
5. When you minimize an application, it is still running?
4. You can have multiple programs, such as MS Word and MS Excel running at the same time.
5. The Search command can be used to find files that end with a specific extension.
6. To create a Desktop shortcut you could right click on the Desktop and choose New, Shortcut.
7. We cannot customise the Taskbar?
8. Scrollbars are used to move from one window to another
9. Linux is a multitasking operating system
10. Windows is Open source software.

Answers

1. True 2. False 3. True 4. True 5. True 6. True 7. False 8. False 9. True 10. False

Very Short Answer Questions

1. Rohit has to rename his folder from "class viii" to "class ix". Write the steps that he should follow to do so.

(C.B.S.E. Sample Paper 201)

Ans. Right click the mouse on file icon---->Select Rename

2. Kalpana wants to check the file size of her document. With which click of mouse she can go to properties option file?

(C.B.S.E. Sample Paper 201)

Ans. Right Click

3. When we boot our computer, what is the first screen that we see called?

(C.B.S.E. Sample Paper 201)

Ans. Desktop

4. Name the software that is used to manage the programs and resources of a computer.

(C.B.S.E. Sample Paper 201)

Ans. Operating system.

5. Where does all the files that are deleted from our computer go?

(C.B.S.E. Manual 201)

Ans. Recycle Bin.

6. Smita has purchased new laptop. While working with it she realised that the time that is being displayed on task bar is not correct. Suggest one way to set the correct time to her.

(C.B.S.E. Sample Paper 201)

Ans. Double click on time on task bar ----> change the time

or

Open control panel ----> Select date and time ----> Change the time.

7. Compare free open source software and proprietary software with respect to customisation of software and license fee.

(C.B.S.E. Simple Paper 2010)

Ans. With respect to customisation, the free open source software is better as the user can customise according to his need due to the availability of the source code

With respect to the license fee, the free open software is better as the user need not pay any license fee to the developer company for using the software. The software is free to be downloaded and used.

8. Differentiate between file and folder.

(C.B.S.E. Simple Paper 2010)

Ans. Files are collections of information. In fact, almost all of the information stored in a computer is stored in a file. Folder is a named location on the disk of your computer, in which you can store files and other folders. To keep your files organised, create folders.

Fill in the Blanks

1. Vacationing helps in individuals. (C.B.S.E. Sample Paper 2020)
2. Physical exercise in the form of, to relieve stress as they stabilize mood, improve self-esteem and induce sleep. (C.B.S.E. Sample Paper 2020)
3. is the emotional and physical strain caused by our response to pressure from the outside world.
4. arises from your relationships with other people.
5. is having a clear perception of your personality, including strengths etc.
6. is what pushes us to achieve our goals,
7. involves controlling one's behavior in the pursuit of long-term goals

Answers

- | | | | |
|-------------------|----------------------|--------------------|------------------|
| 1. Destressing | 2. walking, skipping | 3. Stress | 4. Social stress |
| 5. Self-awareness | 6. Motivation | 7. Self-regulation | |

State True or False

1. Stress management helps us control our health in a positive sense
2. The causes of stress are essentially the same for everyone.
3. Stress is usually thought of as a negative experience, but it can be a positive one.
4. Stress is good in small quantities.
5. Motivation is what pushes us to achieve our goals, feel more fulfilled and improve overall quality of life.

Answers

- | | | | | |
|---------|----------|---------|---------|---------|
| 1. True | 2. False | 3. True | 4. True | 5. True |
|---------|----------|---------|---------|---------|

Very Short Answer Questions

(C.B.S.E. Sample Paper 2020)

1. How many origins can have stress causal ?

Ans. Mental, Physical, Social and Financial

2. What do you mean by stress ?

Ans. Stress is the emotional and physical strain caused by our response to pressure from the outside world. Stress can be defined as our mental, physical, emotional and behavioural reactions to any perceived demands or threats. Stress can "wear and tear" our minds and bodies experience as we attempt to cope with our continually changing environment.

3. How yoga is helpful in managing stress ?

Ans. Yoga brings together physical and mental disciplines that may help you achieve peacefulness of body and mind. It can help you relax and manage stress and anxiety.

4. How meditation is helpful in managing stress ?

Ans. Meditation helps the mind and body to relax and focus. Meditation boosts your mood, shifts your focus away from stress and creates other changes in you that help you to be less reactive to stress. Regular practice also makes meditation easier to engage in when you're feeling overwhelmed, making it more effective when you need it.

5. What do you mean by self-regulation ?

Ans. Self-regulation involves controlling one's behaviour, emotions and thoughts in the pursuit of long-term goals. Emotional self-regulation refers to the ability to manage disruptive emotions and impulses. In other words, to think before acting. It also reflects the ability to cheer yourself up after disappointments and to act in a way consistent with your deepest held values.

Short Answer Questions

1. How can you manage stress ? Explain.

Ans. Stress is part of life, wherever you are and whatever you are doing. You cannot avoid stress, but you can learn to manage it so it doesn't manage you. The various ways to manage stress are as follows :

- **Set priorities.** Use the time-management to make a to-do list. Decide what is really important to get done today, and what can wait. This helps you to know that you are working on your most immediate priorities and you don't have the stress of trying to remember what you should be doing.
- **Practice facing stressful moments.** Think about the event or situation that stresses your mind. Find ways to practice dealing with these challenges. If you know that speaking in front of a group frightens you, practice doing it. If the pressure of taking tests causes you stress, then do some practice tests.
- **Examine your expectations.** Always try to set realistic goals. It's good to push yourself to achieve, but make sure your expectations are realistic. Be satisfied with doing the best you can.
- **Physical Exercise:** For managing stress healthy life style is must. Do plenty of exercise. The exercise is not only good for bod but it is also good for managing stress levels. Regular exercise also makes you less reactive to stress and provides you with a useful technique to refocus your attention, let out your frustrations, and even connect with others.
- **Yoga :** Yoga brings together physical and mental disciplines that may help you achieve peacefulness of body and mind. This can help you relax and manage stress and anxiety. Yoga has many styles and forms.
- **Meditation :** Meditation helps the mind and body to relax and focus. Meditation boosts your mood, shifts your focus away from stress, and creates other changes in you that help you to be less reactive to stress. Regular practice also makes meditation easier to engage in when you're feeling overwhelmed, making it more effective when you need it.
- **Nature walks :** By taking even a quick walk, you can give yourself a change of scenery and a little exercise at the same time. Getting your body moving and shifting your focus can give you a quick boost in mood and provide an opportunity to get into a new frame of mind. Both of these things can quickly help you feel less stressed.
- **Going to vacations :** Taking a break from your regular routine also reduces the stress. Going to vacations to place of your choice relaxes your mind and reduces the stress.

2. What do you mean by self-awareness? Explain

Ans. Self-awareness is having a clear perception of your personality, including strengths, weaknesses, thoughts, beliefs, motivation, and emotions. Self-awareness is the capacity to recognize your own feelings, behaviors, and characteristics to understand your physical and emotional self. Self-awareness is of two types : Internal self-awareness and External self-awareness

- **Private/Internal Self Awareness:** *Private self-awareness* is when person is aware of something about himself that people might not be. For example, a student has to read in front of the class. Recognizing the feeling of butterflies in his stomach as a signal that he's nervous is private self-awareness.
- **Public/External Self Awareness :** Public self-awareness is when you are aware of how other people are seeing you. It can be hard for students who have trouble reading social cues. For example, one student stands very close to others while talking. Noticing that he is making others uncomfortable and taking a step back is an example of public self-awareness.

Assignment

1. How stress is helpful ? Explain.
2. How stress helps us to achieve goals ? Explain
3. What do you mean by positive and negative stress ? Explain
4. What do you mean by stress management ? Explain
5. What is the difference between self-awareness and self-regulation ? Explain.

