

Question Paper: Set A

Time: 45 Minutes | Total Marks: 20

Q.1. Answer as directed. (4 Marks)

1. Laughter club is a remedy to drive away _____.
2. The act _____ is designed to curb cyber crimes.
3. State True or False: Addiction person can think rationally. _____
4. Identify the odd one out: Tobacco, Alcohol, Exercise, Drugs. _____

Q.2. Answer the following questions (Any 4). (8 Marks)

1. What is "Social Health"?
2. List any two factors that affect social health.
3. Define the term "Selfiecide."
4. Why are children often instructed to play outdoor games instead of spending time on the internet?
5. What are the physical problems arising from excessive use of mobile phones?

Q.3. Answer in detail (Any 2). (8 Marks)

1. Explain the importance of "Stress Management" and list various ways to achieve it.
2. Discuss the ill-effects of alcoholism on the human body and family.
3. What is Cyber Crime? Mention any two examples of activities that fall under this category.

Question Paper: Set B

Time: 45 Minutes | Total Marks: 20

Q.1. Answer as directed. (4 Marks)

1. Alcohol consumption mainly affects _____ system.
2. Self-centeredness can lead to problems like _____ and selfishness.
3. State True or False: Laughter clubs help in relieving mental stress. _____
4. Name any one NGO working for a tobacco-free society. _____

Q.2. Answer the following questions (Any 4). (8 Marks)

1. Name any two hobbies that help reduce stress.
2. What are "Chronic Diseases" that may endanger social health?
3. What is the role of "Peer-group influence" in adolescents?
4. Mention the punishment for cyber crimes under the IT Act-2000.
5. How does "Communication Media" affect our lifestyle today?

Q.3. Answer in detail (Any 2). (8 Marks)

1. Describe the various factors that disturb social health in the current age.
2. How does excessive use of modern technology lead to solitary behavior?
3. Write a short note on the "Salaam Mumbai Foundation" and its work.

Question Paper: Set C

Time: 45 Minutes | Total Marks: 20

Q.1. Answer as directed. (4 Marks)

1. Social health is the ability of a person to establish _____ with others.
2. Chronic diseases like _____ and leprosy can lead to social isolation.
3. State True or False: Cyber crime specialists investigate crimes with the help of the internet. _____
4. Identify the odd one out: Gardening, Bird watching, Revenge, Singing. _____

Q.2. Answer the following questions (Any 4). (8 Marks)

1. What are the symptoms of "Mental Stress"?
2. Why is it important to maintain personal hygiene during the menstrual cycle?
3. How can "Laughter Clubs" improve social health?
4. What should you do if your sister has become incommunicative and prefers to remain alone?
5. List two examples of "Cyber Crimes" related to bank transactions.

Q.3. Answer in detail (Any 2). (8 Marks)

1. Explain how "Gender Inequality" contributes to mental stress in families.
2. What are the benefits of sports in managing mental and physical health?
3. Discuss the importance of "Good communication with others" in maintaining a healthy society.

Question Paper: Set D

Time: 45 Minutes | Total Marks: 20

Q.1. Answer as directed. (4 Marks)

1. In modern times, _____ has increased in education and employment.
2. Hacking and _____ are common examples of cyber crimes.
3. State True or False: Radiation from cell phones penetrates adult bones more effectively than children's. _____
4. Fill in the blank: _____ helps to improve the ability of concentration.

Q.2. Answer the following questions (Any 4). (8 Marks)

1. Define the term "Addiction."
2. What is "Mental Illness" according to medical science regarding social media use?
3. How does "Loneliness" arise in children within nuclear families?
4. What is the "IT Act-2000"?
5. Mention two ways to neutralize negative thoughts.

Q.3. Answer in detail (Any 2). (8 Marks)

1. Analyze the change in children's playing habits between 1998 and 2017.
2. What precautions should be taken to maintain social health in the age of modern technology?
3. Explain the importance of "Yoga and Meditation" for students' mental health.