

PODAR INTERNATIONAL SCHOOL, OSMANABAD

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| Std : X | Subject:- | IT 402 | Part A | Self Management Skills Value of the chapter: Self management techniques. |
| 1. What makes you complete work or studies without others cheering you? | | | | |
| | (a) Self-confidence | | | (b) |
| | Communication | | | |
| | (c) Self-motivation | | | (d) Self-esteem |
| 2. Which of the following are types of motivation? | | | | |
| | (a) Internal | | | (b) |
| | Intermediate | | | |
| | (c) External | | | (d) |
| | Extensive | | | |
| 3. Ravi works hard to get the best student award at the end of year. What type of motivation is this? | | | | |
| | (a) Internal | | | (b) External |
| | (c) Both internal and external motivation | | | (d) Not any specific type of |
| 4. Stress Management refers to focusing human efforts for maintaining a healthy body and *****capable of better withstanding stressful situations. | | | | |
| | (a) Mind | | | |
| | (b) Heart | | | |
| | (c) Feeling | | | |
| | (d) Anger | | | |
| 5. There ***** types stress. | | | | |
| | (a) One | | | |
| | (b) Two | | | |
| | (c) Three | | | |
| | (d) Four | | | |
| 6. According to picture these are **** of stress. | | | | |
| | (a) Factors | | | |
| | (b) Agents | | | |
| | (c) Types | | | |
| 7. As children grow up, they may seek more independence, may become critically conscious of their looks and have to cope up with hormonal changes. Issues related to general well-being and health of an individual can lead to low self-esteem and cause stress. (Guess which type stress agent) | | | | |
| | (a) Mental | | | |
| | (b) Physical | | | |

(c) Social

8. As children grow up, they may seek more independence, may become critically conscious of their looks and have to cope up with hormonal changes. Issues related to general well-being and health of an individual can lead to low self-esteem and cause stress. (Guess which type stress agent)

- (a) Mental
- (b) Physical
- (c) Social

9. Which of the following is not sign of mental level stress?

- (a) Anxiety
- (b) Boredom
- (c) Frustration
- (d) Breathlessness

10. Speaking out to the well-wishers like family and friends helps in stress management as they provide a social support system. (State true or false)

- (a) True
- (b) False

11. Which following activity is not aid of stress management?

- (a) Physical Exercise
- (c) Yoga
- (d) Self Reliance
- (e) Taking Nature Walks

12. Individuals have an inner urge to do something, achieve their goals without any external pressure/lure for award or appreciation. It is a life skill and must be necessarily (Guess type of ability of work)

- (a) Self-Motivation
- (b) Self-Regulation
- (c) Self-Awareness

13. It is a practice where an individual is supposed to focus his/her mind on a particular object, thought or activity to achieve a calm mental state reducing stress.

- (a) Yoga
- (b) Physical Exercise
- (c) Meditation

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|---|-------|----|---|----|---|
| 1 | C | 6 | B | 11 | D |
| 2 | A & C | 7 | B | 12 | A |
| 3 | B | 8 | B | 13 | C |
| 4 | A | 9 | D | 14 | |
| 5 | B | 10 | A | 15 | |

