

NAME: _____

CLASS: _____

DATE: _____

D.V.S PUBLIC SCHOOL
IT ASSIGNMENT (2)
CLASS - X

Ques 1 Mention any 4 stress Management Techniques.
Also Explain them.

Ques 2 . Define -
(a) Self regulated learning.
(b) Self motivation.

Ques 3 . Mention the steps to manage time effectively.

Ques 4) Explain why self discipline is important.

Ques 5 What are the benefits of meditation?

Ques 6 Mention symptoms of stress.

J. V. S. PUBLIC SCHOOL

BURARI - 84

CLASS - 10th

SDB - Social Science

Name -

Roll No -

Assignment - 2

- Q.1. In what respects is the criterion used by the UNDP for measuring development different from the one used by the World Bank?
- Q.2. Find out the present sources of energy that are used by the people in India. What could be the other possibilities fifty years from now?

Q.3. Why is the issue of sustainability is important for development?

Q.4. List a few example of environmental degradation that you may have observed around you.

Q.5. Define the term National income?