COMMERCE DEPARTMENT

https://youtu.be/EO-RKhhxclU-ACCOUNTANCY

https://youtu.be/ohhbepX6mA0 - BUSINESS STUDIES

https://youtu.be/8AbcuaZZ4Ek- ECONOMICS

SCIENCE DEPARTMENT

https://www.youtube.com/watch?v=CS_aQW5y2M0-BIOLOGY

https://youtu.be/05UbpMaeHdA- CHEMISTRY

https://youtu.be/JbEo46uV6d4-PHYSICS

HUMANITIES DEPARTMENT

https://youtu.be/dKGYq7MmZ2I- LEGAL STUDIES

https://youtu.be/6SXSvtBG180- PSYCHOLOGY

https://www.youtube.com/watch?v=xqObdLWOgAA- HISTORY

https://youtu.be/CbvH1TSyUWk - POLITICAL SCIENCE

https://youtu.be/HfeGEn6bR3E-ENGLISH

https://youtu.be/9C1ywFGIZVc-MATHEMATICS

COMPUTER DEPARTMENT

https://youtu.be/7Mpfb0m4P-U

https://youtu.be/gtFJ-ET2dh0-IP & C.S.

OPTIONAL-II

https://youtu.be/Fc22QyP_ZTw

https://yputu.be/No8bjMrczDo - PHYSICAL EDUCATION

EAST POINT SCHOOL ASSIGNMENT ENGLISH

THE ADDRESS BY - MARGA MINCO

About the author

Marga Minco (pseudonym of Sara Menco, born 31 March 1920) is a Dutch journalist and writer. Her real surname was Menco, but an official accidentally switched the first vowel. In 1957 Minco published her first book, *Het bittere kruid* [nl] ("The bitter herb"), in which a nameless character goes through war experiences reminiscent of the author's. The title of her later book *Een leeg huis* ("An empty house") refers not only to the demolished house that the protagonist finds after emerging from hiding at the end of the occupation but also to the emptiness that she and her friend Yona experience in the postwar years, to which was added the distance and sometimes even hostility displayed by many people in the Netherlands towards returnees from the concentration camps. This phenomenon was further described by Marga Minco in her collection of short stories, *De andere kant* ("The other side").

The Address-Introduction of the Lesson

The story is about the human predicament that follows the pre-War and Post-War period. Mrs. S who was a Jews was a rich lady. Whereas,Mrs. Dorling was a non-Jews. The girl, daughter of Mrs. S, had lost her house and her mother during the war and now she had decided to come back to take her possessions from Mrs. Dorling, an acquaintance whose address was given by her mother years ago. When she reached the house, the woman treated her with a cold reception and didn't let her into the house. She decided to go back anyway and then she met her daughter who let her in and told her to wait inside. When she saw all the possessions in front of her, she couldn't connect with them and decided to leave the house.

Theme

The theme of The Address revolves around the personal challenges that all of us have to encounter as individuals while resolving crisis in our own lives. With war comes death, destruction and inhumane effects on human beings. This story unfolds to its readers the disruption caused in the narrator and her mother's lives due to the war. On a deeper level, it is also a story about memories

Characters

Marga Minco – The narrator. She was a girl of fifteen or seventeen. Her family was Jewish and Hitler was planning to kill all the Jews in Germany, Holland, Austria, etc. Probably she was away from home.

Mrs. S – The Narrator's mother. S may be Suzanne, Susannah, etc.

Mrs. Dorling – A very wicked, shrewd woman. She visited the narrator's mother saying that she was her classmate years ago. We do not know if it was so or not. She offered to help the narrator's family by carrying their house hold utensils, furniture and all the other valuables. In fact she had no intention to help the narrator's family. All she hoped was that the narrator's family dies in the war and never returns.

The Address- Summary

After ringing the doorbell of Mrs. Dorling who lived at Number 46, Marconi Street, the protagonist was given a cold reception and Mrs Dorling took much time to recognize her. Mrs Dorling had thought everyone in the protanogist's family was dead and asked if anyone else had come along with her. Mrs Dorling refused to let the protagonist inside her home and told her to come back sometime later. The protagonist recognized her mother's green cardigan which Mrs Dorling was wearing. She decided to go back to the station and thought about her mother and how she told her about Mrs. Dorling who was an acquaintance of hers. During the war, Mrs Dorling would visit their house and take their possessions with her as she didn't want them to get lost if they ever left the place. Mrs. Dorling had a broad back.

The protagonist decided to go to Mrs Dorling's home to get back their belongings. When she rang the bell, Mrs. Dorling's daughter answered the door. She let her in and asked her to wait in the living room. When they were crossing the passage, the protagonist noticed their Hanukkah candle stand that they had never used because it had been unmanageable. When she reached the living room, she was horrified as she saw all her mother's things that were arranged in a tasteless manner. The furniture was ugly and the room had a muggy smell and it made her disinterested and she wanted to leave the place. Mrs. Dorling's daughter offered her a cup of tea and the protagonist noticed the old table cloth that had a burn mark on it. When the girl was showing her the silver fork and spoons that actually belonged to the protagonist, she jumped up and walked out of the house. She decided not to visit the place again as it brought back memories of the past and hence, she decided to forget the address.

Black -Board Summary

The war was over and everyone (except the narrator) in the narrator's family was either deported (sent out of one's own country) or killed in the gas chambers.

When the war was over and the Jews were feeling safe in these countries, Marga (the narrator) returned to her house (which was no more hers!).

One day, Marga thought of the woman (Mrs. Dorling) who had taken all her possessions. She remembered her address – 46, Marconi Street. Marga went to Marconi Street by train.

First Visit

The narrator traces Mrs. Dorling's – No. 46 – address to claim her family's property.

Mrs. Dorling refuses to recognise the narrator but the narrator recognises her.

It was now evident that Mrs. Dorling had betrayed the narrator's mother.

Marga was terribly pinched, hurt, disappointed and betrayed.

She was turning away to go when someone appeared at the window. Probably it was Mrs. Dorling's daughter. She asked, "Mom, who's there?" and Mrs. Dorling gave a discouraging reply. That was how the first visit ended.

Second Visit

The narrator decided to visit Mrs. Dorling once again.

When she rang the bell at house number 46, Mrs. Dorling was away. Mrs. Dorling's daughter welcomed the narrator.

The daughter had no idea how her mother had looted the utensils and furniture from the narrator's house. All she knew was that her mother had bought these precious antiques on an **auction**. The daughter was proud of the expensive utensils and furniture.

The narrator decides not to wait for Mrs. Dorling. She leaves the house. She forgets the address.

${}_{a}$ Questions and Answers

1. "I was in a room I knew and did not know." Why does the narrator say that she was in a room which she knew and yet she did not know?

Answer: The second time the narrator went to Mrs. Dorling's house she was taken inside the house by Mrs. Dorling's daughter. When the door of the living room was opened to her, she went inside and she was immediately horrified by whatever she saw inside the room. The room was full of all their belongings which had been taken away by Mrs. Dorling at the beginning of the war. She felt she "knew" the room because it was full of all her belongings and as the room was not theirs but was a different room and the things were kept in a different manner she felt she "did not" know the room.

2. Why does the narrator come back without claiming her belongings?

Answer: The narrator came back without claiming her belongings. She says that the objects which are linked in our memory immediately lose their value when those objects are seen after some time in strange surroundings. All her belongings, the silver cutlery, the clothes etc. had lost their charm when they were seen in Mrs. Dorling's house. She knew that if taken back they would again seem strange in her new small rented room.

3. What change did the narrator notice in her rooms when she was home for a few days?

Ans: She noticed that various things were missing. - Mother was surprised that she noticed so quickly - told that Mrs. Dorling would keep things safely.

4. Why did the narrator resolve to forget the address, No 46, Marconi Street?

Ans: Narrator turns up to collect the belongings - they aroused nostalgic feeling - true owner no more - the "stored" things reminded the uncharitable Mrs. Dorling and her own tragic past - better to forget.

5. Justification of the title

Short story revolved around the No 46, Marconi Street - starts with the address where the Jewish family suffers - ends with the narrator forgetting the address.

Long Answer Questions

1. 'Have you come back?' said the woman. 'I thought that no one had come back.' Does this statement give some clue about the story? If yes, what is it?

Ans: The quoted statement gives us a clue about the story. It means that the two families were acquaintances who knew each other and stayed nearby. During the war, many families left the land to take refuge in another place while some of the families stayed back at the same place. Mrs. Dorling thought that the family of Mrs. S died during the war and that is why she gave such a cold reaction to the girl who came to visit her.

2. The story is divided into pre-War and post-War times. What hardships do you think the girl underwent during these times?

Ans: The story is based on the pre-War and post-War period. The family of the girl was rich before the war and they had valuable possessions in their house. When the war started, Mrs. Dorling established contact with them and started visiting them again. She started taking the possessions with her whenever she would visit as she believed if they would leave the place, such things should not be wasted. The girl suffered a lot, her mother died and she had to live in a rented place. She found it really difficult to go back to the place where her childhood was spent and she wanted her belongings back. When she went to meet Mrs. Dorling, she noticed how the things were arranged in a tasteless manner. She could no longer connect to them and she lost her interest in them and partly she was afraid. The girl finally decided to leave the house and forget the address.

3. Why did the narrator of the story want to forget the address?

Ans: Mrs. Dorling kept the valuable items in her house until the war was over as she didn't want them to lose during the war in case they decided to leave the place. Her

mother gave her the address of Mrs. Dorling '46, Marconi Street'. She remembered the address and decided to visit her anyway. She was afraid to visit the place again as it brought back many past memories. When she saw all the possessions, they were arranged in a tasteless manner and she lost interest in them. She could not connect with the things and thought that she would not stay at the house any longer, she would destroy the good memories she had with those items. She finally decided to forget the address and not to go back to that place.

4. 'The Address' is a story of human predicament that follows war. Comment.

Ans: The war always brings a lot of suffering to human beings. It brings them both destruction and death. 'The Address' is based on the same theme. During the war, all the belongings were taken by Mrs. Dorling who promised to keep them safe. The mother of the protagonist died and all the possessions were left with the acquaintance. Years later the girl decided to visit the house whose address was given by her mother years ago. The woman showed no sympathy to her and took the time to even recognize her. She thought everyone in her family had died. The girl wanted to take back her belongings. She didn't allow the girl to enter the house. She seemed like a woman who didn't have any human emotions. So, the war leaves the world desolated and it cannot be healed.

MATHEMATICS

Assignment Trigonometric Function(radian and angle)

1. Find the values of

(i)cosec1020^o(ii) sec 480^o (iii)cos(-330^o)

 $(iv)\sin(-660^{\circ})$ (v)tan (-1380°) (vi)cot(930°)

- 2. The minute hand of aclock is 21cm . How far does its extremity move in 25 minutes?
- 3. Find the angle subtended (in degrees)at the centre of the circle 6 cm by an arc of length 1.5 π cm
- 4. What must be the radius of the wheel ,on the rim of which an arc 20 cm longis subtended by acentral angle of 45°.
- 5 .Convert the following angle into radian measure:
- (a) $40^{\circ}20'$ (b) $-37^{\circ}30'$
- 6. Convert the following angles into degree measure:

(a)(
$$\frac{3}{4}$$
) (b)($\frac{13\pi}{4}$)

ACCOUNTANCY

ACCOUNTING EQUATION

1. Mr. Shashi started business as on 1 st April, 2020 with a capital of Rs.1,50,000. During the

year, the following transactions took place:

- (a) Purchased good from Mahesh on credit worth Rs. 20,000
- (b) Additional capital introduced Rs. 20,000
- (c) Machinery purchased for cash Rs. 5,000
- (d) Depreciation charged on machinery Rs.500
- (e) Sold goods costing Rs.1,000 for Rs. 1,500 for cash.

Develop an accounting equation for the above transactions.

2. Mahesh started a business with a capital of Rs. 15,000 on 1 st April, 2019. During the year,

he made a profit of Rs. 3000. He owes Rs. 2,500 to suppliers of goods. What is the total

assets in his business on 31 st March, 2020.

- 3. Develop an accounting equation from the following transactions:
- (a) Started business with cash Rs. 1,00,000, Stock Rs. 2,00,000 and Building Rs.

10,00,000.

- (b) Sold goods costing Rs. 50,000 for Rs. 60,000 for cash.
- (c) Interest on Drawings Rs. 1000
- (d) Depreciation charged on building @ 10%.
- 4. Develop an accounting equation from the following transactions:
- (a) Ramesh started business with cash Rs. 5,00,000, goods Rs. 50,000
- (b) Sold goods costing Rs. 20,000 @ 10% profit on credit.
- (c) Received from debtors Rs. 21,500 in full settlement of their claim.
- (d) Interest on capital Rs. 500 and interest on drawings Rs. 300.
- 5. Develop an accounting equation from the following transactions:
- (a) Yuvraj started business with Bank Account Rs. 5,00,000, Goods Rs. 30,000
- (b) Sold goods costing Rs. 15,000 @ 20% profit on credit.
- (c) Recovered from debtors only 60% amount through cheque, remaining became

bad debts.

(d) Interest allowed by bank Rs. 1,000.

BUSINESS STUDIES

Evolution and Fundamentals of Business						
Time allowed: 1 hour Maximum Marks:						
Q.1	Which is not included in 'Auxiliary to Trade (a) Animal Husbandry (c) Transport	(b) (d)	Insurance Warehousing	(Choose the correct alternative) (1 mark)		
Q.2	'Fraud by Employee' is a type of business ris (a) Human (d) Economic	(b)	Natural All of these	(Choose the correct alternative) (1 mark)		
Q.3	Which economic activity has zero risk? (a) Business (c) Employment	(b) (d)	Profession All of these	(Choose the correct alternative) (1 mark)		
	Which is Extractive Industry? (a) Building construction (c) Mining	(d)		(Choose the correct alternative) (1 mark)		
Q.5	'Only sale or exchange of goods/services for support of your answer.	profi	it is business.' Do you a	agree with the statement? Give reason in (3 marks)		
Q.6	Categorise the following into business, profi (i) A farmer (iii) A clerk (v) A hawker selling toys for children	(ii) (iv)	and employment. An advocate A doctor A person repairing see	ooters on roadside (3 marks)		
 Q.7 It is one of the activities means for assisting trade and help in the promotion of the product by providing information to the consumers. Business does not exits in Isolation, it has to communicate with others and the activity help in making consumers aware and informed about the product of the company and inducing them to buy particular items. (i) Which activity is discussed in the above para? (ii) What are those activities called which are meant for assisting trade? (iii) Name and explain the categories into which communication services can be classified. (4 marks) 						
Q.8	Mr. X and Y are having a discussion. Mr. X profits while Mr. Y thinks that profit is esspoints in his favour?					
Q.9	Profit maximization cannot be the sole obje	ctive	of a business. Commen	nt. (6 marks)		

ECONOMICS

- Q1 According to IC approach, at the point of equilibrium:
- (a) slope of IC > slope of price line
- (b) slope of IC < slope of price line
- (c) Slope of IC # slope of price line
- (d) slope of IC = slope of price line
- Q2 Additional utility derived from the consumption of an additional unit of a commodity is called:
- (a) Average utility
- (b) total utility
- (c) Marginal utility
- (d) none of these
- Q3 The slope indifference curve is equal to:
- (a) One
- (b) marginal rate of substitution
- (c) Marginal utility
- (d) none of these
- Q4 Why is indifference curve convex to origin?
- (a)Due to law of diminishing marginal utility
- (b) Due to monotonic preferences
- (c) Due to continuous decline of marginal rate of substitution
- (d) Both a and b
- Q5 It is the property of indifference curve that no two IC can intersect each

other. The reason behind this is:

- (a) Consumer preferences are monotonic
- (b) Preferences are complete
- (c) Same combination of two goods cannot give different level of satisfaction
- (d) Diminishing marginal rate of substitution

Q6 Slope of budget line is:

- (a)Px/Py
- (b)Py/Px
- (c) MRS
- (d)Px.Py
- Q7 Which of the following is not the property of indifference curve:
- (a) Higher the indifference curves higher the level of satisfaction
- (b)Two indifference curves cannot intersect each other
- (c) Indifference curve is concave to origin
- (d)Indifference curve is downward sloping
- Q8 An Indifference curve slope down towards right since more of one commodity and less of another result in:
- (a) Same satisfaction
- (b) Greater satisfaction
- (c) Maximum satisfaction
- (d)Decreasing expenditure
- Q9 Hicks and Allen believed that utility:
- (a) Cannot be measured
- (b) Cannot be expressed
- (c) Can be measured in cardinal numbers
- (d) Can be measured in ordinal numbers
- Q10 An indifference curve is related to:
- (a)Consumer's income
- (b) prices of goods X and Y
- (c) Total utility from goods X and Y
- (d) choices and preferences of consumer
- Q11 As we move down the indifference curve left to right, the slope of indifference curve tends to:
- (a) Unity
- (b) rise
- (c) Zero
- (d) declines
- Q12 Define : (a) Indifference curve (b) Budget line
- Q13 Write the properties of budget line
- Q14 What causes shift in budget line
- Q15 Explain Consumer's Equilibrium using IC analysis

BIOLOGY

- **1.** A virus is considered as a living organism and an obligate parasite when inside a host cell. But viruses are not classified along with bacteria. Explain.
- 2. Name the asexual spores present in Kingdom fungi.
- 3. Find out and write the economic importance of any 2 members of Monera and Fungi.
- 4. What are the characteristics of tobacco mosaic disease?
- 5. Name a few plants that are partially heterotrophic.
- 6. What can be used to produce biofuel in rural areas?
- 7. Draw a well labelled diagram of a bacteriophage. What is the importance of such phages?

CHEMISTRY

MOLE CONCEPT

I. MCQ - Choose Appropriate Alternative

The formula, which gives the simple ratio of each kind of atoms present in the molecule of compound, is called
(Molecular Formula, Empirical Formula, Structural Formula)
The formula, which expresses the actual number of each kind of atom present in the molecule of a compound, is called
(Empirical Formula, Molecular Formula, Structural Formula)
3. Mole is a quantity, which has particles of the substance.
(One billion, 6.02 x 10 ²³ , 1.013 x 10 ⁵)
4. The simplest formula of a compound that contain 81.8% carbon and 18.2% hydrogen is
(CH ₃ , CH, C ₂ H ₆)
5. The empirical Formula of a compound
(is always the same as the molecular formula, Indicates the exact composition, Indicates the simplest ratio of the atoms)
6. Very small and very large quantities are expressed in terms of
(significant figures, Exponential Notation, Logarithm)
7. Two moles of water contains molecules.
$(6.02 \times 10^{23}, 1.204 \times 10^{24}, 3.01 \times 10^{23})$
8. One mole of Cl⁻ions contains ions.
$(6.02 \times 10^{23}, 1.204 \times 10^{24}, 3.01 \times 10^{23})$
9. 220 gms of CO2 contains moles of CO2.
(One, Five, Ten)
10. In rounding off figure is dropped.
(First, Last, No)

PHYSICS

- 1.In an experiment to measure focal length of a concave mirror focal length of a concave mirror, the value of a focal length in successive observations turn out to be 17.3 cm 17.8 cm, 18.3 cm, 18.2cm, 17.9cm, and 18.0 cm. calculate the mean absolute error and percentage error. Express the result in a proper way.
- 2. The initial and final temperature of a water bath are (18 ± 0.5)°C and (40 ± 0.3)°C. What is the rise in temperature of the bath?
- 3. The error in the measurement of radius of a sphere is 2%. What would be the error in the volume of the sphere?
- 4. The period of oscillation of a simple pendulum is $T = 2\pi \sqrt{\frac{L}{g}}$. Measured value of L is 20.0 cm known to 1 mm accuracy and time for 100 oscillations of the pendulum is found to be 90 s using a wrist watch of 1 s resolution. What is the accuracy in the determination of g?
- 5. A physical quantity X is given by $X = \sqrt{\frac{a^2b^3}{c\sqrt{d}}}$. If the percentage errors of measurement in a, b, c and d are 4%, 2%, 3%, and 1% respectively, then calculate the percentage error in X.

HISTORY

Write the answer of Following Questions not more than 100 words (carry 3 marks)

1. Why do you think the Roman government stopped coining in silver? And which metal did it

begin to use for the production of coinage?

- 2. What sources are available for knowing of Roman civilisation?
- 3. Write the major difference of early Roman Empire and late Roman Empire?
- 4. Discuss the role of Army to consolidate the Roman Empire.
- 5. Write about the role of senate in Roman Empire.
- 6. Discuss the urban structure of Roman Empire.
- 7. What were the third century crisis?
- 8. How did plurality of language promote literacy in Roman Empire?
- 9. Discuss gender perspective in Roman Empire?
- 10. How independent were women in the Roman world?
- 11. Archeologist who work on the remains of pottery are a bit like detectives. Can you explain why?
- 12. Discuss the social hierarchies of Roman Empire.
- 13. How did Roman bureaucracy create social hierarchy in society?
- 14. How did expansion of Islam put the challenges to Roman Empire?

GEOGRAPHY

Topic.- The origin of oceans and continent

- 1. Who first proposed a possibility of the joined position of the all continent?
- 2. Name the German meteorologist who put forth the continental drift theory.
- 3. What is Pangaea?
- 4. Define panthalasa.
- 5. Mention in points the theory of continental drift.

Political science

- Q1 Define elections.
- Q2 What is a representative democracy?
- Q3 Which article has given the provision of elections in our country?
- Q4 Which article has given powers to election commission?
- Q5 Differentiate between FPTP and PR system of elections.
- Q6 Why did India adopt FPTP system?
- Q7 Explain the powers of election commission.
- Q8 Mention the electoral reforms.
- Q9 What are reserved constituencies?
- Q10 In which year the voting age was changed from 21 to 18 years?

PSYCHOLOGY

DURATION: 3HRS

(VERY SHORT QUESTION: 2 MARKS).

- 1. What do you mean by objectivity?
- 2. What do you mean by Variable?
- 3. Define hypothesis.
- 4. Define the following terms: (2Marks each)
 - a) Sample
 - b) Data
 - c) Population

(SHORT QUESTION TYPE I: 3 MARKS)

- 5. Differentiate between naturalistic and controlled observation.
- 6. Differentiate between dependent and independent variable.
- 7. What are the various types of relevant variables? How can they be controlled?
- 8. Differentiate between an interview and a questionnaire
- 9. Differentiate between:
 - a) Naturalistic and controlled observation
 - b) participant and non participant observation
 - c) Control and experimental group

(SHORT QUESTION TYPE II: 4 MARKS)

- 10. Critically evaluate the case study method.
- 11. What are the various types of data or information that is collected in psychological enquiry?
- 12. Give advantages and limitations of observation method.
- 13. What are the various types of data or information that is collected in psychological enquiry?

(LONG QUESTION: 6 MARKS)

- 14. With the help of a diagram explain the steps and procedure of a scientific research.
- 15. What are the goals of psychological enquiry? Give examples.

LEGAL STUDIES

SHORT TYPE QUESTIONS: (1marks each)

1.	The Legislature enables the Government to laws.
	a) Interpret and enforce
	b) Frame laws and amends
2.	The written Constitution defines the
	a) Power of the three organs
	b) Role of the councilors
3.	The parliamentary Form of Government combines powers.
	a) Legislative and executive
	b) Executive and judiciary
4.	The Indian Constitution is broadly similar to that of
	a) Britain
	b) United states

C	e) France				
5.	5. The Executive head in India is the				
8	a) Prime Minister				
ł	b) President				
C	e) Chief Minister				
6.	The concept of check and balances is specifically credited to				
7. V	Write a short note on Article 368 of the constitution?				
LONG A	ANSWER TYPE QUESTIONS : (4 & 6Marks each)				
8. V	What forced Montesquieu to adopt many of the principles of the British constitution?				
9. I	Explain Montesquieu's views on Separation of Powers.				
10.	Write brief notes on the following:				
(i) Separation of Powers in Britain				
(ii) Separation of Powers in the United States of America				
11.	Explain how the Doctrine of Separation of Powers is exercised in India.				
	COMPUTER DEPARTMENT				
PYTHON	FUNDAMENTALS				
1. What a	are literals in Python? How many types of literals are there in Python?				
2. How s	tring literal is represented in Python?				
3. What i	is a statement and expression?				
4. What is the role of comments in Python?					
5. What	are variables?				
6. What	are rules for making identifiers in python?				
7. Differe	entiate keyword and identifier.				
8. What	are tokens in Python?				
9. What	will be the output of following?				
a=20					
b=a+1					
a=33					
print(a+	b)				
10. What	t is wrong with following code fragment?				

a=20

```
print(a)
b=33
print(b)
11. What is wrong with following code fragment?
name="freya"
classs=4
print(name+classs)
12. What will be the output of following python code?
a,b=3,4
a,b,c=b,a+3,b-1
print(a,b,c)
What will be the output of following python code/code fragment?
a. print(print("vishal"))
b. print("vishal")
print("indian")
c. print("vishal",end=" ")
print("indian")
d. a=int(input("enter first no"))
b=int(input("enter second no"))
a,b=b,a
print("a=",a)
print("b=",b)
#if user is entering 5 and then 10
```

OPTIONAL II

PHYSICAL EDUCATION

PHYSICAL FITNESS, WELLNESS AND LIFESTYLE
Q1. "The quality or state of being healthy" is called
Q2 is the ability of the muscles to overcome
resistance.

- Q3. Dynamic strength can be called..... strength.
- Q4. A healthy lifestyle is not beneficial for reducing depression. (true/false)
- Q5. Red muscles fibres are not capable of contraction for a long duration. (true/false)
- Q6- discuss about any three components of wellness.
- Q7- Define strength and discuss its types.
- Q8- briefly discuss about coordinative abilities.
- Q9- elaborate the importance of physical fitness and wellness in detail.
- Q10- what do you mean by the term lifestyle? Elucidate the importance of positive/healthy

lifestyle in detail.