

# FORMATTING SOCIOLOGY

For those who have Sociology as a subject, it's important to brush up on your basics first, says Kanak Shankar Mukherjee

## GENERAL INSTRUCTIONS

- Questions No. 1-14 are of 2 marks (30 words each).
- Questions No. 15-21 are of 4 marks (80 words each).
- Questions No. 22-25 are of 6 marks (200 words each).
- Question No. 25 carries 6 marks, and is to be answered with the help of the passage given

1. Give any two national Socio- Demographic Goals for 2010 (2)
2. Who was Savitri Bai Phule? (2)
3. Why is consumption such an important factor in a capitalist society? (2)
4. What is distance pollution and how did it bring about exclusion? (2)
5. What is exhibited from Invisible Man of Ralph Ellison? (2)
6. Mention the chief characteristics of communalism? (2)
7. What is the importance of the study of social change? (2)
8. What are the lessons learnt from Kumud Pawade's autobiography? (2)
9. What is meant by Panchayat? (2)
10. Farmer's suicide is a result of Matrix events. Discuss. (2)
11. What are the problems that Plague trade



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| 12. Homogenisation or globalisation which one do you choose (2)      | 15. Is it true that India is having a demographic advantage? (4)              | 18. New farmer's movement brought in a shift in farmer's movement and had newer strategies too. Discuss. (4) |
| 13. Why was Hum Log a turning Point in Indian Television History (2) | 16. What are the factors behind the assertion of tribal identities today? (4) | 19. What are the functions of mass media? (4)  |
| 14. Why was caste invisible in the urban unions of India? (2)        | 17. In what ways did the economy change in areas? (2)                         | 20. Globalisation has not been able to alter India with the coming of colonialism (4)                        |

Indian Culture much. Discuss (4)

21. Discuss both sides of the idea industrialisation to the quality. (4)

22. Discuss the three key principles of social stratification. (6)

23. Nation and nation state have lost their precise identity as these have taken varied forms. But it is true; a nation is inchoate without a state. Discuss (6)

24. Discuss the social changes brought about by agricultural development (6)

25. Read the following passage and answer the questions given (2x3)

- a) What do you think about the exemptions made in the NBC?
- b) What is the contention of the disability sector to the revised NBC?
- c) Discuss the attitude of Indians towards the differently-abled that is witnessed from the NBC15?

— Mukherjee is a teacher of Lakshmipta Singhania Academy

**These questions and the marks alongside are meant for practice purpose only. Students are advised to check format, syllabus and marks for Board test papers with their teachers. Questions have been given by teachers and NIE is not responsible for them**

## Use stress to your benefit

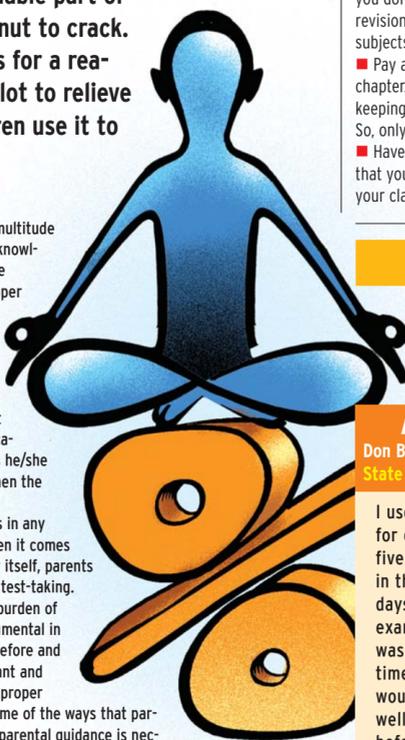
Every student who aims to become a high-achiever will experience exam stress. It's an unavoidable part of student life that can be a tough nut to crack. Dr Sanjay Garg says stress exists for a reason and as parents you can do a lot to relieve this stress by making your children use it to enhance their performance

### WHAT PARENTS SHOULD DO

Parents can help their children in their studies in a multitude of ways, none of which are dependent on their own knowledge or expertise on the subject matter. Some of the things that parents can help with are: planning a proper study schedule with sufficient rest periods, ensuring proper access to educational resources and study material, teaching time management, monitoring completion of homework, tracking test performances, creating a distraction-free study environment, praising the child for his effort and not just his/her "scores", keeping the lines of communication open so that the child can discuss any problems he/she may be facing at school, being physically present when the child is studying if he/she prefers that.

The importance of parental guidance for success in any area of a child's life cannot be over emphasised. When it comes to exams, more than guidance on the subject matter itself, parents play a crucial role in the teaching of overall skills of test-taking. The support of parents can significantly reduce the burden of exams on children. In addition, parents can be instrumental in providing all-round care to ensure correct lifestyle before and during exams. Keeping the home environment pleasant and stress free, encouraging physical exercise, ensuring proper nourishment and discouraging staying up late are some of the ways that parents can help exam performance. Most importantly, parental guidance is necessary in teaching students the true purpose of exams. Students must understand that exams are just a path to the next phase of life. If they know that it is their effort and not the marks that will be appreciated, this knowledge will translate into better performance.

— Dr Garg is senior psychiatrist of Fortis Anandapur, Kolkata



## 'Read and write on a daily basis'

Here are a few tips to ace the Sociology Board exams

- Go through your textbook very carefully. There won't be any questions from outside the syllabus, so just read your books and you will score well.
- Read and write on a daily basis. If you do so then you don't feel out of touch when you sit down for revision. Till March 5, divide your time between all the subjects daily.
- Pay attention to the questions at the end of the chapter. Remember these questions have been set keeping in mind the CBSE-NCERT combination. So, only these can serve as a model.
- Have a question bank of all the questions that your teacher has discussed during your classes.



■ Go through the CBSE mock question papers. See the pattern of questions that are being asked. It is a crucial part of your preparations as these can lay a solid foundation during your preparation.

■ Prepare your own questions. For each and every section of the chapters, make your own set of questions. No matter how insignificant or childish they may look, they will help you prepare in a way which will help you deconstruct the book thoroughly. It will help you know the chapters in a way that no other method will help you do so.

■ Have faith in yourself. Whatever preparations you have done must not go waste just because you think they are not enough. Confidence in yourself will help you perform better.

Tips by Kanak Shankar Mukherjee, teacher of Lakshmipta Singhania Academy

Excited toppers chart out their timetable before the exams

## Regularity is the key to success

### ANURAN CHAKRABORTY

Don Bosco School, Park Circus, ISC  
State Rank - 2, 98.75%

I used to study for only four to five hours even in the last few days before the exams. Evening was the only time when I would study well. Be it before or during the exams, I never stopped playing games on my computer and mobile, neither did I stop reading novels which was a way to beat stress. I had expected to score well but my marks have surpassed my expectations. My parents are overwhelmed. The next step for me is to clear the JEE advanced exam as I want to pursue engineering in the future.



### DEBUT MUKHERJEE

Future Foundation School, 91.75%

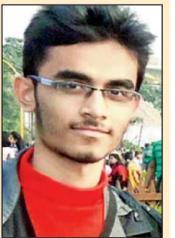
I studied four hours a day regularly throughout the year and put in more time right before my ISC Board exams. I never stopped watching football, something I am very passionate about. I have watched soccer matches even during my Boards. Although a science student, I am not interested in pursuing science as a career and I am looking forward to applying in colleges for economics and management courses. I am quite shocked at my results as I did not expect such high marks. But it is a proud moment for me and my parents.



### SAGNIK BHOWMIK

Class XII, CBSE (financial marketing management), BDM International, 92.6%

I spent around five hours regularly for studying. There was a general belief that Financial Marketing Management (FMM) is a very low scoring subject. But since I was a regular student, I found the paper easy. My teachers too have been very helpful in clearing doubts but in the end it's all your effort that matters. I took tuitions which also helped me to prepare ahead of the Boards. I took time out to relax by playing games on the computer. Once in a week, I would indulge in outdoor sports like cricket with my friends. I used to spend time practising music too. It was this balance that worked in my favour.



## STAY FIT AND FINE

Good nutrition should be a part of your study plan because it's going to help you ace those tests. The better the fuel your brain gets, the better you'll study. Here are ways to ensure a healthy you!

- **Watch your diet**  
Keep to a proper portion size. Keep track of how much you're eating. Vary your meals. Eat breakfast. Start your day with a good meal. Keep munching healthy snacks whenever you feel hungry.
- **Don't fight stress by**

**eating.**  
It can be tempting to reach out for a bag of chips or some cookies when you're stressed out about an impending exam. Try working out instead.  
■ **Drink water.**  
Drinking enough water can help boost your concentration as well as keep you from overeating. Make sure you keep yourself hydrated throughout your exams.  
■ **Limit sugary and caffeinated beverages.**  
These have a detrimental effect on your health. You don't have to completely give

up soda and coffee, but you should scale back in order to keep yourself active and alert.  
■ **Try to eat fruits and veggies.**  
Even if fruits and vegetables don't comprise some of your favourite foods, try to incorporate at least a few of them into your diet each day.  
■ **Limit junk food.**  
Junk food is fast and easy and many end up eating a lot of it as they are tasty too. While a little fast food now and again won't really hurt you, make sure it doesn't become a habit.

