O. P. JINDAL SCHOOL, SAVITRI NAGAR

Periodic Test - 1 (2026 – 2027) Round - 2

Class: X **MM: 20**

Subject: Information Technology (402) **Time: 01 Hr.**

General Instructions:

- ***Section A – Multiple Choice Questions (MCQ's) carries 01 mark each.***
- ***Section B – Very Short Answer Type Questions carries 02 marks each, attempt any 03 questions.***
- ***Section C – Short Answer Type Questions carries 03 marks each, attempt any 03 questions.***

Section – A

Q1. Self-regulation is controlling

a) Behaviour b) Emotions c) Thoughts d) All of above

Q2. _____ includes a series of postures and breathing exercises to control body and mind

a) Meditation b) Yoga c) Physical Exercise d) None of the above

Q3. This allows the user to change various settings in a computer:

a) Search Box b) Task Bar c) Control panel d) Recycle Bin

Q4. Which of the following function is not performed using a mouse?

a) Turn On b) Hover c) Right Click d) Drag and Drop

Q5. Where are the files and folders deleted by the user stored in computer?

a) Control Panel b) Recycle Bin c) Search Box d) Menu Bar

Section – B

Q6. Rohit has to rename his folder from "class viii" to "class ix". Write the steps that he should follow to do so.

Q7. What is the significance of task bar?

Q8. Why is self-motivation?

Q9. What is Emotional stress and Social stress?

Q10. What will happen if you overcharge the battery of a laptop?

Section – C

Q11. How we can prevent computer against attack by viruses?

Q12. How can you manage stress? Explain.

Q13. What do you mean by self-awareness? Explain.

Q14. What is the significance of recycle bin?

Q15. What is the importance of setting goals in life?