

## Time

### A. Choose the Correct Answer:

1. What is the primary unit used to measure time?  
A) Kilogram  
B) Second  
C) Meter  
D) Liter
2. Which instrument is commonly used to measure time accurately?  
A) Thermometer  
B) Stopwatch  
C) Barometer  
D) Speedometer
3. The Earth completes one full rotation on its axis in approximately:  
A) 12 hours  
B) 24 hours  
C) 30 days  
D) 365 days

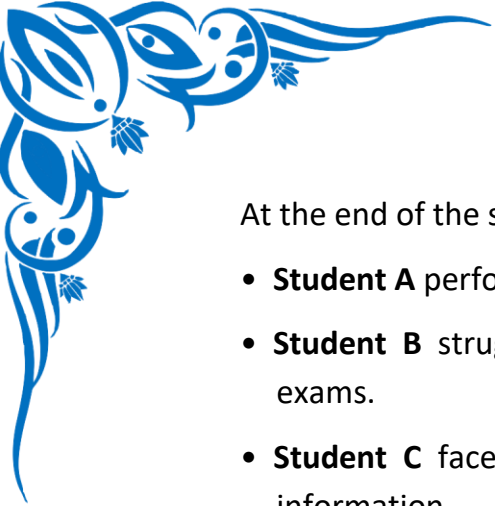
### B. Fill in the Blanks:

1. The SI unit of time is \_\_\_\_\_.
2. A clock is divided into \_\_\_\_\_ hours in a full day.
3. The concept of time zones was introduced to standardize \_\_\_\_\_ across different regions of the world.

### C. Case Study:

A scientist, Dr. Mehra, conducted a study on how time management affects students' academic performance. She observed the study habits of three students over six months:

- **Student A** followed a fixed timetable and allocated specific time slots for study, rest, and extracurricular activities.
- **Student B** often procrastinated, studied irregularly, and spent a lot of time on social media.
- **Student C** studied for long hours without taking breaks and had very little sleep.



At the end of the study, Dr. Mehra found:

- **Student A** performed well, remained stress-free, and maintained good health.
- **Student B** struggled with completing assignments and performed poorly in exams.
- **Student C** faced health issues, felt exhausted, and found it hard to retain information.

**Case Study Questions:**

1. What was Dr. Mehra analyzing in her study?
2. Why did Student B struggle with academic performance?
3. What problem did Student C face, despite studying for long hours?
4. Based on this study, why is time management important?

**D. Short Answer Questions:**

1. Why is time considered an important resource?
2. How does the rotation of the Earth relate to the concept of time?
3. What are some traditional methods people used to measure time before clocks were invented?

**E. Long Answer Questions:**

1. Explain different ways in which time can be measured and the significance of timekeeping in daily life.
2. Describe how time management helps in achieving success and maintaining a balanced life.
3. Discuss the history of timekeeping devices and how modern technology has improved the accuracy of measuring time.