

Social Health

Exercise

Q. 1. Fill in the blanks with appropriate word.

- a. Laughter club is a remedy to drive away -- -- -- --.
- b. Alcohol consumption mainly affects -- -- -- -- system.
- c. The act -- -- -- -- is to curb the cyber crimes.

Answer : a. Laughter club is a remedy to drive away mental stress.

Laughter club is a popularized concept in which people relieve their mental stress by laughing out loudly. It is a perfect remedy to remove all the tension going in your mind.

b. Alcohol consumption mainly affects nervous system.

Alcohol consumption direct effects the nervous system (especially brain) and liver. The ability of memorization and learning becomes slow. Due to excess consumption of alcohol, lifespan of a person also decreases.

c. The act IT Act-2000 is to curb the cyber-crimes.

This act has been started since 17th October 2000 and had been amended in 2008. If someone commits cyber-crime, this act imposes a punishment like imprisonment for 3 years or fine upto 5 lakh.

Note: Maharashtra was the only first state who took an initiative to control the cyber-crimes. It was the first state to start a separate cyber-crime unit.

Q. 2. A. Answer the following.

Which factors affect the social health?

Answer : The factors which affect the social health are:

- **Mental stress** – In this competitive environment, everyone is facing stress. Children are facing the problem of loneliness and mental stress due to excessive bindings on them. Girls are facing stress due to increased gender inequality.
- **Addiction** – Now days, children try tobacco, cigarette, alcohol, drugs etc. due to either bad company or as an imitation of elders. This lead to addiction of such unhealthy substances.



- **Incurable disease** – Factors like ignorance towards the people with incurable diseases like AIDS, T. B., leprosy and mental disorders as well as old persons leads to increase in old age homes and such factors also may cause harm to social health.

Q. 2. B. Answer the following.

Which changes occur in persons continuously using internet and mobile phones?

Answer : The changes occur in persons continuously using internet and mobile phones are:

- Due to increase in technology, number of gadgets are coming in the market.
- Among the gadgets, mobile phones win the competition.
- Persons spending the time with mobile phones for several hours are usually unaware of the surroundings.
- Continuous use of mobile phones causing various problems.
- The problems include tiredness, headache, insomnia, vision problem.
- These all problems may arise due to the radiation of mobile phones.
- Persons continuously using the computers and internet become lonely.
- They become less caring towards others, self-centered which may develop autism and selfishness.

Q. 2. C. Answer the following.

Which problems do the common man faces due to incidences of cybercrime?

Answer : The problems which common man faces due to incidences of cyber-crime are:

- Some websites cheat the customers by showing superiors items but actually they sell the items of inferior quality or defected ones.
- Sometimes without the knowledge of customers, bank transactions are done by using their PIN.
- Crimes like opening a fake account on Facebook and displaying false information and thereby teasing the girls or exploiting them financially.



- Personal information and phone numbers are automatically spread through WhatsApp.

Q. 2. D. Answer the following.

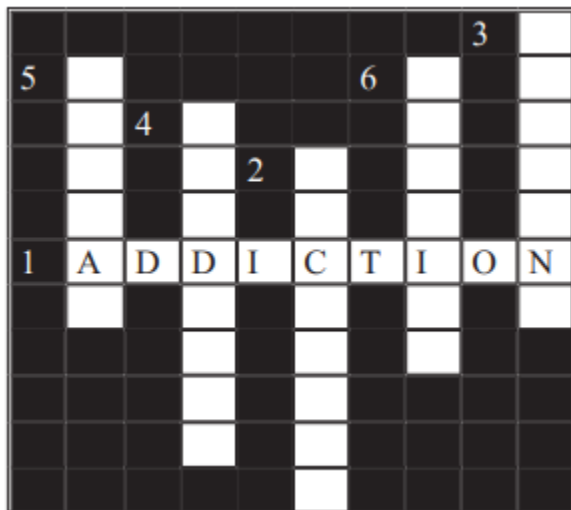
Explain the importance of good communication with others.

Answer : The importance of good communication with others are:

- Having good communication involve a wide range of skills.
- Good communication benefits individual to clearly deliver his/her messages.
- It keeps everyone involved towards you.
- Good communication can develop a quality of good listener. Listening shows respect.

Q. 3. Solve the following cross-word

1. Continuous consumption of alcoholic and tobacco-materials.
2. This app may cause the cybercrimes.
3. A remedy to resolve stress.
4. Requirement for stress free life.
5. Various factors affect -- -- -- health.
6. Art of preparing food items.



Answer : 1. Continuous consumption of alcoholic and tobacco-materials – **Addiction**

Continuous consumption of alcohol and tobacco materials can make a person addict. Some children start to consume all these in their early age due to bad friend circle or they want to imitate(copy) as elders. However, it may lead to addiction.

2. This app may cause the cyber crimes — **Facebook**

Most of the cyber-crime has increased only through this app, i.e., Facebook.

- Personal information and numbers are spread and thereby reaches the unknown person which leads to unnecessary calls, messages, stalking etc.
- Some may make fake account on Facebook to tease the girls or to exploit them.

3. A remedy to resolve stress – **reading**

There are various ways by which we can reduce stress:

- i. Some of the ways include reading, drawing, cooking, sculpturing and many more.
- ii. These all ways keep us busy and utilize our free hours.
- iii. By diverting the energy and mind towards these things, negative thoughts go on decreasing.



4. Requirement for stress free life – **students**

Students require a complete stress free life. As some students are facing over strictness from their parents. There are many bindings on them due to which they face the stress. So they badly require a stress free life.

5. Various factors affect **social** health.

There are many factors which effect social health which include mental stress, loneliness, addiction of drugs, tobacco, alcohol, cigarette, ignorance towards suffering people with AIDS, T.B as well as old people.

6. Art of preparing food items – **cooking**

Art of preparing food items is called cooking. Cooking is one of the way by which we can reduce mental stress. It keeps your mind fresh and free from negative thoughts.

Q. 4. Which are various ways to minimize stress?

Answer : The number of ways to minimize stress are:

- i. Newly popularized concept 'laughter club' due to which people relieve stress by laughing loudly.
- ii. By adopting hobbies like cooking, singing, drawing, reading, photographs collection, playing outdoor games, walking, dancing etc. can reduce mental stress within a few days.
- iii. By expressing your feelings to someone like parents, friends, cousins, close friends help to relieve the stress.
- iv. Regular exercising, massaging, yoga too help to relieve the stress.
- v. Meditation plays a very important role in reducing the stress. It helps to improve the ability of concentration.

Q. 5. Give three examples of each.

- a. Hobbies to reduce stress.**
- b. Diseases endangering the social health.**
- c. Physical problems arising due to excessive use of mobile phones.**
- d. Activities under the jurisdiction of cyber-crime laws.**

Answer : a. Three hobbies to reduce stress are:

- i. **Listening music** – Singing keeps us happy and drives away the stress. Music has the power of changing the mindset.
- ii. **Meditation** – Meditation plays a vital role in reducing stress. It helps the students to improve concentration in their studies.
- iii. **Dancing** – Dancing is one of the important hobby to reduce stress. It keeps you away from negative thoughts.

b. Three diseases endangering the social health are:

- i. **AIDS** – Ignorance towards AIDS can affect social health badly.



ii. **Mental disorders** – People who suffer from mental disorder are ignored by the society. Some people make fun of them too.

iii. **Leprosy** – it is one of the incurable diseases which endanger the social health very much.

c. Physical problems arising due to excessive use of mobile phones are:

i. **Insomnia** – Due to excessive use of mobile phones, person becomes insomniac. He/she is not able to sleep properly.

ii. **Effect bones** – The radiations released by the mobile phones are so strong that they can even penetrate the bones of children more effectively than the bones of adults.

iii. **Headache**—It is one of the common physical problem due to excessive use of mobile phones.

d. The activities under the jurisdiction of cyber-crime laws are:

i. Launched a cyber-crime unit – The government took a great initiative to start a cyber-crime unit to control all the cybercrimes.

ii. IT Act-2000 – This act has been amended on 2008. Person who is committing cyber-crime has to face the imprisonment.

iii. Cyber-crime experts – Collect the details, investigate the cyber-crime and thereby find the criminal with the help of internet.

Q. 6. What will you do? Why?

a. You are spending more time in internet/mobile games, phone, etc.

b. Child of your neighbor is addicted to tobacco chewing.

c. Your sister has become incommunicative. She prefers to remain alone.

d. You have to use free space around your home for good purpose.

e. Your friend has developed the hobby of snapping selfies.

f. Your brother studying in XII has developed the stress.

Answer : a. I will stop spending so much time in internet/mobile games, phone, etc. because:

i. They cause various physical changes in our body.

ii. Causes headache, insomnia, tiredness, forgetfulness, vision problem and many more.

b. I will go and stop the child because:



- Chewing tobacco directly damage the nervous system, muscle system, heart etc.
- Due to these, the person has to face the social, mental and familial illness along with physical illness.

c. If my sister has become incommunicative and wants to live alone, this means she is suffering from mental stress. I will help her to join a 'laughter club' and insist her to listen music because:

- Laughter club is club where people laugh loudly which relieves mental stress and mind keeps fresh.
- Music has power of changing the mindset. Listening music keeps us happy and drives away the stress.
- Loneliness has driven away and person becomes more social.



d. I will use that free space for playing outdoor games because:

- Playing outdoor games has many benefits.
- It reduces stress, negative thoughts, keeps us busy in our free hours and imparts positivity.

e. I will stop him and tell him that there so many other features in the phone which you can use and enjoy because:

- Taking too many selfies can make you self-centered. Once we become addicted to it, we don't care and aware about the world around and the risks.

f. I will insist him to do meditation regularly because:

- Meditation helps to improve and increase the ability of concentration.
- It is one of the best way to reduce stress.



**Q. 7. What type of changes occurs in a home having chronically ill old person?
How will you help to maintain good atmosphere?**

Answer : Due to decrease in mental ability of an old person some changes occur in home which are:

- i. As they want to get involved in all family matters which causes disputes among members.
- ii. In today's world, there is a large generation gap between youngsters and old ones, hence youngsters do not listen them and pay attention to their advices.
- iii. Due to all these, they lost their value and dignity.

We can maintain good atmosphere by:

- i. Paying proper attention to their suggestions and advices.
- ii. Developing a sympathetic attitude towards them.
- iii. Regularly go for a walk with them.
- iv. Never feel them lonely. Try to spend more and more time with them.
- v. Giving them all the value they deserve.

