

## **9. SOCIAL HEALTH**

**Q. Give three examples of each**

**( 6 Marks)**

**1. Hobbies to reduce stress.**

Ans – i. To listen to music.

ii. Bird watching and nature trails.

iii. Reading good books.

**2. Diseases endangering the social health.**

Ans – i. AIDS.

ii. Tuberculosis.

iii. Leprosy.

**3. Physical problems arising due to excessive use of mobile phones.**

Ans – i. Headache.

ii. Vision Problems.

iii. Joint pains.

4. Activities under the jurisdiction of cyber crime laws.

(2 Marks)

Ans – i. To do bank transactions by procuring PIN number of somebody.

ii. Misuse of written material of someone or illegal sale of the same.

iii. Hacking the information of government institutes and companies.

**Q. Find the odd one out :-  
Marks)**

**(4**

5. Transport facilities, social security, counseling toilets.

Ans – Counselling. ( All other are factors affecting social health. Counselling is the positive measure for mental health.

6. Aadhar card, PAN card, Greeting Card, Credit Card.

Ans – Greeting Card. ( All others are important cards of personal use)

7. What's Up, Instagram, Facebook, Textbook.

Ans – Textbook. ( All others are social Media)

8. Tobacco, Laughter Club, Alcoholism, Drug abuse.

Ans – Laughter Club ( All others are addictions.)

**Q. Find out the correlations :- (3 Marks)**

9. Movement against tobacco : Tata trust : : Education of slum Children : \_\_\_\_\_

Ans – Salaam Mumbai Foundation.

**10. Addictive substances : Drugs : : Car cinogenic ( cancer causing ) Substances : \_\_\_\_\_**

Ans – Tobacco.

**11. Radiations from cell phones : Headache : : \_\_\_\_\_ : Hindrance to the brain development.**

Ans – Alcoholism.

**Q. Select the two options in the 'B' Group related to 'A' Group. (2 Marks)**

12. 'A' Group

'B' Group

1. Salaam Mumbai Foundation

a) Work against alcoholism

b) Freedom from tobacco

c) Laughter Club

d) Help to improve students lifestyle.

Ans – Salaam Mumbai Foundation - b) Freedom from tobacco

d) Help to improve students lifestyle.

**Q. Answer the following question in one sentence:**

13. Which is an important characteristics of the social Health?  
(1 Marks)

Ans – Ability to change one's own behavior according to the changing social conditions is an important characteristics of the social health.

14. How is liquor produced ? (1 Marks)

Ans – Liquor is produced from alcohol obtained through fermentation of different substances.

15. What are the effects of intoxicating drugs ? (2 Marks)

Ans – Temporarily intoxicating drugs of plant origin and some chemicals may permanently damage the human nervous system, muscular system, heart etc.

16. Which are the incurable diseases ? (2 Marks)

Ans – AID's, Tuberculosis, leprosy, cancer of all types and psychological disorders are incurable diseases.

18. Why is it dangerous for young children to use mobile phones? (2 Marks)

Ans – The radiations emanating from the mobile phones penetrate the bones of children more effectively than the bones of adults moreover the brain of the babies is growing and it should not be exposed to radiations thus it is dangerous for young children to use mobile phones.

19. What is selfiecide ? (1 Marks)

Ans – The person who is engrossed in taking selfies is least bothered about the risks in the surroundings, this behavior is called selfiecide.

20. What is hacking of information ? (2 Marks)

Ans – When using some internet programs, the confidential information about government, institutes and companies is procured from the internet and this data or other ideas are misused then it is called hacking of information.

21. What is Piracy? (1 Marks)

Ans – Piracy means misuse or illegal sale of somebody else's written literature, software, photos, videos, music etc which is obtained from the internet.

22. What is the work of salaam Mumbai foundation for whom is this work undertaken? (2 Marks)

Ans – Salaam Mumbai foundation runs programs in various schools in Mumbai to empower the slumdwelling children in the field of education, sports, arts and business. It also helps the children to improve their health and lifestyle through proper education.

23. Do you recall the sudden closing of any cartoon serial of foreign origin being telecast on television? (3 Marks)

Ans – The cartoon serial ‘Sinchan’ was banned in 2008 by the information and broadcasting Ministry, on the grounds of undesirability of its content.

- The Ministry believed that parents were worried about the unruly comments and acts shown on the show. The cartoon series showed a naughty five year old boy making the life of his parents miserable.
- The series was having a negative impacts on kids. As many parents requested the Government, the serial was banned.

24. Explain in detail on happenings about blue whale game. (4 Marks)

Ans – Online Blue whale or blue whale challenge is an internet game which originated in Russia. This is very dangerous game.

It reportedly consists of a series of tasks assigned to players by administrators over a 50 day period.

- In these 'Tasks' there are challenges like watching horror movie alone, inflict wounds on the body, leaving the house and going anywhere etc. After performing 50 tasks like these, the final challenge requires the player to commit suicide.
- Many adolescents have lost their lives due to blue whale game. In India too five children have committed suicide due to blue whale challenge.
- This game was invented in 2013 by Philip Budeikin, a 21 year old former psychology student. He is now arrested in 2016 and is in Russian Prison. This game is banned in India.

25. Why do you wait for periods of music P.T, drawing in the classroom?(3 Marks)

Ans – The periods of music, drawing or P.T. break the boring routine. The tired brain gets rejuvenated by music or drawing. In P.T. , we are taken to the playground where we can play and exercise. These activities reduce the stress, therefore we wait for the period of music etc.

26. Which state is at the forefront in controlling cyber crimes?  
(1 Marks)

Ans – Maharashtra is at the forefront in controlling cyber crimes.

27. What does yoga include? (1 Marks)

Ans – Yoga includes discipline, balanced and good food, meditation as well as asanas and pranayama.

28. Explain the importance of good communication with others.  
(2 Marks)

Ans – i. Good communication with friends, peers, cousins, teachers and most importantly parents serves as an effective means for stress management.

ii. It helps in noting down our feelings.

iii. Expressing our feelings with near and dear ones helps us to relieve stress.

iv. It helps to maintain social health of an Individual.

**Q. Write short notes on :- (2 Marks Each)**

29. Salaam Mumbai Foundation.

Ans – i. The ‘Salaam Mumbai Foundation’ is an organization that runs programs in various schools in Mumbai to empower



children living in slum areas in the fields of education , sports, art, and business.

ii. This organization encourages children to take education by helping them to improve their health and lifestyle.

iii. It has made some districts in Maharashtra completely tobacco free through hard work.

iv. Since 2002, This organization is working with various schools in urban and rural areas for making the society tobacco-free.

v. This programme is being implemented with the help of government in about 200 schools in Mumbai and 14000 schools in rest of Maharashtra.

### 30. Benefits of Yoga.

Ans – i. Yoga is not restricted to only asanas and pranayama, but also includes discipline, balanced and good food , and meditation,.

ii. Deep breathing, yogic sleep, yogasanas etc are good for health.

iii. Meditation helps in improving the ability of concentration.

iv. It imparts positivity to our temperament.

v. It helps students to improve concentration in studies.

**Q. State whether the following statements are true or false. If false, write the correct statement. (5 M)**

**31. Trust and respect for others is important for good social life.**

**Ans – True.**

**32. Adolescents always prefer following advice of parents and teacher.**

**Ans – False - Adolescents always prefer the company of friends and follow their good or bad habits.**

**33. AID's is an incurable disease.**

**Ans – True.**

**34. Birds watching helps to create a positive mindset.**

**Ans – True.**

**35. Promoting negative thoughts like revenge helps in maintaining social health.**

**Ans – False. – Neutralizing negative thoughts like revenge helps in maintaining social health.**

**Q. What will you do? Why?**

**(2M each)**

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

Ans – a. I will try to reduce the time spent on internet, mobile games, phone etc. and divert the same time to playing outdoor games like cricket, football etc with my friends.

b. A person spending more time on internet-mobile games, phone etc become disconnected with relatives and other friends also, it leads to addiction thereby endangering social health.

37. child of your neighbor is addicted to tobacco chewing.

Ans – a. I will first bring it to the notice of the parents of the child that their child has become addicted to tobacco chewing with their help, I will explain to the child how tobacco chewing is injurious to health.

b. A person continuously chewing tobacco faces many health problems in the long run. It causes cancer of lungs and mouth. It also leads to many respiratory problems.

38. Your friend has developed the hobby of shapping selfies.

Ans – a. I will ask my friend to stop snapping selfies immediately as it may lead to accidents.

b. A person clicking selfies is not aware about the world around and the risks. Clicking selfies outdoors may lead to accidents.

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

Ans – a. I will utilize the free space around my home to grow plants.

b. Taking up the hobby of growing plants helps to create a positive mindset and helps relieve stress. It also adds to the greenery around in the environment.

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

Ans – a. I will ask my brother to just leave studies for one day and enjoy outdoors. Also, I will tell him how things can be made easier to study. I will also tell him to break a particular chapter into parts and study.

b. A student who is under stress will not be able to study properly. Books will always look a burden to him.

**Q. Answer the following questions. (5 Marks each)**

41. Which factors affect the social health?

Ans – In order to maintain the social health of any community there should be good amenities for the people. For example, food, water, shelter, clothing, medicines and medical help, equal opportunities for education, cleanliness of the

surroundings, transport facilities etc. should be properly provided.

- The social and political conditions of the surrounding should be such that there should not be any connections with world of criminal. The presence of such criminal ties can affect the social health to a great extent.
- The gardens, playgrounds, the empty plots for outdoor games, sports clubs etc. are important criteria for overall development of the society. This results into personality development and make people happy and strong.
- Addictions, criminal tendencies, pervert behavior and perverse thinking affects other people in the society and this reflects negatively on the social health.
- Having large number of friends and relatives proper use of time when alone and when along the peer group, trust in others respect and acceptance for others build stronger social health.

**42. Which changes occur in persons continuously using the internet and mobile phones?**

Ans – When a person continuously remains in contact with mobile phones, many physical problems can arise.

- Tiredness, headache, insomnia, forgetness, tinnitus, joint pains and problems in vision occur due to radiation emanating from the cell phones. For young children this is

move disastrous as these radiations can penetrate through their bones.

- By logging into the Internet for a long time, persons become solitary. Such individuals are unable to establish harmonious relations with relatives and other people around.
- They tend to become self-centered and selfish. They lose sensitivity towards others.
- Such people never take any social responsibility and the social health is thus disturbed.

43. Which problems does the common man face due to incidences of cybercrime?

Ans – The numbers of aadhar card, PAN Card, credit or debit card are obtained by the cheaters this is a cyber crime. The PIN number can be misused and the money can be withdrawn from the bank accounts. The looters withdraw cash from our accounts in this way.

- People can be cheated during online shopping.
- Fake account on facebook is opened and false information is displayed on it. Through such accounts the girls are emotionally and financially exploited.
- Electronic media are misused for sending derogatory and vulgar message, obscene picture and provocative statements.

- Through the internet, hackers can send virus to crash someones computer or even mobile phones.
- In all such different ways, common people can be victimized by cyber crime.

**44. Explain the importance of good communication with others.**

Ans – Nowadays, there is fierce competition, insecurity and criminal tendencies in the society.

- This kind of atmosphere is increasing mental and emotional stress.
- If the stress remains buned in the mind, persons are depressed or frustrated. This causes, mental disorders if not treated in time. Depression can lead to addictions. The suicidal thoughts hover in the mind. If at that phase we can open our heart by good communications, many problems can be solved.
- Helps from counselors can be taken to relieve the stress.
- By good communication with parents or family members harmonious relations can be re-established.

**45. Explain the importance of exercise yoga and meditation.**

Ans – Exercise, yoga and meditation are the ways to reduce mental and physical stress.

- In yoga various asanas and pranayama are performed. It also includes good food are performed. It also includes good food and discipline of the body and mind.
- Deep breath in, yogic sleep can help in the building up health.
- Meditation helps in concentration and brings positivity to the mind. Especially, the students increase the concentration in the studies.

46. Why is there increase in news of death by drowning in ocean, falling in deep valleys or under trains during catching the cell phone selfie?

Ans – the entire community is becoming self-centred.

Moreover, only the external appearance of persons is given undue importance. There is a competition between different people to click our own snaps and upload tem on the social media. In an attempt to take such selfies, people often forget about the surroundings. The thought that, “it may cause an accident and can cost the life” does not rise in the mind of such people. They are thus called selficide. The attitude to perform adventures is much common in young boys. They do not listen to any one and do not need any advices. They live in isolation. Therefore while taking selfi on cell phone they can be victims of the accidents like drawing in the water body or falling in deep valley or getting crushed under a speeding train.



47. There is increasing competition to upload the videos of road accidents instead of helping the victims. What is the mentality of such people?

Ans – Many a times there are accidents on the road. It may cost the life too. But due to lack of humanity in the minds of people, they feel taking pictures more important than rushing to rescue the victim probably the proper values are not instilled in the young minds of children, this can result in such callous attitude. The virtual wars and virtual accident in the computer or mobile games occupy the minds to such an extent, that the people forget about present situations. They are also not aware that the victim needs support and immediate medical help in order to save his/her life. Since there are more 'Likes' for such pictures in the social media, people keep on shooting the videos or clicking the pictures. Also now a days, the cell phones with cameras are very common and almost everybody has it. Thus there is a competition to shoot such perverse picture.

48. Why are the video clips of parents threatening or bitting the children not studying as per their wish or domestic helpers beating the children are very common on social media now a days?

Ans – Due to nuclear families, children stay only with their parents, Grandparents or other relatives are not at home. In most of the families the working mother also leaves the house

for earning or for her career. When children come home after school hours, nobody knows what they are doing! Throughout the academic year, they either spend time over trivial things or do not complete their homework as a result, there is sudden mental stress due to approaching examinations. In addition to this, due to population explosion there is fierce competition in every sector. Parents are not aware of the capabilities and aptitude of their children. They just think of fulfilling their own expectations from children. Therefore, they start threatening or hitting their children for not proving themselves. This is absolutely wrong type of parenting. Due to nuclear families and educated mothers. They leave their very young children with servants or baby sitters. Due to tremendous social change the women also strive for equality but at the same time they do not want help from her seniors. The younger generations do not want to take care of the older generation and thus they do not want the obligation from them either. The self-centeredness has crept into personality of everyone. Thus they prefer to give payment to the servants or helpers than taking help of their own old parents or in laws. Such paid people do not take care of the children as there is no bond of love between them. Then they beat and commit atrocities on these young babies. Such clips are circulated on the social media. All the above three question, show a condition of changing social structure. The

persons who indulge in beating or harassing are mentally sick people who themselves are under mental stress.

**Q. Give scientific reasons :**

49. Girls are facing the problem of stress due to such gender inequality.

Ans – In most of the household there are many bindings on girls and excessive freedom for boys. Boys do not participate in the domestic duties whereas girls have compulsion for the same. In society too, girls have to face the problems like teasing and molestation. This creates insecurity among the minds of girls . the social change has made women independently and equal but still the male dominated society and the gender inequality persists causing more stress for young girls.

50. We need to keep the PIN number of the debit card secret.

Ans – Debit card is used to withdraw our money from the bank account. During withdrawal, we have to use our PIN number. If this PIN number is known to anybody, he or she can withdraw all our money and loot us. Therefore, to prevent such financial loss, we have to keep the PIN number of the debit card secret.

