

Chapter: 9

Q.1 Multiple Choice Questions

1

- 1 Excessive use of mobile phones leads to
- Radiation damage to body
 - People become solitary
 - People cannot establish harmonious relationships with others
 - All of the above

Ans Option d.

Q.2 Write properties/characteristics/uses/advantage/effects.

4

- 1 What effects can be seen in persons who continuously use internet and mobile phones?

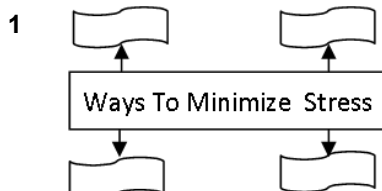
Ans i. Persons spending the time with cell phones for several hours are usually unaware of the surrounding.
This is also a sort of addiction thus endangering the social health. In addition it affects the physical health of
ii. person due to radiation of cell phones.

- 2 Explain the importance of good communication with others ?

Ans Various ways of expressions like establishing communication with friends, peers, cousins, teachers and
i. more importantly parents, noting down our feelings, expressing our feeling with near and dear ones help us
to relieve the stress.
ii. Good communication drives away feeling of loneliness, and thus contribute towards good social health.

Q.3 Complete the given flow chart / table

2



Ans i. Joining laughter club.
ii. Regular exercising and Performing yoga
iii. Participating in sports and outdoor games.
iv. Pursuing hobbies like gardening, reading etc.

Q.4 Give examples

8

- 1 Any 4 Physical problems arising due to the excessive use of mobile phones and the internet.

Ans Headache, Tiredness, Insomnia, depression

- 2 Any 4 Hobbies to reduce stress.

Ans i. To listen to music
ii. Bird watching and nature trails
iii. Reading good books.
iv. Playing outdoor games

- 3 4 Activities under the jurisdiction of cyber crime laws.

Ans Fraud; hacking; sending prohibited, offensive, and illegal content; introducing computer viruses; cyber bullying; cyber terrorism ; piracy.

- 4 Any 4 Diseases endangering the social health.

- Ans**
- AIDS
 - Tuberculosis
 - Leprosy
 - Cancer

Q.5 Suggest remedies / measures

9

1 Suggest the remedies for the following situation:

- What will you do if your brother studying in class XII has developed the stress?
- How will you help to maintain good atmosphere chronically ill old person?

Ans 1. I will sit and explain him that there is absolutely no need and no use of taking stress. His efficiency will increase if he studies stress free. I will suggest Various stress relieving exercises and activities. I will also suggest him to think more about time management, stress relieving, and efficient work.

2.

- Recite some religious scripts.
- I will ask my relatives to visit at least twice a month.
- I will take responsibility of giving medicines on time.
- I will also get my friends alongwith me at home.
- I will not let the old person feel isolated at any point of time.

2 Suggest the remedies for the following situation:

- What will you do if the child of your neighbor is addicted to tobacco chewing ?
- What will you do if you have free space around your home ?

Ans 1.

- I will try to start healthy communication with the child and his parents.
- I will explain them about the ill effects and carcinogenic effects of tobacco on mouth and lungs and its physiological implications.
- I will tell them about various organizations that are working towards tobacco free society like WHO, TATA trust and will help the child to get treated for addiction.

2.

- We can use it as playground for children, with proper trees and benches it can also help people to come and relax for some time during daytime.
- I can also use it as a free area for gardening for those people who love gardening, but don't have space.
- Free space can also be used for laughter clubs, yoga etc.

3 Suggest the remedies for the following situation:

- What will you do if your friend has developed the hobby of snapping selfies ?
- What will you do if your sister has become incommunicative and prefers to be alone ?

Ans 1.

- I will make my friend realize that how taking selfies is a kind of addiction especially at dangerous places and at times it may lead to fatal accidents.
- Then once he is ready to let go of his addiction we can work together to overcome this addiction.

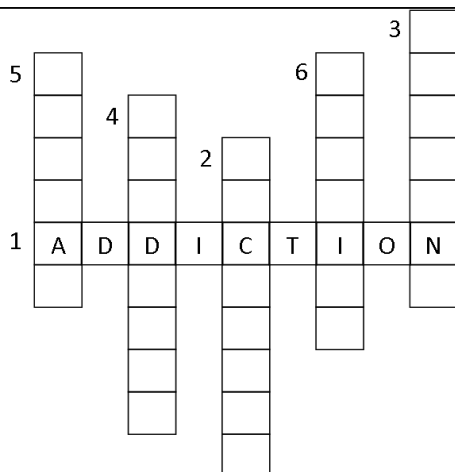
2.

- If my sister has become incommunicative I will try to engage her in communication slowly and gradually.
- I will try to convince her that she can trust and discuss every problem with me and I will help her to solve all her problems.
- Meanwhile I will also observe her habits, behavior to rule out substance abuse.

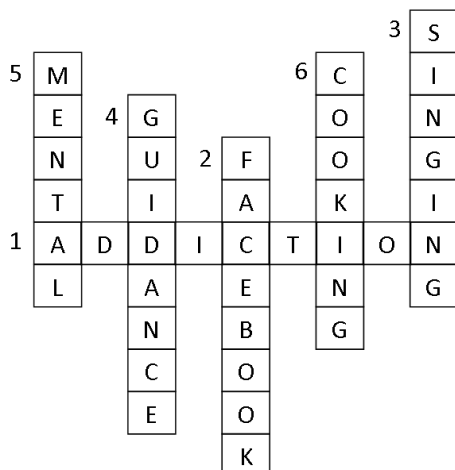
Q.6 Complete the table/ web/ flow chart

3

- 1**
- Continuous consumption of alcoholic and tobacco-materials
 - This app may cause the cyber crimes.
 - A remedy to resolve stress.
 - Requirement for stress free life.
 - Various factors affect health.
 - Art of preparing food items.



Ans



Q.7

Answer the following

21

1 Explain the importance of good communication with others.

Ans (a) Communication plays a vital role in human life. It facilitates not only sharing of information and knowledge, but also development of good relationships with others.
 (b) Communication helps people to express their ideas and feelings.
 (c) It also helps to understand emotions and thoughts of others.
 (d) Good communication also helps to keep away addiction and stress, as a person would be occupied with people around. He would also know whom to approach in times of difficulties and problems.

2 Which problems does the common man face due to incidences of cyber crime?

Ans Problems faced by common man due to cyber crime are as follows:

- Consumers are deceived by showing superior items on websites, but actually the items sold are of either inferior quality or impaired ones.
- Bank transactions are done using consumer's PIN without their knowledge.
- Confidential information about government, institutes, and companies is obtained from the Internet with the help of computer programs or other ideas and misused. This is called hacking of information.
- Fake Facebook accounts, displaying false information are opened and used to cheat and exploit girls in various ways.
- Piracy: Misuse or illegal sale of literature, software, photos, videos, music, etc. of others through the Internet.
- Electronic media is also misused by sending derogatory messages, spreading vulgar pictures, and inflammatory statements.
- Exchange of information through media like E-mail, Facebook, and WhatsApp occurs very fast. However, our personal information such as phone numbers spread automatically and reaches wrong people. This makes us vulnerable to malpractices and fraudulent/unnecessary messages. Such messages can impair our cell phones and computers.

3 Which problems do common man face due to incidences of cyber crime?

Ans Common man is under a lot of stress either because he has been the victim of cyber crime or he is afraid that he or his family might become the victims of cyber crime. This affects the social health of the common man. Advances in technology has eased our lives in some ways (time saving, easy, can be done from anyplace that has access to internet and smart devices and added difficulties like cyber crime. Few common examples where common man is victimized are:

- i. Bank PIN, aadhaar / PAN / credit card / debit card number and other personal information if known by any person can be misused.
- ii. Consumers are deceived by showing superior items on websites but actually selling the items of either inferior quality or impaired ones.
- iii. Misuse of Electronic media by sending derogatory messages, spreading vulgar pictures and inflammatory statements, this kind of messaging and communication can cause panic at the time of difficult situations.
- iv. Exchange of information through media like email, Facebook and Whatsapp is very fast, our personal information and phone numbers are automatically spread which may make us victim of cyber crime.
- v. Piracy
- vi. Hacking of Information

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

Ans **Changes taking place in a home having chronically ill old persons:**

- i. Arrangement for proper care of the ill old person.
- ii. Timely food and medicines to be given.
- iii. At least one person from the house has to be at home at all times with the ill old person.
- iv. In some cases, a full time servant/nurse might be needed to take care of the old person.
- v. One cannot leave the house alone at any point of time.
- vi. Finances must be set aside for the expenses for the ill old person.

5 Explain/enumerate factors affecting the social health ?

Ans

- i. Satisfying basic needs of persons-Food, clothing, shelter, medicines.
- ii. Education and Job Opportunities.
- iii. Social safety during transports, in playgrounds, toilets, school, public places, at home.
- iv. Social treatment at the place of job, education, living, public places even at home.
- v. Social and Physical conditions of the surrounding.
- vi. Political Conditions (views)

6 Which changes occur in persons continuously using the Internet and cell phones?

OR

How is the excessive use of social media and technology proving to be harmful?

OR

What are the changes in a person due to constant contact with the Internet, mobile phone, etc.?

Ans

- i. Various physical problems like tiredness, headache, insomnia, forgetfulness, tinnitus, joint pains, and problems in vision may arise due to radiation of cell phones. These radiations penetrate the bones of children more effectively than the bones of adults.
- ii. People spending several hours on cell phones are usually unaware of their surroundings.
- iii. Persons continuously using computers and the Internet become solitary. They cannot establish harmonious relations with others.
- iv. Habitually, they become self-centred and selfish.
- v. They become less sensitive towards others.
- vi. Chronic effect of such tendency is that, they are not ready to help others in need and hence, many times they also do not get help when they are in need.

7 What will you do if you are spending more time in internet, mobile games, phone etc. and why ?

Ans

- i. As soon as I realize that I have started spending more time on phone, internet, games etc.
- ii. I will be thankful that I have realized my mistake.
- iii. I will start taking measures to cut my time daily on mobiles and start spending more time on constructive activities by inculcating few hobbies.
- iv. Maybe I will learn to play Guitar (or any other music).
- v. Physical activity in the form of sports, Yoga etc. also will be in my to do list, as these activities lead to physical fitness and help in socializing as well.

vi. Healthy Body leads to healthy mind, which leads to good social health and balanced life.

Q.8 Answer the following in detail

5

1 What type of changes occur in a home having chronically ill old person? How will you help to maintain good atmosphere?

Ans (a) When an ill, old person is in a house, usually he/she would be in bed and would have to be taken care of full time.

(b) For this, the family members would need to adjust their lifestyle and routine because the ill person needs their personal attention and care even if they hire someone to take care of him/her.

(c) There could definitely be a financial burden on the family.

(d) This would lead to a lot of mental stress on every member of the family.

(e) To maintain good atmosphere –

(i) I will find time to sit with the ill person and talk to him/her to make him/her feel better.

(ii) I will help to get medicines when required, run small errands at home.

(iii) I will keep the atmosphere at their home as much cheerful and stress-free as possible in whatever little ways I can, like by bringing flowers for the patient.

(iv) I will take care of the kids in the family, so that the parents are free to look after the ill person.

Q.9 Fill in the blank and rewrite the completed statements

7

1 influence is stronger in case of adolescents.

Ans **Peer-group** influence is stronger in case of adolescents.

2 helps students to improve concentration in studies.

Ans **Meditation** helps students to improve concentration in studies.

3 IT Act 2000 was enacted on

Ans IT Act 2000 was enacted on **17th October 2000**,

4 Laughter club is a remedy to drive away

Ans Laughter club is a remedy to drive away **mental stress**.

5 The act,, is to curb the cyber crimes.

Ans The act, **IT Act 2000**, is to curb the cyber crimes.

6 IT Act 2000 is to control

Ans IT Act 2000 is to control **cyber crimes**.

7 Alcohol consumption mainly affects the system.

Ans Alcohol consumption mainly affects the **nervous** system.