

Answer Sheet: Set A

Q.1. Answer as directed. (4 Marks)

1. Laughter club is a remedy to drive away **mental stress**.
2. The act **IT Act-2000** is designed to curb cyber crimes.
3. State True or False: Addiction person can think rationally. **False**.
4. Identify the odd one out: **Exercise** (Others are forms of addiction or addictive substances).

Q.2. Answer the following questions (Any 4). (8 Marks)

1. What is "Social Health"?

- o Social health is defined as the ability of a person to establish relationships with other persons.
- o It includes the capacity to change one's own behavior according to changing social conditions.
- o It involves having a strong personality and a large number of friends and relatives.
- o It is characterized by trust in others, respect, and acceptance for others.

2. List any two factors that affect social health.

- o **Financial Status:** The economic condition of a person significantly impacts their social interactions and standing.
- o **Social Environment:** The surrounding conditions, including treatment by others and safety, play a vital role.
- o **Education and Job Opportunities:** Access to learning and employment directly affects a person's social well-being.
- o **Basic Needs:** Availability of food, clothing, shelter, and medicines is fundamental to social stability.

3. Define the term "Selfiecide."

- o Selfiecide refers to accidental deaths that occur while a person is attempting to take a selfie.
- o It happens because the individual is so engrossed in the phone that they become unaware of their surroundings.
- o Common risks include falling into deep valleys, drowning in the ocean, or being hit by trains.
- o Medical science considers this extreme behavior a form of mental illness or a result of high stress.

4. Why are children often instructed to play outdoor games instead of spending time on the internet?

- o Outdoor games provide essential physical exercise which is necessary for overall growth.
- o Sports improve discipline, social interaction, and the tendency of unity among children.
- o Playing outside helps drive away loneliness and makes a person more social.
- o Conversely, excessive internet use makes children solitary and less sensitive towards others.

5. What are the physical problems arising from excessive use of mobile phones?

- Frequent use leads to constant physical tiredness and severe headaches.
- It can cause insomnia (difficulty sleeping) and forgetfulness.
- Individuals may experience tinnitus (ringing in ears) and joint pains.
- Serious problems in vision may arise due to the constant radiation exposure.

Q.3. Answer in detail (Any 2). (8 Marks)

1. Explain the importance of "Stress Management" and list various ways to achieve it.

- **Importance:** Stress management is crucial because unmanaged stress leads to serious mental issues like depression and frustration.
- **Communication:** Expressing feelings with friends, peers, or parents helps relieve the internal pressure.
- **Hobbies:** Engaging in material collection, photography, or reading helps properly utilize free hours.
- **Laughter Clubs:** Laughing loudly in groups is a newly popularized way to drive away mental stress.
- **Physical Activity:** Outdoor games and regular exercise improve the mindset and drive away loneliness.
- **Yoga and Meditation:** These practices improve concentration and impart positivity to a person's temperament.

2. Discuss the ill-effects of alcoholism on the human body and family.

- **Nervous System:** Alcoholism significantly decreases the efficiency of the nervous system and the brain.
- **Brain Development:** In adolescents, brain development is severely hindered, making memorization and learning slow.
- **Physical Health:** It causes serious damage to the liver and reduces the overall lifespan of the individual.
- **Rational Thinking:** An addicted person loses the ability to think rationally, leading to poor life decisions.
- **Familial Impact:** The family of an alcoholic faces mental, social, and physical illness due to the user's behavior.
- **Economic Loss:** Alcoholism often leads to financial instability and poverty for the entire household.

3. What is Cyber Crime? Mention any two examples.

- **Definition:** Cyber crimes are illegal activities conducted through communication media like the internet, phones, and computers.
- **Personal Info:** It includes obtaining personal information like Aadhar or PAN numbers through deceptive calls or messages.
- **Hacking:** Gaining unauthorized access to confidential information about government or private institutes is a major cyber crime.
- **Financial Fraud:** Example 1: Withdrawing cash from a bank using someone else's PIN without their knowledge.
- **Piracy:** Example 2: The illegal sale or misuse of written literature, software, or videos obtained from the internet.
- **Social Exploitation:** Opening fake social media accounts to tease or financially exploit people also falls under cyber crime.

Answer Sheet: Set B

Q.1. Answer as directed.

1. Alcohol consumption mainly affects the **nervous (and liver)** system.
2. Self-centeredness can lead to problems like **autism** and selfishness.
3. State True or False: Laughter clubs help in relieving mental stress. **True**.
4. Name any one NGO working for a tobacco-free society: **Salaam Mumbai Foundation**.

Q.2. Answer the following questions (Any 4).

1. **Name any two hobbies that help reduce stress.**
 - **Photography and Sculpturing:** Engaging in artistic creation helps divert the mind positively.
 - **Reading and Cooking:** These activities help utilize free hours effectively and neutralize negative thoughts.
 - **Gardening:** Being close to nature helps create a positive mindset.
 - **Music:** Listening to or learning music keeps one happy and changes the mindset.
2. **What are "Chronic Diseases" that may endanger social health?**
 - **AIDS and T.B.:** Long-term illnesses that require extended medical attention.
 - **Leprosy:** A disease that often leads to social stigma if the public is ignorant.
 - **Mental Disorders:** Ongoing psychological conditions that can isolate individuals.
 - **Old Age Issues:** Neglecting the elderly or those with chronic conditions harms social health and increases old age homes.
3. **What is the role of "Peer-group influence" in adolescents?**
 - Adolescents often prefer the company of friends over their parents and teachers.
 - They tend to follow the good or bad habits of their peers as a symbol of high-standard living.
 - Peer pressure can lead children to try tobacco, cigarettes, or drugs at an early age.
 - This influence is often stronger than parental advice during the adolescent phase.
4. **Mention the punishment for cyber crimes under the IT Act-2000.**
 - The act provides for strict legal action against persons committing cyber crimes.
 - A convicted individual can face imprisonment for up to 3 years.
 - There is also a provision for a heavy fine of up to 5 lakh rupees.
 - The act was specifically amended in 2008 to strengthen these control measures.

5. How does "Communication Media" affect our lifestyle today?

- It has made the exchange of information through email, Facebook, and WhatsApp extremely fast.
- However, excessive use makes individuals unaware of their immediate surroundings.
- It leads to self-centeredness and a decreased sensitivity towards others' needs.
- It has introduced new risks like cyber bullying and the spread of inflammatory statements.

Q.3. Answer in detail (Any 2).

1. Describe the various factors that disturb social health in the current age.

- **Mental Stress:** Increased competition for education and jobs creates a high-pressure environment.
- **Loneliness:** Nuclear families and parents working outdoors leave children feeling isolated.
- **Addiction:** The influence of peer groups leads to the use of harmful substances like drugs and alcohol.
- **Gender Inequality:** Discrimination against girls in some families creates unnecessary mental stress.
- **Technology Addiction:** Spending hours on phones or computers leads to social isolation.
- **Social Crimes:** Ever-increasing violence and crime make people feel unsafe in their communities.

2. How does excessive use of modern technology lead to solitary behavior?

- **Environment Neglect:** Users become so busy with phones that they are unaware of people around them.
- **Relationship Issues:** They find it difficult to establish harmonious relations with relatives and society.
- **Self-Centeredness:** Habitual technology use makes people focus only on their own needs and entertainment.
- **Lack of Sensitivity:** Constant screen time makes individuals less responsive to the suffering or needs of others.
- **Social Isolation:** People become "solitary" and are not ready to help others, nor do they receive help in return.
- **Mental Health:** This isolation can lead to psychological conditions like autism-like symptoms or selfishness.

3. Write a short note on the "Salaam Mumbai Foundation" and its work.

- **Target Group:** It works to empower children living in the slum areas of Mumbai.
- **Fields of Work:** The organization provides opportunities in education, sports, arts, and business.
- **Tobacco-Free Society:** Since 2002, it has worked extensively to make society free from tobacco consumption.
- **Coverage:** The program is implemented in about 200 schools in Mumbai and 14,000 schools across Maharashtra.
- **Success:** The foundation has successfully made several districts in Maharashtra completely tobacco-free.
- **Methodology:** It uses government cooperation and encourages students to take oaths for freedom from tobacco.

Answer Sheet: Set C

Q.1. Answer as directed.

1. Social health is the ability of a person to establish **relationship** with others.
2. Chronic diseases like **AIDS (or T.B.)** and leprosy can lead to social isolation.
3. State True or False: Cyber crime specialists investigate crimes with the help of the internet. **True**.
4. Identify the odd one out: **Revenge** (Others are positive hobbies to reduce stress).

Q.2. Answer the following questions (Any 4).

1. **What are the symptoms of "Mental Stress"?**
 - Children often face intense feelings of loneliness.
 - A person may develop a consistently negative or irritable temperament.
 - The individual might indulge in destructive or unnatural activities as a way to "burst" stress.
 - Extreme stress can lead to medical conditions like depression or frustration.
2. **Why is it important to maintain personal hygiene during the menstrual cycle?**
 - There is a much higher possibility of infections during the overall menstrual period.
 - It is essential for maintaining reproductive health and avoiding serious medical complications.
 - Women often experience severe weakness and pain, making hygiene critical for comfort.
 - Proper cleanliness of genitals prevents the development of chronic reproductive tract problems.
3. **How can "Laughter Clubs" improve social health?**
 - These clubs encourage people to come together in public gardens, increasing social interaction.
 - Laughing loudly in a group is a proven way to relieve accumulated mental stress.
 - It helps neutralize negative thoughts by focusing the mind on positive expression.
 - Such activities foster a sense of community and drive away loneliness.
4. **What should you do if your sister has become incommunicative?**
 - Establish open and supportive communication with her to understand her feelings.
 - Encourage her to share her stress with parents, teachers, or near and dear ones.
 - Suggest that she foster a hobby like reading or music to divert her mind positively.
 - If the condition persists, seek professional help such as counseling or medical advice.

5. List two examples of "Cyber Crimes" related to bank transactions.

- **PIN Theft:** Disclosing or stealing a customer's PIN while they are using an ATM.
- **Unauthorized Access:** Performing bank transactions without the knowledge or consent of the consumer.
- **Deceptive Selling:** Displaying high-quality items on websites but selling inferior or impaired ones.
- **Fake Messages:** Sending messages asking for Aadhar or credit card numbers to steal financial data.

Q.3. Answer in detail (Any 2).

1. Explain how "Gender Inequality" contributes to mental stress in families.

- **Different Bindings:** Girls often face many social and domestic bindings while boys enjoy excessive freedom.
- **Domestic Duties:** Girls are frequently compelled to do housework under the pretext that they "should be used to it".
- **Food Choices:** Discrimination often exists in families regarding the choice of fresh versus leftover food for boys and girls.
- **Education Medium:** Families may prioritize a better learning medium or school for boys over girls.
- **Social Harassment:** Adolescent girls face additional stress from societal problems like teasing and molestation.
- **Resulting Stress:** This constant inequality makes girls feel undervalued and leads to chronic mental health issues.

2. What are the benefits of sports in managing mental and physical health?

- **Physical Exercise:** Sports ensure the body stays active and healthy, reducing physical tiredness.
- **Mental Discipline:** Participating in games improves personal discipline and focus.
- **Social Interaction:** It encourages interacting with others, which is vital for maintaining social health.
- **Team Unity:** Sports build a tendency of unity and cooperation among players.
- **Emotional Well-being:** Physical activity drives away loneliness and keeps the mind happy.
- **Confidence Building:** Mastering a sport or playing regularly significantly improves a person's self-confidence.

3. Discuss the importance of "Good communication with others."

- **Stress Relief:** Sharing feelings with friends or parents is one of the most effective ways to relieve stress.
- **Expressing Emotions:** Noting down feelings or talking to dear ones prevents emotions from being bottled up.
- **Social Support:** It helps in building a network of relatives and friends who can provide help in times of need.
- **Developing Personality:** Being "highly interactive" is a key characteristic of a socially strong personality.
- **Conflict Resolution:** Good communication helps in neutralizing negative thoughts like revenge or anger.
- **Preventing Isolation:** Regular interaction ensures that a person does not become solitary or self-centered.

Answer Sheet: Set D

Q.1. Answer as directed.

1. In modern times, **competition** has increased in education and employment.
2. Hacking and **piracy (or financial cheating)** are common examples of cyber crimes.
3. State True or False: Radiation from cell phones penetrates adult bones more effectively than children's.
False.
4. Fill in the blank: **Meditation** helps to improve the ability of concentration.

Q.2. Answer the following questions (Any 4).

1. **Define the term "Addiction."**
 - Addiction is the continuous consumption of intoxicating substances like tobacco, alcohol, or drugs.
 - It often begins due to peer-group pressure or an attempt to imitate elders.
 - Addictive substances permanently damage the human nervous and muscle systems.
 - An addicted person loses their ability to think rationally and faces social and physical illness.
2. **What is "Mental Illness" regarding social media use?**
 - Indulging in destructive or unnatural activities to get attention is considered a sign of mental illness.
 - Examples include taking dangerous selfies (selfieicide) without regard for one's life.
 - Sending messages to others before committing suicide or recording suicidal acts is also seen as a mental health crisis.
 - Domestic violence or threatening children for the sake of social media "likes" are declared mental illnesses.
3. **How does "Loneliness" arise in children within nuclear families?**
 - Nuclear families often lack the presence of extended relatives like grandparents or cousins.
 - Mental stress increases when both parents stay outdoors for long hours due to their jobs.
 - Children have no one to share their feelings with, leading to social isolation.
 - This isolation often leads children towards technology addiction or following bad peer habits.
4. **What is the "IT Act-2000"?**
 - It is a governmental act enacted on 17th October 2000 to curb cyber crimes.
 - The act was further amended in 2008 to stay relevant with changing technology.
 - It allows the police to investigate crimes like hacking, piracy, and financial fraud.
 - The act ensures that criminals face serious legal consequences, including imprisonment.

5. Mention two ways to neutralize negative thoughts.

- **Positive Thinking:** Diverting the energy and mind toward constructive goals helps drive away negativity.
- **Developing Hobbies:** Activities like material collection, cooking, or sculpturing help utilize free time meaningfully.
- **Communication:** Expressing feelings with near and dear ones prevents the buildup of negative emotions.
- **Nature Interaction:** Hobbies like gardening or bird watching help in creating a positive mindset.

Q.3. Answer in detail (Any 2).

1. Analyze the change in children's playing habits between 1998 and 2017.

- **1998 Situation:** Parents used to force their children to come home from the playground to study.
- **2017 Situation:** Parents now have to force their children to leave the house and go to the playground to play.
- **Technology Impact:** Children in 2017 spend excessive time with televisions, phones, and the internet instead of playing outdoors.
- **Social Skill Loss:** This shift has led to children becoming more solitary and less interactive with relatives.
- **Physical Health:** The lack of outdoor play has contributed to an increase in physical problems related to radiation and a sedentary lifestyle.
- **Behavioral Change:** Children are now more likely to imitate cartoon characters or negative video game behaviors than social norms.

2. What precautions should be taken to maintain social health in the age of technology?

- **Limited Use:** One should make constructive use of phones and the internet for essential needs and entertainment only.
- **Outdoor Interaction:** Ensure you get out of the home to play outdoor games and interact with relatives.
- **Privacy Awareness:** Never disclose personal information like Aadhar, PIN, or bank details to unknown persons.
- **Content Choice:** Avoid viewing inappropriate videos, movies, or games that promote violence or negative behavior.
- **Sensitivity:** Stay aware of the surrounding world instead of being completely engrossed in a cell phone screen.
- **Time Management:** Deliberately plan daily duties to ensure a balance between technology use and social responsibilities.

3. Explain the importance of "Yoga and Meditation" for students' mental health.

- **Concentration:** Meditation directly helps students improve their ability to focus on their studies.
- **Temperament:** These practices impart a sense of positivity and calm to a person's overall temperament.
- **Physical Wellness:** Yoga asanas and deep breathing contribute to overall bodily health and stress relief.
- **Discipline:** Yoga is not just exercise; it includes living a disciplined life with balanced food habits.
- **Stress Management:** It is a powerful way to manage daily academic pressure and prevent depression.
- **Neutralizing Negativity:** It helps in diverting the mind away from negative thoughts like revenge or self-centeredness.