

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"?

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

2. List any two factors that affect social health.

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

3. Define the term "Selficide."

- Selficide refers to accidental deaths that occur while a person is attempting to take a selfie.
- It happens because the individual is so engrossed in the phone that they become unaware of their surroundings.
- Common risks include falling into deep valleys, drowning in the ocean, or being hit by trains.
- 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?

- Outdoor games provide essential physical exercise which is necessary for overall growth.
- Sports improve discipline, social interaction, and the tendency of unity among children.
- Playing outside helps drive away loneliness and makes a person more social.
- 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 (selficide) 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.