



PHYSICS

BOOKS - CHETAN PHYSICS (TAMIL ENGLISH)

SOCIAL HEALTH

Fill In The Blanks And Rewrite The Statement

1. Laughter club is a remedy to drive away

.....



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2. Alcohol consumption mainly affects.....
System.



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3. The act..... is to curb the cyber crimes.



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4. Ability to change one's own behaviour according to changing social conditions is an important characteristic of.....



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5. Girls have to unnecessarily face the problems like teasing and molestation.



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6. Has the power of changing the midset.



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7. Is active for controlling the tobacco consumption.



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8. is the ability of the person to establish relationship with other persons.



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9. Is produced form alcohol obtained through fermentation of substances.



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10. Persons continuously using the computers and internet develop like and



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11. Unit has been newly launched in police crime unit.



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12. Is the first state to start a separate cyber crime unit.



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13. encourages children to take education by helping them to improve their health and lifestyle.



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14. Tobacco containing substances have.....

Effect on mouth and lungs.



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15. Meditation helps students to improve concentration in their studies.



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Tru Or False

1. Meditation helps students to improve concentration in their studies.



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2. Addictive person can think rationally.



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3. Website, movies and cartoon films inappropriate for children, are banned by the

government.



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4. Children are facing problem of loneliness and mental stress due to nuclear family and parents staying outdoors for job.



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5. Brain development in adolescents is hindered due to alcoholism.



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6. Spending time with cel phones for several hours is a sort of addiction.



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7. Radiations of cell phones penetrate the bonees of adults more effectively than the bones of children.



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8. Parents threatening or hitting the children is a type of mental illness.



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9. Person indulging in selfie is aware about the world around and the risks.



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10. Banks ask our PAN/Credit card/ dicit card number on mobile phones.



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11. Committing cyber crimes is a mental illness.



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12. Yoga is limited to asanas and pranayama.



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Choose And Write The Correct Option

1. Which of following mentioned factors are important for good social health ?

A. strong personality

B. having large number of friends

C. trust in others

D. all of the above

Answer: D



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2. All of the following are accepted stress management techniques except.....

A. avoiding problem

B. effective time management

C. relaxation

D. exercise

Answer: A



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Difing The Following

1. what is Piracy?



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2. what is Selficide



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3. Social health



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Answer The Following

1. Do you recall the sudden closing of any cartoon serial of foreign being telecast on television.



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2. What is called as hacking of information ?



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3. Which are the various ways that help us to relieve stress ?



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4. What are laughter clubs ?



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5. Social health



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6. Physical problems arising due to excessive use of mobile phones.



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7. Explaining details on heppening about blue whale game.



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8. Write a note on Salam Mumbai Foundation.



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9. Whether the incidence shown in the following picture is rational? Express you

option.



Fig. 9.1 An incidence

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10. Two caricatures presenting the situations of the year 1998 and 2017 about playing on playground are given below. Observe those

caricatures. Express your opinion about arising of such different situations.



Fig. 9.2 Different Situations



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11. Observe the image. Is it rational ? Why ?



Boy using cell phone while eating



Fig. 9.4 Selfie on Road



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12. Have you ever seen the persons inebriated with drugs or liquor loitering on dirty places ? Whether such a pitiful condition of most intelligent human being is acceptable ?



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13. Why there is increase in news of death by drowning in ocean, falling in deep valleys or

under trains while taking the cell phone selfie
?



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



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15. Why are the video - clips of parents threatening or hitting the children not studying as per their wish or domestic helpers beating the children are very common on social media nowadays ?



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16. Why do you wait for periods of music, P.T., drawing in the classroom ?



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Give Examples Of Each

1. Hobbies to reduce stress



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2. Diseases endangering social health.



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



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4. Activities under the jurisdiction of cyber crime laws.



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5. Things which are addictive.



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Solve The Following Cross Words

- (1) Continuous consumption of alcoholic and tobacco - materials.
- (2) This ap may cause cyber crimes.
- (3) A remedy to resolve stress.
- (4) Requirement for stress free life.
- (5) Various factors affect Health.

(6) Art of preparing food items.



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Answer In Detail

1. Which problems does the common name face due to incidence of cyber crime ?



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2. Explain the importance of good communication with others.



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3. Which are the various ways that help us to relieve stress ?



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



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1. Fill in the blanks:

Laughter club is remedy to drive away.....



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2. State whether True or false :

Persons continuously using intrnet become solitary.



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3. Give one example,

Hobby to reduce stress.



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4. Which of following mentioned factors are important for good social health ?

A. Personality

B. having large number of friends

C. trust others

D. all the above

Answer:



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5. All of the following are accepted stress management techniques except.....

A. avoiding problem

B. effective time management

C. relaxation

D. exercise

Answer:



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6. What is called as hacking of information ?



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7. List the factors which affect social health.



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8. See the picture and answer the following questions



What do you think is seen in the picture ?



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9. Is the action showing in the picture a sensible action ? Explain.



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10. Write a note on Salam Mumbai Foundation.

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11. Explain the various ways to minimise stress.



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12. Which problems does the common man face due to incidence of cyber crime ?



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