



PHYSICS

BOOKS - NAVNEET SCIENCE (HINGLISH)

SOCIAL HEALTH

Can You Tell

1. 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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2. You must have read the news about many deaths due to poisonous liquor, Why does it happen?



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



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Recall A Little

1. Due to recall the sudden closing of any
cartoon serial of foreign origin being telecast
on television?



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2. Explain in detail on happenings about blue whale game.



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Question

1. 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?



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2. 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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3. 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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Fill In The Blanks

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 _____ is to curb the cybercrimes



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4. IT Acts 2000 is to control the _____



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5. _____ influence is stronger in case of adolescents.



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6. Tabacco containing substances has _____ effect on mouth and lungs



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7. Persons continuously using computers and the internet become_____



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8. _____ has been newly launched in Police Department



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9. _____ helps to improve concentration in the studies



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10. Hobbies like rearing pet animal helps to create a _____



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Give Three Examples Of Each

1. Hobbies to reduce stress



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2. Diseases endangering the 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 cybercrime laws.



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Fill The Odd One Out

1. Transport facilities Social security
Counselling, Toilets.



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2. Aadhaar card, PAN card. Greeting card Credit card.



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3. What'app Instagram, Facebook, Textbook



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4. Tabacco, Laughter club, Alcoholism, Drug abuse.



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Fill Out The Correlation

1. Movement against tobacco: Tata trust:
Education of slum children : _____



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2. Addictive substances : Drugs :: Carcinogenic
(Cancer causing) substances _____





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3. Radiations from cell phones : Headache ::
_____ : Hindrance to the brain
development.



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Select The Two Options In The Bgroup Related To
A Group

'A' Group	'B' Group
Salaam Mumbai Foundation	(a) Work against alcoholism (b) Freedom from tobacco (c) Laughter club (d) Help to improve student's lifestyle

1.



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Answer The Following Questions In One Sentence

1. Which is an important characteristic of the social health?



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2. How to liquor produced ?



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3. What are the effect of intoxicating drugs?



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4. Which are the incuable diseases ?



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5. Why is it dangerous for young children to use mobile phones?



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6. How is ideal personality cultivated



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7. What is selficide?



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8. What is hacking of information



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9. What is piracy?



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10. What is the work of salaam Mumbai



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Give Scientific Reasons

1. Nowadays school going children suffer from mental stress.



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



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3. Consuming liquor is always bad.



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4. we need to keep the PIN number of the debit card secret.



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5. Importance of outdoor games is unparalleled.



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Answer The Following Questions

1. Which factors affects the social health?



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2. What is alcoholism ? What are its effects?



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3. How the excessive use of social media and technology is proving harmful?



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4. Which changes occur in persons continuously using the internet and mobile

phones?



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



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6. Explain the importance of good communication with others.



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7. What are the various ways to minimize mental stress?



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8. Explain the importance of exercise,yoga and maditation,



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



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Activity Based Questions

1. solve the following the cross-word

1. Continuous consumption of alcoholic and tobacco materials.

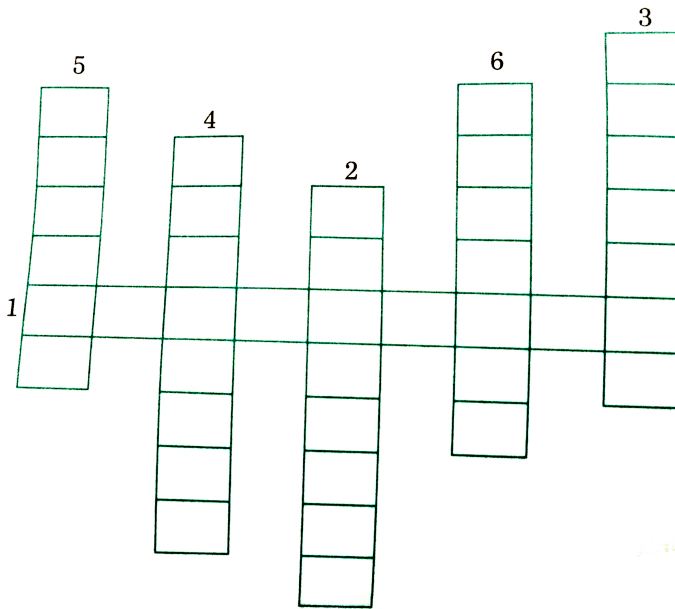
2. This app may cause the cybercrimes

3.A remedy to resolves stress

4.Requirment for stress free lifre

5. Various factors affects-----health

6. Art of preparing food items.



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2. Fill in the boxes with the help of the given clue:

Continuous consumption of alcohol and tobacco material -----

A								O	
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3. Elders always instruct you to get out of the home to interact with relatives and others and play outdoor games but not to spend time

continuously with television, phone and internet, Why the children of your age are instructed same in each home?



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4. Whether the incidence shown in the following picture is rational ? Expenses you opinion ?

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width="80%">

5. Observe : Two caricatures presenting the situations of the year 1998 and 2017 about playing on playground are given below .Observe those caricatures.Expenses your opinion about arising of such different situations

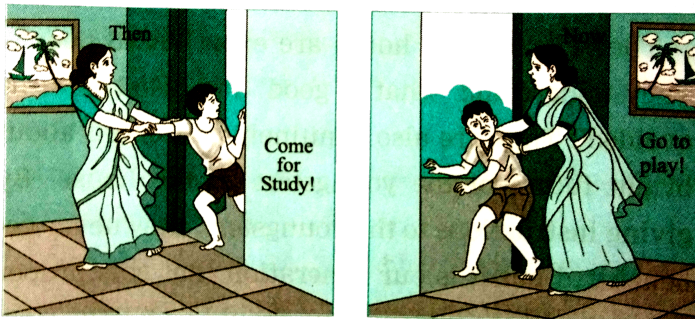


Fig. 9.2 : Different situations



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6. Observe: the images below. Is it national why

?

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7. Concept-diagram using factors harming the

social health and based on it, answer the

following questions :

(i) Tobacco products can be included in which of those factors?



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8. Concept-diagram using factors harming the social health and based on it, answer the following questions :

(ii) How the tobacco products are harming the social health?



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9. Which mental illness is shown in the pictures given below?

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10. Which social message would you like to give through it.



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11. Observe the figures and answer the question given below?



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12. Which gadgets can be misused for these ?



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13. Give two examples of such events



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14. Name the act amended by Government of Maharashtra to control such events.



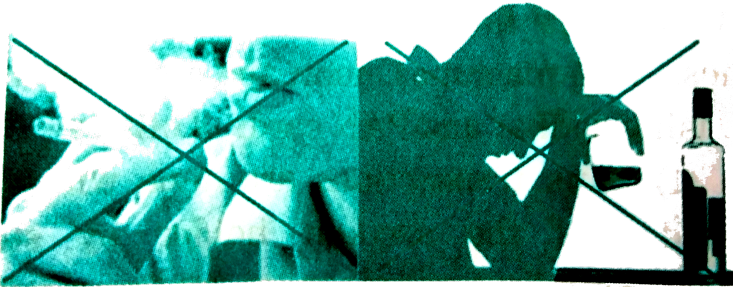
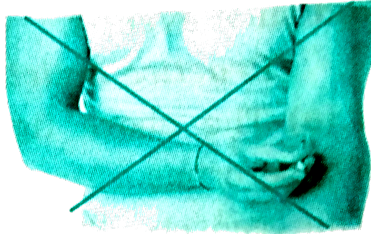
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15. What care should be taken by a person to avoid such events ?



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16. What do you conclude from the following picture?



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Mcq Based On Project

1. Which of the following social determinant make the life secure and safe for women?

A. Education

B. Gender equality

C. Religious values

D. Early childhood environment

Answer: A::D



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2. Which of the following individual addiction can ruin the health of other people in the vicinity?

A. Alcoholism

B. Drug abuse

C. Smoking

D. Chewing gutkha

Answer: B



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3. Maximum effect of alcohol occurs on -----
system.

A. nervous

B. excretory

C. respiratory

D. muscular

Answer: A



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