



BIOLOGY

BOOKS - BAL BHARTI

SOCIAL HEALTH

Think

1. Whether the incidence shown in the following picture is rational? Express your

opinion.



9.4 An incidence



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Recall A Little

1. Answer the following: Do you recall sudden closing of any cartoon serial of foreign origin

beign telecast on television.



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2. Explain details on happening about blue whale game.



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Exercise

1. Fill in the blanks with appropriate word.

Laughter club is a remedy to drive away -- -- -- -

-.



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2. Fill in the blanks with appropriate word.

Alcohol consumption mainly affects -- -- -- --

system.



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3. Fill in the blanks with appropriate word.

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



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4. Solve the following cross-word

1. Continuous consumption of alcoholic and tobacco-materials.

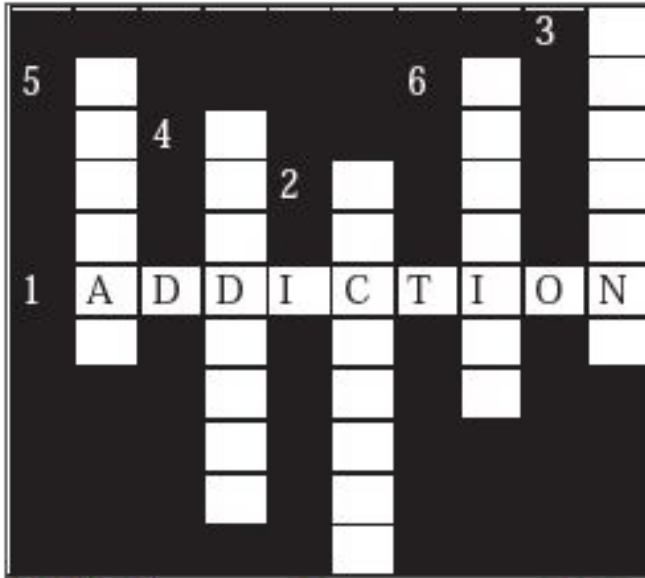
2. This app may cause the cyber crimes.

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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5. Answer the following question:

What are the various ways to minimize mental stress?



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6. Give three examples of each:

Hobbies to reduce stress.



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7. Give three examples of each:

Diseases endangering the social health.



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8. Give three examples of each:

Physical problems arising due to excessive use of mobile phones.



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9. Activities under the jurisdiction of cyber crime laws.



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10. What will you do? Why?

You are spending more time in internet/
mobile games, phone, etc.



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11. Child of your neighbour is addicted to
tobacco chewing.



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12. Your sister has become uncommunicative.
She prefers to remain alone.



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13. You have to use free space around your
home for good purpose.



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14. What will you do? Why? Your friend has developed the hobby of snapping selfies.



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15. What will you do? Why? Your brother studying in XII had developed stress.



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16. Answer the following question:

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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Exercise Answer The Following

1. Which factors affect the social health?



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2. Answer the following question:

Which changes occur in persons continuously using the internet and mobile phones?



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



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4. Explain the importance of good communication with others.



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