



# BIOLOGY

## BOOKS - NAVNEET PUBLICATION

### SOCIAL HEALTH

#### Example

1. Have you ever seen the persons inebriated with drugs or liquor loitering on dirty palces?

Whether such a pitiful condition of most intelligent humans 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. Answer the following: Do you recall sudden closing of any cartoon serial of foreign origin being telecast on television.**



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**4. Explain details on happening about blue whale game.**



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5. 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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6. 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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7. 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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8. Why do you wait for periods of music, P.T., drawing in the classroom?



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## Exercise

1. Choose the correct alternative and write its alphabet against the sub question number:

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

A. stress

B. addictions

C. lethargy

D. epidemics

**Answer: A**



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2. Choose the correct alternative and write its alphabet against the sub question number:

Alcohol consumption mainly affects.....

A. digestive

B. respiratory

C. nervous

D. excretory

**Answer: C**



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**3.** Choose the correct alternative and write its alphabet against the sub question number:

IT Act 2000 is to control the .....

A. house breaking



B. cybercrimes

C. cheating

D. pickpocketing

**Answer: B**



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4. Choose the correct alternative and write its alphabet against the sub question number:

Our.....has been changed to some extent in the age of technology.

A. life style

B. habit

C. circumstance

D. passion

**Answer: A**



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**5.** Choose the correct alternative and write its alphabet against the sub question number:

.....Influence is stronger in case of adolescents.

A. Teacher's

B. Father's

C. Relative's

D. Peer group

**Answer: D**



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6. Choose the correct alternative and write its alphabet against the sub question number:

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

A. acidic

B. alkaline

C. carcinogenic

D. neutral

**Answer: C**



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7. Choose the correct alternative and write its alphabet against the sub question number:

Persons continuously using computers and the internet become.....

A. courageous

B. timid

C. solitary

D. criminal

**Answer: C**



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**8.** Choose the correct alternative and write its alphabet against the sub question number:

.....has been newly launched in Police Department.

A. Cybercrime unit

B. Women protection unit

C. Senior citizen care unit

D. Forensic unit

**Answer: A**



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**9.** Choose the correct alternative and write its alphabet against the sub question number:

.....helps to improve concentration in the studies.

A. Eatables

B. Meditation

C. Hobbies

D. Sports

**Answer: B**



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**10.** Choose the correct alternative and write its alphabet against the sub question number:

Hobbies like rearing pet animal helps to create

a .....



A. Positive mindset

B. negative attitude

C. wealth

D. concentration

**Answer: A**



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**11. Give three examples of each:**

Hobbies to reduce stress.



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**12.** Give three examples of each:

Diseases endangering the social health.



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**13.** Give three examples of each:

Physical problems arising due to excessive use of mobile phones.



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**14.** Give three examples of each:

Activities under the jurisdiction of cybercrime laws.



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**15.** Find the odd one out:

Transport facilities, social security, counselling,  
Toilets.



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**16.** Find the odd one out:

Aadhar card, PAN card, Greeting card, Credit card.

A.

B.

C.

D.

**Answer:**



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**17.** Find the odd one out:

What's app, Instagram, Facebook, Textbook.



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**18.** Find the odd one out:

Tobacco, Laughter club, Alcoholism, Drug abuse.



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**19.** Find out the correlation:

Movement against tobacco: Tata trust::

Education of slum children:.....



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**20.** Find out the correlation:

Addictive substances: Drugs:: Carcinogenic

(cancer causing) substances:.....



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**21. Find out the correlation:**

Radiations from cell phones:

Headache::.....:Hindrance to the brain development.



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**22. State whether true or false:**

Tobacco containing substances cannot cause cancer of mouth and lungs.



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**23.** State whether true or false:

Children who watch cartoon films may imitate the characters of those films.



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**24.** State whether true or false:

Influence of parents is very stronger in case of adolescents.



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25. State whether true or false:

Loudly laughing can increase mental stress.



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26. Select the two options in the 'B' group 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



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**27.** What will you do? Why?

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



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**28.** Child of your neighbour is addicted to  
tobacco chewing.



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**29.** Your sister has become uncommunicative.  
She prefers to remain alone.



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



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



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



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**33. Give scientific reasons:**

Nowadays school going children suffer from mental stress.



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**34. Give scientific reasons:**

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



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**35.** Give scientific reasons:

Consuming liquor is always bad.



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**36.** Give scientific reasons:

We need to keep the PIN number of the debit card secret.



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**37. Give scientific reasons:**

Importance of outdoor games is unparalleled.



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**38. Which factors affect the social health?**



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**39. Answer the following question:**

Write any six factors affecting social health.



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**40.** Answer the following question:

What is alcoholism? What are its effects?



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**41.** Answer the following question:

How the excessive use of social media and technology is providing harmful?



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**42.** Answer the following question:

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



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**43.** Answer the following question:

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



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**44.** Answer the following question:

Explain the importance of good communication with others.



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**45.** Answer the following question:

What are the various ways to minimize mental stress?



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**46.** Answer the following question:

Explain four ways to minimize stress?



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**47.** Answer the following question:

Explain the importance of exercise, yoga and meditation.



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**48.** 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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**49.** Write short note on Cybercrimes:



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50. Write short note on Addiction:



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51. Complete the paragraph by choosing the appropriate words given in the , bracket :

(Lungs. heart, carcinogenic, nervous, intoxicating, hazardous, addictions, peer-group)

The children fall into the trap of ..... either due to ..... pressure or due to false symbol

of high standard living. Sometimes they try to imitate their elders. The addictive substances are..... and they cause long term effects. Some are temporarily ..... substances obtained from the plants. While some of the chemical ingredients in them can permanently damage the human ..... system, muscular system, ....., etc. Some tobacco like substances are ..... in action especially on the mouth and.....



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## 52. Paragraph-based questions :

Read the paragraph and answer the Questions given below :

Social health involves your ability to form Satisfying interpersonal relationships with others. It also relates to your ability to adapt comfortably to different social situations and act appropriately in a variety of settings. Spouses, co-workers and acquaintances can all have healthy relationships with one another. Each of these relationships should include strong communication skills, empathy for others and a sense of accountability. In

contrast, traits like being withdrawn, vindictive or selfish can have a negative impact on your social health. Overall, stress can be one of the most significant threats to a healthy relationship. Stress should be managed through proven techniques such as regular physical activity, deep breathing and positive self-talk.

How can you be socially healthy?



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### **53. Paragraph-based questions :**

Read the paragraph and answer the Questions given below :

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Which qualities are needed for having good social contacts?



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## 54. Paragraph-based questions :

Read the paragraph and answer the Questions given below :

Social health involves your ability to form Satisfying interpersonal relationships with others. It also relates to your ability to adapt comfortably to different social situations and act appropriately in a variety of settings. Spouses, co-workers and acquaintances can all have healthy relationships with one another. Each of these relationships should include strong communication skills, empathy for

others and a sense of accountability. In contrast, traits like being withdrawn, vindictive or selfish can have a negative impact on your social health. Overall, stress can be one of the most significant threats to a healthy relationship. Stress should be managed through proven techniques such as regular physical activity, deep breathing and positive self-talk.

Which traits have negative impacts on social health?



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## 55. Paragraph-based questions :

Read the paragraph and answer the Questions given below :

Social health involves your ability to form Satisfying interpersonal relationships with others. It also relates to your ability to adapt comfortably to different social situations and act appropriately in a variety of settings. Spouses, co-workers and acquaintances can all have healthy relationships with one another. Each of these relationships should include strong communication skills, empathy for

others and a sense of accountability. In contrast, traits like being withdrawn, vindictive or selfish can have a negative impact on your social health. Overall, stress can be one of the most significant threats to a healthy relationship. Stress should be managed through proven techniques such as regular physical activity, deep breathing and positive self-talk.

What are the stress management techniques?



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## 56. Paragraph-based questions :

Read the paragraph and answer the Questions given below :

Social health involves your ability to form Satisfying interpersonal relationships with others. It also relates to your ability to adapt comfortably to different social situations and act appropriately in a variety of settings. Spouses, co-workers and acquaintances can all have healthy relationships with one another. Each of these relationships should include strong communication skills, empathy for others and a sense of accountability. In

contrast, traits like being withdrawn, vindictive or selfish can have a negative impact on your social health. Overall, stress can be one of the most significant threats to a healthy relationship. Stress should be managed through proven techniques such as regular physical activity, deep breathing and positive self-talk.

What is the significant threat to social health of an adolescent in your opinion?



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