



## BIOLOGY

# BOOKS - CHETANA BIOLOGY (MARATHI ENGLISH)

## Social health

### Exercise

1. 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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2. Alcohol consumption mainly affects \_\_\_\_\_  
system.

A. digestive

B. nervous

C. respiratory

D. reproductive

**Answer:**



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3. The Act \_\_\_\_\_ is to curb the cyber crimes.

A. IT ACT-2000

B. IT ACT-1997

C. IT ACT-2001

D. IT ACT-2007

**Answer:**



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4. \_\_\_\_\_ is the first state to start a separate cyber crime unit.

A. Andhra Pradesh

B. Kerala

C. Goa

D. Maharashtra

**Answer:**



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5. \_\_\_\_\_ encourages children to take education by helping them to improve their health and lifestyle.

A. Alcoholic Anonymous

B. WHO

C. Salaam Mumbai Foundation

D. National Institute on Drug Abuse.

**Answer:**



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**6.** State whether the given statements are True or False. Correct the false statement.

Meditation helps students to improve concentration in their studies.



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7. State whether the given statements are True or False. Correct the false statement.

Addictive person can think rationally.



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**8.** State whether the given statements are True or False. Correct the false statement.

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



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**9.** State whether the given statements are True or False. Correct the false statement.

Children are facing problems of loneliness and



mental stress due to nuclear family and parents staying outdoors for job.



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**10.** State whether the given statements are True or False. Correct the false statement.

Brain development in adolescents is hindered due to alcoholism.



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**11.** State whether the given statements are True or False. Correct the false statement.

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



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**12.** State whether the given statements are True or False. Correct the false statement.

Radiations of cell phones penetrate the bones

of adults more effectively than the bones of children.



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**13.** State whether the given statements are True or False. Correct the false statement.

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



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**14.** State whether the given statements are True or False. Correct the false statement.

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



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**15.** State whether the given statements are True or False. Correct the false statement.

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





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**16.** State whether the given statements are True or False. Correct the false statement.

Committing cyber crimes is a mental illness.



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**17.** State whether the given statements are True or False. Correct the false statement.

Yoga is limited to asanas and pranayam.



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**18.** Define the following:

Piracy



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**19.** Define the following:

Selficide



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**20.** Define the following:

Social health



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**21.** Answer the following: Do you recall sudden closing of any cartoon serial of foreign origin being telecast on television.



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**22.** What is called as hacking of information?



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**23.** Answer the following question:

What are the various ways to minimize mental stress?



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**24.** What are laughter clubs?





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

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



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



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**27.** Your sister has become uncommunicative.

She prefers to remain alone.



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**28.** You have to use free space around your

home for good purpose.



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



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



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

Hobbies to reduce stress.



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

Diseases endangering the social health.



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

Physical problems arising due to excessive use of mobile phones.



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**34.** Activities under the jurisdiction of cyber crime laws.



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**35.** Things which are addictive.



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**36.** Answer the following question:

Write any six factors affecting social health.



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**37.** Answer the following question:

Which changes occur in persons continuously

using the internet and mobile phones?



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



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**39.** Write a note on Salaam Mumbai Foundation.



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



*Fig. 9.3 Boy using cell phone while eating*



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**41.** 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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**42.** 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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**43.** 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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**44.** 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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**45.** Why do you wait for periods of music, P.T., drawing in the classroom?



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**46.** A remedy to resolve stress.



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**47.** Requirements for stress free life.



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**48.** Answer the following question:

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



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**49.** Answer the following question:

Explain the importance of good communication with others.



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**50.** Answer the following question:

Explain four ways to minimize stress?



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**51.** 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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**52.** Which of the following factors are important for good social health?

A. Personlaity

B. Having large number of friends

C. Trusting other

D. All the above

**Answer:**



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**53.** 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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**54.** Answer the following question:

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



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

Hobbies to reduce stress.



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**56.** What is called as hacking of information?



**Watch Video Solution**

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



**Watch Video Solution**

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



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**59.** Write a note on Salaam Mumbai Foundation.



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**60.** Answer the following question:

What are the various ways to minimize mental stress?



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



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