



SHIKSHA CLASSES

Subject : Science-II
Class : X

Answer Paper
9. Social Health

Marks : 20

Q.1: A] Choose the correct alternative.

2

1) **Laughter club is a remedy to drive away -----**

Ans: (a) Mental stress

2) **Carcinogenic effect of tobacco containing substances on mouth and _____**

Ans: (a) Lungs

B] Solve the following question. (Any One)

1

1) **Write true or false :**

Addictive person can not think rationally.

Ans: True

2) **Find the correlation :**

Laughter club : Relieve mental stress : : Meditation : _____

Ans: Laughter club : Relieve mental stress : : Meditation : **Improve the ability of concentration**

3) **Name the NGO which provide helping hand to depression.**

Ans: i) United Movement Against Tobacco

ii) Salaam Mumbai Foundation

iii) Government Schemes

Q.2: A] Give scientific reason. (Any One)

2

1) **Children are facing loneliness and mental stress.**

Ans: Children are facing the problems like loneliness and mental stress due to reasons like i) nuclear family and parents staying outdoor due to job.

ii) Due to over watching crime and violence in TV programs continuously they got a mental stress.

iii) Due to the watching TV and using mobile phones continuously they become less sensitive towards others.

2) **Nature plays an important role in relieving stress.**

Ans: i) Nature is closest friend of human being.

ii) Hobbies like gardening, bird watching lingering in nature, rearing domestic animals etc helps to create positive mindset, improves confidence. Social health can be maintained by keeping ourselves aware about happening around us neutralizing the negative thoughts.

B] Solve the following question. (Any Two)

4

1) Give the examples of diseases endangering the social health.

Ans: AIDs, TB, Leprosy and Mental disorders are diseases which endangering the social health.

2) What is stress management?

Ans: Stress management is a wide spectrum of techniques and psychotherapies aimed. All controlling a person's level of stress especially chronic stress usually for the purpose of improving every day functioning.

3) Define social health.

Ans: Social health is the ability of a person to establish relationship with other persons.

4) Write the various physical problems arises due to radiation of cell phones.

Ans: Various physical problems like tiredness, headache, insomnia, forgetfulness, joint pain and problems in vision may arise due to radiation of cell phones.

Q.3: Solve the following question. (Any Two)

6

1) Explain the importance of good communication with others.

- Ans:**
- i) Communication plays vital role in human life.
 - ii) Due to good communication we can share our feelings, express our feelings with near one and dear ones which helps us to relieve the stress.
 - iii) Communication is the correct way to divert the energy and mind towards the positive thinking negative thoughts are automatically neutralized.
 - iv) Due to communication we remains update and our confidence rises which develop our personality which is important for our carrier.
 - v) Communication is a best media to exchange message, information and knowledge between two or more person and develops common understanding.

2) Write note on working of Salaam Mumbai Foundation.

- Ans:**
- i) This organization runs programs in various schools in Mumbai to empower the children living in slum area in the field of education sports, arts and business.
 - ii) This trust has made some districts in Maharashtra completely tobacco free through hard work.
 - iii) Since the years 2012 this organization is working with various school in urban and rural area for making the society tobacco free.

3) Give three examples of hobbies to reduce stress.

Ans: Hobbies to reduce stress are :

- i) Photography
- ii) Cooking
- iii) Sculpturing

4) What are the change occur in children due to continuously using mobile phones.

- Ans:**
- i) Tendency and behaviour of the children who play the games like virtual and car races deliberately brought about virtual accidents in games gradually become negative
 - ii) Some games available on cell phones and computers are extremely time consuming and also cause economic losses to lose concentration on some essential subjects and may also prove fatal.
 - iii) Along with some useful purpose huge information available on internet is used for viewing some inappropriate videos too.

1) Explain the factors disturbing the social health.

Ans: 1) Factors disturbing social health are : a) Mental stress b) Addiction c) Incurable disease

a) Mental stress :

- 1) Competition has increased in opportunities for education, employment and business due to increase in population.
- 2) Children are facing the problems of loneliness and mental stress due to reasons like nuclear family and parents staying outdoors due to job.
- 3) adolescent girls have to unnecessarily face the problems like teasing and molestation.
- 4) Girls are facing the problems of stress due to such gender inequality.
- 5) Now a days, everyone has to face the stress due to ever increasing disorder, crime and violence.

b) Addiction :

- 1) Children in their early age try upon tobacco, cigarette, gutkha, alcoholic drinks, drugs etc due to either peer - group pressure or symbol of high standard living or as an imitation of elders.
- 2) However it may lead to addiction to such deadly substances.
- 3) Temporarily intoxicating drugs of plant origin and some chemicals may permanently damage the human nervous system, muscle system, heart etc.

c) Incurable disease :

Factors like ignorance towards the people with incurable diseases like AIDS, T. B. leprosy and mental disorders as well as old persons leads to increase in old age homes and such factors also may cause harm to social health.

2) Write about various ways of stress management.

Ans: Various ways of stress management :

- i) **Laughter club** - People relieve their mental stress by laughing loudly.
- ii) Various ways of expression like establishing communication with friends, peers, cousins, teachers and more importantly with parents.
- iii) Nothing down over feelings.
- iv) Expressing our feelings with near and dear ones help us to relieve the stress.
- v) The hobbies like material collection photography reading, cooking, sculpturing, drawing rangoli, dancing etc help us to properly utilize the free hours.
- vi) In this way by diverting energy and mind towards the positive thinking negative thoughts are automatically neutralized.
- vii) Learning and listening to music singing keeps us happy and drives away the stress.
- viii) Outdoor games, sports causes physical exercise improve discipline, interaction and tendency of unity, loneliness driven away and person becomes morre social.

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