◆ **Very Short Answer (1 Mark)**

1. What is social health? Answer: Social health is the ability of a person to establish and maintain healthy relationships with other people.

2. Name two factors that disturb social health. Answer: Mental stress and addiction (or chronic diseases).

3. What is the use of the "Laughter Club"? Answer: It is a way to relieve mental stress by laughing loudly in a group.

4. Name any two apps that cause "Cyber Crimes." Answer: Fake social media accounts and hacking software/phishing links.

5. What does the "Salam Mumbai Foundation" work for? Answer: It works toward making schools and communities tobacco-free.

◆ **Short Answer (2-3 Marks)**

6. How does excessive use of social media affect social health? Answer: * It leads to **physical problems** like headaches, insomnia, and vision issues.

- It causes **psychological issues** like irritability, loneliness, and lack of concentration.
- It makes a person "autistic" or self-centered, reducing their real-world social interactions.

7. What are the symptoms of "Cyber Crimes"? (Or identify examples) Answer: * Hacking of bank accounts or credit card details.

- Misuse of personal information or photos on social media.
- Spreading rumors or defaming others through digital platforms.

8. Write a short note on "Addiction." Answer: Addiction is the physical or psychological dependence on substances like alcohol, tobacco, or drugs. It destroys the person's health, financial status, and social reputation.

9. How can we manage mental stress? Answer: * Communicating with friends and family.

- Practicing hobbies like singing, drawing, or dancing.
- Physical exercise, yoga, and meditation.
- Joining laughter clubs.

Long Answer Questions (5 Marks)

1. Which factors affect the social health? Explain with examples.

Answer: Social health depends on several factors that determine an individual's ability to interact with society.

- **Basic Necessities:** Availability of food, clothing, shelter, and medicines.
- **Social Environment:** The physical and social surroundings, including playgrounds, gardens, and the type of residential area.
- **Social Safety:** Feeling secure in the community and the presence of a fair justice system.
- **Educational and Job Opportunities:** Access to quality education and stable employment significantly impacts mental peace and social standing.
- **Addiction and Crimes:** A society with high rates of drug abuse or crime destroys social health.
- **Mental State:** The ability to handle stress and maintain a positive outlook towards others.

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2. What are the effects of tobacco and alcohol consumption on social health?

Answer: Consumption of tobacco and alcohol (Addiction) has devastating effects:

- **Health Impact:** Tobacco causes respiratory diseases and cancers (mouth/lungs). Alcohol damages the nervous system and liver.
- **Financial Impact:** Addiction is expensive; it leads to poverty and debt, affecting the entire family.
- **Social Impact:** Addicts often face social boycott or lose their reputation. It leads to increased domestic violence and family instability.
- **Psychological Impact:** The person loses the ability to think rationally and becomes a burden on society.
- **Public Safety:** Under the influence of alcohol, people often commit crimes or cause road accidents.

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3. Explain the term "Cyber Crime" and list the common ways it is committed.

Answer: Cybercrime refers to illegal activities carried out using computers, the internet, and digital devices.

- **Financial Fraud:** Using pins/passwords to withdraw money from others' bank accounts or misuse of credit/debit cards.

- **Hacking:** Accessing private and confidential information of individuals or government organizations.
- **Defamation:** Creating fake social media accounts to post offensive comments or morphed photos to harass someone.
- **Phishing:** Sending fake links or emails that look official to steal personal data.
- **Digital Piracy:** Illegally downloading or distributing movies, music, or software.

4. What are the various ways to manage mental stress?

Answer: According to the textbook, stress management is essential for maintaining social health. Methods include:

- **Communication:** Sharing feelings with friends, parents, or teachers helps lighten the mental load.
- **Hobbies:** Engaging in activities like photography, reading, cooking, or sports diverts the mind from stress.
- **Laughter Clubs:** Relieving stress by laughing loudly in a group setting.
- **Physical Activity:** Regular exercise, yoga, and "Pranayam" (breathing exercises) improve blood circulation and mental focus.
- **Music and Arts:** Listening to music or practicing art provides emotional balance.
- **Social Service:** Helping others or participating in NGOs (like Salaam Mumbai Foundation) provides a sense of purpose and reduces self-centered stress.

5. Why is there an increasing need for social health awareness in the current "Technology Age"?

Answer:

- **Physical Isolation:** Children and youth are becoming "autistic" (self-centered) due to excessive gaming and social media, losing real-world communication skills.
- **Inappropriate Content:** The internet provides easy access to violent or inappropriate content that can negatively influence young minds.
- **Cyber Bullying:** Digital platforms have made it easier for people to harass others, leading to severe mental stress.
- **Health Hazards:** Continuous use of gadgets leads to physical ailments like neck pain, insomnia, and obesity, which indirectly affects social participation.
- **Addiction to Gadgets:** Technology addiction is now considered a mental illness that requires professional counseling and social awareness to overcome.