Social Health

Grade 10

Watch

https://www.youtube.com/watch?v=SyFRYm7VSDo

https://www.youtube.com/watch?v=Rbf6IyAEnyU

https://www.youtube.com/watch?v=UXAcEZFDSZU
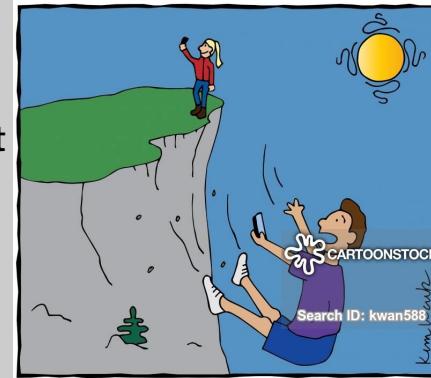
Some imp questions

kotak
Education Foundation

What is selficide? (1M)

Ans: The act of a person indulging in clicking selfies without being aware of the world around and the risks involved is known as selficide.
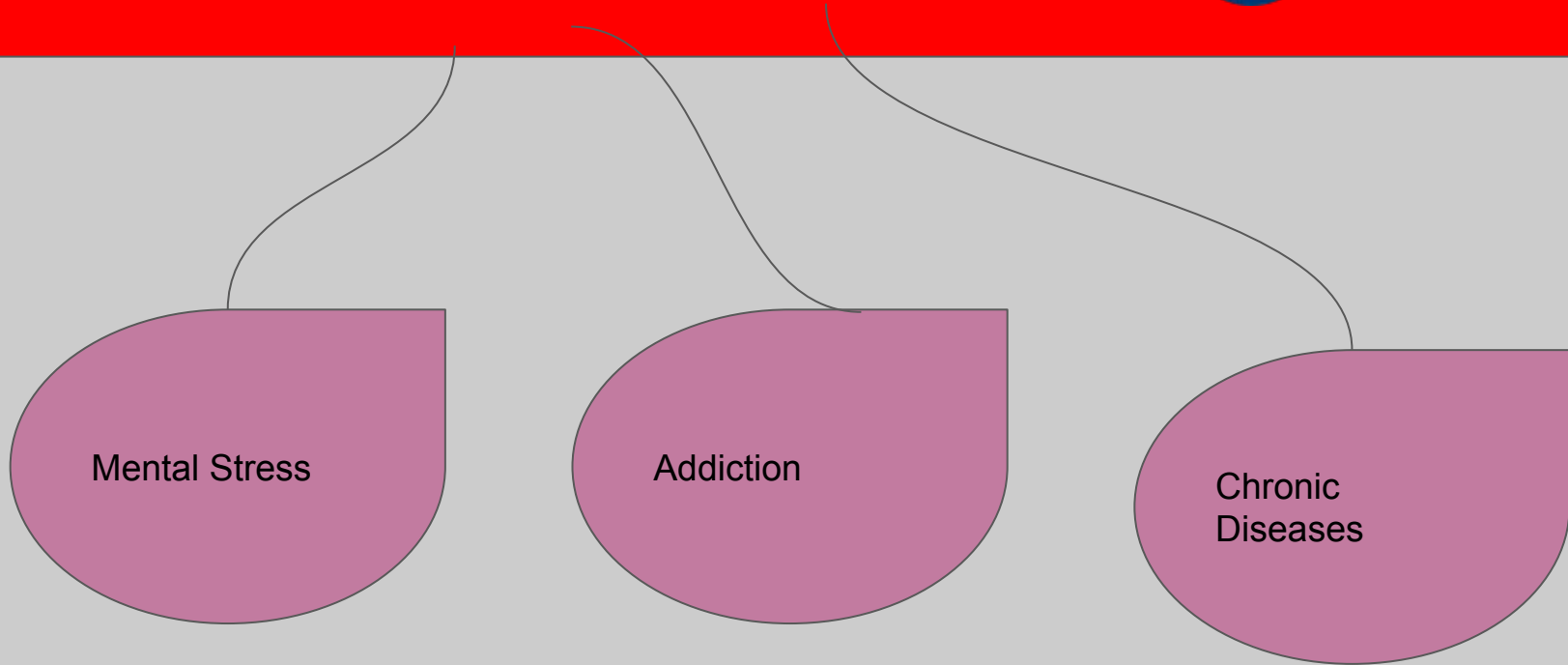

Selficide

What are laughter clubs? (1M)

Ans: The newly popularized concept wherein, people come together in a public place like park or garden and laugh loudly for fixed time duration to relieve mental stress is known as laughter club

Factors affecting social health

Mental Stress

Addiction

Chronic Diseases

Various Ways to minimize Stress

- Laughter Club

- Hobbies- Like Cooking, painting, listening to music, sculpting, etc.

- Expressing feelings

- Regular Exercising and Yoga

- Meditation

Remembering Tip-

Close your eyes visualise a park-

Group of people are laughing(laughter club), Hobbies-Person is enjoying Music, girl is painting, one boy is roasting bhutta(cooking)

One boy is exercising, a girl is meditating.

Yoga

Tips to Relieve Stress

Play with a pet

Exercise

Take a nap

Meditate

Listen to music

Physical Problems arising due to excessive use of mobile phones

Headache

Insomnia- Not able to sleep

Effects Bones

Activities under jurisdiction of Cyber crime Laws

Cyber Crime unit to control cyber crimes.

IT Act 2000- Person committing cyber crime will face imprisonment

Cyber crime experts collect details and investigate cyber crime.

IT Act 2000

CYBER CRIME