

## TEXTUAL QUESTIONS

### ACTIVITY 1 : COMPREHENSION

A. Answer the following questions in about 30-40 words each :

Q. 1. What do you mean by health?

स्वास्थ्य से आपका क्या आशय है?

Ans. When we feel secure—by being physically healthy and free from disease, by feeling content, and by living in a comfortable and clean environment—we are in a state of positive health.

**Q. 2. How can we remain mentally well?**

हम मानसिक रूप से कैसे अच्छे रह सकते हैं?

**Ans.** We can remain well mentally by having close and harmonious interaction with family members neighbours, and friends. More close knit social systems and better communication also help us enjoy good mental health.

**Q. 3. What is the quality of environmental conditions in developed countries?**

विकसित राष्ट्रों में वातावरणीय दशाओं की गुणवत्ता कैसी है?

**Ans.** The quality of environmental conditions in developed countries is a high level. People have achieved a better nutritional status. There is plenty of money available to buy most of life's comforts.

**Q. 4. What is the advantage of environmental conditions in developed countries?**

विकसित राष्ट्रों में वातावरणीय दशाओं का क्या लाभ है?

**Ans.** The advantage of environmental conditions in developed countries is this that people there enjoy better physical health. They live in a comfortable and clean environment. They are free from diseases.

**Q. 5. How can the infectious diseases be treated properly?**

छुआछूत वाली बीमारियों की उचित चिकित्सा कैसे की जा सकती है?

**Ans.** The infectious diseases can be treated properly by essential vaccination and immunisation. There should be proper medical and surgical intervention when required. There should be regular medical check ups after the age of forty.

**Q. 6. What is the attitude of doctors towards better health in developed countries?**

विकसित राष्ट्रों में बेहतर स्वास्थ्य के प्रति चिकित्सकों का क्या दृष्टिकोण है?

**Ans.** The attitude of doctors towards better health in developed countries is scientific. They attribute this better physical health largely to the improved medical facilities. They ignore other important social factors.

**Q. 7. What is the disadvantage of decline of human values in developed nations?**

विकसित राष्ट्रों में मानव मूल्यों के पतन का क्या नुकसान है?

**Ans.** The disadvantage of decline of human values in developed countries is the breaking family ties. Close, happy human interactions are becoming less common. There is increase in drug dependence, psychological and mental illness and stress related diseases.

**Q. 8. How do people in developing countries waste their limited resources?**

विकासशील राष्ट्रों में लोग अपने सीमित संसाधन कैसे बर्बाद करते हैं?

**Ans.** People in developing countries waste their limited resources by spending more money on doctors and medicines than on healthy food and other essentials to improve their physical environment.

**Q. 9. What are the benefits of using home remedies to maintain health?**

स्वास्थ्य बनाए रखने के लिए घरेलू उपचारों के प्रयोग के क्या लाभ हैं?

**Ans.** The following are the benefits of using home remedies to maintain health. First, home remedies don't have any side-effects. Next, home remedies are not expensive. People in developing countries have limited income sources.

**Q. 10. How can the body signals help in achieving good health?**

शारीरिक संकेत अच्छे स्वास्थ्य को प्राप्त करने में कैसे सहायता कर सकते हैं?

**Ans.** The body signals can help in achieving good health by signalling the need of the body for proper nourishment in the correct amount. Body signals also indicate for over-eating.

**Q. 11. What is the harmful effect on children when their parents put too much pressure on them?**

जब बच्चों के माता-पिता उन पर अत्यधिक दबाव डालते हैं तो उन पर क्या दुष्प्रभाव होता है?

**Ans.** Children may lead to drug experimentation and other related behaviours as a way of avoiding the realities of the situation. They can suffer from tremendous frustration and stress. These are the harmful effects.

**B. Answer the following questions in about 60 words each :**

**Q. 1. Why do people in developed countries remain far from achieving positive health?**

विकसित देशों में लोग सकारात्मक स्वास्थ्य प्राप्त करने से दूर क्यों रह जाते हैं?

**Ans.** People in developed countries remain far from achieving positive health because their family ties are weakening, neighbourly relations do not exist and most friendship is limited to business contacts. Thus, even though they are well off in wealth, nutrition and better environmental conditions, most of them are not so contented mentally. This stress affects their physical health as well.

**Q. 2. What problems are faced by people in developing countries in achieving positive health?**

विकासशील राष्ट्रों के लोगों को सकारात्मक स्वास्थ्य प्राप्त करने के लिए किन समस्याओं का सामना करना पड़ता है?

**Ans.** The following problems are faced by people in developing countries in achieving positive health. The environmental and the nutritional status in these countries are lower. The physical health of the people of the developing countries is poor. They do not have clean environment. They do not have proper knowledge about their body. Most of them are illiterate or poorly educated. They don't have proper knowledge of health science.

**Q. 3. How do the animals keep themselves fit?**

जानवर अपने आपको कैसे चुस्त-दुरुस्त रखते हैं?

**Ans.** The animals keep themselves fit by trusting their own instinct. They eat only the required amount of food and never suffer from obesity. All carnivorous animals eat grass whenever they have diarrhoea or other stomach problems due to indigestion. They regularly lick the soil to get the exact amount of salt their bodies need. They monitor their body needs by instinct.

**Q. 4. How do the parents spoil the eating habits of their children?**

माता-पिता अपने बच्चों की खान-पान की आदत कैसे बिगाड़ देते हैं?

**Ans.** Sometimes overzealous parents force infants and small children to eat because it is feeding time—not because they are hungry. They try to feed their children more than their bodies need because some books dictate how much food children require. Some parents get swayed by the media advertisements or information. Thus, the parents spoil the eating habits of their children.

**Q. 5. How can the world environment be kept in balance?**

विश्व के पर्यावरण को सन्तुलित कैसे रखा जा सकता है?

**Ans.** The world environment can be kept in balance by the following ways. We should keep control over the world population. More humans means more pressure on environment. We should keep the world environment clean. Clean living conditions help in maintaining environmental balance. Educated societies try to keep the world environment in balance. We should keep the environment of home happy. Mother and children remain happy.