

12. Social Health

Exercise

Q1) Answer the following questions :-

1) Define the following :-

a) Health :- Whenever we come across the word Health, we sometimes we fail to make correct conclusion as we assume that improper functioning of body due to occurrence of some diseases but in other terms health is also termed as when the person is complete state of well-being/satisfied in relation to physically, mentally, or socially

b) Mental health :- Mental health means that the person is completely satisfied mentally in regards to emotionally, psychologically etc. The mental health is determined by the ability of the person that how he tries to handles the serious problem in a very easier manner without taking any type of mental stress. Not to keep the any type of emotions/feelings in his mind/ heart, if required he can share it with is very closed person. Moral support is a must for gaining the good mental

c) Social health :- Social health means to maintain or establish the relationship with the other in such a way that it will give us positive satisfaction to us and others. The person who can maintain a positive relationship with other persons and has ability to adjust himself and act as per the different situations concerned in the society, that person is to be known as socially healthy

2) What do you mean by life skills? Enlist them.

Ans :- Life skills means that individual who is having the ability of intaking/ showing the positive behavior that helps to deal with and serious problems or challenges that he may face in his daily life. Life skills can be defined below with some points :-

a) Empathy :- An individual must have the skill of understanding the feeling of other person properly in whatever condition/ situation might be.

b) Self awareness :- An individual must have the skills of recognizing one's character, strengths, capacity/ability, beliefs, values etc.

c) Effective communication :-

Individual must be skilled in communicate with other persons in the positive

d) Interpersonal relationships :- An individual must have an ability to maintain a strong friendly relationship and goodwill with

e) Problem solving :- individual must have the skill of solving the others

f) Decision making :- An ability to identify the problem, understanding it, and finding a proper solution to the

g) Critical thinking :- Having the capacity to analyze the problem into various directions, understand its consequences etc. and take decision as per

h) Creative manner :- Posses the ability to do something in a creative

i) Coping with stress and emotional distress :- This means that one must have the skill of dealing/ handling of one's emotion and stress in easily manner.

3) What are the characteristics of a socially healthy person ?

Ans :- The characteristics of a socially healthy person is as followed :-

a) Balancing of social and personal time :- Here, this characteristics means that you must try to maintain the personal and social time equally. Don't try to spend most of the for yourself, for your family, but remove some time for the other people living in the society/community.

b) Involve with the community people :- Don't try to be selfish and live lonely. Try to get yourself with the other people living in the community or society. Celebrate the festivals with the other peoples also, try to share your feelings, joys and sorrows with the community

c) Adaption to any social situations :- you should be able to adapt with the situation that may occur in the society/community. You should try to stand holding hands of the community/society people and should be ready to face any kinds of situation that may arise. Never leave them in between in any situation and be

d) Respect and never misbehave :- Always try to show some respect to the elder persons, ladies belonging to your society or community. never try to misbehave with anyone. Not to fight, argue with the community/society people. Always try to live in peace and harmony with

e) Developing and maintaining friendship and networks :- Always you should try to make friendly relationships with community/ society people and should make a strong network of good and trusted

f) Strong network of family and friends :- you should build a strong network between family and friends by maintaining a good relationships with the family members, relatives and friends

g) Enjoyment of fun and other hobbies /activities :- we know that person live only for once and he should live his life fully i.e does not mean he should misbehave, argue, perform any illegal activities but also he must enjoy his life by enjoying his hobbies, and enjoy the fun by cracking jokes (but that joke should not anyone's feelings or sentiments), doing any activities like tracking, adventures trip, hanging out with friends and families etc. never keep yourself busy in the work. Spare some time for yourself and others

h) Set a boundary between relationship and friendship :- to avoid the problem of miscommunication or conflicts just try to make a differentiation between friendship and relationship. Treat the other person in the way how he wants to be. For ex:- If a person feels much comfortable in being as a friend with you, then try to treat that person as friend and nothing else. As by doing this will disturb the relation with that person, miscommunication can take place, arise of conflicts

4) Suggest three ways in which social health can be promoted in children by each of the following –

a) School :- Every school must try to create a positive environment where the children can be free to eat the food of their choice, involve in regular physical activities like exercise, yoga , or participating in games. Where the children feels free to get mingle with teaching and non- teaching staff which will help the children to share their problems that they might be facing without any fear. School also helps the children to learn social skills, that helps them to live a health behavior in future. If there are rules and regulations, then only student can learn to work in team and training of social well being. Ex:- In defence, there are rules and regulations, the children tries to work together as a one team and protect our

b) Teachers :- As we know that teachers are the second parents of the children when they are in school and gives shapes to the young minds of the children. The teacher also makes sure that his children grows up physically and socially. For this teachers has to concentrate on the what things children must do.

a) Teachers should make sure that the children must have nutritious diet and perform regular exercise, that will keep them physically

b) Teachers should also look that the children must try to mingle and should have a good behavior with each other. Doing this will help the children to intake the helpful nature and this can prove to be helpful for mental, emotional and social support.

c) Teachers should also give proper training related to leaning life skills like :-

i) Children must have a good communication skill, that will help to strongly bond the relationship with

ii) teachers must teach children to take decision and should be able to solve the problem that will make them stress

iii) Must have the ability of creative and critical thinking through all aspects.

iv) Should be able to deal with emotion and

c) Family :- As we know that we can see the world, we are alive, because of our parents. Parents or guardians play an important role in the life of the children as they are first parents who takes good care of their children, provides good nutritious food, clothing, fulfill their wants etc. They should make themselves in such manner, so that the children can treat them as their idol and follow them as the children are growing up. Using of electronic items like watching of tv and using mobile phones for long period of time etc is bad for the children at their growing age.

We should even make sure that whatever we do in front of the children they enact us, we should not watch tv programs or mobile use for long time. We should even provoke students in watching the good tv programs, for doing regular exercise for building stronger bones and health body (muscles), having nutritious diet etc.

For maintaining a fit body and fitness, it is necessary for one to eat proper (nutritious) diet, having healthy body and mind. Parents or elder members in the family must guide the children in developing their social skills.

Parents and elders always built a safe network with children by giving them necessary guidance (giving good suggestion), to the adolescent children, solve/ answer their questions and provoke them to get involved in other activities rather

than getting addicted to the addictive substances like chewing of tobacco, consuming of drugs and alcohol, smoking cigarettes, bidis, chewing of gutka, eating of pan etc which children misunderstand that after consuming them will reduce stress or problems.

These addictive substances may have bad effect on the body of children. Keep them away from such kind of addictive substances as unknowingly/ with friends along ness they'll consume.

Q5) Write a short story of your choice to express life skills.

Ans :- Do it yourself.

Q6) What kind of society do you envisage if majority of its members are socially healthy?

Ans :- Do it yourself.