

11. Healthy Community Living

Exercise

Q1) Multiple Choice Questions :-

1) Which of the following is the most important criterion for healthy community living.

- a) Cooperative action b) Kindness c) harmony d) safety measures

Ans :- Do it yourself.

2) Community participation is essential for

- a) Ecological restoration
b) Public hygiene and health
c) Social harmony
d) All of the above

Ans :- Do it yourself.

Q2) State whether True or False :-

- 1) Maintenance of public hygiene is the sole responsibility of the government. **(True)**
2) Community health and individual health are closely interlinked. **(True)**
3) Camping is the only means for developing values of cooperative living. **(False)**
4) Overcrowding increases the risk to air borne diseases. **(True)**
5) Interpersonal relationships are as important as our physical environment. **(True)**

Q3) Answer the following Questions :-

1) What is your vision of a healthy community? Give at least 3 examples.

2) A camping trip has been arranged by your school. Two girls from your community are not allowed to go for the trip. What are the points you would highlight to convince the parents on the importance of camping trip for girls.

3) Arrange a collage of pictures showing various activities in a Camping Trip.

4) Give two suggestions for keeping your community healthy, both of the individual and collective level, based on the points enumerated below. For example – Record your suggestions regarding cleanliness drive within the community. The first one has been done for you.

I will ensure that, I do not throw litter around.

We will ensure that, there are no open garbage dumps in the community.

a) Record your suggestions regarding rules and regulations within the community for safety measures

I will ensure that

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We will ensure that

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b) Record your suggestion for ensuring equal access of public amenities to all

I will ensure that

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We will ensure that

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c) Record your suggestion for adopting effective waste management practices

I will ensure that

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We will ensure that

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d) Record your suggestion for ecological restoration and conservation within your community.

I will ensure that

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We will ensure that

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e) Record your suggestion for kindness and consideration to the aged and differently abled.

I will ensure that

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We will ensure that

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f) Record your suggestion for counseling provisions for the youth, recreational facilities etc.

I will ensure that

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We will ensure that

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Ans :- Do it yourself.

5) Imagine that you have been asked to prepare an activity schedule for a day in a camping trip. First write down the location of the camping site and objectives of the camping trip and include other details in the following table.

Location of the camping site

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Objectives of the camping site

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Schedule for a camping trip –

Time	Activities	Equipment Required	No. of participants	No. of Teachers/ Instructors	Expected Outcome	Budget

Ans :- Do it yourself.