

Class 9 - Skill Education

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Personal and Lifestyle Services

CBSE NOTES

Personal and Lifestyle Services - Revision Guide

Revise faster with structured summaries, key points, and important ideas.



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1. Define Human Services.

Human Services encompass professions that meet human needs through interaction, such as healthcare, education, and community services.

2. What is sevā?

Sevā, rooted in Indian culture, refers to selfless service to others. Examples include volunteering and community support.

3. Importance of empathy in services.

Empathy involves understanding others' needs and feelings. It is essential for effective caregiving and enhances client relationships.

4. Examples of sevā in daily life.

Everyday acts like helping an elderly person or guiding schoolchildren showcase sevā, emphasizing community support.

5. Digital technology's role in services.

Advancements like telehealth and e-learning are revolutionizing how services are delivered, making access easier and broader.



6. Challenges in modern human services.

Issues such as climate change and an aging population create new service needs, requiring innovative solutions in human services.

7. Compassion in human services.

Compassion is the drive to ensure others' needs are prioritized. It strengthens the bond between service providers and clients.

8. Components of quality of life.

Quality of life includes physical health, mental well-being, and social relationships, all essential in the scope of human services.

9. Key roles in Human Services professions.

Professions include doctors, educators, social workers, and emergency responders, each addressing specific community needs.

10. Differences between physical and mental health services.

Physical health services focus on treating illness, while mental health services address psychological well-being and support.



11. The role of community in human services.

Community involvement enhances service effectiveness and fosters belonging, trust, and support among members.

12. Misconceptions about servitude.

Many confuse servitude with servility; sevā represents dignity-centered support rather than a lack of self-worth.

13. Lifelong learning in human services.

Continuous education is vital for adapting to changing needs and advancements in methods and technology within the field.

14. Role of volunteers in society.

Volunteers address unmet needs, providing crucial support in various sectors and enhancing community ties through service.

15. Effective communication in human services.

Clear communication fosters understanding and trust, essential traits for successful interactions with clients.



16. Building rapport with service users.

Establishing strong relationships with clients enhances service effectiveness, resulting in better outcomes for all involved.

17. Cultural sensitivity in human services.

Recognizing and respecting cultural differences ensures inclusive services that meet diverse community needs.

18. Examples of personal service professions.

Professions like hairdressers and personal trainers illustrate personal care services that enhance everyday experiences.

19. Importance of ethics in human services.

Ethical practices ensure fairness, respect, and confidentiality in all service interactions, maintaining trust and accountability.

20. Impact of climate change on human services.

Climate change leads to increased needs for health and safety services, compelling professionals to adapt strategies accordingly.



21. Understanding client rights.

Clients have the right to informed choices, privacy, and respect during service delivery, shaping ethical standards.



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