

Class X - Health and Physical Education

Healthy Community Living

CBSE NOTES

Healthy Community Living - Mastery Worksheet

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Mastery Questions

1. Compare and contrast the living conditions in Mawlynnong Village and a slum in an urban area with examples from the chapter.

Hint: Focus on cleanliness, amenities, and community participation in both settings.

Solution: Mawlynnong Village is known for its cleanliness and collective effort in maintaining the environment, with amenities like clean water, sanitation, and garbage disposal facilities. In contrast, slums in urban areas face overcrowding, lack of basic amenities, and unhygienic conditions leading to diseases. Examples include the use of bamboo dustbins in Mawlynnong versus open garbage dumps in slums.

2. Explain the importance of social distancing during the coronavirus pandemic with reference to the dos and don'ts mentioned in the chapter.

Hint: Highlight the preventive measures and their effectiveness in controlling the spread.

Solution: Social distancing is crucial to prevent the spread of COVID-19 by maintaining at least one meter distance, avoiding crowded places, and not using public transport unnecessarily. Dos include staying at home and keeping distance, while don'ts include avoiding gatherings and public transport.

3. Discuss the role of local government and community members in ensuring healthy community living.

Hint: Consider both top-down and bottom-up approaches in community health management.

Solution: Local governments ensure rules for safety, cleanliness, and equal access to amenities, while community members participate in maintaining hygiene, waste management, and ecological conservation. Collective effort is essential for a healthy community.

4. How does camping contribute to the development of values and attitudes conducive for healthy and cooperative living?

Hint: Think about the skills and values learned through outdoor activities and group interactions.

Solution: Camping fosters teamwork, self-reliance, and appreciation for nature through activities like trekking and cultural exchanges. It teaches the importance of community living and environmental conservation.

5. Analyze the impact of stigma during an epidemic like COVID-19 with examples from the case studies provided in the chapter.

Hint: Focus on the psychological and social consequences of stigma.

Solution: Stigma leads to social exclusion, stress, and mental health issues, as seen in cases where individuals are ostracized due to fear of infection. Examples include a store owner fearing loss of customers and a family asking a member to leave the house.

6. Describe the essential features of a healthy community and how they can be achieved.

Hint: List the amenities and discuss the collaborative efforts needed to provide them.

Solution: Essential features include access to clean water, sanitation, healthcare, and recreational facilities. Achieving these requires government initiative, community participation, and individual responsibility in maintaining hygiene and utilizing resources optimally.

7. What are the benefits of adventure sports in camping as mentioned in the chapter?

Hint: Consider the physical, mental, and social benefits of these activities.

Solution: Adventure sports like trekking and rock climbing develop courage, leadership, teamwork, and physical fitness. They also enhance concentration and provide a break from routine, contributing to overall well-being.

8. Explain how the Swachh Bharat Abhiyan promotes healthy community living.

Hint: Link the campaign's objectives to the chapter's themes of cleanliness and disease prevention.

Solution: The Swachh Bharat Abhiyan emphasizes cleanliness and hygiene, encouraging individuals and communities to maintain clean surroundings. It aims to prevent diseases by promoting waste management and sanitation practices.

9. Discuss the challenges faced by communities without access to basic amenities and suggest solutions.

Hint: Identify the problems caused by lack of amenities and propose collaborative solutions.

Solution: Challenges include increased disease risk, poor living conditions, and stress. Solutions involve government intervention to provide amenities, community awareness programs, and collective action to improve infrastructure.

10. How can values like cooperation and mutual respect be inculcated in community members for healthy living?

Hint: Think about educational and practical approaches to value inculcation.

Solution: Values can be inculcated through education, community activities like camping, and by setting examples of cooperative behavior. Encouraging participation in collective tasks and recognizing contributions fosters these values.

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