

Class X - Health and Physical Education

Healthy Community Living

CBSE NOTES

Healthy Community Living - Quick Look Revision Guide

Your 1-page summary of the most exam-relevant takeaways from Health and Physical Education.



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Key Points

1. Define healthy community living.

Healthy community living refers to a way of life where members collectively maintain clean, hygienic surroundings and share amenities for well-being. Example: Mawlynnong Village.

2. Importance of basic amenities.

Access to clean water, sanitation, healthcare, and recreational facilities prevents diseases and ensures a healthy life.

3. Role of social distancing in COVID-19.

Maintaining at least one meter distance reduces virus spread. Dos: Stay home, avoid crowds. Don'ts: No public transport, gatherings.

4. Effects of unhygienic surroundings.

Filthy areas breed mosquitoes and flies, leading to diseases like malaria, dengue, and cholera.

5. Features of a healthy community.

Includes clean environment, access to education, safe homes, employment, and nutrition for all residents.

6. Community participation in health.

Members must cooperate in maintaining cleanliness and utilizing resources wisely for collective well-being.

7. Swachh Bharat Abhiyan's role.

A government campaign promoting cleanliness and hygiene, inspired by Mahatma Gandhi's vision.

8. Stigma during epidemics.

Fear and misinformation lead to social exclusion. Recognizing and addressing stigma is crucial for community health.

9. Values for cooperative living.

Kindness, respect, gratitude, and teamwork foster healthy relationships and community living.

10. Camping benefits for students.

Develops teamwork, self-reliance, and appreciation for nature through outdoor activities and adventures.

11. Adventure sports in camping.

Activities like trekking and rock climbing build confidence, leadership, and physical fitness.

12. Importance of local government.

Panchayats ensure safety, cleanliness, and equal access to amenities, but community effort is also essential.

13. Preventing air-borne diseases.

Avoid overcrowding and ensure good ventilation to reduce risks like tuberculosis and COVID-19.

14. Water pollution and diseases.

Contaminated water causes cholera, jaundice. Solutions include clean water supply and proper sanitation.

15. Ecological restoration methods.

Planting trees and sustainable living practices help maintain nature's balance and community health.

16. Dealing with epidemic fears.

Education and support can alleviate stress and stigma associated with diseases like COVID-19.

17. Camping and cultural learning.

Campfires and interactions with locals teach about different cultures, crafts, and sustainable living.

18. Role of NCC, NSS in camping.

These organizations provide opportunities for adventure sports and community service, enhancing skills.

19. Community resources sharing.

Collective use of amenities like water, schools, and transport facilities strengthens community bonds.

20. Individual vs. collective health.

Personal hygiene and community cleanliness are interlinked; both are vital for preventing diseases.

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For Students

- Study with a timer to stay focused
- Teach someone else - it's the best way to learn
- Break big topics into small chunks to master them easily

For Teachers

- Simplify test prep with structured resources
- Use Edzy to share quizzes instantly with students
- Save time with ready-made teaching aids

Time Management:

Divide your exam time based on marks per question.

Good Luck!

Your hard work will pay off - believe in yourself!



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