

WHY DO WE FALL ILL

Health :- Health is a state of physical mental and social well being.

The Conditions necessary for good health:-

- i) Good physical and social environment.
- ii) Good economic conditions.
- iii) Social equality & harmony.

Que. Difference between Healthy and disease-free.

Healthy	disease-free
1- it is state of physical mental and social well being.	1- it is a state of absence from disease.
2- It refers to the individual physical & social environment.	2- it refers only to the individual.
3- the healthy individual is one who perform normal under given situation.	3- the individual many have good health or poor health.

"Failure comes only when we forget our ideals and objectives and principles." - Jawaharlal Nehru

i) Acute only not Colds
Eg:-

ii) Chronic for a effect
Eg:- diabetes arthritis

iii) Infectious are a person
Eg:- person Contact Common typhoid AIDS e

iv) Non-Diseased person
Eg:-

ILL

Types of diseases

i) Acute diseases:- are diseases which last only for a short period of time and does not have long term effect on health.
Eg:- Cold, Cough, typhoid, Cholera etc.

ii) Chronic disease:- are diseases which lasts for a long time & has long term drastic effect on health.
Eg:- diabetes, tuberculosis (TB), elephantiasis, arthritis, Cancer etc.

iii) Infectious Disease (Communicable diseases):- are disease which spread from an infected person to healthy.

OR

Person through air, water, food, Vector, physical Contact or Sexual Contact.

Eg. Common cold, chicken pox, mumps, measles, typhoid, cholera, tuberculosis (TB), malaria, AIDS etc.

iv) Non-Infectious disease (Non-Communicable Disease):- are disease which are not spread from an infected person to a healthy person.

Eg. beri-beri, stickle, Scurvy, night blindness,

"In a gentle way, you can shake the world." - Mahatma Gandhi

P.T.O.

diabetes, Cancer, high blood pressure etc.

Causes of Disease

- 1) Pathogens like virus, bacteria, fungi, protozoans etc.
- 2) Poor health and under nourishment.
- 3) Malfunctioning of body parts.
- 4) Environmental pollution.
- 5) Genetic disorder

Pathogens :- the organisms which causes infectious disease are called pathogens.

Agents	Diseases
Viruses	Common Cold, Influenza, measles, Chicken pox, mumps, AIDS etc.
Bacteria	Cholera, typhoid, TB, tetanus, Anthrax, food poisoning etc.
Fungi	skin infections
Protozoans	malaria, kala-azar, Amoebic dysentery, sleeping sickness.
worms	Intestinal infection, Elephantiasis.

"Failure comes only when we forget our ideals and objectives and principles." - Jawaharlal Nehru

Meaning
 PEP - Pulse
 OPV - 03
 NIDS -
 HIV - F
 DPT - Di
 Immunization
 is called im
 munity :-
 against infec
 Antibodies
 ORS :- are
 AIDS - Acq
 acute disease
 duration dise
 Severe cow
 Chronic disea
 duration slow
 BCG -
 WHO - Bac
 world

Means of spread

- 1- Through air:— Common Cold, TB etc.
- 2- through water:— ~~Cholera~~ cholera, dysentery.
- 3- Through vectors:—
 - a) mosquitoes:— malaria, dengue etc.
 - b) Flies:— Typhoid, diarrhoea, dysentery etc.
- 4- Through Sexual Contact:— Syphilis, AIDS etc.

Organ and tissue specific manifestations

- i) microbes which enter through nose are likely to go lungs (Bacteria causing TB)
- ii) Microbes which enter through mouth are likely to stay in gut.
- iii) Virus causing AIDS enters through Sexual Contact and spread through lymphs and damage immune system.
- iv) Virus causing encephalitis (Brain fever) enters the body through mosquito bites.

Principles of treatment ^{V. Imp.}

it consists of two steps:-

- To reduce the ~~effects~~ effects of disease:-
This can be done by taking medicines to bring down the effects of the disease like fever, pain, swellings etc. and by taking bed rest to conserve our energy.
- To kill the microbes:- This can be done by taking suitable antibiotics and drugs which kills the microbes and the disease is cured.

25/8/18

Principles of prevention

* There are two ways of prevention of infectious disease.

- General ways of prevention:- Public hygiene, proper food, Clean environment etc. is important for prevention of infectious disease.

2- Speci

Q.1 Difference between Infectious

i) They are caused by attack of pathogen
ii) The diseases are caused by external factors

Q.2 Difference between Acute

i) They last for a short period
ii) They do not have fatal effects on health.

Symptoms

i) They indicate the presence of disease
ii) Symptoms are indications of diseases in part of organ

Date 25, 8, 18

2- Specific ways of prevention :- The specific ways to prevent infectious disease is immunisation by taking vaccines. Vaccines provide immunity from disease like Tetanus, diphtheria, whooping, Cough, Polio etc.

Symptoms :- of disease are the things we feel as being 'wrong', like headache, Cough etc.

Signs :- on the basis of symptoms physicians look for signs of disease.

WHO

Health :- "A state of complete physical, mental and social well-being and not merely an absence of disease or infirmity".

Date 26/8/18

Page No.: 40

Revision. Chapter - 9, Remedial class

Q.1 State the laws of motion?

Ans 1st law of motion:— A body at rest will remain at rest. A body at motion will remain at uniform motion. unless an unbalanced force act on to the change its state of rest or of uniform motion.

2nd law of motion:— The rate of change of momentum of an object is proportional to the applied unbalanced force in direction of force.

3rd law of motion:— To each and every action, there is equal and opposite reaction.

Q.2 Define Inertia?

Ans The tendency of body oppose any change in state of rest or uniform motion is called Inertia of body.

Q.3 what is momentum?

Ans Momentum is defined as the quantity of motion contained in a body.

Q.4 From a rifle of mass 4 kg. a bullet of mass 50g. is fired with an initial velocity of 35 m/s. Calculate the initial recoil velocity of the rifle.

"Failure comes only when we forget our ideals and objectives and principles." — Jawahar Lal Nehru

Ans $M_1 = 50g = \frac{50}{1000} = 0.05 \text{ Kg.}$

$M_2 = 4 \text{ Kg}$

$V_1 = 35 \text{ m/s}$

$V_2 = ?$

According to the laws of Conservation of momentum

$M_1 V_1 = M_2 V_2$

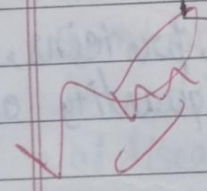
$0.05 \times 35 = 4 \times V_2$

$1.75 = 4 \times V_2$

$\frac{1.75}{4} = V_2$

$0.4375 = V_2$

$V_2 = 0.437 \text{ Kg m/s}$ Ans



NCERT textbook page no. 178

Q.1 State any two conditions essential for good health.

Ans i) An individual must have better health facilities and more professionals to deal with health problems.

ii) All basic necessary conditions to prevent diseases must be present. For example, proper garbage collection and disposal, water etc.

Q.2 State any two conditions essential for being-free of disease.

Ans i) Personal hygiene and cleanliness are necessary to stay away from diseases.

ii) individuals should take a balanced diet that contains carbohydrates, fats, proteins, vitamins, fibres and proper quantity of water.

Q.3 Are the answers to the above questions necessarily the same or different? why?

Ans No, the answers to the above questions may not necessarily be the same. because a disease free state is not the same as being healthy. Good health is the ability of an individual to realise his or her full potential. individuals can have poor

"Failure comes only when we forget our ideals and objectives and principles." - Jawahar Lal Nehru R.T.

health without having any identifiable disease. Also, health is related to Society and Community, whereas having a disease is about an individual Sick person.

NCERT textbook page no. 180

Q-1 List any three reasons why you would think that you are sick and ought to see a doctor. if only one of these symptoms were present, would you still go to the doctor? Why or why not?

Ans Symptoms such as a headache, stomach pain, nausea, Vomiting, fever, etc. make us feel that we are sick and must visit a doctor. These symptoms basically indicate that there might be a disease, but we cannot predict the kind of disease. Therefore, it becomes necessary to visit a doctor so that the diseases can be identified and can be treated with proper medication.

However, if only one of these symptoms is present, we usually do not visit a doctor this is because such symptoms do not have much effect on our general health and ability to work. However if a person is experiencing these symptoms for quite sometime, then the needs to visit a doctor for proper treatment.

Q.2 In which of the following cases do you think the long-term effects on your health are likely to be most unpleasant:

- if you get jaundice.
- if you get lice
- if you get acne.

Why?

Ans

Jaundice is a disease that can cause long-term effects on our health. It is a chronic disease that lasts for a long period of time. Jaundice does not spread rapidly, but it develops slowly over a period of time.

NCERT textbook page no. 187

Q.1 Why are we normally advised to take bland and nourishing food when we are sick?

Ans

So that we can get the nutrients and energy quickly to fight off the foreign disease causing agents.

Q.2

What are the different means by which infectious diseases are spread.

Ans

Diseases can be spread through various means such as air, water, sexual contact, blood and vector.

different:-

- i) Certain diseases causing micro organisms are expelled in air by coughing, sneezing, talking etc. These micro-organisms can travel through dust particles or water droplets in air to reach other people. for example, TB, pneumonia etc. spread through air.
- ii) Sometimes causal micro organisms get mixed with drinking water and spread water borne diseases. ~~chola~~ cholera for example is water borne disease.
- iii) Sexual act between two people can lead to the transfer of diseases such as syphilis, AIDS etc.
- iv) Certain diseases such as AIDS can spread via blood to blood contact during blood transfusion or pregnancy.
- v) Certain diseases spread by animals called Vectors. for examples. mosquitoes spread malaria.

Q.3 what precautions can you take in your school to reduce the incidence of infectious diseases?

- Ans
- i) State away from the diseased person.
 - ii) Cover your mouth or nose while coughing or sneezing to prevent to spread of disease.
 - iii) Drink safe water.
 - iv) Keep the environment clean to prevent mosquitoes from breeding.

"In a gentle way, you can shake the world." - Mahatma Gandhi

Q.4 What is immunisation?

Ans

immunisation defined as protection of the body from communicable diseases by administration of some agent that mimics the microbe. This suspension of killed microbes that mimics the disease causing microbes is known as vaccine.

Q.5 What are the immunisation programmes available at the nearest health centre in your locality?

Which of these diseases are the major health problems in your area?

Ans

The immunisation programmes available at the nearest health centre are DPT (Diphtheria, Pertussis and tetanus), Polio Vaccine, hepatitis B, MMR (measles, mumps and Rubella), Jaundice, typhoid etc. of all these diseases. Jaundice and typhoid are major health problems.

NCERT Exercise

Q.1

How many times did you fall ill in the last one year? What were the illnesses?

a)

Think of one change you could make in your habits in order to avoid any of / most of the above illnesses.

b) Think of one change you would wish for in your surroundings in order to avoid any of/most of the above illnesses.

Ans The varies from person to person. Some people fall ill several times in a year, while others do not fall ill at all. A person's immune system and hygiene-related habits play a major role in determining the person's health.

Q.2 A doctor/nurse/health-worker is exposed to more sick people than others in the community. Find out how she/he avoids getting sick herself/himself.

Ans The following precautions must be taken by a doctor/nurse/health worker.

- i) wearing a mask when in contact with a diseased person.
- ii) keeping yourself covered while moving around an infected place.
- iii) Drinking safe water.
- iv) Eating healthy and nutritious food.
- v) Ensuring proper cleanliness and personal hygiene.

Q.3 Conduct a survey in your neighbourhood to find out what the three most common

diseases are. Suggest three steps that could be taken by your local authorities to bring down the incidence of these diseases.

Ans Three most common diseases are:-

- i) Tuberculosis.
- ii) Typhoid
- iii) Jaundice.

Steps to be taken to bring down the incidence of these diseases are:-

- i) Proper disposal of sewage
- ii) Ensuring supply of safe drinking water.
- iii) Providing a clean environment and preventing mosquitoes from breeding.

Q.4

A baby is not able to tell her/his caretakers that she/he is sick. What would help us to find out:-

- a) Ans that the ~~body~~ baby is sick. The baby is sick can be determined by his/her behavioural changes such as constant crying of ~~body~~ baby, improper intake of food, frequent mood changes etc.

- b) what is the sickness?

Any The sickness is determined by symptoms or indications that can be seen in the baby. The symptoms include vomiting, fever, loose motion, paleness in the body etc.

Q.5 Under which of the following conditions is a person most likely to fall sick?

a) when she is recovering from malaria.

b) when she has recovered from malaria and is taking care of someone suffering from chicken pox.

c) when she is on a four-day fast after recovering from malaria and is taking care of someone suffering from chicken pox. Why?

Any because she is fasting during recovery, and her immune system is so weak that it is not able to protect its own body from any foreign infections. If she is taking care of someone suffering from chicken pox, then she has more chances of getting infected from chicken pox virus and will get sick again with this disease.

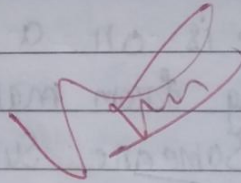
Q.6 Under which of the following conditions are you most likely to fall sick?

Class 9th

- a) When you are taking examinations.
- b) When you have travelled by bus and train for two days.
- c) When your friend is suffering from measles why?

Ans

because measles is highly contagious and can easily spread through respiration i.e., through air. Thus, if your friend is suffering from measles, stay away from him otherwise you might easily get infected with the disease



*

The Prot

*

The Prot bet

Important question

Q.1 Difference between Infectious and non-Infectious

Infectious

Non-Infectious

i) They are caused by attack of pathogens

ii) The diseases are brought about by extrinsic or external factors

i) They are caused by factors other than living pathogens.

ii) The diseases are mostly brought by intrinsic or internal factors

Q.2 Difference between Acute and chronic

Acute

Chronic

i) They last for only short period of time

ii) They do not cause long term bad effects on human health.

i) They last for a long time, even as much as a life time.

ii) They cause drastic long term effects on human health.

Symptoms

Signs

i) They indicate the presence of disease

ii) Symptoms are a collective indication of a number of diseases in a particular part of organ.

i) They provide information about the presence of particular disease

ii) They are distinct for different diseases.

PPIP - Pulse polio immunisation programme

OPV - Oral polio vaccine.

NIDS - National Immunisation days

HIV - Human Immunodeficiency Virus.

DPT - Diphtheria, pertussis and tetanus.

immunization:- The process of developing immunity is called immunization.

immunity:- The capability of the body to fight against infection owing to the presence of specific antibodies is called immunity.

ORS:- Oral Rehydration solution

AIDS - Acquired Immuno - Deficiency Syndrome

acute disease:- An acute disease is a short duration disease which often has a relatively severe course.

Chronic disease:- Chronic disease is a long duration slow developing; disabling disease.

BCG - Bacillus Calmette Guerin.

WHO - World Health Organization.