

WORKSHEET

VOCABULARY ENHANCEMENT

Q.1 Select the antonym of the words given below:

1. CEREMONIOUS

A. momentous B. stately C. proper D. informal E. offensive

2. UNKNOWN

A. celebrated B. secret C. exotic D. successful E. irrelevant

3. MINIMUM

A. valley B. median C. apex D. mean E. floor

4. FORTIFY

A. dispute B. alarm C. support D. sap E. intensify

5. BIASED

A. inclined B. disastrous C. neutral D. unfair E. injurious

6. CONCEAL

A. expose B. shroud C. recall D. harbour E. obscure

7. STERILE

A. arid B. fruitful C. undeveloped D. greasy E. dishevelled

8. REMAIN

A. emigrate B. endure C. abide D. vanish E. retreat

9. BUCKLE

A. purify B. adulterate C. straighten D. arc E. droop

10. CALLOUS

A. insolent B. soulless C. flexible D. tough E. compassion

WORKSHEET READING CCT ACTIVITY

LET'S FIND AND ANALYSE

HEALTH AUDIT ACUTE AND CHRONIC DISEASES

One day Pratibha read the following article on acute and chronic diseases- “Chronic, non communicable diseases such as cardiovascular diseases, diabetes and asthma impose a large and growing health burden on developing countries. Chronic diseases are responsible for at least 50% of the deaths that occur in all World Health Organization (WHO) regions except Africa, where they still account for 25% of all deaths. While the proportion of deaths from chronic diseases is largest in high-income countries, in low- and middle-income countries chronic diseases continue to cause 39% and 72% of all deaths, respectively The WHO Action Plan for the Global Strategy for the Prevention and Control of Noncommunicable Diseases recommends addressing management in the context of overall health system strengthening. Chronic diseases (eg, cardiovascular diseases, mental health disorders, diabetes, and cancer) and injuries are the leading causes of death and disability in India Chronic diseases (including cardiovascular and respiratory diseases, mental disorders, diabetes, and cancers) and injuries are the leading causes of death and disability in India— their burden will continue to increase during the next 25 years as a consequence of the rapidly ageing population in India. • Most chronic diseases are common and often occur as co-morbidities. • Risk factors for chronic diseases are highly prevalent among the Indian population. • Although a wide range of cost-effective prevention strategies are available, implementation is generally low, especially among people who are poor and those living in rural areas. Cardiovascular diseases alone account for 30% of all deaths in the world, 2 80% of which occur in low- and middle-income countries. Acute diseases are those diseases that come on abruptly and run a short, severe course, while chronic diseases last for a prolonged time and may come and go. An acute disease requires immediate medical attention due to lidiseases include typhoid, breathing difficulties, rapid-spreading infections and tissue death, or necrosis. After reading the above article she was shaken and promised herself to create awareness regarding this. Next day when she came to school, talked to her friends and the group finally decided to conduct a survey to assess the health condition of people around them.

CONDUCTING HEALTH AUDIT Prepare a questionnaire by defining parameters to take up a health audit on acute and chronic diseases prevailing in the school/neighbourhood. You can take into consideration any chronic disease like diabetes or high blood pressure. It is not advisable to visit people these days so you can take help of online resources.

The following points may be taken into consideration.

1. How many people suffered from acute diseases (along with the name of diseases) during the last three months.
2. How many people developed chronic diseases (along with the name of diseases)• during this same period

3. Total number of people suffering from chronic illness at present
4. Possible reasons behind these diseases
5. How does it affect the general health of the population
6. What is the role of diet?
7. Role of their economic condition.
8. Hygiene of the place where they live.
9. Is there any relation of that disease with the type of their occupation?
10. life-threatening possibilities.