

National Institute of Open Schooling
Senior Secondary Course- Physical Education and Yog
Lesson 09: Introduction to Health

Worksheet – 09

Q.1 Do you agree with the phrase “Health is wealth”, if yes, write down the meaning and importance of health in your own words.

Q.2 “Health is a multi-dimensional concept because it is shaped by biological, social, economic, psychological and cultural factors” In reference to the given statement write a short note on the following:

A. Physical dimension & its features

B. Mental dimensions and the factors that affects the mental health

Q.3 “Social dimension of health is related to social health whereas Occupational dimension is the ability to satisfy our personal needs” mention the difference of Social and occupational dimension and how it affects the life of a person.

Q.4 List down the principles of health you follow in day to day life.

Q.5 “To live a healthy life we follow the good habits but there are different factors that influences our health in broader way” In reference to the given statement write down about the factors that influences our health.