

National Institute of Open Schooling  
Senior Secondary Course- Physical Education and Yog  
Lesson 11: Awareness of Lifestyle Disorders

Worksheet – 11

Q.1 Write down a short note on your life style and the importance of quality life.

Q.2 “World Health Organization (WHO) forecasts six dimensions of quality of life” in reference to the given statement list down the dimensions and explain in your own words.

Q.3 Describe in your own words that’s how the individual and environmental Characteristics has affected our quality life with suitable examples.

Q.4 The modern life style has affected our health in physical and mental both ways, in light to the give statement explain the following:

A) Physical disorder caused due to unhealthy lifestyle

B) Meaning of psychological disorders and how it affects the human life.

Q.5 List down any five suggestions to improve and maintain good life style with suitable examples in your own words.