

National Institute of Open Schooling
Senior Secondary
Lesson 25 – Health Psychology
Worksheet-25

1. “Health should not be confused with the absence of illness.” Critically analyze the given statement and explain its meaning.
2. “Stress is now recognized as the silent killer”. Do you agree with the given statement? If Yes/No, justify your answer with reasons.
3. You have to give a speech on “Health Promoting behaviors” in a village as a mental awareness programme is being organized there. Prepare a detailed speech on the given topic such that the villagers find it easy to understand and apply.
4. People often indulge in certain unhealthy/self-destructive behaviors. Identify at least six such common behaviors and explain their negative impact on a person.
5. Observe in your locality if there are any trending behaviors that are unhealthy in nature. Suggest at least two ways to deal with these behaviors.

Or

Identify any programme that is being run by any NGO/Government body to promote healthy development of individuals suffering from problems like – Alcohol and drug use, malnutrition, HIV/AIDS or any other health problem.

6. Interventions to deal with the rising problem regarding mental health can be done at three different levels. Explain the three levels of Interventions with examples.
7. According to Indian system, there are certain key principles to good health and well being. Elucidate upon these key principles.