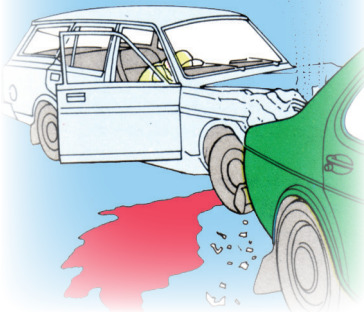




## Let us be aware and face challenges



We have to face various challenges in our day-to-day life. Illnesses, accidents, disasters, abuse and stress are some of these challenges that we face in daily life. Being able to face these challenges will give us the opportunity to live a happy life.



By studying this lesson, you will get to know, causes of diseases, their complications and preventive measures. Similarly, get the knowledge of handling situations such as accidents, disasters, abuse and expectations.



### Diseases

Diseases that can affect our bodies can be divided into two main types, namely, communicable diseases and non-communicable diseases.

### Communicable diseases

Kumari has caught a cold. Therefore, she is finding it difficult to concentrate in class. She is sneezing often and her eyes are tearing. A few days later, Kumari's friend Selvi too developed a cold.



How did Kumari catch the cold?

Is it possible that Kumari's friend Selvi caught the cold from Kumari after a few days?

What are the diseases that can spread from person to person?

Some diseases that can spread from person to person are listed below along with the way it spreads.

Table 10.1

Disease	How it spreads	How to prevent the spreading
Common cold/ Tuberculosis	Germs can be found in nasal fluids and droplets that are expelled through sneezing and coughing. These germs are inhaled or spread into the body from contaminated hands through the respiratory system.	Avoiding public places when you are ill. Covering mouth and nose when sneezing. Washing hands with soap. Opening windows during daytime and making sure there is proper ventilation and sufficient sun light.

Disease	How it spreads	How to prevent the spreading
Diarrhoea Typhoid	Water, food and flies.	Drinking boiled water. Eating food that is prepared hygienically. Covering food and beverages to prevent flies and other pests from contaminating them. Using a toilet. Washing your hands with soap after using the toilet. Washing hands with soap before preparing meals and before eating.
Dengue Filaria and other diseases transmitted through mosquitoes	Vector mosquito bites	Destroying mosquito breeding places. Keeping the environment clean. Avoid staying outdoors at times mosquitoes are active. Closing the doors and windows in the evening to prevent mosquitoes entering your house. Covering louvers with mesh. Applying mosquito repellents and using mosquito nets.

The above mentioned diseases either directly or through vectors (disease transmitters) such as mosquitoes can spread from one person to another.

## Non-communicable diseases

Diseases that do not spread from one person to another are known as non-communicable diseases. Diabetes, high blood pressure, cardiac diseases, cancers and mental illness are some of the non-communicable diseases.

The following factors increase the threat of non-communicable diseases:

- Eating food that has high salt, sugar or fat content
- Not eating sufficient quantity of vegetables, fruits and high fibre food
- Not having an active lifestyle and not engaging in exercises
- Being overweight or obese
- Mental stress
- Use of alcohol and drugs/smoking
- Spending more time in sedentary activities (watching television/playing computer games) for long hours
- Genetic factors (what is passed down from generation to generation).

### Let us put it into practice

Prepare a chart giving information about the family members of a person you know, who is suffering from diabetes. Mark the family members who have had diabetes and the age at which they were diagnosed with it.



## Disease preventive measures

### 1. Personal hygiene

Personal hygiene and cleanliness in the environment are important factors in preventing the spread of diseases.

Personal hygiene refers to the good habits that we can follow to maintain cleanliness. Cleanliness will prevent illnesses and help us stay healthy while creating pleasantness.

**The following are good habits that we must follow to maintain our personal hygiene:**

- Brushing your teeth in the morning and before going to bed
- Bathing daily
- Wearing clean clothes
- Combing and keeping hair clean
- Clipping nails short and keeping them clean
- Brushing teeth or rinsing the mouth after meals
- Washing hands with soap before meals
- Washing hands with soap after using the toilet
- Avoid sharing clothes, towels, combs etc.



Figure 10.1

## 2. Cleanliness of the environment

A clean environment will help prevent the spread of diseases and it will also create a pleasant surrounding. It is very important for our well-being. A clean environment will prevent the breeding of vectors of diseases such as flies, mosquitoes, cockroaches and mice. The following are actions that can be taken to maintain the cleanliness of the environment:

- Keeping our homes clean
- Dispose garbage in the proper manner
- Maintaining and keeping the drainage system clean
- Ensure to maintain standard distance between the well and the toilet pit.
- Constructing a protective wall to prevent contaminating the well from dirty water
- Using a toilet

- Taking the following action to destroy mosquito breeding grounds
- Burying plastic cups, empty bottles and coconut shells etc. that could collect water (breaking egg shells, rambutan peels etc. into smaller bits before disposing them)
- Removing gutters or keeping them clean so that water does not stagnate
- Destroying places that can collect water and become mosquito breeding grounds
- Specially breeding places of Dengue mosquitoes should be destroyed on a weekly basis.

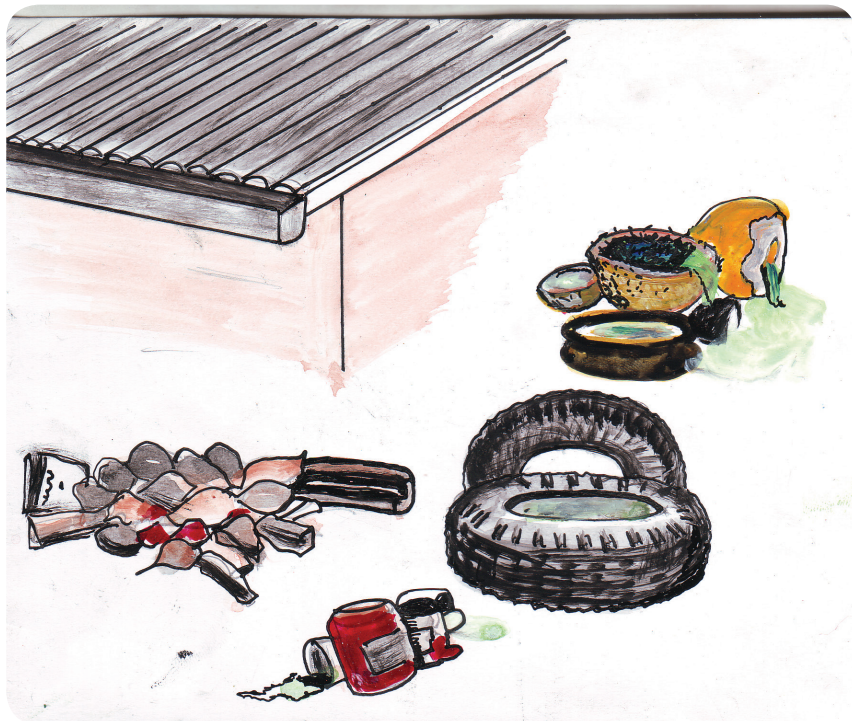


Figure 10.2 - Breeding places for mosquitoes.

### 3. Immunization

Natural immunity of our body prevents diseases and it can be improved by having a balanced diet and engaging in proper exercise. In addition to that, we can get immunity against certain diseases through vaccination.



## Let us Learn More

The following are some of the diseases that can be prevented through vaccination:

Tetanus

Tuberculosis

Diphtheria

Whooping cough

Measles

Mumps

Rubella

Hepatitis A and B

Japanese encephalitis

Polio

Chicken pox

## 4. Healthy life style

Following a healthy lifestyle will help us to prevent non-communicable diseases. As mentioned above, the risk of illnesses such as diabetes, high blood pressure, cardiac diseases, cancers and mental illnesses will depend on our genes and our lifestyle. The following will help us to prevent non communicable diseases:

- Following good food habits
- Active lifestyle and exercises
- Maintaining the appropriate Body Mass Index (BMI)
- Sufficient sleep and rest
- Avoiding alcohol, drugs and smoking
- Getting rid of mental stress.



Figure 10.3



## Negative consequences of illness

When we have developed an illness such as the cold, the physical discomfort makes it hard for us to carry out the daily activities in the usual manner. People with illnesses such as heart attacks and cancers might continue to be ill over a long period of time. That would disrupt education and employment and also increase economic hardships.

The following are negative consequences that may arise due to illnesses in general:

- Physical and mental discomfort
- Difficulty in carrying out day-to-day activities
- Disruption of education
- Weakening of the body due to recurrent illnesses
- Illnesses such as diarrhoea can cause malnutrition and stunted growth
- Reduced income due to disruption of livelihood
- Economic hardships due to higher expenditure for treatment
- Disability
- Death due to critical illnesses.



## Other challenges of day-to-day life

1. Accidents
2. Disasters
3. Abuse and sexual assault
4. Expectations

### Accidents

We may face various accidents during day-to-day activities. These accidents could happen at any place like home, workplace, school or the road.



## Accidents that could happen at home

- Getting injured by sharp tools and pointed objects
- Falling from unprotected, higher places
- Being bitten by dogs, cats, rats or snakes
- Being poisoned due to unsafe storing of Agrochemicals or medicinal drugs
- Getting electrocuted by electricity leakage, exposed electricity cables, sockets, etc
- Small children falling into unprotected wells
- Burns caused by firewood, gas cookers and hot liquids while cooking
- Facing accidents while lighting fireworks
- Burning caused by unsafe oil lamps
- Injuries due to lightning
- Food poisoning



Figure 10.4

Small children are especially prone to accidents while at home or at school. Home accidents can be minimized by watching over small children by adults, keeping sharp tools and pointed objects out of the reach of small children, and storing poisonous substances safely under lock and key.

### Let us put it into practice

1. Discuss the nature of home accidents and precautionary measures that can be adopted to prevent such accidents.
2. What are the accidents that could happen at school?  
What precautions can be taken to prevent such accidents?

### How to prevent road accidents?

1. Motorists and pedestrians must obey road rules.
2. Avoid driving when feeling sleepy or tired.
3. Vehicles must be maintained in good condition.

4. Drunk driving and walking on roads after consuming liquor must be avoided.
5. Pedestrians must walk on the right hand side of the road.
6. Pedestrians must cross the road using pedestrian crossings and avoid crossing the road when the red light appears at crossing.
7. Pedestrians must wear light coloured clothing when walking on roads at night.
8. Walking more than two abreast on roads must be avoided by pedestrians.

## Disasters

Disasters are unfavourable situations that arise due to unexpected changes in nature. Floods, landslides, tornadoes, draught, tsunamis, volcanic eruptions and earthquakes are examples of disasters.

We can protect the lives of all by being thoughtful and acting with care at a time of disaster. The following are methods that can be adapted to do so:



Figure 10.5

- Having a pre prepared plan on how to face a disaster
- Keeping a list of telephone numbers of relevant persons and places to inform at the time of a disaster
- Immediately moving to a safe location from the place where the disaster has occurred
- If people have been injured, providing first-aid before sending them to hospital
- Being mindful of the food and beverages that are taken.

## Abuse

Some individuals that violate social norms and laws may engage in abusive activities, especially against children and women. The following are some actions that can be taken to be safe from abuse:

- Avoiding being alone at home or other places
- Avoiding talking to unknown people if an unfamiliar person tries to take you away from a safe environment such as the school, refuse to do so and inform an elder about it
- If anyone tries to kiss you, touch you or if you are asked to do something you do not want to do, or do anything that makes you uncomfortable, leave that place immediately and inform parents or teachers about it.

## Expectations

You might feel stressed when you are coping with expectations such as becoming a leader, getting through an examination, winning sporting event or competition. These are challenges that we all have to face in our life. Therefore, it is important to develop the skills that would enable us to face such challenges successfully.



Figure 10.6



## Facing challenges

The skills needed to face the challenges of day-to-day life in a successful manner, are known as life competencies. We have already learnt about most of these life competencies under Mental and Social Well being in first lesson. We are able to face challenges successfully by increasing our awareness and developing those life competencies.

## Awareness

In order to face challenges successfully, we must be aware of the challenges first. If we don't understand the situation correctly it can lead to stress. For example, if you are aware of the number of questions in the question paper, time allocated and the manner in which answers must be



Figure 10.7

given, your stress about facing the question paper will reduce and you will be able to face that challenge successfully.

## Developing competencies

Competencies must be developed to be able to face challenges of life successfully. Remind the life competencies which must be developed.

1. Self understanding and self esteem
2. Decision making
3. Problem solving
4. Coping with stress
5. Critical thinking
6. Creative thinking
7. Emotional balance
8. Good interpersonal relationships
9. Productive communication
10. Empathy

### Let us put it into practice

Create a story on finding solutions to an issue using the above competencies. Apply the competencies to each incident in your story.

Read the story given in the first lesson for example.

## Now we know....

Communicable diseases can spread directly from person to person or through a vector such as mosquitoes. The spread of communicable diseases can be prevented by maintaining personal hygiene, cleanliness of the environment, obtaining treatment for the illnesses without delay and through immunization. A healthy lifestyle must be followed to prevent non-communicable diseases. Other challenges we have to face in life include accidents, disasters, abuse and expectations. Awareness and development of competencies will help us face these challenges and stress in life.

## Let us test our knowledge

1. What are the two main categories into which the diseases that affect us can be divided?
2. Give three examples to each category of diseases that were mentioned in 1 above
3. Give three actions that can be taken to prevent the spread of diarrhoea.
4. Give four methods used to control and prevent diseases?
5. What are the challenges that we have to face in our day-to-day life?
6. Write five things that can be done to prevent road accidents.
7. Write three things that can be done to be safe from abuse.