

**Second Term Home Assignment during Vacation**  
**Worksheet-02, Date: 29/06/2020**  
**Class: VII, Subject: Physical Education & Health**  
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**Chapter-3: Introduction to Health Science and Health Service.**

**Lesson-2: The Consequence of Dugs in a Person, Family and Society.**

**Introduction:** The drug is very much injurious to health. It affects the body and mind as well as family and society. Now we are to know how the harmful effects of taking drugs which reflect on society.

**Question 1:** What are the harmful effects of drugs?

**Answer:** The harmful effects of drugs are-

- (a) It harms mental health.
- (b) It affects family and social life in many ways.
- (c) Drug abuse effects the physical fitness dangerously.
- (d) Some drugs increase the occurrence of HIV and Hepatitis-B.
- (e) Drugs create physical and mental dependence.
- (f) It is very difficult to get rid of drug addiction.
- (g) Drugs create complicated diseases.
- (h) Smoking and drugs give rise to inflammation in each blood vessel.
- (i) Smoking and drugs give rise to respiratory problem.
- (j) Drugs may cause heart attack and brain stroke.
- (k) Drugs hinder the capability of coping with the pressure and power of decision making.

So, now we can say that drugs destroy a person, family and society as well.

**Question 2:** Why we should make everybody aware of the negative sides of drugs and motivate all not to take drugs?

**Answer:** The drug affects body and mind, as well as family and society. So we should make everybody aware of the negative sides of drugs from following points of view:

1. Drug addiction is increasing not only in Bangladesh but also all over the world day by day.
2. It is very much injurious to health.
3. It reduces the capability of learning and doing.
4. It increases mental stress.
5. It destroys the physical fitness, neurons of the brain and reduces delicate feelings.
6. Drug causes monetary loss. Drug addicted person creates pressure on the family for money to buy drugs.
7. Drug addicted person attack the people to snatch away money and loot valuable goods.
8. Poverty strikes on the drug addicted family for providing money for their treatment.
9. Drug addicted person destroy the mental peace of the family.

Finally, we can say that, it is not enough to abstain ourselves from the abuse of smoking and drugs. We should also turn away our friends, classmates and the people around us from this destructive situation.

❖ **Now you will try to solve the answers of the following questions:**

- (a) What do you mean by ‘Drugs harm mental health’?
- (b) What will be the behaves of a drug addicted person?
- (c) What are the complicated diseases which may occur due to taking of drugs?
- (d) How the mental peace of a family is destroyed?
- (e) How does delicate feelings get less powerful?
- (f) Why it is very difficult to get rid of the destructive habit of drug?
- (g) Who creates pressure on the family for money?
- (h) Why poverty strikes on drug addicted family?
- (i) Who suffers from respiratory problems?

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