

**Second Term Home Assignment**  
**Worksheet-04 (Chapter-3, Lesson-4), Date: 13/07/2020**  
**Class: VII, Subject: Physical Education & Health**  
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**Chapter-3: Introduction to Health Science and Health Service**

**Lesson-4: Resistance to drug addiction.**

The number of drug addict is increasing day by day. Today we are to know, what should be done to protect the family and the member of the society from the dangerous grip of drugs. Drug addiction is a very much dangerous thing. So everybody should know the techniques of prevention of this bad habit. Personal and social resistance are to be build up before the occurrence of anything like drug addiction. At the same time, it is essential to provide proper treatment and rehabilitation of drug addicted ones.

**Question 1:** How to build up resistance against drug addiction?

**Answer:** We can build up resistance against drug addiction in the following ways-

- (a) Set up an anti-drug organization & club.
- (b) Ensure the participation of the reputed personalities.
- (c) Organize functions against drug abuse in different educational institutions.
- (d) Imam, Priest, Fathers and the National Days are to create public awareness against the harmful effects of drugs.
- (e) The school authority can take steps to declare school free from smoking and drugs.
- (f) Pictures, posters, different behavioral pattern of drug addicted person can be displayed in prominent places for creating public awareness.
- (g) The programs related to sports, recreational and physical activities should be arranged.

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

- (a) What is increasing day by day in our society?
- (b) What we should do for the drug addicted person?
- (c) What we should build up before the occurrence of drug addiction?
- (d) What we should know to protect our family and society from drug addiction?
- (e) Why we should set up an anti-drug organization and club?
- (f) Who should participate in the anti-drug propaganda?
- (g) What are the steps need to be taken in order to get rid of the bad habit of drug addiction?

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**THE END**