

Second Term Home Assignment during Vacation
Task-01, Date: 20/06/2020
Subject: Physical Education and Health
Class: Seven
Subject Teacher: M A Jalil

Chapter-3: Introduction to Health Science and Health Service
Lesson-1: Drug and Drug Addiction

Question 1: What is drug?

Answer: There are 3 definitions of drugs. They are-

- (a) Those very substances which causes addiction are called drugs.
- (b) The taking of those substances causes the harmful effect and intoxication on the physical and mental health of the people are called drugs.
- (c) If we take any medicine without the prescription of a doctor and get addicted that is also considered as drugs.

For example- ganja, heroin, cigarettes, bidis, tobacco, alcohol, cheroots, hashish, charas, hemb-bhang, marijuana, phensedyl, yaba, sleeping pills etc.

Question 2: What is drug addiction?

Answer: Drug addiction means total reliance upon certain drug. When those harmful substances are taken, the addiction is created resulting in the decrease of consciousness and memory.

Question 3: What are the main reasons of drug addiction?

Answer: The main reasons of drug addiction are-

- (a) The people are mingling with the drug addicted friends.
- (b) Very often they take drug without realizing the bad effects of drugs.
- (c) Sometimes they do this at the instigation of their friends, classmates or out of curiosity.
- (d) Frustration, boredom, misery, agony, unemployment.
- (e) Happy conjugal life is absent between their parents.
- (f) The drugs are easily available here and there.

Question 4: Why is people taking drug again and again?

Answer: People are taking drug again and again because –

- (a) Taking drugs created a strong physical and mental urge.
- (b) Once a person gets addicted, a tremendous reaction is created both in his body and mind. To forget this problem, people taking drugs again and again.

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

- (a) Why the adolescent boys and girls are being ruined day by day?
- (b) When a medicine is called drug?
- (c) What types of drugs are available in our surroundings?
- (d) What is smoking?
- (e) If a member of your family becomes drug addicted, then what types of steps you will take?

THE END