

Healthcare

Class 7th

Sub Civics

Question 1: What are the different ways through which the government can take steps to provide healthcare for all? Discuss.

Answer: To provide healthcare for all, the government should take following steps:

- Setting up and monitoring the quality of the public health services in all areas.
- Providing basic amenities like clean drinking water, good infrastructure etc.

Question 2: In this chapter you have read that health is a wider concept than illness. Look at this quote from the Constitution and explain the terms living standard and public health in your own words.

An important part of the Constitution says it is the "duty of the State to raise the level of nutrition and the standard of living and to improve public health."

Answer: Living Standard: This means the condition in which people are living. It includes the level of wealth, comfort and material goods available to people.

Public Health: The general level of health among the people can be termed as public health. Efforts at ensuring public health include various measures which are taken to provide clean drinking water, to provide basic sanitation and to provide healthcare services.

Question 3: What differences do you find between private and public health services in your area? Use the following table to compare and contrast these.

Answer:

Facilities	Cost of Services	Availability of services
Private	Very high	Adequate
Public	Free or nominal	Inadequate or of poor quality

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Question 4: "Improvement in water and sanitation can control many diseases." Explain with the help of examples.

Answer: Many diseases happen because of drinking contaminated water and eating contaminated food. Poor sanitation is responsible for most of the communicable diseases. For example, diarrhoea, jaundice, cholera, etc. happen because of contaminated food and water. Similarly, dengue and malaria happen because of living in unhygienic conditions. These diseases can be easily prevented by improvement in water and sanitation. Thus, it can be said that improvement in water and sanitation can control many diseases.

Match Columns

Column I	Column I
(i) Health	(a) Registered Medical Practitioner
(ii) RMP	(b) Prone to illness
(iii) Lack of ventilation	(c) Free from anxiety

Answer: i - c, ii - a, iii - b

Fill in the blanks:

1. _____ is the full form of OPD.
2. The government must safeguard the _____ of every person.
3. Foreigners who come to this country specifically for medical treatment are called _____.
4. _____ is an activity/service that is organized with profit motive.

Answer:(1) Out patient department, (2) Right to life, (3) Medical tourists, (4) Private

Multiple Choice Questions:

Question 1: Communicable diseases are spread through _____

- a. Water*
- b. Food*
- c. Air*
- d. All of the above*

Answer: (d) All of the above

Question 2: Public means an activity or service

- a. Meant for all people in the country*
- b. Mainly organized by the government*
- c. Meant only for the poor people*
- d. Both a and b*

Answer: (d) Both a and b

Question 3: In 1996, the _____ government passed some major changes regarding health

- a. Maharashtra*
- b. Kerala*
- c. Andhra Pradesh*
- d. Haryana*

Answer: (b) Kerala

Question 4: PHC stands for _____

- a. Preventable health centre*
- b. Primary health centre*
- c. Primary health council*
- d. Poor's health centre*

Answer: (b) Primary health centre

Short Answer Type Questions

Question 1: How can we improve the overall health condition of the people in India?

Answer: The government has to take steps to improve the healthcare services especially aiming at the poor and underprivileged sections of the society. Improvement in the basic amenities and social conditions of the people will go a long way in improving their health conditions.

Question 2: Describe the health – finance struggle faced by the poor in India.

Answer: For those who are poor, every illness causes a lot of anxiety and stress because they have to borrow money/sell their possessions for paying their medical bills. They also tend to fall ill repeatedly because of malnourishment and lack of basic health and sanitation facilities.

Question 3: Write briefly about health.

Answer: Being healthy means much more than having no disease. It includes removing the factors that contribute to ill health like accumulation of stagnant water in the surroundings, lack of basic sanitation facilities, dirty surroundings, polluted air etc. It also includes good mental health.

Very Short Answer Type Questions:

Question 1: Define public health service.

Answer: Public health service is a chain of health centres and hospitals run by the government.

Question 2: What are the types of health care facilities available in India?

Answer: Public service and private health facility.

Question 3: What is a private health facility?

Answer: Private health facility is owned by an individual or company and not by the government.

Question 4: Give the basic definition of health.

Answer: Health, in layman's terms is the ability to remain free of illnesses and injuries.

Long Answer Type Questions

Question 1: Describe the steps taken in India and Costa Rica regarding health.

Answer: Kerala: Some major changes were made by the Kerala government in 1996. The panchayats were allocated forty per cent of the state budget. This enabled the panchayats in planning and providing for their requirements well. This helped the village to make sure that proper planning was done for water, food and women's development and education.

Costa Rica: Costa Rica is amongst the healthiest nations in South America. This could be possible because of an important decision made by the Costa Rican government. Many years ago; Costa Rica decided not to have an army. It was assumed that instead of wasting the money on armed forces, it was more important to spend that on public health, education and on other basic needs of the people.

Question 2: Write a note on equality from health perspective.

Answer: In India, there is no equality in terms of healthcare facilities.

- There are many private facilities but they are out of reach for most the people.
- Only 20% of the people can afford to pay their medical expenses.
- Many villages do not have access to even basic healthcare facilities.
- The number of doctors in government hospitals is not enough to take care of the huge mass of poor people.
- Women usually do not get priority in terms of medical care.

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Question 3: Write in detail about healthcare in India.

Answer: India produces the largest number of doctors every year but majority of them prefer to settle in urban areas. The government has put in place a system of hospitals at different levels; right from villages to urban centres. Doctors of various speciality are available in these hospitals. Apart from giving treatment, these hospitals also do the necessary work to prevent many epidemics.

But the number of doctors and hospital beds in government hospitals is not enough to take the load of huge number of sick people. Due to this, a person has to wait in long queues in government hospitals. Many small villages are far away from hospitals and people often have to trek for miles to reach hospital.

Apart from government hospitals, there are many private hospitals. But most of the private hospitals are in big cities. In small cities, many doctors run their private clinics. Treatment in private hospitals is highly costly. Doctors in private hospitals often prescribe too many medicines and tests which may not be required at all.
