

# NTSE

NCERT Solutions for Class 9 Science  
Biology – Why Do We Fall ill



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## NCERT ANNEXURE

Below you can go through the subjective type questions and answers from NCERT Annexure.

### 1. What is a disease?

**Ans.** Disease is an impairment or malfunctioning in the normal state of the living organism that disturbs the performance of the vital functions in the organisms.

### 2. Mention the few basic conditions necessary for keeping good personal and community health.

**Ans.** Basic Conditions for keeping good personal health and community health are:

- (i) Balanced diet should be taken.
- (ii) Proper hygiene should be followed.
- (iii) Daily exercise.
- (iv) Proper relaxation and entertainment.
- (v) Vaccination should be done in early childhood.
- (vi) Wash utensils, clothes and mop the floor daily.
- (vii) Keep surroundings clean.
- (viii) Check on mosquitoes and flies.
- (ix) General awareness and education.
- (x) Establishment of community health care centres.

### 3. What are the different causes of diseases?

**Ans.** There are two main causes of diseases- External causes and Internal causes.

#### 1) External causes-

- |                             |                               |
|-----------------------------|-------------------------------|
| a) Pathogens                | b) Inadequate diet            |
| c) Environmental pollutants | d) Addiction (Drug & Alcohol) |

#### 2) Internal causes-

- |  |   |
|--|---|
| a) Genetic disorders                   | b) Malfunctioning of the body parts           |
| c) Imbalance in the hormonal secretion | d) Malfunctioning of the body's immune system |

### 4. Classify diseases on the basis of time duration.

**Ans.** On the basis of time period, diseases can be **acute** or **chronic**.

- a) An acute disease is a short duration disease which often has a relatively severe course. eg. Cold, Cough etc. These do not cause long term bad effects on human health.
- b) A chronic disease is a long duration slow developing, disabling disease. eg. Cancer, Diabetes etc. These cause drastic long-term effects on human health.

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5. Differentiate between:

- Personal health and community health.
- Acute diseases and chronic diseases.
- Infectious disease and non-infectious disease.

Ans.	Personal Health	Community Health
a.	1. Personal health means the health of a particular person. 2. It depends on cleanliness, medication and hygienic environment of the person.	1. Community health depends on health of a community 2. It involves the health of many individuals living in a particular colony, locality or area.
b.	Acute Disease	Chronic Disease
	1. Acute diseases last for a shorter duration of time. 2. These do not cause long term bad effects on human health. e.g. Common cold	1. Chronic diseases last for a longer duration of time. 2. These cause a drastic long term effect on human health. eg. Cancer
c.	Infectious Disease	Non-infectious Disease
	1. Disease spreads from infected people to healthy people. 2. It is caused by infection of viruses, bacteria or pathogens. Eg. HIV, Hepatitis etc.	1. Disease is not spread from one person to another. 2. It is not caused due to virus, bacteria or any pathogen but is due to malfunctioning of any body part. Eg. Diabetes, Kidney Failure etc.

## NCERT ANNEXURE

Here are the Objective Type questions and solutions from NCERT Exemplar.

1. State any two conditions essential for being free from disease.

- Ans. (i) Hygienic environment  
(ii) Vaccination

2. List any three reasons why would you think that you are sick and ought to see a doctor. If only one of these symptoms were present, would you still go to the doctor?

Ans. Three reasons to feel sick are:

- Persistent fever
- Headache, body ache & shivering
- Diarrhoea

Yes, if any of the symptoms are persistent for a long time because its makes us feel uncomfortable and bed ridden.

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STORY**

*I still wonder how one man has such a deep understanding of an examination. It becomes the truth what ever Nipin Sir says about NTSE.*

*M. Pareek*

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