

Riviera International Academy

Assignment-2077

(Ashad 02, 2077, Tuesday)

Class: Six

Subject- English

Find any fifteen adjectives from English book you have and use them in sensible sentences.

Subject: Computer

The given below is the link on reference material to computer system. Study the link and answer the given questions.

<https://www.informationq.com/about-the-basic-parts-of-a-computer-with-devices/>

1) Answer the following questions.

- a) What is computer? Name any five parts of computer.
- b) What is input device? Give its examples.
- c) What is output device? Give its examples.
- d) What is storage device? Give its examples.

Subject-Social Studies

Lesson –Our Infrastructure of Development: Health

A. Study the following text and answer the following questions:



8 Habits of Healthy Kids

1. Spend at least one hour a day being physically active.
2. Limit TV, computer games and the Internet to no more than one hour a day.
3. Don't eat in front of the TV.
4. Drink water instead of soda.
5. Eat more fruits and vegetables.
6. Eat less fast food (no more than once a week). Choose smaller portions if you do eat out.
7. Snack on healthy foods and eat less junk food and sweets.
8. Switch to 1% or fat-free dairy products.

Problems in health sector of Nepal

Major problems in health sector of Nepal are as follows:

1. In a rural area, a government has not been able to operate hospitals and manage doctors as well



Source: healthaffairs.org

Fig: Health sector

as necessary tools, equipment, and medicines.

2. There are no such health services in the remote areas because of the lack of facilities doctors are not interested in working there.
3. Instead of going to doctors people prefer to go to witch doctors (Dhamijhankri).
4. It is because due to the lack of education and awareness in remote areas. Also, can not even pay for doctor fee.

Solutions

1. In rural areas, awareness program should launch by Government and non-government organization.
2. In all parts of the country health posts and health centres should be established. And doctors are to be motivated to go to the remote areas.
3. Mobile health camps should be conducted and blood donation programmes.
4. Health education should be made compulsory in a school curriculum.

Questions:

1. How many healthy habits do you follow? Make a list of the good habits that everyone should follow to have a healthy lifestyle.
2. What kinds of problems are there in health sector?
3. **Think and Write:** What steps should the society take to improve health sector of our country? Explain.

The End.