



## Unit 4

# Physical Education and Sports for CWSN

(Children with Special Needs—Divyang)

### Contents

- 4.1. Concept of Disability and Disorder
- 4.2. Disability : Its Types, Causes and Nature—Cognitive, Intellectual, Physical Disability
- 4.3. Types of Disorder, Causes and Nature of ADHD, SPD, OCD, ODD, ASD
- 4.4. Disability Etiquettes
- 4.5. Advantages of Physical Activities for Children with Special Needs
- 4.6. Strategies for making Physical Activities Accessible for CWSN

### Introduction

#### Meaning of Divyang

A child who does not act or behave as a common child either in class or in society is named as Divyang. Such children are not upto mark in school studies, the reason behind this is that they have granted less power to grasp by nature. Some children are weak in studies but are much active in other skills like drawing, sketching. It is the duty of a teacher to find out the skills other than study and rectify it by the means required. A part from it one should not avoid them. One should have a sympathy and soft corner towards them. One should try to promote their self confidence. Our government has provided many facilities to them. Society should not ignore them. They should support and promote them in the way they want or can progress. Show the right path to children with special needs—Divyang through sports.

#### Did You Know?

- ➔ Disability is a legal term.
- ➔ Disabled person in India are designated as “Divyang” as notified by Govt. of India.
- ➔ Disability and Disorder terms are similar for a common person but technically both are different.
- ➔ Disability and Disorder are not only the physical structural deformities, it also includes non-performing or partial performance by various organs, systems and its functions, Brain functioning, behaviour, reading, writing, retaining or memorizing capabilities.
- ➔ Govt. of India having various plan for “Divyang Jan” to support in various ways such as special reservation in travel by road, rail or air, in various jobs of Govt., semi Govt. and private sectors.
- ➔ Academic plan is modified from primary to higher education.
- ➔ Financial assistance for establishment of business and profession.

## 4.1 Concept of Disability and Disorder

Disability means lack of ability. As the term indicates that disability refers to any type of problem related to physical, mental, intellectual development which hampers, a person's activity or ability to do work. Disability can occur since birth or in any stage of life.

Normally, it is seen that disable persons are been deprived of rights like normal people do have. This cause disable person in backward state. That's why different countries including India have enabled disabled person with special rights and special legal support so that they remain in mainstream. Today different countries including India provide special reservation and facilities at public place like train, bus, school, hospital. In addition government is providing various financial assistance and package for them. Disable person may not be able to relate to a normal person but in a way, he/she is a warrior, whose experience, journey and hard work inspires a million people across the globe.

Disability is not a weakness. That's why our Prime Minister Mr. Narendra Modi refers disabled peoples as-divyang.

**Concept of Disorder :** Disorder is defined as anything which obstructs a person's daily activity. It is a disease which affect a person's health. Disorder hampers a person's performance and affects his ability to do daily work. Any disorder seems to be normal problem at beginning. Many a times, a disorder is not diagnosed at correct time which turns into a disability in future. In all types of disorder, mental disorder is considered to be most complex and serious problem. Because nature of mental disorder is far lethal than physical disorder. Symptoms of physical are seen in early stages but symptoms of mental disorder are not seen for a longer duration. Apart from mental disorder, there are other disorder like—personality disorder, anxiety disorder, psychological disorder.

**Meaning of Disability :** Disability is a disadvantage that restricts the smooth functions of movement of a person. It hampers daily routine activities of a person.

It relates to physical, mental, developmental problems of a person. It is a disturbance of function, structure of both resulting from a genetic or embryonic failure in development or from exogenous factors such as poison, trauma or disease.

**Meaning of Disorder :** A disorder is a problem or illness which affects someone's mind or body. It is normally related to mental disorder. A disorder can affect adversely a person in any way. Disorder disrupts a person's performance and daily normal functions of a person. Any disorder in beginning seems to be a normal problem, but it results lethal gradually. There is no specific time frame for any disorder. It can occur at any stage of life. If a disorder is not diagnosed and treated on appropriate time. Then it can become a disability.

### Practice Questions 4.1

#### I. Short-I Question Answers (3 Marks, 100 Words)

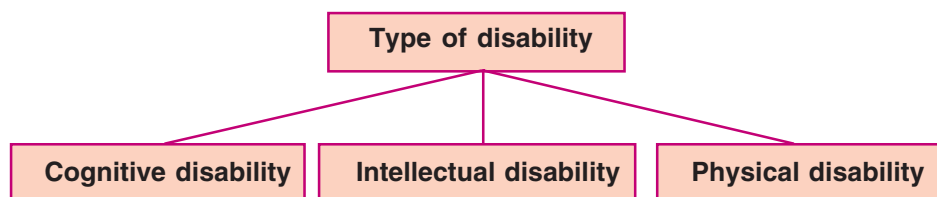
- Q.1. Explain meaning of disability.
- Q.2. Explain meaning of disorder.

#### II. Short-II Question Answers (5 Marks, 200 Words)

- Q.1. What do you mean by disability. Explain its consequences.

## 4.2 Disability : It's type, causes and nature– Cognitive, Intellectual, Physical disability

Disability affects a person in many ways. Many people get affected by birth or any incident during life span. Normally disability is classified in three categories.



### 1. Cognitive Disability

This type of disorder comes in mental disorder category. In this condition, a person's ability to learn, speak, memorise, solving skills are disrupted. Due to cognitive disorder, the person suffers from dementia, and delirium disease. In addition, it affects adversely the memorising power and reasoning power.

- (i) **Memory Disorder** : The person who have problem in reasoning and then recalling things.
- (ii) **Hyper activity** : The person tend to hyper during sitting, standing phase, The person remain in undue hurry.
- (iii) **Dyslexia** : The person who finds problem in reading, writing and memorising.

#### Causes of Cognitive Disability

Cognitive disability normally occurs due to problem of brain like–tumor, head injury, shock, infection, harmful brain neurotoxins, heredity or any other brain related disease. It affects a person memorising power, learning skills and ability to do routine activities like, in case of tumor or head injury on part of brain which controls speech control, can affect the speaking skills of that person. In same way, if brain tumor or head injury on that part of brain which can hamper the physical movement or doing other physical activities.

### KEY POINTS

- ★ Disability
- ★ Disorder
- ★ Cognitive
- ★ Intellectual
- ★ Dyslexia
- ★ CWSN
- ★ ADHD
- ★ OCD
- ★ OCC
- ★ ASD
- ★ Anxiety Disorder
- ★ Dissociate Disorder
- ★ Neurotic Disorder
- ★ Psychosomatic Disorder

### 2. Intellectual Disability

Intellectual ability is related to person's thoughts, memorising, understanding and solving problems. It is that type of disability in which people or children have less capacity to learn task or process information. It can cause difficulty in reasoning and analysing things. In this disability, the person have difficulty to take in information and communication. This disability normally occurs before age of 18.

Mental disability is a kind of disability in which person's brain nerves get damaged due to tumor, head injury, sudden shock, infection, harmful brain neurotoxins. In that case, damaged nerves affect adversely the connected brain parts. Like other cells, brain cells once dead can not be reproduced again. That causes the person a mental disabled.

Mental disability is a stage in which a person's Intellectual disability increases in comparison to a normal person. The symptom arises during stages of development causes of is Intellectual disability. Intellectual disability is a condition which usually arise at pre-birth, during birth, in childhood and cause adversely the functioning of brain.

- (a) **Genetic reasons** : Abnormal genes from parents can be a factor for occurrence of this disability. If gene is affected during pregnancy then it will affect adversely in womb. Down syndrome, Fragile X like intellectual disability are a few caused due to heredity.
- (b) **Problems during pregnancy** : Pregnant women who consumes alcohol or drugs can be one of the reasons for occurrence of this disability. Alcohol consumption is one of the main reason for this kind of disability. Recently, few researchers have found that smoking also causes intellectual disability. Other factors like malnutrition, environmental, poisonous products and disease caused during pregnancy like—cytomegal virus, rubella or syphilis.
- (c) **Problems at time of birth** : Pre mature delivery, low birth weight or lack of oxygen during delivery can cause intellectual disability.
- (d) **Problems after birth** : Disease occurred in childhood like chicken pox, typhoid, which causes meningitis and encephalitis damages brain cells. Other than that poisonous chemicals can damage nervous system which can cause intellectual disability.
- (e) **Poverty and Cultural deprivation** : Poverty, malnutrition, environmental hazards can also cause intellectual disability.

### 3. Physical Disability

Physical disability is a condition that affects the person's mobility or movement. Normally, physical disability can be seen. It restricts normal physical activities. When a person gets injured or loses limbs in accidents then its effect can be seen on affected part of body. Physical disability refers to person sitting—walking, jumping, doing any movement or a person affected by such problems is known as physically disabled.

Physical disability can be by birth or after birth. New born physical disability refers to banded hands and legs and under developed organs. Childhood problems result in physical disability in future. Many types of physical disability are caused due to heredity also. It runs through generation to generation. Sometimes any disease, accident, injury, damaging of respiratory system during surgery results in damaging cells which causes physical disability. All those persons come in physical disability category which is affected by a part of body damaged.

- (a) **Disability of Back Bone** : This kind of disability is either by birth or due to any accident. Some times it causes life time disability.
- (b) **Head Injury** : Any kind of injury to head can cause physical disability.
- (c) **Hearing Impairment** : In this kind of disability, the person's capacity to hear reduces which causes various social and mental problems.
- (d) **Vision Impairment** : In this disability low vision or blindness occurs. Diabetes or cornea injury causes visual impairments.

### Causes of Disability

Various kinds of disability are caused due to following reasons.

1. **Heredity** : Various kinds of disability are transferred through defective genes from parents to children.
2. **Environment** : Rapidly changing environmental conditions, pollution and adulteration affect people. Malnutrition is one or another reason for disability among children and pregnant women.
3. **Lifestyle** : In Modern lifestyle, changing eating habit and pattern, obesity, lack of physical activity are various disabilities.
4. **Carelessness During Delivery** : Sometimes during delivery, carelessness causes serious damage to infant or pregnant women.
5. **Use of Drugs** : Many pregnant women consumes alcohol or smoke or drugs, that can cause intellectual disability in baby in womb.

6. Paralysis due to brain injury.
7. Polio
8. Lossing of limb in accident.
9. Under developed body organs.

### Other General Causes of Disability

1. **Genetic Cause :** If in a family, a particular disability is found then coming generations are prone to that disability. This happens due to defected gene of parents.
2. **Mental health problems :** Various disabilities are caused due to depression and bipolar disorder. Normally it is found that mental health problems are hard to diagnose and treat.
3. **Accidents :** Today in this fast life, you never know that when, who get victim of accidents.
4. **Malnutrition :** In our country. Malnutrition is one of the main cause of disability. If children are not nourished with essential elements then they become physically weak. If there is deficiency of calcium, then bones become weak. If there is deficiency of iodine, then growth and development get hampered. Deficiency of vit. A can cause blindness in children. Deficiency of vitamin B<sub>12</sub> can cause weak memory and also paralysis.
5. **Illness :** If anyone suffering from serious illness like—cancer, heart disease, diabetes, for a longer duration, then the person get affected by disability.  
Back pain, arthritis, skeltal related disorder are few the reasons for diability.
6. **Lack of education :** Lack of education is one of reasons for disability. Normally it is found that labourer are not educated. In that case they do not consult any doctor for reference of disease, However they took medicine without consultation. That can cause physical or mental disability.
7. **Poverty :** Poverty is one big reason for causing disability. Normally it is found that poor people are more prone to any kind of disability because they live in unhygienic conditions and poor sanitation. That kind of environment is always at high risk of diseases. Education, clean drinking water and essential nutrients are not accessible to those people. In other words we can say that they are deprived of the basic amenties required for healthy life. That's why these people are prone to get with many diseases which make them disable in future. The children born in poor families get disabled since birth. That's because during pregnancy, the mother does not get the required amount of nutrients and calories.
8. **Infectious Disease :** Infectious disease are also one of reasons for causing disability. If a child get's any infectious disease, then his/her immunity is reduced. If there is not proper care of the child, then there is a danger of getting many infectious diseases. Like if not providing vaccine of polio at specific time, there is huge danger of getting infection of polio.
9. **Use of Intoxicants and Drugs :** Consumption of alcohol, L.S.D., brown sugar, can cause disability. People consuming intoxicants and drugs get trapped in this bad habbit and become addicted to these things which cause physical and mental disability.
10. **Disturbance in Endocrine Glands :** Disturbance in endocrine glands causes disability. Due to this disturbance the child gets weak in physical and mental state.
11. **Poor Approach to Health Care :** Proper care at right time could prevent many types of disability to happen. Normally, lack of medical and health related facilities, during pregnancy and lack of proper nutrition cause disability in children since birth. In some emergency cases, the surgens and expert doctors in medical science have been successful in preventing physical and mental disability at time. Normally the people who are economically weak and also have poor living conditions could not have access to proper medical and health facilities. That causes new born babies prone to physical or mental disability.



**12. Nuclear Accidents :** In 1979 and 1986 in America and Ukraine, many people suffered due to nuclear accidents. In 1945 during II world war Japan was bombarded by U.S.A of nuclear bomb. In these kind of attacks, there is huge ill effect, due to chemical radiations evolved from these bombs.

Till recent times, the children born at such affected place are infected with Down Syndrome. At such places, the children born there are prone to such physical and mental disability.

**13. Toxic Materials, Pesticides and Insecticides :** Various products are having lead which have serious ill effect on a person's health. Toxic materials, pesticides use caused disability and new born child is infected. That's why few toxic materials are harmful to human brain. This damages the brain fully which can cause brain disability.

## Nature of Disability

No person want to live life as a disable or physically challenged. Unfortunately who ever get's disable is not accepted well by the society. In society, people's view towards to disabled person is not good and these people are considered as a curse. This is a wrong concept. To resolve this problem the family, friends and closed one of the disabled person should learn to accept the disability and behave normally with disabled person like we do with any other person. It increases the confidence of disabled person and the affected person does not consider himself/herself curse.

Since last few years, the efforts and initiatives by N.G.O.s, other government agencies to bring the disabled person in mainstream and progressive mode. Actually, disabled person need only proper care and right guidance and opportunities. The disabled person have proven their credentials in the field of education and many other areas of work. Today there are many disabled person who inspire million of common people to excel in their respective area of work. There are no two opinions about this that nothing can stop disable person to succeed in life. One thing to keeping in mind is that if any person having disability, then that person would be having many special talent. Only one thing is needed to recognise that talent, polish the talent and give ample opportunities to prove himself. Now the disabled person is to be referred as specially abled person.

Most of disabled person are very calm and composed. Some people considered this as quality their weakness. But in fact that is their personality which makes us understand that one need remain calm either a problem is major or minor.

Whenever we go through history, people with disability have been very special talent and the whole world have acknowledged their talent. The most popular among people with disability has been the scientist named Einstein. Einstein was mentally weak in early stages of life, later on, this man became a great scientist. One more example is Stephen Hawking who was physical disabled, could not speak properly but later he discovered many principles of evolution of earth and life which changed the dynamics of world. There are many others instances where person with disability have overcome their difficulties and excelled in their profession.

## Practice Questions 4.2

### I. Short-I Question Answers (3 Marks, 100 Words)

- Q.1. Write the causes of intellectual disability.
- Q.2. Describe the nature of disability.

### II. Short-II Question Answers (5 Marks, 200 Words)

- Q.1. Explain physical disability.
- Q.2. Describe the types of disability.
- Q.3. Explain the cognitive disability.
- Q.4. What is intellectual disability. Write its causes also.

## 4.3 Types of Disorder, Causes and Nature ADHD, SPD, ASD, ODD, OCD

1. **Anxiety Disorder** : When any person is afraid of any specific reason or feel tensed, then that person is affected by anxiety disorder. In this, the person seems to visualize fear in various forms. Some times their fear have no existability. These are of two types.
  - (a) **Depressed** : It is a mental state where symptoms like, sadness, lack of interest, lack of happiness, less appetite, overweight, disappointment and negative views about other person are seen.
  - (b) **Psychosomatic** : In this disorder, symptoms are physical but their biological causes doesn't arise. For example, if a person complains pain in abdomen, but in reality or medical test and check up there is not anything wrong in abdomen.
2. **Disassociate Disorder** : In this disorder, when a person met an accident and losses memory of his past things and people. The person loses his/her identity.
3. **Neurotic Disorder** : It is one of serious type of disorder which arises from behaviour, psycho-emotions and disruptive thoughts. Neurotic disorder makes a person running away from reality. The person normally tends to remain in an imaginary world. The affected person visualize the things which are not in real. Sometimes the person tend to hear such voices which actually does not exist.
4. **Individual Disorder** : In this disorder, some children are either very insecured and afraid or very aggressive. There are three categoires. First category have symptoms of weird and eccentric behaviour. Stress and worry without reason comes in second category. Dramatic, emotional and abnormal behaviour refers to third category.

### Causes of Disorder

1. **Genetic Reason** : If a person is suffering from any disorder. There is a probablity that their children are prone to infected with that disorder.
2. **Physique** : Slim and weak person tend to be affected by disassociate, mental stress or individual disorder.
3. **Physical Changes** : Adolscence, young age, old age, pregnancy, effects cause many type of disorder.
4. **Consumption of Drugs and Alcohol** : Consumption of drugs and alcohol causes many types of disorders.
5. **Psychological Reasons** : Stress in mutual relationship, sudden death of any beloved, financial loss, bad marriage, divorce, failure in love etc. enhances probablity of mental disorder.

### Types of Disorder

#### 1. Attention Deficit Hyper-Activity Disorder (ADHD)

It is a behavioral disorder which can occur in children and adults. But there are more chances of occurence in children. In this disorder, the children have differences in part of their brains that control activity and attention. It is a medical condition in which the person could not control on their anxiety and becomes hyper active. In other words, ADHD means that one who could not concentrate and focus on a particular thing. According to a assumption, 4% to 12% children are affected by this disorder. This disorder is more found in boys compared to the girls.

#### Symptoms of ADHD in Children

1. They could not perform daily life activities.
2. They tend to forget routine work.
3. They indulge in day dreaming.
4. They do not like performing activities that require sitting still.

5. They get easily distracted.
6. They are weak in sports activities.
7. They do not take rest and usually roam around.
8. They could not have any control on their emotions.
9. They lack concentration and work carelessly.

### Symptoms in Adults

1. They always remain worried.
2. They remain impulsive.
3. They have inferiority complex.
4. They are always disorganised.
5. They easily get irritated.
6. They find difficulty in remembering things.
7. Mood swings and depression are common in such adults.
8. They can not control their anger.
9. They have problem in concentration.

### Causes of ADHD

1. **Heredity** : If any of parents is suffering from ADHD, there remain a high probability of occurrence of this disorder in their children.
2. **Premature birth** : If a child is delivered premature, then nervous system is not fully developed which increases chances of occurring of ADHD.
3. **Less Efficiency of Brain and Deformity** : If there is deformity of brain shape that cause neuro-imbalance which can cause ADHD.
4. **Less Birth Body Weight** : A child on birth have less body weight, have more possibilities of ADHD, disorder.
5. **Consumption of Alcohol and Drugs** : Consumption of alcohol and drugs always affects adversely on our brain cells and nervous system.
6. **Exposure to Toxic Substance** : Exposure to some toxic substance like lead can cause ADHD.
7. **Diet** : Few researches have proved that particular type of food substance play a role in causing ADHD.

## 2. Sensory Processing Disorder (SPD)

Sensory processing disorder or SPD is a medical condition in which the brain has difficulty in receiving, interpreting and responding to any information that is communicated through sensory organs. In this type of disorder, the people are generally sensitive to the things present in environment. like – touching, viewing, tasting and feeling. Normal voices in daily routine could even disturb them heavily. The person may scream when touched or may vomit. For example, the person hide under table after hearing sound of a leaf blower outside window. Sometime person with SPD even does not respond to anything around him/her. Even a gentle touch presses skin of person. Normally, this disorder is found more in children. However, in some cases, the adult also tend to get affected by this disorder. Generally, all activities such as reading a book or riding bicycle require accurate process of sensation. But due to neurological traffic jam, the sensor could not perform their functions effectively.

### Symptoms of SPD

Physical	Mental	Behaviour
<ul style="list-style-type: none"> <li>– Lack of Sleep</li> <li>– Shivering in any body part</li> <li>– Less muscle growth</li> <li>– Bad posture</li> <li>– Imbalance</li> <li>– Disruption of muscular system</li> </ul>	<ul style="list-style-type: none"> <li>– Stressed</li> <li>– Fear of crowd</li> <li>– Depression</li> <li>– Fear of sudden touch</li> <li>– Aggressive</li> <li>– Stay lonely</li> </ul>	<ul style="list-style-type: none"> <li>– Sensitive to noise</li> <li>– Lack of interest in creative things.</li> <li>– Difficult in getting calm after outburst</li> <li>– Sensitive to smell.</li> </ul>



### Causes of SPD

1. **Genetic Cause :** Parent with SPD have chances of occurrence of this disorder in their children.
2. **Low Birth Weight :** It is one of cause of SPD.
3. **Environmental Factors :** If surrounding environment is not clear like air pollution, water pollution, noise pollution, then children can be victim of this disorder.
4. **Less Brain Development :** If the brain does not grow as per mental age, then the person may go prone to SPD.
5. **Allergic to Certain Food :** Certain food substances can cause SPD.
6. **Brain Stroke :** Any sudden injury or stroke of brain can cause to SPD.
7. Consumption of alcohol and drug damages our brain cells and affect adversely to our nervous system.

### 3. Autism Spectrum Disorder (ASD)

It is a disorder that affects development and social skill development. The person with ASD does not interact with other people. It starts in childhood and remain life long. There are various forms of this disorder. Many different symptoms are found in children. In case of country like USA, every child in 68 children is affected from ASD.

This disorder is more profound in girls as compared to boys. If its symptoms and signs are identified at early stage, then it can be treated effectively. Normally, 14 year children are mostly affected by ASD.

ASD affects life of a child in three ways. First is social interaction, second is communication skills, and third is behaviour and interest. In this disorder, we will find different pattern in each affected child. Some children face difficulty in understanding, some have fear of interaction with others, and some have both. Children with ASD behave differently or repeat some action over and over again. They avoid eye contact and sensitive to taste, smell and sound.

#### Symptoms of ASD

- |   |                                |
|---|--------------------------------|
| 1. Difficulty in communication.         | 2. Repetitive behaviour.       |
| 3. Does not express emotions.           | 4. Avoid eye contact.          |
| 5. Touching object repeatedly           | 6. Don't make friends.         |
| 7. Sensitive to taste, smell and sound. | 8. Difficulty in speech.       |
| 9. Not interested in social activities. | 10. Avoid social interactions. |
| 11. Lack of development.                |                                |

#### Causes of ASD

- |  |                                   |
|--|-----------------------------------|
| 1. Genetic reasons.                      | 2. Vaccination.                   |
| 3. Over usage of medicines.              | 4. Environmental related.         |
| 5. Malnutrition in pregnancy.            | 6. Family disruptive environment. |
| 7. Lack of care and concern from others. |                                   |

### 4. Oppositional Defiant Disorder (ODD)

ODD is a disorder in which children tend to be aggressive, obessive and confront. It is a mental state which occurs during adolscence stage a like. According to experts, children with ASD remain aggressive and cause repeated unwanted thoughts. They become unnecessarily aggressive and stubborn. They remain unco-operative and indulge in confrontation.

They even argue or fight with their parents. Specially when they are under stress or fatigue. They try to blame others for their mistakes. They do not obey any rules or orders and indulge in taking revenge. Such people have difficulty in making friends because they do not trust anyone. They remain irritated and hyper.

### Symptoms of ODD

Cognitive	Psychological	Behavioural Indulge in fighting
<ul style="list-style-type: none"> <li>– Does not think before speaking</li> <li>– Lack of concentration</li> <li>– Normally depressed</li> <li>– Remain stressed and worried</li> </ul>	<ul style="list-style-type: none"> <li>– Does not make friends easily</li> <li>– lack of self respect</li> <li>– Irritated to work on their own choice</li> </ul>	<ul style="list-style-type: none"> <li>– Blame others</li> <li>– Over aggressive</li> <li>– Always argumentative</li> <li>– Fight with friends repeatedly disorders</li> </ul>

### Causes of ODD

- (i) **Biological or Genetic Factors :** Children are more susceptible to have ODD if one of their parent have history of ADHD or ODD. In addition if parents are suffering of depression or bipolar disorder or consume alcohol or poisonous substances, the child can get affected with ODD.
- (ii) **Physical Factors :** According to researches, abnormal amount of brain chemicals can cause ODD. Neuro transmitters are responsible for proper functioning of our body and it keeps to manage state of balance. When there is an imbalance, the symptoms of ODD may occur.
- (iii) **Psychological Factors :** Children who have strained relations with their parents, when parent ignore children, then children tend to have lack of social skills. Due to mental stress in children, ODD have a chance for occurrence.
- (iv) **Social Factors :** Poor financial condition of family, lack of discipline in family, violent instances in family are few other causes of ODD.

## 5. Obsessive Compulsive Disorder (OCD)

OCD is a stress related and health affected disorder. It is a state of an individual which stuck in cyclic obsession and compulsive. In this disorder, unwanted thoughts and disturbing things come in mind of person. A person may fear that everything he touches has germs on it. The person thinks that his obsession and thoughts are unreasonable but even, then he could not stop or ignore his actions. Such person think that no one likes them. It can occur in any age and goes life long. The person always remain frightened and insecure.

### Symptoms

- Compulsive habit to remain hygienic.
- Repeatedly organise bed sheets hygienic, bed and other things.
- Repeatedly count lights or other things at home
- Fear of making mistakes.
- Having excessive doubt on others.
- Stocking unwanted and unnecessarily useless objects.
- Fear of harm to yourself or loved one.
- Hoarding.

### Causes of OCD

- 1. Heredity :** Parents with OCD tend to this disorder in their children.
- 2. Neurological Element :** (a) Disruption of nerves (b) Lack of neuro transmitters (c) Lack of balance of Neurological and serotonin chemicals (d) Sudden shock.
- 3. Infection Element :** (a) Infection due to streptococcus (b) A.S.D.
- 4. Environment Related :** (a) Stress from environment (b) Changes in life stage – marriages, parenthood, responsibilities (c) School related problems (d) Housing related problems.

## Practice Questions 4.3

### I. Short-I Question Answers (3 Marks, 100 Words)

- Q.1. Mention any two types of disorders.
- Q.2. Explain symptoms and causes of ADHD.
- Q.3. Explain symptoms and causes of SPD.
- Q.4. Explain causes of disorders.

### II. Short-II Question Answers (5 Marks, 200 Words)

- Q.1. What is ASD? Explain its symptoms and causes.
- Q.2. Explain in detail SPD.
- Q.3. What do you mean by ODD, describe in detail.

## 4.4 Disability Etiquettes

**Disability Etiquettes Means :** Behaving properly with a person disabilities like we do, to any other normal person. Disability etiquettes also not only increases confidence of disabled person but also make that person self-dependent, so that he leads a normal and respected life like other people.

It is set of guidelines dealing with how to approach person with disabilities. Before understanding disability etiquettes, it is important to understand that a person with disability comes in contact, then we should not understand that the person with disability need any help or support. Adult with disabilities want to be treated as independent persons. Person with disabilities are the best judge of what they can or can not do. One should avoid physical contact with person with disability unless it is asked for.

### General Disability Etiquettes

1. While talking to special abled person : talk normally rather than use of sign language. Avoid use of reference like blind person. Avoid use of outdated words like handicap, retarded.
2. While introducing yourself to a person with disability, it is appropriate to shake hands.
3. While talking to visually impaired person, also introduce the person if any with you.
4. Leaning or hanging on a person, on wheel chair should be avoided because that could hurt or can cause accident.
5. Always listen attentively and carefully while talking to person who have difficulty in speaking. Be calm and have patience to hear him out. And ask short questions that require short answers.
6. While talking to a person on a wheel chair, keep yourself in front of eye level of that person to facilitate the talk.
7. To get the attention of a person with hearing impairment, tap the person, shoulder or wave your hand.
8. While introducing yourself to a person with visual impairment, always start with your name.
9. While leaving a person with visual impairment, always make sure that he/she needs anything before you leave.
10. Never press your body weight through your hands to keep on the shoulder of a person sitting in wheel chair or unnecessary cuddling.

### 1. Etiquettes for Wheel Chair Consumers

- (i) Do not touch or move any person sitting on wheel chair.
- (ii) While talking to that person keep your body low and be in front of his eye level.
- (iii) Remove obstacles in the way of the person on wheel chair.
- (iv) While changing the position of wheel chair, make sure you use supporting accessories.

- (v) If the person on wheel chair feels uncomfortable, then offer help.
- (vi) Do not hang on wheel chair.

## 2. Etiquettes for Person with Speech Difficulties

- (i) Without any hurry, hear out the person patiently
- (ii) Try to read body language and lip sync. Don't make awkward faces.
- (iii) If there is any trouble in understanding, then provide enough time for the person to explain.
- (iv) Use short questions and answers while communication.
- (v) Knowing if the person is saying them wrong, then avoid confrontation with that person.

## 3. Etiquettes for Person with Hearing Loss

- (i) While meeting, always wish with flower.
- (ii) Always offer help who use supportive accessories.
- (iii) Focus one thing at one time.
- (iv) If a person is using hearing aids that does not mean he is able to hear clearly.
- (v) Always use hands to make the person stop or call anyone. Tap on shoulder.
- (vi) If one could not convey while talking, write it down for the person.
- (vii) Many person are able to read face and body language so while talking make your face visible properly.

## 4. Etiquette for Persons with Vision Loss

- (i) While coming in contact with a person with visual impairment always introduce and call your name.
- (ii) Always hold hand gently of the person with vision loss.
- (iii) Behave normally and do not get conscious of words using like see with the person.
- (iv) Normally these people use braille language but if they can understand other language then converse with another also.
- (v) Person having pet shall be caution while meeting the person with vision loss.

## Practice Questions 4.4

### I. Short-I Question Answers (3 Marks, 100 Words)

- Q.1.** Mention the etiquettes to be kept in mind for person with vision loss.
- Q.2.** Mention the etiquettes to be kept in mind while behaving with the person hearing loss.
- Q.3.** Mention the etiquettes to be observed with wheel chair consumers.

### II. Short-II Question Answers (5 Marks, 200 Words)

- Q.1.** Explain the disability etiquettes.
- Q.2.** Describe some disability etiquettes.

## 4.5 Advantages of Physical Activities for Children with Special Needs

Following are the advantages of physical activities for children with special needs :



## 1. Physical Improvement

1. **Strengthen Heart** : Children who exercise, make their heart muscles strong and healthy. It prevents them from any chronic illness or heart ailments. It keeps arteries and blood vessels clean and controls cholesterol level.
2. **Control Weight** : Regular exercise reduces extra fat and controls obesity.
3. **Strengthen Bones** : Exercise makes bones and muscles strong. It also increases bone density.
4. **Control B.P.** : Exercise reduces stress and helps to control blood pressure.
5. **Improves Energy Level** : Exercise helps to increase RBC count and make children active and agile. It also provides more oxygen to the body and muscles and provides strength to the body.
6. **Strengthen Lungs** : Exercise strengthens the respiratory system. It increases the size and efficiency of lungs. It helps to increase tidal capacity and residual volume.
7. **Control Sugar Level** : Insulin controls sugar level in the body. Exercise helps to produce insulin to prevent diabetes.

## 2. Mental Improvement

Physical activities are not only beneficial for children only but also for their mind too. Exercise generally improves mood and wellness of children with special needs.

1. **Self-esteem** : Exercise develops a sense of self-esteem and self-confidence of children. In fact, interaction and involvement with other students in physical activities help children to have a sense of belongingness.
2. **Health** : Physical activities improve the level of health and also prevent various life style related diseases like hypertension, diabetes.
3. **Personality** : Physical activities enhance children's personality with a good posture and healthy mind.
4. **Social Benefits** : Physical activities help to bridge the gap between children and adults and make strong bonding among them.
5. **Work Efficiency** : Being physically active, the work efficiency of children will always increase.

### Practice Questions 4.5

#### I. Short-I Question Answers (3 Marks, 100 Words)

Q.1. Explain the benefits of any three physical activities for children with special needs.

#### II. Short-II Question Answers (5 Marks, 200 Words)

Q.1. How are the physical activities beneficial for children with special education. Explain in detail.

## 4.6 Strategies to Make Physical Activities Accessible for CWSN

Children with special needs require certain specific procedure and training equipment which shall be selected on the basis of need of child. A child with special need may require a particular material. One shall always keep this need in mind while processing any strategy. When any particular equipment or procedure is used by child with special need, it shall be followed up by evaluation because that equipment may be useful for a particular time and need to be updated with time. So the following strategies shall be taken into consideration to make physical activities accessible for children with special need.

1. **Medical Check up** : First, it is mandatory to have medical check up of all children with special needs. Because without that we can not know about the disability the child is having.

2. **Pre experiences :** Before deciding physical strategies, we shall know the children with their past experiences and convenience.
3. **Interest :** Physical activities must be based on interest, ability and limitation of children with special needs to ensure maximum participation.
4. **Ability :** The physical and mental state of children with special need shall be considered.
5. **Equipment :** The equipment used should be according to capability and level of children. It may vary to size, shape, colour and weight.
6. **Specific Environment :** A healthy and democratic environment shall be created, so that CWSN can perform freely.
7. **Modified Rules :** According to CWSN, the rules shall be diluted and modified according to their nature of disability.
8. **Easy to Difficult :** The exercise shall be in progression from easy to difficult.
9. **Use of All Body Parts :** Physical strategies shall involve whole body parts and ensure whole body movement.
10. **Extra Care or Concern :** While deciding upon physical strategies for CWSN, extra care and concern shall be given like extra time, to avoid stress light music can be played.

### Practice Questions 4.6

#### I. Short-I Question Answers (3 Marks, 100 Words)

Q.1. Briefly explain any 3 strategies adopted to design activities for CWSN.

#### II. Short-II Question Answers (5 Marks, 200 Words)

Q.1. Discuss about the various strategies adopted in designing activities for CWSN.

### QUESTIONS ASKED IN EXAMINATION IN PREVIOUS YEARS

1. What are the benefits of physical activities for children with special needs. Explain. (CBSE 2018)
2. What do you mean by disability etiquettes? (CBSE SQP 2019)

### Multiple Choice Type Questions

Q.1. What should be the role of teacher while dealing with differently abled students?

- (a) Try to know the abilities
- (b) Try to adjust the curriculum as per the needs of individual
- (c) Both (a) and (b)
- (d) None of these

Q.2. Special education is related to

- |                                      |   |
|--------------------------------------|---|
| (a) Education for talented students  | (b) Educational Programme for disabled      |
| (c) Training Programmes for teachers | (d) Training Programmes for retarded (CWSN) |



**Q.3. Which of the following should be used to increase correct responses and appropriate behaviour?**

- (a) Stickness
- (b) Reward
- (c) Prize
- (d) All of above

**Q.4. Which of the following is not a disability?**

- (a) Hearing
- (b) Speech
- (c) Vision
- (d) Kyphosis

**Q.5. SPD is abbreviation of \_\_\_\_\_.**

- (a) Special Police Department
- (b) Sensory Processing Disorder
- (c) Special Processing Disorder
- (d) Sensory Processing Department

**Q.6. Doing Same things again and again or repeated actions is called :**

- (a) SPD
- (b) ODD
- (c) OCD
- (d) ASD

**Q.7. When child is not able to adjust within society or having no friends, is suffering from :**

- (a) ADHD
- (b) ASD
- (c) ODD
- (d) OCD

**Q.8. Most suitable word used for Disabled People :**

- (a) Handicapped
- (b) Retarded
- (c) Divyang
- (d) None of above

**Q.9. Which Olympic is meant for Physically challenged Categories:**

- (a) Summer Olympics
- (b) Winter Olympics
- (c) Para Olympics
- (d) Deaf olympics

**Q.10. A person who faces problem in writing reading and memorising is suffering from:**

- (a) Memory disorder
- (b) Hyper Activity
- (c) Dyslexia
- (d) None of the above

**Q.11. What is the expanded form of ADHD?**

- (a) Automatic Deficit Hyperactivity Disorder
- (b) Attention Deficit Hyperactivity Disorder
- (c) Attention Disorder of Hyper Activity
- (d) None of the above

**Q.12. What is SPD?**

- (a) Sensory Personal Disorder
- (b) Sensory Processing Disability
- (c) Sensory Processing Disorder
- (d) Sensory Personal Disability

**Q.13. What is ASD?**

- (a) Autism Spectrum Disorder
- (b) Automatic Special Disorder
- (c) Autism Special Disorder
- (d) Autism Spectrum Disability

**Q.14. Expanded form of ODD is :**

- (a) Opposite Different Disorder
- (b) Oppositional Defiant Disorder
- (c) Oppositional Defiant Disorder
- (d) None of the above

**Q.15. Expanded form of OCD is :**

- (a) Opposite Compulsive Defect
- (b) Obsessive Compulsive Disorder
- (c) Obsessive Compulsive Defient
- (d) None of the above

**Q.16. Causes of Disorders are**

- (a) Heridity
- (b) Environment
- (c) Both (a) and (b)
- (d) None of the above

**Q.17. Which treatment is given to children who suffered from Speaking ability?**

- |                  |                   |
|------------------|-------------------|
| (a) Hydrotherapy | (b) Speechtherapy |
| (c) Crytherapy   | (d) Heattherapy   |

**Q.18. What is the aim of Education for Children with Special Needs?**

- |                          |                                   |
|--------------------------|-----------------------------------|
| (a) Physical Development | (b) Mental Development            |
| (c) Social Development   | (d) Total Personality Development |

**Q.19. What is the most important while dealing with children with special need?**

- |              |                      |
|--------------|----------------------|
| (a) Time     | (b) Patience         |
| (c) Sympathy | (d) All of the above |

**Q.20. Which of the following is an example of intellectual Disability?**

- |              |          |
|--------------|----------|
| (a) Dyslexia | (b) ADHD |
| (c) ASD      | (d) OCD  |

**Q.21. Which of the following is main neurological birth synodrome caused by Anoxia?**

- |                    |                      |
|--------------------|----------------------|
| (a) Down Syndrome  | (b) Fragile Syndrome |
| (c) Cerebral Palsy | (d) None of these    |

**Q.22. Example of Development Disorder is :**

- |                        |                                |
|------------------------|--------------------------------|
| (a) ADHD               | (b) Dyslexia                   |
| (c) Mental Retardation | (d) Autistic Spectrum Disorder |

**Q.23. Which of the following may occur in Expression Language Disorder?**

- |  |                                   |
|--|-----------------------------------|
| (a) Limited Amount of Speech             | (b) Difficulty Learning new words |
| (c) Difficulty in finding the right word | (d) All of the above              |

**Q.24. Autism is characterised by impairments in which of the following areas**

- |                      |                         |
|----------------------|-------------------------|
| (a) Postnatal trauma | (b) Deprived upbringing |
| (c) Genetics         | (d) Prenatal Infection  |

**Q.25. Within attention deficit hyperactivity disorder which of the following is not classified as a problem relating to hyperactivity impulsivity?**

- |   |                                   |
|---|-----------------------------------|
| (a) Sitting playful squirms in seat and fidgets | (b) Difficulty in playing quietly |
| (c) Does not listen when something being told   | (d) Talk excessively              |

**Q.26. Which is the cause of Sensory Processing Disorder?**

- |                          |                      |
|--------------------------|----------------------|
| (a) Genetic              | (b) Low birth weight |
| (c) Environmental factor | (d) All the above    |

**Q.27. Which is the cause of ADHD?**

- |                      |                      |
|----------------------|----------------------|
| (a) Obesity          | (b) Diabetes         |
| (c) Lack of Vitamins | (d) Low Birth Weight |

**Q.28. Symptoms of anxiety attacks and problem in controlling anger of—**

- |         |          |
|---------|----------|
| (a) ASD | (b) OCD  |
| (c) ODD | (d) ADHD |

**Q.29. Symptoms of fear of being embarrassed and making mistakes of—**

- |         |          |
|---------|----------|
| (a) ASD | (b) OCD  |
| (c) ODD | (d) ADHD |

**Q.30. OCD Stands for–**

- (a) Oppositional compulsory defiant
- (b) Obsessive compulsive disorder
- (c) Obsessive compulsive defiant
- (d) Oppositional compulsive disorder

**Q.31. Difficulties with communication, language, social skills and behavior are the symptoms of–**

- (a) ASD
- (b) OCD
- (c) ODD
- (d) ADHD

**Q.32. ASD Stands for–**

- (a) Autism Spectrum Defiant
- (b) Autism Spectrum Disorder
- (c) Attention Spectrum Defiant
- (d) Attention Spectrum Disorder

**Q.33. Disability to be considered as \_\_\_\_\_.**

- (a) Physical limitations
- (b) Intellectual limitations
- (c) Cognitive limitations
- (d) All Above

**Q.34 Disorder to be considered as \_\_\_\_\_.**

- (a) Intellectual limitations
- (b) Cognitive limitations
- (c) None of these
- (d) Both

**Q.35 ADHD stands for–**

- (a) Attentive Deficit Hyperactive Disorder
- (b) Attentive Deficit Hyper Disorder
- (c) Attention Deficit Hyperactive Disorder
- (d) Attention Deficit Hyper Disorder

**Q.36 SPD stands for–**

- (a) Sensory Processing Disorder
- (b) Spectrum Processing Disorder
- (c) Sensory Planning Disorder
- (d) Spectrum Planning Disorder

**Q.37. ODD stands for–**

- (a) Oppositional Defiant Disorder
- (b) Obsessive Deficit Disorder
- (c) Oppositional Deficit Disorder
- (d) Obsessive Defiant Disorder

**Q.38. OCD stands for–**

- (a) Obsessive Connecting Disorder
- (b) Obsessive Compulsive Disorder
- (c) Oppositional Connecting Disorder
- (d) Oppositional Compulsive Disorder

**Q.39 What is first step to be taken for CWSN before involving in physical activities?**

- (a) Arrangement of equipment as per the need.
- (b) To create interest
- (c) Medical examination
- (d) To Create environment

**Q.40. What is the advantage for CWSN to involve in physical activities.**

- (a) Cognitive benefits
- (b) Improved social interaction
- (c) Both
- (d) Only A, B may be

**Q.41 Disorder to be considered as \_\_\_\_\_.**

- (a) Intellectual limitations
- (b) Cognitive limitations
- (c) None of these
- (d) Both



