

Total No. of Printed Pages—8

**X/19/HPE (N)**

**2 0 1 9**

**HEALTH AND PHYSICAL EDUCATION**

( New Course )

**( FOR REGULAR CANDIDATES WITH INTERNAL ASSESSMENT )**

*Full Marks : 80*

*Pass Marks : 24*

*Time : 3 hours*

*The figures in the margin indicate full marks for the questions*

*General Instructions :*

- (i) The question paper comprises of two Groups, Group—I and Group—II.
- (ii) Question Nos. **1** to **3** of Group—I are objective-type questions. Candidates are to write the full sentence with the correct answer.
- (iii) Question No. **4** : Candidates are to draw in the answer script and to fill the right answer in the diagram.
- (iv) Question No. **5** (Match the column) : Candidates are to copy the words/phrases from Column—A followed of the answer by Column—B.
- (v) Allocated marks are indicated against each question.

( 2 )

GROUP—I

( Objective-type Questions )

1. A. Choose and write the most appropriate answer of the following : 1×6=6

(a) Which maturity is a very difficult area of growth?

(i) Chronological maturity

(ii) Physical maturity

(iii) Emotional maturity

(iv) Social maturity

(b) The protective foods which control the ability of the body to produce antibodies are

(i) carbohydrates and proteins

(ii) proteins and vitamins

(iii) vitamins and minerals

(iv) minerals and fats

(c) Early concepts of medicine and surgery were set out in

(i) Rig Veda

(ii) Yajur Veda

(iii) Sama Veda

(iv) Atharva Veda

( 3 )

(d) The International Sanitary Regulations were replaced and renamed as International Health Regulations in

(i) 1965

(ii) 1967

(iii) 1969

(iv) 1971

(e) Syphilis is caused by

(i) bacteria

(ii) fungi

(iii) algae

(iv) virus

(f) Mid-day Meal Programme meets the nutritional needs of

(i) primary school children

(ii) upper primary school children

(iii) secondary school children

(iv) All of the above

**B.** Fill in the blanks :

1×6=6

(a) \_\_\_\_\_ can be identified and distinguished from a qualified medical practitioner on the basis of his/her ways of treatment.

(b) A \_\_\_\_\_ is a manifestation of the infection.

(c) \_\_\_\_\_ brings major changes in the body.

( 4 )

- (d) \_\_\_\_\_ counselling is highly important in order to prevent teenage pregnancy.
- (e) A total of \_\_\_\_\_ districts have been covered under Mission Indradhanush during the various phases.
- (f) The population of India increased approximately at a rate of \_\_\_\_\_ per cent per annum.

**C.** Answer the following questions in *one* sentence each :1×6=6

- (a) What is the basic law of Homeopathy?
- (b) Define medicine.
- (c) What is puberty?
- (d) Define maturity.
- (e) What is quarantine?
- (f) What is infection?

( Short Answer-type Questions )

**2.** Answer the following questions briefly (any *five*) : 2×5=10

- (a) What are the various sources from which drugs are obtained?
- (b) Mention any four potential co-factors for disease progression.

( 5 )

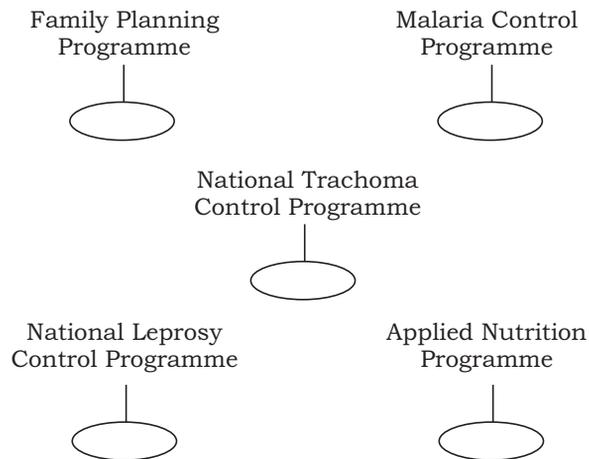
- (c) What is allergic reaction?
- (d) What are the two reasons for using drugs without doctor's advice?
- (e) Mention two aspects on which emphasis has been given through the National Tuberculosis Control Programme.
- (f) Write any four benefits that are derived from a joint family.
- (g) What is the goal of physical education?

**3.** Answer the following questions in 3–4 sentences each  
(any four) : 3×4=12

- (a) List three things that parents expect of you.
- (b) What are the three pronged strategies which have been undertaken in National Vector Borne Disease Control Programme?
- (c) Why do social contacts not result in the transmission of HIV?
- (d) What are the different projects carried out by CARE in India?
- (e) Write any three specific functions of the Directorate General of Health Services.
- (f) What is anaphylaxis?

( 6 )

4. Fill in the year of launching of different National Health Programmes. 1×5=5



5. Match Column—A with Column—B of the following : 1×5=5

Column—A

Column—B

- |                             |                         |
|-----------------------------|-------------------------|
| (a) Genital Herpes          | (i) Antibiotics         |
| (b) Gonorrhoea              | (ii) Acyclovir          |
| (c) Pregnant woman with HIV | (iii) Medicated shampoo |
| (d) Genital warts           | (iv) Antiretroviral     |
| (e) Pubic lice              | (v) Cryotherapy         |

( 7 )

6. Using the words in the boxes below, write down the correct answer against each sentence : 1×5=5

Codeine

Nicotine

Amphetamines

Methyl Alcohol

Barbiturates

Ethyl Alcohol

- (a) A category of drugs present in many patent sedatives or sleeping pills.
- (b) Tar-like chemicals present in tobacco products.
- (c) An important component of commonly available cough syrups.
- (d) Drug used medically to combat depression in psychiatric cases.
- (e) Alcohol which is toxic and causes blindness and even death.

7. Attempt any *one* of the following questions : 5

- (a) Suggest any five guidelines for a consumer to select and utilize various products and services intelligently.
- (b) Write any five potential behaviours of teenage pregnancy.
- (c) Give five indicators that may be of some assistances in identifying a quack.

( 8 )

GROUP—II

( Essay-type Questions )

8. Answer the following questions (any *two*) : 10×2=20

(a) What is Primary Health Centre? Explain any four functions of Primary Health Centre. 2+8=10

(b) Explain any five requisites which are essential for making married life happy. 2×5=10

(c) When was AIDS Control Programme launched? What are its aims? 1+(1½×6)=10

(d) Identify the logo below and write its aims and objectives. 1+(1½×6)=10



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