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HEALTH AND PHYSICAL EDUCATION

(New Course)

(FOR CANDIDATES WITH INTERNAL ASSESSMENT)

Full Marks : 80

Pass Marks : 24

(FOR CANDIDATES WITHOUT INTERNAL ASSESSMENT)

Full Marks : 100

Pass Marks : 30

Time : 3 hours

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 by the answer of Column—B.

(v) Question Nos. **1** to **8** are to be answered by all candidates.

(vi) Question Nos. **9** to **11** are to be answered by candidates without internal assessment.

(vii) Candidates with internal assessment should not answer Question Nos. **9** to **11**.

(viii) Allocated marks are indicated against each question.

[P.T.O.

(2)

GROUP—I

(Objective-type Questions)

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

(a) The transition phase in which you move from childhood dependencies to sharing of adult responsibilities is called

  (i) infancy

 (ii) puberty

(iii) adolescence

(iv) None of the above

(b) In the first phase of Mission Indradhanush, how many high-focus districts across the country were targeted?

  (i) 201

 (ii) 431

(iii) 102

(iv) 90

(c) The Foundation of Chemotherapy was laid by

  (i) Dr. Samuel Hahnemann

  (ii) Paul Ehrlich

  (iii) Alexander Fleming

  (iv) Selman A. Waksman

(d) The scope of career opportunities is more in

  (i) Ayurveda

  (ii) homeopathy

  (iii) allopathy

  (iv) Unani

(e) We celebrate 7th April as

  (i) the World Health Day

  (ii) the World AIDS Day

  (iii) the World Anti-Tobacco Day

  (iv) None of the above

(**4**)

(f) A sub-centre normally looks after a population of about

   (i) 8000 people

  (ii) 9000 people

 (iii) 10000 people

 (iv) 11000 people

B. Fill in the blanks :   1×6=6

(a) As an _____ consumer, you need to know how to choose in the market.

(b) Teenage pregnancy is also known as _____ pregnancy.

(c) The _____ promotes the development of basic soil and water resources of countries.

(d) Revised National Tuberculosis Control Programme is working towards eradicating tuberculosis from the country by _____.

(e) Two persons who marry cannot have exactly the same _____.

(f) Under National Immunization Schedule, DPT-booster-2 is given during the age of _____.

(5)

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

(a) Name the two scientists who discovered BCG.

(b) What is social maturity?

(c) What are antigens?

(d) Who is an alcoholic?

(e) Define surgery.

(f) Give the full form of NACO.

(Short Answer-type Questions)

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

(a) What are toxoids?

(b) What are the two important principles on which National Trachoma Control Programme strategy based on?

(c) Name any four physical barriers that act as natural defences in our body against the entry of disease-producing germs.

(d) Write any four false health-related beliefs.

(6)

(e) The Ministry of Health and Family Welfare consists of two departments. Name them.

(f) What is the chief objective of International Health Organizations?
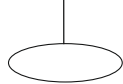
(g) What is a Caesarean section?

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

(a) What is the aim of Pradhan Mantri Swasthya Suraksha Yojana (PMSSY)?

(b) What are the main symptoms of tuberculosis?

(c) What is the aim of the Applied Nutrition Programme?

(d) Mention any three major achievements of the Directorate General of Health Services.

(e) Mention any three symptoms of Sexually Transmitted Infections (STI).

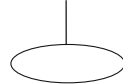*(f)* What is the main objective of the Central Council of Health?

4. Fill in the name of the germ/micro-organism that causes
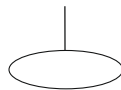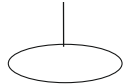the following infection/disease : 1×5=5

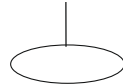Genital Herpes

Trichomoniasis

Acquired Immuno-
deficiency Syndrome

Genital Warts

Gonorrhoea

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

Column—A

Column—B

(a) Vaccines

(i) Eczema

(b) Leucocytes

(ii) Passive immunization

(c) Anaphylaxis

(iii) Cognitive disease

(d) Schizophrenia

(iv) White blood cells

(e) Allergic reaction

(v) Manufactured protective
substances

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

| Immunization | International Health Regulation |

| CARE | UNICEF | WHO | Quarantine |

(a) An international legal instrument binding on the 196 countries across the world

(b) It works towards ensuring that the children worldwide get proper vaccines

(c) Restrictions on the entrance to and exit from the place or premises where a case of communicable disease exists

(d) The most widely accepted and practised preventive measures against a person getting a disease

(e) One of the world's largest non-governmental, International Voluntary Relief and Development Organizations

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

(a) Explain any five dangers of self-medication (examples not required).

(**9**)

(b) State any five functions of the State Health Department.

(c) What are the five areas in which life skills can be broadly classified?

GROUP—II

(Essay-type Questions)

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

(a) Define maturity. How can we measure one's intellectual maturity?   1+(1½×6)=10

(b) What are the different categories of drugs? Explain any two of them briefly.   2+(4×2)=10

(c) Define immunity. What is natural immunity? Distinguish between artificial acquired immunity and natural acquired immunity.   1+2+(3½×2)=10

(d) What do you mean by teenage pregnancy? Mention any three symptoms of teenage pregnancy. Explain briefly the health and social effects of a teenage girl becoming pregnant.   1+3+(3×2)=10

[P.T.O.

(**10**)

[For Candidates without Internal Assessment]

9. Answer in *one* sentence only (any *five*) :   1×5=5

  (a) What is infection?

  (b) Name the alcohol that is deadly poisonous.

  (c) What is trachoma?

  (d) What is susceptibility?

  (e) Where is the headquarters of WHO situated?

  (f) When was the Central Council of Health set up?

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

  (a) State the basic law of homeopathy.

  (b) Mention two things that parents expect of you.

  (c) Name the types of quacks.

  (d) What are antibodies?

  (e) What is drug abuse?

(11)

(f) What is the goal of physical education?

(g) Write any two specific functions and activities of the Directorate General of Health Services.

11. Answer the following :

State any two functions of the Primary Health Centre (PHC).   2½×2=5

Or

Define medical quackery.   5

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