X/21/HPE

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HEALTH AND PHYSICAL EDUCATION

(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)

(Objective-type Questions)

1. A. Choose and write the most appropriate answer of the following (any *six*) :   1×6=6

(a) Heavy smoking causes

(i) palpitation

(ii) dizziness

(iii) headache

(iv) All of the above

(b) When you often lose your temper and feel extremely annoyed with things that do not happen the way you desire refer to lack of

(i) intellectual maturity

(ii) social maturity

(iii) philosophical maturity

(iv) emotional maturity

(3)

(c) HIV can be transmitted through

    (i) sharing of food

    (ii) transmission through blood

    (iii) using public toilets

    (iv) sneezing

(d) HIV is a/an

    (i) water-borne disease

    (ii) air-borne disease

    (iii) food-borne disease

    (iv) None of the above

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

    (i) Rig Veda

    (ii) Yajur Veda

    (iii) Sama Veda

    (iv) Atharva Veda

         [P.T.O.

(f) The first pioneering work in the field of synthetic drugs was done by

   (i) Selman A. Waksman

   (ii) Louis Pasteur

   (iii) Paul Ehrlich

   (iv) Alexander Fleming

(g) An early diagnosis of pregnancy helps a teenager to adjust

   (i) emotionally and socially

   (ii) emotionally and physically

   (iii) physically and intellectually

   (iv) physically and socially

(h) Striking changes take place in the body during

   (i) childhood

   (ii) adolescence

   (iii) adulthood

   (iv) infancy

[Contd.

(5)

B. Fill in the blanks (any *six*) :　　　　　　　1×6=6

(a) The _____ system of medicine is mainly practised in Tamil Nadu and some parts of Kerala.

(b) Diseases do not develop unless too many _____ are present.

(c) National Vector-borne Disease Programme also covers filaria and _____ along with malaria.

(d) A total of _____ districts have been covered under Mission Indradhanush during the various phases.

(e) HIV attacks the body's _____ system and weakens the body's defences.

(f) Teenage mothers have a higher _____ risk during child bearing.

(g) The people whom you love and admire also help in building your _____ of life.

(h) The Government of India launched the Family Planning Programme as a national programme in _____.

(6)

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

(a) What is chemotherapy?

(b) Define medicine.

(c) What is adolescence?

(d) Name the protective foods that control the ability of the body to produce antibodies.

(e) What is drug abuse?

(f) What is puberty?

(g) What is called herd immunity?
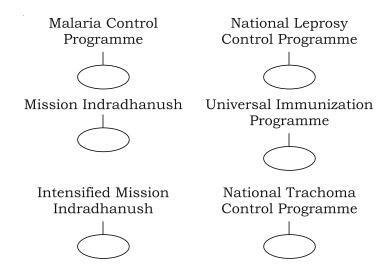
(h) What is the aim of Mission Indradhanush?

(Short Answer-type Questions)

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

(a) What is life skills education?

(b) What is allergic reaction?

(c) What is the long-term objective of National Population Policy, 2000?

(d) Name the four humours present in the body according to Unani system of medicine.

(e) What is natural increase in population?

(f) What are the various sources from which drugs are obtained?

(g) What is the main objective of National Leprosy Control Programme?

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

(a) What is anaphylaxis?

(b) How does tuberculosis spread?

(c) What do you understand by strong interpersonal relationships?

(d) In what respects chronological maturity is important for an individual?

(e) What are the different aspects of maturity?

(f) What are the three main ways in which HIV can be transmitted?

4. Fill in the year of launching of National Health Programmes/Missions (any *five*) : 1×5=5

Malaria Control Programme	National Leprosy Control Programme
◯	◯

Mission Indradhanush	Universal Immunization Programme
◯	◯

Intensified Mission Indradhanush	National Trachoma Control Programme
◯	◯

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

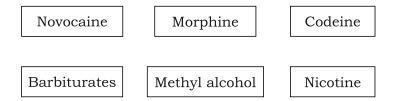| *Column—A*	*Column—B*
(a) BCG	*(i)* Antiretroviral
(b) Dr. Samuel Hahnemann	*(ii)* Surgery
(c) Pregnant woman with HIV	*(iii)* Vaccine against tuberculosis
(d) *Sushruta Samhita*	*(iv)* Quantitative change
(e) Growth	*(v)* Homeopathy

(9)

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

Novocaine	Morphine	Codeine

Barbiturates	Methyl alcohol	Nicotine

(a) Tar-like chemicals present in tobacco products

(b) Drug used by dentists for local anesthesia

(c) Alcohol which is deadly poisonous

(d) Smother unbearable and severe pain

(e) An important component of commonly available cough syrups

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

(a) Write any five potential behaviour patterns for a teenage pregnancy.

(b) Mention any five ways in which HIV is not transmitted.

(c) Mention any five cultural practices that promote health.

(10)

GROUP—II

(Essay-type Questions)

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

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

(b) What is consumer education? What are the general criteria of a wise consumer (any *seven* points)? 3+7=10

(c) Who are quacks? How can quacks be classified? What are the characteristics of a quack? 1+2+7=10

(d) What is maturity? What do your parents expect of you (any *eight* points)? 2+8=10

(e) What was the idea behind the applied nutrition programme? What are Mid-day Meal Programme and Special Nutrition Programme? 2+(4×2)=10

[For Candidates without Internal Assessment]

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

(a) Who is called the God of medicine?

(b) Mention the maturity that is difficult to measure.

(11)

(c) Name the first country in the world to launch family planning as an official programme.

(d) What is a lifelong process?

(e) Who discovered streptomycin?

(f) Name the infectious eye disease that leads to blindness.

(g) Give the full form of AIDS.

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

(a) What are non-prescription drugs?

(b) State the main function of white blood cells (leucocytes) in the blood.

(c) What is the main objective of National Tuberculosis Control Programme?

(d) What are the tablets being distributed for the benefit of pregnant and lactating mothers?

(e) Give two important reasons for using drugs without doctor's advice.

(f) Give two examples of depressants.

(g) Who are the primary focus groups of Intensified Mission Indradhanush (IMI) Programme?

11. Answer the following :

State any five preventive measures against tuberculosis. 5

Or

Write any five symptoms of teenage pregnancy. 5

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