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X/23/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

[FOR ALL CATEGORIES OF CANDIDATES]

General Instructions :

- (i) The question paper comprises of two Groups : Group—I and Group—II.
- (ii) Question No. **1** of Group—I is objective-type question. Question Nos. **2** and **3** of Group—I are short answer-type questions.
- (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 Columns) : 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.

(2)

GROUP—I

(Objective-type Questions)

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

(a) People who generally turn to quacks are individuals suffering from terminal stages of diseases like

(i) cancer

(ii) malaria

(iii) gonorrhoea

(iv) tuberculosis

(b) The National Vector Borne Disease Control Programme covers

(i) malaria

(ii) filariasis

(iii) dengue

(iv) All of the above

(3)

(c) The aspect of maturity that is difficult to measure is

(i) physical maturity

(ii) intellectual maturity

(iii) emotional maturity

(iv) social maturity

(d) HIV can be transmitted from a mother to her baby during

(i) pregnancy

(ii) breast-feeding

(iii) labour and delivery

(iv) All of the above

(e) Syphilis is caused by

(i) bacteria

(ii) parasite

(iii) virus

(iv) None of the above

(4)

(f) The regional language for 'trachoma' in Gujarat is

(i) Kukre

(ii) Khil

(iii) Rohe

(iv) Dane

(g) The UNICEF was established in

(i) 1946

(ii) 1947

(iii) 1948

(iv) 1949

(h) The Department of Health Research (DHR) was formally launched on

(i) 4th October, 2007

(ii) 5th October, 2007

(iii) 6th October, 2007

(iv) 7th October, 2007

(5)

B. Fill in the blanks (any six) :

1×6=6

- (a) _____ immunity may be active or passive.
- (b) _____ is a voluntary relief agency.
- (c) Like all sexually transmitted infections, HIV cannot be _____ but only passed on.
- (d) A good home is a _____ setup for all the members of the family.
- (e) Beliefs and _____ are an integral part of all cultures in the world.
- (f) _____ are prescribed to the patients because they give a soothing feeling and reduce anxiety and tension.
- (g) Every year in India, 5 lakh children die due to diseases, which could be prevented with _____.
- (h) Nearly _____ of the population of our country live in the villages.

(6)

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

- (a) What is social maturity?
- (b) Who are quacks?
- (c) What do you mean by the word 'disease'?
- (d) What is immunity?
- (e) Give the full form of NACO.
- (f) What is an illusion?
- (g) What is the long-term objective of the National Population Policy, 2000?
- (h) Name the two scientists who discovered BCG.

(Short Answer-type Questions)

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

- (a) What are the diseases that are associated with smoking?
- (b) What is herd immunity?
- (c) Why do you need to develop social maturity as you grow up?

(7)

- (d) Why are intravenous drug users said to be a high-risk group?
- (e) Mention any four potential cofactors for disease progression.
- (f) What is a Primary Health Centre (PHC)?
- (g) Write down any two expectations of your parents.

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

- (a) Mention any three major achievements of the Directorate General of Health Services.
- (b) What are the three objectives of the FAO?
- (c) Why is chronological maturity important?
- (d) What are the ABC's of safety method for the prevention of HIV/AIDS through sexual contact?
- (e) Write any three cultural practices that promote health.
- (f) What are the three pronged strategies which have been undertaken by the National Vector Borne Disease Control Programme?

(8)

4. Fill in the names of the different systems of medicine prevalent in our country in the spaces provided below (any five) : 1×5=5

Introduced by
Muslim rulers

|

Based on
natural philosophy

|

Based upon the
law of 'similars'

|

Based upon Vayu,
Pitta and Kapha

|

Practised in
Tamil Nadu

|

Through complete
investigation

|

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

Column—A

(a) Novocaine

(b) BCG

(c) Codeine

(d) Chlamydia

(e) Miracle Cure

Column—B

(i) Attractive advertisements

(ii) The most common STI

(iii) Local anaesthesia

(iv) Vaccine against
tuberculosis

(v) Cough syrups

(9)

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

National Leprosy
Eradication Programme

Uninformed quack

World Health Organization (WHO)

Genital warts

Genital herpes

Medical quackery

- (a) A specialized agency of the United Nations (UN)
- (b) Using a topical anaesthetic, such as lidocaine gel or applying petroleum jelly
- (c) It is caused by certain strains of the Human Papilloma-Virus (HPV)
- (d) A quack who has very little knowledge about what he/she intends to treat
- (e) The main objective of the programme is early case detection and domiciliary treatment with sulfone tablets

(10)

7. Answer any *one* of the following questions : 5
- (a) Write any five potential behaviour patterns for a teenage pregnancy.
 - (b) Give five indicators that may be of some assistance in identifying a quack.
 - (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) Explain any five requisites which are essential for making married life happy. 2×5=10
 - (b) What is consumer education? What are the general criteria for a wise consumer (any seven points)? 3+(1×7)=10
 - (c) What was the idea behind the Applied Nutrition Programme? Explain any four Nutrition Programmes. 2+(2×4)=10
 - (d) What do you mean by teenage pregnancy? Explain briefly the health and social effects of a teenage girl becoming pregnant. 2+(4×2)=10
 - (e) Explain any five main functions of the World Health Organization (WHO). 2×5=10

(11)

[For Candidates without Internal Assessment]

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

- (a) Who is regarded as the God of Medicine?
- (b) What is susceptibility?
- (c) Who discovered penicillin?
- (d) Mention any one way through which HIV can be transmitted.
- (e) Name the first country in the world to launch family planning as an official programme.
- (f) Name an infectious eye disease that leads to blindness.
- (g) What is adolescence?

10. Answer any *five* of the following questions briefly : $2 \times 5 = 10$

- (a) What does human development include?
- (b) What is life skills education?
- (c) Name any two most commonly abused substances.
- (d) What is natural increase in population?

(12)

- (e) Give the full forms of AIDS and STD.
- (f) What is chemotherapy?
- (g) What are the various sources from which drugs are obtained?

11. Answer the following : 5

What are the qualities sought after in prospective grooms by parents?

Or

State five preventive measures against tuberculosis.

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