Total No. of Printed Pages—12

X/22/HPE

2022

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.

(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.

GROUP—I

(Objective-type Questions)

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

(a) The original books of Unani system of medicine are found in

(i) Arabic and Persian languages

(ii) Urdu and Arabic languages

(iii) Sanskrit and Hindi languages

(iv) Sanskrit and Tamil languages

(b) Tuberculosis affects mainly the

(i) kidneys

(ii) heart

(iii) lungs

(iv) pancreas

(c) The aspect of maturity which helps you to have an attractive and charming personanlity is

(i) physical maturity

(ii) intellectual maturity

(iii) emotional maturity

(iv) social maturity

(d) All forms of HIV transmission can be prevented through

(i) media campaigns and education

(ii) HIV counselling and testing

(iii) antiretroviral treatment

(iv) All of the above

(e) Gonorrhoea is caused by

(i) bacteria

(ii) parasite

(iii) virus

(iv) fungi

(f) Antibodies are produced in the body to kill germs and dead germs are swallowed by

(i) red blood cells

(ii) white blood cells

(iii) blood platelets

(iv) plasma

(g) The headquarters of the World Health Organization (WHO) is in

(i) Geneva

(ii) New Delhi

(iii) Rome

(iv) New York

(h) The Food and Agricultural Organization (FAO) was established in

(i) 1945

(ii) 1946

(iii) 1947

(iv) 1948

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

(a) Germs contain certain chemical substances called _____.

(b) Ships suspected of carrying infection are kept _____ on its arrival at a port.

(c) _____ sexual behaviour prevents pregnancy.

(d) Teenagers generally feel that their parents treat them like _____.

(e) During _____, a person sees images that do not exist.

(f) Make use of the laws protecting _____ against adulterated and substandard products.

(g) A health mission is aimed at achieving full _____ coverage against childhood diseases for all children.

(h) The PHCs and sub-centres form a _____ from which all health services radiate in the rural areas.

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

(a) What is physical maturity?

(b) What is drug?

(c) How is genital herpes caused?

(d) What is susceptibility?

(e) Give the full form of UNICEF.

(f) What is alcohol?

(g) What is the main objective of WHO?

(h) What is teenage pregnancy?

(Short Answer-type Questions)

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

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

(b) What are toxoids?

(c) Write down any two qualities in the choice of a bride by parents.

(d) What is the goal of physical education?

(e) What is a caesarean section?

(f) What is the aim of World Health Day?

(g) Write any four benefits that are derived from a joint family.

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

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

(b) What are the main aspects of International Health Regulations?

(c) What are the different aspects of maturity?

(d) Mention any three symptoms of teenage pregnancy.

(e) Define medical quackery.

(f) Define medicine and surgery.

4. Fill in the name of the writers/founders/inventors in each of the spaces provided below (any *five*) : 1×5=5

Chemotherapy	Homeopathy
Penicillin	Streptomycin
Charaka Samhita	*Sushruta Samhita*

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

Column—A	*Column—B*
(a) Leucocytes	*(i)* 60,000–1,00,000 population
(b) Immunisation	*(ii)* Medicated shampoo
(c) Depressants	*(iii)* White blood cells
(d) PHC	*(iv)* Preventive measures against diseases
(e) Pubic lice	*(v)* Bromides

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

National Family Planning Programme	Ayurvedic System
Quarantine	Chlamydia
Universal Precautions	Mission Indradhanush

(a) It is a period during which persons who might spread an infectious disease (especially travellers) are kept isolated

(b) Include washing hands and using protective barriers for direct contact with blood and other body fluids

(c) It can be treated with the help of antibiotics

(d) It is a system of medicines which is based upon three substances present in the body, i.e., vayu, pitta and kapha

(e) The programme envisages methods to prevent unwanted pregnancies, treating sterility cases and providing maternal and child care services

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

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

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

(c) Mention any five false health-related beliefs.

GROUP—II

(Essay-type Questions)

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

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

(b) Explain any five functions of Primary Health Centre (PHC). 2×5=10

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

(d) What is the full form of HIV? Explain the three key things that can be done to prevent all forms of HIV transmission. 1+(3×3)=10

(e) Outline the aims of UNICEF. 2×5=10

[For Candidates without Internal Assessment]

9. Answer in few words/figures (any *five*) : 1×5=5

(a) Approximately how many villages come under each block in India?

(b) Which maturity is very much related to your emotional maturity?

(c) Who was extremely touched by the plight of the leprosy patients?

(d) Name the alcohol which is deadly poisonous.

(e) Which important component of narcotics is commonly available in cough syrups?

(f) Name the world's largest non-governmental voluntary organization.

(g) How can syphilis be cured?

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

(a) What is immunity?

(b) What is allergic reaction?

(c) Who is an alcoholic?

(d) What is drug abuse?

(e) Mention any two expectations of your parents from you.

(f) What are the main symptoms of tuberculosis?

(g) What is the chief objective of international health organisations?

11. Answer the following :

Mention any five specific functions of Directorate General of Health Services. 5

Or

Mention any five symptoms of STI. 5

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