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FOR MEGHALAYA CLASS 10 PREPARATION

MBOSE Class 10 Question Bank 2027 Health & Physical Education

EXAM	YEAR	TYPE	SUBJECT
Meghalaya Class 10	2027	Question Bank	Education

CM IMPACT Guidebook for Students
(With Important Questions and Answers)

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Class X
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Section- A (1 mark) MCQ:

1. _____ cannot change, you cannot hurry it up or slow it down.

A. Intellectual Age

B. Chronological Age

C. Cellular Age

D. Philosophical Age

Ans. B

2. Which of the following is not an aspect of maturity?

A. Physical

B. Emotional

C. Intellectual

D. Calculative.

Ans. D

3. The ability to get along with people is _____.

A. Emotional maturity

B. Physical maturity

C. Social maturity

D. Philosophical maturity

Ans. C

4. The maturity that helps in maintaining an equilibrium in the present as well as future life is _____.

A. Philosophical Maturity

B. Intellectual Maturity

C. All- round Maturity

D. Social Maturity

Ans. C

5. Having a mission in life is part of what maturity?

A. Intellectual Maturity

B. Social Maturity

C. Philosophical Maturity

D. Emotional Maturity

Ans. C

6. As you become a teenager, your dependence on parents _____

A. Increases

B. Decreases

C. Doesn't change

D. Cannot tell

Ans. B

7. Marriages in our country are generally arranged by

A. Grandparents

B. Parents.

C. Friends

D. Relatives

Ans. B

8. The most intimate relationship of a married couple is

A. Sex satisfaction

B. Domestic Chores

C. Formal

D. Casual

Ans. A

9. All parts of the body grow at

A. The same rate

B. Different rates

C. Equal rate

D. Speed rate.

Ans. B

10. Which of the following is not a benefit of living in a joint family?

A. Abundant privacy

B. Help in upbringing children

C. Support in events of crisis

D. Advice on personal issues

Ans. A

11. Which of the following is not a requisite for a successful marriage?

A. Loving and being loved

B. Cooperation.

C. Compatibility.

D. Competitiveness

Ans. D

12. Growth in human beings mean much more than growing

A. Shorter and stronger.

B. Taller and stronger.

C. Weaker and shorter.

D. Stronger and weaker.

Ans: B

13. Human development does not include

A. Physical growth

B. Intellectual advancement

C. Social maturity

D. Chronological maturity

Ans: D

14. Striking changes takes place in the body during

A. Adolescence

B. Adulthood

C. Birth

D. Childhood

Ans: A

15. Knowledge of our body structure and its functioning is essential for maintaining _____.

A. Good academics

B. Good wealth

C. Good health

D. Good relations

Ans: C

16. Complete growth of your body is

A. Social maturity

B. Intellectual maturity

C. Physical maturity

D. Chronological maturity.

Ans: C

17. Intellectually, the adolescent shows great progress in developing the ability to think

A. Smart

B. Active

C. Logically

D. Brilliant

Ans: C

18. Every human being has a_____ in life.

A. Philosophy

B. Emotional

C. Physical

D. Social

Ans: A

19. Maturity means the ability to

A. Earn money.

B. Handle responsibilities and experiences.

C. Become physically strong.

D. Grow older quickly.

Ans: B

20.Chronological maturity is based on

A. Intelligence.

B. Emotional control.

C. Number of years lived.

D. Social interaction.

Ans: C

21. Which of the following is an example of chronological maturity?

A. Learning to control anger

B. Celebrating birthdays

C. Making career decisions

D. Helping others

Ans: B

22. Physical maturity mainly refers to

A. Thinking ability

B. Emotional control

C. Body growth and development

D. Social adjustment

Ans: C

23. Intellectual maturity helps a person to

A. Become physically strong

B. Control emotions only

C. Think and make wise decisions

D. Increase age

Ans: C

24. Philosophical maturity is related to

A. Body growth

B. Emotions only

C. Values and life goals

D. Age

Ans: C

25. It is expected of the newly wed couple that they should give_____ to the family of each other.

A. Due respect

B. Dowry

C. Gifts

D. House.

Ans: A

26. Two persons who marry cannot have exactly the same_____ .

A. Traits

B. Character

C. Behaviour

D. Religion

Ans: A

27. _____means to adapt and respect the likes and dislikes of each other.

A. Compatibility

B. Sincerity

C. Adaptability

D. Morality

Ans: C

28. A successful marriage is necessarily a_____ marriage

A. Devastating

B. Broken

C. Happy

D. Curse

Ans: C

29. If the husband and wife share some common interest, it helps to_____them together.

A. Connect

B. Disconnect

C. Separate

D. Bind

Ans: D

30. Sharing household work reflects

A. Laziness

B. Cooperation

C. Independence

D. Weakness

Ans: B

31. Germs contain certain chemical substances called

A. Antigens
B. Antibodies
C. Leucocytes
D. Phagocytes

Ans. A

32. Each block comprises of about

A. 10 villages
B. 100 villages
C. 1000 villages
D. 5000 villages

Ans. B

33. The Revised National Tuberculosis Control Programme aims to eradicate tuberculosis from the country by the year

A. 2025
B. 2035
C. 2045
D. 2055

Ans. A

34. Which is a non-communicable disease?

A. Diabetes
B. Measles
C. Diphtheria
D. Cholera

Ans. A

35. BCG Vaccination is being offered to all below the age of

A. All ages
B. 50 years
C. 20 years
D. 40 years

Ans. C

36. BCG Vaccination was discovered by

A. Paul Ehrlich
B. Alexander Fleming
C. Salman A Waksman
D. Calmette and Guerin

Ans. D

37. BCG vaccine protects from

A. Tuberculosis
B. Leprosy
C. Cholera
D. Malaria

Ans. A

38. The tablet used for treating leprosy patients:

A. Sulfone
B. Bromides
C. Paracetamol

D. Amphetamines

Ans. A

39. The National Vector Borne Disease Control Programme do not cover

A. Malaria

B. Filariasis

C. Cancer

D. Dengue

Ans. C

40. Trachoma affects which part of the body?

A. Eyes.

B. Ears.

C. Lungs.

D. Legs.

Ans. A

41. The first country in the world to launch Family Planning as an official programme is

A. USA

B. India

C. Russia

D. China

Ans. B

42. A Sub Centre normally looks after a population of about

A. 10,000

B. 1,000

C. 1,00,000

D. 5,00,000

Ans. A

43. World AIDS Day is observed on which day?

A. 1st January

B. 1st December

C. 1st November

D. 1st October

Ans. B

44. The percentage of our population living in rural

A. 50 per cent

B. 60 per cent

C. 80 per cent

D. 95 per cent

Ans. C

45. In Health Services of Government, PHC stands for_____

A. Physical Health Centre

B. Physical Healing Centre

C. Primary Health Centre

D. Primary Healing Centre

Ans. C

46. The PHC is the largest agency to serve the public health needs in

A. Rural areas

B. Urban areas

C. Residential areas

D. Commercial areas

Ans. A

47. Trachoma is found particularly in the age group of

A. 0-1 years

B. 0-10 years

C. 10-20 years

D. 60-70 years

Ans. B

48. The National Population Policy 2000, has a long-term objective of stabilising the country's population by

A. 2035 CE

B. 2040 CE

C. 2045 CE

D. 2055 CE

Ans. C

49. _____attack the germs and neutralise them.

A. Antibodies

B. Antigens

C. Antibiotics

D. Vaccines

Ans: A

50. If a person cannot fight diseases easily, it is called

A. Immunity

B. Disease

C. Susceptibility

D. Passive immunity

Ans: C

51. _____is the ability of our body to fight against diseases.

A. Immunity

B. Disease

C. Susceptibility

D. Allergic reaction

Ans: A

52. Examples of allergic reactions can be

A. Diarrhoea, hiccups

B. Constipation, toothache

C. Skin rashes

D. Anaemia

Ans. C

53. Which of the following conditions is **not** an allergic reaction?

A. Asthma

B. Migraine

C. Eczema

D. Anaemia

Answer: D

54. Mission Indradhanush was launched on

A. 25 Dec 2014

B. 25 Dec 2015

C. 24 Dec 2015

D. 24 Dec 2014

Ans. A

55. Universal Immunization Programme (UIP) was launched in the year

A. 1983

B. 1984

C. 1985

D. 1986

Ans. C

56. Intensified Mission Indradhanush (IMI) was launched on

A. Oct 2015

B. Oct 2016

C. Oct 2017

D. Oct 2018

Ans. C

57. Mission Indradhanush depicts the

A. 4 seasons in a year

B. 12 numbers in a dozen

C. 2 numbers in a pair

D. 7 colours of the rainbow

Ans. D

58. The Central Council of Health was set up by a presidential order on

A. 8 August 1952

B. 7 August 1953

C. 9 August 1952

D. 9 August 1953

Ans. C

59. The Central Council was set up under Article_____ of the Constitution of India

A. 260

B. 261

C. 262

D. 263

Ans. D

60. The Department of AIDS Control was merged with the Department of Health and Family Welfare

A. August 7, 2014

B. August 7, 2015

C. August 9, 2014

D. August 9, 2015

Ans. A

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

A. 5th October 2007

B. 5th October 2008

C. 5th December 2007

D. 5th January 2008

Ans. A

62. It was in_____ that an integrated comprehensive scheme of establishing PHCs in the community development block was heralded.

A. 1955

B. 1954

C. 1953

D. 1952

Ans. D

63. Pradhan Mantri National Dialysis Programme provided relief to patients at the end-stages of_____ related diseases.

A. Liver

B. Heart

C. Pancreas

D. Kidney

Ans. D

64. The Ministry of Health and Family Welfare consists of

A. 1 department

B. 2 departments

C. 3 departments

D. 4 departments

Ans. B

65. The Directorate General of Health services comprises_____ main units

A. One

B. Two

C. Three

D. Four

Ans. C

66. The Government of India launched the Family Planning Programme as a national Programme in

A. 1951

B. 1952

C. 1953

D. 1954

Ans. B

67. In order to fight malaria, a nationwide MCP was launched in the year

A. 1950

B. 1952

C. 1953

D. 1954

Ans. C

68. The achievements of the MCP were so encouraging that in_____it was switched over to an Eradication Programme

A. 1958

B. 1968

C. 1955

D. 1966

Ans. A

69. National Leprosy Control Programme was initiated in the year

A. 1955

B. 1945

C. 1935

D. 1925

Ans. A

70. The National Trachoma Control Programme was launched in

A. March 1953

B. March 1963

C. April 1953

D. April 1963

Ans. B

71. The Applied Nutrition Programme was launched in the year

A. 1963

B. 1964

C. 1965

D. 1966

Ans. A

72. The National AIDS Control Programme was launched in India in

A. December 1999

B. September 1989

C. October 1979

D. December 2001

Ans. A

73. The National Programme for Control of Blindness was originally launched to fight:

A. Cataract

B. Trachoma

C. Glaucoma

D. Night blindness

Ans. B

74. The National Vector Borne Disease Control Programme aims to control:

A. Tuberculosis and leprosy

B. Malaria, filariasis and dengue

C. AIDS and cancer

D. Trachoma and blindness

Ans. B

75. The National Leprosy Eradication Programme was renamed from the earlier:

A. National Leprosy Control Programme

B. National Blindness Control Programme

C. National Nutrition Programme

D. National AIDS Control Programme

Ans. A

76. A PHC covers a population of about:

A. 10,000-30,000

B. 30,000-60,000

C. 60,000-1,00,000

D. 2,00,000-3,00,000

Ans. C

77. PHC provide services for

A. Only children

B. Only old people

C. Only pregnant women

D. The whole community

Ans. D

78. PHC provides emergency treatment for

A. Major illness

B. Only non communicable disease

C. Major surgeries

D. Minor ailments

Ans. D

79. Maternal and child welfare services are meant for

A. Mothers and children

B. Only babies

C. Only adolescent

D. Only old people

Ans. A

80. Big cities are managed by

A. PHC

B. Municipal corporation

C. Municipal committee

D. Bank

Ans. B

81. Towns are managed by

A. PHC

B. Municipal corporation

C. Municipal committee

D. Bank

Ans. C

82. Which of the following is **not** a false health related belief?

A. Raw milk is best quality milk

B. Rinsing mouth after eating food

C. Wine helps in forming blood

D. Alcoholic beverages can cure cold

Ans. B

83. We should always consult a qualified medical practitioner for our

A. Educational needs

B. Medical needs

C. Spiritual needs

D. Social needs

Ans. B

84. Which of the following is a cultural practice that promotes health?

A. Greeting friends with folded hands
B. Not eating milk and yogurt together
C. Drinking raw milk
D. Drinking alcoholic beverages to cure cold

Ans. A

85. Which of the following is not a criterion for a wise consumer?

A. Select consumer articles intelligently
B. Consider family budget
C. Practice self-medication
D. Make use of consumer laws

Ans. C

86. The government has enacted_____ to protect the consumers from cheats

A. Jurisdiction
B. Execution
C. Legislation
D. Communication

Ans.C

87. Early concepts of medicine and surgery were set out in the

A. Atharvaveda
B. Rigveda
C. Yajurveda
D. Ayurveda

Ans. A

88. Which of the following is not recommended by Ayurvedic practitioners?

A. Early rising
B. Cleaning of bowels
C. Cleaning of teeth
D. Taking medicine daily

Ans. D

89. Who was regarded as the God of medicine?

A. Chanakya
B. Ritucharya
C. Dinacharya
D. Dhanvantari

Ans. D

90. Which system is based upon three substances present in the body, i.e, vayu, pitta and kapha?

A. Unani system
B. Allopathy
C. Ayurvedic system
D. Naturopathy

Ans. C

91. The Unani system of medicine was introduced in India around the twelfth century CE by

A. British rulers
B. Muslim rulers
C. French rulers
D. Portuguese rulers

Ans. B

92. Siddha system of medicine is mainly practiced in

A. Tamil Nadu
B. Maharashtra
C. Bihar
D. Madhya Pradesh

Ans. A

93. The classical books of Siddha system are written in which language?

A. Telugu
B. Tamil
C. Kannada
D. Malayalam

Ans. B

94. A system of medicine based on natural philosophy:

A. Homeopathy
B. Allopathy
C. Naturopathy
D. Ayurvedic

Ans. C

95. Which of the following is not the main line of treatment in Naturopathy?

A. Hydrotherapy
B. Oil Bath
C. Enema
D. Fasting

Ans. B

96. A system of medicine based on the concept of ‘similars’, i.e. likes are cured by likes’ is

A. Homeopathy
B. Allopathy
C. Ayurvedic system
D. Siddha system

Ans. A

97. Homeopathy was discovered by

A. Dr. Samuel Hahnemann
B. Charaka Samhita
C. Susruta Samhita
D. Paul Erhlich

Ans. A

98. Which is the most prevalent system of medicine all over the world?

A. Naturopathy

B. Homeopathy

C. Allopathy

D. Ayurvedic system

Ans. C

99. There is no other system in medicine which has so many specializations as in

A. Homeopathy

B. Allopathy

C. Naturopathy

D. Unani system

Ans. B

100. Considering the development of medicine and surgery, innumerable career opportunities are available in

A. Homeopathy

B. Naturopathy

C. Siddha system

D. Allopathy

Ans. D

101. A false ray of hope, like a mirage, leads people to the money-making trap of

A. Vaids

B. Hakims

C. Quacks

D. Allopathy doctors

Ans. C

102. Many quacks practice medicine under the garb of

A. Registered Medical Practitioners

B. Unregistered Medical Practitioners

C. Local Medical Practitioners

D. Indigenous Medical Practitioners

Ans. A

103. _____may be defined as the practice of the art of healing by the people who are not qualified to practice them.

A. Curative quackery

B. Healing quackery

C. Corrective quackery

D. Medical quackery

Ans. D

104. The branch of medicine in which treatment of diseases is done by the operation of the diseased tissue is

A. Medicine

B. Surgery

C. Physiotherapy

D. Chemotherapy

Ans. B

105. The science of healing diseases by the administration of internal and external remedies is

A. Medicine

B. Surgery

C. Physiotherapy

D. Chemotherapy

Ans. A

106. Penicillin was discovered by

A. Marie Curie

B. Alexander Fleming

C. Antonie van Leeuwenhoek

D. Edward Jenner

Ans. B

107. Streptomycin was discovered by

A. Marie Curie

B. Alexander Fleming

C. Selman Waksman

D. Edward Jenner

Ans. C

108. What are the commonly abused substances throughout the world?

A. Alcohol and cocaine

B. Tobacco and alcohol

C. Tobacco and cocaine

D. Alcohol, tobacco and cocaine

Ans. B

109. Which of the following symptoms need immediate medical attention?

A. Chest pain

B. Coughing

C. Sneezing

D. Common cold

Ans. A

110. Name the drugs which are used only in medical research

A. Hallucinogens

B. Narcotics

C. Depressants

D. Stimulants

Ans. A

111. All substances with abuse potential can produce mental changes in human such as

A. Fever

B. Stomach pain

C. Common cold

D. Depression

Ans. D

112. Codeine in an example of

A. Narcotics

B. Depressants

C. Stimulants

D. Hallucinogens

Ans. A

113. Novocaine is an example of

A. Narcotics

B. Depressants

C. Stimulants

D. Hallucinogens

Ans. A

114. Morphine is an example of

A. Narcotics

B. Depressants

C. Stimulants

D. Hallucinogens

Ans. A

115. Which drugs are used by physicians and dentists to relieve pain or prevent pain?

A. Depressants

B. Narcotics

C. Stimulants

D. Hallucinogens

Ans. B

116. Which is an important component of commonly available cough syrups?

A. Novocaine

B. Morphine

C. Codeine

D. Heroin

Ans. C

117. Name the drug which is used by dentists for local anesthesia.

A. Novocaine

B. Morphine

C. Codeine

D. Bromides

Ans. A

118. Which drug is used to smother unbearable and severe pain?

A. Novocaine

B. Codeine

C. Morphine

D. Bromide

Ans. C

119. Drugs that give a soothing feeling and reduce anxiety and tension

A. Narcotics

B. Depressants

C. Stimulants

D. Hallucinogens

Ans. B

120. Bromides is an example of

A. Narcotics

B. Depressants

C. Stimulants

D. Hallucinogens

Ans. B

121. Drugs that are present in many patent sedative or sleeping pills:

A. Morphine

B. Codeine

C. Novocaine

D. Barbiturates

Ans. D

122. Alcohol is an example of

A. Narcotics

B. Depressants

C. Stimulants

D. Hallucinogens

Ans. B

123. The alcohol used for drinking is

A. Ethyl alcohol

B. Methyl alcohol

C. Isopropyl alcohol

D. Methanol alcohol

Ans. A

124. Name the alcohol which is deadly poisonous and causes blindness and even death

A. Ethanol

B. Methyl alcohol

C. Isopropyl alcohol

D. Ethyl alcohol

Ans. B

125. Which of the following is used as a solvent and cleaning agent?

A. Ethanol alcohol

B. Methyl alcohol

C. Isopropyl alcohol

D. Ethyl alcohol

Ans. C

126. As medical science progressed the need for more and more drugs was felt. This gave birth to the era of

A. Herbal Drugs

B. Synthetic drugs

C. Mechanical drugs

D. Natural drugs

Ans. B

127. During_____ a person sees images that do not exist.

A. Illness

B. Hallucination

C. Surgery

D. Medication

Ans. B

128. Hallucinogen drugs affect one's

A. Sensory and auditory perception

B. Visual and auditory perception

C. Mental and visual perception

D. Auditory perception

Ans. C

129. _____ is obtained from a nicotine rich leaves of a plant, which is grown in many parts of the world

A. Sugarcane

B. Rice

C. Tobacco

D. Cocaine

Ans. C

130. Nicotine and other chemicals enter the body through the

A. Skin

B. Stomach

C. Ears

D. Throat

Ans. D

131. Smoking is also associated with

A. Cancer of the lips and larynx

B. Illusions

C. Coma

D. Unconsciousness

Ans. A

132. Which of the following is a fermented organic liquid, obtained by the natural fermentation of malts and sugars?

A. Alcohol

B. Tobacco

C. Medicine

D. Cigarette

Ans. A

133. Alcohol when taken in small quantities, causes

A. Bloating of stomach

B. Muscular relaxation

C. Itchy skin

D. Sneezing

Ans. B

135. The pioneering work in the field of the synthetic drugs was done by

A. Alexander Fleming

B. Paul Ehrlich

C. Selman A. Waksman

D. Samuel Hahnemann

Ans. B

136. Chemotherapy is the treatment of disease by

A. Massaging

B. Administering chemicals

C. Using hot or cold water

D. Using UV Rays

Ans. B

137. In case of an illness, you should go to a

A. Laboratory

B. Uninformed quack

C. Qualified physician

D. Informed quack

Ans. C

138. Non-prescription drugs are generally used in case of minor ailments such as

A. Headache

B. Cholera

C. Dysentery

D. Cancer

Ans. A

139. The leftover drugs can be

A. Used for next time

B. Given to relatives for use

C. Donated to charitable dispensaries

D. None of the above

Ans. C

140. Sale of drugs is governed by the

A. Medicine Control Act

B. Health Control Act

C. Drugs Control Act

D. Pharmacy Control Act

Ans. C

141. Using left over medicine from earlier illness is

A. Harmless

B. Dangerous

C. Good

D. Beneficial

Ans. B

142. Which of the following is a characteristic of stimulants?

A. Produce Excitement

B. Feeling lazy

C. Leads to coma

D. Increase the desire for sleep

Ans. A

143. Some stimulants such as_____ are used medically to combat depression.

A. Amphetamines

B. Thalidomide

C. Bromide

D. Barbiturates

Ans. A

144. Alcoholism generally leads to addiction because of its effects as a

A. Depressant

B. Stimulant

C. Hallucinogen

D. Narcotic

Ans. A

145. Our choice of buying goods are often influenced by attractive advertisement using the words such as

A. Miracle cure

B. Quick relief

C. Energy in a pill

D. All of the above

Ans. D

146. In the market a consumer needs to know how to choose products

A. Spontaneously

B. Intelligently

C. Quickly

D. After seeing advertisement

Ans. B

147. Avoid self medication, consult qualified

A. Teacher

B. Lawyer

C. Doctor

D. Headman

Ans. C

148. Charaka Samhita deals with which of the following?

A. Medical Aspect

B. Surgery

C. Control of drugs

D. Dietary control

Ans. A

149. Drugs can be classified into _____ categories.

A. One

B. Two

C. Three

D. Four

Ans: D

150. The headquarter of W.H.O. is in

A. Rome

B. Geneva

C. Canada

D. India

Ans. B

151. The agency that promotes the development of basic soil and water resources of countries

A. WHO

B. UNICEF

C. FAO

D. CARE

Ans. C

152. The International Health Regulations (IHR), are binding on

A. 96 Countries

B. 16 Countries

C. 116 Countries

D. 196 Countries

Ans. D

153. The WHO provides _____ health guidance with regards to international travel to medical professionals, travellers and member states.

A. Guess - based

B. Evidence-based

C. Profit-based

D. Deficit - based

Ans. B

154. The regional office of WHO for South East Asia in

A. New Delhi

B. Rome

C. Kolkata

D. Mumbai

Ans A

155. _____ sets standards for the quality control of vaccines

A. WHO

B. UNICEF

C. CARE

D. FAO

Ans. A

156. World Health Day is celebrated on

A. 1st April

B. 7th April

C. 7th May

D. 1st December

Ans. B

157. The agency that promotes medical research and exchange of scientific information is

A. FAO

B. CARE

C. WHO

D. IHR

Ans. C

158. _____ assists in the control of diseases which are responsible for mortality among mother and children

A. UNICEF

B. FAO

C. IMF

D. World Bank

Ans. A

159. The main aim of the UNICEF is to provide humanitarian and development assistance to

A. Children alone

B. Mothers alone

C. Children and mothers

D. Farmers

Ans. C

160. One of the objectives of FAO is to improve production and distribution of all food and agricultural products from

A. Farms, forests, fisheries

B. Industries, dry land, urban spaces

C. Deserts, barren land, mountains

D. Cities, factories, terrestrial environment

Ans. A

161. _____ is providing technical assistance in such fields as nutrition and food management:

A. UNICEF

B. WHO

C. FAO

D. CARE

Ans. C

162. The International Health Regulations are intended to detect, reduce or eliminate the source from which infection spreads and to improve sanitation in

A. Airports, border check posts and ports

B. Airports, railway stations and ports

C. Airports, border check posts and railway stations

D. Airports, border check posts and public transport

Ans. A

163. A period during which persons who might spread an infectious disease are kept isolated is called

A. Quarantine

B. Treatment

C. Hospitalisation

D. Rehabilitation

Ans. A

164. CARE was created to mobilize relief supplies to

A. War-torn Asia

B. War-torn Europe

C. War-torn Africa

D. War-torn America

Ans. B

165. CARE has now grown into one of the world's largest

A. Governmental agency

B. International voluntary relief agency

C. Health Business

D. None of the above

Ans. B

166. Which of the following is not a specialized agency of the United Nations?

A. FAO

B. CARE

C. WHO

D. UNICEF

Ans. B

167. The full form of IHR is

A. International Hygiene Regulations

B. International Health Regulations

C. Indian Hygiene Regulations

D. Indian Health Regulations

Ans. B

168. At the request of the member countries the WHO assists them in planning out

A. Health programmes

B. Rural programmes

C. Education programmes

D. Drinking water projects

Ans. A

169. Mosquitoes can cross the border and spread_____

A. Cancer

B. Diabetes

C. Sun Stroke

D. Malaria

Ans. D

170. Immunization is one of the key focus area of_____

A. IHR

B. UNICEF

C. FAO

D. CARE

Ans: B

171. CARE has been working in India since

A. 1948

B. 1960

C. 1946

D. 1938

Ans. C

172. Ships suspected of carrying infection are kept_____ on its arrival at a port.

A. Isolated

B. Together

C. In a community

D. In a church

Ans: A

173. CARE was formally established in India in the year

A. 1947

B. 1948

C. 1949

D. 1950

Ans D

174. The most important measure for prevention of certain diseases is production of_____

A. Drugs

B. Food

C. Antibodies

D. Vaccines

Ans: D

175. The WHO collaborates with member countries in disease_____ programme

A. Control

B. Eradication

C. Evaluation

D. Diagnostic

Ans: B

176. Genital herpes is caused by

A. Trichomonas Vaginalis Parasite

B. Human Papilloma Virus

C. Treponema Pallidum

D. Herpes Simplex Virus

Ans. D

177. Non-specific urethritis can be treated with

A. Antibiotics

B. Shampoo

C. Antiviral drugs

D. Glycerine

Ans. A

178. Syphilis is caused by a

A. Lice

B. Worm

C. Bacteria

D. Virus

Ans. C

179. The most common STI is

A. Chlamydia

B. Non-specific urethritis

C. Trichomoniasis

D. Pubic lice

Ans. A

180. Human papilloma virus causes

A. Genital warts

B. Genital herpes

C. Syphilis

D. Gonorrhoea

Ans. A

181. Treating warts using liquid nitrogen is called_____

A. Chemotherapy

B. Cryotherapy

C. Physiotherapy

D. Hydrotherapy

Ans. B

182. Trichomoniasis can be treated with

A. Antiviral

B. Antifungal

C. Antibiotics

D. Acyclovir

Ans. C

183. What is teenage pregnancy?

A. Pregnancy after 30 years

B. Pregnancy between 13-19 years

C. Pregnancy in old age

D. Pregnancy after marriage only

Answer: B

184. Which is a symptom of pregnancy?

A. Fever

B. Missed period

C. Cold

D. Toothache

Answer: B

185. What causes STIs?

A. Books

B. Germs (bacteria, viruses, parasites)

C. Water

D. Air only

Ans. B

186. Which of the following helps prevent STIs?

A. Risky behaviour

B. Awareness and protection

C. Ignoring problems

D. Sharing needles

Answer: B

187. What does HIV stand for?

A. Human Infection Virus

B. Human Immunity Virus

C. Human Immunodeficiency Virus

D. Health Immune Virus

Answer: C

188. HIV mainly attacks which part of the body?

A. Digestive system

B. Immune system

C. Nervous system

D. Respiratory system

Answer: B

189. Which of the following is NOT a way in which HIV spreads?

A. Unprotected sex

B. Sharing needles

C. Mosquito bite

D. Infected blood transfusion

Ans. C

190. AIDS stands for:

A. Active Immune Deficiency System

B. Acquired Immunodeficiency Syndrome

C. Auto Immune Defense System

D. Acute Infectious Disease Syndrome

Answer: B

191. Universal precautions are used in:

A. Schools

B. Hospitals

C. Markets

D. Homes

Answer: B

192. Treatment for HIV/AIDS is called:

A. Antibiotics

B. Antiretroviral

C. Vaccine

D. Syrup

Answer: B

193. Teenage pregnancy is more likely in individuals with:

A. Strong family support

B. High self-esteem

C. High-risk behaviours

D. Good education

Answer. C

194. Which of the following is a social effect of teenage pregnancy?

A. Increased income

B. Isolation and guilt

C. Better job opportunities

D. Improved health

Ans. B

195. Infants born to teenage mothers may face

A. High weight

B. No complications

C. Developmental delays

D. Strong immunity

Answer. C

196. Chlamydia can be treated with

A. Antibiotics

B. Painkillers

C. Vaccines

D. Vitamins

Answer: A

197. Genital warts are caused by

A. HIV

B. Human Papilloma Virus (HPV)

C. Bacteria

D. Parasite

Answer. B

198. Gonorrhoea is caused by

A. Virus

B. Bacteria

C. Fungus

D. Parasite

Answer. B

199. Section 377 of the Indian Penal Code was overturned by the Supreme Court in:

A. 2016

B. 2017

C. 2018

D. 2019

Answer. C

200. Some people with HIV may remain without symptoms for about:

A. 2 years

B. 5 years

C. 10 years

D. 15 years or more

Answer. D

Section-B (2 marks) Very short answer questions:

1. Define growth.
Ans: Growth refers to the physical, measurable, increase in body size, height, weight and organ size, generally growing and gaining maturity.

2. What is adolescence?
Ans: Adolescence is the period of transition from childhood to adulthood.

3. How to maintain good health?
Ans: Knowledge of our body structure and its functioning is essential for maintaining good health.

4. When does one gain physical maturity?
Ans: One gains physical maturity when one has obtained his full height, weight and strength.

5. In what respect emotional maturity helps you?
Ans: Emotional maturity helps us to have an attractive and charming personality.

6. Why do you need to develop social maturity as you grow up?
Ans: As we grow up we need more and more people of various kinds in our life and we need different things from them.

7. Why is social maturity a very difficult area of growth?
Ans: Social maturity is a very difficult area of growth because it is neither predictable nor regular and it is not the same all the time.

8. Why do adolescents need the help from their parents?
Ans: Adolescents need the help from their parents for advice and guidance.

9. Why compatibility an important requisite in marriage
Ans: Two persons who marry cannot have the same traits, individual differences can always be there. The couple must accept and live with their differences.

10. Why is common interest important in married life?
Ans: Common interest is important in marriage life because it helps to bind them together. For example, similar habits, musical, cultural, and professional taste help in strengthening the marriage life.

11. Growth is controlled by many factors. Name them.
Ans. Growth is controlled by genes, endocrine secretions, food, exercise, rest, relaxation and sleep.

12. Define maturity.
Ans. Maturity is indicative of one's readiness to share adult experiences, privileges and responsibilities.

13. What are antibodies?
Ans: Antigens make the body produce other substances called antibodies, which protect us from diseases. These antibodies attack the germs and neutralize them.

14. What are vaccines?
Ans: Advances in medicine have made it possible to manufacture protective substances in the form of vaccines which were injected into the body, which will afford protection against subsequent attacks.

15. Define non-communicable disease.
Ans: The non-communicable diseases are not transmitted from person to person.

16. What is an allergic reaction?
Ans: In some cases of passive immunisation, certain violent reactions like asthma, migraine

(headache), eczema and skin rashes may occur in the individual. This is known as an allergic reaction.

17. Give a few examples of allergic reactions.
Ans: Asthma, migraine(headache), eczema and skin rashes.

18. What is the aim of Mission Indradhanush?
Ans. It aims at achieving full immunisation coverage against childhood diseases for all children.

19. What is the aim of the PMSSY?
Ans: Aims at balancing the availability of healthcare available in different parts of the country with quality medical education facilities in deserving areas.

20. What are the intentions of the programme MAA?
Ans: This programme intends to encourage and support breastfeeding among new mothers.

21. What is the natural increase in population?
Ans: When the gap between the birth rate and the death rate becomes wider, the population grows rapidly. This phenomenon is called the natural increase in population.

22. What is the main function of the white blood cells?
Ans: The main function of the white blood cells in the blood is to help defend the body against a sudden attack of germs.

23. Who is susceptible to diseases?
Ans: A person who is in poor health, undernourished, in fatigue and with severe physical and mental strain is susceptible to diseases.

24. What is anaphylaxis?
Ans: In some cases of passive immunization, there will not be any violent reaction for the first dose but the individual is rendered intolerant to a second dose. This condition is known as anaphylaxis

25. What are toxoids?
Ans: Certain germs like diphtheria and tetanus produce poisons which when made harmless are used for producing immunity. These are toxoids.

26. Who are the primary focus groups of the IMI programme?
Ans: The primary focus groups of the Intensified Mission Indradhanush (IMI) programme are the children up to 2 years of age and pregnant women who have missed out routine immunization.

27. Name the two tablets which are distributed for the benefits of pregnant and lactating mothers.
Ans: The two tablets which are distributed for the benefit of pregnant and lactating mothers are Iron and Folic Acid tablets.

28. What are the two main objectives of the National Leprosy Control Programme?
Ans: The two main objectives of the National Leprosy Control Programme are the early case detection and the treatment given at the home of the leprosy patients with sulfone tablets.

29. Who were the founders of the ayurvedic system of medicine?
Ans. Susruta and Charaka were the founders of the ayurvedic system of medicine.

30. The Unani system of medicine is based upon four humours present in the body. Name them.
Ans. Unani is based upon four humours present in the body i.c, sauda, safra, balgam and khoon.

31. What is a drug?

Ans. A drug is a chemical or non- infectious biological substance which alters the body and its functions.

32. What are the two important reasons for using drugs without doctor's advice?
Ans. Two important reasons for using drugs without a doctor's advice are lack of resources and lack of attitude.

33. How do we know when to consult a doctor?
Ans. Severity, persistence and repetition of symptoms should be used as criteria for consulting a doctor.

34. What is drug abuse?
Ans. Drug abuse is defined as self-administration of drugs in excessive or inappropriate doses. It is the use of drugs or substances in a way that is harmful to an individual's health, relationships or overall well being.

35. What is alcohol?
Ans. Alcohol is a fermented organic liquid, obtained by the natural fermentation of malts and sugars.

36. In which part did Charaka Samhita and Susruta Samhita deal with?
Ans. Charaka Samhita deals with the medical aspect and Susruta Samhita deals with surgery.

37. Name the different sources of drugs.
Ans. The different sources of drugs are plants, animals, minerals and some drugs are synthesised in laboratories.

38. Classify drugs with abuse potential into four categories.
Ans. The four categories of drugs are narcotics, depressants, stimulants and hallucinogens

39. What are the health effects of tobacco?
Ans. Tobacco can cause cancer of the lips and larynx, chronic bronchitis, lung cancer and peptic ulcer

40. What is quarantine?
Ans. Quarantine is the period during which persons who might spread an infectious disease (especially travellers) are kept isolated.

41. What is the main objective of the WHO?
Ans. The main objective of the WHO is the attainment of the highest possible level of health by all people.

42. What is the Chief Objective of the International Health Organization?
Ans: The Chief Objective of the International Health Organization is prevention of the spread of communicable disease from one country to another.

43. What does FAO promote?
Ans: FAO promotes the development of basic soil and water resources of countries.

44. What is teenage pregnancy?
Ans. Teenage Pregnancy, also known as adolescent pregnancy is one that takes place from puberty to the age of 19 years.

45. What is an STI?
Ans. A sexually transmitted infection (STI) is an ill-ness caused by an infectious pathogen which spreads from one person to another by means of sexual contact, including vaginal intercourse, oral sex and anal sex.

46. What is the goal of physical education?
Ans. The goal of physical education is to ensure that all students acquire the knowledge, skills and attitudes to lead healthy and active lives.

47. What is puberty?

Ans. Puberty is the period during which adolescents reach sexual maturity and become capable of reproduction.

48. What is AIDS?
Ans. AIDS (Acquired Immunodeficiency Syndrome) is the final stage of HIV infection where the body becomes very weak to fight diseases.

49. What are universal precautions?
Ans. Safety steps like wearing gloves and washing hands to avoid infection.

50. How can early syphilis be treated?
Ans. Early syphilis can be treated with antibiotics given as tablets or injections.

51. A girl becomes pregnant and wants to continue her studies. What advice will you give to her?

(Competency based question)

Section-C (3 marks) Short answer questions:

1. What does philosophical maturity include?
Ans: Philosophical maturity includes

(i) long-term values
(ii) goal worth striving for
(iii) making true friends
(iv) having a dedication
(v) mission in life

2. What are the benefits of a Joint family?
Ans: The certain benefit derived from a joint family is as follows

(i) economic help
(ii) refuge in events of crisis
(iii) help in up- bringing the children
(iv) seeking advice and guidance on personal issues

3. Why is chronological maturity important?
Ans. Chronological maturity is important in some respects e.g. getting the right to vote, inheriting property, obtaining a driving license, getting married, opening a savings account in the post office or a bank.

4. In which way intellectual growth varies from person to person?
Ans. Intellectual growth varies from person to person because each individual is different from one another, it also depends on the situations in which one lives. It continues as long as one wants to grow and keeps alert.

5. Mention any three qualities in the choice of a bride-to-be.
Ans. Any three qualities in the choice of a bride-to-be are

a) She has good health and follows healthy habits.
b) She is well educated.
c)She has interests similar to those of the boy.

6. what is a PHC?
Ans: The PHC is an institution for both health and welfare of the people in the area of a Community Development Block. It is the smallest agency adapted to serve the public health needs of rural areas, covering a population of about 60,000 to 1,00,000. The PHC is the locus from where health activities radiate to the remotest villages in the area through sub-centres.

7. What is immunity? What are the two types of immunity?
Ans: Immunity is that condition existing in our body which protects our body against diseases. The two broad categories are:
a) Natural or inborn and
b) Acquired.

8. What happens when disease-causing germs enter the body?
Ans: When disease-producing germs enter the body, the body sets up its own defence. Antibodies are produced in the body to kill these germs and the dead germs are swallowed by the white blood cells.

9. How does the infection get localised?
Ans: The leucocytes change their shape, leave the blood vessels and go into the tissues (they are then called phagocytes). They then engulf the invading germs and block their spread to other organs of the body. The infection is thus sealed off.

10. What is a disease?
Ans: The word 'disease' means an illness that affects people or animals, especially one that is caused by infection. Whenever the body or any of its parts do not function properly and the person suffers, as a result, we call it a disease.

11. Define communicable disease.
Ans: Communicable diseases are the diseases, which are caused by germs, worms or other parties. Usually these are infectious and spread from a person suffering from the disease to the healthy ones.

12. Give some examples of passive immunity.
Ans: Some examples of passive immunity:

i. A mother supplies antibodies to her foetus
ii. Inoculation of blood containing immune bodies(Antibodies) as in tetanus, diphtheria
iii. When an individual is given a serum from the people convalescing (recovering) from a disease to make the disease less severe
iv. Inoculation of serum taken from animals which were artificially immunised.

13. What is the aim of the DHR?
Ans: The DHR aims to make modern health technologies accessible to the people through research and innovations related to diagnosis, treatment methods and vaccines for prevention.

14. What are the main symptoms of Tuberculosis?
Ans: the main symptoms of Tuberculosis are fever and weakness, loss of weight and appetite, pain in the chest, chronic cough which lasts for weeks and occasional blood in the sputum.

15. What are the three pronged strategies of the National Vector Borne Disease Programme?
Ans. To achieve this objective, a three-pronged strategy has been undertaken, ie, (a) Government's efforts (b) people's participation and (c) research on vector borne diseases.

16. What is distributed in a midday meals programme under the Nutrition Programme?
Ans: CSM (Corn-soy-milk) and butter oil or salad oil are invariably used to meet the nutritional needs of primary school children. In some places, Balahar is also used and in other places even locally available food is prepared and distributed to the children.

17. Write any 3 reasons why rural living conditions affect health.
Ans:- i) Unsafe drinking water.
ii) Kaccha and ill-ventilated houses.
iii) Poor drainage.
iv) No latrine. (any three)

18. What is consumer education?
Ans. The term 'consumer education' refers to that area of 'Health Education' which is concerned with providing the knowledge to help people to make the right decision in the selection of drugs, medicines, foods and other products and services of day-to-day use.

19. Write any three false health-related beliefs.
Ans. The three false health-related beliefs are as follows:

(a) Milk and yoghurt should not be eaten together.
(b) Alcohol beverages are stimulants.
(c) Wine helps in forming blood.

20. Write any three cultural practices that promote health.
Ans.
(a) Washing hands before and after eating.
(b) Rinsing mouth after taking food.
(c) Drinking boiled milk.

21. Why drugs have to be handled with great care?
Ans. Drugs are capable of doing a great deal of good, but if used indiscriminately, they are capable of doing great harm too. The harm can be temporary and minor or a kind of permanent disability, or even death in some cases.

22. What things should be kept in mind while using non-prescription drugs?
Ans. In case of non-prescription drugs, one should follow the directions on the label carefully, and if symptoms of the ailment persist, a physician should be consulted immediately.

23. What are the ill effects of nicotine?
Ans. Nicotine causes dizziness and headache and may affect blood circulation, respiration and digestion. Heavy smoking increases the rate of heartbeat and causes palpitations. Smoking is also associated with cancer of the lips and larynx, chronic bronchitis, lung cancer and peptic ulcer.

24. What are the aims of the Department of Health Research?
Ans. The DHR aims to make modern health technologies accessible to the people through research and innovations related to diagnosis, treatment methods and vaccines for prevention. It is also the responsibility of the DHR to introduce these innovations into the public health system.

25. Name the three units of the Directorate General of Health Services.
Ans. The Directorate comprises of three main units, which are,
a) medical care and hospital,
b) public health and
c) general administration.

26. Define medicine and surgery.
Ans. Medicine is the science of healing diseases by the administration of internal and external remedies. Surgery is that branch of medicine in which treatment of diseases is done by the removal or operation of the diseased tissue.

27. What are the daily routines recommended by ayurvedic practitioners?
Ans: The daily routine recommended by ayurvedic practitioners is based on health principles like early rising, cleaning of bowels, cleaning of teeth, physical exercises, taking baths and pranayamas, etc.

28. Who are quacks? How are quacks classified?
Ans. Quacks are people with no special training or license.
Quacks can be classified into
a) An uninformed quack
b) A deluded quack

29. Name three specialised agencies of the United Nations.
Ans. The specialised agencies of the UN are

a) World Health Organisation (WHO)
b) Food and Agricultural Organisation (FAO)
c) United Nations Children's Fund (UNICEF)

30. What preceded the formation of WHO?
Ans. From 1851 onwards, there were attempts at coming to an agreement on communicable diseases control at the international level. A series of conferences took place in Europe and America to discuss sanitary control of international traffic. These attempts preceded the formation of the WHO.

31. What are the three objectives of FAO?
Ans. The three objectives of FAO are

a) To raise levels of nutrition and standards of living.
b) To improve production and distribution of all food and agriculture products from farms, forests, and fisheries.
c) To better the economic conditions of rural people.

32. What are the main aspects of the International Health Regulations?

Ans. The main aspects of the International Health Regulations relate to the prevention of the spread of communicable diseases, immunisation, and international health certificates for travellers who go abroad.

33. What do the International Health Regulations intend to do?
Ans: The regulations are intended to detect, reduce or eliminate the source from which infection spreads and to improve sanitation in border checkposts, ports and airports.

34. Mention the different projects of CARE in India?
Ans: CARE is working on different projects in India, such as the Madhya Pradesh Nutrition Project, Briddhi in West Bengal and Axshya in Madhya Pradesh, Chhattisgarh and Jharkhand.

35. Outline any three career opportunities available in both medicine and paramedical fields.
Ans.
i. The prevention of illness.
ii. Working with people in hospitals and communities.
iii. Working in a laboratory.

36. Define medical quackery?
Ans. Medical quackery may be defined as the practice of the art of healing by people who are not qualified to practise them, application of worthless methods, whether by unqualified practitioners or by those who are qualified by education and training, and the distribution of drugs and devices which are worthless for the purposes for which they are offered.

37. List any three criteria of a wise consumer.
Ans. The three criteria of a wise consumer are as follows:

1. Before buying food, clothing, medicine and other articles, check them properly.
2. While buying foodstuff, see what is needed in the family.
3. Buy nutritious food which is cheap and locally available.

38. Name the systems of medicine that are practiced in our country.
Ans. The systems of medicine practiced in our country are Ayurvedic system, Unani system, Siddha system, Naturopathy, Homeopathy and Allopathy.

39.Write down the three reasons that make people turn to quacks.
Ans: The three reasons that make people turn to quacks are:

- People who do not know the difference between a qualified doctor and a quack
- Those who are mentally disturbed and who even when told by doctors that they have no problems, yet continue to show anxiety about their health.
- Those people who are in the final stage of diseases like cancer.

40. Distinguish between prescription drugs and non-prescription drugs.
Ans. Non-prescription drugs are generally used in case of minor ailments such as headache, common cold and pain.

Prescription drugs are drugs prescribed by a doctor, where the directions given by them should be carefully followed.

41. What are the treatments for genital herpes?
Ans. The treatment of genital herpes is as follows:

a) Cooling the area with ice or cold water or bathing in a salt bath.

b) Using a topical anaesthetic like Lidocaine gel or applying petroleum jelly can be soothing.
c) Treatment with an antiviral drug like acyclovir reduces the severity and duration of symptoms.

42. What are the signs and symptoms of syphilis?
Ans. The first sign of syphilis is a raised lump or lesion usually found on or near the genitals or anus, which may then form a painless sore. This may be followed by a general feeling of being unwell with symptoms such as fever, headache and tiredness. White patches may be noticed on the tongue or on the roof of the mouth.

43. What is meant by the term 'cofactors' for the disease progression of an HIV patient? Give examples.
Ans. Factors that give an impetus to the acceleration of the infection are termed as cofactors for disease progression. Example genetic factors, age, gender, route of infection, smoking, nutrition and other infectious diseases.

44. Mention a few ways through which HIV is not transmitted.
Ans. HIV is not transmitted through-

a) Casual, everyday contact
b) Shaking hands, hugging, kissing
c) Coughs, sneezes
d) Swimming pools, toilet seats
e) Sharing eating utensils, water fountains
f) Mosquitoes, other insects or animals.

45. Write any three main routes of HIV transmission.
Ans. Three main routes of HIV transmission are-

a) Unprotected penetrative sex with someone who is infected.
b) Injection or transfusion of contaminated blood or blood products, donations of semen,skin grafts or organ transplants taken from someone who is infected.
c) From a mother who is infected to her baby.

46. What are cofactors in HIV progression?
Ans. Cofactors are conditions or habits that make HIV progress faster.

Examples:
- Poor nutrition
- Other infections
- Weak health

47. Describe the main routes of HIV transmission.
Ans. HIV spreads in three main ways:

1. Unsafe sexual contact
2. Through infected blood
- Sharing needles
- Unsafe blood transfusion

3. From mother to child
- During pregnancy, birth, or breastfeeding

48. What is the aim of the Applied Nutrition Programme?
Ans: The aim is to promote the production of foodstuffs like fish, poultry, milk, vegetables, fruits, etc., and to encourage their consumption among children, pregnant women and nursing mothers as they need them more.

49. Why should we not avoid leprosy patients?

(Competency based question)

Section-D (5 marks) Long answer questions

1. What do you mean by social maturity?
Ans: Social maturity is the ability to get along with people as we grow up from childhood to adolescence and eventually to adulthood. We need people in our lives to help us in certain things. Social maturity is gradually learned as we learn to live in a world full of people. Our success, popularity and happiness to a great extent depend upon how we get along with people around us. Social maturity is a very difficult area of growth

2. What is philosophical maturity ?
Ans: Every human being has a philosophy of life which includes long-term value goals worth striving for, making true friends and having a dedication and mission in life. Our philosophy of life depends upon the customs and values of people in our family, religion and community. The people whom we love and admire also help in building the philosophy of our life. Having a philosophy of life may aid a successful career or marriage

3. List five things you can do to make family life free from tension.
Ans: The five things we can do to make our family life free from tension are:

(i) Have a polite manner
(ii) Be well groom
(iii) Be truthful and honest
(iv) Behave in a responsible way
(v) Be regular in school and do well in your studies.

4. In what manner can we judge that a person has obtained intellectual maturity?
Ans. It is difficult to measure intellectual maturity, but it can be thought of in the following manner

- Intellectual maturity means that you can handle and understand the language of words, figures and signs or symbols in accordance with your culture.
- An intellectually mature person makes his own decisions and does not wait for advice or prompting from others. The more independently he takes decisions, the more mature intellectually he is supposed to grow.
- You can be considered intellectually mature if you can look at your problems impartially, objectively and from the right perspective
- If you make a mistake and accept it, you are more mature than those who shift the responsibility onto others
- If you make hasty judgments, you are like the child who makes quick moves without weighing the pros and cons. Hasty judgments are always risky.

5. Write a note on emotional maturity?
Ans. You often lose your temper and feel extremely annoyed when things don't happen the way you desire. This may be due to lack of emotional maturity. Children who do not get easily disturbed and upset, may be able to make rational decisions and tend to grow emotionally mature.
An emotionally mature person will restrain himself and will not be easily disturbed by his immediate impulse.
There are some feelings which you accept and keep to yourself. There are some feelings which you express and share with others. Such a control on one's emotions is not learnt in a day or two. You slowly learn to have more and more control on yourself. Emotional maturity helps you to have an attractive and charming personality. It makes you a socially acceptable person.

6. Explain any five requisites which are essential for making married life happy.
Ans. The five requisites which are essential for making married life happy are:

i) Loving and being loved:
A husband and wife should have a loving attitude towards each other. If the couple develops hostility and indifference towards one another, their marriage is likely to fail.

ii) Emotional interdependence:
A husband and wife have an emotional bond of interdependence which gives them a sense of reliance on each other.
This makes the marriage satisfying to everybody in the family.

iii) Compatibility:
Two persons who marry cannot have exactly the same traits. Individual differences can always be there; the couple must accept and live with their differences.

iv) Common interests:
If the husband and wife share some common interests, it helps to bind them together. Similar reading habits, musical, cultural and professional tastes help in strengthening the marriage ties.

v) Cooperation:
A good home is a cooperative set-up for all the members of the family. Women, too, are earning members of the family now. Hence, the domestic chores need to be shared between the husband and the wife.

7.What are the goals of Mission Indradhanush?
Ans. The goals of Mission Indradhanush are as follows:

i. The Mission was launched with the focus on interventions to expand full coverage in India from 65% in 2014 to 90% children in the next five years.
ii. The Government aims to do this through catchy campaigns.
iii. It was decided that painstaking planning, public mobilization efforts and intensive training for health workers would be conducted primarily in high-risk are identified by the polio eradication programme and areas with low routine immunization coverage
iv. In the first phase (April to July 2015) 201 high focus districts across the country were targeted.

8.State any five main functions of the state health department.
Ans. Five main functions of the state health department are:

- To set up hospitals, dispensaries, health centres, clinics, etc.
- To take measures for the control of communicable diseases
- To implement other national health programmes in the state.
- To enforce minimum standards with regard to food and drugs as laid down by the Central or State Acts.
- To collect and publish vital statistics of the state and its important health administration units.

9.What are the specific functions of the Directorate General of Health Services?
Ans. The specific functions and activities include:

- International health relations and quarantine.
- Control of drug standards.
- Maintaining medical stores and depots.
- Post-graduate training.
- Medical education
- Central Government Health Scheme.

- Medical research
- National health programmes
- Health intelligence
- Maintain a national medical library
- Health education.

10. Name some of the major achievements of the Directorate General of Health Services.
Ans. Some of the major achievements of the Directorate include:

- The eradication of smallpox, guinea worm polio
- The elimination of Leprosy and Yaws
- Control of diseases such as cholera and malaria.
- The combining of AYUSH (Department of Ayurvedic, Yoga and Naturopathy, Unani, Siddha and Homoeopathy) with the National Programme for Prevention and Control of Cancer, Diabetes, Cardiovascular Diseases and Stroke (NPCDCS) in 6 districts in the country.
- Launch of National Program for Palliative Care (NPPC)

11. Which areas concerning health are addressed by the National Health Programme?
Ans. The National Health Programmes address five broad areas concerning national health. They are:

- Reproductive, Maternal, Neonatal, Child and Adolescent Health.
- Nutrition.
- Communicable Diseases
- Non-communicable Diseases.
- Health System Strengthening

12. Explain any two Nutrition Programmes.
Ans. Any two Nutrition Programmes are as follows:

- Midday meals programme CSM (Corn-soy-milk) and butter oil or salad oil are invariably used to meet the nutritional needs of primary school children. In some places, Balahar is also used, and in other places even locally available food is prepared and distributed to the children.
- Special nutrition programme. The beneficiaries include pre-school children, pregnant and lactating mothers in the city slums and tribal areas. In the city slums, invariably bread and milk are supplied, whereas in tribal areas locally available foods such as mixtures of cereals and pulses and Balahar, etc, are distributed.

13. Mention any five aims of the National AIDS Control Programme?
Ans. The five aims of the National AIDS Control Programme are as follows

- Reduce the blood-borne transmission of HIV
- To less than 1 per cent of total transmission.
- Enable people to protect themselves from getting infected.
- Improve services for care of living with HIV/AIDS
- Promote AIDS education in schools, colleges, universities and in the community.
- Enable people to manage the HIV/AIDS problem themselves with their family and community support

14. Explain briefly any five functions of the PHC
Ans. The five functions of the Primary Health Centre are as follows

- **Medical Care**
  The PHC provides basic medical care and emergency treatment for minor illnesses and injuries. These services are mainly offered to ambulatory patients on an outpatient basis.
- **Control of Communicable Diseases**
  The health staff maintains surveillance over the occurrence and spread of communicable diseases in the community, with particular attention to diseases such as malaria. They also undertake preventive and control measures to reduce disease transmission.
- **Maternal and Child Welfare Services and Family Planning**
  Maternal and Child Welfare (MCW) services provide comprehensive care for mothers and children to promote their health and well-being. These services include antenatal care, postnatal care, immunization, growth monitoring, nutrition support, and family planning services to ensure healthy pregnancies and child development.
- **Environmental Sanitation**
  Environmental sanitation includes ensuring a safe supply of drinking water, proper sanitation facilities, and the safe disposal of household and industrial waste. These measures help prevent the spread of diseases and promote a healthy living environment.
- **School Health and Nutrition Education**
  School health services focus on promoting the physical, emotional, intellectual, and social development of children. These services include health promotion, nutrition education, disease prevention, early detection of health problems, timely treatment, regular health check-ups, immunization, and fostering a healthy school environment.

15. Distinguish between natural acquired immunity and artificial acquired immunity.
Ans: An immunity is called natural acquired immunity when a previous attack of the disease gives a certain amount of immunity from another attack of the same disease.
It is called artificial acquired immunity when it is due to the inoculation of certain material containing antigens. It gives protection against future exposure to that particular disease for a certain period.

16. What is herd immunity? Explain how it helps to protect a community.
Ans: It is herd immunity when a group of people or a community as a whole are immune to a particular disease. This happens when more than 70 per cent of the people composing the community are immunised against a disease. The other 30 per cent, although susceptible, enjoy freedom from that disease by virtue of their belonging to that group. It is, therefore, more important than individual immunity

17. Differentiate between active and passive immunity.
Ans: Acquired immunity may be active or passive. It is called active when it has been brought about by:

- Having had the disease, that is, by a prior infection; for example, an attack of chickenpox or mumps.
- Slight infections from repeated exposure to a disease.
- As a result of inoculation or vaccination with killed or inactivated (made harmless)
- Germs are their byproducts (toxins)

It is called passive immunity when antibodies produced in some other person or animal of the same or another species are introduced into the body to fight the disease. In this case, immunity

lasts only for a short duration. This is helpful when antibodies are not present in the body. For example, a mother supplies antibodies to her fetus.

18. Explain the goal of Mission Indradhanush.
Ans: GOALS OF MISSION INDRADHANUSH

- The mission was launched with the focus on interventions to expand full coverage in India from 65 per cent in 2014 to at least 90 per cent of children in the next five years
- The government aimed to do this through special catchy campaigns.
- It was decided that painstaking planning, public mobilisation efforts and intensive training for health workers would be conducted primarily in high-risk areas identified by the polio eradication programme and areas with low routine immunisation coverage.
- In the first phase (April to July 2015), 201 high-focus districts across the country were targeted.

19. What is the impact of Mission Indradhanush on children?
Ans: IMPACT OF MISSION INDRADHANUSH

A total of 528 districts have been covered under Mission Indradhanush during the various phases. In October 2017, the Government of India launched Intensified Mission Indradhanush (IMI) in select districts and urban areas of the country with an aim to achieve the target of more than 90 per cent coverage in immunisation. The primary focus groups of the IMI programme are the children up to 2 years of age and pregnant women who have missed out on routine immunisation. However, should there be any request of vaccination of any child up to 5 years, it would be provided during IMI rounds.

20. Describe the role of the Ministry of Health and Family Welfare.
Ans: The Union Minister gives advice on health and allied matters, coordinates health and family planning programmes and policies, supplies information and equipment and provides financial and other assistance towards health measures. Thus, it mainly guides, assists and coordinates.

21. List the 5 broad areas concerning national health.
Ans: Various health programmes are run by the Government of India. All these programmes address five broad areas concerning national health. These are:

1. Reproductive, Maternal, Neonatal, Child and Adolescent Health
2. Nutrition
3. Communicable Diseases
4. Non-communicable Diseases
5. Health System Strengthening

22. Write about the newly launched health programmes under Mission Indradhanush.
Ans: Pradhan Mantri Swasthya Suraksha Yojana (PMSSY) This programme aims at balancing the availability of healthcare available in different parts of the country with quality medical education facilities in deserving areas
Pradhan Mantri National Dialysis Programme: This programme aims to bring dialysis services in district hospitals and provide relief to patients at the end stages of kidney-related diseases.
MAA (Mothers' Absolute Affection) Programme for Infant and Young Child Feeding: This programme intends to encourage and support breastfeeding among new mothers. It will focus on awareness drives and reinforce lactation support services. Revised National Tuberculosis

Control Programme: This programme is working towards eradicating tuberculosis from the country by 2025, five years before the global target for the same. The programme has outlined four pillars on the basis of which it will achieve its aim- " Detect-Treat-Prevent-Build" (DTPB)

23. How can you help in the National Vector-Borne Disease Programme?
Ans: We can help in the following ways:

1. Do not allow any area to develop as a breeding place for mosquitoes
2. Do not allow water to stagnate in any place
3. Observe one dry day every week when all stored water should be emptied
4. Keep the overhead tank properly covered so that mosquitoes do not breed therein
5. Report any fever cases to the health worker so that he can take the blood sample and arrange for laboratory examination of the same.

24. What are the symptoms of tuberculosis?
Ans: The symptoms of tuberculosis are:

1. Fever and weakness
2. Loss of weight and appetite
3. Pain in the chest
4. Chronic cough lasting for weeks
5. Occasional blood in the sputum

25. What healthy habits should you follow to prevent diseases like tuberculosis?
Ans: 1. Keep your house and the surroundings clean and your rooms well ventilated.
2. Take regular exercise and participate in games
3. Take a nutritious diet and keep yourself fit and healthy.
4. You must cultivate the habit of covering your mouth with a piece of cloth or a handkerchief whenever you sneeze or cough
5. Indiscriminate spitting is a very bad habit and must be avoided.

26. What do you understand about the Indigenous system of medicine in India?
Ans: So far, we have tried to know about the general structure of the health services that are present at various levels in our country. You must be aware that sometimes your parents, grandparents or neighbours prefer to visit a vaid, a hakim or a homoeopath. In our country, indigenous systems of medicine serve the large population of our country. With the advent of the modern system of medicine known as allopathy, we have neglected our own system for some time, and as a result, its systematic study has been neglected. This resulted in practicing deterioration of these systems of standards, medicine. Many quacks started practicing these systems of medicine, thus further eroding people's faith in these systems. Our Government has realised the importance of these indigenous systems hospitals and colleges for and has opened dispensaries training students as vaids, hakims, or homoeopaths. The Government of India has constituted statutory bodies like (a) Central Council of Indian Medicine and (b) Central Council for Research in Indian Medicine and Homoeopathy for all recognised systems of medicine. The main functions of these bodies are to maintain standards and promote research in these systems.

27. Why do people go to quacks?
Ans: People who turn to quacks are:

- People who do not know the difference between qualified medical practitioners and quacks.
- Those who are mentally disturbed and who are even told by qualified professional practitioners that they do not have any problem, continue to show anxiety about their health.
- Those individuals with terminal stages of diseases like cancer who would rather accept misconceptions and lift truths

from quacks than the truth from a qualified physician.

28. Who is a deluded quack?
Ans. A deluded quack may have some education, including some medical training. However, he/she may have little or no knowledge of the conditions and illnesses of research, and little information about the difficulties that may be associated with a person's illness. This type of quack uses scientific-sounding jargon to impress his/her customers.

29. Give any five characteristics of a Quack.
Ans: The five characteristics of a Quack are as follows:

- Claims 'secret' or 'exclusive' formula or machine can cure disease.
- Claims cure-all preparations as having the blessings of saints and sages.
- Uses psychological suggestions to use their worthless remedies
- Guarantees a quick cure within a specified time limited usually on a contract basis
- Advertises or uses case history and testimonials to promote a cure.

30. List any five dangers of self- medication.
Ans. Five dangers of self-medication are:

- Similar symptoms may arise for a variety of diseases, both fatal and non-fatal. Without knowing the cause of the disease, it is dangerous to treat it on our own.
- Reaction to various drugs differs from individual to individual, and for the same medicine, prescribed for another person for the same disease may not suit us, even if the symptoms are similar.
- Some individuals are allergic to certain drugs.
- A number of medicines have side effects: that is, they may relieve the symptom but may cause other problems.
- Using leftover medicine from an earlier illness is also dangerous.

31. Write down the general criteria of a wise consumer. (Any five points)
Ans: The general criteria of a wise consumer are as follows:

- Before buying food, clothing, medicine and other articles, check them properly.
- While buying foodstuff, see what is needed in the family.
- Buy nutritious food which is cheap and locally available.
- Keep medicines safely and do not buy food exposed to dust and flies.
- Do not get influenced by advertisements.
- Avoid self-medication; consult a qualified doctor.
- Always read the information on the label of the product you buy so that there is no misconception.
- Inform the concerned authorities, such as food inspectors, drug inspectors, and health and sanitary inspectors in your locality, about the malpractices of shopkeepers.
- Participate in government health programmes and educate others about these programmes.
- Distinguish between frauds, cheats and qualified personnel.

32. State some false health-related beliefs (any five).
Ans: Some false health-related beliefs are:

1. Milk and yoghurt should not be eaten together.
2. Alcoholic beverages are stimulants.
3. Alcoholic beverages can cure a cold
4. Wine helps in forming blood
5. Brown eggs are more nutritious than white eggs.
6. Fish is a brain-developing food
7. Home-ground flour is more nutritious than mill-ground flour.
8. Raw milk is the best quality milk.
9. Oranges should not be taken on cold days or at night during winter.
10. Eating foods like eggs, jaggery (gur) and groundnuts during summer is harmful to health.
11. Canned vegetables are always less nutritious than fresh and cooked vegetables.
12. Obesity is inherited
13. Care given to a baby tooth is not important because they are soon replaced by permanent teeth.
14. Cooking food in aluminium utensils causes cancer.
15. Boils are caused by "bad blood" in the human body.
16. Tuberculosis is inherited.
17. Sickness, accidents and bad luck are punishments for being bad.
18. Diabetes is caused only by eating too much sugar and sweets.
19. A woman never gets pregnant as long as she breastfeeds her child
20. A daily bowel movement is essential for good health.
21. Running water is always safe for drinking.
22. Eating mangoes before it rains causes boils and diarrhoea.

33. Describe the cultural practices that promote health. (Any five) - 5 Marks
Ans: The cultural practices that help to promote health are the following:

1. Washing hands before and after eating
2. Rinsing the mouth after taking food.
3. Souring of kneaded flour before making food
4. Drinking boiled milk.
5. Greeting friends with folded hands instead of shaking hands.
6. Using earthen pots or utensils to serve food in community feasts and discarding them after use.
7. Not allowing visitors to handle the newborn baby immediately when they visit the child.
8. Keeping a separate dress to wear while working.

34. Explain the main systems of medicine in India (any two)
Ans: The main systems of medicine in India are:

(i) Ayurvedic System: According to this system, diseases are caused by faulty food, disturbance of the mind and unhygienic habits. It is based on three substances present in the body, i.e., vayu, pitta and kapha. To cure the disease, it aims to remove toxins from the body and to maintain internal equilibrium. The daily routine recommended by this system is based on health principles like early rising, taking a bath, cleaning of bowels, cleaning of teeth, physical exercise and pranayamas. All these health principles are described in Ayurveda under the chapters of Dinacharya and Ritucharya.
(ii) Unani System: This system of medicine was introduced in India by the Muslim rulers around the twelfth century CE. The original books of this system are in Arabic and Persian languages. This system is also based on four humours present in the body, sauda, safra, balgam and khoon. To diagnose the disease, this system first examines the pulse. They use herbs and minerals as medicines in this system.
(iii) Siddha System: The Siddha system of medicine is mainly practised in Tamil Nadu and some parts of Kerala. The basic principles of this system are similar to Ayurveda. The classical books of this system are written in the Tamil language.

(iv) Homoeopathy: Homoeopathy is a unique system of medicine developed in the 19th century by Dr Samuel Hahnemann. It is based on the law of similars called "Similia similibus curentur, which means "likes are cured by likes. For example, a substance that produces symptoms in a healthy person can, in highly diluted form, treat similar symptoms in a sick person. This seems to be paradoxical, but it was proved by doctors during the past few centuries. In this system, the doses of medicine are so small that they do not produce any side effects.
(v) Allopathy: This is the most popular system all over the world. It is a system of treating disease through drugs after diagnosis of the ailment through complete investigation. There is no system of medicine which has as many specializations as Allopathy. They focus on detection of diseases, treatment, control, prevention and immunization. Career opportunities in this system are many, which includes:

- The care of the ill and injured
- The prevention of illness
- Working with people in hospitals and the community

vi) Naturopathy: This system is based on natural philosophy. Hydrotherapy, enema, fasting, consuming green vegetables and massages, etc., are the main lines of treatment in this system.

35. Describe briefly the different categories of drugs. (Any two)
Ans: The different categories of drugs are described below:

(a). Narcotics: These drugs make a person feel sleepy and produce a numbing effect on consciousness. They reduce body activity and make a person feel relaxed. They are used only by doctors and dentists to relieve severe pain. Some examples of narcotics are:

- Codeine commonly available in cough syrups.
- Novocaine is used by dentists for local anaesthesia before filling or extracting teeth.
- Morphine is used to reduce unbearable and severe pain.

If narcotics are used without consulting a doctor, they may lead to addiction and even death.

(b). Depressants: These drugs affect the central nervous system, reduce functional body activity and produce muscular relaxation. To reduce worry and tension for patient depressants are prescribed to make them calm and comfortable. But without a doctor's prescription, it may lead to artificial sleep, then to coma and finally to death.
For example, bromides are depressants and should not be used without consulting a doctor because they can be irritating and poisonous. Barbiturates are another category of depressants. Many patent sedatives or sleeping pills contain these drugs. Therefore, the indiscriminate use of such pills is extremely dangerous
(c). Stimulants: Stimulants increase the activity of the central nervous system. They make a person feel excited and prevent sleep. A person may also not feel hungry. The effect of these drugs lasts only for a short time, which makes the person want to take more of them, leading to addiction. For example, amphetamines are sometimes used by doctors to fight tension in psychiatric cases.
(d). Hallucinogens: From the name itself, we can understand how it affects the person who uses it. These drugs result in illusions and hallucinations. An illusion is the distorted image of an object seen, where the abuser cannot differentiate between fact and fantasy. During hallucination, a person sees images that do not actually exist. These drugs affect a person's mental and visual perception and may lead them

to commit antisocial behaviours such as stealing, violence and may also result in fatal accidents.

36. Explain any five main functions of the WHO
Ans. The main functions of the WHO are:

- It plans and coordinates health activities on a global basis.
- The WHO promotes research and exchange of scientific information and this is very useful for all countries.
- The WHO provides evidence-based health guidance with regard to international travel to medical professionals, travellers and member states.
- The WHO keeps communicable diseases under constant watch, collects data and sends out information on health matters.
- The most important measures for the prevention of certain diseases are the production of vaccines. It is for this reason that the World Health Organization set standards for the quality control of the vaccines.

37. Explain the main aims of the UNICEF
Ans. The main aims of the UNICEF are:

- The main aim of UNICEF is to provide humanitarian and development assistance to children and mothers. It has an effective partnership with government and non-government organizations, through which it works towards bringing practical solutions to the women and children who are at risk.
- UNICEF is committed to ensure that all children and mothers are able to access the knowledge of how to prevent HIV infection and also to provide adequate treatment, care and support to the ones with the infection.
- UNICEF works towards ensuring the children worldwide get proper vaccines. Therefore, immunisation is one of the key focus areas of UNICEF
- UNICEF assists in the control of diseases which are responsible for mortality among mothers and children, such as vitamin deficiencies, anaemia, trachoma, etc.
- A large part of UNICEF assistance is in the form of equipment and supplies. Depending on the type of projects, UNICEF may provide equipment and drugs for child health services. UNICEF also provides technical services for food conservation.

38. What are the five areas of life skills that have been broadly classified by WHO?
Ans. The five skills are

- Self- awareness and empathy
- Communication and interpersonal relationship
- Decision making and problem solving
- Creative thinking and critical thinking
- Coping with emotional and with stress

39. Mention any five capabilities a skilled person would have.
Ans. Five capabilities a skilled person would have are:

- Self-awareness: Being aware of one's character, strengths, weaknesses, desires, likes and dislikes.
- Strong interpersonal relationships: Understand what builds and breaks relationships, relate positively with people, and maintain and end relationships in a constructive manner.
- Decision - making skills: Be able to consider all options available and likely

consequences of each action before making a choice.
- Critical-thinking skills: Be able to analyse information and experience in an objective manner, question and reason independently.
- Coping with stress: Be able to recognise the source and the effects of stress and take remedial measures.

40. Write any five potential behaviour patterns of teenage girls becoming pregnant.
Ans. Five potential behaviour patterns for teenage girls becoming pregnant are

i) Early dating behavior
ii) Lack of support group or few friends
iii) Unhealthy environment at home
iv) Stress and depression
v) Financial constraints

41. Mention any five symptoms of STIs?
Ans. The following are the symptoms of STIs

- Bleeding after sex or between period
- Pain during sex
- Pelvic or lower abdominal pain
- An unusual discharge from the vagina, penis or anus
- Infection in the rectum or throat

42. What are the three key things that can be done to prevent transmission of HIV?
Ans: Three key things that can be done to prevent transmission of HIV are as follows-

- First among these is promoting widespread awareness of HIV and how it can be spread. Media campaigns and education in schools are among the best ways to do this.
- Another essential part of a prevention programme is HIV counselling and testing. People living with HIV are less likely to transmit the virus to others if they know they are infected and if they have received counselling about safer behaviour.
- The third key factor is providing antiretroviral treatment. This treatment enables people living with HIV to enjoy longer, healthier lives and such it acts as an incentive for HIV testing.

43. Why is sport inclusive?

Ans.
i) Sport is inclusive and stands for human values such as respect for the opponent, abiding by the rules of the game, teamwork and fair play.
ii) Sport promotes the values of social integration by inculcating the spirit of respect for diversity.
iii) Many sports events organized on national and international platforms give a boost to the economy as a lot of money is invested in and earned through these events.
iv) The United Nations states," Sport is a powerful tool to strengthen social ties and networks and to promote ideals of peace, fraternity, solidarity, non - violence, tolerance and justice.
v) Many sports offer such situations in which the participants are challenged to explore decisions and apply strategies to win a sport.

44. Beliefs and superstitions are an integral part of all cultures in the world. Why?

(Competency based question)