Meghalaya Board of School Education

QUESTION PAPERS

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Total No. of Printed Pages—12

X/24/HPE

2024

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 dates/years 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 answers of the following (any *six*) : 1×6=6

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

(i) physical maturity

(ii) intellectual maturity

(iii) emotional maturity

(iv) social maturity

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

(i) red blood cells

(ii) white blood cells

(iii) platelets

(iv) plasma

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

(i) *Rig Veda*

(ii) *Yajur Veda*

(iii) *Sama Veda*

(iv) *Atharva Veda*

(d) CARE presently operates in

(i) 49 countries

(ii) 94 countries

(iii) 52 countries

(iv) 102 countries

(e) HIV infects cells, which are a part of the body's

(i) respiratory system

(ii) immune system

(iii) nervous system

(iv) reproductive system

(f) Choice of food, drugs and medicines should not be influenced by

(i) advertisements

(ii) misconceptions

(iii) fads

(iv) All of the above

(g) Trachoma is found more among children, particularly in the age group of



(i) 0–2 years

(ii) 5–12 years

(iii) 0–10 years

(iv) 2–6 years

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

(a) _____ maturity is gradually learned as you learn to live in a world full of people.

(b) The human body has many natural _____ against the entry of the disease-producing germs.

(c) The government has enacted _____ to protect consumers from cheats.

(d) The _____ monitors travel, transport and trade restrictions during any outbreak of endemic diseases.

(e) Teenage mothers have a higher _____ risk during childbearing.

(f) Alcoholism generally leads to addiction because of its effects as a _____.



(g) Chlamydia can be treated with the help of _____.

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

(a) Define surgery.

(b) What is infection?

(c) What is physical maturity?

(d) What is the main objective of WHO?

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

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

(g) What is chemotherapy?

(Short Answer-type Questions)

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

(a) What are the benefits of a joint family?

(b) What are toxoids?

(c) Define uninformed quack.

(d) What is caesarean section?

(e) What is the goal of physical education?

(f) What are the four pillars on the basis of which revised National Tuberculosis Control Programme will achieve its aim?

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

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

(a) What is allergic reaction?

(b) Mention any three symptoms of teenage pregnancy.

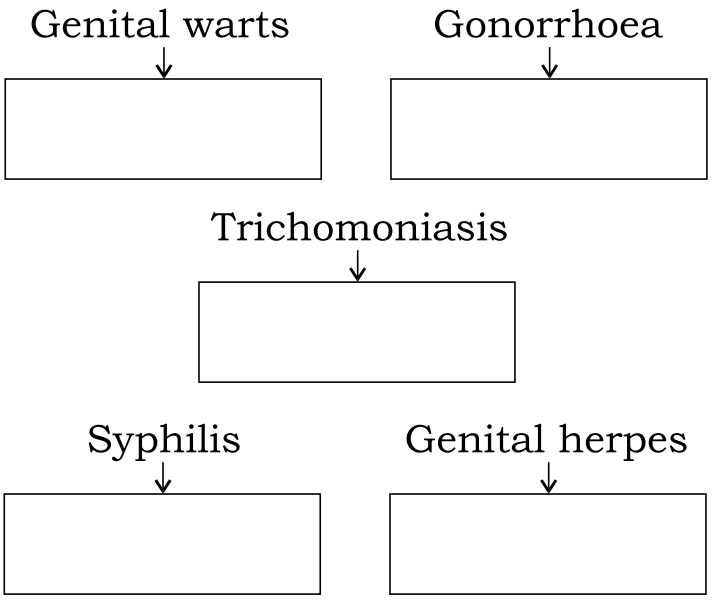
(c) Define medical quackery.

(d) What are the different projects carried out by CARE in India?

(e) Define life skills according to the World Health Organization (WHO).

(f) Write three qualities in the choice of a bride-to-be by the parents of a boy.

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



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

Column—A	*Column—B*
(a) 7th April, 1948	*(i)* Decriminalization of homo-sexuality by the Supreme Court of India
(b) 25th December, 2014	*(ii)* Discovery of streptomycin
(c) 5th October, 2007	*(iii)* Establishment of WHO
(d) September 2018	*(iv)* Mission Indradhanush was launched
(e) 1943	*(v)* The Department of Health Research (DHR) was launched

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

Amphetamines	Universal precautions
Compatibility	Immunization
Thalidomide	Vaccines

(a) The couple must accept and live with their differences.

(b) When injected into the body, will afford protection against subsequent attacks of diseases.

(c) Drug used medically to combat depression in psychiatric cases.

(d) One of the most widely accepted and practised preventive measures against a person getting a disease.

(e) All health professionals are required to follow infection control procedures when caring for any HIV infected patient.

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

(a) State any five functions of the State health department.

(b) Mention any five symptoms of STI.

(c) List five preventive measures that can help in the National Vector Borne Disease Control Programme.

GROUP—II

(Essay-type Questions)

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

(a) What is maturity? Explain how you will know that a person has attained intellectual maturity. 1+(1½×6)=10

(b) What is the full form of HIV? What are the three main ways of HIV transmission? Mention the three key things that can be done to help prevent all forms of HIV transmission. 1+3+6=10

(c) What is self-medication? What are the dangers of self-medication? (Examples not required) 1+(1½×6)=10

(d) Identify the logo below and write its aims and objectives : 1+(1½×6)=10



[For Candidates without Internal Assessment]

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

(a) Who is the Chairman of the Central Council of Health?

(b) Name the drug given to pregnant mother with HIV that can reduce the chances of the baby becoming infected.

(c) Name the tar-like chemical found in tobacco.

(d) Where is the headquarters of WHO situated?

(e) Name the maturity that you cannot hurry it up or slow it down.

(f) Name the alcohol which is toxic and causes blindness and even death.

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

(a) What is puberty?

(b) What is quarantine?

(c) State the basic law of homeopathy.

(d) What is immunity?

(e) Who are the primary focus groups of the Intensified Mission Indradhanush (IMI) programme?

(f) Define drug abuse.

(g) Mention any four aspects of maturity.

11. Answer the following : 5

Mention any five false health-related beliefs.

Or

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

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