

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

Health & Physical Education

Class X
(Old Course)
2024 – 2025

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Education Department
Government of Meghalaya

An Initiative under
Chief Minister's Initiative to Maximize Pass Achievement and Classroom Triumph
(CM IMPACT)

Message



Dear Teachers,

I am pleased to introduce you to the subject-specific guidebooks launched under the “CM IMPACT” initiative - a vital component of our comprehensive strategy to enhance the quality of education in our state and improve the SSLC exam outcomes.

Our education system is at a crossroads, and the challenges we face are both significant and urgent. The consistently low pass rates and the disparities among districts are a wake-up call for us all. It is imperative that we address these issues with both dedication and innovation.

The “CM IMPACT” campaign is a bold step toward reversing these trends. By providing targeted, subject-specific resources, we aim to empower our teachers with the tools they need to deliver high-quality instruction and to equip our students with the knowledge and skills required to excel in their exams.

Education is the cornerstone of our society's progress, and improving SSLC outcomes is crucial for the future of our students and the development of our state. I urge all the teachers to actively strive towards our shared goal of academic excellence.

Together, we can turn the tide and ensure that every student in Meghalaya has the opportunity to succeed. Let us work hand in hand to make this vision a reality.

With best wishes,

Conrad K Sangma
Chief Minister of Meghalaya

Message



Dear Teacher,

I am delighted to present to you our newly created CM IMPACT Guidebook, designed to enhance the learning experience in our classrooms and subsequently improve the SSLC exam results. These guidebooks are a result of our collective efforts to address the pressing concern of low pass percentages in our state.

Your role as educators is pivotal in shaping the future of our students and our state. These guidebooks are crafted to provide you with important questions and answers, Sample Question paper and Blue Print of the Board Examination. It is a valuable resource aimed at empowering you to guide your students to perform well in the SSLC Examination.

I urge each one of you to make the best use of this guidebook. Your dedication, passion, and hard work are the cornerstones of our students' success. Let us commit to strive with our fullest potential, ensuring that every student receives the guidance and support they need to succeed in SSLC Examination.

Together, let us strive to uplift the educational standards of Meghalaya, improve our SSLC pass percentages, and provide our students with the quality education they deserve.

Thank you for your unwavering commitment to education.

Warm regards,

Rakkam A Sangma
Education Minister
Government of Meghalaya

Section-A

(1 Mark)

Multiple Choice Questions (MCQ):

1. Adolescence is the period of transition from_____

- A. Infancy to Childhood.
- B. Childhood to Adulthood.
- C. Childhood to Puberty.
- D. None of the above.

Ans. B

2. Chronological maturity is important for which of the following?

- A. Getting the right to vote
- B. Inheriting property
- C. Obtaining a Driving License.
- D. All of the above

Ans. D

3. _____ 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

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

- A. Physical.
- B. Emotional.
- C. Intellectual.
- D. Calculative.

Ans. D

5. You often lose your temper and feel extremely annoyed when things do not happen the way you desire. This may be due to lack of_____

- A. Intellectual maturity.
- B. Social maturity.
- C. Emotional maturity.
- D. Philosophical maturity.

Ans. C

6. The ability to get along with people is_____

- A. Emotional maturity.
- B. Physical maturity.
- C. Social maturity.
- D. Philosophical maturity.

Ans. C

7. The maturity which is difficult to measure is_____
- A. Physical maturity.
 - B. Social maturity.
 - C. Emotional maturity.
 - D. Intellectual maturity.

Ans. D

8. 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

9. Having a mission in life is part of what maturity?
- A. Intellectual Maturity
 - B. Social Maturity
 - C. Philosophical Maturity
 - D. Emotional Maturity

Ans. C

10. You are _____ mature if you can reserve judgements till you have considered the pros and cons of a problem.
- A. Intellectual Maturity
 - B. Social Maturity
 - C. Philosophical Maturity
 - D. Emotional Maturity

Ans. A

11. As you become teenager, your dependence on parents____
- A. Increase
 - B. Decreases
 - C. Doesn't change
 - D. Cannot tell

Ans. B

12. Which of the following, your parents do not expect of you?
- A. Have Polite Manners
 - B. Pay them monthly
 - C. Behave in a responsible way.
 - D. Be truthful and honest

Ans. B

13. It is expected of the newly-wed couple that they should give _____ to the family of each other.

- A. Dowry
- B. Gifts
- C. Due respect
- D. House

Ans. C

14. Today there is growing dissatisfaction with the joint family system because of _____
- A. Government policy
 - B. Society perception
 - C. Construction of small houses
 - D. Adjustment issues of the family members

Ans. D

15. Marriages in our country are generally arranged by
- A. grandparents.
 - B. parents.
 - C. friends.
 - D. relatives.

Ans. B

16. Which of the following helps husband and wife to bond together?
- a) Sharing some common interests.
 - b) Belonging to same religion.
 - c) Coming from same village
 - d) Earning equal income

Ans. A

17. The most intimate relationship of a married couple is
- A. Sexual.
 - B. Domestic Chores
 - C. Formal
 - D. Casual

Ans. A

18. 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

19. All parts of the body grow at _____
- A. the same rate.
 - B. different rates.
 - C. equal rate

D. None of the above.

Ans. B

20. Number of birthdays you have celebrated is _____

A. Social maturity

B. Physical maturity

C. Chronological maturity

D. Philosophical maturity

Ans. C

21. Maturity that you cannot change, you cannot hurry it up or slow it down:

A. Social.

B. Emotional.

C. Physical

D. Chronological.

Ans. D

22. Which is not correct in respect of Social Maturity?

A. It is gradually learned as you learn to live with people.

B. It is gradually learned as you live alone.

C. It is neither predictable nor regular

D. It is not same all the time.

Ans. B

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

A. Abundant privacy

B. Help in upbringing children

C. Support in events of crisis

D. Advice on personal issues

Ans. A

24. 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

25. Feelings and how they are expressed is _____

A. Emotional maturity

B. Physical maturity

C. Philosophical maturity

D. Chronological maturity

Ans. A

26. Which of the following is not physical suffering?

A. Fever

- B. Stomach pain
- C. Depression
- D. Cold

Ans. C

27. Growth is control by
- A. genes and endocrine secretions
 - B. food and exercise
 - C. rest and sleep
 - D. All of the above.

Ans. D

28. Substances which are produced in the body to kill germs are called
- A. toxoids
 - B. antigens
 - C. antibodies
 - D. phagocytes

Ans. C

29. Another name for white blood cells is
- A. antigens
 - B. phagocytes
 - C. antibodies
 - D. leucocytes

Ans. D

30. Germs contain certain chemical substances called
- A. antigens
 - B. antibodies
 - C. leucocytes
 - D. phagocytes

Ans. A

31. The production of antibodies depends upon
- A. Food and nutrition
 - B. Sleeping habits
 - C. Physical Exercise
 - D. All of the above

Ans. D

32. A person is susceptible to diseases if he is
- A. in poor health
 - B. undernourished
 - C. with severe physical and mental strain
 - D. All of the above

Ans. D

33. The protective foods which control the ability of the body to produce antibodies are
- A. carbohydrates and proteins
 - B. proteins and vitamins
 - C. vitamins and minerals
 - D. minerals and fats

Ans. B

34. Immunity offered by the body under normal conditions is
- A. acquired immunity
 - B. natural immunity
 - C. passive immunity
 - D. active immunity

Ans. B

35. Antibodies are produced in the body to kill germs, and dead germs are swallowed by _____
- A. red blood corpuscles
 - B. white blood corpuscles
 - C. blood platelets
 - D. plasma

Ans. B

36. A mother supplies antibodies to her fetus is an example of
- A. natural passive immunity
 - B. acquired passive immunity
 - C. natural active immunity
 - D. acquired active immunity

Ans. A

37. Violent reactions like asthma, migraine, eczema and skin rashes are symptoms of _____
- A. tuberculosis
 - B. malaria
 - C. leprosy
 - D. an allergic reaction

Ans. D

38. When a group of people or community as a whole is immune to a particular disease, it is known as
- A. herd immunity
 - B. natural immunity
 - C. acquired immunity
 - D. species immunity

Ans. A

39. Acquired immunity may be

- A. Passive only
- B. Active only
- C. Either active or passive
- D. None of the above

Ans. C

40. Under Mission Indradhanush, two new vaccines are provided in selected cities. These are vaccines against

- A. Japanese encephalitis
- B. Haemophilus influenza type B
- C. Both of the above
- D. None of the above

Ans. C

41. The diseases covered under Mission Indradhanush include

- A. diphtheria and polio
- B. pertussis and measles
- C. childhood tuberculosis and hepatitis B
- D. All of the above

Ans. D

42. Which of the following is part of the primary focus group of the IMI programme?

- A. Children up to 2 years of age
- B. Children up to 5 years of age
- C. Malnourished school going children
- D. All children up to 15 years of age

Ans. A

43. Each block comprises of about

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

Ans. B

44. 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

45. The Department of AIDS Control is now known as

- A. National AIDS Control Department (NACD)
- B. National AIDS Control Organisation (NACO)

- C. Indian AIDS Control Department (IACD)
- D. Indian AIDS Control Organisation (IACO)

Ans. B

46. The Directorate General of Health Services comprises of

- A. Medical care and hospital
- B. Public health
- C. General administration
- D. All of the above

Ans. D

47. The Directorate of Health Services has achieved the eradication of_____

- A. Small pox
- B. Guinea worm
- C. Polio
- D. All of the above

Ans. D

48. Which of the following is false regarding the functions of the State Health Department?

- A. To set up hospitals
- B. To take measures for the control of communicable diseases
- C. To maintain international health relations
- D. To implement other national health programmes

Ans. C

49. What do we need to know, for prevention of diseases?

- A. Signs and symptoms
- B. The measures for prevention
- C. Causes of the disease
- D. All of above

Ans. D

50. Which of the following not a natural defense against the entry of disease producing germs?

- A. skin
- B. tears
- C. sweat
- D. saliva

Ans. C

51. Which is a non – communicable disease?

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

Ans. A

52. Which of the following is not a communicable disease?

- A. Measles
- B. Diphtheria
- C. Cancer
- D. Cholera

Ans. C

53. 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

54. BCG Vaccination was discovered by

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

Ans. D

55. BCG vaccine protects from

- A. TB
- B. Leprosy
- C. Cholera
- D. Malaria

Ans. A

56. The tablet used for treating leprosy patients:

- A. Sulfone
- B. Bromides
- C. Paracetamol
- D. Amphetamines

Ans. A

57. Tuberculosis affects mainly the

- A. kidneys
- B. heart
- C. lungs
- D. legs

Ans. C

58. How many children die in India every year, due to diseases, which could be prevented with vaccines?

- A. 5 lakh
- B. 5 crore
- C. 5,000

D. 500

Ans. A

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

- A. malaria
- B. filariasis
- C. Cancer
- D. dengue

Ans. C

60. Survey, Education and Treatment(SET) centres are set up eradication of which disease?

- A. TB
- B. Leprosy
- C. Malaria
- D. Polio

Ans. B

61. Trachoma affects which part of the body?

- A. Eye
- B. Ears
- C. Lungs
- D. Legs

Ans. A

62. 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

63. The course of treatment for tuberculosis should be for a period of

- A. 6 – 8 days
- B. 6 – 8 weeks
- C. 6 – 8 months
- D. 6 - 8 years

Ans. C

64. 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

65. Final and most severe stage of HIV is

- A. AIDS
- B. Genital Herpes
- C. Chlamydia
- D. Gonorrhea

Ans. A

66. World AIDS Day is observed on which day?

- A. 1st January
- B. 1st December
- C. 1st November
- D. 1st October

Ans. B

67. Anaemia is due to lack of

- A. Iron
- B. Carbohydrates
- C. Fats
- D. Vitamins

Ans. A

68. The percentage of our population living in rural areas is

- a) 50 per cent
- b) 60 per cent
- c) 80 per cent
- d) 95 per cent

Ans. C

69. 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

70. Blindness in children caused due to _____ deficiency.

- A. Vitamin A
- B. Vitamin B
- C. Vitamin C
- D. Vitamin D

Ans. A

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

- A. rural areas
- B. urban areas
- C. Both (a) and (b)

D. None of the above

Ans. A

72. Tablets distributed for the benefit of pregnant and lactating mothers:

A. Iron

B. Folic acid

C. Sulfone

D. Both (a) and (b)

Ans. D

73. 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

74. An institution for the promotion of both health and welfare of the people in the area of the Community Development Block

A. Sub – Centre

B. CHC

C. PHC

D. Dispensary

Ans. C

75. Free and Compulsory Education is given for children up to the age of

A. 10 years

B. 14 years

C. 15 years

D. 16 years

Ans. B

76. 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

77. The ability of the body to produce antibodies is controlled by ____

A. Proteins

B. Vitamins

C. Both A and B

D. None

Ans. D

78. Which of the following vaccines are given at birth?

- A. Oral Polio Vaccine
- B. BCG
- C. Hepatitis B
- D. All of the above

Ans. D

79. Which following vaccine is not given at birth?

- A. BCG
- B. TT
- C. Oral Polio Vaccine
- D. Hepatitis B

Ans. B

80. Poisons produced by certain germs, which when made harmless are used for producing immunity. They are called _____

- A. Toxoids
- B. Medicine
- C. Narcotics
- D. Depressants

Ans. A

81. Our choices of buying goods are often influenced by attractive advertisements using the words such as

- A. Miracle cure
- B. Quick relief
- C. Energy in a pill
- D. All of the above

Ans. D

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. In the market, the consumer needs to know how to choose products

- A. spontaneously
- B. Intelligently
- C. quickly
- D. after seeing advertisements

Ans. B

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

- A. Educational needs
- B. Medical needs

- C. Spiritual needs
- D. Social needs

Ans. B

85. Which of the following is a cultural practice that promote 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

86. 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

87. Consumer Education helps people to make the right decision in the selection of _____

- A. Drugs
- B. Medicines
- C. Food
- D. All of the above

Ans. D

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

- A. Atharva veda
- B. Rigveda
- C. Yajur veda
- D. Ayurveda

Ans. A

89. 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

90. Who was regarded as the God of medicine?

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

Ans. D

91. 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

92. 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

93. Siddha system of medicine is mainly practiced in

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

Ans. A

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

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

Ans. B

95. A system of medicine based on natural philosophy:

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

Ans. C

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

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

Ans. B

97. 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

98. Homeopathy was discovered by

- a) Dr. Samuel Hahnemann
- b) Charaka Samhita
- c) Susruta Samhita
- d) Paul Erhlich

Ans. A

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

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

Ans. C

100. 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

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

- A. Homeopathy
- B. Naturopathy
- C. Siddha system
- D. Allopathy

Ans. D

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

- A. vaid
- B. hakim
- C. quack
- D. Allopathy doctors

Ans. C

103. 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

104. _____ 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

105. 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

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

- A. Medicine
- B. Surgery
- C. Physiotherapy
- D. Chemotherapy

Ans. A

107. Penicillin was discovered by

- A. Marie Curie
- B. Alexander Fleming
- C. Antonie van Leeuwenhoek
- D. Edward Jenner

Ans. B

108. Streptomycin was discovered by

- A. Marie Curie
- B. Alexander Fleming
- C. Selman Waksman
- D. Edward Jenner

Ans. C

109. 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

110. Drugs which are essential in the practice of modern medicine:

- A. Narcotics
- B. Depressant
- C. Stimulant
- D. All of the above

Ans. D

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

- A. Chest pain
- B. Coughing
- C. Sneezing
- D. None of above

Ans. A

112. Which of the following is known to cause serious allergies in some individuals?

- A. Codeine
- B. Novocaine
- C. Penicillin
- D. Paracetamol

Ans. C

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

- A. Hallucinogens
- B. Narcotics
- C. Depressants
- D. Stimulants

Ans. A

114. All substances with abuse potential can produce changes in human behaviour such as

- A. Muscular relaxation
- B. Intoxication
- C. Depression
- D. All of the above

Ans. D

115. Codeine is an example of

- A. Narcotics
- B. Depressants
- C. Stimulants
- D. Hallucinogens

Ans. A

116. Novocaine is an example of

- A. Narcotics
- B. Depressants
- C. Stimulants
- D. Hallucinogens

Ans. A

117. Morphine is an example of

- A. Narcotics
- B. Depressants
- C. Stimulants
- D. Hallucinogens

Ans. A

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

- A. Depressants
- B. Narcotics
- C. Stimulants
- D. Hallucinogens

Ans. B

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

- A. Novocaine
- B. Morphine
- C. Codeine
- D. Heroin

Ans. C

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

- A. Novocaine
- B. Morphine
- C. Codeine
- D. Bromides

Ans. A

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

- A. Novocaine
- B. Codeine
- C. Morphine
- D. Bromide

Ans. C

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

- A. Narcotics
- B. Depressants

- C. Stimulants
- D. Hallucinogens

Ans. B

123. Bromides is an example of

- A. Narcotics
- B. Depressants
- C. Stimulants
- D. Hallucinogens

Ans. B

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

- A. Morphine
- B. Codeine
- C. Novocaine
- D. Barbiturates

Ans. D

125. Alcohol is an example of

- A. Narcotics
- B. Depressants
- C. Stimulants
- D. Hallucinogens

Ans. B

126. The alcohol used for drinking is

- A. Ethyl alcohol
- B. Methyl alcohol
- C. Isopropyl alcohol
- D. Methanol alcohol

Ans. A

127. 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

128. 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

129.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

130.During _____, a person sees images that do not exist

- A. Illness
- B. Hallucination
- C. surgery
- D. Medication

Ans. B

131.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

132._____ 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

133.Nicotine and other chemicals enter the body through the

- A. nose
- B. throat
- C. lungs
- D. All of the above

Ans. D

134.Smoking is also associated with

- A. Cancer of the lips and larynx
- B. Chronic bronchitis
- C. Lung cancer
- D. All of the above

Ans. D

135.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

136.Alcohol when taken in small quantities, causes

- A. Bloating of stomach
- B. muscular relaxation
- C. itchy skin
- D. Sneezing

Ans. B

137.Drugs are obtained from

- A. plants and animals
- B. plants, animals and minerals
- C. minerals and plants
- D. minerals and animals

Ans. B

138.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

139.Chemotherapy is the treatment of disease by

- A. massaging
- B. administering chemicals
- C. using hot or cold water

D. Using UV Rays

Ans. B

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

- A. Laboratory
- B. Uninformed quack
- C. Qualified physician
- D. Informed quack

Ans. C

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

- A. Headache
- B. Cholera
- C. Dysentery
- D. All of the above

Ans. A

142. 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

143. Sale of drugs is governed by the

- A. Medicine Control Act
- B. Health Control Act
- C. Drugs Control Act
- D. All of the above

Ans. C

144. Using left over medicine from earlier illness is

- A. harmless
- B. dangerous
- C. good
- D. economical

Ans. B

145. Which of the following is not a characteristic of stimulants?

- A. Produce Excitement

- B. Feeling lazy
- C. Increase of appetite
- D. Increase the desire for Sleep

Ans. A

146. Some stimulants such as _____ are used medically to combat depression

- A. Amphetamines
- B. Thalidomide
- C. Bromide
- D. None of the above

Ans. A

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

- A. depressant
- B. stimulant
- C. hallucinogen
- D. narcotic

Ans. A

148. _____ Can cross the border and spread diseases in the neighbouring country:

- A. Flies
- B. Mosquitoes
- C. Viruses
- D. All of the above

Ans. D

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

- A. Rome
- B. Geneva
- C. Canada
- D. India

Ans. b) Geneva

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

- A. WHO
- B. UNICEF
- C. FAO
- D. CARE

Ans. C

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

- A. 96 Countries
- B. 16 Countries
- C. 116 Countries
- D. 196 Countries

Ans. D

152. The WHO provides _____ health guidance with regards to international travel to

- A. Guess - based
- B. evidence- based
- C. profit – based
- D. All of the above

Ans. B

153. The regional office of WHO for South East Asia is in

- A. New Delhi
- B. Rome
- C. Kolkata
- D. Mumbai

Ans. A

154. _____ sets standards for the quality control of vaccines.

- A. WHO
- B. UNICEF
- C. CARE
- D. FAO

Ans. a) WHO

155. World Health Day is celebrated on

- A. 1st April
- B. 7th April
- C. 7th May
- D. 1st December

Ans. B

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

- A. FAO
- B. CARE
- C. WHO
- D. IHR

Ans. C

157._____ 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

158.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. children and parents

Ans. C

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

- A. farms
- B. forests
- C. fisheries
- D. All of the above

Ans. D

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

- A. UNICEF
- B. WHO
- C. FAO
- D. CARE

Ans. C

161.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

162. 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

163. 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

164. 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

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

- A. FAO
- B. CARE
- C. WHO
- D. UNICEF

Ans. B

166. The full form of IHR is

- A. International Hygiene Regulations
- B. International Health Regulations
- C. Indian Hygiene Regulations
- D. Indian Health Regulations

Ans. B

167. 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

168.Which of the following is not a symptom of teenage pregnancy?

- A. Missed period
- B. Headache
- C. Fatigue
- D. Vomiting

Ans. B

169.Potential behavior patterns for a teenage pregnancy:

- A. early dating
- B. unhealthy environment at home
- C. stress and depression
- D. All of the above

Ans. D

170.Genital Warts can be treated by

- A. antibiotics
- B. liquid hydrogen
- C. cryotherapy
- D. Hydrotherapy

Ans. C

171.Genital Herpes is caused by

- A. Trichomonas Vaginalis Parasite
- B. Human Papilloma Virus
- C. Treponema Pallidum
- D. Herpes Simplex Virus

Ans. D

172.Non-specific urethritis can be treated with

- A. Antibiotics
- B. Shampoo
- C. Antiviral drugs
- D. Glycerine

Ans. A

173.Pubic lice can be treated with

- A. Coconut Oil
- B. Medicated shampoo
- C. Petroleum jelly
- D. Bathing soap

Ans. B

174.Syphilis is caused by a

- A. lice
- B. worm

- C. bacteria
- D. virus

Ans. C

175.HIV can be transmitted from the mother to her baby during

- A. Bathing the baby
- B. labour and delivery
- C. holding the baby
- D. None of the above

Ans. B

176.Universal Precautions for infection control include

- A. Washing hands
- B. Wearing gloves and masks
- C. Using disposable syringes
- D. All of the above

Ans. D

177.The most common STI is

- A. Chlamydia
- B. Syphilis
- C. Genital warts
- D. AIDS

Ans.A

178.In the absence of treatment, HIV generally takes _____ years to progress to AIDS

- A. 8 - 10 years
- B. 18-20 years
- C. 1 – 2 years
- D. 2 – 5 years

Ans. A

179.Comprehensive sex education for young people is an essential part of HIV

- A. _____
- B. Prevention
- C. Detection
- D. Infection

Ans. B

180.Human papilloma virus causes

- A. Genital warts
- B. Genital herpes
- C. Syphilis
- D. Gonorrhoea

Ans. A

181.To deliver a baby through its mother abdominal wall is called a/an

- A. operation
- B. incision
- C. caesarean section
- D. Delivery

Ans. C

182.Which of the following recognized that sport has a “ Unique power to attract mobilize and inspire”

- A. WHO
- B. IMF
- C. World Bank
- D. United Nations

Ans. D

183.The most effective form of contraception to prevent teenage pregnancy is the use of

- A. birth control pills
- B. contraceptive jelly
- C. diaphragms
- D. condoms

Ans. A

184.An early diagnosis of pregnancy helps a teenager to adjust

- A. emotionally and socially
- B. emotionally and physically
- C. physically and intellectually
- D. physically and socially

Ans. b) emotionally and physically

185.____ given to an HIV infected mother that can greatly reduce the chances of the baby becoming infected are called

- A. antiretroviral drugs
- B. antidepressants
- C. antibiotics
- D. antioxidants

Ans. A

186.____ means that a germ - virus, bacteria or parasite - that can cause a disease or sickness is present inside a person's body.

- A. Chronic ailment
- B. Infection
- C. Discomfort
- D. Diabetes

Ans. B

187. Health wise teenage mothers have a much higher risk of

- A. Anaemia
- B. Hypertension
- C. Caesarian section
- D. All of the above

Ans. D

188. The goal of physical education is to ensure that all students acquire the _____ to lead healthy and active lives

- A. knowledge
- B. skills
- C. attitude
- D. All the above

Ans. D

189. Drug addicts who inject the drugs intravenously are a

- A. High risk group
- B. Medium risk group
- C. Low risk group
- D. No risk group

Ans. A

190. According to WHO there is strong evidence that male circumcision reduces the risk of HIV transmission by around

- A. 10%
- B. Doesn't reduce
- C. 60%
- D. 100%

Ans. C

191. Mosquitoes do not spread

- A. malaria
- B. filariasis
- C. dengue
- D. HIV

Ans. D

192. HIV is not a/an

- A. Air borne disease
- B. Water – borne disease
- C. Food borne disease

D. All of the above

Ans. D

193.HIV is not transmitted through

- A. shaking hands
- B. exchange of fluids
- C. sharing of injections
- D. All of the above

Ans. A

194.HIV infect cells which are a part of the body's

- A. nervous system
- B. digestive system
- C. immune system
- D. respiratory system

Ans. C

195.HIV is a

- A. bacteria
- B. virus
- C. fungi
- D. algae

Ans. B

196.A raised lump or lesion usually found on or near the genital or anus is the first sign of

- A. genital warts
- B. gonorrhea
- C. public lice
- D. syphilis

Ans. D

197.Treating warts using liquid nitrogen is called _____

- A. chemotherapy
- B. cryotherapy
- C. physiotherapy
- D. Hydrotherapy

Ans. B

198.Trichomoniasis can be treated with

- A. antiviral
- B. antifungal
- C. antibiotics
- D. None of the above.

Ans. C

199. Cooling the area with ice or cold water or bathing in a salt both can relieve symptoms of

- A. Genital warts
- B. Gonorrhea
- C. Genital herpes
- D. Syphilis

Ans. C

200. Lidocaine gel is a type of

- A. intravenous anesthetic
- B. topical anesthetic
- C. inhalational anesthetic
- D. oral anesthetic

Ans. B

* * *

Section - B
(2 Marks Questions)

Very Short Answer Questions:

1. Growth is controlled by many factors. Name them.

Ans. Growth is controlled by genes, endocrine secretions, food, exercise, rest, relaxation and sleep.

2. Define maturity.

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

3. Name the different aspects of maturity?

Ans. The different aspects of maturity are Chronological maturity, Physical maturity, Intellectual maturity, Emotional maturity, Social maturity and Philosophical maturity.

4. Chronological maturity is important in what respects?

Ans. Chronological maturity is important for getting the right to vote, inheriting property, obtaining a driving license, getting married, opening a Bank Account, etc.

5. What does philosophical maturity include?

Ans. Philosophical maturity includes long term values, goals worth striving for, making true friends and having a dedication and mission in life.

6. When do one gain physical maturity? Can it be altered?

Ans. One gains physical maturity when one has obtained his full height, weight and strength. Proper nutrition and physical exercise can help but not altogether change the pattern of physical growth.

7. Why is compatibility an important requisite in marriage?

Ans. Compatibility is essential for making a married life happy. 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.

8. 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.

9. What are antigens and how do they function?

Ans. Germs contain certain chemical substances called antigens. Antigens make the body produce other substances called anti-bodies, which protect us from diseases.

10. 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.

11. What is the full form of DPT?

Ans. DPT stands for Diphtheria, Pertussis and Tetanus.

12. 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.

13. What are toxoids?

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

14. What is natural immunity?

Ans. Natural immunity is the resistance offered by the body under normal conditions without any prior infection or external stimulation such as vaccination or inoculation.

15. What is natural acquired immunity?

Ans. An immunity is called acquired immunity when a previous attack of the disease gives a certain amount of immunity from another attack of the same disease, as in the case of chickenpox.

16. What is passive immunity?

Ans. 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.

17. 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.

18. What is Trachoma?

Ans. Trachoma is a communicable eye disease which when left untreated it will lead to visual impairment or blindness.

19. Name the two tablets which are distributed for the benefits of pregnant and lactating mothers.

Ans. The two tablets which are distributed for the benefits of pregnant and lactating mothers are Iron and Folic Acid Tablets.

20. 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.

21. What is a PHC?

Ans. A PHC is an institution for the promotion of 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 60,000 to 1,00,000.

22. Name two statutory bodies related to Medicine constituted by the Government of India.

Ans. Two statutory bodies constituted by the Government of India are

- (a) Central Council of Indian Medicine and
- (b) Central Council for Research in Indian Medicine and Homeopathy.

23. In the science of curing diseases, what are the two areas of study?

Ans. In the science of curing diseases, these are two areas of study – medicine and surgery.

24. Who were the founders of the ayurvedic system of medicine?

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

25. How are diseases cured in Ayurveda?

Ans. In Ayurveda, elimination of the toxins from the body, and the restoration of internal equilibrium is done for curing the diseases.

26. 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.e, suada, safra, balgam and khoon.

27. What is the main criterion of investigation in the allopathy system of medicine?

Ans. The main criterion of investigation is to find anatomical and physiological deviations from the normal which manifest as a disease.

28. What do the Indian systems of medicine emphasize upon?

Ans. Indian System of Medicine lay emphasis on dietary control and use of herbal and mineral drugs.

29. How are diseases caused according to the ayurvedic system?

Ans. According to the ayurvedic system, diseases are caused by faulty food, disturbance of mind and unhygienic habits.

30. What is the law of 'similars' in Homeopathy?

Ans. Homeopathy is based upon the law of 'similars' called 'similia similibuscurentur' which means 'like are cured by likes'.

31. Write any two points on the siddha system of medicine?

Ans. The siddha system of medicine is mainly practiced in Tamil Nadu and some parts of Kerala. The basic principles of this system are similar to ayurveda.

32. Who is an uninformed quack?

Ans. An uninformed quack has very little knowledge about what he/she intends to treat. However, he/she may not know that he/she knows nothing.

33. What is a drug?

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

34. What is chemotherapy? Who founded this system?

Ans. Chemotherapy is the treatment of disease by administering chemicals. It was founded by Paul Ehrlich.

35. What are non – prescription drugs?

Ans. Non – prescription drugs are generally used in case of minor ailments such as headache, common cold and pain but they are not to be used indiscriminately.

36. 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.

37. 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.

38. What are the symptoms that may need immediate medical care by a qualified doctor?

Ans. Symptoms like chest pain, blackout, nausea and unconsciousness may need immediate medical care by a qualified doctor.

39. 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.

40. What is alcohol?

Ans. Alcohol also known as ethanol, is a fermented organic liquid, obtained by the natural fermentation of malts and sugars. It is the intoxicating constituent of wine, beer, spirits and other alcoholic drinks.

41. What is quarantine?

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

42. 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.

43. Why life skills education is important?

Ans. It is through life skills education that young adults would be guided in making some key life event decisions such as marriage, employment, bearing children and gaining acceptance in the community.

44. What are life skills according to WHO?

Ans. The World Health Organisation defines life skills as the “abilities for adaptive and positive behavior that enable individuals to deal effectively with the demands and challenges of every life.

45. What is life skills education meant for?

Ans. Life skills education is meant to enhance capabilities of adolescents and young adults to help them deal with many challenges of life.

46. 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.

47. What is an STI?

Ans. A sexually transmitted infection (STI) is an illness caused by an infectious pathogen which spread from one person to another by means of sexual contact, including vaginal intercourse, oral sex and anal sex.

48. What is infection?

Ans. Infection simply means that a germ – virus, bacteria or parasite – that can cause disease or sickness is present inside person’s body.

49. Why intravenous drug users are said to be a high-risk group?

Ans. Drugs addicts who inject the drug intravenously are a high-risk group as they are often known to share the syringes among their fellow users.

50. What is a caesarean section?

Ans. A caesarean section is an operation to deliver a baby through its mother’s abdominal wall, which reduces the baby’s exposure to its mother’s body fluids.

51. 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.

Group –C
(3 Marks Questions)

Short Answer Questions:

1. 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 saving account in the post office or a bank.

2. Why do you need to develop social maturity as you grow up?

Ans. We need to develop social maturity as we grow up because the spheres of relationship and activity keep on enlarging and one needs more and more people of various kinds in life and we need different things from them.

3. 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 situations in which one lives. It continues as long as one wants to grow and keeps alert.

4. 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 follow healthy habits.
- b) She is well educated.
- c) She has interests similar to those of the boy.

5. Mention any three qualities in the choice of the groom.

Ans. Any three qualities in the choice of the groom

- a) He has good physical health and healthy habits.
- b) He is well educated.
- c) He is economically independent.
- d) He is emotionally mature and balanced
- e) He has interests similar to that of the girl.

6. What do your parents expect of you?

Ans.

- a. Have polite manners.
- b. Be well – groomed
- c. Maintain good relations with people around us.
- d. Be respectful to elders and parents.
- e. Behave in a responsible way.

7. What are the benefits of a joint family?

Ans. The benefits derived from a joint family are economic help, refuge in events of crisis, help in upbringing the children, seeking advice and guidance on personal issues. In short, a joint family can provide a great support to its members.

8. What does the word 'disease' mean?

Ans. The word 'disease' means an illness that affects people or animals, especially one that is caused by infection. Whenever the body or its parts do not function properly and the suffers as a result, we call it a disease. It can be physical, such as fever, body pain, injuries, sores; however, it can also be cognitive such as schizophrenia and depression: or social such as mal-adjustment in family life.

9. Name some natural defences against the entry of disease producing germs.

Ans. Some of the natural defences against the entry of disease producing germs are physical barriers like skin, lymphoid tissue, tears, saliva, nasal secretion and digestive juice, etc.

10. What must we know in order to prevent disease?

Ans. For the prevention of diseases, we must know at least

- a. The causes of the diseases and the ways in which they are spread
- b. The measures for prevention
- c. Signs and symptoms.

11. What do the production of antibodies depend upon?

Ans. The production of antibodies depends upon the state of health of the body, mainly on the nutritional status. The productive foods namely proteins and vitamins control the ability of the body to produce antibodies.

12. What is artificial acquired immunity?

Ans. It is called artificial acquired immunity when it is due to inoculation of certain material containing antigens. It gives protection against future exposure to that particular disease for a certain period. Example are vaccination against diphtheria, whooping cough and tetanus.

13. What is an allergic reaction?

Ans. In some cases of passive immunization, certain violet reactions like asthma, migraine (headache), eczema and skin rashes may occur in the individual. This is known as an allergic reaction.

14. 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 of immunity are:

- a) Natural or inborn and
- b) Acquired

15. What is herd immunity?

Ans. It is herd immunity when a group of people or community as a whole is immune to a particular disease. This happens when more than 70 % of the people composing the community are immunized against the disease.

16. What are vaccines? Give two examples.

Ans. Vaccines are protective substances which when injected into the body, will afford protection against subsequent attacks of a disease e.g. DPT and Oral Polio Vaccine.

17. 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.

18. What is the main aim of the Applied Nutrition Programme?

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

19. Name three statutory councils set up by the government of India.

Ans. Three statutory councils were:

- i. Medical Control of India.
- ii. Dental Council of India.
- iii. Indian Nursing Council

20. What is consumer education?

Ans. The term 'consumer education' refer 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.

21. Write any three false health – related beliefs.

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

22. 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.

23. 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.

24. What things should be kept in mind while using non-prescription drugs?

Ans. In case of non-prescription drugs, one should follow the direction on the label carefully and if symptoms of the ailment persist, a physician should be consulted immediately.

25. 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 heart beat and causes palpitation. Smoking is also associated with cancer of lips and larynx, chronic bronchitis, lung cancer and peptic ulcer.

26. Why was the Central Council of Health set up?

Ans. A large number of the health subjects fall in the concurrent list, which call cells for continuous consultation, mutual understanding and cooperation between the Central and the state. It was for this purpose that the Central Council of Health was set up.

27. 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.

28. 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.

29. Name some of the divisions that comprise the Department of Health and Family Welfare?

Ans. The Department of Health and Family Welfare comprises various divisions such as the Blindness Control, Cancer Control Programme, Immunization and Medical Tourism.

30. Write the full form of the following: -

DHR, NACO, PMSSY

Ans a) DHR- Department of Health Research

b) NACO- National AIDS Control Organisation

c) PMSSY- Pradhan Mantri Swasthya Suraksha Yojana

31. 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 removal or operation of the diseased tissue.

32. What is the daily routine recommended by ayurvedic practitioners?

Ans: The daily routine recommended by ayurvedic practitioners is based on health principle like early rising, cleaning of bowels, cleaning of teeth, physical exercises, taking baths and pranayamas, etc.

33. Who are quacks? How are quacks classified.

Ans. Quacks are people with no special training or license.

Quacks can be classified into

- a) An untrained quack
- b) A deluded quack

34. Outline any three career opportunities available in both medicine and paramedical fields.

Ans. The care of the ill and injured.

- i. . The prevention of illness.
- ii. . Working with people in hospitals and community.
- iii. . Working in a laboratory.

35. 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 distribution of drugs and devices which are worthless for the purposes for which they are offered.

36. Name three specialized agencies of the United Nations.

Ans. The specialized agencies of the UN are

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

37. 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 WHO.

38. 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, forest and fisheries.
- c) To better the economic conditions of rural people.

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

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

40. What are the social effects of teen pregnancy in India?

Ans. In India, socially teenage mothers can experience isolation and guilt accompanied by stress, depression and low self-esteem, which might result in lack of interest in studies, limited job prospects and lack of support group or friends.

41. What are the health effects of infants born to teenage mothers?

Ans. Infants born to teenage mothers are a higher risk of complications and pre-mature birth, low weight, accidental trauma and poisoning, acute infections and developmental delay.

42. How can STIs be diagnosed?

Ans. STIs can be diagnosed through physical examination which might include an internal examination for women. It can also be diagnosed by examination of swabs, blood and urine samples.

43. What are treatments for genital herpes?

Ans. The treatment of genital herpes are as follows: -

- a) Cooling the area with ice or cold water or bathing in a salt bath.
- b) Using a topical anesthetic 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.

44. 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 general feeling of being unwell with symptoms such as fever, headache and tiredness. White patches may be noticed on the tongue or on roof of the mouth.

45. What is meant by the term 'cofactors' for 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 of an HIV patient. E.g. genetic factors, age, gender, route of infection, smoking, nutrition and other infectious diseases.

46. Mention few ways through which HIV is not transmitted.

Ans. HIV is not transmitted through-

- a) Casual, everyday contact
- b) Shaking hand, hugging, kissing
- c) Coughs, sneezes
- d) Swimming pools, toilet seats
- e) Sharing eating utensils, water fountains

f) Mosquitoes, other insects or animals.

47. 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.

48. Why do social contacts not result in the transmission of HIV?

Ans. HIV is not an airborne, water borne or food borne virus, and does not survive for very long outside the human body. Therefore, ordinary social contact such as kissing, shaking hands, coughing and sharing cutlery does not result in the virus being passed from one person to another.

49. What are universal precautions of infection control?

Ans. The infection control procedures that are required to be followed by all health professionals when caring for any patient are called universal precautions. This includes washing hands and using protective barriers for direct contact with blood and other body fluids.

50. What are the three steps to be followed to ensure that HIV is not transmitted through sexual contact?

Ans. Three steps or ABCs of safety practice are-

- a) Abstain from sex
- b) Be faithful to one partner
- c) Condom to be used consistently and correctly.

51. Define 'sport' according to the United Nations

Ans. 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".

Section-D
(5 Marks Questions)

Long Answer Questions:

1. 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 takes 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 a right perspective.
- If you make a mistake and accept it, you are more mature than those who shift the responsibility on to others.
- If you make hasty judgements, you are like the child who makes quick moves without weighing the pros and cons. Hasty judgement are always risky.

2. Explain what do you understand by philosophical maturity.

Ans. Every human being has a philosophy of life which includes long-term values, goals worth striving for, making true friends and having a dedication and mission in life. You cannot be quite mature until you have a good workable philosophy of life. Having a philosophy of life may aid a successful career or marriage.

Your philosophy of life depends upon the customs and values of the people in your family, religion and community. The tenets of your religion have already set a goal before you. The great thoughts, noble idea and the lives of great men have always moulded the philosophy of life of many. The people whom you love and admire also help in building the philosophy of your life.

3. 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 decision 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.

4. Explain what do you understand by social maturity?

Ans. Social maturity is the ability to get along with people. As you grow up from a baby to a child, then to an adolescent and eventually to an adult, your spheres of social relationship and activity keep on enlarging.

Social maturity is gradually learned as you learn to live in a world full of people. You must have by now acquired some social maturity. You know now where you stand. Social maturity is a very difficult area of growth. It is neither predictable nor regular. It is not the same all the time. Your success, popularity and happiness to a great extent depends upon how you get along with people around you.

5. 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. Individuals 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 helps 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.

6. Differentiate 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 same disease, as in the case of chickenpox.

It is called artificial acquired immunity when it is due to inoculation of certain material containing antigens. It gives protection against future exposure to that particular disease for a certain period. Example are vaccination against diphtheria, whooping cough and tetanus.

7. What is the grim reality of the immunization scene in India?

- a. Every year in India, 5 lakhs children die due to diseases, which could be prevented with vaccines.
- b. 1 out of 3 children in India does not receive all vaccines that are available under the UIP.
- c. Five percent of children in urban areas and 8 percent in rural areas are not immunized.
- d. Another 89 lakhs children are at danger because they are either partially immunized or are not at all immunised against vaccine – preventable diseases.

8. Why was Mission Indradhanush named thus?

Ans. Mission Indradhanush was named thus as it depicts the seven colours of the rainbow. In the beginning, the mission aimed at the immunization of all children against seven preventable diseases-diphtheria, pertussis, tetanus, childhood tuberculosis, polio, hepatitis B and measles. In select states, children are now provided vaccines of Japanese encephalitis and haemophilus influenza type B.

9. 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 aim 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 areas 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.

10. Name the two groups of diseases. Explain them with examples.

Ans. Diseases are classified into as:

- a. Communicable.
- b. Non-communicable.

Communicable diseases are the diseases, which are caused by germs (germs are micro-organisms, worms or other parties. Usually these are infectious and spread from a person suffering from the disease (measles, diphtheria, cholera, etc) to healthy ones.

Non-communicable disease (heart attack, cancer, diabetes) are not transmitted from person to person.

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

Ans. The five preventive measures that can help in the National Vector Borne Disease Control Programme are as follows:

- i) Help the health workers to spray in the areas like drains and any stagnant pool etc.
- ii) Do not allow any area to develop as a breeding place for mosquitoes.
- iii) Do not allow water to stagnate in any place.
- iv) Observe one dry day every week when all stored water should be emptied.
- v) Report any fever cases to the health worker so that he can take the blood sample and arrange for laboratory examination of the same.

12.State any five main functions of the state health department.

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

13.What are the specific functions of the Directorate General of Health Services?

Ans. The specific functions and activities include:

- i. International health relations and quarantine.
- ii. Control of drug standards.
- iii. Maintaining medical store and depots.
- iv. Post-graduate training.
- v. Medical education.
- vi. Central Government Health Scheme.
- vii. Medical research
- viii. National health programmes
- ix. Health intelligence
- x. Maintain a national medical library
- xi. Health education.

14.Name some of the major achievements of the Directorate General of Health Services.

Ans. Some of the major achievements of the Directorate include:

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

15. 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:

- i. Reproductive, Maternal, Neonatal, Child and Adolescent Health.
- ii. Nutrition.
- iii. Communicable Diseases.
- iv. Non-communicable Diseases.
- v. Health System Strengthening.

16. Explain any two Nutrition Programmes.

Ans. Any two Nutrition Programmes are as follows:

- i. 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 are prepared and distributed to the children.
- ii. 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.

17. Explain any two Prophylaxis programme.

Ans. The two Prophylaxis programme are as follows:

- i. *Prophylaxis programme against blindness in children caused by vitamin A deficiency*: It covers the vulnerable segments of pre-school children between 1-6 years of age. A massive dose of vitamin A solution is given orally to children once every six months.
- ii. *Prophylaxis programme against nutritional anaemia*: Iron and folic acid tablets are being distributed for the benefit of pregnant and lactating mothers.

18. Mention any five aims of National AIDS Control Programme?

Ans. Five aims of National AIDS Control Programme are as follows:

- i. Reduce the blood borne transmission of HIV to less than 1 percent of total transmission.
- ii. Enable people to protect themselves from getting infected.
- iii. Improve services for care of living with HIV/AIDS.
- iv. Promote AIDS education in school, colleges, universities and in the community.
- v. Enable people to manage the HIV/AIDS problem themselves with their family and community support.

19. Explain briefly any five functions of the PHC.

Ans. The five functions of the Primary Health Centre are as follows:

- i. Medical care – The Nature of medical care is elementary and provides emergency treatment of minor ailments for ambulatory patients as out-patients.
- ii. Control of communicable disease – normally the health staff keeps a surveillance on the outbreaks of communicable diseases in the area, particularly malaria.
- iii. Maternal and child welfare services and family planning – MCW services are a direct special service to all mothers and children to attain total well-being of the child.
- iv. Environmental sanitation – It includes the provisions of safe drinking water supply and sanitary disposal of waste products. It also includes disposal of industrial waste.
- v. School health and nutrition education – This service is concerned with the child's growth and development, i.e, physical, emotional, intellectual and social development. An ideal school health service comprises prevention of diseases. Promotion of health, early detection of disease and its treatment and healthy school living.

22. Why do people go to quacks?

Ans: People who turn to quacks are:

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

24. 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 illness of research, and little information of the difficulties that may be associated with a person's illness. This type of quack uses scientific sounding jargon to impress his/her customers.

25. Give any five characteristics of a Quack.

Ans: The five characteristics of a Quack are as following:

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

26. List any five dangers of self – medication.

Ans. Five dangers of self-medication are:

- i. 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.
- ii. Reaction to various drugs differs from individual to individual and for the same individual under different conditions.
- iii. Medicines 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.
- iv. A number of medicines have side effects: that is, they may relieve the symptom but may cause other problems.
- v. Using leftover medicine from earlier illness is also dangerous.

27. Name any two categories of drugs with abuse potential. Explain any one of the categories of drugs with abuse potential.

Ans. Narcotics and Depressants.

Narcotics - They produce sleep and drowsiness and numbing effect on consciousness. Narcotic also reduce body activity and produce relaxation. Some narcotics are used by physician and dentists to relieve or prevent pain. Codeine is an important component of commonly available cough syrups. Novocaine is used by dentists for local anesthesia, before filling or extracting teeth. Morphine is also used to smother unbearable and severe pain. Narcotics can be fatal, if not used under medical supervision. Some of these are known to cause addiction.

28. Mention any five genral criteria for a wise consumer.

Ans. The five general criteria for a wise consumer are:

- i) Select and buy food, Clothing, Medecines and other consumer articles intelligently.
- ii) Do not get influenced by the claims of advertisements
- iii) Avoid self-medication; consult a qualified Medical practitioner for your medical needs.
- iv) Make use of the Laws protecting consumers against adulterated and substandard products
- v) Distinguish a man frauds, cheats and qualified personnel.

29. Write any five false health related beliefs.

Ans. The five false health related beliefs are:

- i) Alcoholic beverages are stimulants
- ii) Alcoholic beverages can cure cold
- iii) Wine helps in forming blood
- iv) Fish is the brain developing food
- v) Raw milk is the best quality milk

30. Write any five cultural practices that promote health.

Ans. The five cultural practices that promote health are:

- i) Washing hand before and after eating
- ii) Rinsing mouth after taking food

- iii) Drinking boiled milk
- iv) Greeting friend with folding hands
- v) Keeping a separate dress to wear while cooking

31. Explain any five main functions of the WHO.

Ans. The main functions of the WHO are:-

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

32. Explain the main aims of the UNICEF.

Ans. The main aims of the UNICEF are:

- i) The main aim of the UNICEF is to provide humanitarian and development assistance to children and mother. It has effective partnership with government and non-government organizations, through which it work towards bringing practical solution to the women and children who are at risk.
- ii) The UNICEF is communicated to ensure that all children and mother are able to access the knowledge of how to prevent HIV infection and also to provide adequate treatment, care and support to the one with the infection.
- iii) The UNICEF works towards ensuring the children worldwide get proper vaccines. Therefore, immunisation is one of the keys focus areas of UNICEF
- iv) The UNICEF assists in the control of diseases which are responsible for mortality among mothers and children, such as vitamin deficiencies, anaemia, trachoma, etc.
- v) 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. The UNICEF also provides technical services for food conservation.

33. What are the five areas of life skills that had been broadly classified by WHO?

Ans. The five skills are

- i) Self- awareness and empathy
- ii) Communication and interpersonal relationship
- iii) Decision making and problem solving
- iv) Creative thinking and critical thinking
- v) Coping with emotional and with stress

34. Mention any five capabilities a skilled person would have.

Ans. Five capabilities a skilled person would have are:

- i) Self-awareness: Being aware of one's character, strengths, weakness, desires likes and dislikes.
- ii) Strong interpersonal relationships: Understand what build and break relationships, relate positively with people, maintain and end relationships in a constructive manner.
- iii) Decision - making skills: Be able to consider all option available and likely Consequences of each action before making a choice.
- iv) Critical-thinking skills: Be able to analyse information and experience in an objective manner, question and reason independently.
- v) Coping with stress: Be able to recognise the source and the effects of stress and take remedial measures.

35. Write any five potential behavior patterns of teenage girl becoming pregnant.

Ans. Five potential behavior patterns for teenage girl 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

36. What are the health effects of teenage pregnancy?

Ans. Health wise teenage mothers have much high risk of aneamia, pregnancy-induced hypertension, lower genital tract infections, requirement of a caesarean section because of pre-maturity, gestation of large baby within a small pelvis, Foetal distress infant death syndrome. The major complications in young mothers are through to be a high blood pressure, iron deficiency, cephalopelvic disproportion and birth of low weight babies.

37. What are the social effects of teenage pregnancy?

Ans. Single motherhood can be overwhelming when an infant is born prematurely. The financial, emotional, and medical needs of the infant may be too difficult for a teenage mother and/or her extended family to deal with. It is further complicated with society's attitude towards teenage unwed mothers. They can experience isolation and guilt accompanied by stress, depression and low self-esteem, which might result in the lack of interest in studies, limited job prospects and lack of a support group or friends.

38. How can one prevent teenage pregnancy?

Ans. The following preventive steps and care may be adopted to prevent teenage pregnancy

- i) Since unprotected sex is the main cause of teenage pregnancies, contraceptive counseling extremely important in order to prevent teenage pregnancy, especially repeat ones.
- ii) Clinics, private medical officers or NGOs can play a major role in providing contraceptive counseling.

- iii) Birth control pills be taken regularly or as advised since barrier methods such as condoms, diaphragms and foams have high failure rates among teenagers.
- iv) To avoid pregnancy in the event of unprotected sexual intercourse, teenagers should be made aware of emergency contraception.
- v) To educate the teenagers about importance of abstinence and/or having safe sex.

39. Mention any five symptoms of STIs?

Ans. The following are the symptoms of STIs

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

39. 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-

- i) 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.
- ii) Another essential part of prevention is HIV consulting and testing. People living with HIV are less likely to transmit the virus to other if they know they are infected and if they have received counseling about safer behavior.
- iii) 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.

40. What prevention can a HIV positive mother take to ensure that the infection is not passed on to the child?

Ans: Following preventive measures may be taken by HIV positive mother-

- i) First prevention measures that can be taken to reduce the number of babies infected is to prevent HIV infection in women, and to prevent unwanted pregnancies.
- ii) A course of antiretroviral drugs given to an infected mother during pregnancy and labour as well as to her new born baby can greatly reduce the chances of the child becoming infected.
- iii) A caesarean section reduces the baby's exposure to its mother's body fluids. This procedure lowers the risks of HIV transmission.
- iv) The WHO advises mothers with HIV not to breastfeed if there is access to acceptable, feasible, affordable, sustainable and safe feeding options.

Sample Question Paper

(SSLC Examination 2024-25)

Health and Physical Education

(Old Course)

by

Meghalaya Board of School Education (MBOSE)

A. The Scheme of Examination

	Maximum Marks	Pass Marks
Theory Examination	80	24
Internal Assessment	20	6
Total	100	30

B. Scheme of Theory Examination

Section	Type of Questions	Marks for Each Question	No. of questions to be attempted/ no. of questions given	Total Marks
Section-A	MCQs	1	30/30	1x30=30
Section-B	Very Short Answer Questions	2	6/9	2x6=12
Section-C	Short Answer Questions	3	6/9	3x6=18
Section-D	Long Answer Questions	5	4/7	5x4=20
Total Marks				80

C. Scheme of Internal Assessment

The Internal Assessment can be done through anyone of the following:

1. Project Work
2. Written Tests
3. Assignments (Class work or Home Work)

D. Content Weightage in Theory Examination

The unit-wise weightage shown below is only indicative for the purpose of information of teachers while prioritising different chapters during teaching or assessment. Though the weightage in Theory Examination conducted by MBOSE would broadly follow the following pattern, there may still be some variation.

S. No.	Name of Unit	Chapters	Indicative Allocation of Marks
1	GROWTH AND DEVELOPMENT	1. How Mature are you? 2. You and your family. 3. Marriage and family life	14
2	DISEASES	1. Some defence measures against diseases. (Immunity and Immunization). 2. National Health Programmes. 3. Importance of Public's participation in the implementation of these programmes. 4. Primary health care set up in urban and rural areas.	21
3	CONSUMER EDUCATION	1. Consumer education, consumer rights, making correct choices while buying different items, food adulteration 2. Systems of medicine and quackery 3. Drugs, medicine and self-medication.	18
4	INTERNATIONAL HEALTH	1. Importance of international health.	11
5	LIFE-SKILLS EDUCATION	1. Teenage pregnancy 2. Sexually transmitted diseases 3. Basic facts about HIV/AIDS 4. Prevention against HIV/AIDS	16

Sample Question Paper
Health & Physical Education
Class-X

Question Paper Code: XY

Time: 3 hours

Max Marks: 80 (Pass Marks: 24)

General Instructions:

1. Please check that this Question Paper contains 55 Questions.
2. Question Paper Code given above should be written on the Answer Book, in the space provided, by the Candidate.
3. For candidates without an Internal Assessment, their marks will be multiplied by 1.25 to adjust their total to a maximum of 100 marks.
4. 15 minutes time is given for the candidates to read the Question paper. The Question Paper will be distributed 15 minutes before the scheduled time of the examination. In these 15 minutes, the candidates should only read the instructions and questions carefully and should not write answers on the Answer Sheet.
5. The Question Paper contains 4 sections, Section A, B, C and D.
6. Section-A contains Multiple Choice Questions (MCQ). Choose the most appropriate answer from the given options. The answers to this Section must be provided in the boxes provided in the Answer Sheet. Answers provided anywhere else will not be counted for marking.
7. Section-B contains Very Short Answer Questions. Answer the questions briefly, in not more than 30 (thirty) words.
8. Section-C contains Short Answer Questions. Answer the questions in not more than 50 (fifty) words each.
9. Section-D contains Long Answer Questions. Answer the questions in not more than 80 (eighty) words each.

Section- A

Multiple Choice Questions: Attempt **ALL** Questions. (30 X 1 = 30 marks)

1. The aspect of maturity which helps you to have an attractive and charming personality.
(A) Physical maturity
(B) Intellectual maturity
(C) Emotional maturity
(D) Social maturity
2. Chronological maturity is important for which of the following?
(A) Getting the right to vote
(B) Inheriting property
(C) Obtaining a Driving License.
(D) All of the above
3. Striking changes take place in the body during
(A) Infancy
(B) Adulthood
(C) Adolescent
(D) Childhood
4. Husband and wife should share same _____
(A) Interests
(B) Religion
(C) Skills
(D) Language
5. Another name for white blood cell is
(A) Antigens
(B) Phagocytes
(C) Antibodies
(D) Leucocytes
6. A person is susceptible to diseases if he is
(A) In poor health
(B) Under nourished
(C) With severe physical and mental strain
(D) All of the above
7. Violent reactions like asthma, migraine, eczema and skin rashes are symptoms of
(A) Tuberculosis
(B) Malaria
(C) Leprosy
(D) An allergic reaction
8. Every year in India, Children who die of diseases that could be prevented with vaccine is
(A) 2 lakhs

- (B) 3 lakhs
 - (C) 4 lakhs
 - (D) 5 lakhs
9. Each block comprises of about
- (A) 10 villages
 - (B) 100 villages
 - (C) 1000 villages
 - (D) 5000 villages
10. The Ministry of Health and Family Welfare consists of
- (A) Two departments
 - (B) Three departments
 - (C) Four departments
 - (D) Five departments
11. Which is a non-communicable disease?
- (A) Measles
 - (B) Diphtheria
 - (C) Cholera
 - (D) Diabetes
12. The first country in the world to launch Family Planning as an official programme is
- (A) USA
 - (B) India
 - (C) China
 - (D) Russia
13. The market, the consumer needs to know how to choose products
- (A) Rashly
 - (B) Intelligently
 - (C) Quickly
 - (D) None of the above
14. Early concepts of medicine and surgery was set out in the
- (A) Atharvaveda
 - (B) Rigveda
 - (C) Yajurveda
 - (D) Ayurveda
15. The Government has enacted _____ to protect the consumer from cheats
- (A) Customs
 - (B) Legislation
 - (C) Constitution
 - (D) Principles
16. Which is the most prevalent system of medicine all over the world?
- (A) Allopathy
 - (B) Naturopathy
 - (C) Homeopathy

(D) Ayurveda

17. Penicillin was discovered by

- (A) Marie Curie
- (B) Alexander Fleming
- (C) Antonie van Leeuwenhoek
- (D) Edward Jenner

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

- (A) Chest pain
- (B) Blackout
- (C) Nausea
- (D) All of the above

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

- (A) Hallucinogens
- (B) Narcotics
- (C) Depressants
- (D) Stimulants

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

- (A) Ethanol alcohol
- (B) Methyl alcohol
- (C) Isopropyl alcohol
- (D) None of the above

21. The headquarter of the World Health Organisation is in

- (A) Geneva
- (B) New Delhi
- (C) Rome
- (D) New York

22. 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) children and parents

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

- (A) Farms
- (B) Forests
- (C) Fisheries
- (D) All of the above

24. World Health Day is celebrated on

- (A) 6th April
- (B) 7th April
- (C) 7th May

(D) 6th May

25. Genital warts can be treated by

- (A) Anti-biotics
- (B) Liquid Hydrogen
- (C) Cryotherapy
- (D) None of the above

26. HIV can be transmitted from the mother to her baby

- (A) During pregnancy
- (B) Labour and delivery
- (C) Breastfeeding
- (D) All of the above

27. The most common STI

- (A) Syphilis
- (B) Chlamydia
- (C) Genital Warts
- (D) AIDS

28. Drug addicts who inject the drugs intravenously are a

- (A) High risk group
- (B) Medium risk group
- (C) Low risk group
- (D) No risk group

29. Mosquitoes do not spread

- (A) Malaria
- (B) Filariasis
- (C) Dengue
- (D) HIV

30. Cooling the area with ice or cold water or bathing in a salt bath can relieve symptoms of

- (A) Genital warts
- (B) Gonorrhea
- (C) Genital herpes
- (D) Syphilis.

Section – B

Very Short Answer Questions: Answer **any 6 (six)**. (2x6=12 marks)

- 31. What do you understand by human development?
- 32. Growth is controlled by many factors. Name them.
- 33. What are antigens? How do they function?
- 34. What is natural immunity?
- 35. What is self-medication?
- 36. What is quarantine?

37. What is the chief objective of international health organizations?
38. What is infection?
39. What is a caesarean section?

Section – C

Short Answer Questions: Answer **any 6 (six)**. (3x6=18 marks)

40. Why is chronological maturity important?
41. What must we know in order to prevent diseases?
42. What is meant by the term “Consumer Education”?
43. Define medical quackery.
44. What are the three objectives of the FAO?
45. Define life skills according to the World Health Organisation.
46. Write any three cultural practices that promote health.
47. Mention any three major achievements of the Directorate General of Health Services.
48. What are the three steps to be followed to ensure that HIV is not transmitted through sexual contact?

Section – D

Long Answer Questions: Answer **any 4 (four)** (4x5=20 marks)

49. How is intellectual maturity measured? (Any five points)
50. What are the goals of Mission Indradhanush?
51. Suggest any five guidelines for a consumer to select and utilize various products and services intelligently.
52. What are the social effects of teenage pregnancy in India?
53. State any five functions of the State Health Department.
54. Explain any five main functions of the World Health Organisation.
55. What prevention can a HIV positive mother take to ensure that the infection is not passed on to the child?

*** End of the Question Paper ***