

Total No. of Printed Pages—15

**X/25/HPE**

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**HEALTH AND PHYSICAL EDUCATION (HPE)**

*Full Marks : 80*

*Pass Marks : 24*

*Time : 3 hours*

*The figures in the margin indicate full marks for the questions*

*General Instructions :*

- (i) Please check that this Question Paper contains **55** questions.
- (ii) For candidates without an Internal Assessment, their marks will be multiplied by 1.25 to adjust their total to a maximum of 100 marks.
- (iii) 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.
- (iv) The Question Paper contains 4 sections, **Sections—A, B, C and D.**
- (v) **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 given anywhere else will not be counted for marking.

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- (vi) **Section-B** contains very short answer-type questions. Answer the questions briefly in not more than **30** (thirty) words each.
- (vii) **Section-C** contains short answer-type questions. Answer the questions in not more than **50** (fifty) words each.
- (viii) **Section-D** contains long answer-type questions. Answer the questions in not more than **80** (eighty) words each.

**SECTION—A**

Multiple choice questions (answer **all** questions) :  $1 \times 30 = 30$

1. Growth is controlled by
- (A) genes and endocrine secretions
  - (B) food and exercise
  - (C) rest and relaxation
  - (D) All of the above
2. The maturity which is difficult to measure is
- (A) physical maturity
  - (B) social maturity
  - (C) emotional maturity
  - (D) intellectual maturity

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3. Marriages in our country are generally arranged by the

(A) grandparents

(B) parents

(C) elders

(D) relatives

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

(A) good health

(B) good academics

(C) good wealth

(D) good relations

5. The another name for white blood cells is

(A) antigens

(B) antibodies

(C) phagocytes

(D) leucocytes

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6. The first country in the world to launch Family Planning as an official programme is
- (A) United States
  - (B) China
  - (C) India
  - (D) Russia
7. Which is a non-communicable disease?
- (A) Diabetes
  - (B) Cholera
  - (C) Tuberculosis
  - (D) Malaria
8. A sub-centre normally looks after a population of about
- (A) 60000 people
  - (B) 40000 people
  - (C) 20000 people
  - (D) 10000 people

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**9.** The Central Council of Health was set up by a

- (A) Prime Minister order
- (B) Presidential order
- (C) Union Health Minister order
- (D) State Health Minister order

**10.** The Applied Nutrition Programme was launched in the year

- (A) 1952
- (B) 1958
- (C) 1963
- (D) 1965

**11.** The Ministry of Health and Family Welfare consists of

- (A) two departments
- (B) three departments
- (C) four departments
- (D) five departments

- 12.** The World Health Day is celebrated on
- (A) 1st April
  - (B) 7th April
  - (C) 7th May
  - (D) 1st December
- 13.** When a group of people or community as a whole are immune to a particular disease, it is known as
- (A) natural immunity
  - (B) acquired immunity
  - (C) herd immunity
  - (D) species immunity
- 14.** In the market, consumer needs to choose products
- (A) spontaneously
  - (B) intelligently
  - (C) quickly
  - (D) after seeing advertisements

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**15.** The drugs which are used only in medical research are

- (A) hallucinogens
- (B) narcotics
- (C) depressants
- (D) stimulants

**16.** The most prevalent system of medicine all over the world is

- (A) ayurvedic system
- (B) naturopathy system
- (C) allopathy system
- (D) homeopathy system

**17.** Penicillin was discovered by

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

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

- (A) Quacks
- (B) Vaidis
- (C) Hakims
- (D) Allopathy doctors

**19.** The drug which is used by dentists for local anesthesia is

- (A) codeine
- (B) novocaine
- (C) morphine
- (D) bromides

**20.** The alcohol used for drinking is

- (A) ethyl alcohol
- (B) methyl alcohol
- (C) isopropyl alcohol
- (D) methanol alcohol

**21.** The agency that promotes the development of basic soil and water resources of countries is

- (A) WHO
- (B) FAO
- (C) UNICEF
- (D) CARE

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

- (A) Rome
- (B) Kolkata
- (C) Mumbai
- (D) New Delhi

**23.** 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

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**24.** The world's largest non-governmental international voluntary agency is

- (A) CARE
- (B) FAO
- (C) WHO
- (D) UNICEF

**25.** An early diagnosis of pregnancy helps the teenager to adjust

- (A) emotionally and socially
- (B) emotionally and physically
- (C) physically and intellectually
- (D) physically and socially

**26.** Genital warts can be treated by

- (A) antibiotics
- (B) liquid hydrogen
- (C) hydrotherapy
- (D) cryotherapy

**27.** Drug addicts who inject the drug intravenously are a

- (A) high-risk group
- (B) medium-risk group
- (C) low-risk group
- (D) no-risk group

**28.** HIV is not a/an

- (A) air-borne disease
- (B) water-borne disease
- (C) food-borne disease
- (D) All of the above

**29.** 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

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

- (A) Intellectual maturity
- (B) Social maturity
- (C) Philosophical maturity
- (D) Emotional maturity

**SECTION—B**

Very short answer-type questions (answer **any six**) :      2×6=12

**31.** Define maturity.

**32.** What is the main function of the white blood cells?

**33.** What is a PHC?

**34.** Name the four humours present in the body according to Unani system of medicines.

**35.** What are non-prescription drugs?

**36.** Name any two specialized agencies of the United Nations.

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37. What is teenage pregnancy?
38. What is an STI?
39. What is life skills education meant for?

**SECTION—C**

Short answer-type questions (answer **any six**) :  $3 \times 6 = 18$

40. Mention any three expectations of your parents from you.
41. What are the main symptoms of tuberculosis?
42. What do you understand by the term 'consumer education'?
43. What are the three objectives of the FAO?
44. Mention any three ways through which HIV is not transmitted.
45. What is artificial acquired immunity?

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46. Name any three statutory councils set up by the Directorate General of Health Services in India.
47. Write down any three cultural practices that can promote health.
48. What is the daily routine recommended by Ayurvedic practitioners?

**SECTION—D**

Long answer-type questions (answer **any four**) : 5×4=20

49. Explain any five requisites which are essential for making married life happy.
50. Suggest any five general criteria for a wise consumer.
51. Write down any five characteristics of a quack.
52. Write down any five potential behaviour patterns for a teenage girl becoming pregnant.
53. Explain any five functions of WHO.

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54. Explain any two nutrition programmes.  $2\frac{1}{2} \times 2 = 5$
55. What are the five areas of life skills that have been broadly classified by the WHO?

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