

2021

HEALTH EDUCATION AND ENVIRONMENTAL STUDIES

Paper : CC-103

Full Marks : 70

The figures in the margin indicate full marks.

*Candidates are required to give their answers in their own words
as far as practicable.*

1. Write down the meaning of health. Write the four most important characteristics of positive health. Briefly discuss the three important dimensions of health. 4+2+9

Or,

Briefly describe health supervision and health service of School Health Programme. What is personal hygiene? How will you take care of your skin? (4+4)+4+3

2. What is non-communicable disease? How is the parasite of malaria transmitted in humans? Discuss the measures to be taken for prevention of malaria, cholera and poliomyelitis. 3+3+9

Or,

Mention some corrective exercises that help to remove Lordosis deformity. What is food adulteration and discuss the affects of food adulteration on human health? Briefly discuss the Golden rules of First-Aid. 2+(2+6)+5

3. What is sustainable development and how is it achieved? Briefly discuss the phases of recycling of wastes. 6+9

Or,

Briefly discuss the historical background of environmental studies. Discuss the needs of environmental studies in modern education system. 9+6

4. Write short notes on (**any two**) : 7½×2

- (a) Celebration of international day for Biological Diversity
- (b) Utilization of land resources
- (c) Principal causes of water pollution and its prevention
- (d) Harmful effects of thermal pollution.

5. Answer the following MCQs by choosing the correct option given below and write the answer on your answer script (**any ten**) : 1×10

- (a) World Earth Day is celebrated on

- (i) 5th June
- (ii) 22nd April
- (iii) 22nd May
- (iv) 5th January.

Please Turn Over

- (b) Most common soil pollutants are
- (i) Arsenic
 - (ii) Zinc
 - (iii) Nickel
 - (iv) All of these.
- (c) Natural source of fresh water is
- (i) Frozen water
 - (ii) Surface water
 - (iii) Both of these
 - (iv) None of these.
- (d) United Nations decade of education for sustainable development is
- (i) 2002-2011
 - (ii) 2003-2012
 - (iii) 2004-2013
 - (iv) 2005-2014.
- (e) Recycling of waste material reduces
- (i) energy usage
 - (ii) air pollution
 - (iii) water pollution
 - (iv) all of these.
- (f) Which human activity can decrease the oxygen level present in the atmosphere?
- (i) Deforestation
 - (ii) Animal hunting
 - (iii) Only (i) is correct
 - (iv) Both (i) and (ii) are correct.
- (g) Which of the following exercise should be done to cure flat foot deformity?
- (i) Hanging on horizontal bar
 - (ii) Walking on sand
 - (iii) Pulling a bag
 - (iv) None of these.
- (h) Population explosion has occurred in the last
- (i) 500 years
 - (ii) 150 years
 - (iii) 300 years
 - (iv) 400 years.
- (i) An example of disease caused by virus is
- (i) Chicken pox
 - (ii) Malaria
 - (iii) Cancer
 - (iv) Diabetes.
- (j) Which one of the following is an essential tool for community health?
- (i) Philosophy
 - (ii) Psychology
 - (iii) Health Education
 - (iv) Moral Education
- (k) In which year was the National Health Policy in India implemented?
- (i) 2002
 - (ii) 2001
 - (iii) 2007
 - (iv) 2013.
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