

2023

**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. Define 'Health'. Explain the important dimensions of health. Briefly describe the objective of Health Education. 3+7+5

*Or,*

What do you understand by personal hygiene? How will you take care of your ear and skin? Briefly describe the health supervision and health service of School Health Programme. 3+6+6

2. What are the communicable diseases? Write short notes on Malaria and Diabetes. 3+(6+6)

*Or,*

What do you understand by the nutritional disorder? Name and explain any two postural deformities. Briefly discuss the 'Golden Rules of First-Aid'. 2+8+5

3. What do you understand by the environmental studies? Explain the need and importance of environmental studies. Narrate the inner meaning of the slogan "Go Green, say No to Plastic." 3+7+5

*Or,*

What is plastic recycling? What do you mean by the sustainable development? Narrate the role of school in environmental conservation. 3+6+6

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

- (a) Celebration of World Environmental Day
- (b) Hazards and control of noise pollution
- (c) Principal causes of water pollution and its prevention
- (d) Role of Pollution Control Board.

5. Answer the following MCQs by choosing the correct option for each of them 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.

- (b) Scientific name of Vitamin-A is
- (i) Tocopherol
  - (ii) Retinol
  - (iii) Ascorbic acid
  - (iv) None of these.
- (c) Which is considered as a component of Balanced Diet?
- (i) Protein
  - (ii) Fat
  - (iii) Vitamins
  - (iv) All of these.
- (d) A communicable disease is
- (i) Cancer
  - (ii) Hypertension
  - (iii) AIDS
  - (iv) All of these.
- (e) Objective of Health Education
- (i) Informing people on health
  - (ii) Motivating people to adopt good health habits
  - (iii) Guiding people to follow healthy lifestyle
  - (iv) All of the above.
- (f) The human activity that can decrease the oxygen level present in the atmosphere is
- (i) Deforestation
  - (ii) Animal hunting
  - (iii) Plantation of trees
  - (iv) None of these.
- (g) One of the following which is not a spinal deformity is
- (i) Bow Leg
  - (ii) Lordosis
  - (iii) Kyphosis
  - (iv) Scoliosis.
- (h) Normal range of B.M.I. is
- (i) 16.0-17.9 kg/m<sup>2</sup>
  - (ii) 18.5-24.9 kg/m<sup>2</sup>
  - (iii) 35.0-40.00 kg/m<sup>2</sup>
  - (iv) 30.0-34.9 kg/m<sup>2</sup>.
- (i) The vitamin that is responsible for blood clotting is
- (i) Vitamin - A
  - (ii) Vitamin - D
  - (iii) Vitamin - E
  - (iv) Vitamin - K.
- (j) One or more of the following which is/are the main cause(s) of non-communicable diseases
- (i) Tobacco uses
  - (ii) Physical inactivity
  - (iii) Unhealthy diet
  - (iv) All of these.
- (k) Malaria is caused by
- (i) Parasites
  - (ii) Fungus
  - (iii) Bacteria
  - (iv) Virus.
- (l) One of the following which is not a greenhouse gas is :
- (i) Nitrogen
  - (ii) Carbon dioxide
  - (iii) Oxygen
  - (iv) None of these.
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