

2024

## HEALTH EDUCATION AND ENVIRONMENTAL STUDIES

Course : 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 and Health Education. Describe the principles of health Education. 5+10

*Or,*

What do you understand by personal hygiene? How will you take care of your eyes and hair? Briefly describe the health service and health supervision in school health programme. 3+6+6

2. What are the basic differences between communicable and non-communicable disease? Write short notes on Dengue and Hypertension. 5+(5+5)

*Or,*

Write short notes on :

5+5+5

- (a) Postural deformities
- (b) Mother-child health care
- (c) Explosive population.

3. Discuss about the historical background of environmental studies. Explain, in detail, the need and importance of environmental studies. 5+10

*Or,*

Explain the recycling of waste and plastic. Discuss, in detail, about the role of school in environmental conservation and sustainable development. 5+(5+5)

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

- (a) Water resources
- (b) Hazards of air pollution and its control
- (c) Govt. policies on Environment pollution
- (d) Celebration of various days in relation to environment.

Please Turn Over

(0661)

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) Objectives of health education include
- (i) Developing positive attitudes towards health issues.
  - (ii) Providing knowledge about health and wellbeing.
  - (iii) Promoting decision-making in health related matters.
  - (iv) All the above.
- (b) Scientific name of Vitamin-C is
- (i) Tekoferol
  - (ii) Retinol
  - (iii) Ascorbic acid
  - (iv) None of these.
- (c) The disease Scurvy is caused due to the deficiency of
- (i) Vitamin - A
  - (ii) Vitamin - D
  - (iii) Vitamin - C
  - (iv) Vitamin - K.
- (d) A disease caused by the virus is
- (i) Chicken pox
  - (ii) Malaria
  - (iii) Cancer
  - (iv) All of these.
- (e) The percentage of fresh water in the earth is
- (i) 97%
  - (ii) 85%
  - (iii) 13%
  - (iv) 3%.
- (f) A major cause of soil pollution is
- (i) Deforestation
  - (ii) Use of plastic
  - (iii) Both (i) and (ii)
  - (iv) None of these.
- (g) Which of the following is not a deformity of legs?
- (i) Bow Leg
  - (ii) Lordosis
  - (iii) Knock knee
  - (iv) Flat Foot.
- (h) Which vitamin helps blood clotting?
- (i) Vitamin - A
  - (ii) Vitamin - D
  - (iii) Vitamin - E
  - (iv) Vitamin - K.
- (i) Body building food is
- (i) Water
  - (ii) Protein
  - (iii) Vitamin
  - (iv) None of these.



(j) Match List I with List II and select the correct option using the codes given below :

List - I

List - II

(A) Diabetes

(1) Parasites

(B) Tuberculosis

(2) Pancreas

(C) Chicken pox

(3) Bacteria

(D) Malaria

(4) Virus

Select the right Codes:

(i) A-1, B-3, C-4, D-2

(ii) A-3, B-4, C-1, D-2

(iii) A-2, B-1, C-4, D-3

(iv) A-2, B-3, C-4, D-1.

(k) The International Body promoting health throughout the world is

(i) Red Cross

(ii) St. John Ambulance

(iii) Ramkrishna Mission

(iv) W.H.O.

(l) The World Environment Day is celebrated on :

(i) 5th July

(ii) 5th August

(iii) 5th September

(iv) 5th June.

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