

**2020**

**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.*

Answer *all* questions.

1. (a) Define health education. What are the objectives of health education? Explain the basic principles of health education. 4+5+6

*Or,*

- (b) What is health? What do you mean by personal hygiene? Write in brief about the care of eye and ear. 5+4+(3+3)

2. (a) What is communicable disease? Discuss the cause, prevention and control of Dengue. 3+(4+4+4)

*Or,*

- (b) What do you mean by postural deformities? Write about the causes and corrective exercises for different types of postal defects. 5+10

3. (a) What do you mean by environment? Explain the scope and importance of environmental studies. 5+10

*Or,*

- (b) Write in brief about plastic recycling. Discuss the role of school going children in environmental conservation and sustainable development. 5+10

4. Write notes on (*any two*) : 7½×2

- (a) Air pollution  
(b) Protection of water resources  
(c) Role of Pollution Control Board in prevention of pollution  
(d) Observance of World Environment Day.

**Please Turn Over**

5. Answer **any ten** MCQs from the following and write the correct answers on your answer script :  
1×10

- (a) Which food has maximum biological value for proteins?  
(i) Soya bean (ii) Meat  
(iii) Egg (iv) Fish.
- (b) A major cause of environmental pollution is  
(i) Use of plastic bags (ii) Paper  
(iii) Vegetables and fruit-peels (iv) Watering the soils.
- (c) The breathing rate in human beings is  
(i) 36 per minute (ii) 12 to 20 per minute  
(iii) 72 per minute (iv) 20 to 30 per minute.
- (d) World Wildlife Day is celebrated on  
(i) 3rd June (ii) 5th December  
(iii) 3rd March (iv) 5th September.
- (e) Diseases of the heart, joints and nervous system are called  
(i) Degenerative diseases (ii) Communicable diseases  
(iii) Deficiency diseases (iv) Mental diseases.
- (f) NGT stands for  
(i) National Green Technologies (ii) National Green Tribunal  
(iii) Non-Government Tribunal (iv) Non-Government Treaties.
- (g) Of the following, a bacterial disease is  
(i) Tuberculosis (ii) Polio  
(iii) Influenza (iv) Malaria.
- (h) Which is a preventive measure of water pollution?  
(i) Treatment of waste water (ii) Population Control  
(iii) Both (i) and (ii) (iv) None of the above.
- (i) The disease, Scurvy, is caused by the deficiency of  
(i) Vitamin C (ii) Vitamin A  
(iii) Vitamin D (iv) Vitamin K.
- (j) Which agency is not related to health education?  
(i) Red Cross (ii) UNICEF  
(iii) CARE (iv) UNESCO.

- (k) Which of the following dimensions of health refers to the perfect functioning of the body externally as well as internally?
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|---------------------|------------------------|
| (i) Mental health   | (ii) Physical health   |
| (iii) Social health | (iv) Emotional health. |
- (l) What do you mean by sideward curvature of vertebral column?
- |                 |                |
|-----------------|----------------|
| (i) Kyphosis    | (ii) Lordosis  |
| (iii) Scoliosis | (iv) Flatfoot. |
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