

2022

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 answer in their own words
as far as practicable.*

Answer the following questions.

1. What is mental health? Briefly discuss the factors determining health. Discuss the principles of health education. 3+7+5

Or

How will you take care of your eyes and ear? Briefly discuss the aim and objectives of health education. How is health service programme conducted in a school setup? 6+5+4

2. What are the basic differences between communicable and non-communicable diseases? Discuss the preventive measures of Dengue and Chicken Pox. When is a person considered as obese? 4+6+5

Or

What is postural deformity? Briefly discuss any two postural deformities and recommend exercises for their correction. Discuss the care for a person with burn injury. 2+8+6

3. What is called environmental studies? Write about the importance of environmental studies based on UNESCO's observation. Briefly discuss the steps of plastic recycling. 3+6+6

Or

Discuss the scope of environmental studies. Discuss the role that a school can play for environmental conservation. What do you mean by Wastes? 5+7+3

4. Write short notes on *any two* of the following:

7.5x2

- a) Various days celebrated on environment
- b) Resources of environment
- c) Management of air pollution through the government polices
- d) Pollution Control Board

5. Select the correct option from the following MCQs and write the same on your answer script (*any ten*):

1x10

- 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) The aspects of personal health are:
 - (i) Emotional
 - (ii) Intellectual
 - (iii) All the above
 - (iv) None of the above
- c) The World Health Day is celebrated on:
 - (i) 1st March
 - (ii) 7th April
 - (iii) 6th October
 - (iv) 10th December
- d) Which one of the following is an unhealthy habit?
 - (i) Washing hair twice a week
 - (ii) Bathing twice a day
 - (iii) Drinking boiled water
 - (iv) Eating without washing one's hand
- e) Which one of the following is not a bacterial disease?
 - (i) AIDS
 - (ii) Dengue
 - (iii) Measles
 - (iv) All of the above

- f) Postural deformities present from birth is called:
- (i) Acquired deformities
 - (ii) Congenital deformities
 - (iii) Accidental deformities
 - (iv) None of the above
- g) Insulin-dependent diabetes is called:
- (i) Diabetes insipidus
 - (ii) Diabetes mellitus
 - (iii) None of the above
 - (iv) All the above
- h) Which of the following disease is caused by Protein deficiency?
- (i) Kwashiorkor
 - (ii) Obesity
 - (iii) Ricket
 - (iv) Scurvy
- i) The group consisting of non-renewable organic resources is :
- (i) water, air and minerals
 - (ii) natural gas, oil and coal
 - (iii) wood, water and natural pastures
 - (iv) sand, air and clay
- j) Earth Day is celebrated on:
- (i) 5th June
 - (ii) 22nd Aprile
 - (iii) 21 June
 - (iv) 22nd December

k) Honorable Supreme Court of India decided to make the subject of Environment Studies compulsory in college curricula in the year -

(i) 1981

(ii) 1991

(iii) 2001

(iv) 2011

l) What is the estimated percentage of forest land that India should ideally have?

(i) 15%

(ii) 50%

(iii) 44%

(iv) 33%
