

2025

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 the personal hygiene? How will you take care of your eye, hair and skin? Briefly describe the health instruction and health supervision of School Health Programme. 3+6+6

2. What is communicable disease? Write short notes on Chicken pox and Obesity. 3+(6+6)

Or

What do you understand by the nutritional disorder? Explain in detail about any two postural deformities. Briefly discuss the Golden rules of First-Aid. 3+8+4

3. What do you understand by the environmental studies? Explain in detail, 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 recycling of wastes? What is meant by sustainable development? Explain in detail about the role of school in environmental conservation. 3+5+7

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

- (a) Land resources
- (b) Water pollution
- (c) Management of environment through Govt. policies
- (d) Celebration of World Environmental Day.

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) The World Health Day is celebrated on

- (i) 5th June
- (ii) 7th April
- (iii) 22nd May
- (iv) 5th January.

Please Turn Over

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- (b) Scientific name of Vitamin-A is
- (i) Tocopherol
 - (ii) Retinol
 - (iii) Ascorbic acid
 - (iv) None of these.
- (c) Which of the following is not a component of Balance Diet?
- (i) Protein
 - (ii) Fat
 - (iii) Carbohydrates
 - (iv) None of these.
- (d) Which of the following is a communicable disease?
- (i) Cancer
 - (ii) Hypertension
 - (iii) AIDS
 - (iv) All of these.
- (e) Objectives of Health Education is/are
- (i) informing people
 - (ii) motivating people
 - (iii) guiding into action
 - (iv) All of these.
- (f) Which of the following human activities can decrease the oxygen level present in the atmosphere?
- (i) Deforestation
 - (ii) Animal hunting
 - (iii) Both (i) and (ii) are correct
 - (iv) None of these.
- (g) Which of the following is not a spinal deformity?
- (i) Bow Leg
 - (ii) Lordosis
 - (iii) Kyphosis
 - (iv) Scoliosis.
- (h) Normal range of B.M.I, is
- (i) 16.0-17.9 Kg/m²
 - (ii) 18.5-24.9 Kg/m²
 - (iii) 25.0-29.9 Kg/m²
 - (iv) 30.0-34.9 Kg/m².
- (i) Which vitamin is responsible for blood clotting?
- (i) Vitamin-A
 - (ii) Vitamin-D
 - (iii) Vitamin-E
 - (iv) Vitamin-K.
- (j) Which of the following is / are the main cause (s) of non-communicable diseases?
- (i) Tobacco uses
 - (ii) Physical inactivity
 - (iii) Unhealthy lifestyle
 - (iv) All of these.

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

List-I

- (A) Malaria
- (B) Dengue
- (C) Cholera
- (D) Diabetes

List-II

- (1) Parasites
- (2) Pancreas
- (3) Bacteria
- (4) Virus.

Correct Codes :

- (i) A-1; B-2 ; C-3; D-4
- (ii) A-3; B-4; C-1; D-2
- (iii) A-2; B-1; C-4; D-3
- (iv) A-1; B-4; C-3; D-2.

(l) Which of the following is not a greenhouse gas?

- (i) Nitrogen
 - (ii) Carbon dioxide
 - (iii) Methane
 - (iv) Nitrous Oxide.
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