

2018  
CHILDREN'S PHYSICAL & EMOTIONAL HEALTH,  
SCHOOL HEALTH AND EDUCATION.

Full Marks : 50

Time : 3 hours

Figures in the margin indicate marks.

**General Instructions :**

- (i) All questions are compulsory.
- (ii) Marks for each question are indicated against it.
- (iii) Please write down the number of the question before attempting it.

**SECTION - A**

1. Choose the correct answer from the given alternatives : 6x1=6
- (a) \_\_\_\_\_ is about all the learners and about taking action to remove barriers to participation and learning-
- (a) Diversity
  - (b) Special class
  - (c) Special School
  - (d) Inclusion
- (b) \_\_\_\_\_ need to be better informed on child nutrition.
- (a) Pastors
  - (b) Parents
  - (c) Teachers
  - (d) Engineers
- (c) Health education is the sum of experiences which favourably influence habits, attitudes and \_\_\_\_\_.
- (a) knowledge
  - (b) outlook
  - (c) manners
  - (d) behaviour
- (d) \_\_\_\_\_ are also known as body building materials.
- (a) Proteins
  - (b) Vitamins
  - (c) Carbohydrates
  - (d) Foods
- (e) \_\_\_\_\_ is the immediate treatment given to the victim of trauma or sudden illness.
- (a) Injection
  - (b) First-aid
  - (c) Casualty
  - (d) X-Ray
- (f) \_\_\_\_\_ is caused by protozoa called the malarial parasites.
- (a) AIDS
  - (b) Tetanus
  - (c) Malaria
  - (d) Tuberculosis

P.T.O.

## SECTION - B

2. Answer the following :

- (a) Define health and well-being.
- (b) Any two methods of Morbidity Mapping.
- (c) Balanced Diet.
- (d) Barriers of Inclusive Education.
- (e) Sanitation.
- (f) Play.

6x2=12

## SECTION - C

3. What precautions should be taken against Malnutrition ? 4
4. Write any four roles of teachers in Midday Meal Programmes. 4
5. Write how to implement NALI KALI in classroom. Give example. 4
6. What are the communicable diseases ? Mention the steps to be taken for prevention and control of communicable diseases. 2+2=4
7. What is physical education ? Write the benefits of physical education. 4

## SECTION - D

8. (a) Define health. What is the significance of health in family ? 1+5=6
- OR**
- (b) Write the reciprocal linkages between poverty and health. 6
- 9 (a) Explain how school health practices contribute to a child's emotional well-being. 6
- OR**
- (b) Describe the linkages between emotional health and physical health. 6

## SECTION -B

2. Answer the following :

6x2=12

- (a) Define food                      (b) Poverty                      (c) Social health  
(d) Balanced diet                      (e) Immunization  
(f) Suggest some ways to help students with special needs.

## SECTION -C

3. What is Child Abuse ? Mention some forms of physical abuse in schools.      2+2=4  
4. What are the aims of School health policy ?      4  
5. What are the aims of Mid-day meal programme ? Write its objective and rationale. 2+2=4  
6. What are the precautions against Malnutrition ?      4  
7. What are good eating habits ?      4

## SECTION - D

8. (a) What is the meaning of Health Education ? Write *any four* importance of Health Education .      2+4=6  
**OR**  
(b) What is meant by neglected people ? Mention emotional neglect, educational neglect and its consequences .      2+2+2=6  
9. (a) What is meant by Hunger and Malnutrition ?      6  
**OR**  
(b) What are emotional health, physical health and cognition in learning ?      2+2+2=6



2020  
CHILDREN'S PHYSICAL AND EMOTIONAL HEALTH, SCHOOL HEALTH  
AND EDUCATION  
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**SECTION-A**

1. Choose the correct answer from the given alternatives : 6x1=6
- (a) \_\_\_\_\_ is caused by the protozoa called the malarial parasites.
    - (i) Tetanus
    - (ii) AIDS
    - (iii) Malaria
    - (iv) Tuberculosis
  - (b) Object Play refers to -
    - (i) Running
    - (ii) Building blocks
    - (iii) Climbing
    - (iv) Swimming.
  - (c) Learning disability in writing is -
    - (i) dyscalculia
    - (ii) dysgraphia
    - (iii) dyslexia
    - (iv) dyspraxia.
  - (d) FRCH stands for -
    - (i) Foundation for Research in Community Health.
    - (ii) Fundamental Research of Common Health.
    - (iii) Foundation of Research of Common Health.
    - (iv) Fundamental Research in Community Health.
  - (e) \_\_\_\_\_ health includes ones ability to express their emotions.
    - (i) Physical
    - (ii) Social
    - (iii) Emotional
    - (iv) Individual
  - (f) Quality physical education can influence \_\_\_\_\_ development.
    - (i) Mental
    - (ii) Moral
    - (iii) Physical
    - (iv) Emotional

**2022**  
**CHILDREN'S PHYSICAL AND EMOTIONAL HEALTH, SCHOOL HEALTH  
AND EDUCATION**

**Full Marks : 50**

**Time : 3 hours**

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**SECTION - A**

1. Choose the correct answer from the given alternatives : 6x1=6
- (a) Physical education is a course taught in school that focuses on developing -
    - (i) Body fitness
    - (ii) Physical fitness
    - (iii) Brain
    - (iv) Muscles
  - (b) The main focus of UNICEF is -
    - (i) Women rights
    - (ii) Human rights
    - (iii) Children
    - (iv) Disease
  - (c) \_\_\_\_\_ means education where the needs of all children are addressed irrespective of ability or disability.
    - (i) Special education
    - (ii) Diversity
    - (iii) Inclusive education
    - (iv) Emotional education
  - (d) Team spirit is a/an \_\_\_\_\_ that enables people to work well together.
    - (i) Attitude
    - (ii) Behaviour
    - (iii) Cooperation
    - (iv) Motivation
  - (e) Nali Kali is based on the principle that children enjoy learning through -
    - (i) Discussion
    - (ii) Lecture
    - (iii) Active participation
    - (iv) Listening
  - (f) People who are emotionally healthy are in control of their thoughts, feelings and behaviours.
    - (i) Physically
    - (ii) Emotionally
    - (iii) Socially
    - (iv) Joyfully

2018

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- (a)  knowledge (b) outlook  
 (c) manners (d) behaviour
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2018

SECTION -B

2. Answer the following :

6x2=12

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(d) Balanced diet      (e) Immunization  
(f) Suggest some ways to help students with special needs.

SECTION -C

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SECTION - D

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