HEALTH AND PHYSICAL EDUCATION
(Academic/Open)
[ Hindi and English Medium ]
(Only for Fresh/Re-appear Candidates)

Time allowed: 3 hours  Maximum Marks: 60

Please make sure that the printed question paper are contains 28 questions.

The Code No. and Set on the right side of the question paper should be written by the candidate on the front page of the answer-book.

Before beginning to answer a question, its Serial Number must be written.

Don’t leave blank page/pages in your answer-book.

P. T. O.
3521/(Set : C)

- Except answer-book, no extra sheet will be given. Write to the point and do not strike the written answer.

- Candidates must write their Roll Number on the question paper.

- Before answering the question, ensure that you have been supplied the correct and complete question paper, no claim in this regard, will be entertained after examination.

General Instructions:

(i) All questions are compulsory.

(ii) Marks of each question are indicated against it.

1. What are Glands ? How many types of glands are there ?

   \text{अथवा}

   \text{OR}

   \text{एड्स के फैलने के माध्यम, लक्षणों तथा इसके उपचार का वर्णन कीजिए।}
3521/(Set : C)

Explain the medium of spreading AIDS, its characteristics & treatment.

2. अच्छे खिलाड़ी के क्या गुण हैं ? खेलकूद प्रतियोगिताएँ इन गुण को कैसे विकसित करती हैं ? 5
What are the qualities of a good player ? How does sport competitions develop these qualities ?

अथवा

OR

राष्ट्रीय एकता क्यों आवश्यक है ?
What is the need for National Integrity ?

3. रोग-प्रतिरोधक क्षमता के बारे में आप क्या जानते हैं ? यह कितने प्रकार की होती हैं ? 5
What do you understand by immunity ? How many types of immunity are there ?

अथवा

OR

किन्हीं दो संक्रामक रोग और उनकी प्रतिरक्षा के बारे में लिखें।
Write about any two communicable diseases and their immunization.

4. स्वास्थ्य शिक्षा के उद्देश्य का वर्णन करें।
Describe the objectives of Health Education.

5. अभी तक महिलाओं का खेलकूद में क्या योगदान रहा है ?
What has been the contribution of women in sports so far ?

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P. T. O.
6. What is the importance of **three** colours in National Flag?

7. What are the objectives of Modern Olympics?

8. What do you mean by sportsman spirit? How does games help in developing this quality?

9. Describe the various types of Jumps.

10. Describe the various aspects of Health.

11. Write the duties of a citizen towards its Nation.

12. Write advantages & disadvantages of League System.

13. Why cleanliness is necessary for us?

15. Describe briefly the digestive system.

16. Describe the problems caused by the deficiency & excess of proteins.

17. Who said "Health is Wealth"?

18. Write the name of diseases which spread by insects.

19. Write any four sources of fats.

20. What is the function of Plasma?

21. Santosh Trophy is associated to which game?

22. Which game is associated with the Santosh Trophy?
Bobby Jorge is associated to which game?

23. ‘सत्यमेव जयते’ का क्या अर्थ है?

What is the meaning of 'Satyamev Jayate'?

24. पी.वी.सिंधु किस खेल से संबंध रखती है?

P. V. Sindhu is associated to which game?

25. तिरंगे के अशोक चक्र में कितनी तीतियाँ हैं?

How many spokes are there in Ashok Chakra of National Flag?

26. रक्त की श्वेत कणिकाएं शरीर में क्या कार्य करती हैं?

What is the function of white blood cells of blood in our body?

27. चेचक रोग फैलाने वाले क्या का नाम क्या है?

By whom Chicken pox is spread?

28. गैस्ट्रिक रस क्या है? उसका कार्य लिखें।

What is Gastric juice? Write its function.