

Shimurali Sachinandan College
4th Semester Test Examination
Health and Physical Education
Course:1.4.11(Optional)

Time: 1½ Hours.

Full Marks:35

Group - A

(Marks:10)

(Answer any five from the following questions,each within 50 words.) $2 \times 5 = 10$

1. i) What is mental health?
- ii) Mention any four communicable diseases in India.
- iii) What is digital detox?
- iv) Why is yoga education important for healthy living?
- v) What is type 1 diabetes?
- vi) Write four causes of Aggression.
- vii) Mention four symptoms of muscle strain.

Group - B

(Marks -15)

(Answer any three from the following questions, each within 150 words.) $5 \times 3 = 15$

2. Write down the problem of drinking water in India.
3. Briefly discuss structure and functions of the human heart.
4. Mention the symptoms and causes of cerebral palsy.
5. Write down the symptoms and causes of high blood pressure and low blood pressure.
 $2.5 + 2.5 = 5$
6. What is benign and malignant tumour? Write down the causes of cancer. $2 + 3 = 5$

Group - C

(Marks - 10)

(Answer any one from the following questions, each within 300 words.) $10 \times 1 = 10$

7. Write the symptoms of Depression. What are the ways to recover from Depression? $4 + 6 = 10$
8. What is environmental degradation? Explain the causes and effects of environmental degradation? $2 + 8 = 10$