APPENDICES
INSTRUCTIONS

The questions given below are based on health education aspects. Each question has four answers given as a, b, c and d. Only one among them is correct. Choose the most appropriate answer and mark it on the response sheet.

1. The first thing to be done at the time of an emergency situation is
   a. Protecting the injured person from the danger
   b. Calling necessary help
   c. Giving medical help
   d. Sending the injured person to the hospital

2. Common cold is an
   a. Airborne infection
   b. Water borne infection
   c. Surface or contact infection
   d. Zoonotic disease (Animal borne)

3. The characteristic feature of Cancer is
   a. Abnormal growth of cells
   b. Discolouration of skin
   c. Vomiting and Diarrhoea
   d. Excessive perspiration

4. The main energy giving food items are
   a. Vitamins & Minerals
   b. Vegetables, Sugar & Spices
   c. Proteins, Carbohydrates & Fats
   d. Water, Oils & Jaggery
5. In most developing countries half of the infant deaths occur during the first 28 days of life because of
   a. Malnutrition of mothers
   b. Low birth weight and infection
   c. Respiratory infections
   d. Diarrhoea and vomiting

6. A good posture is maintained or adapted as a result of
   a. Joint movements
   b. Neuromuscular co-ordination
   c. Working of sense organs
   d. None of these

7. The ABC of life’s for a First Aider is
   a. Assessment, Breathing, Calling help
   b. Airway, Breathing, Circulation
   c. Artificial respiration, Breathing, Circulation
   d. Anoxia, Breathing, Chest compression

8. Three infectious diseases including German Measles are prevented by active immunization using the vaccine
   a. BCG
   b. MMR
   c. DPT
   d. OPV

9. The most common Cancer affecting organ in men is
   a. Bone marrow
   b. Heart
   c. Prostate
   d. Lung
10. The main nutrient needed for the repair and maintenance of body tissue is
   a. Carbohydrate
   b. Protein
   c. Fat
   d. Vitamin

11. Soon after birth, the doctor held the new born baby upside down by its feet to
   a. Check the bones and muscles
   b. Check the weight of the body
   c. Clear the airway
   d. Check the movements of the body

12. A stable psychological back ground, good hygienic conditions and opportunity for plenty of natural free movements helps in the development of
   a. Good posture
   b. Bad posture
   c. Postural reflexes
   d. None of the above

13. An injection that must be given to a person having any type of injures from accidents, weapons etc is
   a. BCG
   b. Glucose injection
   c. Tetanus Toxoid (TT)
   d. Terramycin injection

14. A bacterial disease usually found in HIV positive persons which increase the death rate is
   a. Meningitis
   b. Cancer
   c. Tuberculosis
   d. Anthrax
15. The main cause of Oral Cancer frequently found in India is
   a. Alcohol
   b. Tobacco
   c. Red meat and fast food
   d. Malnutrition

16. The food item which is called ‘poor man’s meat is
   a. Cereals
   b. Fish
   c. Eggs
   d. Pulses

17. The best and the most appropriate food for a child until it is 12 months age is
   a. Breast milk
   b. Cow’s milk
   c. Goat’s milk
   d. Lactogen

18. A method by which relaxation may be achieved progressively was
   a. Passive movements
   b. Active movements
   c. Savasana – The still pose
   d. Exercises

19. Major signs of occurrence of stroke is
   a. Convulsions
   b. High fever & diarrhoea
   c. Loss of consciousness and sings of paralysis
   d. Blood in the white of the eye

20. The DPT vaccine give immunity against 3 infectious diseases such as
   a. Diphtheria, Polio, Tetanus
   b. Diphtheria, Pertusis, Tetanus
   c. Diarrhoea, Paralysis, Tuberculosis
   d. Diarrhoea, Polio, Typhoid
21. The test used to confirm Cancer is
   a. ELISA
   b. Western Blot
   c. Biopsy
   d. Barium meal X’ ray

22. A disease caused due to protein deficiency is
   a. Beri beri
   b. Rickets
   c. Scurvey
   d. Kwashiorkor

23. The break down of one gram of fat will produce …… Calories of energy
   a. Ten calories
   b. Nine calories
   c. Eight calories
   d. Five calories

24. The immunity that a person develops after the attack of a disease is
   a. Active immunity
   b. Passive immunity
   c. Natural immunity
   d. Acquired immunity

25. A postural defect which include forward curvature of the spine is called
   a. Kyphosis or humpback
   b. Lordosis
   c. Flat chest
   d. Stiff neck

26. An open compound fracture is more susceptible to infection because
   a. The bone is broken into different pieces
   b. The bones are tough and strong
   c. Skin above the fracture is broken
   d. The broken bone lies within the muscle
27. A water or food borne infectious disease caused by a bacteria which may spread due to poor sanitary conditions is
   a. Polio myelitis
   b. Tetanus
   c. Cholera
   d. Mumps

28. Rheumatic fever occur among children between 5-15 age group may leads to a chronic heart disease called
   a. Coronary heart disease
   b. Rheumatic Arthritis
   c. Myocardial infarction
   d. Rheumatic heart disease

29. The main food sources of Carbohydrates are
   a. Oils, vitamins, fruits
   b. Starch, sugars, cellulose
   c. Amino acids, eggs, vegetables
   d. Fatty acids, vitamins, glucose

30. The vaccine which is gives at birth to prevent Tuberculosis infection is
   a. DPT
   b. BCG
   c. TT
   d. OPV

31. Exercises performed by the person’s own muscular efforts without the influence of any external force other than of gravity is called
   a. Assisted exercise
   b. Free exercise
   c. Assisted resisted exercise
   d. Resisted exercise
32. Dislocation is the name given to the condition
   a. Displacement of muscles
   b. Soft tissue injury
   c. Displacement of bones at a joint
   d. Fracture of young bones

33. ORS solution is used for
   a. Correcting nutritional deficiency
   b. Rehydration purpose
   c. Systematic oral respiration
   d. Reducing oral infection

34. The condition which may leads to Coronary Heart Disease are
   a. High fever, vomiting, diarrhoea
   b. Malnutrition & deficiency diseases
   c. Bad habits, oily foods, high BP & stress
   d. Diabetes, poor housing condition & poverty

35. The richest natural source of Vitamin A is
   a. Coconut oil
   b. Ground nut oil
   c. Sunflower oil
   d. Shark liver oil

36. The major blood groups are
   a. A, B, AB, O
   b. AB, B, BO, O
   c. XY, Y, Y, Z
   d. O, AB, B, AO

37. All posture are derived from standing, kneeling, sitting, lying and hanging positions which are called
   a. Fundamental positions
   b. Manipulative positions
   c. Voluntary movements
   d. Rhythmic exercises
38. The first aid given in the case of fractures and dislocations is
   a. Make the person stationary until the injured part is secured and supported
   b. Make the person to walk or do some exercise to correct the position
   c. Massage the injured portion
   d. Stretching the injured part

39. An infections disease, which usually affect children below five years, now try to prevent by active immunization programme is
   a. Pneumonia
   b. Common cold
   c. Polio myelitis
   d. Tuberculosis

40. Ideal blood pressure of human beings is
   a. 120/80
   b. 160/95
   c. 145/90
   d. 100/75

41. A vitamin which is produced in the body by the action of sunlight is
   a. Vitamin A
   b. Vitamin K
   c. Vitamin B₁₂
   d. Vitamin D

42. Before blood transfusion, we cross match the donor’s and recipient’s blood in order to prevent
   a. Blood clotting
   b. Leukemia
   c. Anaemia
   d. Phagocytosis

43. Ring worm infection is caused by
   a. Virus
   b. Bacteria
   c. Fungus
   d. Worms
44. The first aid given to burns and scalds is
   a. Proper cooling and sterile dressing of the affected area
   b. Application of ink on the affected area
   c. Prolonged application of pressure over the injured part
   d. Giving enough antibiotics

45. Typhoid is an
   a. Air borne infectious disease
   b. Water or food borne infectious disease
   c. Surface infection
   d. Caused by common cold

46. The underlying cause of Diabetes is
   a. Sugar deficiency
   b. Liver infection
   c. Insulin deficiency
   d. Fat deposit in the body

47. The richest source of vitamin E is
   a. Meat
   b. Eggs
   c. Milk
   d. Vegetable oils

48. The disease ‘Erthroblastosis foetalis’ - the death of an infant just before or after birth is caused due to an antigen in the blood called
   a. A antigen
   b. B antigen
   c. Rh antigen
   d. S antigen

49. A blister formed on the skin due to burning should not be broken because
   a. It may introduce infection into the wound
   b. It may cause great pain
   c. It cause loss of tissue fluid
   d. It may damage the skin surface
50. In human beings Hepatitis affects
   a. Brain
   b. Kidney
   c. Intestine
   d. Liver
51. Obesity is often calculated in terms of
   a. Height and age ratio
   b. Height and weight ratio
   c. Weight and age ratio
   d. Fat content of the body
52. A vitamin which is necessary for the clotting of blood is
   a. Vitamin B complex
   b. Vitamin D
   c. Vitamin K
   d. Vitamin E
53. Optimum body temperature range of human beings is
   a. $98.6^\circ F - 104^\circ F$
   b. $97.8^\circ F - 100.4^\circ F$
   c. $90.7^\circ F - 98.6^\circ F$
   d. $89^\circ F - 100^\circ F$
54. Botulism, a type of bacterial food poisoning found in tinned food items can be prevented by
   a. Keep in fridge for ten minutes
   b. Preserve in salt for one month
   c. Heating the food for $100^\circ C$ for few minutes
   d. Drying
55. The main cause of blindness in India is
   a. Trachoma
   b. Malnutrition
   c. Cataract
   d. Glaucoma
56. Anaemia among pregnant women and children are treated by giving
   a. Pulses and cereals
   b. Iron and Folic acid
   c. Calcium and iron
   d. Vegetables and eggs

57. The main symptoms of food poisoning are
   a. High blood pressure
   b. Perspiration
   c. Nausea, vomiting & diarrhoea
   d. High thirst

58. Amoebiasis is an infectious diarrhoeal disease caused mainly due to
   a. Presence of Anaemia
   b. Poor sanitation and food hygiene
   c. Lack of vitamin rich food
   d. Non-use of footwear

59. ‘Xerophthalmia’ an eye disease caused due to the deficiency of
   a. Vitamin ‘C’
   b. Vitamin ‘B6’
   c. Vitamin ‘A’
   d. None of these

60. The main source of calcium is
   a. Vegetables and spices
   b. Pulses and cereals
   c. Milk and milk products
   d. Meat and meat products

61. In the case of ‘swallowed poisoning’ one should not attempt to
   a. Call for help
   b. Induce vomiting
   c. Send the person to hospital
   d. Sleep
62. A worm infection causes ulcers under the feet is
   a. Roundworm infection
   b. Tapeworm infection
   c. Ringworm infection
   d. Hookworm infection

63. Excessive ‘scaling off’ the scalp skin is
   a. Dandruff
   b. Toad skin
   c. Dry skin
   d. Skin with white patches

64. A mineral present in all body fluids and which is lost through urine and sweat causing muscular cramp is
   a. Calcium
   b. Phosphorus
   c. Sodium
   d. Iron

65. Beef and pork eaters are susceptible to a type of worm infection called
   a. Round worm infection
   b. Pin worm infection
   c. Hookworm infection
   d. Tape worm infection

66. Pyorrhea is otherwise called
   a. Gum disease
   b. Infection of stomach
   c. Tooth decay
   d. Tonsillitis

67. ‘Goiter’ the swelling of thyroid gland is caused due to the deficiency of
   a. Calcium
   b. Common salt
   c. Vitamins
   d. Iodine
68. Dengue fever can be prevented by
   a. Housefly control
   b. Mosquito control
   c. Tick control
   d. Rat control

69. A chemical which prevent tooth decay is
   a. Chloride
   b. Fluoride
   c. Bromide
   d. Iodide

70. ‘Par-boiled rice’ has more nutritional value than raw milled polished rice because
   a. It has a special flavour
   b. Nutrients are preserved
   c. Easy to prepare
   d. None of the above

71. A typical attack of Malaria comprises three distinct stages such as
   a. Initial stage, middle stage, final stage
   b. Cold stage, hot stage, sweating stage
   c. Vomiting stage, fever stage, sweating stage
   d. Primary stage, secondary stage, tertiary stage

72. Ideal viewing angle is…… from the horizontal
   a. 50° to 60°
   b. 45° to 70°
   c. 70° to 90°
   d. 40° to 70°

73. Based on ‘Prevention of Food Adulteration Act’ the sale of which pulse is prohibited due to its toxic factor
   a. Kesari dhal
   b. Black gram
   c. Green gram
   d. Bengal gram

74. Rabies affects which system of the human body
   a. Digestive system
   b. Circulatory system
   c. Respiratory system
   d. Nervous system
75. A practice among Indian women which may cause harm to the eye is
   a. Plucking the eye brows
   b. Application of Kajal
   c. Application of face powder
   d. Viewing the television

76. We must include a variety of green leafy vegetables in our daily diet because
   a. They are cheap
   b. They are easily available
   c. They contain vitamins and minerals
   d. Easily digestible

77. The organism which cause Leptospirosis or Weil’s disease is commonly found in
   a. Skin and fur of field rodents and rats
   b. Urine of field rodents and rats
   c. Blood of domestic animals
   d. Saliva of infected persons

78. A type of exercise which tones up the muscle of the body and trains the mind to relax is
   a. Yoga
   b. Gymnastics
   c. Weightlifting
   d. Boxing

79. Milk prepared from Soya bean and Ground nut is called
   a. Milk powder
   b. Peda
   c. Butter milk
   d. Vegetable milk

80. ‘Trachoma’, a chronic infectious disease found among children (2-5 years) affects
   a. Ear
   b. Eye
   c. Nose
   d. Skin
81. The main function of wax in the ear is
   a. Protection of ear drum from dust and foreign bodies
   b. Protection from ear diseases
   c. Preventing the entry of water
   d. Protection from loud noise

82. A nutrient which is not in egg
   a. Vitamins
   b. Minerals
   c. Proteins
   d. Carbohydrates

83. STDs’ are communicable diseases which are otherwise called
   a. Telephone diseases
   b. Socially transmitted diseases
   c. Sexually transmitted diseases
   d. Skin whitening diseases

84. One should avoid tight fitting sandals and shoes in order to prevent
   a. The development of cornes
   b. Sprains in the ankle
   c. Fungal infection on feet
   d. The development of club feet

85. Condiments and spices are used in food items in order to
   a. Increase the shelf life
   b. Increase taste and stimulate appetite
   c. Increase the nutritional value
   d. Increase the quantity

86. The confirmatory test for AIDS is
   a. ELISA test
   b. Western Blot
   c. TORCH test
   d. Biopsy
87.Correction of postural defects and harmonies development of the whole body is the main aim of
   a. Massage  
   b. Games  
   c. Running  
   d. Exercises

88. The stimulant present in Coffee is
   a. Caffeine  
   b. Tannin  
   c. Cafferol  
   d. Theophylline

89. Anthrax is an infectious disease commonly found among
   a. Soldiers  
   b. Postal staff  
   c. Animals like cattle, sheep, pigs etc  
   d. Saliva of insects

90. ......... relieves mental tension, fatigue and contributes to a feeling of well being
   a. Recreation  
   b. Aerobics  
   c. Dancing  
   d. Weight lifting

91. Pasteurisation of milk is superior way of preserving than boiling because
   a. Pasteurisation destroys vitamins  
   b. Pasteurisation gives a good taste to milk  
   c. Pasteurisation destroys pathogenic bacteria  
   d. None of the above

92. The main symptoms of Anthrax in human beings is
   a. Fever  
   b. Bleeding from all openings  
   c. Vomiting  
   d. Itching
93. Cold storage, drying, smoking salting and canning are the different ways of
   a. Adulteration of food
   b. Dis-infection of food
   c. Preservation of food
   d. Cooking of food

94. Substances which are added to food items to improve its appearance, taste, storage
properties is called
   a. Food preservatives
   b. Food additives
   c. Nutrients
   d. Flavoring agents

95. Addition of one of more nutrients factors to a food item which does not contain
that factors is
   a. Preservation
   b. Flavoring
   c. Fortification
   d. Canning

96. An insect which spread the disease Elephantiasis
   a. House fly
   b. Mosquito
   c. Tick
   d. Louse

97. In the case of snake bite, you should
   a. Apply a tourniquet
   b. Give hot drinks to the patient
   c. Keep the person still and calm
   d. Wash the wound with soap water

98. Sudden involuntary painful muscle contraction happen after strenuous exercises is
called
   a. Cramp
   b. Hysteria
   c. Hiccups
   d. Hernia
## APPENDIX - II

### ITEM ANALYSIS DATA

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</table>

- **Di** - Difficulty index
- **Dp** - Discriminating power
- **Question Number Selected** - *
INSTRUCTIONS

The questions given below are based on health awareness. Each question is given four distracters – a, b, c and d. Only one among the four is correct. Answers are to be marked on the response sheet.

a, b, c and d are marked against each question number on the response sheet. Find out the correct answer for each question. Then darken the circle with the letter indicating the correct answer.

If you feel that you have not darken the circle with the letter indicating the correct answer, you may mark ‘×’ on the circle and then darken the circle indicating the correct answer.

If you have any doubt with regard to this test you can seek clarification from the invigilator.

1. The main energy giving food items are
   a. Vitamins & Minerals
   b. Vegetables, Sugar & Spices
   c. Proteins, Carbohydrates & Fats
   d. Water, Oils & Jaggery

2. In most developing countries half of the infant deaths occur during the first 28 days of life because of
   a. Malnutrition of mothers
   b. Low birth weight and infections
   c. Respiratory infections
   d. Diarrhoea and vomiting

3. A good posture is maintained or adapted as a result of
   a. Joint movements
   b. Neuromuscular co-ordination
   c. Working of sense organs
   d. None of these
4. Three infectious diseases including German Measles are prevented by active immunization using the vaccine
   a. BCG
   b. MMR
   c. DPT
   d. OPV

5. Soon after birth, the doctor held the new born baby upside down by its feet to
   a. Check the bones and muscle
   b. Check the weight of the body
   c. Clear the airway
   d. Check the movements of the body

6. A stable psychological background, good hygienic conditions and opportunity for plenty of natural free movements helps in the development of
   a. Good posture
   b. Bad posture
   c. Postural reflexes
   d. None of the above

7. An injection that must be given to a person having any type of injuries from accidents, weapons etc is
   a. BCG
   b. Glucose injection
   c. Tetanus Toxoid (TT)
   d. Terramycin injection

8. A bacterial disease usually found in HIV positive persons which increase the death rate is
   a. Meningitis
   b. Cancer
   c. Tuberculosis
   d. Anthrax
9. The main cause of Oral Cancer frequently found in India is
   a. Alcohol
   b. Tobacco
   c. Red meat and fast food
   d. Malnutrition

10. The food item which is called ‘poor man’s meat is
   a. Cereals
   b. Fish
   c. Eggs
   d. Pulses

11. A method by which relaxation may be achieved progressively was
   a. Passive movements
   b. Active movements
   c. Savasana – The still pose
   d. Exercises

12. The DPT vaccine give immunity against 3 infectious diseases such as
   a. Diphtheria, Polio, Tetanus
   b. Diphtheria, Pertusis, Tetanus
   c. Diarrhoea, Paralysis, Tuberculosis
   d. Diarrhoea, Polio, Typhoid

13. A disease caused due to protein deficiency is
   a. Beri beri
   b. Rickets
   c. Scurvey
   d. Kwashiorkor

14. The immunity that a person develops after the attack of a disease is
   a. Active immunity
   b. Passive immunity
   c. Natural immunity
   d. Acquired immunity
15. A postural defect which include forward curvature of the spine is called
a. Kyphosis or humpback
b. Lordosis
c. Flat chest
d. Stiff neck

16. An open compound fracture is more susceptible to infection because
a. The bone is broken into different pieces
b. The bones are tough and strong
c. Skin above the fracture is broken
d. The broken bone lies within the muscle

17. Rheumatic fever occur among children between 5-15 age group, may leads to a chronic heart disease called
a. Coronary heart disease
b. Rheumatic Arthritis
c. Myocardial infarction
d. Rheumatic heart disease

18. The main food sources of Carbohydrates are
a. Oils, vitamins, fruits
b. Starch, sugars, cellulose
c. Amino acids, eggs, vegetables
d. Fatty acids, vitamins, glucose

19. The vaccine which is gives at birth to prevent Tuberculosis infection is
a. DPT
b. BCG
c. TT
d. OPV

20. Dislocation is the name given to the condition
a. Displacement of muscles
b. Soft tissue injury
c. Displacement of bones at a joint
d. Fracture of young bones
21. ORS solution is used for
   a. Correcting nutritional deficiency
   b. Rehydration purpose
   c. Systematic oral respiration
   d. Reducing oral infection

22. The richest natural source of Vitamin A is
   a. Coconut oil
   b. Ground nut oil
   c. Sunflower oil
   d. Shark liver oil

23. All postures are derived from standing, kneeling, sitting, lying and hanging positions which are called
   a. Fundamental positions
   b. Manipulative positions
   c. Voluntary movements
   d. Rhythmic exercises

24. The first aid given in the case of fractures and dislocations is
   a. Make the person stationary until the injured part is secured and supported
   b. Make the person to walk or do some exercise to correct the position
   c. Massage the injured portion
   d. Stretching the injured part

25. Before blood transfusion, we cross match the donor’s and recipient’s blood in order to prevent
   a. Blood clotting
   b. Leukemia
   c. Anaemia
   d. Phagocytosis

26. Ring worm infection is caused by
   a. Virus
   b. Bacteria
   c. Fungus
   d. Worms
27. The first aid given to burns and scalds is
   a. Proper cooling and sterile dressing of the affected area
   b. Application of ink on the affected area
   c. Prolonged application of pressure over the injured part
   d. Giving enough antibiotics

28. The underlying cause of Diabetes is
   a. Sugar deficiency
   b. Liver infection
   c. Insulin deficiency
   d. Fat deposit in the body

29. The richest source of vitamin E is
   a. Meat
   b. Egg
   c. Milk
   d. Vegetable oils

30. The disease ‘Erthroblastosis foetalis’-the death of an infant just before or after birth is caused due to an antigen in the blood called
   a. A antigen
   b. B antigen
   c. Rh antigen
   d. S antigen

31. A blister formed on the skin due to burning should not be broken because
   a. It may introduce infection into the wound
   b. It may cause great pain
   c. It cause loss of tissue fluid
   d. It may damage the skin surface

32. In human beings Hepatitis affects
   a. Brain
   b. Kidney
   c. Intestine
   d. Liver
33. A vitamin which is necessary for the clotting of blood is
   a. Vitamin B complex
   b. Vitamin D
   c. Vitamin K
   d. Vitamin E
34. Optimum body temperature range of human beings is
   a. 98.6°F - 104°F
   b. 97.8°F - 100.4°F
   c. 90.7°F - 98.6°F
   d. 89°F - 100°F
35. The main cause of blindness in India is
   a. Trachoma
   b. Malnutrition
   c. Cataract
   d. Glaucoma
36. Anaemia among pregnant women and children are treated by giving
   a. Pulses and cereals
   b. Iron and Folic acid
   c. Calcium and iron
   d. Vegetables and eggs
37. Amoebiasis is an infectious diarrhoeal disease caused mainly due to
   a. Presence of Anaemia
   b. Poor sanitation and food hygiene
   c. Lack of vitamin rich food
   d. Non-use of footwear
38. The main source of calcium is
   a. Vegetables and spices
   b. Pulses and cereals
   c. Milk and milk products
   d. Meat and meat products
39. In the case of ‘swallowed poisoning’ one should not attempt to
   a. Call for help
   b. Induce vomiting
   c. Send the person to hospital
   d. Sleep

40. Excessive ‘scaling off’ the scalp skin is
   a. Dandruff
   b. Toad skin
   c. Dry skin
   d. Skin with white patches

41. A mineral present in all body fluids and which is lost through urine and sweat causing muscular cramp is
   a. Calcium
   b. Phosphorus
   c. Sodium
   d. Iron

42. Beef and pork eaters are susceptible to a type of worm infection called
   a. Round worm infection
   b. Pin worm infection
   c. Hookworm infection
   d. Tape worm infection

43. Dengue fever can be prevented by
   a. Housefly control
   b. Mosquito control
   c. Tick control
   d. Rat control

44. A chemical which prevent tooth decay is
   a. Chloride
   b. Fluoride
   c. Bromide
   d. Iodide
45. ‘Par-boiled rice’ has more nutritional value than raw milled polished rice because
   a. It has a special flavour
   b. Nutrients are preserved
   c. Easy to prepare
   d. None of the above
46. Based on ‘Prevention of Food Adulteration Act’ the sale of which pulse is prohibited due to its toxic factor
   a. Kesari dhal
   b. Black gram
   c. Green gram
   d. Bengal gram
47. Rabies affects which system of the human body
   a. Digestive system
   b. Circulatory system
   c. Respiratory system
   d. Nervous system
48. We must include a variety of green leafy vegetables in our daily diet because
   a. They are cheap
   b. They are easily available
   c. They contain vitamins and minerals
   d. Easily digestible
49. The organism which cause Leptospirosis or Weil’s disease is commonly found in
   a. Skin and fur of field rodents and rats
   b. Urine of field rodents and rats
   c. Blood of domestic animals
   d. Saliva of infected persons
50. Milk prepared from Soya bean and Ground nut is called
   a. Milk powder
   b. Peda
   c. Butter milk
   d. Vegetable milk
51. ‘Trachoma’, a chronic infectious disease found among children (2-5 years) affects
a. Ear
b. Eye
c. Nose
d. Skin

52. The main function of wax in the ear is
a. Protection of ear drum from dust and foreign body
b. Protection from ear diseases
c. Preventing the entry of water
d. Protection from loud noise

53. Condiments and spices are used in food items in order to
a. Increase the shelf life
b. Increase taste and stimulate appetite
c. Increase the nutritional value
d. Increase the quantity

54. The confirmatory test for AIDS is
a. ELISA test
b. Western Blot
c. TORCH test
d. Biopsy

55. Correction of postural defects and harmonies development of the whole body is the main aim of
a. Massage
b. Games
c. Running
d. Exercises

56. Pasteurisation of milk is superior way of preserving than boiling because
a. Pasteurisation destroys vitamins
b. Pasteurisation gives a good taste to milk
c. Pasteurisation destroys pathogenic bacteria
d. None of the above
57. The main symptoms of Anthrax in human beings is
   a. Fever
   b. Bleeding from all openings
   c. Vomiting
   d. Itching

58. Cold storage, drying, smoking, salting and canning are the different ways of
   a. Adulteration of food
   b. Dis-infection of food
   c. Preservation of food
   d. Cooking of food

59. Addition of one of more nutrient factors to a food item which does not contain that factors is
   a. Preservation
   b. Flavoring
   c. Fortification
   d. Canning

60. Sudden involuntary painful muscle contraction happen after strenuous exercises is called
   a. Cramp
   b. Hysteria
   c. Hiccups
   d. Hernia
### HEALTH AWARENESS TEST-RESPONSE SHEET

**MAHATMA GANDHI UNIVERSITY**
**SCHOOL OF PEDAGOGICAL SCIENCES**

| Name | Optional Subject | College | 1 | a | b | c | d | 2 | a | b | c | d | 3 | a | b | c | d | 4 | a | b | c | d | 5 | a | b | c | d | 6 | a | b | c | d | 7 | a | b | c | d | 8 | a | b | c | d | 9 | a | b | c | d | 10 | a | b | c | d | 11 | a | b | c | d | 12 | a | b | c | d | 13 | a | b | c | d | 14 | a | b | c | d | 15 | a | b | c | d | 16 | a | b | c | d | 17 | a | b | c | d | 18 | a | b | c | d | 19 | a | b | c | d | 20 | a | b | c | d | 21 | a | b | c | d | 22 | a | b | c | d | 23 | a | b | c | d | 24 | a | b | c | d | 25 | a | b | c | d | 26 | a | b | c | d | 27 | a | b | c | d | 28 | a | b | c | d | 29 | a | b | c | d | 30 | a | b | c | d | 31 | a | b | c | d | 32 | a | b | c | d | 33 | a | b | c | d | 34 | a | b | c | d | 35 | a | b | c | d | 36 | a | b | c | d | 37 | a | b | c | d | 38 | a | b | c | d | 39 | a | b | c | d | 40 | a | b | c | d | 41 | a | b | c | d | 42 | a | b | c | d | 43 | a | b | c | d | 44 | a | b | c | d | 45 | a | b | c | d | 46 | a | b | c | d | 47 | a | b | c | d | 48 | a | b | c | d | 49 | a | b | c | d | 50 | a | b | c | d | 51 | a | b | c | d | 52 | a | b | c | d | 53 | a | b | c | d | 54 | a | b | c | d | 55 | a | b | c | d | 56 | a | b | c | d | 57 | a | b | c | d | 58 | a | b | c | d | 59 | a | b | c | d | 60 | a | b | c | d |
MAHATMA GANDHI UNIVERSITY  
SCHOOL OF PEDAGOGICAL SCIENCES  
HEALTH AWARENESS TEST- SCORING KEY

<table>
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<th>Optional Subject :</th>
<th>College :</th>
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|   | a | b | c | d |   | a | b | c | d |   | a | b | c | d |   | a | b | c | d |   | a | b | c | d |
| 1 |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 2 |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 3 |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 4 |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 5 |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 6 |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 7 |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 8 |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 9 |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 10|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 11|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 12|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 13|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 14|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 15|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 16|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 17|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 18|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 19|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 20|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
APPENDIX –VI

MAHATMA GANDHI UNIVERSITY
SCHOOL OF PEDAGOGICAL SCIENCES

ACHIEVEMENT TEST ON HEALTH SCIENCE

Max.Time: 1½ hrs
Max.Mark: 50

General Instructions

The test consists of 25 questions which is divided into three parts, Part A, Part B and Part C. Part A consists of objective type questions and each answer carries one mark. Part B consists of short answer type questions which are divided into two sections. The first section of questions carries 2 marks each and the second section carries 4 marks each. Part C includes essay type question which carries 5 marks. You must return the answer sheets within the prescribed time.

Part A

(Choose the correct answer from the bracket)

1. The most important cause of blindness in India is
   (Trachoma, Glaucoma, Cataract, Accidents)
2. The ideal viewing angle is _____ degrees from horizontal
   (10-15°, 35-40°, 45-70°, 75-85°)
3. Body building food items mainly contain
   (Vitamins, Fat, Minerals, Proteins)
4. The richest source of Vitamins A & Vitamin D are
   (Vegetables, Meat, Egg, Fish liver oil)
5. Leptospirosis (Weil’s disease) is spread through
   (Saliva of infected persons, Fur of fox and cattle, Urine of field rodents, Urine of domestic animals)
6. Rheumatic heart disease is caused mainly due to
   (Typhoid fever, Malarial fever, Rheumatic fever, Yellow fever)
7. A postural defect in which there is inward bending of backbone
   (Kyphosis, Lordosis, Scoliosis, Paralysis)
Fill in the blanks: -
1. In the case of bleeding tooth socket, the person should avoid hot drinks for 12 hours because ________.
2. Measles, Mumps & Rubella are prevented using a vaccine ________.
3. Tetanus can be prevented by ________ vaccine.
4. An open compound fracture is more susceptible to infection because______.
5. The two tests used to confirm AIDS are _____ and _____.

Part B
(Answer in one or two sentences)
6. What is Dental Caries?
7. A person with high cellulose(fibre) diet has minimum intestinal problems. Why?
8. In recent times, reported cases of Polio are rare among children below 12 years. Find reason.
9. A person whose regular diet including parboiled rice will be resistant to diseases like Beriberi. Why?
10. State two preventive measures to be taken in order to avoid chronic diseases like Diabetes & Coronary Heart diseases?
11. What is Malnutrition? State two preventive measures for it.
12. What is the main difference in the mode of transmission of Hepatitis A and Hepatitis B infection?
13. We always insist person with snake bite to remain calm and still. Why?

Part C
(Answer in three or four sentences)
14. How will you give mouth-to-mouth ventilation?
15. How the health and maturity of a newborn baby is evaluated?
16. Cross matching of donor’s and recipient’s blood is done before blood transfusion. Why?
17. Why back injuries are said to be carefully handled?

Part C
(Draw the diagram with pencil only)
18. Draw and label step by step diagrams to illustrate the application of an arm sling.
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<tr>
<th>Q. No</th>
<th>Key Answers</th>
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<tbody>
<tr>
<td>1.</td>
<td>Cataract</td>
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<tr>
<td>2.</td>
<td>45-70°</td>
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<tr>
<td>3.</td>
<td>Proteins</td>
</tr>
<tr>
<td>4.</td>
<td>Fish liver oil</td>
</tr>
<tr>
<td>5.</td>
<td>Urine of field rodents</td>
</tr>
<tr>
<td>6.</td>
<td>Rheumatic fever</td>
</tr>
<tr>
<td>7.</td>
<td>Lordosis</td>
</tr>
<tr>
<td>8.</td>
<td>The clot may disturb</td>
</tr>
<tr>
<td>9.</td>
<td>MMR</td>
</tr>
<tr>
<td>10.</td>
<td>Tetanus Toxoid</td>
</tr>
<tr>
<td>11.</td>
<td>The skin is broken</td>
</tr>
<tr>
<td>12.</td>
<td>ELISA, WESTERN BLOT</td>
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## ACHIEVEMENT TEST - MARKING SCHEME

<table>
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<tr>
<th>Q.No</th>
<th>Value Points</th>
<th>Marks for each point</th>
<th>Total marks</th>
</tr>
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<tbody>
<tr>
<td>13.</td>
<td>a) It is a dental disease</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>b) Leads to cavity formation and tooth decay</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>14.</td>
<td>a) Contains dietary fibers.</td>
<td>½</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>b) It increases bulk of faeces, which prevents constipation.</td>
<td>½</td>
<td></td>
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<tr>
<td></td>
<td>c) Lowers cholesterol level.</td>
<td>½</td>
<td></td>
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<tr>
<td></td>
<td>d) Reduces body weight.</td>
<td>½</td>
<td></td>
</tr>
<tr>
<td>15.</td>
<td>a) Govt. insisted strict immunization of children below 5 years through Pulse Polio Immunization programmes.</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>b) Oral Polio Vaccine (OPV) given to children as a part of regular immunization schedule in hospitals.</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>16.</td>
<td>a) Majority of the vitamins and minerals in the outer portion of the grain percolate into the inner portion and get protected.</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>b) Par boiled rice with bran is a rich source of vitamin B and minerals.</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>17.</td>
<td>a) Low fat diet</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>b) Regular exercise</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>18.</td>
<td>a) A condition in which food is deficient or in excess of one or more nutrients.</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>b) Nutrition education to mothers</td>
<td>½</td>
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</tr>
<tr>
<td></td>
<td>c) Food hygiene practices.</td>
<td>½</td>
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</tr>
<tr>
<td>19.</td>
<td>a) Hepatitis A- Faecal-oral route</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>b) Hepatitis B- Transmission through infected blood and blood products.</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>20.</td>
<td>a) Reduce the anxiety and fear</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>b) Slow down the blood circulation</td>
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21. a) Make the casualty lying flat on his back  
   b) Open the airway by tilting the head and using two fingers to lift the chin.  
   c) Close the casualty’s nose by pinching and blow into the mouth after sealing the casualty’s mouth with your lips, until the chest expands fully.  
   d) Remove your lips and allow the chest to fall fully. Repeat this until the casualty shows the signs of respiration.  

22. a) Assessing birth weight  
   b) Assessing length (height)  
   c) Measuring head circumference  
   d) These measurements assess the baby’s health and maturity against human standards.  

23. a) Each blood group contains specific antigen and antibody.  
   b) Agglutination happens due to antigen antibody reaction.  
   c) Cross matching is done to find out the antigens and antibodies of donor’s and recipient’s blood.  
   d) Compatibility of the blood groups avoid the risk of agglutination  

24. a) Back injuries include fracture or dislocation of the bones of the spine and disc.  
   b) Spinal cord passes through these bones or the vertebral column.  
   c) Spinal cord and nerves may damage.  
   d) Leads to paralysis of the affected body part.
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APPENDIX - IX

INTERVIEW SCHEDULE FOR TEACHER EDUCATORS

1. In your opinion what is the quality of health education in B.Ed. curriculum?

2. Do you think that the present health education syllabus is satisfactory in attaining the desired objectives for the B.Ed. curriculum?

3. Do you think that the present health education syllabus is more theoretical than practical?

4. Do you find it difficult to deal with health education classes?

5. In your opinion is there any facilities needed for taking health education classes?

6. Do you have adequate laboratory facilities for making health education classes more effective?

7. Do you use any modern strategies or live demonstrations for the health education classes?

8. Do you need extra training for taking health education classes?

9. Do you think that health education classes should be taken by trained persons like doctors?

10. How periods are allotted for health education classes in a week? Opinion about it.

11. Do you think that the present health education curriculum is adequate for developing health awareness among student teachers?

12. Is there any workshop or seminar on health education is conducted in your institution?

13. In your opinion what are the limitations you observe in the effective transaction of health education syllabus?

14. What are your suggestions for enhancing health awareness among student teachers?
INTERVIEW SCHEDULE FOR STUDENT TEACHERS

1. Do you like your health education classes?
2. Is there any separate class for health education?
3. How periods are allotted for health education classes in a week?
4. Do you have demonstration classes for health education? Opinion about the methods of teaching adopted for health education syllabus.
5. Do you have health education classes by experts in specific areas?
6. Do you have any demonstration classes for the topics like First Aid?
7. Is there any workshop or seminar on health education conducted in your institution?
8. Opinion about seminars and discussions on health education conducted in your institution?
9. Do you want to know more about different health science aspects like communicable diseases, food and nutrition, first aid etc.?
10. What are the major works you do as a part of the health education curriculum?
11. Do you think that the preparation of a record based on health education aspects is enough for getting awareness in the specified area?
12. Are you doing the works of health education only because it is included in the B.Ed. syllabus?
13. Do you have any audio visual aids in your institution for taking topics on health education?
14. Do you get any laboratory facilities while imparting health education classes in your institution?

15. Do you have a chance to attend any community health programme conducted by the government?

16. Is there any provision to work with or to know more about public health programmes?

17. What is your opinion about using self learning material for getting more understanding about health science aspects?

18. Do you think that the present learning method is sufficient to get practical knowledge in certain health aspects such as First Aid?

19. Suggests some limitations you find in health education curriculum at B.Ed. Degree Level?

20. Suggests the health education areas you want to know more about and to be included in the B.Ed. curriculum and about the teaching strategies used for effective transaction of the topics on health education.
RAVEN’S STANDARD PROGRESSIVE MATRICES TEST
SCORE CARD

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