

## **HEALTH & HYGIENE**

**Q 1. Name the classification of bones according to their shapes.**

Ans. (a) Long Bones (b) Short Bones (c) Flat Bones (d) Irregular Bones  
(e) Irregular Bones (f) Sesamoid Bones

**Q 2. Name the classification of Muscles of the body.**

Ans. (a) Voluntary muscle (b) Involuntary Muscles (c) Cardiac Muscles

**Q 3. Name the different Organ systems of the body.**

Ans. (a) Circulatory System (b) Respiratory system (c) Digestive System  
(d) Excretory System (e) Nervous System

**Q 4. Explain Nervous system of human body.**

Ans. **Nervous system:** Internal balance of the human body is maintained with normal limits by the nervous system and the endocrine system. The nervous system may be sub divided into three main portions.

- (a) **The Central nervous system:** This consists of brain and spinal cord.
- (b) **The Peripheral nervous system:** This forms the connections between the central nervous system and the various organs and muscles.
- (c) **The Autonomic nervous system:** It is an offshoot of the central nervous system and controls the involuntary functions of the various internal organs such as the stomach, intestine bladder, tiny muscles of blood vessels etc.

**Q 5. What do you mean by Hygiene and Sanitation.**

Ans. **Hygiene and Sanitation** are fields of medical science which aim to preserve and improve the health of the Individual and of the community as a whole. Its study is aimed at making the cadets aware of the many preventable health hazards and to enable them to look after themselves and their community most efficiently.

**Q 6. What are the main components of Personal hygiene.**

Ans. (a) Sleep (b) Bathing (c) Care and Cleanliness of Skin, Hair and Teeth.  
(d) Eating and Drinking (e) Exercise.

**Q 7. What are the sources of Water supply and name two methods of purification?**

Ans. Sources of Water supply : (a) Rain water (b) Surface water (c) Underground streams  
Purification methods: (a) Boiling and Filtering water (b) Sterilization (c) Pinking  
(d) Precipitation (e) Clarification.

**Q 8. Write three points of Hygiene of eating places.**

Ans. (a) Eating places should not be located near filthy places, open drains, animal sheds, manure /soakage pits and other such places.  
(b) Floors should be easy to clean and should be preferably tiled.  
(c) Rooms for storage foods should well ventilated, insect and rat proof and should have adequate lighting.  
(d) Water supply should be independent and safe.  
(e) Proper place for cleaning of utensils should be provided.

**Q 9. Write down various methods of Disposal of Refuse.**

Ans. (a) By Filling method (b) By Controlled Tipping method (c) By Incineration method  
(d) By Composting method (e) By Manure Pits method (f) By Burial method  
(g) By Sorting method

**Q 12. Name the various classification of disease**

- Ans:** (a) Excremental Diseases  
 (b) Droplet Infection  
 (c) Contact Diseases  
 (d) Insect Borne Diseases  
 (e) Water Borne Diseases  
 (f) Animal Borne Diseases

**Q 13. Write the measures adopted to prevent Contact Disease.**

- a) Complete segregation of patient.  
 b) No direct personal contact between patient and the staff.  
 c) The early diagnosis will help in preventing the spread in the patient.  
 d) Proper disposal of all the excreta and disinfection of all articles of the patient.

**Q 14. Write the measures adopted to prevent Excremental & Water Born Disease.**

- Ans.** Safe disposal of excreta will block the transmission of disease by the faecal –oral route.  
 a) Control of water route is easy by disinfecting water or providing safe water in place.  
 b) Control of the milk route is easy by subjecting the milk to boiling or pasteurization.  
 c) Food born infection may be controlled by standards of food hygiene, exclusion of sick persons from food handlings, strict attention to personnel hygiene, promotion of hand washing, protection of foods against flies and rodents and providing facilities for refrigeration.

**Q 15. Write the methods of Disinfection of Diseases.**

- Ans.** (a) Natural : By exposing to Sunlight and Air  
 (b) Physical : By using Physical agents like heat, cold radiation etc.  
 (c) Chemical : By using Chemical agents like phenol, potassium permanganate, etc  
 (d) Control of Food & Drink: Balanced diet, hygienically prepared food and drinking of clean water preferably boiled.  
 (e) Vaccinations: Inj Hepatitis 'B', Inj T.T, Oral Polio, Inj TAB etc.

**Q 16. Define First Aid.**

**Ans.** First aid is the assistance rendered to the wounded on the spot which can save precious lives with available resources till the availability of expert medical assistance.

**Q 17. Explain the First aid treatment for Snake bite.**

**Ans.** All cases of snake bite should be treated as being bitten by poisonous snakes. The First Aid treatment will be as follows:-

- (a) Make the victim lie down comfortably.  
 (b) Give convincing reassurance against fear of death.  
 (c) Apply a light constricting tourniquet with hand kerchief, bandage or shoe lace above the knee for a bite on the leg and above elbow for a bite on the arm. So that the poison does not flows to all parts of the body.  
 (d) Wash with soap and water. Use water freely.  
 (e) Evacuate the patient quickly to the nearest dispensary or hospital.  
 (h) If breathing fails, start artificial respiration.

**Q 18. Explain the First Aid treatment in casualties of Unconsciousness.**

- Ans. (a) Make the patient lie down with head turned to one side. Pull out his tongue.  
 (b) Loosen the clothing, ensure fresh air.  
 (c) If breathing has stopped or is irregular, start artificial respiration.  
 (d) Keep the air passage clear.  
 (e) Nothing should be given by mouth. Remove false teeth, if any.

**Q 19. Explain the Schaefer's Method of Artificial respiration.**

- Ans. (i) **Position of the Casualty.** Lay the casualty in prone position with hand one over other under his head, the head turned to one side, mouth and nose unobstructed.

(ii) **Position of the Operator.** Face the casualty's head; kneel on both knees at the side of casualty just below his hip joint. Sit back on your heels, place your hands on the loins of the casualty, one on each side of back bone with wrists almost touching, and thumbs as far forward as possible without strain, and fingers together.

(iii) **Movement 1.** Without bending your elbows swing slowly forward by unbending the knees until the thighs are in almost upright position, allowing the weight from your body to be communicated to the casualty's loins. This causes abdominal organ compression against the ground and up against the diaphragm. Air is forced out of the lungs, thus expiration takes places.

(iv) **Movement 2.** Swing back slowly on to your heels, thus relaxing the pressure. This causes the abdominal organs to fall back and the diaphragm to come down thus inducing inspiration. These 2 movements must be carried out smoothly and rhythmically and should take 5 seconds (i.e. 12 times per minutes). Artificial respiration must be continued until natural breathing is restored, or unless a doctor decides that further efforts will be of no use.

**Q 20. Explain the Mouth to Mouth First Aid Respiration.**

- Ans. (i) Casualty should be in supine position.  
 (ii) Clean the mouth and throat to maintain clear air passage.  
 (iii) Extend the neck to straighten the air passage.  
 (iv) Cover the patient's mouth with clean gauze and blow directly and slowly into it. (10 – 12 times per minutes).

**Q 21. Define 'Wound' and name classification of wounds.**

- Ans. Wounds can be defined as a brake in continuity of the skin or muscles membrane.  
 Wounds can be classified as under:-  
 (a) Inside wound (b) Lacerated wound (c) Punctured wound (d) Contusion

**Q 22. Fill in the blanks.**

- Ans. (a) Muscles are of \_\_\_\_\_ types. **(Three)**  
 (b) Dengue is spread through \_\_\_\_\_ **(Mosquitoes)**  
 (c) \_\_\_\_\_ and \_\_\_\_\_ are two water borne disease. **(Dysentery & Cholera)**  
 (d) Purest source of water is \_\_\_\_\_ **(Rain Water)**  
 (e) The words \_\_\_\_\_ refer to cleanliness of an individual and the Community as a whole **(Hygiene & Sanitation).**  
 (f) \_\_\_\_\_ is the blood vessels which carry pure blood from the heart to all parts of the body. **(Arteries).**  
 (g) \_\_\_\_\_ is the blood vessels which carry impure blood to the heart. **(Veins).**

- (h) \_\_\_\_\_ are the bean shaped organs which acts as filters in the body. (**Kidney**)
- (i) Vitamin \_\_\_\_ & \_\_\_\_ are the cause of dental decay.
- (j) \_\_\_\_\_ method is used in NCC Camps to disposal of Refuse. (**Burial**)
- (k) Use of mask is for preventing \_\_\_\_\_ infection (**Droplet**).
- (l) Inj Hepatitis 'B' Vaccine is for preventing \_\_\_\_\_ disease. (**Hepatitis 'B'**)
- (m) \_\_\_\_\_ wound is caused by bullet shot or by a bayonet. (**Punctured**)

**Q 23. Explain the First Aid treatment in case of drowning.**

- Ans.**
- (a) Wet cloths should be loosened.
  - (b) Mouth, throat and nostril should be cleaned of mucus and any foreign body.
  - (c) Patient should be made to lie down over his belly, face down, head turned to one side, arms stretched beyond the head, tongue pulled out.
  - (d) Artificial respiration should be given till he starts breathing.
  - (e) Cover the patient with a blanket.

**Q 24. Write down the Signs and Symptoms of ASPHYXIA.**

- Ans.**
- (a) Dizziness and weakness.
  - (b) Shortness of breath rate or breathing increase.
  - (c) Rapid pulse.
  - (d) Partial loss of consciousness.
  - (e) Swelling of the veins of the neck.
  - (f) Face, lips, nails, fingers and toes turn blue.

**Q.17. What is meant by personal hygiene?** 5 marks

- Ans:**
- (a) Cleanliness of hair.
  - (b) Cleanliness of body and skin.
  - (c) Cleanliness of clothes.
  - (d) Cleanliness of nails.
  - (e) Cleanliness of teeth.

**Q.18 What is First Aid?** 2 marks

**Ans:** First-aid is the immediate help given to the injured person before the arrival of doctor.

**Q.19 What are the methods for purification of water?** 2 marks

- Ans:**
- |                |                           |
|----------------|---------------------------|
| (a) Boiling    | (b) Chemical disinfection |
| (c) Filtration | (d) Sedimentation         |

**Q.20 Fill up the blanks** 6 marks

- Ans:**
- a) Muscles are of **Two** types.
  - b) Dengue is spread through **Mosquitoes**
  - c) **Dysentery** and **Cholera** are two water borne disease.
  - d) **Patanjali** is known as the father of Yoga.
  - e) Purest source of water is **Rain Water**

**Q.14 Explain the various kinds of disease** 5 Marks

- Ans:-**
- (a) Excremental Diseases
  - (b) Droplet Infection
  - (c) Contact Diseases
  - (d) Insect Borne Diseases
  - (e) Water Borne Diseases
  - (f) Animal Borne Diseases

**Q.15 Write the First aid for Snake bite.** 5 Marks

- Ans:-**
- (a) Make the victim lie down comfortably
  - (b) Give convincing reassurance against fear of death.
  - (c) Apply a light constricting tourniquet with any lace, handkerchief
  - (d) Wash with soap and water
  - (e) Incise the portion with blade and suck the blood with mouth or suction pump
  - (f) If breathing fails, start artificial respiration.
  - (g) Evacuate the patient quickly to hospital.

**Q.16 Write the disease spread by anopheles mosquito.** 2 Marks

**Ans:-** Malaria

**Q 17. What are the preventive measures for AIDS.** 4 Marks

- Ans : -**
- (a) Always use disposable needle.
  - (b) Blood needed for anyone should be HIV tested.

(c) Be faithful to your life partner only.

Q No 2. What is the first aid for Dog bite?

(03)

**Ans :** - i) Wash the affected area by soap and water.  
ii) Apply some anti-septic ointment.  
iii) Consult the doctor immediately.

**Q No 3. Write down main reasons for AIDS ?**

(05)

**Ans :** - i) Infected blood transfusion.  
ii) Sharing infected needles and syringes.  
iii) Unprotected sex with multiple partners.  
(iv) Transmission from infected pregnant mother to her child.

22. Fill in the Blanks: -

(a)

**Malaria is caused by biting of ----- (Mosquitoes)**

**(b) Cholera is ----- borne disease. (Water)**

**(c) Good sanitation will give ----- to the humans. (Good hygiene)**

**(d) ----- carries pure blood from the heart to different parts of the body. (Arteries)**

Q.20. Two types of muscles are ..... & ..... 2 marks

Q.21 What is first aid in Case of Electric Fire 4 marks

Q.22 What is wound? Name different types of wounds . 3 marks

Q.23 Name any two types of water borne disease . 1 marks

(For IIIrd year cadets)

**Q 10. Define 'Health' and explain importance of Mental health.**

Ans. Health is defined as 'a complete state of Physical, Mental and Social well being'.

**Importance of Mental Health:** Mental health refers to the successful performance of mental functions, resulting in productive activities, fulfilling relationship with other people, ability to adopt to change and cope up with adversities. Any disregard to this may lead to mental disorder and conflicts, which ultimately may bring frustration, misery and unhappiness.

**Q 11. What are the measures to improve mental health.**

Ans. (a) Favourable and stress free home and College environment.  
(b) Provision of educational and vocational guidance / counselling.  
(c) Provision of co-curricular activities.  
(d) Regular medical examination.

