SECOND TERMINAL EXAMINATION 2082

Class : Eight (8) Full Marks :50

Subject : Health Physical &CA

**A] Very Short Answer Question : [10X1=10]**

1. Which gland is called the master gland of the human body?
2. Name the largest part of the brain.
3. State the role of the reproductive system in one sentence.
4. What is Total Sanitation?
5. Write any one cause of depression.
6. Why is it important to conduct school screening tests regularly?
7. What is physical exercise?
8. Name any two warm-up exercises used in yoga.
9. What is art?
10. Define 'Thaat' in music.

**B] Short Answer Question : [10 X 2=20]**

1. Write the names of two hormones produced by the pancreas.
2. Write two functions of the fallopian tube.
3. Compare an ecosan toilet and a water-seal toilet. Which one is more suitable for areas with water scarcity and why?
4. Mention two ways to manage anxiety.
5. Write down the steps to perform neck exercises properly.
6. Why is physical exercise important for maintaining good health?
7. In what ways can practicing pranayama every morning help you manage stress and improve your concentration during studies?
8. How can learning about traditional Nepali art help us preserve our culture in daily life?
9. Write four lines of a song you like.
10. Write down the differences between a folk song and a modern song.

**C] Long Answer Questions : [5 X 4=20]**

1. Explain how the human brain controls body activities and helps us respond to the environment.
2. List any two major community health problems in your community and mention any two measures to solve those problems.
3. Nowadays, the number of drug addicts is increasing in our society. What measures can be taken to solve this problem? Write your opinion.
4. Explain how drill helps to maintain discipline and unity among students.
5. Mention any four importance of music in our daily life.