MODEL PAPER OF HEALTH SCIENCES FOR CLASS-10
Objective Type

Time allowed: 15 Min. **Max. Marks: 10**

Note: Four possible answers A, B, C and D to each question are given. The choice which you think is correct, fill that circle with marker or pen ink in the answer-book. Cutting or filling two or more circles will result in zero mark in that question.

1. **Which diagnostic test is most useful for identifying CNS infections?**
   (a) Blood pressure test (b) CFS analysis
   (c) ECG (d) Renal Function test
2. **Which disease is caused by low bone density?**
   (a) Rickets (b) Osteoporosis
   (c) Arthritis (d) Cramps
3. **Which hormone helps prepare the body for stress?**
   (a) Rickets (b) Osteoporosis
   (c) Arthritis (d) Cramps
4. **What does the EPI (Expanded Program on Immunization) focus on?**
   (a) Building hospitals (b) Treating adults
   (c) Providing free medicine (d) Giving vaccines to children
5. **What is the main cause of stunting in children?**
   (a) Too much exercise (b) Chronic malnutrition
   (c) Lack of sleep (d) Exposure to sunlight
6. **What should be done first when someone shows signs of shock?**
   (a) Give them water to drink (b) Call emergency services
   (c) Make them stand up (d) Cover their face
7. **What type of radiation is used for sterilizing medical devices?**
   (a) Gamma rays (b) UV light
   (c) Infrared rays (d) Visible light
8. **Which symptom is most commonly associated with dementia?**
   (a) Frequent urination (b) Joint stiffness
   (c) Memory loss (d) Dizziness
9. **Which physical method uses steam under pressure**
   (a) Dry heat (b) Gamma rays
   (c) Autoclaving (d) UV radiation
10. **Which arthritis is caused by wear and tear of joints**
    (a) Septic arthritis (b) Rheumatoid arthritis

(c) Osteoarthritis (d) Gout

Subjective Type (Part I)

Time allowed: 1.45 Hrs. **Max. Marks: 16**

Q. 2: Write short answers to any Four (04) questions. **(2 × 4 = 8)**

i. Differentiate between ischemic and hemorrhagic strokes.
ii. Which diagnostic tool is better for seeing muscles: X-ray or MRI? Explain briefly.
iii. Why are children more likely to develop rickets than adults?
iv. How is blood glucose monitoring useful for a diabetic patient?
v. Why is hand washing important for children's health?
vi. Name diseases prevented by routine childhood vaccination

Q. 3: Write short answers to any four (04) questions: **(2 × 4 = 8)**

i. List any three essential items found in a first aid kit.
ii. What are the signs if someone is choking.
iii. Why is it essential to pre-clean surgical instruments before sterilization?
iv. How does organic matter affect the sterilization process?
v. Define the term "incontinence" and give one cause.
vi. What are the common symptoms of diabetes in older adults

Subjective Type (Part II)

Note: Attempt any two questions. **(7 × 2 = 14)**

Q. 4: (a) Write a detailed note on the first aid management of poisoning and insect/snake bites.

(b) Explain the proper hand-washing technique and its role in preventing the spread of infection among children.

Q. 5: (a) Define epilepsy discuss its main causes symptoms and management strategies.

(b) Discuss the chemical methods of sterilization.

Q6: (a) Define osteoporosis discuss its causes, symptoms and its prevention.

(b) Explain the role of preventive care in elderly health, including recommended vaccinations and lifestyle changes.