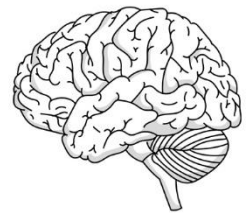




SET SOLUTIONS

HEALTH, PHYSICAL AND CREATIVE ART



SEBS Students Club

"SSC Set Solution" is a comprehensive
Health education answer set designed for
Class 8 students.



<https://www.facebook.com/groups/sebsstudentsclub>

SET SOLUTIONS

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ABOUT THE AUTHOR

The SEBS Students Club is a vibrant community of Sagarmatha English Boarding School-SEBS students, supported by SEBS. Our mission is to promote student involvement in education, endorsing participation in various activities, events, and programs. Through collaboration and engagement, we create a space where students can thrive academically and socially. 🌟📚

SET SOLUTIONS

by

SEBS STUDENTS CLUB



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SET
1

Attempt all the questions

GROUP A

Very short answer questions

1. Why pituitary gland is called master gland?

- The pituitary gland is called the master gland because it controls and regulates the functions of other endocrine glands in the body.

2. What is reflex action?

- Reflex action is an involuntary and nearly instantaneous movement in response to a stimulus.

3. Which toilet is mostly used nowadays?

- The flush (Modern) toilet is mostly used nowadays.

4. Name a disease caused in the deficiency of vitamin C.

- Scurvy is a disease caused by a deficiency of vitamin C.

5. Write the full form of AIDS.

- AIDS stands for "acquired immunodeficiency syndrome."

6. Why is domestic pad advantageous?

- Domestic pads are advantageous because they provide convenience and hygiene during menstruation.

7. Mention any one importance of drill.

- One importance of drill is that it helps develop discipline, coordination, and precision in performing tasks.

8. What is the area of volleyball court?

- The area of a volleyball court is 18 meters by 9 meters.

9. Write any one characteristic of Nepali art.

- One characteristic of Nepali art is its intricate and vibrant use of colors and patterns.

10. What is music?

- Music is an art form that combines sounds, rhythms, and melodies to express emotions and create aesthetic experiences.

GROUP B

Short answer questions**11. Explain on condom in short.**

- A condom is a thin, usually latex or polyurethane sheath worn over the penis during sexual intercourse to prevent pregnancy and reduce the risk of sexually transmitted infections (STIs).

12. Mention any two differences between exocrine and endocrine glands.

- Two differences between exocrine and endocrine glands are:

Differences	Exocrine Glands	Endocrine Glands
Mode of Secretion	Exocrine glands secrete their products directly into ducts, which then carry the secretions to specific target areas, such as body surfaces or cavities. These glands typically produce substances such as enzymes, sweat, saliva, mucus, and digestive juices that aid in digestion, lubrication, and protection.	Endocrine glands secrete their products, called hormones, directly into the bloodstream rather than through ducts. These hormones travel through the bloodstream to target cells or organs located throughout the body, where they exert their effects on various physiological processes such as metabolism, growth, development, and reproduction.
Nature of Secretions	The secretions of exocrine glands are typically composed of substances such as enzymes, mucus, sweat, saliva, and digestive juices, which are released into ducts and ultimately reach their target destinations. These secretions often have local effects and play roles in digestion, lubrication, protection, and thermoregulation.	The secretions of endocrine glands consist of hormones, which are chemical messengers that regulate various physiological functions and processes in the body. Hormones produced by endocrine glands act on target cells or organs located at distant sites from the gland of origin, exerting systemic effects on metabolism, growth, development, reproduction, and other functions.

13. Balanced diet can be prepared from locally available foods. How? Write any two ways.

- A balanced diet can be prepared from locally available foods in the following ways:

- Include a variety of fruits and vegetables in the diet.
- Choose lean protein sources.

14. During adolescence, smoking, alcoholism and abuse are seen as problems. Mention any two practical measures to be safe from it.

- Two practical measures to be safe from smoking, alcoholism, and abuse during adolescence are:

- Education and awareness.
- Building strong support networks.

15. Write any two differences between high jump and long jump.

- Two differences between high jump and long jump are:

High jump	Long Jump
High jump is a vertical jump where the athlete attempts to jump over a horizontal bar.	Long jump is a horizontal jump where the athlete tries to achieve the greatest distance from a take-off point.
In high jump, the athlete uses a curved approach and a flop or scissors technique to clear the bar.	In long jump, the athlete uses a straight approach and a hitch-kick or hang technique to maximize distance.

16. Mention any two aspects to be considered while trekking.

- Two aspects to be considered while trekking is:
 - a. Physical fitness and endurance.
 - b. Proper planning and preparation.

17. "In different games, passing is done in different ways." Justify this statement.

- The statement "In different games, passing is done in different ways" can be justified because different sports and games have unique rules and requirements that dictate how passing is executed.

18. Why are the basic rules to be followed for good art? Write any two causes.

- Basic rules are to be followed for good art because:
 - a. They provide a foundation and structure for artistic expression.
 - b. They ensure a level of consistency and coherence in artistic representation.

19. Write two lines of any folk song which you like the most.

- Two lines from a folk song:
 Resham firiri, Resham firiri..
 Udera jau ki dadama bhanjyang resham firiri ..
 Resham firiri, Resham firiri..
 Udera jau ki dadama bhanjyang resham firiri ..
 Udera jau ki dadama bhanjyang resham firiri.

20. "The incidents of the society can be reflected through acting." Clarify with two logics.

- The incidents of the society can be reflected through acting because:
 - a. Acting allows performers to portray different characters and situations.
 - b. Through their performances, actors can evoke emotions and raise awareness.

GROUP C**Long answer questions****21. Identify the major causes of spreading communicable diseases in your community and present any three practical measures to overcome from it.**

- The major causes of spreading communicable diseases and three practical measures to overcome them:

Major Causes of Spreading Communicable Diseases:

- a. Poor Hygiene Practices.
- b. Lack of Immunization.
- c. Overcrowded Living Conditions.
- d. Unsafe Food and Water.

Practical Measures to Overcome the Spread of Communicable Diseases:

- a. Promoting Hygiene Education.
- b. Enhancing Vaccination Campaigns.
- c. Improving Sanitation and Living Conditions.

22. Mention any four measures to be safe in the school.

- Ten measures to stay safe in school:
 - a. Follow the school rules.
 - b. Use safety equipment.

- c. Be aware of surroundings.
- d. Emergency preparedness.

23. Mention any four roles of family planning for population control.

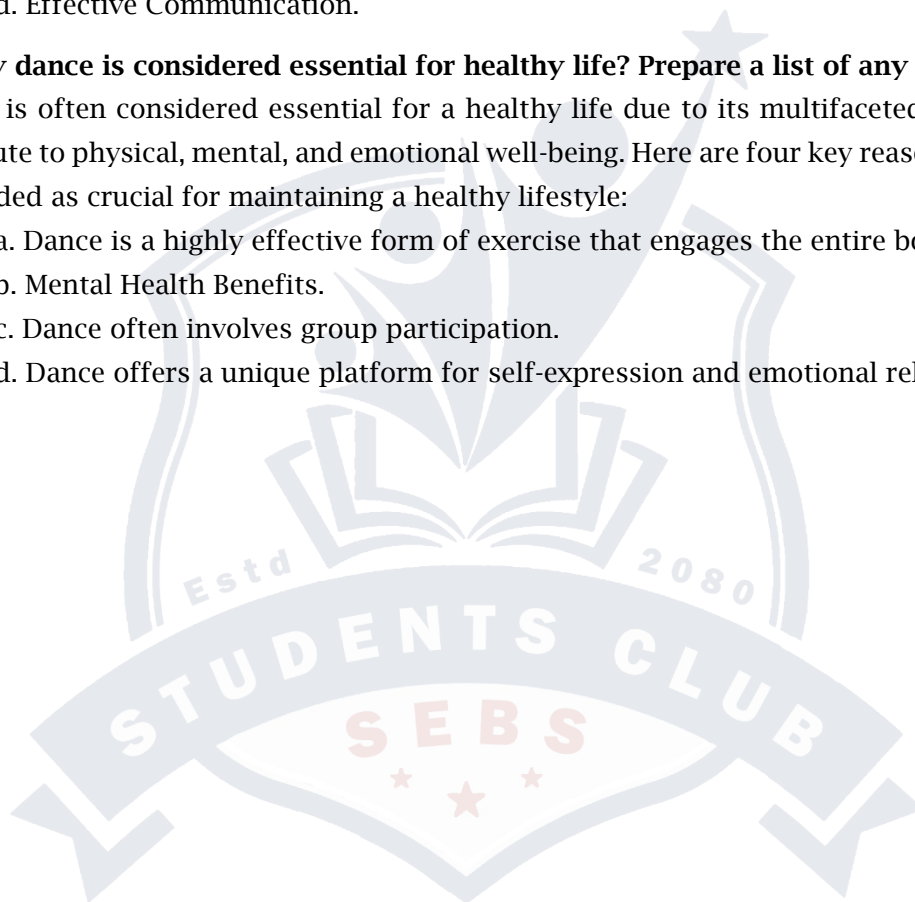
- Four key roles of family planning in population control include:
 - a. Preventing Unintended Pregnancies.
 - b. Access to family planning services empowers women.
 - c. Improving Maternal and Child Health.
 - d. Controlling population growth.

24. Identify any four aspects that the raider should pay attention in order to be safe from opponents in the game of Kabaddi.

- In the game of Kabaddi, raiders need to be mindful of several aspects to ensure their safety from opponents:
 - a. Awareness of Opponents' Positions.
 - b. Quick Reflexes and Agility.
 - c. Timing and Coordination with Teammates.
 - d. Effective Communication.

25. Why dance is considered essential for healthy life? Prepare a list of any four causes.

- Dance is often considered essential for a healthy life due to its multifaceted benefits that contribute to physical, mental, and emotional well-being. Here are four key reasons why dance is regarded as crucial for maintaining a healthy lifestyle:
 - a. Dance is a highly effective form of exercise that engages the entire body.
 - b. Mental Health Benefits.
 - c. Dance often involves group participation.
 - d. Dance offers a unique platform for self-expression and emotional release.



SET
2

Attempt all the questions

GROUP A

Very short answer questions

1. Where are the adrenal glands located?

- The adrenal glands are located on top of each kidney.

2. What is meant by drug abuse?

- Drug abuse refers to the excessive and inappropriate use of drugs.

3. Which vitamin deficiency causes scurvy?

- Scurvy is caused by a deficiency of vitamin C.

4. What should be the blood pressure of human in normal condition?

- In normal conditions, the blood pressure of a human is typically around 120/80 millimeters of mercury (mmHg., often abbreviated as "120 over 80."

5. Write any one difference between intended and unintended pregnancy?

- One difference between intended and unintended pregnancy is that intended pregnancies are planned and desired, while unintended pregnancies occur occurs when an individual or couple conceives a child without planning or intending to do so.

6. Mention one solution for community health problems?

- One solution for community health problems is to promote health education and awareness.

7. What is drill?

- A drill refers to a specific exercise or movement pattern that is performed repeatedly and systematically to improve technique, skill, coordination, strength, or endurance.

8. How many players are typically in a team in football?

- There are typically 11 players in a football team.

9. What is meant by drapery drawing?

- Drapery drawing refers to the artistic representation of fabric in a drawing or painting.

10. What is one psychological benefit of music in human life?

- One psychological benefit of music in human life is its ability to reduce stress and anxiety.

GROUP B

Short answer questions

11. Write down any two functions of the hormones produced by adrenal gland.

- Functions of hormones produced by adrenal gland:
 - a. Regulation of Metabolism.
 - b. Stress Response.

12. Mention any two importances of ecosan toilet.

- Importances of ecosan toilet:

- a. Water Conservation.
- b. Nutrient Recycling.

13. Make a list of any two symptoms of scurvy.

- Symptoms of scurvy:

- a. Fatigue and Weakness.
- b. Bleeding Gums.

14. What should be done if there is an accident of foreign body in eyes?

- Actions to be taken in case of an accident involving a foreign body in the eyes:

- a. Do Not Rub the Eyes.
- b. Flush Eyes with Clean Water

15. Drill develops team spirit and cooperation. Clarify.

- Drill develops team spirit and cooperation by:

- a. Promoting Unity of Purpose.
- b. Encouraging Communication and Coordination

16. Write down any two things to be considered in adventurous activities.

- Things to be considered in adventurous activities:

- a. Safety Precautions.
- b. Environmental Impact.

17. Write any two features of cricket game.

- Features of cricket game:

- a. Batting and Bowling.
- b. Fielding Positions.

18. Malla dynasty is an important age by the art. Prove this statement.

- The Malla dynasty holds significant importance in the realm of art. During their rule from the 12th to the 18th century in Nepal, the Malla kings patronized and encouraged the flourishing of various art forms.

19. Write down any two methods to be applied to make clay statue.

- Two methods to be applied to make a clay statue:

- a. Hand-building technique.
- b. Coiling technique.

20. Mention any two differences between folk song and modern song.

- Two notable differences between Folk Song and Modern Song:

Differences	Folk Songs	Modern Songs
Origin and Tradition	Folk songs are traditional songs that have been passed down orally from generation to generation within a specific cultural or ethnic group.	Modern songs are contemporary compositions that are typically created by individual songwriters or artists within the context of popular music genres such as pop, rock, hip-hop, or electronic music.
Style and Performance	Folk songs are often characterized by simplicity, authenticity, and a connection to cultural heritage.	Modern songs encompass a wide range of styles, genres, and production techniques, reflecting the diverse

		influences and innovations of contemporary music.
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GROUP C

Long answer questions

21. Malnutrition is a health problem. Justify this statement.

- Malnutrition is a health problem because it has detrimental effects on the overall well-being and development of individuals. Lack of proper nutrition can lead to stunted growth, delayed development, weakened immune system, and increased susceptibility to infections. It can also result in specific nutrient deficiencies and contribute to long-term health consequences such as non-communicable diseases.

22. Mention any four measures to prevent non-communicable diseases.

- Four measures to prevent non-communicable diseases include:
 - a. Adopting a healthy diet rich in fruits and vegetables.
 - b. Engaging in regular physical activity.
 - c. Avoiding tobacco use and excessive alcohol.
 - d. Undergoing regular health check-ups.

23. How can the casualty of altitude sickness be provided first aid? Write in four points.

- To provide first aid to a casualty of altitude sickness, the following four points should be considered:
 - a. Immediately descends to a lower altitude.
 - b. Administer oxygen to help alleviate breathing difficulties.
 - c. Encourage them to drink plenty of fluids.
 - d. Provide rest to the affected person.

24. Why drill is considered a very important physical exercise? Mention any four causes.

- Drills are considered a very important physical exercise due to several reasons:
 - a. They help in improving cardiovascular fitness.
 - b. Drills enhance muscular strength and endurance.
 - c. Regular drill exercises improve flexibility.
 - d. Drill exercise promote better range of motion in joints.

25. Lichchhavi age is considered as golden age of Nepal. Justify this statement.

- The Lichchhavi age is considered the golden age of Nepal due to various reasons. During this era, Nepal experienced significant advancements in art, architecture, and literature. The Lichchhavi period also saw the spread of Buddhism and the establishment of monastic institutions, contributing to the flourishing of spiritual and intellectual pursuits.

Overall, the Lichchhavi age represents a pinnacle of civilization in Nepal, marked by unprecedented cultural, economic, and political achievements, earning its title as the golden age of the nation.

SET
3

Attempt all the questions

GROUP A

Very short answer questions

1. how many pairs of spinal nerves are there in human?

- There are 31 pairs of spinal nerves in human.

2. Mention any two examples of drugs?

- Two examples of drugs are:

- a. Aspirin
- b. Paracetamol

3. What is marasmus?

- Marasmus is a deficiency disease caused by the lack of proteins and carbohydrates in the diet.

4. write the full form of CPR?

- Full form of CPR Cardiopulmonary Resuscitation.

5. What is mean by vasectomy?

- Vasectomy is a surgical procedure for male sterilization or permanent contraception.

6. What may be the methods of first aid? Mention them.

- The methods of first aid are as follows

- a. Opening airway.
- b. Adequate breathing.
- c. Sufficient blood circulation and control bleeding.
- d. Artificial respiration.

7. What is the distance between the two people in high jump?

- The distance between two people in high jump is 20m.

8. What do you mean by Dharana path?

- Dharana path refers to the path of concentration or focused attention in the pursuit of spiritual growth and enlightenment.

9. What is collage?

- collage is a visual art technique that involves combining various materials to create a new composition.

10. Define classical dance?

- classical dance refers to a form of dance that has its root in traditional styles and techniques that have been preserved over many generations.

GROUP B

Short answer questions

11. Explain on human brain in brief.

- The human brain, the central organ of the nervous system, is an astonishingly complex and vital structure that governs nearly all aspects of human behavior, cognition, and physiology. Composed of billions of neurons interconnected through intricate networks, the brain is divided into distinct regions, each with specialized functions. The cerebrum, the largest part of the brain, facilitates higher cognitive processes such as thinking, memory, and voluntary movement, while the cerebellum coordinates motor control and balance. The brainstem regulates essential functions such as breathing and heart rate, ensuring survival, while the thalamus and hypothalamus process sensory information and regulate autonomic functions and emotions. The limbic system, including structures like the hippocampus and amygdala, plays a critical role in emotional processing and memory formation. Together, these components form a remarkably adaptable and dynamic system that enables humans to perceive, interact with, and navigate their environment with unparalleled complexity and sophistication.

12. Recognize any two problems seen in the community and write them in brief.

-Two problems that can be observed in communities.

- a. **Poverty:** Poverty is a wide spread issue in many communities both locally and globally.it refers to a lack of materials resources and basic necessities required for a decent standard of living.
- b. **Substance abuse:** Substance abuse including drug and alcohol addiction is a significant problem that effects individuals' families and communities.

13. write down any two measures to be safe from rickets.

-Two measures to be safe from rickets are as follows:

- a. Regular exposure to sunlight
- b. Consuming foods rich in vitamin 'D'

14. First aid is a temporary treatment. Justify this statement

- First aid is a temporary treatment because it aims to provide immediate assistance and prevent further harm or injury until professional medical help becomes available it addresses the initial symptoms or injuries but does not necessarily resolve the underlying. cause of the medical issue or condition for example, applying a bandage to a wound stops the bleeding temporarily but may not address the need for stitches to fully close the wound.

15. What are the difference between drill and PT?

-The difference between drill and PT are:

Differences	Drill	Physical Training (PT.
Objective	Drill primarily focuses on instilling discipline, teamwork, precision, and uniformity among individuals within a group or organization. It often involves practicing specific movements, commands, or procedures repeatedly to ensure consistency and proficiency.	PT aims to improve physical fitness, strength, endurance, and overall health. It involves structured exercises, workouts, and activities designed to enhance cardiovascular fitness, muscular strength, flexibility, and body composition.

Focus	Drill emphasizes mental discipline, attention to detail, and adherence to regulations or protocols. It may include activities such as marching, saluting, standing at attention, and following commands in a synchronized manner.	PT focuses on physical exertion, conditioning, and performance improvement. It may involve a variety of exercises such as running, calisthenics, strength training, flexibility exercises, and sports activities aimed at enhancing physical fitness and readiness.
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16. Explain on the methods of giving Kho in brief.

- There are two main methods of giving Kho in Kho-Kho:
 - a. **Hand Tagging:** A player physically touches the opponent with their hand to give Kho.
 - b. **Voice Tagging:** Instead of physically touching the opponent the chaser shouts "Kho" to indicate that they have successfully tagged the raider.

17. Yoga is also a medical system? Justify the statement.

- Yoga is considered as a medical system because of its ancient practices aimed at balancing the mind and body through various techniques like stretches, poses, meditation, and controlled breathing. It is a holistic approach to health that emphasizes self-awareness, mental well-being, and spiritual strength.

18. Balance is also a rule among various rules of art. Clarify these statements.

- The statement "Balance is also a rule among various rules of the art" suggests that within the realm of artistic endeavors, maintaining balance is considered one of the fundamental principles or guidelines. In the context of art, balance refers to the distribution of elements. Achieving balance is crucial for the overall aesthetic appeal and harmony of a piece.

19. Mention any two phases to make collage.

- Two phases to make collage are:
 - a. Gathering materials
 - b. Composition and Arrangement

20. There are similarities between total used in khyali and selo dance. Clarify.

- The total used in khyali and selo dances holds cultural significance in Nepal, often reflecting themes or tradition.

GROUP C

Long answer questions

21. Mention any four measures to solve the health problem seen in your community.

- Four measures to solve the health problem seen in community are:
 - a. Promoting health education and public awareness.
 - b. Ensuring equitable access to quality health care services.
 - c. Implementing effective disease prevention and control measures.
 - d. Collaboration Among different stakeholders.

22. Show any four differences between testes and ovaries.

Differences	Testes	Ovaries
Location	Testes are located outside the body within the scrotum, a sack of skin below the penis. They	Ovaries are located inside the pelvis, one on each side, adjacent to the fallopian tubes. They are situated within the

	hang outside the body to maintain a lower temperature necessary for sperm production.	abdominal cavity, closer to the midline of the body.
Function	The primary function of the testes is to produce sperm cells (spermatogenesis) and to secrete male sex hormones called androgens, primarily testosterone.	The primary function of the ovaries is to produce egg cells (oocytes) during the menstrual cycle and to secrete female sex hormones, primarily estrogen and progesterone, which regulate the menstrual cycle and maintain female reproductive health.
Gamete Production	Testes produce male gametes (sperm cells) through a process called spermatogenesis. Sperm cells are produced continuously throughout a male's reproductive life.	Ovaries produce female gametes (egg cells or oocytes) through a process called oogenesis. Oocytes are produced before birth and are released cyclically during the menstrual cycle, usually one per month.
External Appearance	Testes are typically larger than ovaries and have a more ovoid or oval shape. They have a firm texture and are often palpable within the scrotum.	Ovaries are smaller than testes and have an almond-like shape. They have a smoother surface and are not usually palpable externally, as they are located deep within the pelvic cavity.

23. Write any four roles of the consumer to protect consumer's health.

- Four roles of consumer to protect consumer's health:

- Consumers should actively seek information about products they consume.
- Consumers can advocate for product safety.
- Consumers should demand for transport.
- Consumers can enforcement of consumer protection laws and regulation.

24. Show any four-difference between volleyball and football.

- Four difference between volleyball and football are:

Differences	Volleyball	Football
Equipment	Volleyball is played with a ball specifically designed for the sport, typically made of synthetic leather or composite materials. The ball is spherical and has a circumference of about 65-67 centimeters (25.6-26.4 inches). Players wear comfortable athletic attire and specialized volleyball shoes with good traction.	Football is played with a ball known as a football or soccer ball, which is spherical and made of leather or synthetic materials. The ball has a circumference of about 68-70 centimeters (27-28 inches). Players wear jerseys, shorts, shin guards, and cleats (football boots) with studs for traction on the grass field.
Playing Surface	Volleyball is typically played on an indoor or outdoor court with a flat, smooth surface. The court is divided into two equal halves by a net, which is suspended above the ground at a height of 2.43 meters (7 feet 11 5/8 inches) for men and 2.24 meters (7 feet 4 1/8 inches) for women.	Football is played on a rectangular field known as a football pitch or soccer field, which can be natural grass or artificial turf. The field is marked with boundary lines and goal areas at each end. The dimensions of the field vary but are typically around 100-110 meters (328-360 feet) in length and 64-75 meters (210-246 feet) in width.
Scoring and Objectives	In volleyball, teams score points by successfully grounding the ball on the opponent's court or by forcing the opposing team to commit a fault, such as hitting the ball out of bounds or failing to return it within three touches. The objective is to win sets by scoring a predetermined number of points.	In football, teams score goals by successfully kicking the ball into the opposing team's goal. The objective is to outscore the opponent by scoring more goals within the allotted time (typically 90 minutes) or to advance in tournaments by winning matches or series of matches.

	(e.g., 25 points. and to win the match by winning a majority of sets (e.g., best of five sets).	
Gameplay and Rules	Volleyball is a non-contact sport where players use their hands, arms, or any other part of the body to hit the ball over the net and into the opponent's court. Players are not allowed to catch, hold, or throw the ball. The game is fast-paced, with rallies consisting of multiple passes, sets, and attacks.	Football is a contact sport where players use their feet, head, or torso to control and advance the ball, with the goal of scoring goals. Players are not allowed to use their hands or arms except for the goalkeeper within the penalty area. The game involves passing, dribbling, shooting, and defensive strategies, with frequent changes of possession and tactical maneuvers.

25. There is a massive importance of music in human life. Justify this statement.

- The significance of music in human life is vast and profound, touching upon numerous aspects of individual and collective well-being, cultural expression, and societal cohesion. Music serves as a powerful medium for emotional expression and connection, capable of evoking a wide spectrum of feelings and fostering empathy among listeners. Furthermore, it plays a crucial role in preserving cultural identity and heritage, transmitting traditions across generations, and reinforcing cultural pride and solidarity. Creatively, music empowers individuals to explore their talents, express themselves, and cultivate their artistic identities through composition, performance, and interpretation. Moreover, its therapeutic effects on mental and emotional well-being are well-documented, providing comfort, relaxation, and healing properties for those experiencing mental health challenges. Socially, music fosters social bonding, communication, and community building, bringing people together in shared experiences and strengthening social ties across diverse backgrounds. Additionally, music education contributes to cognitive development, academic achievement, and lifelong learning, enriching students' lives and fostering an enduring appreciation for music's profound impact on human existence. In essence, music transcends boundaries, unites communities, and enriches the human experience in ways that are both profound and enduring.

SET
4

Attempt all the questions

GROUP A

Very Short answer questions

1. What do you mean by axon?

- An axon is a long nerve cell that transmits electrical impulses.

2. What is mental health?

- Mental health refers to a person's emotional, psychological and social well - being.

3. Anemia is caused due to difference of which component of blood?

- Anemia is caused by a deficiency in red blood cells or hemoglobin in the blood.

4. Write down the full form of FSH?

- The full form of FSH is Follicle Stimulating Hormone.

5. What is diabetes?

- Diabetes is a group of metabolic disorder in which there is high blood sugar levels over a prolonged period.

6. Write any one causes of malnutrition?

- one causes of malnutrition is unsuitable dietary choices.

7. Clarify the meaning of disperse?

- Disperse means to scatter, distribute, or spread out something over a wide area.

8. What is the length of a football ground?

- The length of a football ground is minimum 90 m and maximum 120 m.

9. What do you mean by formal balance in a picture?

- Formal balance is the most obvious and straightforward way to compose a visually appealing photo.

10. What do you mean by saptak?

- Saptak is a term used in classical music to describe a set of seven notes. Sa, Re, Ga, Ma, Pa, Dha and Ni.

GROUP B

Short answer questions

11. Write any two important causes of malnutrition?

- Two important causes of malnutrition are as follow:
 - a. Unsuitable dietary choices.
 - b. Low socio-economic status.

12. Why is pancreas called a mixed gland? clarify?

- The pancreas is called a mixed gland because it has both endocrine and exocrine functions.

13. Mention any two measures to manage menstrual hygiene?

- Two measures to manage menstrual hygiene are:

- a. Use of sanitary products.
- b. Proper hygiene practices.

14. There is a legal provision of drug abuse? clarify the statement.

- Legal provisions on drug abuse aim to address health and safety concerns, prevent related social problems and curb the drug trade by imposing heavier penalties on suppliers.

15. Mention any two differences between Bhramari and vastrika pranayama.

- Two difference between Bhramari and vastrika pranayama are as follow:

Bhramari Pranayam	Vastrika Pranayam
Bhramari pranayam involves the practice of making a humming bee sound while breathing out.	vastrika pranayama is a forceful breathing technique that involves quick and powerful inhalations and exhalations.
It is calming and shooting practice that helps in reducing stress, anxiety and promoting relaxation.	It is an energizing practice that helps in increasing oxygen supply, improving circulation and boosting energy levels.

16. write any two things to be considered while playing any game?

- Two things to be considered while playing games are as follow:

- a. **Understand the rules:** just like in games, knowing and understanding the rule is crucial for success.
- b. **Learn by doing:** Some players prefer to learn through experience. Similarly, in games, actively playing and engaging can help you pick up the rules and strategies as you go.

17. Games helps to promote team spirit. Justify the statement.

- Team sports promote team spirit by creating a tight -knit community where athletes learn to trust each other, relay non teamwork, and work toward a common goal. collaboration non-threatening environment and functioning teams, leading to quicker learning of skills like combined effort and compromise.

18. What are the difference between folk dance and classical dance?

- The difference between folk dance and classical dance are:

Folk Dance	Classical Dance
Folk dance originated from the traditions and customs of a specific cultural.	Classical dances are typically based on ancient dance traditions.
Folk dances reflect the cultural identity and heritage of a particular region.	Classical dances are visually associated with specific system of dance.

19. How is sarangi played? Explain in brief.

- The sarangi is a traditional string instrument. It is played with a bow and consists of four main strings along with numerous sympathetic strings.

The musician holds upright either on the shoulder using a bow, they stroke the strings while pressing them with their fingers to produce different notes. sliding the fingers along the string creates various pitches allowing for expressive melodies.

20. what are the differences between Sthyai and Antara of a song? clarify with two logics.

- The difference between sthyai and Antara of song:

Sthyai	Antara
The sthyai is the initial section of a song often referred to as the "stanza " and verse.	The Antara follow 's the sthyai and is often considered the "second part of the song
Logically we can think of the sthyai as the foundation upon which the rest of the song is built.	Logically we can view the Antara as a departure from the initial theme established in the sthyai.

GROUP C

Long answer questions

21. Name any four gland and write a function of each.

- Four gland names with a function of each.

- Pituitary gland: Regulates and controls others endocrine glands and overall hormonal balance.
- Thyroid gland: Produces thyroid hormones that Regulates metabolism and play a crucial role in growth and development.
- Adrenal gland: Produces hormones and involved in the body's stress response.
- Pancreas: Secrets insulin and glucagon and regulates blood sugar levels.

22. Mention any four major causes of mental health problems.

- Four major causes of mental health problems:

- Genetic and Biology factors.
- Psychological factors.
- Environment factors.
- Social factors.

23. Make a list of any four measures to make home, a safe living place.

- Four measures to make home a safe living place:

- Install smoke detectors.
- Keep emergency contact numbers.
- Secure windows and doors with locks.
- Regularly maintaining electrical appliances.

24. Nepal is the country with great opportunities of sports tourism. clarify.

- Nepal offers abundant opportunities for sports tourism prospects with its varied terrain and adventure activities like trekking, mountaineering, rafting, paragliding and mountain biking. The Himalayas provides an iconic backdrop for these pursuits attracting adventure enthusiasts worldwide. Nepal appeal lies in its diverse offerings for spent enthusiasts.

25. Mention the methods of exercising any two types of taal.

- The methods of exercising two types of taal:

- Trental:** Performers clap hands together on the strong beats to maintain rhythm. _ spaces between claps are filled by tapping fingers on the palm in a subdued manner.
- Ektaal:** Hand movements create visual expression of rhythm on strong beats. _ performers use finger snaps during silent beats to maintain pulse rhythm, Cally.

SET
5

Attempt all the questions

GROUP A

Very short answer questions

1. Mention the main function of vagina.

- The main function of the vagina is to serve as a passageway for sexual intercourse, childbirth, and the elimination of menstrual fluid from the uterus.

2. What do you mean by depression?

- Depression is a mental health condition, characterized by persistent feelings of sadness and worthless.

3. Which vitamin deficiency causes night blindness?

- Night blindness is caused by a deficiency of Vitamin 'A'.

4. What is included in the ABC method?

- The ABC method Includes Airway Breath Circulation.

5. Introduce the temporary devices used in family planning with examples.

- Temporary devices used in family planning are contraceptive methods designed to prevent pregnancy for a limited duration without permanent alteration of fertility.

e.g. Condoms, Oral Contraceptives (Birth Control Pills), Intrauterine Devices (IUDs), Depo-Provera, medroxyprogesterone acetate, etc.

6. Which gland is known as emergency gland. Why?

- The "adrenal gland" is known as emergency gland this is because it plays a crucial role in the body's response to stress.

7. What is the meaning of Pranayama?

- Pranayama is a term derived from Sanskrit where "prana" means life force or vital energy, and "ayama" means to extend or draw out.

8. What do you mean by printmaking?

- Printmaking is an artistic technique of creating images on surfaces.

9. Mention one adventurous activity that can be done in Nepal.

- One adventurous activity that can be done in Nepal is trekking in the Himalayas.

10. What is character acting?

- Character acting refers to the practice of an actor portraying a specific character.

GROUP B

Short answer questions

11. Write down any two functions of uterus.

- Two functions of uterus:
 - a. Implantation of the Embryo.
 - b. Muscle Contraction during Labor.

12. Why is community health important?

- Community health is important because it promotes the health and well-being of individuals and communities and leads to savings in the healthcare system

13. Mention any two measures of safe abortion.

- Two measures of safe abortion:
 - a. Access to Trained Healthcare Providers
 - b. Comprehensive Counseling and Support Services

14. Sexually transmitted infections are increasing nowadays. Prove the statement.

- Sexually transmitted infections (STIs) are increasing nowadays due to factors such as changes in sexual behavior, inadequate sex education, and inconsistent use of barrier methods.

15. What type of activity is athletics? Explain in short.

- Athletics is a type of physical activity that involves various competitive sports. It emphasizes physical strength, agility, and endurance. Athletes participate in individual or team events, aiming to achieve.

16. Write any two things to be considered while playing kabaddi.

- Two things to consider while playing kabaddi are:
 - a. Teamwork
 - b. Strategic Planning.

17. How is practice of Sukshma kriya done?

- The practice of Sukshma kriya involves performing gentle, subtle movements that focus on stretching, breathing, and relaxation techniques to improve physical and mental well-being.

18. Western art trend had been started from Rana dynasty in Nepali art. Clarify.

- The introduction of Western art trends in Nepali art began during the Rana dynasty. During this period, Rana rulers, particularly Rana Prime Minister Chandra Shumsher, initiated efforts to modernize Nepali art by incorporating Western techniques, styles, and subjects. This included the establishment of art schools, patronage of Western-trained artists, and the promotion of Western artistic principles such as realism and perspective. These initiatives marked a significant departure from traditional Nepali art forms and paved the way for the development of a more diverse and cosmopolitan artistic landscape in Nepal.

19. How is construction work done with wire? Write.

- Construction work involving wire typically involves the use of various types of wire materials, such as steel wire, for structural reinforcement, fencing, electrical wiring, and other applications. Construction work with wire involves various methods:

- a. Electrical wiring.
- b. Fencing.

20. There is multi-dimensional importance of music in human life. Prove this statement.

- The multi-dimensional importance of music in human life can be observed through its ability to express emotions, its role in cultural and social contexts as a means of cultural preservation, identity, and community-building.

GROUP C

Long answer questions

21. What should be done to be safe from cancer? Write any four preventive measures.

- To be safe from cancer, four preventive measures include:
- a. Avoiding tobacco and limiting alcohol consumption.
 - b. Adopting a healthy lifestyle.
 - c. Protecting against infections.
 - d. Regular screenings and early detection.

22. Show any four differences between marasmus and kwashiorkor.

- Four differences between Marasmus and Kwashiorkor:

Marasmus	Kwashiorkor
Marasmus is primarily caused by a severe deficiency of calories and protein in the diet.	Kwashiorkor is caused by a severe deficiency of protein.
Marasmus is characterized by severe wasting of muscle	Kwashiorkor presents with edema or swelling due to fluid retention.
Marasmus is associated with general malnutrition symptoms such as weakness and fatigue.	Kwashiorkor exhibits additional symptoms like skin rash and hair discoloration.
Malnutrition represents a nutrition deficiency.	Kwashiorkor represents adequate calorie intake.

23. Present any four suggestions for good mental health.

- Suggestions for good mental health:
- a. Prioritize self-care.
 - b. Build and maintain healthy relationships.
 - c. Practice stress management techniques.
 - d. Seek professional help when needed.

24. At present, the craze of young generation is on cricket game. Justify the statement.

- The popularity of cricket among the young generation can be justified for several reasons. Cricket is often more than just a sport; it fosters a sense of community and social engagement. Overall, the combination of media exposure, celebrity influence, community engagement, and accessibility contribute to the widespread popularity of cricket among the young generation.

25. Write the concept of quick sketch and show any two examples of its exercise.

- The concept of quick sketching involves rapidly capturing the essence of a subject with minimal detail, often using loose and expressive lines. Quick sketches are not meant to be

polished or detailed but rather serve as a way to practice observation, improve hand-eye coordination, and capture ideas quickly.

Two examples of quick sketch exercises are:

- a. Gesture Drawing
- b. Thumbnail Sketching



SET
6

Attempt all the questions

GROUP A

Very short answer questions**1. What is the group of external female reproductive system known as?**

-The group of external female reproductive system known as vulva.

2. Define ecosan toilet.

- An ecosan toilet, also known as an ecological sanitation toilet, is a type of dry toilet that separates urine and feces and treats them as resources instead of waste.

3. Which disease is caused due to the deficiency of Vitamin D?

- Vitamin D deficiency can lead a disease/condition called rickets in children and osteomalacia in adults.

4. What do you mean by abortion?

- Abortion can be defined as the ending of pregnancy by removing a fetus or embryo before it can survive outside the uterus.

5. What is meant by altitude sickness?

- Altitude sickness, also known as acute mountain sickness (AMS.), is a condition that can occur when individuals ascend to high altitudes too quickly, without allowing their bodies enough time to acclimatize to the decreased oxygen levels at higher elevations.

6. Write down the dos and don'ts of women during menstruation.

- During menstruation, women should consider the following dos and don'ts to help manage their menstrual health and well-being:

Dos:

- a. Stay Hydrated
- b. Maintain Good Hygiene
- c. Practice Gentle Exercise
- d. Eat Nutritious Foods
- e. Use Heat Therapy

Don'ts:

- a. Avoid Excessive Caffeine and Alcohol
- b. Avoid Tight Clothing
- c. Don't Neglect Personal Hygiene
- d. Limit Stress
- e. Avoid Smoking

7. What is athletic?

-The combined from of activities associated with walking, running, jumping and throwing is called athletic.

8. What do you mean by halasana?

-"Halasana" in yoga refers to the "Plow Pose," where the body is folded forward from the waist while lying on the back, with the legs lifted and extended over the head, resembling the shape of a plow.

9. Mention an element of art.

- Color is one of the elements of art.

10. Give one example of folk song.

- "Resham Firiri" is the example of folk song.

GROUP B**Short answer questions****11. Write down any two functions of pancreas gland.**

-The two functions of pancreas gland are:

- a. **Insulin Production:** Regulates blood sugar levels by producing insulin.
- b. **Digestive Enzyme Secretion:** Releases digestive enzymes into the small intestine to aid in digestion of carbohydrates, fats, and proteins.

12. Drug abuse is the great problem among youth. why?

- Drug abuse is a significant issue among youth due to various factors such as peer pressure, curiosity, and a desire for experimentation. Additionally, factors like stress, trauma, and underlying mental health issues can contribute to substance misuse. Lack of awareness about the risks and consequences of drug abuse further exacerbates the problem, leading to detrimental effects on physical health, mental well-being, and social relationships among young individuals.

13. Mention any two measures of minimizing the problem of over nutrition.

-The two measures of minimizing the problem of over nutrition are:

- a. **Healthy Eating Education:** Providing education on balanced nutrition and promoting healthy eating habits.
- b. **Physical Activity Promotion:** Encouraging regular physical activity to balance calorie intake and expenditure.

14. First aid useful everywhere. Prove the statement.

- First aid is valuable everywhere because it provides immediate care for injuries or medical emergencies, potentially saving lives and preventing further harm before professional medical help arrives.

15. What is the relationship between attention and stand at ease? Clarify.

- The relationship between attention and stand at ease is that they are two different positions used in military drills. "Attention" is a position of strict posture and focus, while "stand at ease" is a more relaxed stance where soldiers can rest without losing readiness.

16. Mention any two general rules of long jump.

- The two general rules of long jump are:

- a. **Takeoff from Behind the Board:** Athletes must take off from behind the foul line or board. If any part of their foot extends over the board's front edge during takeoff, it is considered a foul jump.
- b. **Landing in the Pit:** Athletes must land in the designated sand pit after their jump. The distance is measured from the nearest impression made in the sand by any part of the athlete's body (usually the back of the heel) to the edge of the takeoff line closest to the pit.

17. What are the similarities between volleyball and football?

- The similarities between volleyball and football include:

a. **Team Sports:** Both volleyball and football are team sports where players work together to achieve a common goal of scoring points or goals while preventing the opposing team from doing the same.

b. **Strategic Gameplay:** Both sports require strategic thinking, teamwork, and coordination among players to execute plays effectively and outmaneuver the opposing team.

18. Present a paragraph of any song that is sung in Jhyaure taal.

- "Mero Nepali Maya Lau Hai" by Rajesh Payal Rai is a popular Nepali song sung in the Jhyaure taal. Here's a verse from the song:

“मेरो नेपाली माया लाउ है, तिमीलाई म सम्झाउनु

फूल झैं मिर्मिरे तिम्रो माया, म मात्रै जान्छु”

19. Write the ways to make shapes of various things through carving method.

- Carving is a technique used to shape various materials into desired forms. Here are some ways to create shapes through carving:

a. **Hand Carving:** This traditional method involves using handheld carving tools such as chisels, gouges, and knives to remove material from a larger piece. Hand carving allows for precise control and intricate detail but requires skill and practice.

b. **Power Carving:** Power carving utilizes power tools such as rotary tools, die grinders, or power chisels to sculpt and shape materials more quickly and efficiently. Power carving is ideal for larger projects or when working with dense materials such as wood or stone.

20. Character acting is a strong art clarify this statement.

- Character acting is a potent art form as it requires actors to deeply embody and portray the traits, emotions, and mannerisms of a diverse range of characters, bringing them to life in a compelling and believable manner.us methods:

GROUP C

Long answer questions

21. Mention any four major organs of male reproductive system and write one function of each.

- The four major organs of male reproductive system are:

a. **Testes:** Produce sperm cells.

b. **Epididymis:** Stores and transports sperm cells.

c. **Prostate Gland:** Secretes fluids that nourish and protect sperm.

d. **Penis:** Delivers sperm into the female reproductive tract during sexual intercourse.

22. Write down any four causes behind observing world breast feeding day every year.



- The four causes behind observing world breast feeding day every year are:

a. **Promoting Infant Health:** Breastfeeding provides infants with essential nutrients, antibodies, and hormones that help protect against infections, allergies, and chronic diseases.

b. **Supporting Maternal Health:** Breastfeeding has numerous benefits for maternal health, including reducing the risk of postpartum bleeding, promoting faster postpartum recovery, and lowering the risk of certain cancers such as breast and ovarian cancer.

c. **Empowering Women:** Breastfeeding plays a crucial role in empowering women by providing them with the knowledge and skills to nourish and care for their infants.

d. **Addressing Barriers to Breastfeeding:** Despite the numerous benefits of breastfeeding, many women face barriers to breastfeeding, including lack of support, cultural norms, workplace policies, and marketing of breast milk substitutes.

23. The number of heart patients is rising nowadays. Write any four controlling measures of it.

- To address the rising number of heart patients, several measures can be implemented to control and manage cardiovascular diseases. Here are four controlling measures:

a. **Promote Healthy Lifestyle:** Encourage regular exercise, balanced diet, and stress management to prevent heart disease.

b. **Screening and Early Detection:** Implement regular health check-ups and screenings for early detection and treatment of heart conditions.

c. **Education and Awareness:** Educate the public about risk factors for heart disease and promote awareness of preventive measures.

d. **Access to Healthcare:** Improve access to affordable healthcare services, including medications and treatments for heart conditions.

24. Why is it said, "Do yoga, Be healthy"? Clarify.

- The phrase "Do yoga, be healthy" encapsulates the holistic approach of yoga towards promoting overall health and well-being. Yoga, an ancient practice originating from India, encompasses physical postures, breathing techniques, meditation, and relaxation practices. It offers a multitude of benefits, including improved flexibility, strength, and balance, along with stress reduction, emotional resilience, and enhanced self-awareness. By engaging in regular yoga practice, individuals can experience physical, mental, and emotional transformation, leading to better overall health outcomes. Yoga encourages positive lifestyle changes, fosters mindfulness and self-compassion, and empowers individuals to take control of their health and wellness. Thus, "Do yoga, Be healthy" serves as a reminder of the profound impact that yoga can have on one's journey towards optimal health and vitality.

25. Present a practice of playing songs learned in harmonium or keyboard.

- Practice playing songs on the harmonium or keyboard by:

a. Start with Scales: Practice scales to warm up fingers and improve coordination.

b. Learn Basic Chords: Begin with simple chord progressions to understand harmonies.

c. Play Melodies: Practice playing melodies of songs using right hand while maintaining chord progression with left hand.

d. Gradually Add Complexity: Increase difficulty by incorporating more complex chords and rhythms.

e. Repeat and Refine: Practice regularly, gradually increasing speed and accuracy to master songs.

SET
7

Attempt all the questions

GROUP A

Very short answer questions

1. How many parathyroid glands in human body?

- There are usually four parathyroid glands in the human body.

2. Define kwashiorkor.

- Kwashiorkor is a severe form of malnutrition that occurs due to a lack of protein in the diet.

3. What do you mean by sexually transmitted infection?

- A sexually transmitted infection (STI) is an infection that can be transmitted through sexual activity.

4. How many months does the Depo-Provera injection prevent pregnancy?

- The Depo-Provera injection prevents pregnancy for about three months.

5. "Sexual curiosity needs to be managed judiciously." Confirm this statement in one sentence.

- Sexual curiosity should be approached with caution and responsible decision-making to ensure healthy and respectful exploration.

6. What is under-nutrition?

- Undernutrition is a condition where a person doesn't get enough nutrients from their diet, which can negatively affect their health.

7. What is the objective of halt command?

- The "halt" command is used to stop or pause a process or program.

8. What is cutshot?

- A cut shot is a type of shot in several sports.

9. Write two things needed for construction work.

- The two things needed for a construction work is labor and construction materials.

10. Write an example of modern dance.

- One example of modern dance is called "Contemporary Dance."

GROUP B

Short answer questions

11. Write down any two functions of mid brain.

- Any two mid brain functions are:

a. **Sensory Processing:** The midbrain helps process sensory information from the eyes, ears, and skin, allowing us to perceive and respond to stimuli in our environment.

b. **Motor Control:** It plays a role in coordinating and controlling voluntary movements, helping to relay signals from the brain to the spinal cord and muscle.

12. Role of an individual is also very important for total sanitation. Why?

- The role of an individual is crucial for total sanitation because each person's actions can have a big impact on the overall cleanliness and hygiene of a community. When individuals take responsibility for their own personal hygiene and cleanliness, it helps prevent the spread of diseases and creates a healthier environment for everyone.

13. Mention any two measures of minimizing the problem caused by micronutrient deficiency disorder.

- Here are two measures to minimize the problem caused by micronutrient deficiency disorder are:

a. Promote nutrition education and awareness to increase knowledge about the importance of a balanced diet.

b. Support agricultural practices that focus on diverse and nutrient-rich crops.

14. Heat stroke is the major problem of the terai region. Prove this statement.

- Heat stroke is the major problem of the terai region because they can be caused by various factors such as high blood pressure, high cholesterol, smoking, obesity, and a sedentary lifestyle. It's always important to prioritize our health by maintaining a balanced diet, exercising regularly, avoiding smoking, and getting regular check-ups with healthcare professionals.

15. Disperse and dismiss are different things. Clarify this statement.

- "Disperse" and "Dismiss" are indeed different words with distinct meanings: -

> "Disperse" means to scatter or spread out in different directions.

> "Dismiss" means to disregard or reject something or someone.

16. How can parachuting be played safely?

- Parachuting can be played safely by following these guidelines:

a. Training

b. Equipment

c. Weather Conditions

d. Plan and Preparation

e. Follow Instructions

f. Safety Checks

g. Landing

17. Football is a popular game. Clarify this statement.

- Football is indeed a popular game. It's played and loved by millions of people all around the world. Whether it's the excitement of the World Cup or the local matches in your neighborhood, football brings people together and ignites a passion like no other sport. The

thrill of scoring goals, the skillful dribbling, and the teamwork involved make it an incredibly enjoyable game to watch and play. So, it's no wonder that football has such a massive fan base globally.

18. There is also a great importance of proportion in art. Why?

- Proportion is incredibly important in artwork. It refers to the size, scale, and relationship of different elements within a composition. Getting the proportions right is crucial because it helps create a sense of balance, harmony, and realism in the artwork.

19. Mention any two ways of quick sketch.

- Any two ways of quick sketch are:

- a. Gesture Sketching
- b. Thumbnail Sketching

20. Create a song on any subject matter as you like.

कालो-सेतो पहाडीको चिनारी,

तिम्रो समृद्धि, तिम्रो जीवनको प्रतिक्रिया हामी छायालाई डर्काउँछौं।

नेपाल, तिम्रो सुन्दरतामा हामी प्रेम गर्छौं,

तिम्रो आँचलले हाम्रो हृदयलाई भर्दछ प्रेमको रसिलो।

GROUP C

Long answer questions

21. Explain any four major elements of food security in brief.

- Here are four major elements of food security:

- a. **Availability:** This refers to the physical presence of an adequate amount of food in a given area.
- b. **Access:** This element focuses on the ability of individuals to obtain food.
- c. **Utilization:** This includes factors like food preparation, storage, and hygiene practices that maximize the nutritional value of the food consumed.
- d. **Stability:** Food security also involves the stability of the above elements over time.

22. Why is school health screening test taken? Write any four major causes.

- School health screening tests are taken to assess the overall health and well-being of students. They help identify any potential health issues or concerns that may affect a student's learning or overall development.

As for the four major causes are:

- a. **Infectious Diseases:** Illnesses such as colds, flu, and stomach bugs can spread easily among students in close quarters.
- b. **Lack of Physical Activity:** Sedentary lifestyles and a lack of exercise can contribute to various health problems, including obesity and poor cardiovascular health.
- c. **Mental Health Issues:** Stress, anxiety, depression, and other mental health concerns can impact a child's well-being and academic performance.
- d. **Environmental Factors:** Exposure to pollutants and other environmental hazards can affect a child's respiratory health and overall well-being.

23. Mention any four skills to be responsible consumer.

-To be a responsible consumer, here are four important skills:

- a. **Research:** Take the time to research and gather information about the products you are interested in purchasing.
- b. **Read Labels:** Pay attention to product labels and certifications.
- c. **Reduce, Reuse, Recycle:** Practice the three R's to minimize waste and environmental impact.
- d. **Support Local and Sustainable:** Consider supporting local businesses and farmers who prioritize sustainable practices.

24. Giving kho is a challenging skill. Justify this statement.

- Absolutely! Giving a kho in kho is a challenging because when it comes to giving a kho, it requires a combination of physical agility, speed, and mental acuity. In kho-kho, a kho is a defensive move where a player tries to avoid being touched by the opponent. It involves quick reflexes, swift movements, and the ability to change directions rapidly. Physically, giving a kho demands excellent footwork, coordination, and balance. Mentally, giving a kho requires focus, anticipation, and strategic thinking.

25. Explain on any two types of dances in brief.

- Any two types of dances in brief are:

- a. **Hip Hop:** A high-energy dance style that originated in African American culture and is known for its urban and street dance elements.
- b. **Ballet:** Ballet is a classical dance form characterized by graceful movements, precise technique, and elaborate costumes. It originated in the Italian Renaissance courts of the 15th century and later developed into a highly technical dance style in France and Russia.

SET
8

Attempt all the questions

GROUP A

Very short answer questions

1. Deficiency of insulin causes which disorder in human?

- The deficiency of insulin in humans causes diabetes mellitus.

2. What do you mean by food security?

- Food security refers to the condition in which individuals and communities have access to sufficient.

3. What is the main reason of coronary heart disease?

- The main reason for coronary heart disease is often the buildup of plaque in the coronary arteries.

4. What is the contraceptive method to prevent transmission of sexually transmitted infections such as AIDS?

- To prevent the transmission of sexually transmitted infections such as AIDS, the use of barrier methods like condoms is a widely recommended contraceptive method.

5. What is nightfall?

- Nightfall refers to the involuntary release of semen during sleep, often associated with sexual dreams.

6. Write any one activity to be done by the community for total sanitation.

- One activity for total sanitation in a community could be organizing regular clean-up campaigns to ensure proper waste disposal and maintain a clean environment.

7. What is the meaning of bullet toe method?

- Bullet toe Method: In this method the chaser sits on his toes, his strong feet touching the front line of the box and the other strong leg placed a little behind the strong leg.

8. What is described in Maharishi Patanjali's Yoga Sutra?

- Maharishi Patanjali's Yoga Sutra is a classical text that provides guidance on the philosophy and practice of yoga.

9. Define proportion.

- Proportion refers to the appropriate balance or ratio of different components or factors related to maintaining good health.

10. How many parts are there in Rupak taal?

- Rupak taal consists of seven beats.

GROUP B

Short answer questions

11. Make a list of any two causes of malnutrition.

- Two causes of malnutrition are:
 - a. Inadequate intake of nutrients.
 - b. Underlying health conditions.

12. Show any two differences between fallopian tube and vas deferens.

- Differences between fallopian tubes and vas deferens are:

Fallopian Tube	Vas deferens
Fallopian tubes are part of the female reproductive system.	Vas deferens are part of the male reproductive system.
Fallopian tubes transport eggs from the ovaries to the uterus	Vas deferens transport sperm from the testes to the urethra.

13. Mention any two measures of managing menstruation.

- Two measures of managing menstruation are:
 - a. Using sanitary products,
 - b. Practicing good hygiene.

14. Toilet sanitation should be done regularly. Prove the statement.

- Regular toilet sanitation prevents the spread of harmful bacteria and viruses, reducing the risk of infections and diseases among individuals who use the facilities.

15. Physical exercise makes us healthy. How?

- Physical exercise promotes cardiovascular health, strengthens muscles and bones, improves mood and mental health, and helps maintain a healthy weight by burning calories.

16. How can paragliding be played safely?

- Paragliding can be played safely by ensuring proper training from certified instructors and adhering to safety guidelines and regulations.

17. Mention the procedures of Halasana.

- The procedures of Halasana (Plow Pose) include:
 - a. Lying on the back.
 - b. Lifting the legs overhead until they touch the ground behind the head.
 - c. Supporting the lower back with the hands, and holding the pose while breathing deeply.

18. Music has also got social benefits. Clarify.

- Music provides social benefits by fostering community bonding, promoting cultural exchange and providing opportunities for collaboration and creativity.

19. Write the methods of constructing various things by local waste matters.

- Methods of constructing various things by local waste matters include repurposing materials such as plastic bottles for building structures, using old tires for creating playground equipment, and utilizing discarded wood for constructing furniture.

20. The history of art is as old as human development. Prove this statement.

- The history of art dates back to prehistoric times, as evidenced by cave paintings and artifacts discovered from ancient civilizations, showcasing humanity's innate urge to express creativity and depict the world around them through visual means.

GROUP C**Long answer questions****21. Mention any four major organs of female internal reproductive system and write one function of each.**

- Four major organs of the female internal reproductive system are:
 - a. **Uterus:** Supports fetal development.
 - b. **Ovaries:** Produce eggs.
 - c. **Fallopian Tubes:** Transport eggs.
 - d. **Vagina:** Allows for childbirth.

22. Why is water-seal toilet used more nowadays? Write any four important causes.

- Water-seal toilets are used more nowadays because they prevent sewer gases, reduce odors, conserve water, and minimize contamination risks.

23. Mention any four measures of managing stress in life.

- Measures for managing stress in life include practicing mindfulness, engaging in regular physical activity, maintaining a balanced diet, and establishing supportive social connections.

24. Nepal is a popular country for adventurous activities. Justify this statement.

- Nepal's popularity for adventurous activities is justified by its diverse topography, offering opportunities for trekking, mountaineering, paragliding, and river rafting, which attract adventure enthusiasts.

25. What are the similarities and dissimilarities between khyali dance and selo dance? Write in any four points.

- Similarities between Khyali dance and Selo dance include both being forms of traditional Nepali dance and incorporating cultural elements. Dissimilarities include Khyali dance's emphasis on storytelling and Selo dance's focus on traditional folk rhythms and movements. Additionally, Selo dance often involves group performances, while Khyali dance can be performed solo or in small groups.

SET
9

Attempt all the questions

GROUP A

Very short answer questions

1. What is the function of Bartholin gland in female?

- Bartholin are responsible for producing a lubricating fluid that helps to moisturize the vulva and vagina, maintain the health of the vulvar and vaginal tissues.

2. What is meant by water seal toilet?

- A water seal refers to the design element which utilizes a curved section of water in the bowl to create a barrier, preventing foul odors and gases from the sewage system from entering the bathroom.

3. What happen to people when they have asthma?

- People with asthma experience inflammation and narrowing of the airways in their lungs, leading to symptoms such as wheezing, shortness of breath, coughing, and chest tightness, which can vary in severity and frequency.

4. What do you mean by implant?

- An implant typically refers to a medical device or prosthesis that is placed inside the body to replace or support a damaged or missing biological structure. Examples include dental implants, joint replacements, and pacemakers.

5. What are the things that consumers should pay attention for protection of consumer's health?

- Consumers should pay attention to several key factors to protect their health:
 - a. Ingredients and Nutrition
 - b. Food Safety
 - c. Allergens
 - d. Product Safety
 - e. Medication

6. Mention the name of any two female reproductive organs.

- Two female reproductive organs are the uterus and the ovaries.

7. What should be the length of cricket pitch?

- The length of a standard cricket pitch is 22 yards (20.12 meters). from one set of wickets to the other.

8. Write one difference between paragliding and parachuting.

- One key difference between paragliding and parachuting is the method of descent: in paragliding, participants glide using a fabric wing and harness, relying on thermals and air currents for lift and steering, whereas in parachuting, participants free-fall before deploying a parachute to slow their descent and glide to the ground.

9. What do you mean by “papier Colle”?

- It is a technique in art where paper, often different types or colors, are pasted onto a surface to create a collage-like effect.

10. Write the type of acting?

- There are various types or styles of acting, each with its own approach and techniques. Some common types of acting include:

- a. Method Acting
- b. Classical Acting
- c. Meisner Technique
- d. Stanislavski System
- e. Improvisational Acting

GROUP B

Short answer questions

11. Write the names of any four male reproductive system and write one function of each.

- Four male reproductive system organs and their functions are:

- a. Testes
- b. Epididymis
- c. Vas deferens
- d. Prostate gland

Testes: The testes produce sperm cells through a process called spermatogenesis and also secrete testosterone, the primary male sex hormone responsible for the development of male reproductive tissues and secondary sexual characteristics.

Epididymis: The epididymis is a coiled tube located on the surface of each testicle where sperm mature and are stored before ejaculation.

Vas deferens: Also known as the ductus deferens, this tube transports mature sperm from the epididymis to the urethra during ejaculation.

Prostate gland: The prostate gland produces and secretes seminal fluid, which is a component of semen. It also helps to nourish and protect sperm cells as they travel through the reproductive tract.

12. Mention any two differences between under nutrition and over nutrition.

Differences	Under Nutrition	Over Nutrition
Definition	Undernutrition refers to a condition where the intake of nutrients is insufficient to meet the body's needs, leading to malnutrition, stunting, wasting, or deficiencies.	Overnutrition, on the other hand, refers to excessive intake of nutrients, typically leading to obesity, metabolic disorders, and related health issues.
Health Effect	Undernutrition can result in a range of health problems, including stunted growth, weakened immune system, developmental delays, and increased susceptibility to diseases.	Overnutrition can lead to obesity, cardiovascular diseases, type 2 diabetes, hypertension, and other metabolic disorders associated with

		excessive intake of calories, fats, sugars, and processed foods.
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13. Mention any two measures of things to be done by community for total sanitation.

- Two measures that communities can take for total sanitation are:

- Implementation of Proper Waste Management Systems.
- Promoting Hygienic Practices and Behavior Change.

14. Generally, snow bite is the major problem in Himalayan region. Prove the statement.

- Snowbite remains a serious concern in high-altitude areas of the Himalayas. High-altitude regions in the Himalayas experience sub-zero temperatures, particularly during winters. This extreme cold can cause exposed skin and tissues to freeze, leading to snowbite.

People who work outdoors at high altitudes, such as shepherds, trekkers, and mountain climbers, are at increased risk of snowbite due to prolonged exposure to the cold.

15. What are the differences between the dribbling of football and basketball?

Differences	Dribbling in Football	Dribbling in Basketball
Use of Hands vs. Feet	In football, dribbling involves controlling and maneuvering the ball with the feet while running or moving around the field. Players use various parts of their feet, such as the instep, sole, or outside, to dribble the ball while keeping it close to their body.	In basketball, dribbling involves bouncing the ball with one hand while moving around the court. Players primarily use their hands to control and manipulate the ball during dribbling.
Dribbling Techniques	Football dribbling focuses on using precise touches with the feet to maintain control of the ball while maneuvering through opponents. Players utilize techniques such as feints, step-overs, and changes in direction to outwit defenders and maintain possession.	Basketball dribbling emphasizes quick, controlled movements with the hand and fingers to maintain ball possession while navigating around defenders. Players often use crossovers, behind-the-back dribbles, and other advanced techniques to evade opponents.

16. What are the things to be considered before bungee jumping?

- Before bungee jumping, it's crucial to consider several factors to ensure safety and a positive experience, here are the things to be considered.

- Assess your physical and mental health to ensure you're fit for bungee jumping.
- Many bungee jumping operators have weight and age restrictions for participants.

Make sure you meet the requirements specified by the bungee jumping facility.

c. Consider the location and environmental conditions of the bungee jumping site. Ensure it meets safety standards and provides adequate infrastructure for participants and spectators.

d. Verify that the bungee jumping equipment, including the bungee cord, harnesses, and anchoring systems, undergoes regular inspections and meets safety standards. Inspect the equipment yourself if possible, or ask the operator about their inspection procedures.

17. Mention any two methods of performing exercise of neck.

- Two methods of exercising the neck include:

- Neck Flexion and Extension
- Neck Rotation

18. There are various methods of making collage. Clarify this statement.

- The statement "there are various methods of making collage" is indeed accurate. Collage is a versatile art form that allows artists to create compositions by combining various materials and techniques. Here are some common methods of making collage:

- a. Traditional Cut-and-Paste Collage
- b. Digital Collage
- c. Mixed Media Collage
- d. Photomontage

19. Write any one method of exercise harmonium or keyboard.

- One method of exercising with a harmonium or keyboard is practicing scales. Scales are fundamental exercises that help develop finger dexterity, coordination, and familiarity with the keyboard layout.

20. There is psychological benefit of music too. Prove it.

- Music has the ability to influence mood and emotions. Listening to music can evoke feelings of happiness, calmness, excitement, or nostalgia, depending on the type of music and individual preferences. Studies have shown that music can help regulate mood and reduce symptoms of depression and anxiety.

Music has been found to have stress-relieving effects by reducing levels of cortisol, a stress hormone, in the body. Relaxing music, such as classical music or nature sounds, can induce a state of relaxation and promote stress relief. Music therapy techniques, such as guided imagery and progressive muscle relaxation accompanied by music, are commonly used to manage stress and promote relaxation.

Music has the power to stimulate cognitive processes such as memory, attention, and creativity. Listening to music, particularly classical music, has been associated with improved cognitive performance, including enhanced memory retention and problem-solving skills. Playing a musical instrument also engages multiple areas of the brain, promoting neuroplasticity and cognitive development.

Music provides a medium for emotional expression and catharsis. Many people use music as a means of self-expression, allowing them to convey and process complex emotions that may be difficult to articulate verbally. Writing or composing music can also serve as a therapeutic outlet for emotional release and self-reflection.

Music has the power to bring people together and strengthen social bonds. Participating in music-making activities, such as singing in a choir or playing in a band, fosters a sense of community and belonging. Attending concerts or music events with others can also create shared experiences and deepen interpersonal connections.

GROUP C

Long answer questions

21. Mention any four important symptoms of asthma.

- Symptoms of asthma vary from person to person. There could be sudden outbursts of symptoms. Most common symptoms of asthma are:

- Dyspnea or difficult breathing
- Wheezing
- Chest tightness
- Very low blood pressure
- Abnormally rapid breathing

22. Why is the school not hazard-free zone? Write down any four causes.

- Schools may not always be hazard-free zones due to various factors, including:

a. Physical Hazards: Schools can contain physical hazards such as uneven flooring, broken equipment, poorly maintained playgrounds, or cluttered hallways, which pose risks of slips, trips, falls, and other accidents.

b. Chemical Hazards: Exposure to chemicals used in science laboratories, art classes, janitorial supplies, or maintenance materials can present hazards to students and staff if not properly stored, handled, or disposed of. Chemical spills or leaks can also occur, leading to potential health risks.

c. Biological Hazards: Schools may harbor biological hazards such as mold, mildew, bacteria, or pests (e.g., rodents, insects) that can thrive in poorly maintained facilities, water-damaged areas, or improperly stored food. These hazards can contribute to respiratory issues, allergies, or infectious diseases.

d. Psychosocial Hazards: Psychosocial hazards in schools include bullying, harassment, violence, or emotional stressors that can negatively impact students' mental health, well-being, and academic performance. Inadequate support systems, ineffective discipline policies, or social inequalities can exacerbate these hazards.

23. Make a list of any four measures of safe abortion.

- When it comes to abortion, safety is of paramount importance. Here are four measures to ensure a safe abortion:

a. Access to Legal and Safe Services: Ensuring access to safe and legal abortion services is crucial. Laws and policies should support access to abortion under appropriate medical supervision to prevent unsafe practices. Legalizing abortion helps reduce the incidence of unsafe abortions and associated complications.

b. Trained Healthcare Providers: Abortion services should be provided by trained healthcare providers, including doctors, nurses, and midwives, who have the necessary skills and expertise to perform abortions safely. Comprehensive training should cover clinical protocols, counseling, and post-abortion care to ensure quality and compassionate care.

c. Use of Safe and Effective Methods: Safe abortion methods, such as medication abortion (using mifepristone and misoprostol) or surgical abortion (e.g., manual vacuum aspiration, dilation and curettage), should be used according to evidence-based guidelines and protocols. These methods have been proven to be safe and effective when administered by trained professionals.

d. Access to Post-Abortion Care: Access to post-abortion care is essential to address any complications that may arise from the abortion procedure and to provide support for the

physical and emotional well-being of individuals who have undergone abortion. Post-abortion care should include counseling, contraception counseling and provision, and treatment of any complications or side effects.

24. Write down four general rules of shotput.

- Four general rules of shot put, as per standard athletics regulations, include:

a. Starting Position: The athlete starts by standing inside a designated throwing circle. The shot put is placed on the base of the athlete's neck and shoulder. The athlete must keep their feet behind the front half of the circle's rim.

b. Throwing Technique: The athlete executes the throw by pushing the shot put away from their neck and shoulder using one hand only. The shot must be held close to the neck during the entire motion of the throw. The athlete may not drop the shot below the height of the shoulder during the throw.

c. Foul Line: The athlete must stay inside the throwing circle until the shot lands. Stepping on or over the circle's rim or touching the ground outside the circle before the shot lands results in a foul throw. Fouls typically result in the throw being disqualified.

d. Distance Measurement: The distance of the throw is measured from the inner edge of the throwing circle to the point where the shot first lands. The longest legal throw among multiple attempts is recorded as the athlete's result. Distance is measured in meters or feet, depending on the competition standards.

25. Composition is also a fundamental rule of art. Justify this statement.

- Composition refers to the arrangement of elements within a work of art to create a cohesive and visually pleasing whole. It involves decisions about the placement, balance, proportion, and spatial relationships of shapes, lines, colors, and textures within the artwork. A well-composed piece effectively organizes these elements to convey the artist's intended message or evoke a desired emotional response from the viewer.

Composition helps establish a visual hierarchy that guides the viewer's eye through the artwork, directing attention to focal points or important elements. By strategically positioning elements and controlling their scale, contrast, and emphasis, artists can create focal points that draw viewers' attention and create a sense of depth, movement, or rhythm within the composition.

Composition fosters unity and harmony by unifying disparate elements into a cohesive and balanced whole. Artists use principles such as symmetry, rhythm, repetition, and contrast to create visual unity and coherence within the composition. A harmonious composition creates a sense of order, balance, and completeness that enhances the overall aesthetic appeal and impact of the artwork.

Composition serves as a powerful tool for artists to express their ideas, emotions, and perspectives. Through composition, artists can communicate complex concepts, narratives, or themes visually, transcending language and cultural barriers. By carefully crafting the composition, artists can evoke specific moods, convey symbolic meanings, or provoke thought and introspection in the viewer.

A well-composed artwork has strong aesthetic appeal and captivates the viewer's attention with its visual beauty and balance. Composition influences the overall impression and

aesthetic quality of the artwork, contributing to its memorability, emotional resonance, and enduring impact on the viewer.



SET
10

Attempt all the questions

GROUP A

Very short answer questions

1. Which type of tissue is penis made up of?

- The penis is primarily made up of erectile tissue, specifically corpora cavernosa and corpus spongiosum.

2. Mention the primary function of estrogen hormone?

- The primary function of estrogen hormone is to regulate the development and function of the female reproductive system and secondary sexual characteristics.

3. What is conversion disorder?

- Conversion disorder, also known as functional neurological symptom disorder, is a condition characterized by neurological symptoms in which a person experiences blindness, paralysis or other nervous system (neurologic. symptoms).

4. What is food utility?

- Food utility refers to the usefulness or value of food in meeting various needs, including nutritional, economic, cultural, and social needs.

5. What do we need to do for maintaining our mental health?

- Maintaining good mental health is essential for overall well-being and quality of life we should practice self-care, stay active, eat a balanced diet, get adequate sleep, connect with others, practice mindfulness and stress management, etc.

6. Introduce non-communicable diseases with examples.

- Non-communicable diseases (NCDs., also known as chronic diseases, are medical conditions that are not caused by infectious agents and cannot be transmitted from person to person.

Some examples of non-communicable diseases are:

- a. Stroke (CVDs.
- b. Hypertension (CVDs.
- c. Cancer
- d. Asthma (CRD.
- e. Diabetes

7. Mention the advantages of physical exercise.

- Physical exercise offers numerous advantages for both physical and mental health. Here are some of the key benefits:

- a. Improves Cardiovascular Health.
- b. Enhances Physical Fitness.
- c. Aids in Weight Management.
- d. Boosts Mood and Mental Health.
- e. Strengthens Immune System.

8. What is yoga?

- Yoga is a Sanskrit word translated as “yoke” or “union. “To yoke means to draw together, to bind together; or to unite. It is a physical, mental and spiritual practices include breathing techniques, postures, relaxation, chanting, and other meditation methods.

9. What do you mean by art?

- Art is a diverse and multifaceted human endeavor that encompasses various forms of creative expression and communication. It involves the creation of visual, auditory, or performative works that convey ideas, emotions, or experiences.

10. What is scale in music?

- In music, the term "scale" refers to a sequence of musical notes arranged in ascending or descending order according to pitch.

GROUP B**Short answer questions****11. Write any two functions of spinal cord.**

- The two key functions of the spinal cord are:

a. **Transmission of Nerve Signals:** One of the primary functions of the spinal cord is to serve as a pathway for transmitting nerve signals between the brain and the peripheral nervous system.

b. **Reflex Actions:** The spinal cord plays a crucial role in mediating reflex actions, which are rapid, involuntary responses to sensory stimuli that help protect the body from harm or maintain homeostasis.

12. Which type of toilet is more hygienic one? Why?

- Water seal toilets are generally considered to be more hygienic compared to dry or pit latrines because it prevents odors and contamination, improved cleaning and flushing and reduced risk of manual handling.

13. Mention any two measures of food security.

- Two measures of food security are:

a. Availability of Food.

b. Access to Food.

14. School security is student's responsibility. Prove the statement.

- While students can contribute to school security through adherence to rules, reporting concerns, and respectful behavior, the primary responsibility for ensuring school safety lies with a collaborative effort among various stakeholders including school administrators, teachers, staff, parents, and the broader community. Adults, equipped with specialized training and expertise, oversee security policies, implement safety protocols, and monitor school premises to identify and address potential risks. Schools have legal and ethical obligations to prioritize student safety, while parents support security measures at home and communicate safety concerns with school officials. A comprehensive approach involving all stakeholders is essential to create a safe and supportive learning environment, with students playing a part alongside adults in promoting a secure school environment.

15. Adventurous activities are risky activities. Clarify this statement.

- The statement "Adventurous activities are risky activities" suggests that adventurous pursuits inherently involve a degree of risk or uncertainty. While this is generally true, it's important to recognize that the level of risk associated with adventurous activities can vary significantly depending on factors such as the nature of the activity, the skill and experience of participants, environmental conditions, and safety precautions taken. Activities such as rock climbing, mountaineering, whitewater rafting, skydiving, and exploring remote wilderness areas often carry inherent risks due to factors such as exposure to heights, unpredictable weather, rough terrain, or potential encounters with wildlife. However, many adventure sports and activities also have established safety guidelines, training programs,

equipment standards, and professional oversight aimed at mitigating risks and ensuring participant safety. Engaging in adventurous activities can offer opportunities for personal growth, challenge, and exhilaration, but it's essential for participants to be aware of potential hazards, make informed decisions, and take appropriate precautions to minimize risks and enhance safety. Additionally, seeking guidance from experienced professionals, obtaining proper training and equipment, and adhering to safety protocols can help individuals enjoy adventurous pursuits while minimizing the likelihood of accidents or injuries.

16. Explain in short on any basic skill of cricket game.

- One basic skill in cricket is batting. Batting involves using a cricket bat to hit the ball thrown by the opposing team's bowler. The primary objective of batting is to score runs by hitting the ball and running between the wickets. Key aspects of batting include proper stance, grip, footwork, and timing. Batsmen must also possess good hand-eye coordination, concentration, and the ability to judge the trajectory and pace of the ball. Additionally, shot selection and the ability to play various types of shots (e.g., defensive, attacking, and placement shots) are essential for success in batting. Overall, batting is a fundamental skill in cricket that requires technique, strategy, and adaptability to contribute effectively to the team's performance.

17. Mention any two bases of "Yoga keeps a person healthy".

- Two bases of "Yoga keeps a person healthy" are:

a. **Physical Health Benefits:** Yoga practices, including asanas (physical postures) and pranayama (breathing techniques), promote physical health by improving flexibility, strength, balance, and cardiovascular fitness.

b. **Mental and Emotional Well-being:** Yoga is renowned for its positive effects on mental and emotional health. Mindfulness-based practices, such as meditation and relaxation techniques, promote stress reduction, emotional resilience, and psychological well-being.

18. Figure out Nepal in case of art at present.

- Nepal has a rich and diverse artistic tradition that encompasses various forms of visual arts, crafts, music, dance, literature, and religious iconography. Nepal's artistic heritage is deeply rooted in its cultural and religious traditions. In recent years, Nepal's contemporary art scene has been gaining recognition both locally and internationally. Contemporary Nepali artists are exploring diverse themes, styles, and mediums, reflecting modern concerns, social issues, and global influences. Nepal hosts numerous cultural festivals and events throughout the year that showcase the country's artistic and cultural heritage. Festivals such as Dashain, Tihar, Indra Jatra, and Losar feature traditional music, dance, rituals, and performances, providing opportunities for artists to engage with local communities and visitors alike.

19. Write two lines of any modern song which you like the most.

- Here are two lines from a modern Nepali song:

"आजको रात माया छ भरियो

तिम्रो यादमा आँखा भरि मुस्काइरहेछौं"

This is from the song "माया" (Maya) by Neetesh Jung Kunwar, a popular Nepali singer-songwriter known for his contemporary music.

20. What would be the physical benefit of music?

- The physical benefits of music are:
 - a. Stress Reduction.
 - b. Pain Management.
 - c. Improve Physical Performance.
 - d. Enhanced Sleep Quality.
 - e. Stimulate the Brain and Nervous System.

GROUP C**Long answer questions****21. Write any four temporary devices of family planning and explain any one of them.**

- Four temporary devices of family planning are:
 - a. Condoms
 - b. Oral Contraceptives (Birth Control Pills).
 - c. Injectable contraceptives, such as Depo-Provera (medroxyprogesterone acetate).
 - d. Intrauterine Devices (IUDs).

Explanation of Condoms:

Condoms are barrier methods of contraception that prevent pregnancy by creating a physical barrier between sperm and the egg. Male condoms, typically made of latex or polyurethane, are rolled onto the erect penis before intercourse, while female condoms, made of nitrile or polyurethane, are inserted into the vagina prior to sexual activity. Condoms are highly effective when used correctly and consistently, with a low failure rate of around 2-18% depending on usage. In addition to preventing pregnancy, condoms also provide protection against sexually transmitted infections (STIs), including HIV/AIDS, gonorrhea, chlamydia, and syphilis. They are widely available without a prescription and can be purchased at pharmacies, grocery stores, and health clinics. Condoms are a convenient and versatile method of contraception suitable for individuals of all ages and sexual orientations.

22. Write any four causes behind spreading sexually transmitted infections so rapidly in the world.

- Four causes behind the rapid spread of sexually transmitted infections (STIs) in the world are:
 - a. **Unprotected Sexual Activity:** Engaging in unprotected sexual activity.
 - b. **Lack of Comprehensive Sex Education:** Inadequate or ineffective sex education programs may fail to provide individuals with accurate information about STIs, safer sex practices, and the importance of regular STI testing and treatment.
 - c. **Stigma and Discrimination:** Stigma and discrimination surrounding STIs can contribute to barriers in accessing healthcare services, testing, and treatment.
 - d. **Globalization and Mobility:** Increased travel, migration, and globalization have facilitated the spread of STIs across geographic borders and populations.

23. Suggest any four programs that can be conducted to make good community health.

- Four programs that can be conducted to promote good community health are:

- a. **Health Education Workshops:** Organize health education workshops and seminars to raise awareness about key health issues, preventive measures, and healthy lifestyle practices.
- b. **Community Health Screening Camps:** Conduct community health screening camps to provide accessible and affordable health screening services to community members.
- c. **Immunization Drives:** Organize immunization drives and vaccination campaigns to promote immunization coverage and prevent the spread of vaccine-preventable diseases within the community. **Community Health Promotion Events:** Plan community health promotion events and initiatives to foster a culture of health and well-being among community members.
- d. **Community Health Promotion Events:** Plan community health promotion events and initiatives to foster a culture of health and well-being among community members.

24. Show any four differences between cricket pitch and football ground.

Differences	Cricket Pitch	Football Ground
Playing Surface	A cricket pitch is a rectangular strip of closely mown grass, typically measuring around 22 yards (20.12 meters) in length and 10 feet (3.05 meters) in width. It is located at the center of the cricket field and serves as the area where the bowler delivers the ball to the batsman.	A football ground, also known as a football field or pitch, is a larger playing area covered with natural or artificial turf. It is rectangular in shape and measures approximately 100-110 yards (90-100 meters) in length and 50-60 yards (45-55 meters) in width. It is used for playing football (soccer) matches and consists of goalposts at each end.
Purpose	The cricket pitch is the central playing area where the primary action of the cricket match takes place. It is used for bowling, batting, and fielding during a cricket match.	The football ground is the entire playing area where football matches are played. It accommodates the movement of players across the field and serves as the space for passing, dribbling, shooting, and scoring goals.
Markings	The cricket pitch may have markings such as creases, popping crease, return crease, and bowling crease to define the boundaries and lines for the bowler, batsman, and wicketkeeper.	The football ground is marked with lines such as halfway line, penalty area, penalty spot, goal area, and touchlines to delineate different zones and areas of play for the players and officials.
Equipment	The cricket pitch requires specialized equipment such as stumps, bails, and a cricket ball for playing matches. Additionally, protective gear such as helmets, pads, and gloves may be worn by players for safety.	The football ground requires specific equipment such as goalposts, goal nets, a football (soccer ball), and corner flags for playing matches. Players typically wear football boots, shin guards, and jerseys as part of their uniform.

25. Discuss any two practices of arranging proportion in art.

- Arranging proportion in art refers to the deliberate placement and scaling of elements within a composition to create a sense of balance, harmony, and visual coherence. Here are two practices commonly used to arrange proportion in art:

- a. **Naturalistic Proportion:** This approach aims to depict figures and objects in a way that resembles their natural proportions in the real world. Artists use their knowledge of anatomy and observation skills to create realistic portrayals. This approach is often used in representational art styles like realism and portraiture.

b. Idealistic Proportion: This practice emphasizes creating a sense of beauty or harmony through the manipulation of proportions. Artists may exaggerate or diminish certain features to evoke specific emotions or convey symbolic meaning. This approach is prevalent in classical art, Renaissance art, and some contemporary art movements.

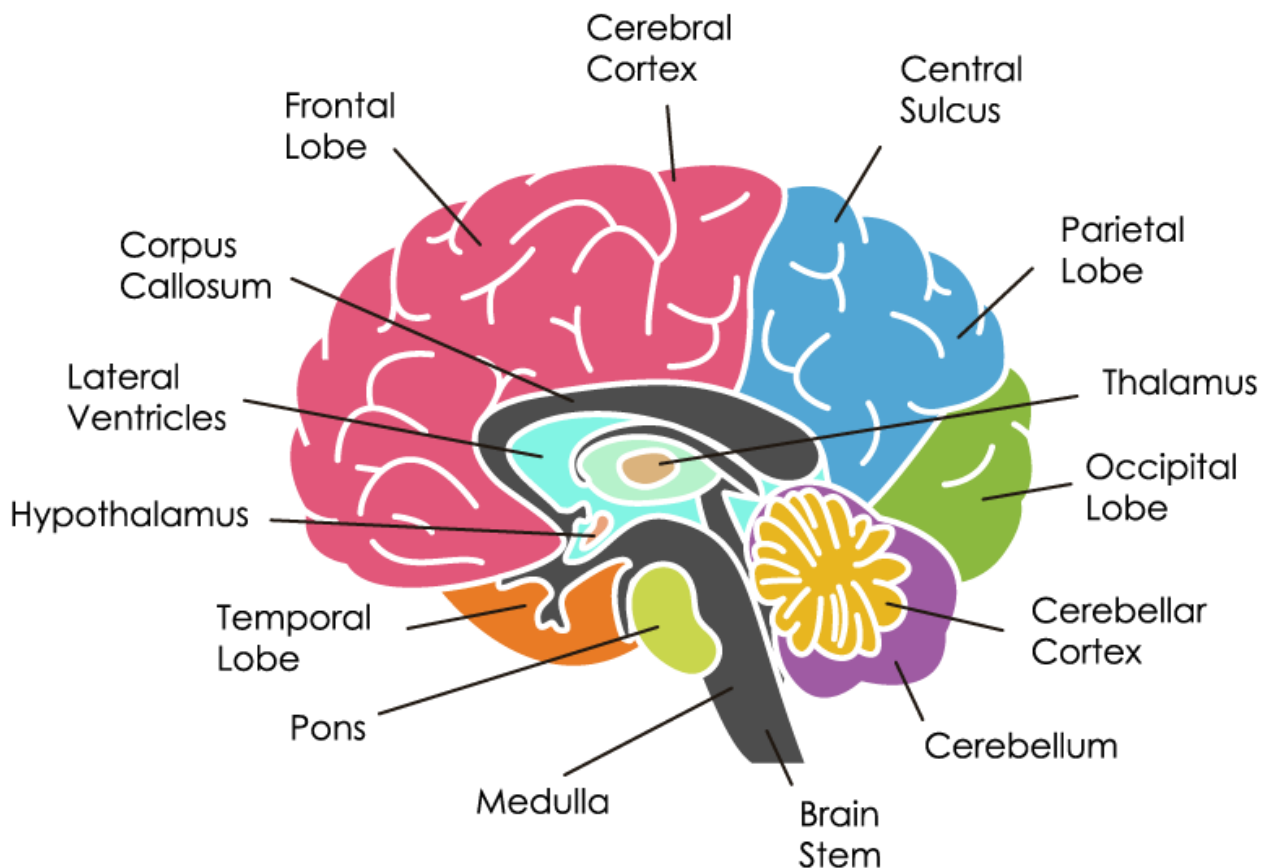


Fig 1: Human Brain

The human brain is one of the most complex and remarkable organs in the body, responsible for controlling virtually all bodily functions and behaviors. Here are some key points about the human brain:

1. **Structure:** The human brain is divided into several major regions, including the cerebrum, cerebellum, and brainstem. The cerebrum, which is the largest part of the brain, is divided into two hemispheres (left and right) and is responsible for higher functions such as thought, perception, and voluntary movement. The cerebellum is located below the cerebrum and is involved in coordinating movement and balance. The brainstem connects the brain to the spinal cord and controls basic functions such as breathing, heart rate, and digestion.
2. **Neurons:** The brain is composed of billions of neurons, which are specialized cells that transmit electrical and chemical signals. Neurons communicate with each other through junctions called synapses, where neurotransmitters are released to transmit signals from one neuron to another.
3. **Cerebral Cortex:** The outer layer of the cerebrum is called the cerebral cortex and is responsible for higher cognitive functions such as thinking, memory, language, and consciousness. It is divided into four lobes: the frontal lobe, parietal lobe, temporal lobe, and occipital lobe, each with specific functions.
4. **Subcortical Structures:** Beneath the cerebral cortex are several subcortical structures, including the thalamus, hypothalamus, hippocampus, and amygdala, among others. These

structures play essential roles in functions such as sensory processing, emotion, memory, and homeostasis.

5. **Brain Hemispheres:** The human brain is divided into two hemispheres, connected by a bundle of fibers called the corpus callosum. While the two hemispheres are structurally similar, they are specialized for different functions. For example, the left hemisphere is typically associated with language, logic, and analytical thinking, while the right hemisphere is more involved in spatial awareness, creativity, and holistic thinking.
6. **Plasticity:** The human brain exhibits plasticity, meaning it can reorganize and adapt throughout life in response to learning, experience, and injury. This allows for the formation of new neural connections and the reshaping of existing ones, contributing to learning, memory, and recovery from brain damage.
7. **Development:** The human brain undergoes significant development during infancy, childhood, and adolescence, with synaptic pruning and myelination occurring to refine neural connections and improve efficiency. The brain continues to develop into early adulthood, with certain regions maturing at different rates.

Overall, the human brain is a marvel of biological engineering, responsible for coordinating all aspects of human experience and behavior, from the most basic physiological functions to complex cognitive processes. Despite significant advances in neuroscience, there is still much to learn about the intricacies of the brain and how it functions.

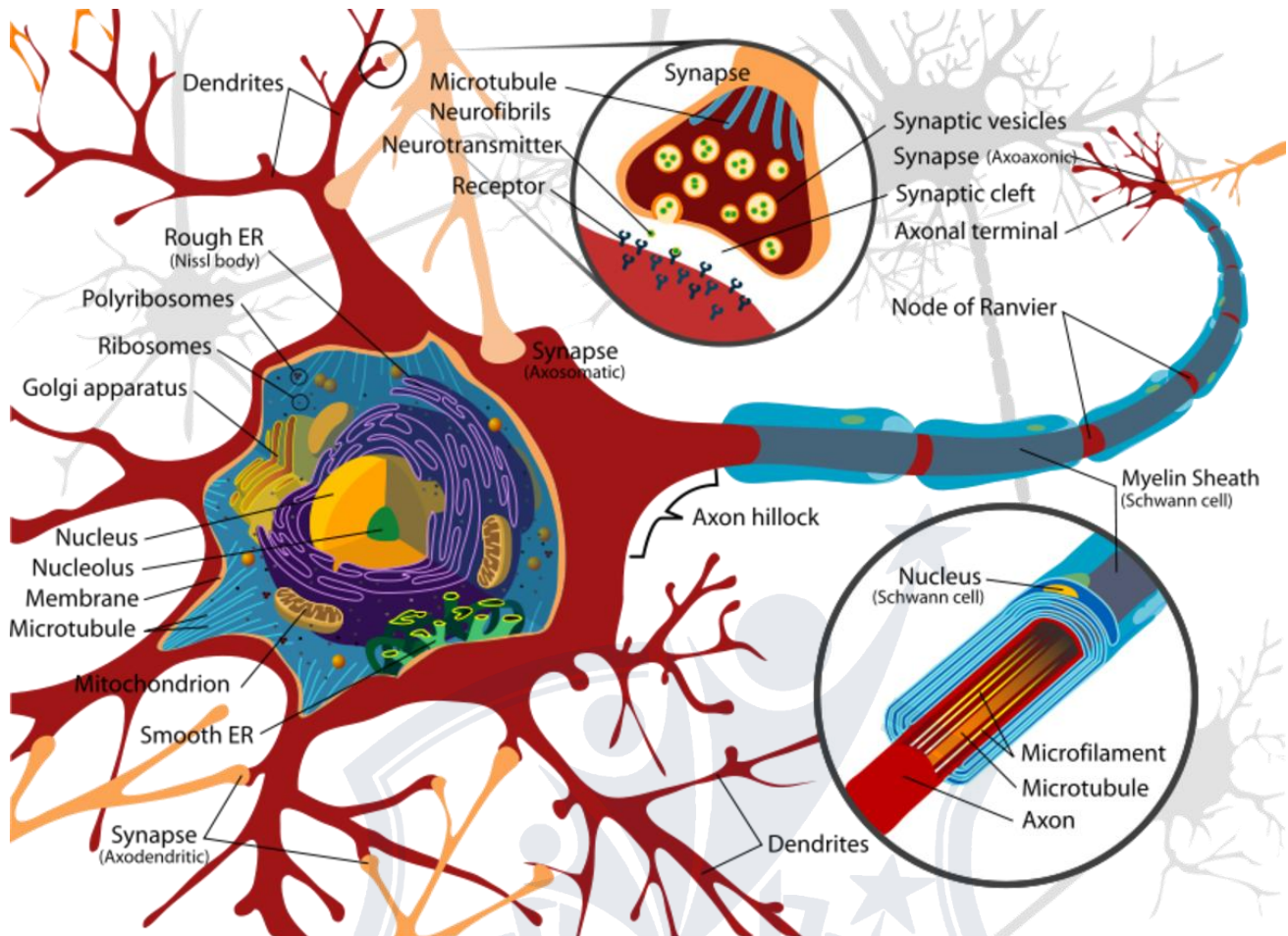


Fig 2: Neurons

Neurons are specialized cells that are fundamental units of the nervous system. They are responsible for transmitting information throughout the body in the form of electrical impulses. Here are some key points about neurons:

1. **Structure:** Neurons have a unique structure consisting of a cell body (soma), dendrites, and an axon. The cell body contains the nucleus and other organelles. Dendrites are branching extensions that receive signals from other neurons or sensory receptors. The axon is a long, slender projection that conducts electrical impulses away from the cell body to other neurons, muscles, or glands.
2. **Function:** Neurons transmit information in the form of electrical impulses called action potentials. These impulses travel along the axon and are transmitted to other neurons or to target cells (such as muscles or glands) at specialized junctions called synapses.
3. **Types:** There are several types of neurons, including sensory neurons, motor neurons, and interneurons. Sensory neurons carry signals from sensory organs (like the eyes, ears, skin, etc.) to the central nervous system (brain and spinal cord). Motor neurons transmit signals from the central nervous system to muscles or glands, causing them to react. Interneurons form connections between other neurons and are involved in processing and integrating information within the central nervous system.
4. **Communication:** Neurons communicate with each other through synapses. When an action potential reaches the end of an axon (the presynaptic terminal), it triggers the release of chemical neurotransmitters into the synapse. These neurotransmitters bind to receptors on the dendrites or cell bodies of neighboring neurons, causing either excitatory or inhibitory

effects, which can either increase or decrease the likelihood of the receiving neuron firing an action potential.

5. **Plasticity:** Neurons exhibit plasticity, which refers to their ability to change and adapt in response to experience, learning, and injury. This can include synaptic changes, structural changes, or changes in gene expression.
6. **Role in the Nervous System:** Neurons are the building blocks of the nervous system, which includes the brain, spinal cord, and peripheral nerves. They play a crucial role in processes such as sensation, perception, movement, thought, memory, and emotion.

Overall, neurons are essential for the functioning of the nervous system and are responsible for processing and transmitting information throughout the body.

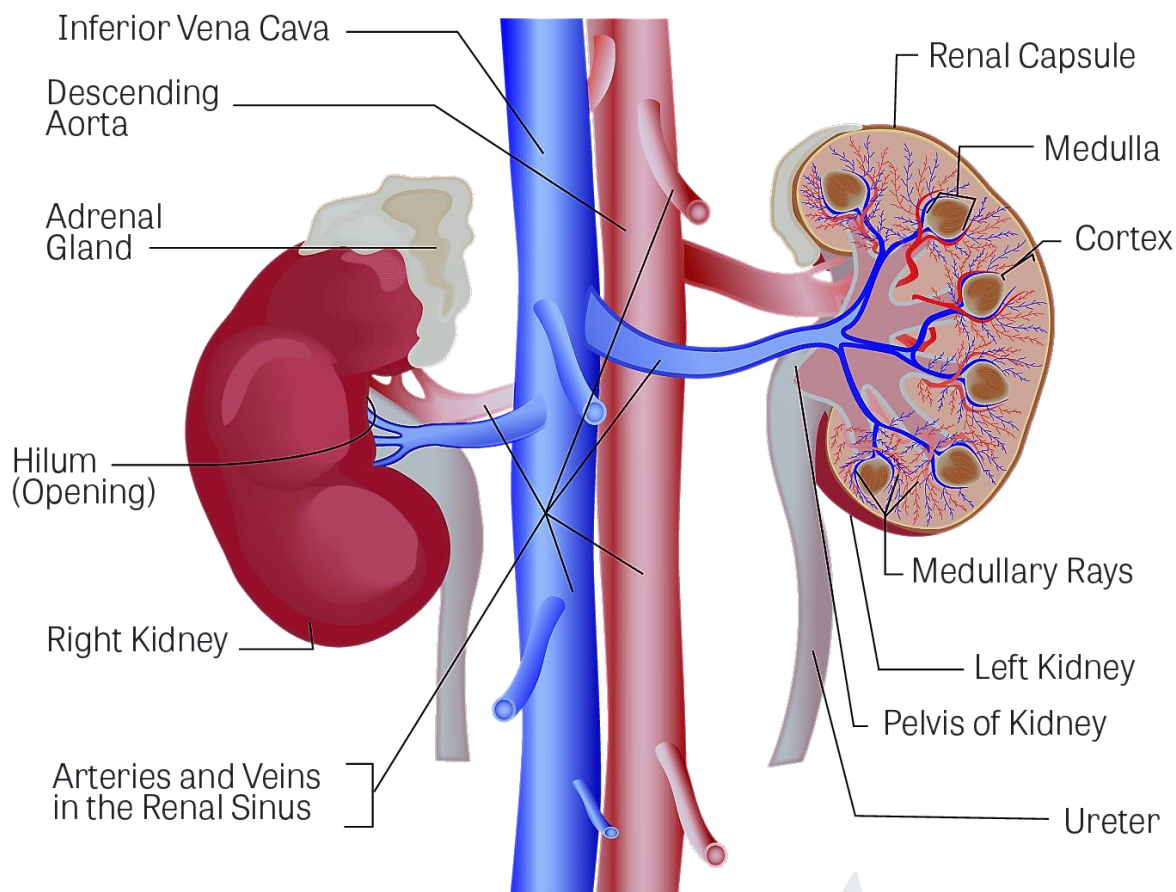


Fig 3: Kidneys

The kidneys are vital organs in the human body responsible for several essential functions, primarily related to filtering waste products and excess substances from the blood to produce urine. Here's an overview:

1. **Filtration:** The primary function of the kidneys is to filter the blood. They receive blood through the renal arteries, which branch off from the aorta. Within the kidneys, there are millions of tiny structures called nephrons. Each nephron consists of a glomerulus, a network of capillaries, and a tubule. Blood enters the glomerulus under pressure, and small molecules such as water, salts, glucose, and waste products are filtered out into the tubule while larger molecules like proteins and blood cells remain in the bloodstream.
2. **Reabsorption:** After filtration, the tubules of the nephrons reabsorb essential substances such as water, glucose, and ions (sodium, potassium, calcium, etc.) back into the bloodstream. This process ensures that the body retains necessary nutrients and maintains a stable balance of electrolytes and fluids.
3. **Secretion:** In addition to filtration and reabsorption, the kidneys also play a role in secretion. They actively secrete certain substances, such as hydrogen ions and potassium ions, into the tubules to regulate the body's pH balance and electrolyte levels.
4. **Urine Production:** The filtered and processed substances, along with excess water and waste products like urea and creatinine, form urine. Urine collects in the renal pelvis and then passes through the ureters to the bladder for storage until it is eliminated from the body through the urethra during urination.
5. **Regulation of Blood Pressure:** The kidneys help regulate blood pressure by controlling the volume of blood circulating in the body and by secreting hormones such as renin, which plays a role in maintaining blood pressure and fluid balance.

6. **Production of Hormones:** The kidneys are involved in the production of several hormones, including erythropoietin, which stimulates the production of red blood cells in the bone marrow, and calcitriol, the active form of vitamin D, which helps regulate calcium and phosphate levels in the body.

Overall, the kidneys are crucial for maintaining homeostasis within the body by regulating fluid balance, electrolyte levels, blood pressure, and the production of red blood cells. Dysfunction of the kidneys can lead to various health problems, including kidney stones, urinary tract infections, and kidney failure, which can be life-threatening and may require medical intervention such as dialysis or kidney transplantation.



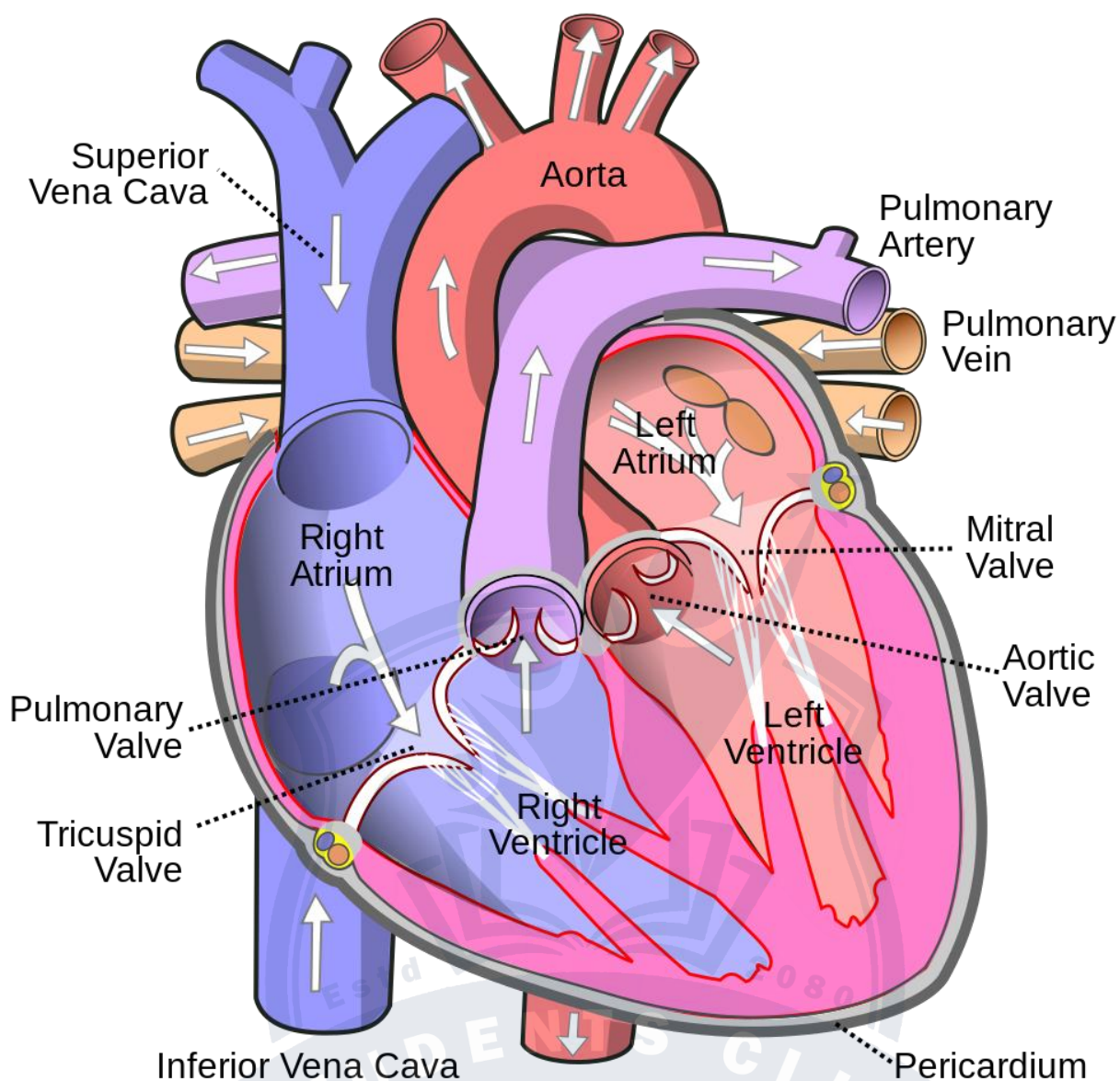


Fig 4: The Heart

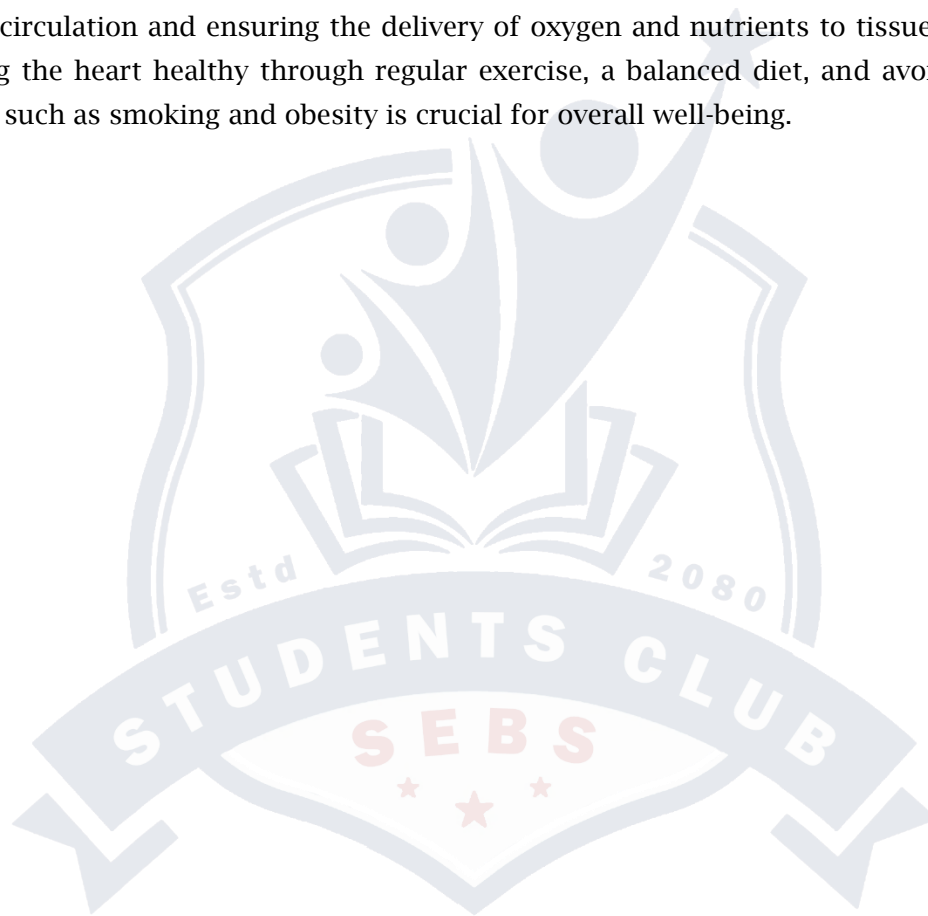
The human heart is a vital organ that functions as the central pump of the circulatory system, responsible for circulating oxygen-rich blood throughout the body. Here's a brief overview:

1. **Anatomy:** The heart is a muscular organ located slightly left of the center of the chest. It is roughly the size of a fist and is divided into four chambers: two atria (upper chambers) and two ventricles (lower chambers). The heart is enclosed within a protective sac called the pericardium.
2. **Function:** The heart's primary function is to pump blood throughout the body. Deoxygenated blood returns to the right atrium from the body through the superior and inferior vena cava. From the right atrium, blood flows into the right ventricle, which pumps it to the lungs for oxygenation. Oxygen-rich blood returns from the lungs to the left atrium and then flows into the left ventricle, which pumps it out to the rest of the body through the aorta.
3. **Electrical Conduction:** The heart's rhythmic pumping action is controlled by electrical signals generated within the heart muscle. The sinoatrial (SA) node, located in the right atrium, serves as the heart's natural pacemaker, initiating electrical impulses that travel through the atria,

causing them to contract. The impulses then pass through the atrioventricular (AV) node and into the ventricles, causing them to contract and pump blood out of the heart.

4. **Blood Supply:** The heart itself requires a constant supply of oxygenated blood to function properly. This is supplied by the coronary arteries, which branch off the aorta and encircle the heart. If these arteries become narrowed or blocked due to atherosclerosis or other factors, it can lead to heart disease or a heart attack.
5. **Regulation:** The heart rate and strength of contractions are regulated by the autonomic nervous system, which includes the sympathetic and parasympathetic branches. Hormones such as adrenaline also play a role in modulating heart function in response to various physiological demands.

Overall, the human heart is a remarkable organ that plays a critical role in maintaining the body's circulation and ensuring the delivery of oxygen and nutrients to tissues and organs. Keeping the heart healthy through regular exercise, a balanced diet, and avoidance of risk factors such as smoking and obesity is crucial for overall well-being.



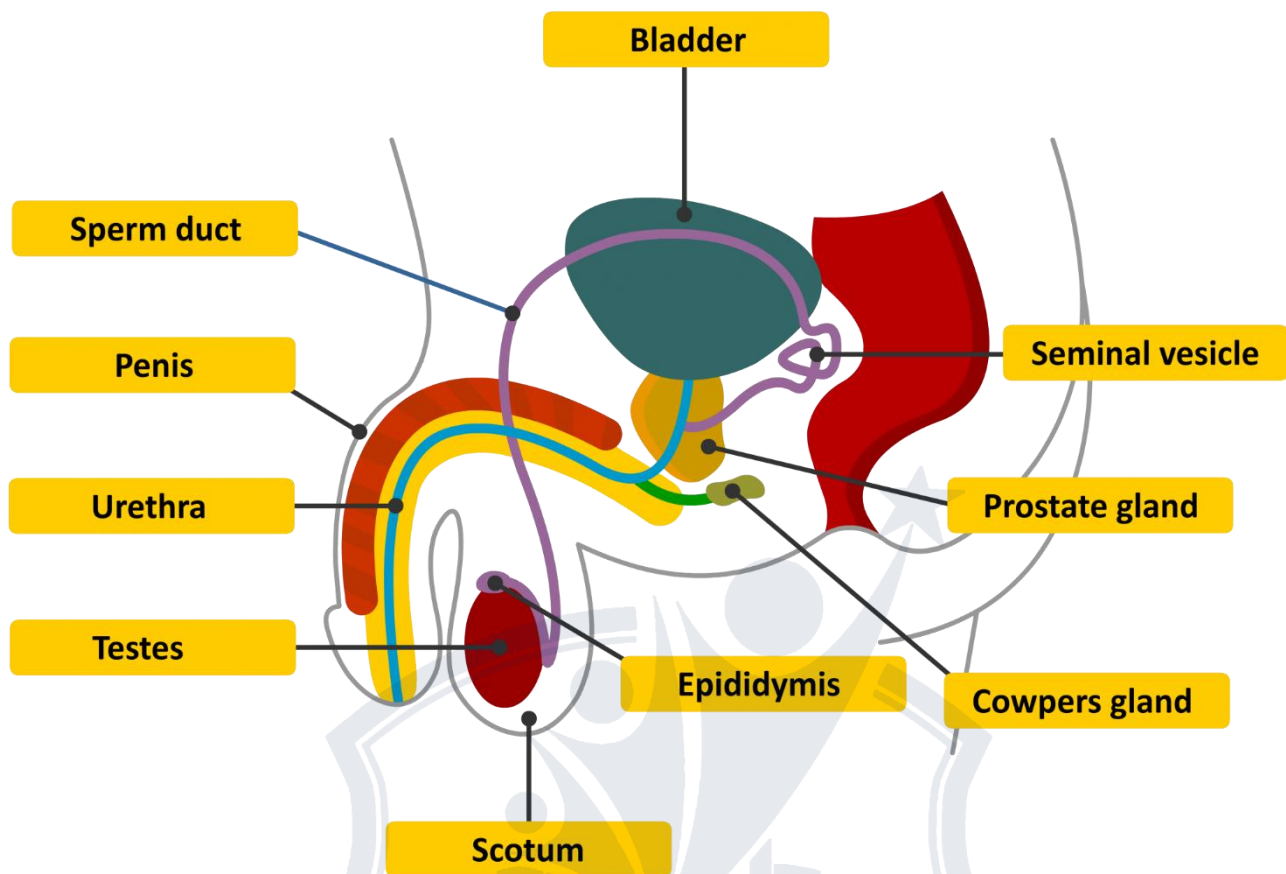
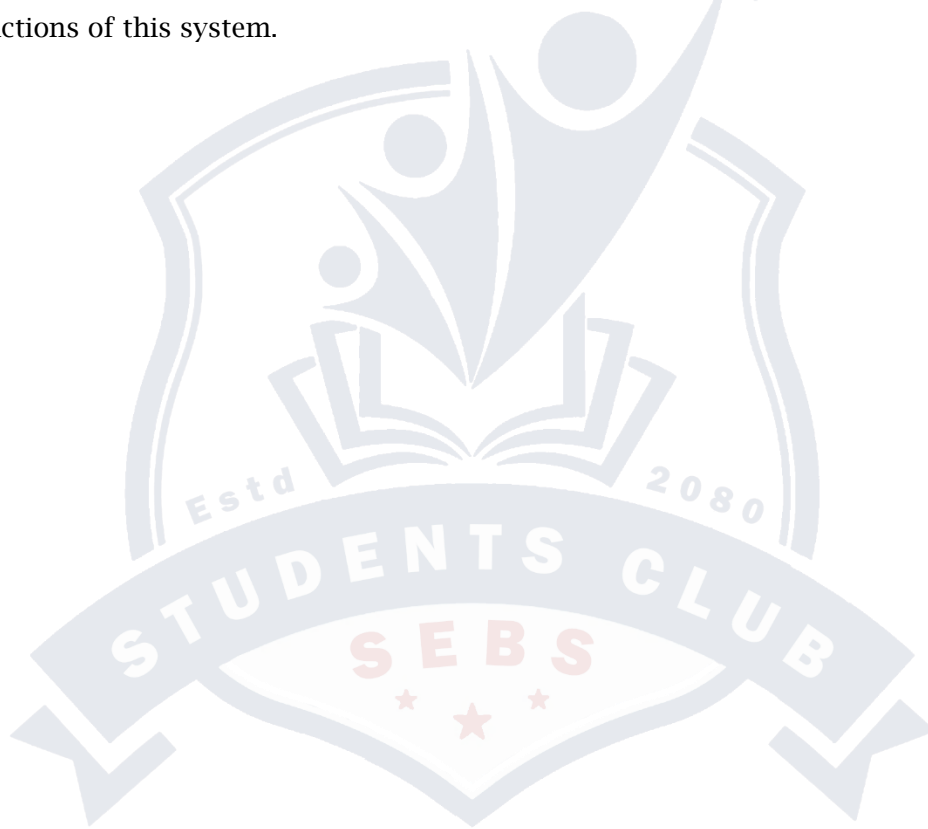


Fig 5: Male Reproductive System

The male reproductive system is responsible for producing and delivering sperm, which fertilizes the female egg during sexual reproduction. Here's a brief overview:

1. **Testes:** These are paired oval-shaped organs located within the scrotum, outside the body cavity. The testes are responsible for producing sperm cells through a process called spermatogenesis. They also secrete testosterone, the primary male sex hormone, which is essential for the development of male reproductive organs and secondary sexual characteristics.
2. **Scrotum:** The scrotum is a pouch of skin and muscle that houses the testes. It helps regulate the temperature of the testes, keeping them slightly cooler than the rest of the body to maintain optimal conditions for sperm production.
3. **Epididymis:** Each testis is connected to an epididymis, a coiled tube where sperm mature and are stored. During ejaculation, sperm travel from the epididymis into the vas deferens.
4. **Vas Deferens:** Also known as the ductus deferens, this is a muscular tube that transports sperm from the epididymis to the ejaculatory duct. It travels through the inguinal canal into the pelvic cavity, where it merges with the seminal vesicle to form the ejaculatory duct.
5. **Seminal Vesicles:** These are pouch-like glands located near the base of the bladder. They secrete a fluid rich in fructose, prostaglandins, and other substances that nourish and activate sperm, forming a significant portion of semen volume.
6. **Prostate Gland:** The prostate gland is a walnut-sized gland located just below the bladder and surrounds the urethra. It secretes a milky fluid that helps activate sperm and contributes to semen volume. The prostate gland is also responsible for secreting prostate-specific antigen (PSA), which aids in the liquefaction of semen following ejaculation.

7. **Bulbourethral Glands:** Also known as Cowper's glands, these small glands are located beneath the prostate gland. They secrete a clear, viscous fluid that lubricates and neutralizes acidity in the urethra, preparing it for the passage of sperm during ejaculation.
 8. **Urethra:** The urethra is a tube that carries both urine and semen out of the body. It extends from the bladder through the prostate gland and penis. During ejaculation, sperm and seminal fluid travel through the urethra and exit the body via the penis.
 9. **Penis:** The penis is the external male organ involved in sexual intercourse. It consists of three columns of erectile tissue: two corpora cavernosa and one corpus spongiosum. During sexual arousal, these tissues fill with blood, causing an erection, which allows for penetration during intercourse and facilitates the transfer of sperm into the female reproductive tract.
- Overall, the male reproductive system functions to produce, store, and deliver sperm for fertilization of the female egg, contributing to the continuation of the species. Hormonal regulation by the hypothalamus, pituitary gland, and testes plays a crucial role in controlling the functions of this system.



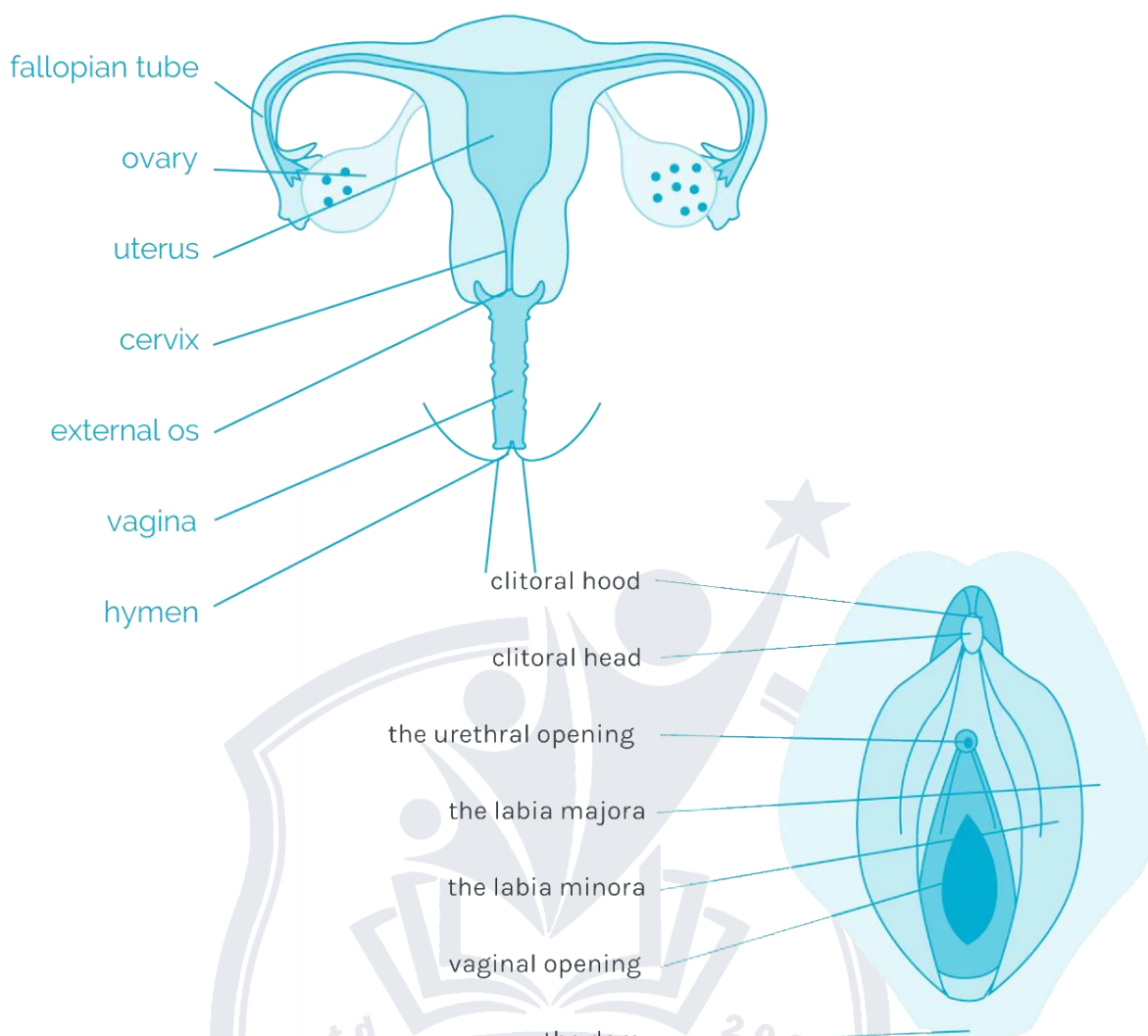


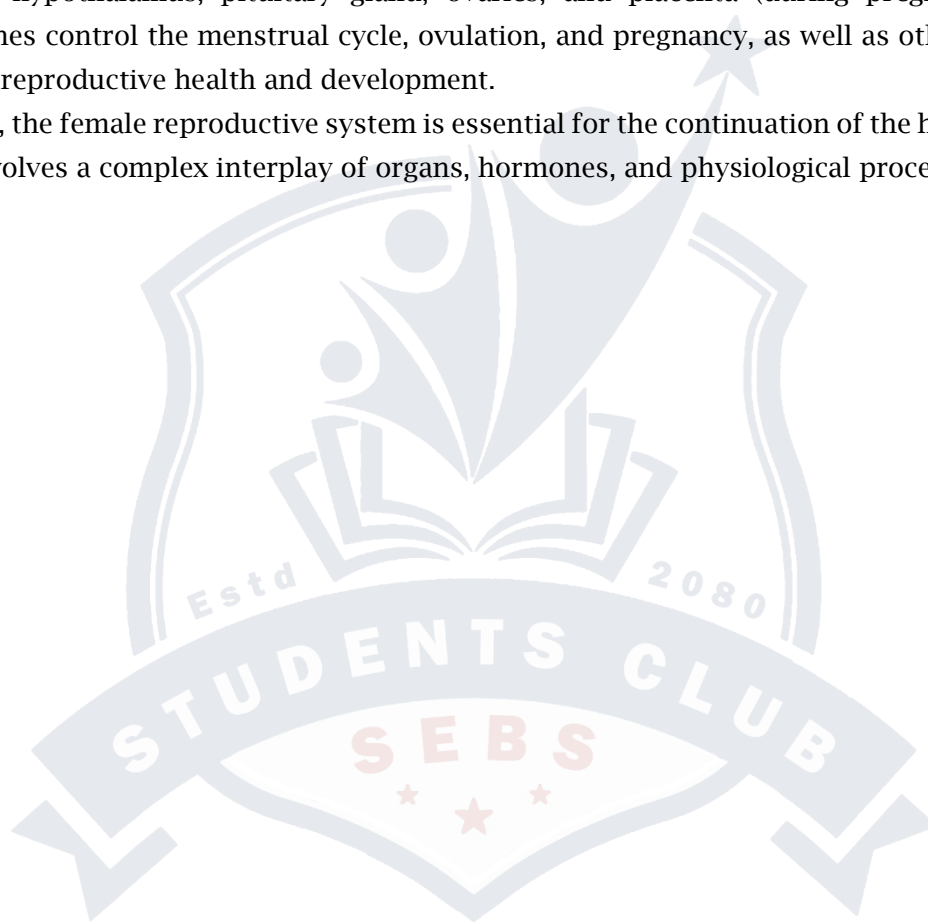
Fig 6: Female Reproductive System

The female reproductive system is a complex network of organs that work together to produce eggs, facilitate fertilization, support the development of a fetus during pregnancy, and give birth. Here's a detailed overview:

1. **Ovaries:** The ovaries are the primary organs of the female reproductive system. They are located on either side of the uterus within the pelvic cavity. Ovaries produce eggs (ova) through a process called oogenesis and secrete hormones such as estrogen and progesterone.
2. **Fallopian Tubes (Oviducts):** These are thin tubes that extend from the ovaries to the uterus. Each month during ovulation, an egg is released from one of the ovaries and travels down the fallopian tube. If fertilization occurs, it usually happens in the fallopian tube.
3. **Uterus (Womb):** The uterus is a pear-shaped organ located in the pelvic cavity between the bladder and the rectum. It is the site where a fertilized egg implants and develops into a fetus during pregnancy. The inner lining of the uterus, called the endometrium, thickens each month in preparation for pregnancy and sheds during menstruation if fertilization does not occur.
4. **Cervix:** The cervix is the lower part of the uterus that connects it to the vagina. It contains a small opening called the cervical os, which allows menstrual blood to flow out of the uterus and serves as a passageway for sperm to enter during intercourse.

5. **Vagina:** The vagina is a muscular canal that connects the cervix to the external genitalia. It serves as a passageway for menstrual blood to leave the body during menstruation and also as the birth canal during childbirth.
6. **External Genitalia (Vulva):** The external genitalia include the mons pubis, labia majora, labia minora, clitoris, and vestibule. These structures protect the internal reproductive organs and are involved in sexual arousal and intercourse.
7. **Mammary Glands (Breasts):** Although not directly involved in reproduction, the mammary glands are part of the female reproductive system. They produce milk to nourish newborn infants during breastfeeding.
8. **Hormonal Regulation:** The female reproductive system is regulated by hormones produced by the hypothalamus, pituitary gland, ovaries, and placenta (during pregnancy). These hormones control the menstrual cycle, ovulation, and pregnancy, as well as other aspects of female reproductive health and development.

Overall, the female reproductive system is essential for the continuation of the human species and involves a complex interplay of organs, hormones, and physiological processes



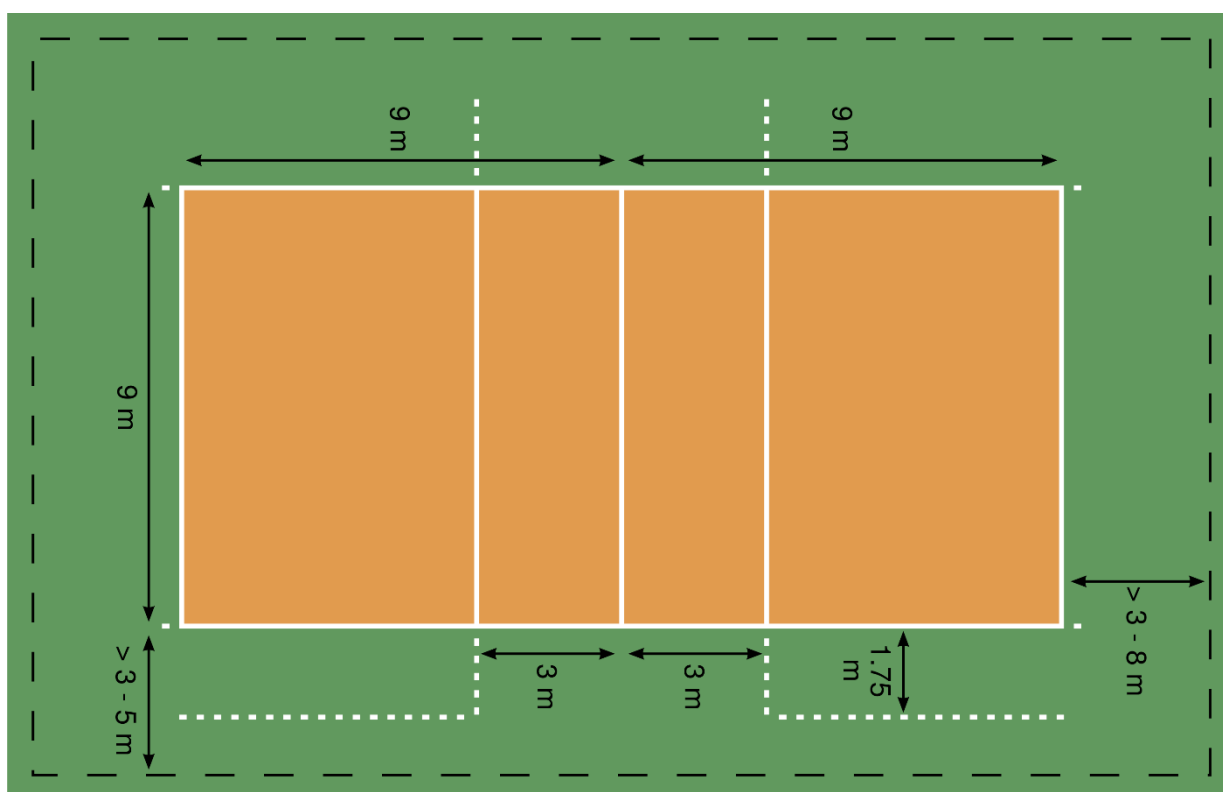


Fig 7: Volleyball Court

Volleyball is a popular team sport played worldwide, known for its fast-paced action, athleticism, and teamwork. Here's a detailed overview of volleyball:

1. **History:** Volleyball was invented in 1895 by William G. Morgan, a YMCA physical education director in Massachusetts, USA. Originally called "mignonette," it was designed as an indoor sport combining elements of basketball, baseball, tennis, and handball. The name was later changed to volleyball due to the nature of the game where players volley the ball back and forth over the net.
2. **Objective:** The primary objective of volleyball is to score points by grounding the ball on the opponent's court or by forcing the opponent to commit a fault. Each team aims to rally the ball over the net and prevent it from hitting the ground on their side.
3. **Court and Equipment:** Volleyball is typically played on a rectangular court divided into two equal halves by a net. The standard dimensions of the court are 18 meters long and 9 meters wide for indoor volleyball, with a net height of 2.43 meters for men and 2.24 meters for women. Players wear lightweight clothing and non-marking shoes suitable for quick movements. The game is played with a spherical ball made of leather or synthetic material.
4. **Teams:** Volleyball is played between two teams, each consisting of six players on the court at a time. The players are positioned in specific areas of the court, including three front-row players (frontcourt) and three back-row players (backcourt). Each team can rotate positions after winning a rally and earning the right to serve.
5. **Scoring:** Points are scored when a team successfully grounds the ball on the opponent's court, when the opponent commits a fault (such as hitting the ball out of bounds or failing to return it over the net), or when the opponent is unable to return the ball legally. Matches are typically played in sets, with the first team to reach a specified number of points (usually 25) winning the set. Teams must win by a margin of at least two points.

6. **Skills and Techniques:** Volleyball requires a combination of physical skills, including jumping, blocking, spiking (attacking), digging (defensive play), serving, and setting. Players must possess good hand-eye coordination, agility, speed, and strength to excel in the sport.
7. **Positions:** Each player on a volleyball team is assigned a specific position based on their skills and strengths. Common positions include setter, outside hitter, opposite hitter, middle blocker, libero (defensive specialist), and defensive specialist.
8. **Variations:** While indoor volleyball is the most common form of the sport, there are variations such as beach volleyball (played on sand with two players per team) and sitting volleyball (designed for athletes with disabilities who play while seated on the ground).

Volleyball is not only a competitive sport played at various levels, including recreational, club, collegiate, and professional, but it's also widely enjoyed as a leisure activity at beaches, parks, and social gatherings. It promotes physical fitness, teamwork, communication, and sportsmanship.



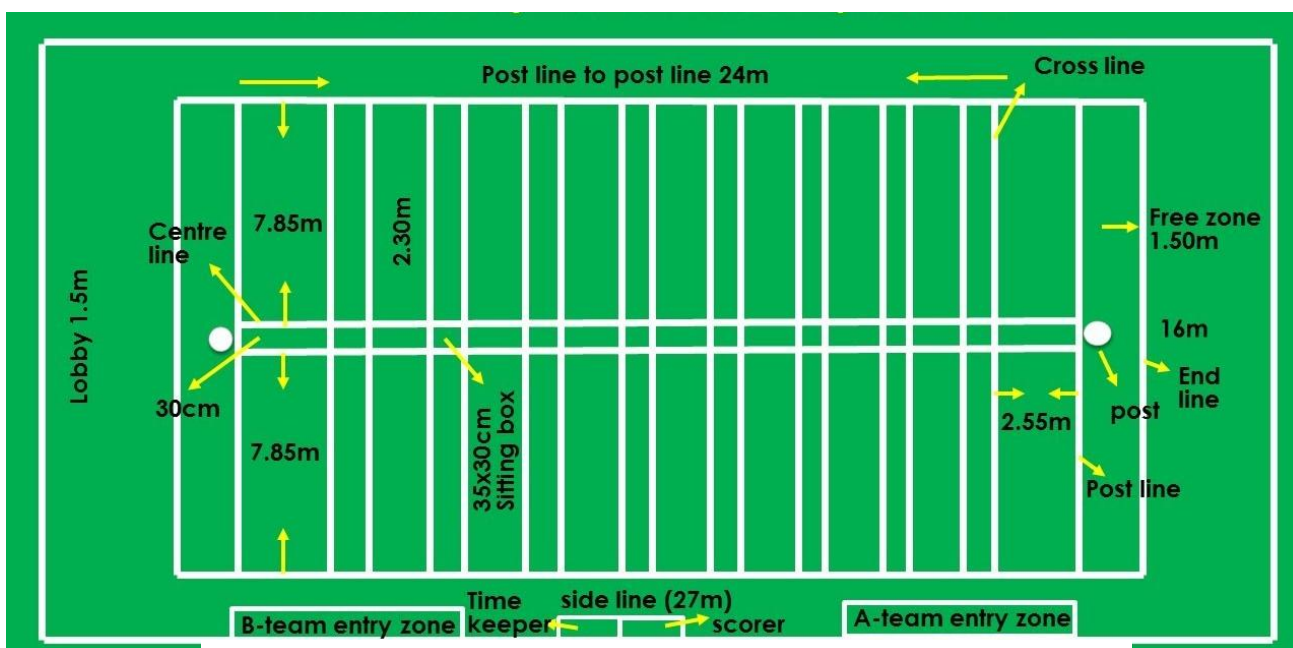


Fig 8: Kho-Kho Court

Kho-Kho is a traditional Indian sport that is popular across the country, particularly in rural areas and schools. It is a tag game that requires speed, agility, and teamwork. Here's a detailed overview of Kho-Kho:

1. **History:** Kho-Kho has its origins in ancient India and is believed to have been played for centuries. The exact origins and history of the sport are not well-documented, but it is thought to have evolved from traditional hunting and chasing games.
2. **Objective:** The objective of Kho-Kho is for one team to chase and tag (touch) members of the opposing team as quickly as possible, while the opposing team tries to avoid being tagged and to resist being touched for the longest possible time.
3. **Court and Equipment:** Kho-Kho is typically played on a rectangular field, traditionally made of mud or grass, although it can also be played on other surfaces such as sand or synthetic turf. The court measures 27 meters in length and 16 meters in width for international matches. The equipment used in Kho-Kho is minimal, usually consisting of markers to delineate the boundaries of the court.
4. **Teams:** Kho-Kho is played between two teams, each consisting of 12 players. However, only 9 players from each team are allowed on the field at any given time. The remaining players are positioned in a waiting area called the "chaser's line" or "waiting line" and take turns entering the field.
5. **Gameplay:** The game begins with one team (the chasers) kneeling in the center of the field, facing in opposite directions. The other team (the runners) lines up along the edges of the field. The chasers must tag the runners by touching them with their hands while the runners attempt to evade them by dodging and weaving through the players on the field. Once a runner is tagged, they must leave the field and are replaced by a teammate waiting in the chaser's line. The game continues in this manner, with the teams alternating between chasing and running roles.
6. **Rules and Regulations:** Kho-Kho has several rules governing gameplay, including rules regarding tagging, positioning, timing, and fouls. Players must adhere to these rules to ensure fair play and sportsmanship.

7. **Skills and Techniques:** Kho-Kho requires a combination of speed, agility, endurance, and tactical awareness. Players must be quick on their feet, able to change direction rapidly, and possess good spatial awareness to anticipate and evade opponents.
8. **Popularity and Recognition:** While Kho-Kho is primarily played at the grassroots level in India, it has gained some international recognition. The Kho-Kho Federation of India (KKFI) governs the sport in the country and organizes national-level competitions. Efforts are ongoing to promote and popularize Kho-Kho both within India and on the international stage.
Overall, Kho-Kho is a fast-paced and exciting sport that showcases the athleticism and teamwork of its participants. It continues to be an integral part of India's sporting culture and heritage.





Fig 9: Kabaddi Court

Kabaddi is a traditional Indian sport that has gained popularity not only in India but also in various parts of Asia and other regions around the world. It is a team sport known for its high-energy, physical intensity, and strategic gameplay. Here's a detailed overview of Kabaddi:

1. **History:** Kabaddi has ancient roots in India and is believed to have been played for over 4,000 years. It was originally practiced as a form of combat training and was later developed into a competitive sport. The earliest references to Kabaddi can be found in ancient Indian texts and epics.
2. **Objective:** The objective of Kabaddi is for a player, known as the "raider," to enter the opponent's half of the court, tag as many opposing players as possible, and return to their own half without being tackled or caught by the defenders. The defenders, on the other hand, aim to stop the raider by tackling or restraining them before they can return to their own half.
3. **Court and Equipment:** Kabaddi is typically played on a rectangular court, which measures 13 meters by 10 meters for men's matches and 11 meters by 8 meters for women's matches. The court is divided into two halves by a centerline, and each team has its half to defend. The game is played barefoot, and players wear minimal clothing, usually shorts and a shirt.
4. **Teams:** Kabaddi is played between two teams, each consisting of seven players on the field and several substitutes. The players are positioned on opposite ends of the court, with one team designated as the raiders and the other as the defenders.
5. **Gameplay:** The game begins with a raider from one team entering the opponent's half of the court, chanting the word "kabaddi" repeatedly to indicate that they are making a raid. The raider must tag as many defenders as possible and return to their own half before taking a breath. While the raider is attempting to tag defenders, the defenders try to stop them by tackling, blocking, or restraining them. If the raider is successful in returning to their own half without being caught, they score points for their team. However, if the raider is caught by the defenders, they are declared "out," and the defending team earns a point.
6. **Strategies and Techniques:** Kabaddi requires a combination of speed, agility, strength, and tactical awareness. Raiders must use various techniques such as dodging, feinting, and using quick footwork to evade defenders. Defenders employ strategies such as forming chains, trapping raiders, and coordinating their movements to thwart the opponent's raids.

7. **Variations:** Kabaddi has several variations and formats, including standard format, circle style (played on a circular court), beach kabaddi (played on sand), and indoor kabaddi (played in indoor stadiums). Each variation may have slightly different rules and regulations.
8. **Popularity and Competitions:** Kabaddi is immensely popular in India and is often played at the grassroots level in villages and schools. It has also gained international recognition, with competitions such as the Kabaddi World Cup and the Pro Kabaddi League attracting large audiences and showcasing top players from around the world.
Overall, Kabaddi is a dynamic and exhilarating sport that celebrates the spirit of athleticism, teamwork, and cultural heritage. It continues to grow in popularity both within India and on the global stage.