



# Joint Examination Board

District PABSON, Bhaktapur  
Pre-Basic Level Examination- 2082

**Class: VIII**

**F.M. : 50**

**Subject : Health, Physical & Creative Arts.**

**Time: 2 hrs.**

*Candidates are required to write creative answers rather than based on rote learning.*

## Group 'A'

**Write very short answer to the following questions: 10×1=10**

1. Which glands secretes the insulin hormone?
2. Write the names of any two male reproductive organs.
3. Suggest a way to solve community health problem.
4. Write any one thing that consumers should consider while buying goods.
5. What is the normal ranges of blood pressure in human body?
6. Define altitude sickness.
7. In relay race, what do the players pass to run?
8. What is an Art?
9. Compare stone carving and wood carving in a point.
10. Which musical instrument is used in Tamang selo dance?

## Group 'B'

**Write short answer to the following questions: 10×2=20**

11. Mention any two differences between testes and ovary.
12. How can you prevent yourself from health problem?
13. "Obesity is the result of unhealthy lifestyle and eating habits." Justify it.
14. State any two major causes of cancer.
15. Introduce the temporary devices used in family planning with examples.
16. "Drills develops team spirit and co-operation." Clarify it.

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17. Name any two adventurous activities popular in Nepal
18. How many players play the game among 12 players in Kabaddi game? What chant should be done in Kabaddi?
19. Write down any two benefits of Kapalbhathi.
20. How many saptak are there in music and what are they?

**Group 'C'**

**Write short answer to the following questions: 5×4=20**

21. In recent times the number of young people smoking is increasing due to the influence of their friends. In your opinion, what measures can be taken to solve these problems? Present your own ideas with four points.
22. How can we prevent ourselves from non-communicable diseases?
23. Differentiate between vasectomy and Minilap in four points.
24. Draw a well labelled court of basketball game.
25. Write down your class song.

**The End**