

7. Population Education

(a) Foundation of Population Education (Pop. Ed. 316) Elective 1

Exam 2068

Group 'A'

20

Attempt ALL the questions. Tick the best answers.

- Who published the pamphlet 'natural and political observations made upon the Bills of mortality' in 1662?
a) John Graund b) Achille Guillard c) Donald J. Bogue d) Berard Benjamin
- Formal initiation of population education was from
a) USA b) UK c) UAE d) Sweden
- The main aim of population education is to attain
a) higher income b) quality of life c) lower number of children d) better facilities
- T.R. Malthus published first article 'An essay on the principle of education' in
a) 1698 b) 1699 c) 1798 d) 1799
- Who proposed the idea of optimum population?
a) Robbins b) Carr-Sunders c) Dalton d) Hicks
- The stationary stage can be characterized as
a) low fertility and low mortality b) low fertility and higher mortality
c) higher fertility and higher mortality d) declining fertility and declining mortality
- Which of the following countries has the lowest infant mortality rate according to PRB 2008?
a) Nepal b) Bangladesh c) Sri Lanka d) Pakistan
- According to population census 2001, the annual growth rate of Nepal was recorded
a) 2.45% b) 2.54% c) 2.42% d) 2.24%
- Population density measures the relation of population with
a) fertile land b) total land c) green land d) desert land
- The population size of Nepal, according to population census 1991, was
a) 18418100 b) 14718100 c) 18491097 d) 23151423
- Which of the following is the indirect determinants of fertility?
a) education b) contraception c) abortion d) age at marriage
- Which of the following is the indirect determinants of mortality?
a) education b) employment c) empowerment d) accidents
- The process of leaving on country with the purpose of change in residence is called
a) in migration b) immigration c) emigration d) net migration
- Which of the following is related with the pull factors in the context of migration?
a) employment b) lack of facilities c) geographical constraint d) lack of security
- What is the trend of emigration towards India after 191?
a) increasing b) decreasing c) constant d) drastically increasing
- Generally direct measure of population management emphasized as following way
a) wider use of contraception b) mass awareness program
c) adult literacy program d) live video conference
- A balanced diet includes following components in a everyday meal
a) vitamin, minerals, fat, carbohydrate, protein b) carbohydrate and protein
c) minerals and vitamins d) fat and proteins
- What is the percentage of urban population in Nepal according to population census 2001?
a) 14.2% b) 12.9% c) 13.9% d) 13.7%
- An anti-natalist population policy adopts the following measures
a) fertility controlling programme b) mortality controlling programme
c) immigration friendly programme d) immigration promoting programme
- Which of the following institution is not involved in population education programme in formal sectors?
a) TU b) HSEB c) CDC d) NGOs

Attempt ALL the questions.

Time: 3hrs

Group 'B'

8x7=56

1. State the relation of population education with other disciplines. Describe any one of them.
2. Briefly describe the philosophy and principles of population education.
3. What is population pyramid? Describe its characteristics.

OR

4. Define sex ratio and mention its trends of last two census of Nepal.
4. What are the determinants of mortality? Describe any two major determinants.
5. Briefly discuss the direct measures of population management.
6. Define urbanization and classify urban centres with reference to Nepal.
7. Discuss the population policies of Nepal of Tenth Plan.

OR

8. Explain the effects of urbanization on population and environment.
9. Mention population education programmes run by non-formal sectors.

OR

Write short notes on any TWO.

- a) Push factors b) Determinants of population change c) Pro-natalist population policy

Group 'C'

9. Discuss the current population situation of the SAARC countries.
10. Critically examine the Malthusian population theories.

OR

Explain the Bongaart's pro...

Group 'A'

20

Attempt all the questions. Tick (✓) the best answers

1. The major contribution of John Grants as a demographer was associated with
a. study of fertility b. study of mortality c. study of migration d. study of nuptiality
2. The preventive checks of population growth as proposed by Malthus are
a. delayed marriage and moral restraint b. delayed marriage and education
c. delayed marriage and birth spacing d. contraception and abortion
3. The high stationary stage can be characterized as
a. high fertility and low mortality b. high fertility and high mortality
c. high fertility and declining mortality d. declining fertility and declining mortality
4. The working class fertility decline, in population of the western world was the product of
a. contraception b. structural change in economy
c. employment outside the agriculture d. abortion
5. The criteria of defining urban centre in Nepal on the basis of
a. population size, sources of revenue and infrastructural development
b. sources of revenue and population growth
c. infrastructural development and population density
d. population density and sources of revenue
6. Among the following countries which of the following has the highest life expectancy?
a. Nepal b. India c. Bangladesh d. Sri Lanka
7. Population pyramid depicts the
a. age-sex structure of the population b. sex structure of the population
c. age structure of population d. Linguistic composition of the population
8. The population density of Nepal according to 2001 census was
a. 330 person per km² b. 157 person per km²
c. 357 person per km² d. 154 person per km²
9. The population of Nepal between 1991 and 2001 increased by
a. 4660326 b. 8085322 c. 8081849 d. A8085857
10. The direct determinant of fertility is
a. education b. employment c. abortion d. women empowerment
11. Which of the following is the indirect determinant of mortality?
a. disease b. suicide c. accidents d. illiteracy

12. The process of entering in an area of the same country with the purpose of permanently changing residence is known as
 a. in migration b. out migration c. immigration d. emigration
13. Who explained the phenomenon of migration and distance and migration by stages in migration theories?
 a. Everette S. Lee b. Revenstein c. Todaro d. Bongards
14. The amount of calories recommended for an adult in Nepal is
 a. 22565 b. 3000 c. 2050 d. 2656
15. Which of the following ways the direct measures of controlling population growth?
 a. education b. employment c. contraception d. awareness
16. If a female married at the age of 20 yrs, how many reproductive years will she spent with her spouse?
 a. 30 years b. 20 years c. 35 years d. 29 years
17. C.P. Blacker classified demographic transition into
 a. three stages b. four stages c. five stages d. seven stages
18. Which of the following schemes falls under the social-security
 a. old and disable allowance b. cultural tour
 c. provision of security allowance d. system monitoring through CCTV
19. According to Local Self Governance act 1999 the urban centers identified were
 a. 103 b. 58 c. 33 d. 53
20. Which of the following ways falls under the antinatalist population theory?
 a. delayed age at marriage b. early age at marriage
 c. discouraging abortion d. discouraging contraception

Attempt all the questions.

Group "B" 10×6=60

- Define population education and explain its major objectives.
- Write down the scope and content areas of population education. Describe any one of them.
- Describe the population distribution of Nepal y ecological zone.

OR

What are fertility differentials? Explain its differentials by education, age at marriage and economic status.

- List the determinants of fertility? Describe biological and socio-cultural determinants.
- State the different determinants of migration and briefly describe the push factors,
- List various consequences of rapid population growth. Explain the consequences on social security.
- Discuss the trends of urbanization in Nepal.
- Define population policy and give its major characteristics.

OR

Briefly discuss the mortality differentials by socio-economic variables.

- Discuss the population density of Nepal by development regions.
- Write down population education programme of MOES.

OR

Write short notes on any two

- Net migration
- Population pyramid
- UNFPA

2×10=20

- Critically discuss the demographic transition theory.
- Discuss the trends of population growth in developed and developing countries.

OR

Explain the direct measures of population management.

Exam 2070

Group "A"

[20]

Attempt ALL the questions. Tick (✓) the best answers.

- The ultimate aim of population education is
 a. to control rapid population growth b. to decrease fertility rate of the country
 c. to manage migration rate d. to promote quality of life
- The population density of Nepal according to population census 2011 was found
 a. 180 per sq. km b. 157 per sq. km c. 225 per sq. km d. 325 per sq. km

3. According to population reference Bureau 2012, the annual population growth rate of the world was recorded.
 a. 1.7% b. 1.2% c. 2.1% d. 2.4%
4. Which one of the following countries has the higher life expectancy in 2012?
 a. Nepal b. India c. Bangladesh d. Sri Lanka
5. Which one of the following is the indirect determinant of fertility?
 a. contraception b. education c. age at marriage d. abortion
6. If a female married at the age of 20 years, how many reproductive years she will spent with her spouse?
 a. 29 years b. 20 years c. 34 years d. 35 years
7. Which of the following components should be included to make balanced diet.
 a. vitamin, minerals, fat, carbohydrate, protein b. carbohydrate, chlorin, florin, iron, protein
 c. minerals, cereals, carbohydrate, iron, protein d. fat, folic acid, minerals, florin, protein
8. What is the main cause of global warming?
 a. emission of CO₂ b. ozone layer depletion c. forest fire d. excessive use of biogas
9. Generally direct measure of population management emphasizes on following way
 a. promoting wider use of contraception b. mass awareness programme
 c. adult literacy programme d. live radio conference
10. The preventive checks on population growth as proposed by Malthus are
 a. delayed marriage and moral restraints b. delayed marriage and education
 c. delayed marriage and birth spacing d. contraception and abortion
11. C.P. Blacker classified demographic transition into
 a. three stage b. four stages c. five stages d. seven stages
12. Which one of the following population theories is the Anti thesis of Malthusian population theory?
 a. optimum population theory b. demographic transition theory
 c. marxist theory of population d. threshold hypothesis
13. What is the percentage, of urban population in Nepal according to population census 2011?
 a. 17.07% b. 13.9% c. 14.7% d. 13.7%
14. How much revenue should be needed to be a municipality in Terai region according to Local Self Governance Act, 1999?
 a. 5,000,000 b. 500,000 c. 50,000 d. 15,000,000
15. which one fo the following ways falls under the indirect anti natalist population policy?
 a. delayed marriage b. social security c. legalized abortion d. wide use of contraception
16. Which one of the following institution is related to curriculum development for school?
 a. National Centre for Education and Development b. Curriculum Development Centre (CDC)
 c. Non Formal education centre d. central development of population studies (CDPS)
17. Which one of the following is the characterstic of population policy?
 a. it should be an integral part of the nation's development
 b. it should be cornered on physical aspects of the nation
 c. it should be based on the polic of neighbouring countries
 d. it should be imposed for those groups where fertility is extremity high.
18. Demography is the scientific study of human population primarily with respect to their.
 a. size, structure and development b. size, structure and growth
 c. composition, size, and strcuture d. composition, distribution and growth
19. According to population census 2011, the annual population growth rate of Nepal was recorded.
 a. 2.42% b. 1.35% c. 2.35% d. 2.80%
20. According to population census 2011, the percentage of literate of Nepal was recorded.
 a. 57.18 b. 65.94 c. 60.02 d. 70.05
- Group "B" [8 × 7 = 56]

Attempt ALL the questions.

1. Explain Bongaart's proximate determinants of fertility.
2. Discuss the migration trends in Nepal with suitable exmaple.
3. What do you mean by population pyramid? Mention its types and importance.

OR

- Briefly discuss the mortality differentials by socio economic variables.
4. Explain the consequences of RPG on economic development

OR

- What do you mean by urbanization? Classify urban centre with reference to Nepal.
5. Discuss the trends of population growth of the world.
6. Briefly discuss the scope of population in terms of implication in home, school and community.

OR

- Discuss the relationship of population education with geography.
7. Define population education and mention its importance in the context of Nepal.
8. Briefly discuss the optimum theory of population.
- Group 'C' [2 × 12 = 24]
9. Critically discuss the Malthusian theory of population.
10. Analyse the population situation of the SAARC countries.

OR

What do you mean by population policy? Classify the types of population policy and explain the anti natalist population policy.

Exam 2071

Group "A"

20

Attempt ALL the questions. Tick (✓) the best answers

- Which one of the following is not related with scopes of population education in terms of its contents?
 - demography
 - biography
 - determinants of population change
 - human sexuality and reproduction
- Population pyramid depicts the
 - age-structure of the population
 - sex structure of the population
 - age sex structure of the population
 - linguistic composition of the population
- According to population reference bureau 2012, the annual population growth rate of the more developed countries was recorded
 - 1.7%
 - 0.1%
 - 0.4%
 - 2.4%
- Which one of the following countries has the lowest IMR in 2012?
 - Nepal
 - India
 - Bangladesh
 - Japan
- Who explained the phenomenon of migration and distance and migration by stages in migration theory?
 - Everett S. Lee
 - Revenstein
 - Todaro
 - Bongarts
- Which one of the following is the direct determinant of fertility?
 - education
 - employment
 - women empowerment
 - contraception
- How many percentage of population were living in rented house, according to population census 2011?
 - 12.81%
 - 22.81%
 - 14.81%
 - 15.23%
- How many children were received all basic vaccine, according to NDHS, 2011?
 - 86.6%
 - 73.6%
 - 83.6%
 - 93.6%
- Generally rapid population growth known as when the annual population growth becomes
 - 3% or more
 - 2% or more
 - 1.2%
 - 4% or more
- The working class fertility decline in population of the western world was the product of
 - improved health service
 - universal education
 - provision of human rights
 - contraception and abortion
- The credit of defining optimum population goes to the
 - Karl Winkelblech
 - Edw Caman
 - Robbins
 - Boulding
- Which one of the following feature represent the declining stage in demographic transition?
 - higher birth and death
 - lower birth and death
 - higher birth than death
 - higher death than birth
- According to Local Self Governance Act, 1999 how many urban centre were identified in 2001 census?
 - 103
 - 58
 - 33
 - 53
- How many percentage of population lived in urban centre in the world according to PRB, 2012?
 - 45%
 - 58%
 - 48%
 - 51%
- Which one of the following institution is not involved in population education programme in formal sectors?
 - T.U.
 - HSEB
 - CDC
 - NGOs
- Most of the developing countries have adopted

- a. pro-natalist population policies
c. emigration influencing policies
- b. immigration influencing policies
d. anti-natalist population policies
17. Which one of the following objectives is related with Tenth plan?
a. to manage migration process
b. to manage fertility
c. to manage high mortality rate
d. to promote CPR
18. Which one of the following is related with specific objective of population education?
a. to increase quality of life
b. to manage fertility rate
c. to manage migration
d. to reduce infant mortality rate
19. According to population census 2011 the percentage of Kshatries of Nepal was recorded
a. 12.18
b. 16.6
c. 10.02
d. 17.05
20. According to population census 2011, which one of the following fuel is used for cooking by higher percentage of population?
a. Kerosene
b. L.P. Gas
c. Cow dung
d. Bio gas

Attempt ALL the questions.

Group "B"

8×7=56

1. Describe the principles of population education.
2. Discuss the relationship of population education with sociology and anthropology.
- OR
- Describe the philosophy of population education.
3. Discuss the major demographic indicators of SAARC countries with the help of latest data.
4. Discuss the age sex structure of the population of Nepal.

OR

5. What are the determinants of fertility? Explain its economic determinants.
6. Briefly describe the consequences of migration.
7. What do you mean by rapid population growth? Explain the consequences of RPG on food and nutrition.

OR

8. Briefly discuss the trends of urbanization in developed countries.
9. Explain the Malthusian theory of population.
10. Briefly discuss the population education programme run by non-formal sectors in Nepal.

Group "C"

2×12=24

9. Critically discuss the demographic transition theory.
10. Explain the controlling measures of rapid population growth with reference to Nepal.

OR

Discuss the migration trends of Nepal along with its consequences.

b) Community & Reproductive Health (Pop. Ed. 321) Elective Group B

Exam 2068

Group 'A'

[20]

Attempt ALL the questions.

1. Identify the modern concept of health.
a) health fundamentally a function of adjustment
b) health is static condition
c) health is condition of soundness
d) health is a state of being hale sound or whole in body, mind or soul
2. Among the following which latrine is more useful for the farmers?
a) bore hole latrine
b) dug well latrine
c) water seal latrine
d) sular Sauchalaya
3. The waste materials arising from preparing cooking and consumption of food is known as
a) rubbish
b) garbage
c) night soil
d) sludge
4. The first breast milk after child birth which is called colostrums, should be
a) thrown away
b) fed to baby
c) fed only after boiling
d) fed after diluting it
5. Sun light is the source of
a) Vitamin 'A'
b) Vitamin 'B'
c) Vitamin 'C'
d) Vitamin 'D'
6. When a person becomes regular user of drugs, he/she needs the drugs much as he she required food. This situations is known as
a) drug addiction
b) drug tolerance
c) drug habit
d) withdrawal

Attempt all the questions. Tick (✓) the best answers

- Which of the following is the modern concept of health?
 - Health is an integrate method of functioning oriented towards maximizing an individual's potential
 - Health is generally accepted to mean a condition of the body free from physical disease
 - The condition of living body in which all the tissues are in a state of soundness or integrity
 - A condition of soundness of a human being
- The purest water in nature is
 - rain water
 - surface water
 - ground water
 - ocean water
- Garbage includes
 - food waste
 - metal
 - bricks
 - night soil
- Oedema or swelling of the body and moon like face is the features of
 - Marasmus
 - Kwashiorkor
 - Goitre
 - Anaemia
- Which of the following vitamins is essential for health of eye?
 - vitamin 'D'
 - vitamin 'C'
 - vitamin 'B'
 - vitamin 'A'
- Which of the following drugs is taken through injection?
 - Opium
 - Heroin
 - Glue
 - Morphine
- Providing medical treatment of the ill person in hospital is known as
 - curative health service
 - primitive health service
 - rehabilitative health service
 - Preventive health service
- Which health service comes under tertiary level?
 - Sub health post
 - Health post
 - Zonal hospital
 - Central hospital
- A fracture in which the skin around the broken bone is not damaged or there is no tearing of the skin with the broken bone is called
 - compound fracture
 - closed fracture
 - complicated fracture
 - communicated fracture
- When was consumer Protection Act of Nepal made?
 - 2054 B.S.
 - 2035 B.S.
 - 2037 B.S.
 - 2025 B.S.
- Female external genital organs is commonly known as
 - Vulva
 - Vagina
 - Labia majora
 - Uterus
- Which of the following which is the last physical change of adolescent boy?
 - voice change
 - onset of wet dream
 - growing public hairs
 - growing facial hairs
- Which of these organs produces estrogen and progesterone hormone?
 - Ovary
 - Fallopian tube
 - Uterus
 - Cervix
- Which term is used to indicate the difference between male and female based on their social roles?
 - Gender
 - Sex
 - Gay
 - Lesbian
- Which of these organizations developed sexual and reproductive rights?
 - UNESCO
 - UNFPA
 - WHO
 - IPPF
- The another name of joint family is
 - extended family
 - conjugal family
 - nuclear family
 - single family
- The example of esteem need is
 - self-fulfillment
 - self-respect and respect for other
 - security and stability
 - giving and receiving love
- Which of these theories believes that the more you abuse your body the faster it will damage?

Attempt all the questions.

- Show the differences between traditional and modern concept of health with suitable examples.
 - Why non-communicable diseases are considered as major health problems? Explain with examples.
- OR
- What is immunization? Explain the roles of immunization to promote the health status of children.
 - Identify the purpose and functions of primary health centers.
 - Examine the role of primary Health Care in promoting the health status of sub-urban and rural people.
 - Write the safety measures at home, road and schools.
- OR
- Examine the impacts of using cosmetics with low quality and suggest measures to prevent these impacts

6. Explain the need of sexuality education for the adolescents of Nepal.
7. What measures should be followed to promote the health status of senior citizens.
8. Why is family planning significant for family, society, nation and world?

OR

"Pre-marriage sex education can play an important role in developing the quality of life of spouses." Justify this statement.

Group "C"

2x12=24

9. Draw the male reproductive organs with labeling and explain the structure and functions of these organs.
10. What is gender based violence? Explain the various types of gender based violence and measures to prevent.

OR

Highlight the major programmers and strategies for reducing health problems of Nepal.

Exam 2070

Group "A"

14

Attempt All the questions. Tick (✓) the best answer.

1. Which of the following is the traditional concept of health?
 - (a) Health is a state of being hale or sound
 - (b) Health, fundamentally, is a function of adjustment
 - (c) Perfect and positive health is a utopian creation of human mind
 - (d) Health, as optimal fitness for fruitful and creative life
2. Which of the following is a causative agent of diarrhoea?
 - (a) Varicella zoster
 - (b) Shigella, E.coli
 - (c) Pheumococcus
 - (d) Arbovirus
3. Which of the following diseases is diagnosed with the help of endoscopy?
 - (a) Asthma
 - (b) Whooping cough
 - (c) Ulcer
 - (d) Arthritis
4. Which of the following is the maternal mortality ratio of Nepal according to the NDHS 2006?
 - (a) 181
 - (b) 381
 - (c) 281
 - (d) 349
5. Which of the following is the example of sedative drugs?
 - (a) Alcohol
 - (b) Nicotine
 - (c) Caffeine
 - (d) Codeine
6. Which of the following is the example of promotive health service?
 - (a) Providing counselling and skills for HIV and AIDS victim
 - (b) Providing treatment for a person suffering with cancer
 - (c) Providing maternal and child health care
 - (d) Providing polio vaccination
7. Which of the following medicine system is associated with the principle "minimum dose"?
 - (a) Ayurvedic
 - (b) Allopathic
 - (c) Homeopathic
 - (d) Psychotherapy
8. In which of these countries the movement "womb to tomb" was introduced?
 - (a) China
 - (b) India
 - (c) Nepal
 - (d) Bangladesh
9. The presence of two small spots at the side of the bite is the sign of
 - (a) Poisonous snake bite
 - (b) Dog bite
 - (c) Frost bite
 - (d) Non-poisonous snake bite
10. One who fraudly claims having medical knowledge and skills, is best known as
 - (a) Cheater
 - (b) Faith healer
 - (c) Dhama jhankri
 - (d) Quack
11. Which of the following reproductive organs produces spermatozoa?
 - (a) Epididymis
 - (b) Seminiferous tubules
 - (c) Vas-deferens
 - (d) Seminal vesicles
12. The union between spermatozoa and ovum is known as
 - (a) Ovulation
 - (b) Fertilization
 - (c) Implantation
 - (d) Capacitation
13. Which of the following countries does not criminalize same sex relation?
 - (a) Bhutan
 - (b) Pakistan
 - (c) Sri Lanka
 - (d) Nepal
14. Which of the following JNGOs prepared sexual and reproductive rights?
 - (a) WHO
 - (b) UNFPA
 - (c) IPPF
 - (d) FHI
15. Which of the following is marriage based family?
 - (a) Patriarchal family
 - (b) Polygamous family
 - (c) Matrilineal family
 - (d) Joint Family
16. Which of these stages of family covers the period of child bearing and child rearing?
 - (a) The founding stage
 - (b) The expanding stage
 - (c) The launching stage
 - (d) The retirement stage

17. Which of the following theories argues that the number of cells exhibiting unusual or different characteristics increase with age?
(a) Cellular theory (b) Autoimmune theory (c) Wear and tear theory (d) Genetic theory
18. Among the following which natural family planning method is the most impractical one?
(a) Withdrawal (b) Rhythmic (c) Basal body temperature (d) Aging
19. What is the primary cause of male sub fertility?
(a) Low sperm count (b) Chronic disease (c) Drug addiction (d) Aging
20. Which of the following family need is associated with "self-actualization"?
(a) Need for drink and food (b) Security and protection
(c) Reaching one's potential (d) Giving and accepting love

Group "B"

8×7=56

Attempt All the questions.

1. Differences between traditional and modern concept of health with suitable examples.
2. Why is high infant mortality considered as major health problem of Nepal? Give reasons.
OR
3. Explain the role of school nutrition program for reducing health problems of children.
4. What is promotive health service? Describe the importance of promotive and rehabilitative health services with suitable example.
5. Highlight the principles of primary Health Care with suitable examples.
6. Describe the procedures of giving first aid treatment to the victim of altitude sickness and hear stroke. OR
7. What is sexual and reproductive rith? Explain its value especially for women.
8. What is food adulteration? Suggest measures to protect people against this problem.
9. What is adolescence? Identify the occurrence of physical and psychological changes in girls during adolescence. OR
10. Suggest preventive and controlling measures against sexual harassment in adolescent girls.
11. Identify the misconception towards sexuality education in the Nepalese context with suitable example.

Group "C"

2×12=24

1. What is family life cycle? List down the stages of family life and explain each with suitable example. Also explain the roles of parents in each stage.
OR
2. What is aging? Identify the cause of aging and suggest management for improving health of elderly people.
3. What does mean safe motherhood? Describe prenatal, natal and post natal care with suitable example.

Exam 2071

Group "A"

20

Attempt ALL the questions. Tick (✓) the best answers.

1. Which of the following is the definition of health according to World Health Organisation?
a. health is a complete physical, mental and social wellbeing and not merely the absence of disease or infirmity
b. health is as optimal personal fitness for a fruitful and creative life
c. health is more than absence disease or defect or disability or decay
d. health is an integrated method of functioning oriented toward maximizing an individual's potential
2. Which of the following are the components of 3R?
a. reduce waste, record waste and recycle waste
b. reduce waste, recycle waste and recycle waste
c. remain waste, reuse waste and recycle waste
d. remember waste, reuse waste and recycle waste
3. Which of the following problem is associated to lack of vitamin A in the body?
a. Goitre (b) Marasmus (c) Night blindness (d) Scurvy
4. All the following are the preventive measures against cancer except
a. avoid obesity (b) increase high-caloric food
c. eat high fiber-food (d) cut down on total fat intake
5. Drugs, which affect sensation, emotion and self-awareness is known as

6. a. Sedatives b. Hallucinogens c. Narcotics d. Stimulants
Which of the following is the example of promotive health service?
a. providing immunization b. providing vitamins 'A' capsule for children
c. providing treatment d. providing skill based training for HIV victims
7. Which of the following health institutions comes under tertiary level?
a. central hospital b. primary health centre c. zonal hospital d. sub-health post
8. Which of the following is the first action to give first aid treatment in case of electric shock?
a. check the breathing, pulse b. separate the victim from wire or instrument
c. provide artificial respiration if need d. switch off the main plug
9. Which of the following should be observed when visiting an known medical practitioner?
a. academic degree and license no. provided by Nepal Medical Council
b. age of the practitioners and experience c. decoration and facilities of the clinic
d. behaviour of the medical person
10. Now a day vaccine is not provided against
a. tuberculosis b. smallpox c. measles d. tetanus
11. Which of the following reproductive organs of male passes semen to the ejaculatory ducts?
a. Seminal vesicles b. Urethra c. Testes d. Vas deferens
12. The union of an ovum and a spermatozoon is called
a. Fertilization b. Ovulation c. Spermatogenesis d. Implantation
13. Which of the following is the example of psychological change in adolescents?
a. Jealousy b. Fantasy c. Guilty d. Dating
14. A male who engages in sexual activity with same sex is termed as
a. gay b. lesbian c. bisexual d. sex worker
15. A family with more than two generation is called
a. joint family b. nuclear family c. polygamous family d. polyandrous family
16. Which of the following are the examples of self-actualization?
a. food and drinks and sex b. security, stability and protection
c. self-respect and respect for others d. self-fulfilment, reaching one's potential
17. The fourth stage of family is
a. family expanding b. family launching c. family founding d. family schooling
18. Which of the following is the demerit of early marriage?
a. infecundity b. high maternal mortality
c. sexual dysfunction d. difficulty in using contraceptive device
19. The primary cause of male subfertility is
a. lack of spermatozoa b. mental stress
c. long distance bicycle riding d. wearing tight fitting under wear
20. Which of the following is the safest method of induced abortion?
a. vacuum aspiration or suction curettage b. dilation and evacuation
c. prostaglandin induced abortion d. dilation and curettage

Attempt ALL the questions.

Group "B"

8×7=56

1. What does mean solid waste management? What measures do you apply to keep clean environment of your school if you are a school health teacher.
2. Delineate the role of school nutrition program.
3. Highlight the roles of primary health care centre in the remote areas of Nepal.

OR

4. Express the meaning and importance of safety education.
4. Identify the impacts of food adulteration and suggest measures to prevent these impacts.
5. Explain the structure and functions of uterus with labelled diagram.
6. Identify the physical changes in adolescent boys and girls.
7. Highlight the importance of comprehensive sexuality education in the context of Nepal.
8. What is family planning? Describe its importance.

OR

What does mean gender based violence? Explain the causes of gender based violence and its preventive measures.

- Group "C" 2×12=24
- What is sub fertility? Identify the causes of sub fertility and suggest its preventive measures.
 - Define aging in your own words. Explain the causes and signs of ageing and suggest the measures for promoting health of elderly people.

OR

Why is communicable disease considered as one of the major health problems of Nepal. Discuss with examples.

Exam 2072

Attempt ALL the questions.

Group "B"

8×7=60

- What is community health? Write its importance.
- Describe the main theme of traditional and modern concept of health.

OR

- Write the causes of water pollution and explain the domestic methods of water purification.
- Explain poverty and ignorance as the major health problems of Nepal.
- What is family planning? Discuss the role of family planning improving health of the people.

OR

- Comment on the objectives and strategies of three year interim plan (2064 - 67) related to reproductive health in Nepal.
- Write the structure and functions of sub-health posts in Nepal.
- Explain the situations of primary health care in Nepal.
- What is the first aid? Write the symptoms and first aid techniques for poisoning.

OR

- What is quack? How can we save from their activities?
- What is gender based violence? Explain its caused and impacts.

Group "C"

2×12=24

- Explain the factors determining the family welfare.

OR

- Write the causes, symptoms and management of diabetes.
- Explain the structure and functions of female internal reproductive organs with labeled diagram.

(c) Population & Environment Education (Pop. Ed. 322) Elective Group B

Exam 2068

Group 'A'

20

Attempt ALL the questions. Tick the best answers.

- Which of the following is not the purposes of environment education is
 - to maintain essential eco-system
 - to preserve genetic diversity
 - to maintain life supporting
 - to make the environmental specialist
- Cultural environment is made and affected by
 - ecosystem
 - nature
 - human being
 - biotic factors
- Which of the following is not the sphere of our environment indicator?
 - biosphere
 - atmosphere
 - hydrosphere
 - barysphere
- The forest which if found in the terai is
 - alpine forest
 - tropical forest
 - sub-tropical forest
 - deciduous forest
- Which of the following is the present environmental crisis in the world?
 - ozone layer depletion
 - desertification
 - climate change
 - soil erosion
- Which if the life expectancy at birth according to NDHS 2006 AD. ?
 - 60.3
 - 61.5
 - 63.3
 - 65.2
- The natural sources of air pollution is
 - forest fire
 - grinding stone
 - cement factory
 - chemical industry
- The main issue of environment degradation is
 - population explosion
 - soil erosion
 - climate change
 - deforestation
- Which one is the biggest National Park of Nepal?
 - Lamtang
 - Makalu Barun
 - Chitwan
 - Bardiya, Suklaphata
- Forest is one of the
 - perpetual resources
 - renewable resources
 - non-renewable resources
 - manmade resources

11. Which of the following is the edaphic factors?
a) light and heat b) steep slope c) atmosphere d) formulation of soil
12. Which of the following is the first step of value clarification?
a) acting b) prizing c) choosing d) repeating
13. The average height of the ozone sphere above the surface of the earth is suppose to be
a) 10km b) 20km c) 30km d) 40km
14. Which of the following wave of earthquake is more harmful?
a) primary b) secondary c) surface d) shake
15. According to 2001 census the percentage of urban population growth on environment
a) 12 b) 13 c) 14 d) 15
16. Which of the following is the major consequence of rapid population growth on environment?
a) misuse of resources b) change in climate
c) environment d) depletion of natural resources
17. Which of the following non-government organization is working for environment sector?
a) Nepal Red cross Society b) Save the Children Funds
c) World Wildlife Fund
18. Which of the following is primarily responsible do destroy building, monuments and status?
a) desertification b) acid rain c) chemicalization d) ozone layer depletion
19. Which of the following burning produce a large amount of carbon monoxide?
a) coal b) foam c) petroleum d) wood

Time: 3hrs

Elective Group 'B'

Attempt ALL the questions.

Group 'B'

8×7=56

1. What is definition of environment? Describe its factors.
2. What are the goals of environment education? Explain.
3. Delineate the impact of degradation of natural resources.

OR

Write a short account on manmade resources.

4. Describe the cause of deforestation special reference to Nepal.
5. Why conservation of biodiversity is needed for Nepal?

OR

Describe the method of solid waste management.

6. What is the meaning of sustainable development? Describe its importance.
7. What are the cultural heritages of Nepal? Describe any one of them.

OR

Describe the role of NGOs in environment management in Nepal.

8. Flow population management make a balance on nature and ecosystem?

Group 'C'

2×12=24

9. What is climatic change? Briefly explain the causes and effect of What climate change.

OR

What are the causes of environment degradation? Describe the role of Nepal Government for die conservation of environment.

10. What is sanitation? Describe the causes and consequences of poor sanitation in Nepal.

Exam 2069

Group "A"

20

Attempt all the questions. Tick (✓) the best answers.

1. Who defined "Environment is the representative of physical components of earth where man are the important factors influencing his environment?"
a. R.K. Dikshit b. A. Gouche c. E.J. Rosi d. Level and Clark
2. BCG vaccine prevents
a. Diphtheria b. Pneumonia c. Tuberculosis d. Typhoid
3. Koshi Tappu wild life reserve is well known for the population of
a. tiger b. wild buffalo c. swamp deer d. wild elephant
4. The gas responsible for 'acid rain' is
a. SO₂ b. SO₃ c. CO₂ d. No
5. Radio active contaminants in environment causes

- a. gene mutation b. after cell membranes permeability nature
c. destroy enzymes d. in habit the activity of the enzymers
6. The non-biodegradable material is
a. fat b. protein c. foam d. carbohydrates
7. Lithosphere represents the earths.
a. water b. land c. rock d. life
8. The first step of value clarification method is
a. prizing b. choosing c. evaluating d. auctioning
9. Which is the Nepal's first national park?
a. Royal Chitwan b. Rara c. Lamtang d. The sagamatha
10. Bio-diversity cannot be preserved only by
a. preserving plants b. developing botanical garden
c. establishing tissue band d. developing bark and sanctuaries
11. Which of the following is the cultural pollution?
a. disease b. poverty c. uneducated people d. social degradation
12. Air pollution means
a. increment of moisture in the air b. mixture of different types of gases
c. undesirable change in the quality of air d. changes of the condition of air
13. An example of primary consumer is
a. fish b. snake c. rabbit d. hawk
14. Problems/hazards based on external causes are
a. cold wave b. volcano c. land slide d. earth quake
15. Which of the following gives alternative sources of energy?
a. wind b. petrol c. wood d. biogas
16. The depletion of ozone layer takes place in the
a. Stratosphere layer b. Troposphere layer c. Mesosphere layer d. Thermosphere layer
17. DDT is related with
a. pesticide b. process of water cycle
c. compost fertilizer d. development environment strategy
18. The resource based regional development in Nepal was initiated in the
a. third five year plan b. fourth five year plan c. fifth five year plan d. sixth five year plan
19. Which of the following are the major consequences of RPG on environment?
a. depletion of natural resources b. mis-use of resources
c. change in climate d. environmental problem
20. Which of the following is the total population of world in 2012 (according to world population data sheet 2012)?
a. 7058 millions b. 7158 millions c. 7012 million d. 6991 millions

Attempt all the questions.

Group "B"

8×7=56

1. Explain the major scopes, types and importance of environment education.
2. Describe the causes of noise pollution in the context of urban centers of Nepal.
3. Explain the value clarification method and how can you apply this approach to teaching environment education.

OR

What are the differences between inquiry and case study for the approaches to teaching environmental education?

4. Mention the different types of natural hazards in the case of Nepal.
5. Describe the need for solid waste management in the context of urban sector in Nepal.
6. Distinguish among renewable, non-renewable and perpetual resources.
7. Mention the causes, consequences of deforestation and suggest its controlling measures.

OR

Describe the meaning and importance of bio-diversity.

8. What are the differences among consumption, conservation and preservation?

Group "C"

2×12=24

9. Describe the effects made by non-government organization in environmental protection in Nepal.

OR

Review environmental policies and programmes of Nepal mentioned in the current plan.

10. State the meaning and concept of development and sustainable development

Exam 2070

Group "B"

8×7=56

Attempt All the questions.

1. What is population education? Delineate the scope of population education.
2. Describe the effects of migration on origin and destination.
3. What is sample survey? Explain its importance on developmental planning.

OR

What are the uses of population census?

4. What is population density? Describe the population density of Nepal by geographical regions.
5. Describe the population composition of Nepal- 2001 by age and sex group.

OR

What is population growth rate? Describe its types in brief.

6. How does rapid population growth affect the forest? Explain with Nepalese context.
7. What is family planning? Describe its role in population management

OR

What is marriage? Describe its types.

8. Describe the relationship between poverty and population growth.

Group "C"

2×12=24

9. What is demographic transition theory of population? Describe its stages and criticism.

OR

What is fertility? Describe the types of its measurement.

10. What are the consequences of rapid population growth? Explain with the special reference of Nepal.

Exam 2071

Group "A"

20

Attempt ALL the questions. Tick (✓) the best answers.

1. What does 'eco' imply in the term 'ecosystem'?
a. system approach b. interdependent complex c. environment d. interaction
2. Which of the following is not biodiversity?
a. ecosystem diversity b. species diversity c. genetic diversity d. cultural diversity
3. Culture environment is made and affected by
a. nature b. human being c. ecosystem d. biotic factors
4. Which of the following is the direct consequences of rapid population growth on environment?
a. environmental problems b. depletion of natural resources
c. misuse of resources d. change in climate
5. The term "ecology" was defined for the first time in 1970 by
a. Haeckel b. St. Hilarie c. Jackson Mivart d. H. Reiter
6. The main issue of environmental degradation is
a. soil erosion b. deforestation c. population explosion d. industrialization
7. Which one is not a natural process?
a. radiation b. condensation c. gravitation d. connection
8. Ozone layer exists above
a. stratosphere b. troposphere c. ionosphere d. mesosphere
9. The "Vienna Convention" is basically related with
a. international trade in endangered species b. protection of ozone layer
c. biodiversity d. preservation of cultural environment
10. When was National Conservation strategy applied in Nepal
a. 1983 b. 1987 c. 1989 d. 1994
11. According to 2011 census of Nepal the percentage of urban population is
a. 14 b. 15 c. 6 d. 17
12. Which of the following is the edaphic factors?
a. atmosphere b. steep slope c. light and heat d. formation of soil
13. Which of the following is primarily responsible to destroy buildings, monuments and statues?
a. acid rain b. ozone layer depletion c. desertification d. use of chemical fertilizers
14. Green house effect causes
a. concrete jungles b. heat island c. carbon-dioxide d. global heat

15. Which of the following comes first in the environment food chain?
a. animals b. human beings c. plants d. crops
16. Man and the biosphere programme is concerned with
a. UNESCO b. IUCN c. WWF d. ICIMOD
17. Which is the first National Park of Nepal?
a. Chitwan National Park b. the Sagarmatha National Park
c. Lamtang National Park d. Rara National Park
18. The population density in Nepal according to 2011 census is
a. 125 p.p. sq.km b. 126 p.p. sq.km c. 180 p.p. sq.km d. 186 p.p. sq.km
19. Which of the following is not the perpetual natural resources?
a. coal b. solar energy c. air d. water
20. Noise pollution becomes hazardous above
a. 90 decibel b. 100 decibel c. 120 decibel d. 150 decibel

Attempt ALL the questions.

Group "B"

8×7=56

1. What do you mean by environmental education? Justify its importance in the present Nepalese context in brief.
 2. Discuss the objectives of environmental education.
 3. 'Nepal is rich in water resources but poor in hydropower.' Explain its causes.
- OR
1. Distinguish between the renewable and non-renewable resources.
 2. Describe the causes of deforestation in Nepal.
 3. What is green house effect? Describe the causes of green house effects in brief.
- OR
1. What is climate change? Describe its causes with reference to Nepal.
 2. How does loss of biodiversity affect our environment?
 3. Explain the relation of population growth and ecosystem.
- OR
1. Explain the threats to cultural heritages in Nepal.
 2. Describe the role of UNEP for the environmental management.

Group "C"

2×12=24

1. What is ecosystem? Describe its types and components.
2. Explain the trends of population growth in Nepal with illustration.
3. What is sanitation? Describe the causes and consequences of poor sanitation in Nepal.

Exam 2072

Group "A"

20

Attempt ALL the questions.

Tick (✓) the best answer.

1. The sphere of our environment indicates
a. biosphere b. hydrosphere c. atmosphere d. all of the above
2. The main issue of environmental degradation is
a. soil erosion b. population explosion c. pollution d. all of the above
3. Which of the following is not biodiversity?
a. ecosystem b. species c. genetic d. cultural
4. Which of the following is the largest national park of Nepal?
a. Chitwan National park b. Sagarmatha National park
c. Lamtang National park d. Rara National park
5. Man and the biosphere programme is affiliated with
a. UNESCO b. IUCN c. WWF d. ICIMOD
6. Which of the following is the main cause of soil erosion in Nepal?
a. over grazing b. deforestation c. slope gradient d. cultivation on marginal land
7. Which of the following gas has an important role in maintaining atmosphere temperature?
a. Nitrogen b. Oxygen c. Ozone d. Carbondioxide
8. Resources whose consumption involves their depletion and degradation are called
a. perpetual resource b. renewable resource
c. non-renewable resource d. human resource
9. Which of the following materials can be recycled?

- a. Oil b. Glass c. Timber d. Steel
10. Which of the following forest is found in tarai region?
a. tropical b. sub-tropical c. alpine d. deciduous
11. The gas responsible for acid rain is
a. SO₂ b. SO₃ c. CO₂ d. N
12. Which of the following is the major effects of RPG on environment?
a. misuse of resources b. environmental problems
c. change in climate d. depletion of natural resources
13. The resources based regional development in Nepal was initiated in
a. third plan b. fourth plan c. fifth plan d. sixth plan
14. Which of the following is primarily responsible of the deterioration of building, monuments and statues?
a. desertification b. acid rain c. chemicalization d. ozone layer depletion
15. When the world environment day is celebrated?
a. June 5 b. June 6 c. June 15 d. June 25
16. Which of the following is an alternative source of energy?
a. wind b. wood c. petrol d. biogas
17. Rio-earth summit is related with
a. carbon-trading b. economic development
c. wet land declaration d. forest conservation
18. Which of the following issue is concerned with 'Vienna Convention'?
a. preservation of cultural environment b. biodiversity
c. trade in endangered species d. protection of ozone layer
19. The green house effect is related with
a. Nitrogen b. Carbon dioxide c. Hydro-carbon d. Carbon-monoxide
20. Which of the following is the basic cause of global warming?
a. Ozone layer depletion b. Rapid population growth (RPG)
c. Deforestation d. Desertification

Attempt ALL the questions.

Group "B"

8×7=56

1. Define environment and describe the types of environment.
2. Explain the evolution of environmental education in the context of Nepal.
3. Define renewable resources and describe the ways of conservation of renewable resources.

OR

4. What do you mean by non-renewable resources? Point out the ways of its preservation.
5. What is meant by deforestation? Describe its causes.
6. Define carbon trading and discuss its importance.

OR

7. What is meant by ozone layer depletion? Describe its causes.
8. Discuss the consequences of rapid population growth on environment.
9. Explain the causes and consequences of poor sanitation in Nepal.
10. Discuss the utilization of natural resources for development.

OR

List out and explain various cultural heritages of Nepal.

Group "C"

2×12=24

9. What is meant by climate change? Discuss its causes and consequences.
10. Explain the causes, consequences and controlling measures of air pollution.

OR

Describe the causes and consequences of ozone layer depletion and explain its controlling measures.

(d) Quality of life (Pop.ed.331)

Exam 2068

Group 'A'

20

Attempt ALL the questions. Tick the best answers.

1. Which of the following factors affects quality of life most?
a) income b) culture and tradition c) technology d) urbanization

2. Which of the following is the best indicator of quality of life?
 - a) increase in real purchasing capacity
 - b) increase in monetary income level
 - c) increase in employment rate
 - d) increase in security
3. Which of the following is not a state of health?
 - a) physical wellbeing
 - b) mental wellbeing
 - c) absence of disease and infirmity
 - d) economic wellbeing
4. Which of the following index of measurement of quality of life composites under literacy rate, infant mortality rate and life expectancy
 - a) human development index
 - b) physical quality of life index
 - c) basic needs approach
 - d) human poverty index
5. Which of the following elements is generally used to comparing the standard of living?
 - a) gross domestic product per capita
 - b) net national product per capita
 - c) gross national product per capita
 - d) disposable income
6. Which of the following formula is used to measure crude death rate?
 - a) $CDR = \frac{D}{P} \times 1000$
 - b) $CDR = \frac{P}{D} \times 1000$
 - c) $CDR = \frac{B'}{P'150}$
 - d) $CDR = \frac{D}{P} \times 100$
7. Which of the following is the major cause of human trafficking in Nepal?
 - a) poverty
 - b) selling vital organs of body
 - c) slavery
 - d) sexual exploitation
8. Which of the following factors and responsible for brain drain?
 - a) pull factors
 - b) push factors
 - c) demonstration effects
 - d) recreation
9. Which of the following countries is characterized with high infant mortality rate?
 - a) Nigeria
 - b) Nepal
 - c) Zimbabwe
 - d) Bangladesh
10. Which of the following is the push factors of migration?
 - a) urbanization
 - b) remittance
 - c) fulfillment of basic needs
 - d) availability of physical facilities
11. Which of the following is associated with quality of life?
 - a) maximum consumption of goods
 - b) maximization of comfort
 - c) fulfillment of basic needs
 - d) availability of physical facilities
12. Which of the following needs comprises self actualization?
 - a) reputation and status
 - b) affection and relationship
 - c) law and order
 - d) self fulfillment
13. Environment problems is basically seen in
 - a) dense area
 - b) remote area
 - c) rural area
 - d) backward area
14. Which of the following factors lies under population dynamics?
 - a) life style
 - b) labour
 - c) commerce
 - d) birth rate
15. Which of the following is the effective and best measure to control population growth?
 - a) use of family planning devices
 - b) education
 - c) avoidance of early marriage
 - d) prize and punishment
16. Sustainable development means utilization and growth of main natural resources by maintaining
 - a) management of resources
 - b) maximum utilization of resources
 - c) preservation of resources
 - d) utilization of preservation of resources
17. Which of the following plain of Nepal identified basic needs?
 - a) 6th plan
 - b) 7th plan
 - c) 8th plan
 - d) 9th plan
18. Which of the following countries has human development index?
 - a) India
 - b) Pakistan
 - c) Maldives
 - d) Bangladesh
19. Which of the following does not come under empirical study?
 - a) data collocation
 - b) determining growth rate
 - c) analyzing data
 - d) synthesis of discussion
20. What is the next step after reviewing literature for empirical study?
 - a) construction of hypotheses
 - b) sampling
 - c) conclusion
 - d) budget estimate

Attempt ALL the questions.

Group 'B'

8×7=56

1. Give the meaning of quality of life. Discuss its importance for the welfare of people.
2. Explain the different types of human needs with special reference to Nepal.
3. Explain the impacts of brain drain on quality of life.

OR

4. How does the human trafficking problem affect the quality of life?
How is quality of life of the people measured by physical quality of life index? Write with suitable examples.
5. How is human resource influenced by employment, health and education?
6. How does political factors affect quality of life?

OR

'Sustainable Development is the basis of quality of life'. Justify this statement.

7. Explain the recent policies of Nepal Government (2067/68-2069/70) to improve quality of life.

OR

Show the influence of women empowerment on quality of life.

8. Describe the steps of empirical study in quality of life briefly.

Group 'C'

2×12=24

9. What are the types of measurement of quality of life? Explain the human development index.
10. How does economic factors affect the quality of life? Explain with examples.

OR

Compare the quality of life of Nepalese people with other SAARC countries.

Exam 2069

Group "A"

20

Attempt all the questions. Tick (✓) the best answers

- Which of the following is a major factor that affects the quality of life?
a. income b. culture and tradition c. location and climate d. health services
- Which of the following need is associated with reputation?
a. self-actualization b. esteem needs c. safety needs d. physiological needs
- 'Avoid efforts and promote rest' comes under
a. luxury b. comfort c. reputation d. safety need.
- Which one of the following is not the composition of human development index?
a. educational attainment b. life expectancy
c. income d. adequate physical facilities
- The gender empowerment measures is related with
a. index of representative at parliament b. social security
c. domestic violence d. poverty
- HDI (Human Development Index) ranges from
a. 0 to 1 b. 1 to 10 c. 1 to 100 d. 10 to 100
- The main cause of increasing purchasing capacity of Nepalese people is
a. remittance b. industrial development
c. agricultural development d. hydro-power development
- Which of the following is the consequence of rain drain
a. health problem b. Educational problem
c. problem id sustainable development of country d. manpower problem
- Which of the following means replacement level?
a. one couple one child b. one couple two child
c. one couple more than two child d. one couple no child
- The following is pull factor of migration is
a. poverty b. unemployment
c. attraction of urban life style d. natural calamities
- Quality of life involves
a. emotional self esteem b. social aspiration+psychological needs
c. basic + psychological needs d. emotional +social needs
- Bio-physical needs mean
a. basic physical needs b. psychosocial needs
c. individual needs d. esteem needs
- Which of the following state occurs in vulnerability of natural resources?
a. adequate resources b. Inadequacy of development
c. higher level of income d. corruption
- Sustainable development means
a. maximum utilization of resources b. preservation of resources
c. management of resources d. utilization and preservation of resources

15. Religious and social values promote
 - a. high birth and large family size
 - b. low birth and small family size
 - c. high irthut small family size
 - d. low birth and middle family size
16. Which of the following is social factor that affects quality of life?
 - a. women empowerment
 - b. skilled manpower
 - c. eco-system
 - d. employment
17. The distribution of cocila security allowance in Nepal started from
 - a. 2048/49 B.S
 - b. 2051/52 B.S.
 - c. 2053/54 B.S
 - d. 2061/62 B.S.
18. Which of the following countries has lowest human development index?
 - a. angladesh
 - b. Afghanistan
 - c. Sri Lanka
 - d. Nepala
19. Which type of variable is often used in carrying empirical study?
 - a. transformed variable
 - b. original variable
 - c. constant variable
 - d. dynamic variable
20. Which of the following is the first step for conducting empirical study?
 - a. selection of topic
 - b. questionnaire design
 - c. formulation of hypothesis
 - d. budget estimate

Attempt all the questions.

Group "B"

8×7=56

1. Discuss the socio-economic importance of quality of life,
2. What are basic needs? Explain different types of human needs?
3. What are the compositions of human development index? Explain.

OR

How is quality of life measured? Explain with examples.

4. Explain the relation between urbanization and quality of life.
5. How is quality of life influenced by population size and age structure?
6. How does the social security system affect the quality of life?

OR

How do forest resources affect quality of life?

7. Describe briefly recent plan and policy of Nepal (2067/68-2069/70) regarding quality of life.

OR

Show the relationship etween women empowerment and quality of life.

8. What are the steps to conduct empirical study on quality of life?

Group "C"

2×12=24

9. How does population dynamics affect the quality of life? Explain with suitable examples.
10. Explain the situation of quality of life of developed and developing country.

OR

What recent measures have been taken by government to improve quality of life of Nepalese people? Explain.

Exam 2070

Group "A"

[20]

Attempt ALL the questions. Tick (✓) the best answers.

1. Which of the following aspects of quality of life is difficult to measure?
 - a. happiness and emotional satisfaction
 - b. food and energy
 - c. housing and communication
 - d. light and ventilation
2. Which of the following aspects of quality of life is associated with PQLT?
 - a. health, education and employment
 - b. health, education and social security
 - c. health, income and human rights
 - d. health, education and development
3. Which of the following census year is characterized with negative growth rate of population in Nepal?
 - a. 1961
 - b. 1920
 - c. 1971
 - d. 1941
4. Which of the following districts has smallest population size according to census 2001?
 - a. Mustang
 - b. Dolpa
 - c. Manag
 - d. Humla
5. Which of the following mother languages stands 3rd position according to census 2001?
 - a. Malthill
 - b. Tharu
 - c. Bhojpuri
 - d. Tamang
6. In underdeveloped countries population growth rate is rapid because of
 - a. high birth rate
 - b. high migration
 - c. low death rate
 - d. high birth rate
7. Heat island is the another name of
 - a. acid rain
 - b. greenhouse effect
 - c. depletion of ozone layer
 - d. emission of CFC

8. which of the following should be done after collecting data in empirical study?
a. drawing conclusion b. writing finding c. tabulating data d. administrating tools
9. Which of the following activities is responsible for increasing the amount of carbon dioxide in atmosphere?
a. use of insecticides b. maximum use of coal and petroleum as fuel
c. disposal of solid waste d. use of fire fuels
10. Which of the following diseases is transmitted by water?
a. Gastritis b. Cholera c. Malaria d. Asthma
11. Which of the following organisations publishes Human Development Report based on HDI?
a. WHO b. UNAID c. UNDP d. UNEP
12. The value of the Human Development Index is
a. 1-10 b. 0 -1 c. 1-100 d. 0-100
13. Which of the following countries rank first in HDI according to Human development Report 2009?
a. Canada b. Norway c. Iceland d. Germany
14. What is the HDI rank of Nepal according to Human development Report 2009?
a. 140 b. 142 c. 150 d. 144
15. In which categories of HDI Nepal lies according to HDR 2009?
a. Low human development b. High human development
c. Medium human development d. Very low human development
16. Which of the following countries has lowest life expectancy according to PRB 2009?
a. Nepal b. Pakistan c. India d. Afghanistan
17. Among the following which country has highest GNP purchasing power parity, PPP per capita (US\$) according to PRB 2009?
a. Maldives b. Bhutan c. Sri Lanka d. India
18. Which of the following provides a composite measure of three dimensions of human development (life expectancy, adult literacy and purchasing power)?
a. the basic need approach b. the human development index
c. physical quality of life indicator d. the quality of life approach
19. Which of the following is the example of renewable natural resources?
a. tides b. non metallic minerals c. fertile soil d. solar energy
20. Which of the following types of research is also known as social microscope?
a. empirical study b. historical research c. cross sectional study d. case study

Attempt ALL the questions.

Group "B"

[10 × 6 = 60]

1. What does quality of life mean? Explain the importance of studying quality of life.
2. How can quality of life be measured by HDI? Explain with examples.
3. How is quality of life influenced by population size? Explain with suitable examples.

OR

4. How is quality of life influenced by birth and death rate?
5. How does purchasing power affect the quality of life?
6. Describe the effects of technological advancement on quality of life of people.

OR

7. Explain the association between urbanization and quality of life.
8. How does recreation of family affect quality of life?
9. Describe the impact of marriage and family size on quality of life.
10. Highlight the importance of forest resources for developing quality of life of people.
11. How do mineral resources affect the quality of life of people? Explain.

OR

12. Write down the importance of population and resource balance.
13. Describe the importance of empirical study.

Group C

[2 × 10 = 20]

14. What is research tool? Delineate the ways for collecting essential data and information.

OR

15. Explain the ways for measuring quality of life using PQLI.
16. Describe the causes and impacts of air pollution and suggest controlling measures with suitable examples.

Attempt ALL the questions. Tick (✓) the best answers.

- Which of the following is environmental factor which affects quality of life?
a. technology b. pollution c. income d. tradition
- Which one of the following is the best indicator of quality of life?
a. increase in real purchasing capacity b. increase in monetary income
c. increase in security d. increase in health facility
- Which of the following national income elements is generally used in comparing the standard of living?
a. G.D.P. per capita b. disposable income c. G.N.P. per capita d. N.N.P. per capita
- State of health is related with
a. physical well being b. mental well being c. absence of diseases d. all of the above
- Which of the following index of measurement of quality of life comes under life expectancy?
a. basic needs approach b. psychological quality of life index
c. human development index d. human poverty index
- Which of the following formula is used to measure crude birth rate?
a. $CBR = \frac{P}{B} \times K$ b. $CBR = \frac{B}{P} \times K$ c. $CBR = \frac{P}{K} \times B$ d. $CBR = \frac{K}{B} \times P$
- Main cause of human trafficking in Nepal is
a. poverty b. sale of organs c. professional sexual exploitation d. slavery
- Which of the following is the result of brain drain in developing countries?
a. health problem b. educational problem
c. manpower problem d. problem in sustainable development of country
- Replacement level fertility means
a. one couple one child b. one couple two child
c. one couple three child d. no couple no child
- Which of the following country has high infant mortality rate?
a. Niger b. Nepal c. Norway d. Zimbabwe
- Which of the following factor is pull factor of migration?
a. attraction of life style of urbanisation b. employment opportunity
c. natural calamities d. poverty
- Quality of life is associated with
a. maximum consumption of goods b. maximisation of comfort
c. fulfillment of basic needs d. availability of physical facilities
- Self actualization comprises the need of
a. reputation and status b. affection and relationship
c. law and order d. personal growth and development
- Which of the following state occurs vulnerability of natural resources
a. adequate development b. inadequate development
c. corruption d. higher level of life expectancy
- The best and effective measure of population control is
a. education b. use of family planning devices
c. punishment d. avoidance of early marriage
- Sustainable development means utilisation of natural resources by maintaining the needs of
a. present generation b. future generation
c. present as well as future generation d. more for-present generation and less for future generation
- For the first, time, basic needs of Nepalese people were identified in
a. tenth plan b. eighth plan c. seventh plan d. sixth plan
- Which of the following is the next step after reviewing literature for empirical study?
a. hypothesis formulation b. study area selection c. selection of sampled, estimation of budget
- Which of the following research design is practicable to conducts research in quality of life?
a. experimental research design b. historical research design
c. descriptive research design d. historical and descriptive research design
- Among the following countries which has high human development index?
a. India b. Bangladesh c. Maldives d. Pakistan

Attempt ALL the questions.

Group "B"

8×7=56

1. What is quality of life? Explain its importance in brief.
2. Explain different types of human needs with special reference to Nepal.

OR

3. How does forest resource affects the quality of life?
4. How is quality of life of the people measured by physical quality of life index?
5. Explain the impact of brain drain on quality of life.
6. 'Sustainable development is the basis of quality of life.' Explain.

OR

7. How does human trafficking problems affect the quality of life.
8. How does political factors affect quality of life?
9. How is human resources influenced by employment, health and education?
10. Explain on very short, the recent plan and policy to improve quality of life of Nepalese people.

OR

2×12=24

11. Briefly discuss the steps to conduct empirical study of quality of life.
12. Explain with suitable example, how population dynamics affects the quality of life.
13. What are the measuring indexes of quality of life? Explain human development indicators.

OR

Compare the quality of life of Nepal with other SAARC countries with reference to Human Development Indicators.

Exam 2072

Group "A"

20

Attempt ALL the questions. Tick (✓) the best answer.

1. Inadequacy of development raises the problem of
a. vulnerability to natural disasters b. population increase
c. high consumption d. recycling of waste materials
2. Which of the following is the human development indicator?
a. social security b. urbanization c. national income d. life expectancy
3. Which of the causes of high birth rate and large family size?
a. social values b. raising women's status c. urbanization d. technological backwardness
4. Education communication, transport, security and other social services are the
a. bio-physical needs b. psycho-social needs
c. esteem needs d. personal aspiration
5. Which of the following is considered as economic factor in deciding quality of life?
a. mutual understanding b. labour and employment
c. food and nutrition d. health and health facilities
6. Which of the following factors helps in achieving the desired quality of life?
a. population b. economic c. urbanization d. socio-political system
7. Which of the following is not the measurement of quality of life from physical quality of life index?
a. health b. education c. employment d. social security
8. The main issue of environmental degradation is
a. soil erosion b. deforestation c. industrialization d. population explosion
9. Which of the following countries has the highest literacy rate?
a. India b. Pakistan c. Sri Lanka d. Nepal
10. The concept of basic need approach is developed by
a. Hicks and Stretten b. John Graunt c. Admund and Petty d. Gregory King
11. Which of the following refers is not the basic component of a family?
a. father b. mother c. children d. uncle
12. Which types of variable is often used in carrying empirical analysis?
a. original variables b. transformed variables
c. constant variables d. nominal variables
13. Bio-physical needs
a. basic physical needs b. basic needs
c. psycho-social needs d. individual needs
14. Air pollution may lead to
a. tuberculosis b. bronchial c. worm disease d. diabetes

- The value of the physical quality of life index is
a. 1 - 10 b. 0 - 1 c. 1 - 100 d. 0 - 100
- Utilization of natural resources by maintaining its uses and growth is known as
a. cultural balance b. ecological balance c. natural balance d. regional balance
- Cultural attitudes, demographic characteristics and the nature of economic activities have greater influence on
a. young labour force participation b. child labour force participation
c. male labour force participation d. female labour force participation
- Which of the following plan of Nepal identified basic needs?
a. 6th plan b. 7th plan c. 8th plan d. 9th plan
- Which of the following organizations developed the concept of HDI in first time?
a. UNEP b. UNDP c. UNFPA d. UNHCR
- Which of the following comes after literature review in an empirical study?
a. background b. analysis c. discussion d. methodology

Attempt ALL the questions.

Group "B"

8×7=56

- "The quality of life is associated with maximization of comfort of life." Justify with example.
- Examine the quality of life of developed and developing countries with reference to HDI.
- Discuss the relationship between urbanization and quality of life.

OR

- Discuss the impact of internal migration on quality of life.
- What are the steps taken by government of Nepal to preserve forest resource?
- What is environmental pollution? Explain its causes.
- Describe the current government plan and policies related to education.

OR

- Describe the current government plan and policies regarding health.
- Explain the situation of quality of life of developing countries.
- Discuss the objective of empirical study in quality of life.

OR

Explain GEM and its measures.

Group "C"

2×12=24

- How social security and human rights affect the quality of life? Describe with examples.
- Discuss fertility related measures and quality of life.

OR

Explain social factors affecting quality of life.

(e) Basic Population Education (Pop. Ed. 338) Interdisciplinary

Exam 2068

Group 'A'

[20]

Attempt ALL the questions. Tick the best answers.

- Which of the following is the immediate objective of population education?
a) birth spacing b) limiting the number of children
c) balancing population and resources d) understanding population
- What is result of rapid population growth?
a) higher percentage of young people b) higher percentage of older people
c) higher percentage of working adults d) large percentage of active age group
- What is the main philosophy of population education?
a) development of quality of life b) development of living standard
c) reducing child and maternal mortality rate d) sustainable development of a country
- Which of the following plans introduce the policy regarding rising the life expectancy for the first time in Nepal?
a) seventh b) eighth c) ninth d) sixth
- Fecundity is explained as
a) actual number of births reproduced b) period of child
c) biological capacity of women to fertilize d) process of bearing children
- What is the population growth rate of hilly region during 1991-2001?
a) 1.97 b) 1.61 c) 2.62 d) 1.57

7. Increasing chlorofluorocarbon in the atmosphere causes
 a) global warming b) green house effect c) acid d) depletion of ozone layer
8. Which of the following action is related with direct antinatalist policies of population/
 a) disincentives b) rising age of marriage
 c) incentives d) improving women's status
9. A married woman who lost her spouse is defined as
 a) separated b) widower c) widow d) ever married
10. The process of census taking in Nepal is performed by
 a) Population Divisions b) National Planning Commission
 c) Central Bureau of Statistics d) Ministry of Health and Population
11. One of the common elements which is generally used in comparing the standard of living is
 a) NNP per capita b) GIP per capita c) GDP per capita d) GNP per capita
12. An educational programme which changes the behavior of the student regarding population is termed as
 a) population education d) demography c) population study d) formal demography
13. Which of the following development regions has highest rate of population growth during 1991-2001?
 a) EDR b) CDR c) FWDR d) MWDR
14. Which one is the best source of data of population except census?
 a) vital registration system b) sample survey
 c) administrative record d) international publication
15. Which of the following school contributed in the field of mortality?
 a) Marx b) Malthus c) John Grant d) William Petty
16. In underdeveloped countries population growth is rapid due to
 a) high birth rate low death rate b) high birth rate and high death rate
 c) low birth rate and low death rate d) high migration rate
17. What is the life expectancy at birth according to CBS 2006?
 a) 58.5 b) 60.4 c) 61.7 d) 63.3
18. Which of the following is the least practical natural birth control devices?
 a) Abstinence b) Rhythmic method c) Withdrawal d) Basal body temperature
19. Which of the following organization developed a concept of HDI for the first time?
 a) UNDP b) WHO c) UNCHR d) ICIMOD
20. Which of the following sources gives more authentic population data?
 a) vital registration b) administration record
 c) population census d) sample survey

Attempt ALL the questions.

Group 'B'

[8×7=56]

1. What is population education? Explain its importance in the context of school level.
 2. What are the major demographic components? Explain with examples.

OR

- What is migration? Describe its effects in origin.
 3. Describe the process and uses of rapid population growth in Nepal?
 4. Delineate the major characteristics of Malthusian theory of population.
 5. What are the major causes of rapid population growth in Nepal?
 6. How does rapid population growth affects on environment?

OR

- What are the uses of population estimation in national development planning?
 7. What are the major objectives and services of family planning in Nepal?

OR

- What is aging? Give your suggestions to manage the problem of elderly people?
 8. Describe the present population pyramid of Nepal.

Group 'C'

[2×12=24]

9.

- What is fertility? Describe the determinants of fertility.

OR

- Describe the demographic transition theory of population.
 10. How does environmental factors affect the quality of life? Describe in the reference of Nepal.

Attempt all the questions. Tick (✓) the best answers

- The philosophy of population education is based on
 - need and interest of the students
 - socio cultural factors of the country
 - its need means and expected outcome
 - population problems
- Which of the following is the main goal of population education?
 - to improve the attitude of the people.
 - to improve the quality of life of the people
 - to decrease the fertility rate of the country
 - to improve the knowledge of the people
- Which of the following is the population growth rate of Nepal according to census 2001?
 - 2.08
 - 2.66
 - 2.25
 - 2.75
- Which of the following SAARC countries has highest literacy rate?
 - Nepal
 - Afghanistan
 - Sri Lanka
 - India
- Which of the following is the TFR of Nepal according to census 2001?
 - 4.1
 - 4.6
 - 3.7
 - 4.3
- What type of census is used in Nepal?
 - de jure
 - de facto
 - de facto cum de jure
 - semi de facto
- The spatial mobility of population from one region to another within a country is identified as
 - in migration
 - emigrant
 - out migration
 - internal migration
- Which of the following is the causes of internal migration in Nepal?
 - lack of health facilities
 - unemployment
 - environmental pollution
 - natural calamities
- Which Development Region has lowest child mortality rate according to 2001 census?
 - EDR
 - CER
 - MWDR
 - FWDR TO
- A combination of high fertility and low mortality rates results
 - low rate of population growth
 - high rate of population growth
 - very low rate of population growth
 - negative growth rate of population
- Which of the following is concerned with biological capacity of women to reproduce?
 - fertility
 - fecundity
 - natality
 - nuptiality
- Which of the following is the percentage of senior citizens over 65 years according to the census 2001?
 - 4.2*
 - 6.8
 - 4.7
 - 6.1
- Which of the following is the direct anti-natalist policy?
 - rising age at marriage
 - rising women's status
 - providing negative incentives
 - providing positive incentives
- Which of the following was the first plan to specify the clear objectives in relation to population policy?
 - third
 - fourth
 - fifth
 - sixth
- What is the percentage of effectiveness of injectable contraceptive device?
 - 90%
 - 95%
 - 99%
 - 100%
- Which of the following term is used commonly for fertility, mortality and migration?
 - demography
 - demographic process
 - vital indicators
 - demographic analysis
- Which of the following countries has a high physical quality of life index?
 - Nepal
 - India
 - Bhutan
 - Sri Lanka
- The first scholar to coin the term demography was
 - John Graunt
 - G.W. Barclay
 - Achille Guillard
 - Notestein
- Which of the following is effective measure to control population growth?
 - education
 - punishment
 - prizing
 - legislation
- Which of the following organization developed a concept of HDI for the first time?
 - UNDP
 - WHO
 - UNCHR
 - CIMOD

Attempt all the questions.

Group "B"

- Delineate the historical development of population education in Nepal.
 - What is demography? Describe importance of studying demography.
- OR
- Describe the values of administrative records as sources of population data.
 - Discuss the main postulates of optimum population theory with illustration.

4. Delineate the growth of population of Nepal by ecological regions.
5. What is rapid population growth? Describe its consequences on food and housing.
- OR
- How calculation of rate and ratio is differ from each other. Explain in-brief.
6. What is STI? Describe its mode of transmission, symptoms and preventive measures.
7. Describe the responsibility of good parents.
- OR
- How does socio-cultural factro affect the quility of life?
8. What is sample survey? Explain its needs.
- Group "C" 2×12=24
9. What is quality of live? Describe the different types of measurement of quality of life in brief.
- OR
- Construct and explain the features of different population pyramids.
10. What is migration? Describe the causes and consequences of different types of migration.

Exam 2070

Group "B" 8×7=56

Attempt All the questions.

1. What is population education? Delineate the scope of population education.
2. Describe the effects of migration on origin and destination.
3. What is sample survey? Explain its importance on developmental planning.
- OR
- What are the uses of population census?
4. What is population density? Describe the population density of Nepal by geographical regions.
5. Describe the population composition of Nepal- 2001 by age and sex group.
- OR
- What is population growth rate? Describe its types in brief.
6. How does rapid population growth affect the forest? Explain with Nepalese context.
7. What is family planning? Describe its role in population management.
- OR
- What is marriage? Describe its types.
8. Describe the relationship between poverty and population growth.
- Group "C" 2×12=24
9. What is demographic transition theory of population? Describe its stages and criticism.
- OR
- What is fertility? Describe the types of its measurement.
10. What are the consequences of rapid population growth? Explain with the special reference of Nepal.
- Group "A" 20

Attempt All the questions. Tick (✓) the best answer.

1. Which of the following is the main purpose of population education?
(a) cope the new couples to plan their family
(b) assist to control rapid population growth
(c) assist the students to development concept of population education
(d) to develop understanding, attitude and behaviour towards population problems
2. Which of the following is connected with biological capacity of a woman to reproduce?
(a) natality (b) fertility (c) nuptiality (d) fecundity
3. Mortality of babies death is termed as
(a) foetal death (b) child mortality (c) infant mortality (d) neo-natal mortality
4. Which of the following actions is related with direct antinatalist policies of population?
(a) Incentives (b) improving women's status
(c) Disincentives (d) rising age at marriage
5. When was the first population census conducted in Nepal?
(a) 1910 (b) 1911 (c) 1912 (d) 1920
6. Which of the following factor most affects the quality of life?
(a) Social security (b) education (c) Urbanization (d) religion
7. The major problems of environmental deterioration in Nepal is due to the
(a) Poverty (b) urbanization (c) Industrialization (d) technological development.
8. The process of census taking in Nepal is performed by

- (a) Population Division (b) Central Bureau of Statistics
(c) National Planning commission (d) Ministry of Health and Population
9. The optimum population theory is concerned with the relationship between
(a) Population and quality of life (b) Population and resources
(c) Industrialization and population (d) Resource and urbanization
10. What is the disadvantage of natural method of birth control?
(a) Side effects (b) Menstrual disorder
(c) Less sexual pleasure (d) Mental effects
11. Bio-physical needs are
(a) Basic physical needs (b) Esteem needs
(c) Psycho social needs (d) Individual/felt needs
12. In under developed countries population growth is rapid due to
(a) High migration rate (b) High birth rate and low death rate
(c) Low birth rate and low death rate (d) High death rate
13. Which of the following SAARC country has a low per-capital income?
(a) Nepal (b) India (c) Pakistan (d) Sri Lanka
14. The major cause of internal migration in Nepal as reported by the 2001 census is
(a) Agriculture (b) Employment (c) Trade (d) Education
15. Identify the elementary type of family?
(a) Extended family (b) Joint family
(c) Nuclear family (d) Conjugal family
16. Which of the following sexual and reproductive right stand first?
(a) The right to life (b) the right to privacy
(c) The right of freedom of doubt (d) The right to liberty and security
17. Which is the infant mortality rate of Nepal according to 2001 census?
(a) 102 (b) 64 (c) 61 (d) 79
18. According to 2001 census population density of Nepal is
(a) 157 (b) 160 (c) 170 (d) 172
19. What are the consequences of rapid population growth?
(a) Hunger, unemployment, overcrowd
(b) Hunger, industrialization, overcrowd
(c) Unemployment, industrialization, overcrowd
(d) Industrialization, high mortality, overcrowd
20. Which of the following is the basic function of parents in the family?
(a) Racial continuation (b) Education child
(c) Providing health facilities (d) providing food

Exam 2071

Group "A"

20

Attempt ALL the questions. Tick (✓) the best answers.

1. Population education as a discipline of study was first time introduced by
a. Noel David Burlison b. John Graunt
c. Sloan R. Wayland d. A Guillard
2. The immediate objective of population education is to
a. reduce population growth rate b. increase contraceptive prevalence rate
c. develop responsible parenthood d. encourage adoptability of small family size
3. The term fecundity means
a. actual reproductive performance b. biological reproductive capacity
c. process of fertilization d. reproductive span of a woman
4. Vital registration system covered all seventy five districts of Nepal since
a. 1978 b. 1980
c. 1986 d. 1990
5. Which of the following is not a source of population data of international level?
a. sample survey b. human development report
c. world development report d. world population data-sheet
6. According to Thomas Robert Malthus which of the following is the preventive check on population growth?
a. famine b. natural calamities c. abstinence d. wars and epidemics

7. 'Population growth, poverty and unemployment are the by product of capitalist economy' this view was put forward by
 a. Plato and Aristotle
 c. Edward Cannan and Robbins
 b. Karl Marx and F. Engles
 d. Warren Thompson and CP B laker
8. Which of the following districts has the lowest population density in Nepal as per 2011 census?
 a. Manang
 b. Mustang
 c. Dolpa
 d. Humla
9. What is the annual population growth rate in Nepal according to 2011 census?
 a. 1.16%
 b. 2.01%
 c. 1.65%
 d. 1.35%
10. Which of the following stages of demographic transition is called population explosion?
 a. first stage
 b. second stage
 c. third stage
 d. fourth stage
11. The conservation strategies emphasizing on maintaining natural resources in the same quantity and quality is
 a. absolute conservation
 c. reducing the use of natural resources
 b. relative conservation
 d. using only wasteful natural resources
12. The number of times which a variate value or an event repeatedly occurs is known as
 a. ratio
 b. rate
 c. frequency
 d. probability
13. Uterine prolapse is a serious health problem in Nepal among
 a. girl child
 b. adolescent girls
 c. women aged 20 - 30 yrs
 d. elderly women
14. What is the effectiveness of Depo-Provera?
 a. 99%
 b. 96%
 c. 90%
 d. 88%
15. The fertilized ovum after conception to two weeks is termed
 a. Embryo
 b. Fetus
 c. Zygote
 d. Infancy
16. Characteristics of joint family system is
 a. individualism and epicurianism
 c. psychological security
 b. maintenance of privacy
 d. individual freedom
17. 'Along with ageing the immune power of human body reduces' this view is explained well by the
 a. cellular theory
 b. autoimmune theory
 c. genetic mutation theory
 d. psychological theory
18. According to Nepal Living Standard Survey 2010/011 the unemployment rate was
 a. 4.9%
 b. 3.8%
 c. 2.6%
 d. 2.2%
19. The elimination of unmatching marriage is possible in
 a. early marriage
 b. child marriage
 c. delayed marriage
 d. lesbian marriage
20. Which of the following is the legal age of marriage for girls in Nepal?
 a. 16 yrs.
 b. 18 yrs.
 c. 20 yrs.
 d. 22 yrs.

Attempt ALL the questions.

Group "B"

8×7=56

1. Give an account on the historical development of population education and list its importance.
2. What are the determinants of fertility? Describe them with examples.

OR

During 2012 the total mid year female population of Tulsipur -Municipality aged 20-24 years was 10,000; from them 250 live babies were born in the same year. Find out ASFR.

3. What is meant by vital statistics? Give a brief account of vital registration system in Nepal.
4. Explain the controlling measures of population growth in the context of Nepal.
5. The total population of a certain city was 638,000 and 836,000 in 2001 and 2011 respectively. Find out the annual population growth rate by using linear growth model.
6. What are the components of reproductive health? Explain any five with examples.

OR

Discuss the impacts of early and delayed marriage on fertility with examples.

7. How do socio-cultural and demographic factors affect quality of life?
8. Define sex education and list its importance.

OR

Discuss the causes and effects of rural to urban migration in Nepal.

Group "C"

2×12=24

9. Illustrate the demographic transition theory.
10. Describe the size, growth, density and composition of population (broad age group, sex and caste) as per 2011 census in Nepal. OR
 Define family planning and discuss the measures of birth control.

Attempt ALL the questions.

Tick (✓) the best answer.

1. The philosophy of population education is based on
 - a. population problems
 - b. needs, means and expected outcome
 - c. need and interest of the students
 - d. socio-cultural situation of a country.
2. When was the first population census conducted in Nepal?
 - a. 1910
 - b. 1911
 - c. 1912
 - d. 1920
3. Which of the following examples is direct antinatalist population policy?
 - a. Providing incentives
 - b. raising women's
 - c. providing negative incentives
 - d. emphasizing delay marriage
4. A combination of high fertility and low mortality rates results
 - a. low rates of population growth
 - b. high rates of population growth
 - c. zero rates of population growth
 - d. negative growth of population
5. Which of the following is not the determinant of population change?
 - a. mortality
 - b. fertility
 - c. migration
 - d. urbanization
6. Which of the following is the annual population growth rate of Nepal according to 2011 census
 - a. 2.25
 - b. 1.35
 - c. 2.21
 - d. 1.75
7. Depletion of ozone layer is associated with
 - a. air pollution
 - b. land pollution
 - c. noise pollution
 - d. water pollution
8. How is comfort link with modern society?
 - a. work hard and consume less
 - b. work hard and consume more
 - c. avoid efforts and promote rest
 - d. less consume and less work
9. Which of the following social factors affect the quality of life of the people?
 - a. income
 - b. food supply
 - c. employment
 - d. culture and tradition
10. Which of the following is effective measure to control population growth?
 - a. education
 - b. prize
 - c. punishment
 - d. legislation
11. Which of the following refers to biological capacity of women?
 - a. fertility
 - b. nuptiality
 - c. fecundity
 - d. morbidity
12. What is the percentage of urban population of Nepal in 2011 census?
 - a. 9
 - b. 11
 - c. 13
 - d. 17
13. Which of the following is the percentage of women household head in Nepal according to 2011 census?
 - a. 14.87
 - b. 20.23
 - c. 23.75
 - d. 25.73
14. Which of the following is the elementary type of ?
 - a. joint
 - b. nuclear family
 - c. extended family
 - d. conjugal family
15. Which of these organs produces testosterone hormone?
 - a. epididymis
 - b. seminal vesicle
 - c. prostate gland
 - d. interstitial cells
16. The major problem of environmental degradation in Nepal is caused
 - a. industrialization
 - b. urbanization
 - c. poverty
 - d. deforestation
17. Which of the following examples is associated with major push factor in internal migration in Nepal?
 - a. natural calamities
 - b. environmental pollution
 - c. unemployment
 - d. lack of communication
18. Which of the following stages of demographic transition theory is associated with falling birth rate but rapidly decreasing mortality?
 - a. the high stationary stage
 - b. the late expanding stage
 - c. the decline staged.
 - d. the early expanding stage
19. Which of the following is considered as most fundamental source for the study on?
 - a. sample study
 - b. administrative records
 - c. census
 - d. vital registration
20. An education programme which changes the behavior of the students regarding population is termed as
 - a. demography
 - b. formal demography
 - c. population education
 - d. population study

Attempt ALL the questions.

Group "B"

8×7=56

1. Define population education and describe its scope.

OR

Describe the importance of population education in Nepal.

2. What is demography? How does it differ from population education?
3. What is child labour? Describe its effects on economic development.
4. How do socio-economic factors affect mortality? Explain in brief.

OR

5. What is vital registration system? Describe its components.
6. Explain the criticism of Malthusian theory of population.
7. What is population density? Delineate the density of Nepal by geographical regions.
7. What is sexually transmitted infection (STI)? Describe the Preventive measures of STL.

OR

8. Define the marriage and its importance.
8. What are the bases of Human Development Index? Describe in brief.

Group "C"

2×12=24

9. What is Rapid Population Growth? Describe its consequences on different aspects.
10. What is migration? Describe its causes and consequences with reference to Nepal.

OR

Define quality of life and explain the factors affecting the quality of life.