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 முழுப் பதிப்புரிமையுடையது]
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09 E I, II

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2568 – Piriven Ordinary Level Examination – 2024 (2025)

(09) Health Science – I, II

Three hours

Additional Reading Time - 10 minutes

Use **additional reading time** to go through the question paper, select the questions and decide on the questions that you give priority in answering.

Health Science – Paper I

Note :

- * Answer **all** questions. This paper carries **40** marks.
- * In each of the questions from No. **1** to **40**, pick one of the alternatives (1), (2), (3), (4) which is **correct or most appropriate**.
- * **Mark a cross (x) on the number corresponding to your choice in the sheet provided for answering.** Further, follow the instructions given on the back of the sheet carefully.

1. According to the definition of the World Health Organization (WHO), total health is the presence of physical, mental, social and spiritual well-being of an individual. Accordingly, the absence of diseases is a characteristic of
 - (1) physical and mental well-being.
 - (2) mental and social well-being.
 - (3) social and spiritual well-being.
 - (4) physical and spiritual well-being.
2. The chief monk of the piriven engages in the following activities.
 - * Formulating polices to develop competencies of student bhikkus with the help of the board of teachers
 - * Making the piriven environment beautiful with the help of bhikkus and devotees (*Dāyaka sabhā*)
 - * Obtaining services to improve health of student bhikkus
 The chief monk is attempting to
 - (1) develop the health knowledge of student bhikkus.
 - (2) create a favourable piriven environment.
 - (3) convert the pirivena into a health promotion pirivena.
 - (4) enhancing the health status of student bhikkus.
3. Monk Sanka, who is an educated, popular and efficient monk with a pleasant appearance, gives his fullest support to Buddhist festivals as well as other religious festivals. According to this information, it can concluded that he is
 - (1) religious.
 - (2) healthy.
 - (3) popular among all.
 - (4) equipped with total health.
4. Student bhikkus studying at pirivens worship Lord Buddha in the morning and evening every day, and engage in religious activities together with devotees. According to this information, it is evident that these bhikkus have
 - (1) spiritual well-being.
 - (2) mental well-being.
 - (3) social well-being.
 - (4) physical well-being.

[See page two.

- Emotions generated in four bhikkus *A*, *B*, *C*, and *D* on the day that the Piriven Ordinary Level Examination results were released are given below. Answer questions 5 and 6 based on this information.

A - Felt sad because he did not get expected results.

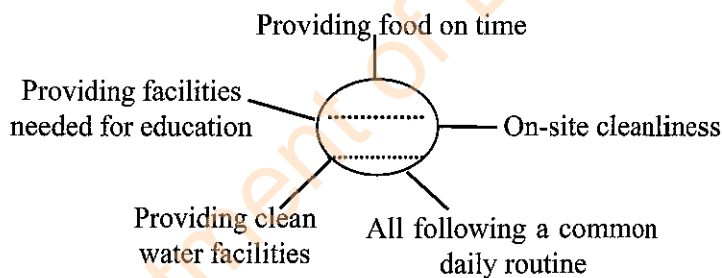
B - Felt happy because he has got 'A' passes for all subjects.

C - Felt angry because he failed all subjects.

D - Was afraid that teachers would blame him because he did not get good results for all subjects.

5. Of these students, pleasant emotions have been generated in
(1) *A*. (2) *B*. (3) *C*. (4) *D*.
6. Of the emotions that were generated in them, the unhealthy emotion/emotions is/are
(1) anger only. (2) sadness and fear only.
(3) fear and anger only. (4) sadness, anger and fear only.
7. According to the Body Mass Index (BMI) chart, for proper physical health, you must try to keep your BMI in the
(1) green zone. (2) orange zone.
(3) light purple zone. (4) dark purple zone.
8. An individual consumes high amounts of fats, sugar and salt as a habit. He/She does not engage in physical activities regularly. According to this information, in the BMI chart, he/she could fall into the
(1) dark purple or light purple zone. (2) light purple or orange zone.
(3) green zone. (4) dark purple zone.
9. The theory stating that "All fauna and flora have arisen and developed through evolution over millions of years" has been proposed by
(1) Lord Buddha. (2) Aristotle.
(3) Charles Darwin. (4) Socrates.

10.



Select the most suitable option to fill in the blank of this diagram.

- (1) Daily routines of student bhikkus
 - (2) Topics of Health Education
 - (3) Several healthy piriven policies
 - (4) Instances in which health services are provided
11. Which of the following is a harmful effect of the lack of safety for bhikkus residing in the pirivena?
(1) Reduced interactions with teacher monks
(2) A reduction in unhealthy interpersonal relationships
(3) Ability to keep the piriven environment clean
(4) Having the opportunity for enjoyment

- Several changes seen in Monk Subodha who is in adolescent age are given below. Answer questions 12 and 13 based on this information.
 - A - Likes to work independently.
 - B - Instantly responds to emotions.
 - C - Always makes smart decisions.
 - D - Muscles have grown.
12. Mental changes evident in Monk Subodha are given by the letters
(1) A, B and C. (2) A, B and D. (3) A, C and D. (4) B, C and D.
13. Of the changes in Monk Subodha, the letter D indicates a
(1) physical change. (2) mental change.
(3) social change. (4) spiritual change.
14. A behaviour that should **not** be followed for a healthy life is
(1) controlling the bodyweight.
(2) consuming instant foods.
(3) refraining from smoking and alcohol consumption.
(4) adhering to standard rules and regulations.
- In questions 15 and 16, select the options with suitable word/words to fill in the blanks.
15. In the case of bone and joint injuries, the dislodging of bones in a joint is called.....
(1) sprain. (2) fracture. (3) dislocation. (4) burst.
16. When the elbow joint is injured, a can be used as an arm sling when giving first aid.
(1) splint (2) padding (3) crepe bandage (4) triangular bandage
17. What is the meaning of 'Arogya' according to Buddhism?
(1) Physical and mental health (2) Happiness and bliss
(3) Understanding of life (4) Absence of physical illnesses
18. According to Demonology, emerging of trees from roots and the trunk is called
(1) *khantabeeja*. (2) *beejabeeja*. (3) *ehubeeja*. (4) *moolabeeja*.
19. The sensations that identify the stimuli such as the swinging of *bo* leaves of *Sri Maha Bodhiya*, fragrance spreading from lotus flowers and the sound of the bell (*Ghantara*) from the shrine, in the correct order, are
(1) vision, smelling, hearing. (2) vision, hearing, smelling.
(3) smelling, vision, hearing. (4) hearing, smelling, vision.
20. The excretory organs of the body include
(1) kidneys, anus and lungs. (2) kidneys, anus and skin.
(3) skin, lungs and kidneys. (4) anus, lungs and skin.
21. The doctor's opinion was that Monk Upali's thyroid gland is enlarging gradually. The reason for this condition could be a reduction in
(1) adrenaline hormone production.
(2) thyroxine hormone production.
(3) oxytocin hormone production.
(4) testosterone hormone production.

22. When rescuing a drowned person, which of the following should **not** be practiced by a first aider who cannot swim?
- (1) Thinking of his/her safety first
 - (2) Getting into water from the back of the drowned person
 - (3) Throwing a long stick or a rope at the victim
 - (4) Lifting the patient out of the water with his/her upper body tilted down below his/her heart
23. The piriven has received four coconut milk packets with the expiration dates: 28.10.2025, 01.12.2025, 31.12.2025 and 03.01.2026, to be used for the needs of bhikkus. If you are assigned the task of storing these packets in the shelf for the ease of use, what is the expiration date on the packet you put on the front most position of the shelf?
- (1) 28.10.2025
 - (2) 01.12.2025
 - (3) 31.12.2025
 - (4) 03.01.2026
24. A result of food spoilage could be
- (1) colour changes in foods.
 - (2) changes in taste of foods.
 - (3) having a bad smell.
 - (4) a increase in nutritive value.
25. When preparing meals for monks, a reason for the loss of the quality of food could be
- (1) cooking several suitable foods together.
 - (2) adding spices such as turmeric, fenugreek and cinnamon to foods.
 - (3) boiling foods for longer periods when cooking.
 - (4) adding iodized salt to foods.
26. Which of the following facts should be specifically considered during blood transfusion?
- (1) Blood groups of the donor and the recipient must match
 - (2) The recipient should be above 21 years of age
 - (3) The donor should not be over-weight
 - (4) The recipient should be free from illnesses
27. Which of the following groups of diseases can be prevented though vaccination?
- (1) Thalassaemia, tuberculosis, mumps, kidney diseases
 - (2) Tuberculosis, measles, rubella, mumps
 - (3) Hemophila, polio, whooping cough, diphtheria
 - (4) Diabetes, high blood pressure, tetanus, Japanese encephalitis
28. In Buddhism, inner purity refers to keeping the
- (1) robes (*cheevara*) clean.
 - (2) mind clean.
 - (3) residing premises (*senasana*) clean.
 - (4) body clean.
29. The basic attire of Buddhist monks include
- (1) a lower robe (*andanaya*), a single-layer outer robe (*thani pata sivura*) and a fan (*vijini patha*).
 - (2) a lower robe (*andanaya*), a double-layer outer robe (*depata sivura*) and a fan (*vijini patha*).
 - (3) a single-layer outer robe (*thani pata sivura*), a double-layer outer robe (*depata sivura*), and a fan (*vijini patha*).
 - (4) a lower robe (*andanaya*), a single-layer outer robe (*thani pata sivura*) and a double-layer outer robe (*depata sivura*).
30. Lord Buddha showed the need of exercises for a comfortable life though
- (1) *ahārasappāya*.
 - (2) *uthusappāya*.
 - (3) *viharanasappāya*.
 - (4) *puggalasappāya*.
31. The doctor asks you to find *kahata beheth* needed to treat a bhikkhu having an illness. According to medicine prescribed by Lord Buddha, the medicines that you will be bringing are
- (1) turmeric and ginger.
 - (2) *karanda* and *vada kaha*.
 - (3) neem and nutmeg.
 - (4) *karanda* and neem.
32. According to *ashtānga* ayurveda, curing all illnesses of all parts of the body is called
- (1) *shalakya chikitsa*.
 - (2) *kaya chikitsa*.
 - (3) *vajikarana chikitsa*.
 - (4) *rasayana chikitsa*.

33. Which of the following options contain an **incorrect** definition of *anga poorna ahara*?
- (1) A food containing six tastes in right amounts
 - (2) A food containing all nutrients in right amounts
 - (3) A balanced diet
 - (4) A food containing plant and meat components
34. An empirical treatment method to treat mental illnesses is
- (1) holding *bodhi pooja* and chanting *pirith*.
 - (2) chanting *seth kavi* and conducting *shānthi karma*.
 - (3) treating diseases based on experiments, observations and conclusions.
 - (4) applying blessed oils (*thel mathireema*) and tying blessed threads around body parts (*mul bandeema*).
35. A student who has failed the exam due to family conflicts and financial difficulties and undergone frustration as a result, is showing restlessness. According to medical diagnosis, he is suffering from an illness. This illness could be
- (1) a mental illness.
 - (2) a physical illness.
 - (3) a communicable disease.
 - (4) a social disease.
36. A female worshipper offered fluid milk, curd, whey (*moru*), cheese (*vendaru*) and ghee (*githel*) to bhikkus for *pāsuviharana*. This worshipper has offered
- (1) *pasgorasa*.
 - (2) *pasbeheth*.
 - (3) *ashtapāna*.
 - (4) *kheerapāna*.
37. According to ayurveda, "*hitha ayusha*" means
- (1) a comfortable life.
 - (2) a good life.
 - (3) a bad life.
 - (4) a life with suffering.
38. Select the correct answer about the following statement and the reason.
- Statement - The student bhikkus must be given the opportunity to participate in social service programmes.
- Reason - Opportunity must be provided to develop self-esteem of student bhikkus.
- (1) The statement and the reason are correct.
 - (2) The statement and the reason are incorrect.
 - (3) The statement is correct and the reason is incorrect.
 - (4) The statement is incorrect and the reason is correct.
- Study the pairs of events *A*, *B*, *C*, and *D* and answer questions 39 and 40.
- A* - (i) Addition of impurities such as stones and sand to foods during transport, storage and preparation
(ii) A reduction in the safety of foods
- B* - (i) Getting used to live the life according to *Kamasukallikamyoga* (self-indulgence) or *Attakilamathamiyoga* (self-mortification)
(ii) Disruption to well-being of life
- C* - (i) Eliminating the water-accumulating place in *pirivena*
(ii) Risk of spreading dengue fever
- D* - (i) Acting without team spirit in a team
(ii) Ability to overcome challenges
39. The pairs of events in which the **increase** of the first event results in an **increase** of the second event is
- (1) *A* and *B*.
 - (2) *A* and *C*.
 - (3) *B* and *D*.
 - (4) *C* and *D*.
40. The pairs of events in which the **increase** of the first event result in a **decrease** of the second event is
- (1) *A* and *B*.
 - (2) *A* and *C*.
 - (3) *B* and *D*.
 - (4) *C* and *D*.

2568 – Piriven Ordinary Level Examination – 2024 (2025)

(09) Health Science - I, II

Health Science - Paper II

- * This paper consists of **eight** questions.
- * Question No. **1** is compulsory and **four** other questions should be answered.
- * The total number of questions to be answered is **five**.

1. Provide short answers for questions from (i) to (x) based on the following case.

The Health Promotion Society of Vivekarama pirivena organized a lecture series on “Let's preserve the Health of Body Systems” aiming bhikku students sitting for Piriven Ordinary Level Examination and other students, under the patronage of the chief monk of the temple.

After leading the gathering to observe the five precepts (*pansil*), the chief monk explained the importance of a healthy life by taking the Buddhist verse “*arogyā paramā lābhā*”.

After that, the Medical Officer of Health explained about the systems such as the respiratory system and the circulatory system which make up the body.

The medical officer who discussed about the respiratory system explained its function and order of the passage of gas to lungs, which consist of the nasal cavity, pharynx, larynx, trachea and bronchi respectively. Furthermore, he explained about communicable diseases such as common cold, influenza and many other diseases that affect the respiratory system and good habits such as engaging in exercises and maintaining a clean environment as actions that can be taken to prevent such diseases. Lunch was provided after the medical officer explained similar information about other systems.

The lunch included rice, fish, dhal, a green leaf malluma and fried brinjal followed by bananas for dessert.

After that, the chief monk educated the participants about the Buddhist teachings of *sāppāya*, *pārisuddhi* and medicines that are important for preserving the health of body systems.

The chief monk mentioned about five facts including *āhārasappāya*, *viharanasappāya* and *uthusappāya* when explaining *sappāya*.

When discussing about *pārisuddhi*, he explained five benefits of walking such as the ability to walk long-distance journeys (*addhanākkhāmo hothī*) and the ability to have determination (*padānakkhāmo hothī*), which are mentioned in *chankāmanānisansa sutta*.

The chief monk introduced several medications preached by lord Buddha, such as *pasbeheth* (*panchabhesajja*) and *vasabeheth* (*vasabhesajja*). After that, all participants were directed to a short meditation programme and the programme was concluded after transferring the merits.

- (i) Mention **two** areas of health mentioned in the verse “*ārogya paramā lābhā*” that should be focused when preserving health.
- (ii) List **two** systems mentioned by the medical officer, that are **not** included in the case.
- (iii) List the **two** other parts of the respiratory path that was mentioned by the medical officer.
- (iv) List **two** communicable respiratory diseases that are **not** mentioned in the case.
- (v) List **two** actions that can be taken to prevent respiratory diseases, which are **not** mentioned in the case.
- (vi) Name separately, a macronutrient and a micronutrient commonly available in the lunch provided.
- (vii) List the **two** other parts of *sappāya* that are **not** mentioned in the case.
- (viii) Mention **two** other benefits of walking which were **not** mentioned by the monk in the case.
- (ix) Mention **two** other types of medicines preached by Lord Buddha, that were **not** mentioned in the case.
- (x) Mention **two** benefits of participating in meditation programmes. (02 × 10 = 20 Marks)
2. (i) Present **two** facts to show the importance of studying Health Science by a student bhikku. (02 Marks)
- (ii) Mention **three** actions that a student bhikku should follow to maintain an active lifestyle. (03 Marks)
- (iii) Briefly explain **five** elements that should be present in a healthy piriven environment, which allow bhikkus to continue their education successfully. (05 Marks)
3. Lord Buddha, who showed the importance of planting trees, preached most sermons and resided during rainy seasons in forests and gardens.
- (i) *Kimbulwath* forest is a forest mentioned in several instances in Buddhist literature. Mention examples for **two** other such forests. (02 Marks)
- (ii) Give **three** important occasions of Lord Buddha's life that are associated with fauna and flora. (03 Marks)
- (iii) Briefly explain how trees are useful for human existence. (05 Marks)
4. The bhikkus residing in the pirivena must protect personal health as well as the cleanliness of the environment to prevent communicable and non-communicable diseases.
- (i) Write **two** good habits that bhikkus should follow to protect the cleanliness of the piriven environment. (02 Marks)
- (ii) Name a non-communicable disease and write **two** actions that bhikkus should follow to prevent non-communicable diseases. (03 Marks)
- (iii) Write **five** habits that should be followed to maintain personal health to protect from communicable diseases. (05 Marks)

5. Blood consists of a fluid plasma in which blood cells are suspended.
- Mention **two** types of blood cells. (02 Marks)
 - Blood transfusion refers to artificially giving blood to a person. Mention **three** instance in which a person may require blood transfusion. (03 Marks)
 - Mention **five** good habits that you will follow to prevent diseases related to the circulatory system. (05 Marks)
6. (i) According to ayurveda, what are the **two** categories of diseases caused by '*dosha kopa*'? (02 Marks)
- (ii) If you choose a food that is good ('*yahapath*') according to ayurveda, list **three** qualities it should have. (03 Marks)
- (iii) According to *Āchārya Charaka*, write **five** benefits of foods. (05 Marks)
7. (i) Construct a definition for 'mental health' by combining the following phrases.
- socialize as a productive individual
 - overcome challenges
 - successfully coping with stresses of life
 - Realizing his/her abilities
- (ii) Mention **three** causes of mental illnesses. (03 Marks)
- (iii) Write **five** good habits that can be followed to achieve mental well-being. (05 Marks)
8. (i) Present **two** facts to show why the human body needs water. (02 Marks)
- (ii) Mention **three** ways in which water is polluted. (03 Marks)
- (iii) Write **five** good habits that must be followed when using water which is a limited resource. (05 Marks)
