#### ljifo Mhg;ª\Vof lzIff

ljlzi6Ls/0f tflnsf

ljlzi6Ls/0f tflnsf, @)&^

;}4flGts d"Nofª\sg

k"0ff{ª\sM &% ;doM @ 306f !% ldg]6

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| k|Zg of]hgf tyf cª\sef/ ljt/0f | | | | | | | | | | | | | | | | | |
| PsfO | If]q ÷PsfO | Kff7\oef/ | 1fg | | | Aff]w | | | k|of]u | | | pRr bIftf | | | hDdf cª\s | | |
| clt 5f]6f] | 5f]6f] | nfdf] | clt 5f]6f] | 5f]6f] | nfdf] | clt 5f]6f] | 5f]6f] | nfdf] | clt 5f]6f] | 5f]6f] | nfdf] | clt 5f]6f] | 5f]6f] | nfdf] |
| ! | hg;ª\Vof / hg;ª\Vof lzIff | 15 T | ! | ! |  |  |  |  |  |  |  |  |  |  | ! | ! |  |
| @ | hg;ª\Vof l;4fGt, gLlt tyf sfo{s|d | 20 T | ! |  |  |  |  | ! |  |  |  |  | ! |  | ! | ! | ! |
| # | hg;ª\Vof l:ylt | 14T + 6P |  |  |  | ! | ! |  |  |  |  |  |  |  | ! | ! |
| $ | n}ª\lustf | 7T+3P |  |  |  |  |  |  | ! | ! |  |  |  |  | ! | ! |  |
| % | a[xt\ of}lgstf lzIff | 21T+9P |  |  |  |  | ! |  | ! |  |  | ! | ! |  | @ | @ |  |
| ^ | kfl/jfl/s hLjg lzIff | 14T+6P |  |  |  | ! |  |  |  |  | ! |  |  |  | ! |  | ! |
| & | hg;ª\Vof Joj:yfkg | 14T+6P |  |  |  | ! |  |  |  | ! |  | ! |  |  | @ | ! |  |
| \* | hg;ª\Vof / lbuf] ljsf; | 10T+5P | ! | ! |  |  |  |  |  |  |  |  |  |  | ! | ! |  |
| ( | hg;ª\Vof ljZn]if0f | 13T+7P |  |  |  |  |  |  | ! |  |  |  |  | ! | ! |  | ! |
|  | hDdf | **128 + 42** | # | @ |  | # | @ | ! | # | @ | ! | @ | @ | ! | !! | \* | # |

k|Zgsf k|sf/x¿

34

|  |  |  |  |
| --- | --- | --- | --- |
| k|Zgsf k|sf/x¿ | ;f]lwg] ;ª\Vof | ;do ljefhg | k"0ff{ª\s |
| clt ;ª\lIfKt k|Zg | !! | !% ldg]6 | !! |
| 5f]6f] pQ/ cfpg] k|Zg | \* | ! 306f !% ldg]6 | $) |
| Nffdf] pQ/ cfpg] k|Zg | # | $% ldg]6 | @$ |
| hDdf | @@ | @ 306f !% ldg]6 | &% |

b|i6Jo M

;a} k|Zg clgjfo{ x'g] 5g\ t/ PsfO # / $ af6 5f]6f pQ/ cfpg] k|Zgdf Ps÷Ps / nfdf] pQ/ cfpg] k|Zgdf PsfO ^ af6 Ps ljsNk /xg] 5 .

Course Division

Opt. Population

First Term 2079

Class X

|  |  |  |
| --- | --- | --- |
| Units | E.P.T. | Remarks |
| 1.Population and Population Education | 15 | Th 10+ Pr5 |
| 2. Population policies and programmes in Nepal | 20 | Th 15+ Pr5 |
| 3. Gender | 10 | Th 7+ Pr 3 |

Opt. Population

Second Term 2079

Class X

|  |  |  |
| --- | --- | --- |
| Units | E.P.T. | Remarks |
| 1.Population Change | 20 | Th 14+ Pr6 |
| 2. Family life Education | 20 | Th 14+ Pr6 |

Opt. Population

Third Term 2079

Class X

|  |  |  |
| --- | --- | --- |
| Units | E.P.T. | Remarks |
| 1.Comprehensive sexuality Education | 20 | Th 15+ Pr5 |
| 2. Source of Population Data | 16 | Th 14+ Pr2 |
| 3. Population and sustainable development | 15 | Th10+ Pr 5 |
| 4. Population anglysis | 15 | Th 13+ Pr 2 |

dfWolds lzIff k/LIff

#### gd'gf k|Zgkq

ljifo M hg;ª\Vof

k"0ff{ª\s M &% ;do M @ 3G6f !% ldg]6

;d"x s Group ‘A'

#### tnsf k|Zgsf] Ps jfSodf pQ/ lbg'xf];\ M -!!×! Ö !!\_

Answer The following questions in one sentence.

!= hg;ª\VofnfO{ kl/eflift ug'{xf];\ . (K) Define Population.

@= WHO sf cg';f/ lszf]/fjf:yf eGgfn] s'g pd]/ ;d"x xf] < (K) According to WHO, what age group refers to adolescence?

#= a;fOF;/fOnfO{ k|efj kfg]{ s'g} Ps tŒj klxrfg ug'{xf];\ . (U) Identify one of the factors that influence migration.

$= xfd|f] ;dfhdf n}ª\lus ;dfgtf sfod /fVg] Ps pkfo klxrfg lbg'xf];\ .(A) Identify a way to maintain gender equality in our society.

%= cfsl:ds ue{ lg/f]ws rSsL s:tf] cj:yfdf k|of]u ug{ ;lsG5 <

In which situation, emergency contraceptive pills can be used?

^= k|fylds tYofª\ssf] s'g} Pp6f ;|f]t pNn]v ug'{xf];\ . hgu0fgf tYofª\ssf] s'g ;|f]tcGtu{t kb{5 . (U)

Specify one of the primary data sources. Under what source does the census fall?

&= afnljjfx /f]syfd ug{ tkfO{Fn] ckgfpg ;Sg] s'g} Pp6f ;'emfj n]Vg'xf];\ . (HA) Write down one of the ways that you can adopt to prevent child marriage.

\*= kfl/jfl/s hLjg lzIffn] s;/L ;'vL hLjg agfpgdf ;xof]u ub{5 <

How family life education helps to build a happy life?

(= hLjgdf 36\g] k|d'v 36gf btf{ ug{ hgr]tgf hufpg] Pp6f gf/f n]Vg'xf];\ . (HA) Write a slogan to raise awareness about registration of vital events in life.

!)= lbuf] ljsf;sf] cy{ atfpg'xf];\ . (K)

Explain the meaning of sustainable development.

!!= hg;ª\Vof lzIffdf dWossf] k|of]u lsg ul/G5 < pNn]v ug'{xf];\ . (A) Mention why median is used in population education?

cyjf

n}ª\lus d'2f eGgfn] s] a'em\g'x'G5 < g]kfndf n}ª\lustf;DaGwL d'2fsf] ;Daf]wg ug{ ePsf kxnx¿ rrf{ ug'{xf];\

What is Genter issues ? Mention the initiative steps done in Nepal to address the genter issues.

;d"x v Group ‘B'

#### tnsf k|Zgx¿sf] 5f]6f] pQ/ lbg'xf];\M \*×%Ö$)\_

Give short answer of the following questions.

!@= hg;ª\Vof kl/jt{gsf tŒjx¿ s] s] x'g\ < s'g} b'O{ cf]6fsf] 5f]6s/Ldf JofVof ug'{xf];\ . (K) What are the factors of population change? Explain any two of them in short.

!#= g]kfndf ue{ktg;DaGwL ;/sf/L gLltsf] 5f]6s/Ldf ljj]rgf ug'{xf];\ . (HA) Discuss the government policy on abortion in Nepal.

!$= g]kfnsf] hg;ª\Vof ;g\ @))! / ;\g @)!! df j|mdzM @,#!,%!,$@# / @,^$,($,%)$ lyof]

eg] k|jw{s j[l4b/ Pt= Po

ert

ljleGg k|of]u u/L ;g\ @)@! sf] hg;ª\Vof k|If]k0f ug'{xf];\ .

Population of Nepal in 2001 and 2011 was 2, 31, 51,423 and 2, 64, 94,504 respectively. Use exponential growth rate (pt=p ert) method for population

o

projection of 2021 AD.

cyjf

hg;ª\Vof k|If]k0f eg]sf] s] xf] < o;sf] cfjZostf lsg kb{5 < k|If]k0fsf k|d'v ljlwx¿sf] gfd pNn]v ug'{xf];\ . (A)

What is population projection? Why it is necessary mention the major methods of projection.

!%= tkfO{Fsf] ;dfhdf dlxnf ;zStLs/0fsf nflu s] s:tf k|of;x¿ eO/x]sf 5g\ < kfFr a'Fbfdf n]Vg'xf];\ .

In your society, what are the efforts for women empowerment? Enlist any five efforts.

!^= ue{ Joj:yfkgsf nflu ckgfOg] k|fs[lts ljlwsf] kfFrcf]6f kmfObfx¿ k|:6 kfg'{xf];\ . (U) Explain any five benefits of using natural methods of contraceptive method.

!&= kfl/jfl/s hLjg pRr agfpg tkfO{Fn] ug{ ;Sg] s'g} kfFrcf]6f k|of;x¿ pNn]v ug'{xf];\ . (HA) Mention five steps you can take to improve family life.

!\*= g]kfndf k~hLs/0f k|0ffnLnfO{ s;/L Jojl:yt ug{ ;lsG5 < s'g} kfFr a'Fbfdf ;'emfj lbg'xf];\ .

(A)

How can the registration system be managed in Nepal? Suggest any five ways

!(= lbuf] ljsf; / hg;ª\Voflarsf] cGt/;DaGw JofVof ug'{xf];\ . (K)

Explain the correlation between sustainable development and population.

;d"x u Group ‘C'

#### tnsf k|Zgsf] nfdf] pQ/ lbg'xf];\ M #×\*Ö@$

Give Long answer of the following questions

@)= g]kfnsf] kGw|f}+ of]hgfsf] hg;ª\Vofdf gLlt tyf sfo{j|mdx¿sf] nIo, p2]Zo / /0fgLltx¿ k|:t't ug'{xf];\ . (HA)

Present the goals, objectives and strategies of policies and programs to the pop- ulation of the Fifteenth Plan of Nepal.

@!= dlxnf k|hgg k|0ffnL;Fu ;DalGwt leqL cª\ux¿sf] sfo{sf] ;lrq JofVof ug'{xf];\ .

Explain the functions of the internal organs of female reproductive system along with its figure.

or

afFemf]kgfsf] sf/0f, k|efj / Joj:yfkgsf pkfox¿sf] ;ª\lIfKt rrf{ ug'{xf];\ . (U) Briefly mention the causes, impact and management of infertility.

@@= tkfO{+sf] kl/jf/df Ho]i7 gful/sx¿sf] Joj:yfkg ug{ s:tf] e"ldsf lgjf{x ug'{x'G5 < s'g} rf/cf]6f a'Fbfdf j0f{g ug'{xf];\ . (A)

What role can you play to manage senior citizens in your family? Explain in any four points