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Question Paper Version : A

Second Semester B.Arch./B.Planning Degree Examination, June/July 2023
Scientific Foundation of Health

Time: 1 hrs.]

[Max. Marks: 50

INSTRUCTIONS TO THE CANDIDATES

1. Answer all the **fifty** questions, each question carries one mark.
2. Use only **Black ball point pen** for writing / darkening the circles.
3. **For each question, after selecting your answer, darken the appropriate circle corresponding to the same question number on the OMR sheet.**
4. Darkening two circles for the same question makes the answer invalid.
5. **Damaging/overwriting, using whiteners** on the **OMR** sheets are strictly prohibited.

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1. _____ is defined as a complete state of physical , mental and social well being and not merely the absence of disease.
a) Mind b) Health c) Brain d) Wealth
 2. The medulla is responsible for the regulation of _____.
a) Heart rate b) Blood pressure c) Respiration d) All of the above
 3. Parents are urged to get their children _____ against measles , polio , whooping cough and other childhood disease.
a) fight b) vaccinated c) treatment d) killed
 4. _____ is an important and controllable risk factor for many leading cause of death and diseases.
a) Food b) Fruit c) Diet d) Body
 5. Sleep is a vital health habit and its classified into _____.
a) NREM (Non – Rapid eye movement) b) REM (Rapid eye movement)
c) Both (a) and (b) d) None of the above
 6. Stress is a negative emotional experience accompanied by predictable biochemical _____ that are directed either forward altering the stressful event.
a) Physiological b) Cognitive c) Behavioural changes d) all of the above
 7. Behavioural Techniques are _____.
a) Relaxation skills b) Pacing c) Behavioural Activation d) all of the above

8. Health compromising behavior _____
a) Good to Health b) Harmful to Health
c) Medium of Health d) None of these
9. Wellness has a direct influence on overall health
a) True b) False c) Both (a) & (b) d) None of the above
10. Wellness is achieved by proper balance of _____ dimensions of wellness.
a) 11 b) 9 c) 8 d) 4
11. Is Health is Internal (or) External?
a) Internal b) External c) Both (a) & (b) d) None of the above
12. Positive emotional well being can be achieved through _____.
a) Positive affirmation b) Smile c) Stay positive d) All of the above
13. Overall Health is constituted by _____.
a) Physical Health b) Mental Health c) Financial Health d) All of the above
14. Good Mental Health is categorized on _____.
a) Absence of depression b) Absence of Anxiety
c) Ability of face challenges d) All of the above
15. A person who suffers from mental illness always see him as _____.
a) Pessimist b) Sad c) Negative d) All of the above
16. Benefits of Good health are _____.
a) Increased longevity b) Improved energy
c) Good immunity and mental clarity d) All of the above
17. Good personality needs _____.
a) Healthy Body b) Healthy mind c) Wealthy d) Both (a) & (b)
18. Health Disparities includes _____.
a) Mortality b) Life expectancy c) Burden of disease d) All of the above
19. Stress affects the body _____.
a) Directly b) Indirectly c) Both (a) & (b) d) None of the above
20. Disease means _____.
a) Discomfort b) Comfort c) Disability d) Both (a) and (c)
21. Environmental Psychologists emphasize the importance of taking which of the following into consideration when examining behavior.
a) Genetics b) Brain structure
c) Physical & Social context d) None of these
22. SUD is _____.
a) Substance Until Disorder b) Substance Under Disorder
c) Substance Under Depression d) Substance Use Disorder.

23. Medical diagnosis of obesity is based on a BMI cut off point of _____.
a) 25.0 b) 30.0 c) 40.0 d) 50.C
24. The positive stress is called as _____.
a) Eustress b) Destress c) Stressless d) None of these
25. Chicken guniya is _____ disease.
a) Hariditary b) Deficiency c) Pathogenic d) Congential
26. Skull consists of _____ bones.
a) 14 bones b) 22 bones c) 12 bones d) 8 bones
27. What does the '19' in "Covid – 19" refers to?
a) 19 variants of Corona virus b) 19 symptoms of Corona virus disease
c) This is the 19th Corona virus pandemic.
d) The Corona virus and the disease it cause were identified in 2019.
28. Antibiotics are used (or) administered for the purpose _____.
a) to reduce pain b) to reduce edema c) to prevent infection d) to relieve fever
29. The percentage of water in the average adult human body.
a) 80 % b) 60 % c) 40 % d) 90 %
30. Which of these is not an example of a Health behavior?
a) Smoking b) Regular exercise c) Eating healthy food d) Walking
31. What does the term "Mortality" refer to?
a) Death b) Illness c) Health d) Morbidity
32. Which of the following is not a components of skill - related physical fitness?
a) Agility b) Muscular strength c) Coordination d) Reaction time
33. _____ means when person is healthy and free from Disease.
a) Endurance b) Life style c) Wellness d) None of these
34. Anorexia nervosa typically begins on _____.
a) A menorrhoea b) Dysmenorrhoea
c) Fibrosis d) Premenstrual syndrome
35. Which is not a types of physical activity?
a) Drinking b) Cycling c) Walking d) Dancing
36. The components of communication process are _____.
a) Encoder b) Decoder c) Medium d) All of the above
37. The way of Information is translated into a message _____.
a) Decoding b) Transmitting c) Encoding d) Medium

38. The response of the receiver takes after decoding a message.
 a) sender b) feedback c) receiver d) medium
39. _____ is a relationship of mutual affection between people.
 a) Friendship b) Mentorship c) Partnership d) Leadership
40. Qualities of a true friend _____.
 a) Forgives b) Believes
 c) Love with unconditional d) All of the above
41. Which of these is not a step in the Listening process _____?
 a) Receiving b) To stop talking c) Misinterpreting d) Responding
42. Our dress code is an example of _____ Communication.
 a) Verbal b) Non – verbal c) Dramatic d) All of the above
43. Communication is a part of _____ skills
 a) Hard b) Soft c) Short d) Rough
44. Substance Addiction _____.
 a) Behavioral addiction b) Heroin addiction
 c) Drug addiction d) All of the above
45. Which one of the following is not a bacterial disease?
 a) Cholera b) Tuberculosis c) Anthrax d) Influenza
46. _____ has a long term effect on the health of an Individual.
 a) Common cold b) Chicken pox c) Stress d) Chewing tobacco
47. The stimulant present in tea , coffee , coco cola drinks _____.
 a) Caffeine b) Tannin c) Cocaine d) Astringent
48. Childhood blindness can be caused by _____.
 a) HIV / AIDS b) Measles c) Malaria d) Tuberculosis
49. If an infectious agent can only multiple inside living cells, this agent _____.
 a) Bacteria b) Virus c) Parasite d) Fungus
50. Which organ is adversely affected by alcohol?
 a) Kidney b) Liver c) Heart d) Lungs
