

CBCS SCHEME

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Question Paper Version : D

First Semester B.E./B.Tech. Degree Examination, Feb./Mar. 2022

Scientific Foundations of Health

(COMMON TO ALL BRANCHES)

[Time: 1 hr.]

[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. How is substance use disorder treated?
 - a) Multiple types of treatment
 - b) Recognition of problem
 - c) Alcohol drinking
 - d) both a & b
 2. Hyper obesity value in terms of BMI
 - a) > 25
 - b) < 25
 - c) ≥ 40
 - d) None of these
 3. Definition of over weight
 - a) $\text{BMI} > 25\text{kg/m}^2$
 - b) $\text{BMI} = 25\text{kg/m}^2$
 - c) BMI is 25 to $< 29.9\text{ kg/m}^2$
 - d) BMI is $18.5 < 25\text{ kg/m}^2$
 4. Obesity increases the risk of developing?
 - a) Type 2 diabetes
 - b) Cancer
 - c) Cardio vascular diseases
 - d) None of these
 5. Communication is a part of _____ skills
 - a) Soft
 - b) Hard
 - c) Rough
 - d) Short

6. What are the steps to improve vocal clarity
- a) Keep you language simple
 - b) Slow down during conversation
 - c) Feed back
 - d) Both a & b
7. Way to improve communication skills are
- a) Active listening skills
 - b) Passive listening skills
 - c) Both a & b
 - d) None of these
8. WHO principles includes
- a) Development of child
 - b) Health fundamental right
 - c) Promotion and protection of Health
 - d) All of the above
9. Is addiction a
- a) Mental disorder
 - b) Physical disorders
 - c) Both a & b
 - d) None of the above
10. WHO stands for
- a) World Health Organisation
 - b) World Honest Organisation
 - c) World Happy Organisation
 - d) World Hockey Organisation
11. What causes tunnel vision?
- a) Smoking
 - b) Alcohol
 - c) Barbiturates
 - d) Vitamin A deficiency
12. After drinking alcohol, consumption of this leads to death
- a) Morphine
 - b) Opium
 - c) Barbiturates
 - d) All of these
13. This causes maximum accumulation of fat in the liver
- a) meat & egg
 - b) alcohol
 - c) saturated fat
 - d) starch
14. Wellness dimensions are
- a) 4
 - b) 2
 - c) 6
 - d) 8
15. Emotional well being includes
- a) Stress situation management
 - b) Smoking
 - c) Drinking alcohol
 - d) None of these

16. Deficiency of Vitamin B complex causes
- a) Dermatitis
 - b) Peliagra
 - c) Rickets
 - d) Scurvy
17. In hypermetropia, distinct image of the object forms
- a) Behind the retina
 - b) In front of retina
 - c) No image is formed
 - d) Depends on age of person
18. Pelvis consists of ____ number of bones
- a) 3
 - b) 4
 - c) 5
 - d) 6
19. Which food has maximum biological value for proteins?
- a) Soya bean
 - b) Egg
 - c) Meat
 - d) Fish
20. Which part of an eye can be transplanted?
- a) Retina
 - b) Cornea
 - c) Optic nerves
 - d) Complete eye
21. Breathing rate in human beings is
- a) 36/min
 - b) 12 to 20 per minute
 - c) 72/min
 - d) 20 to 30 per minute
22. Which of the following is not a hereditary disease?
- a) Haemophilia
 - b) Hypertrichosis
 - c) Encephalitis
 - d) Thalassemia
23. Osteoporosis is caused by deficiency of
- a) Vitamin A
 - b) Vitamin B
 - c) Vitamin C
 - d) Vitamin D
24. Hepatitis is caused due to
- a) Infected blood transfusion
 - b) Use of Contaminated water
 - c) Addiction of drug
 - d) Dialysis
25. Widal test is performed
- a) to identify the typhoid fever
 - b) to identify AIDS
 - c) to identify causes of diarrhea
 - d) to identify the causes of dysentery
26. Antibiotics are used or administered for the purpose
- a) to reduce pain
 - b) to reduce edema
 - c) to prevent infection
 - d) to relieve fever

27. Percentage of water in the average adult human body is
a) 80 % b) 60 % c) 40 % d) 90 %
28. What does 'Morality' refer to?
a) Death b) Illness c) Health d) Morbidity
29. Which of the following is a viral disease?
a) Diphtheria b) Filariasis
c) Leprosy d) Influenza
30. Communication barriers involves
a) Jumping into the conclusion
b) Arguing a debating
c) Fear of offending
d) All of the above
31. Body language plays an important role in
a) Communication b) Judgment
c) Both a & b d) None to these
32. Both _____ consumption are legally restricted to particular circumstances and age groups
a) Smoking & Alcohol b) Drug & Smoke
c) None d) Both a & b
33. Which law relates to a Person's right to choose whether they want treatment or not?
a) The misuse of Drugs Act 1971
b) The Health and Safety at work Act 1974
c) Mental Capacity Act 2005
d) Medicines Act 1968
34. Which of the following diseases has been eradicated?
a) Small pox b) Rinder pest
c) Polio d) All of the above
35. Carcinoma arises from the
a) Epithelial cells
b) Bone marrow
c) Pigment containing cells
d) None of the above
36. What is a Nuclear Family?
a) Guardians and pets
b) Grandparents & no kids
c) Parents and their Children
d) Animals & Siblings

37. Skills that allow you to be effective at saying no to drugs or alcohol offers
- a) Being awesome
 - b) Refusal skills
 - c) Affective refusal
 - d) Nagging
38. What is a sign of a Toxic friendship?
- a) Lack of Empathy
 - b) Laughing and giving hugs
 - c) Being supportive
 - d) Pushing you hard to be a better person
39. Important roles of Health are
- a) Fighting diseases
 - b) Feeling happy
 - c) Enjoy Life
 - d) All of the above
40. Other factors affecting Health
- a) Social exclusion, Housing , Education
 - b) Social exclusion only
 - c) Housing only
 - d) Education only
41. As per WHO Health is defined as a State of complete
- a) Physical well being
 - b) Mental well being
 - c) Social well being
 - d) All of the above
42. Risk factors that increases a person's illness or injury is due to
- a) Smoking
 - b) Extreme Physical activity
 - c) Alcohol drinking
 - d) All of the above
43. Physical Health includes
- a) Adequate rest
 - b) Balanced diet
 - c) Both a and b
 - d) None of the above
44. Psychological disorders are
- a) Anxiety , Depression , Stress
 - b) Stress , Anxiety
 - c) Depression , Anxiety
 - d) None of the above
45. What is HIA?
- a) Health Impact Assessment
 - b) Health Impact Assignment
 - c) Health Index Assessment
 - d) None of the above
46. Advantages of being Healthy.
- a) Fighting diseases
 - b) Decreases brain health
 - c) Decreases performances
 - d) None of these

47. Spiritual health refers to
- a) Meditation
 - b) Exercising
 - c) Body Composition
 - d) All of the above
48. Sign of Mental illness are
- a) Abnormal changes in thinking, perception and judgment.
 - b) Abnormal changes in feeling a memory
 - c) Both a and b
 - d) Abnormal changes in behavior towards others.
49. Psychosis is characterized by
- a) loss of touch with reality
 - b) prolonged emotional reaction to a given stress
 - c) Anxiety, fear , sadness , vague aches and pains
 - d) All of the above
50. Types of addictive behaviour
- a) Alcoholism
 - b) Drugs opium
 - c) Video gaming
 - d) All of the above

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