

**BSFHK158/258** 



## First/Second Semester B.E./B.Tech. Degree Examination, June/July 2023 Scientific Foundation of Health

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.

1.	What is health?	_7%s			
	a) Physical wellbeing	b) Mental wellbeing			
	c) Social wellbeing	d) All of the above			
2.	Important roles of health are	A projection in the projection of the projection			
	a) Fighting disease b) Feeling happy	c) Enjoy life d) All of the above			
3.	As per WHO health is defined as a state of complete				
	a) Physical Wellbeing	b) Mental wellbeing			
	c) Social wellbeing	d) Physical, mental, social wellbeing			
4.	Wellness is	and the second s			
	a) Positive approach	b) Negative approach			
	c) Positive or Negative approach	d) Positive and Negative approach			
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5.	Wellness dimensions are				
	a) 4 b) 2	<b>c</b> ) 6 d) 8			
6.	Intellectual wellness includes				
0.	a) Eating balanced diet	b) Drinking sufficient water			
	c) Having good nutrition	d) Mental exercise			
	c) having good nutrition	u) Wentar excretise			
7.	Physical health enhances				
	a) Heart function b) Breathing	c) Both a and b d) None of these			
0	La Array in a factory of backhand				
8.	Influencing factors of health are	h) Conicl Contant and			
	a) Social, economic, political factor	b) Social factor only			
	c) Economical factor only	d) Political factor only			
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Factor which influence health are 9. b) Individual behavior a) Individual factor d) All of the above c) Public service and infrastructure 10. Psychologic disorders are b) Stress, Anxiety a) Anxiety, depression, stress d) None of the above c) Depression, anxiety 11. BMI stands for b) Body material index a) Body mass index d) None of the above c) Body mass indication 12. Overweight in BMI is  $(Kg/m^2)$ d) < 30c) < 25b) > 25 a) > 3013. Cause of obesity and overweight a) Energy imbalance b) Energy imbalance c) Energy balance between calories consumed and calories expended d) None of the above 14. Hyper obesity value in terms of BMI (in Kg/m<sup>2</sup>) d) <40 c) > 40A. 10 V b) < 25 a) > 2515. Hyper is definition of overweight? b) BMI =  $25 \text{ Kg/m}^2$ a) BMI > 25 Kg/m<sup>2</sup> d) BMI 25 - 30 Kg/m<sup>2</sup> c) BMI 25 - 29.9 Kg/m<sup>2</sup> 16. Which of the following disease does obesity increase the risk of developing? b) High blood pressure a) Type 2 diabetes d) All of the above c) Cardiovascular dieses 17. Communication is part of ----- skill d) Short c) Rough b) Hard a) Soft 18. Communication barriers involves b) Arguing and debating a) Jumping into conclusion d) All of the above c) Fear of offending 19. Way to improve communication skill are b) Passive listening skills a) Active listening skills d) None of the above c) Both a and b 20. Goals of communication are b) To inform a) To inform, to persuade d) None of the above c) To persuades, Fear of offending 21. Objective of communication skills are b) Aware of own communication a) Active listening skills d) None of the above c) Both a and b 22. What are the steps to improve the vocal clarity? b) slow down a) keep your language simple . d) Feedback c) Both a and b

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23.	How one can improve a) listen with willingn c) Provide feedback		kills? b) Respond appropriately d) All of the above		
24.	Body language plays a a) Communication	an important role in b) Judgment	c) Both a and b	d) None of the above	
25.	What is the goal of so a) Sabotage a person's c) To catfish someone	s social media	b) To gain vital perso d) To build truest	onal information	
26.	Attitude play an impora) Communication	rtant role in b) Judgment	c) Both a and b	d) None of the above	
27.	Using abbreviation in a) Language	communication leads b) Physical	to which type of comr c) Cultural	nunication barrier? d) Organizational	
28.	Why communication i a) Get to know each o c) Set clear expectatio	ther	ionship? b) Avoid misundersta d) All of the above	anding	
29.	Bad examples of communication are a) Belittling others c) Both a and b b) Openly giving cold shoulders d) None of the above				
30.	What are the basic ins a) Self perseverance		c) Both a and b	d) None of the above	
31.	How addiction can be indentified? a) Lack of control b) Decreased socialization c) Both a and b d) None of the above				
32.	SUD stand for a) Substance use disor c) Substance usage de		<ul><li>b) Substance use dise</li><li>d) None of the above</li></ul>		
33.	Characteristics of health compromising behavioura) Thrill seeking behaviourb) Produce pleasurable effectc) Act as stress reducing agentd) All of the above				
34.	How to recognize addiction behaviour? a) Inability to stay away from substance c) Both a and b b) Ignore other area of life d) None of the above				
35.	Quality of a true friend	d are b) Believes in you	c) Make time for you		
36.	Friendship in educatio a) Respectful	n is b) Believes in you	c) Make time for you	d) Better cooperation	
37.	Nature of friendship is a) Friends must enjoy c) Make time for ones	each other company	<ul><li>b) Not supporting</li><li>d) Little cooperation</li></ul>		
38.	What is the recomment a) 0.5 litre	b) 1 litre	water c) 2 litre A – 3 of 4	d) None of the above	

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39.	What is the general sleep requirer a) 8 to 12 hours . b) 12 to 14	nents for adults hour c) 7	? to 9 hour	d) None of the above			
40.	Which vitamins is good for eyes? a) Vitamin D b) Vitamin		<sup>7</sup> itamin A	d) None of the above			
41.	How many minutes should an ave a) 30 minutes b) 40 minu		lk a day? 0 minutes	d) None of the above			
42.	<ul> <li>What is the essential first step to a healthier lifestyle?</li> <li>a) Taking more vitamins</li> <li>b) Making the decision to abstinent form street drug</li> <li>c) Exercising regularly to the point of exhaustion</li> <li>d) None of the above</li> </ul>						
43.	Behavioral addiction can include a) Gambling b) Alcohol	c) i	nhalants	d) Medication			
44.	Effects and health hazards from a a) physical b) psychol		complication of personal	d) All of the above			
45.	Three things which are necessary for an infection to occurs a) source b) susceptible person with a way for germs to enter the body c) Transmission d) All of the above						
46.	Management of chronic illness fo a) Sleep b) Happing		Mental health	d) All of the above			
47.	Community based services to services such as? a) Alcoholic anonymous c) Cannabis collective	b) •	n substance abus Crack crack Hashish home	e consists of self help			
48.	This causes the maximum accum a) Meat + egg b) Alcoho		n the liver Saturated fat	d) Starch			
49. G	Symptoms of chronic diseases a) Tiredness, aches, pains are no c) Anxiety	t often visible	b) Stress d) None of the	above			
50.	What is pain management? a) Taking pain relieving medicin c) Both a and b	/	Relaxation None of the above				
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