GBGS SCHEME

BSFHK158/258

	DST 111130/250					
USN	Question Paper Version : A					
First/Second Semester B.E./B.Tech. Degree Examination, Dec.2023/Jan.2024						
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.						
 Darkening two circles for the same question makes the answer invalid. 						
5.	Damaging/overwriting, using whiteners on the OMR sheets are strictly					
	prohibited.					
1.	Being inactive form of life style is called as Sedentary life style b) Spirited life style c) Busy life style d) Lively					
2.	A person who is able to serve himself, his nation and his community is called as? a) Gangster b) Sick person The lithy d) Saddest					
3.	Balance in exercise, balanced nutrition and adequate rest is referred as a) Social health					
4.	Individual who do not think they will get flue are less likely to get a yearly flue short is an example of a Negative belief b) Uncertainty of Healthy belief d) None of the above					
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5.	Emotional health brings an ability in individual to by Respond to the situation c) Withdraw from the situation d) None of the above					
	A person has ability to bounce back after difficult experiences and adapt to adversity is called as health a) Mental health b) Financial health c) Social health d) Physical health					
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7.	The prime factor which influences psychological health is					
8.	One who suffer from mental illness always see himself as a) Happy and Active b) Gloomy & Pessimist c) Unhappy and Worried d) Both (b) & (c)					
9.	Spiritual wellness involves a) Developing compassion, caring and forgiving b) Peace of mind, happiness and mercy full c) Human values, honesty and self realization Ver - A - 1 of					

a) Productivity and performance of Individual b) Financial health of individual c) Mental health of individual All the above 11. An increased intake of energy dense foods that are high in fat and sugar leads to a) Cancer b) Obesity and overweight c) Brain hemorrhage d) Visual disability 12. Mindfulness of eating means a) Chewing food b) Enjoying food c) Creating positive vibration to food Both (b) & (c) 13. What should be the proper proportion of fats in every meal? a) Equal to carbohydrates, vitamins and minerals b) Greater than carbohydrates, vitamins and minerals Less than carbohydrates, vitamins and minerals d) None of the above 14. Anorexia nervosa Bulimia nervosa and Binge eaters are belongs to (a) Eating disorders Breathing disorders c) Sleeping disorders All the above 15. The fundamental cause of obesity and over weight is a) Balance in calori intake and calori spent b) Imbalance in calori intake and calori spent c) Calori spent is more than calories consumed d) None of the above 16. Excessive intake of nutrients which creates a stress on bodily function called as a) Malnutrition b) Over nutrition c) Modified nutrition d) Moderate nutrition 17. Which of the following is Non Communicable Diseases (NCD's)? a) Stroke b) Cold c) Cough d) Fever 18. The following is an example for saturated fat a) Pork b) Chicken (c) Butter d) Cheese 19. Excess of BMI (Body Mass Index) in a person leads to a) Cancer b) Obesity d) Weight loss 20. Physical fitness in an index of a) Perfect height & weight ratio b) Perfect body structure c) Perfect body composition d) All the above 21. Which of the following is behavioral addiction? a) Nicotine b) Alcohol c) Drugs d) Gambling 22. The key strand to overcome from addiction a) Stop using substances A powerful and positive mindset c) Poverty d) None of the above 23. Which of the following statement is true: a) Addiction leads to physical disorders which in turn leads to mental disorder b) Addiction which affects only physical health c) Addiction which affects only mental health d) All the above Ver - A - 2 of 4

10. Lack of physical health for longer time affects

for

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24.	A major effect and health hazards from sul	bstanc	e addiction is	_		
L	A) Loss of self control		Injury 🐪			
	c) Cardio vascular disorder	d)	Fetal darnage			
25.	Addiction not only impairs a range of bod	lily fu	nction but also char	iges the way a nerson		
	thinks is referred as	A		.goo alo way a poison		
	a) Physiological complication	~ 6J	Psychological comp	lication		
	c) Biological complication		None of the above			
26.	is an assemble 6 - 1 - 1 - 1 - 1 - 1 - 1	7	. 4	7		
20.	a) Shopping b) Video games					
	a) Shopping b) Video games	مروب	Topacco	d) Using internet		
27.	Depression, Anxiety, Loneliness are the e	ffects	of Y			
	a) Substance addiction	b)	Behaviour addiction	1		
١	(c) Both (a) & (b)	d)	None of the above			
10	What is SUD stands in addiction?					
40.	a) Subjective unit of distress	L	Cultura unit a cal			
	Substance use disorder		Substance unit of di	stress		
•	Substance use disorder	A.	None of the above			
29.	The purpose of using drugs are	700				
	a) To detexify the body	and a				
	b) To feel high pleasure, relieve stress, fo	orget	problems			
	c) To boost physical health	d)	All the above			
••						
30.	Addiction not only damages physical and	menta	I health but also affe	ects		
'	a) Relationships & Financial status	b)	Only friend circle	(S)		
	c) Only economic status	d)	None of the above	A STATE OF THE STA		
31.	A good listener is the one who	Page				
	a) Non judgmental	Ъъ́	More talkative			
	c) Make uncomfortable	d)	Create stress			
	The state of the s					
32.	The value of good relationship depends on					
	a) Self care		Mutual respect			
	c) Mutual money exchange	d)	None of the above			
33.	The art of transmitting information, idea	as and	Fattitudes from one	nercon to another is		
	referred as		authors from one	person to anomer is		
4		12	Communication	d) None of the above		
~40	The letter of th	,		-) 1.024 01 125 200 10		
34.						
	a) Sending and receiving of information					
	b) Inform to persuade and to build relation					
	c) Encode and decoding of information	جرفيه ا	All the above			
35.	One of the step to increase ocal clarity is					
	a) Slow down the conversation		Fasten the conversa	tion		
_	c) Stop the conversation		None of the above	anon .		
	t) buy in convenience	٠,	. TOLLO OI THE BOOVE			
6. Communication is the key to healthy relationships because it						
Ĺ	a) Avoid misunderstanding	b)	Create misunderstar	nding		
	c) Brings expectation	d)	None of the above			
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37. "Wearing seat belt while driving" is an example for
     a) Unhealthy behavior through social engineering
  ) Healthy behavior through social engineering
     c) Social responsibility
                                                   Both (b) & (c)
38.
             influence people mindset to both positive and negative.
     a) Social gathering b) Travelling
                                            Media
                                                                     d)_All the above
39. Dress code of individual is an example of
                                                    communication.

 a) Spoken

                                             C) Non - verbal
                          b) Verbal
                                                                     d) None of the above
40. An unhealthy relationship cause
   Lot of stress
                                               b) Trust in each other
     c) Harmony in each other
                                               d) All the above
41. How to maintain better quality of life in chronic illness?
    a) Good medical advices living healthy life style and negative mindset.
     b) Good medical advice and positive mindset *
     c) Good medical advice and living healthy life style.
    d) Good medical advice, living healthy life style and positive mindset.
42. The disease which cannot be cured but it can be managed is called as
     a) Acute illness
                          b) Infection disease c) Chronic illness
                                                                     d) Allergy
43. The following is an example for chronic disease
   a) Diabetes
                                                                     d) Head ache
44. Following are the measures required in maintaining Quality of life in chronically ill state.
      a) Emotional support
                                              (h) Understanding the medication
     c) Reliable information about diseases, its treatment and management
    All the above
45. The following are the steps to avoid transmitted infections:
      a) Good hygiene
                          b) Vaccinations
                                               c) Temperature
                                                                    \d) Both (a) & (b)
46. Virus Bacteria, Fungus are means of transmission of
                                                              disease.
   a) Infection
                             Cancer
                                               c) Stroke
                                                                     d) Obesity
47. Realth compromising behavior are commonly seen in
                                                              class of people.
   High
                           Middle
                                             c) tow
                                                                     d) None of these
48. Which of the following health communication style makes use of the patients knowledge
      and experience?
     a) Doctor-centered communication
                                              (b) Patient - centered communication
     c) Practitioner - centered communication d) None of these
 49. Health has intimacy with
      a) Behaviour
                           b) Society
                                               c) Personality
 50. What is a sign of toxic friendship?
    a) Lack of empathy b) Understanding
                                               c) Being supportive d) None of these
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