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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. How addiction can be identified?
a) Lack of control b) Decreased socialization c) Both a and b d) None of the above
2. SUD stand for
 a) Substance use disorders b) Substance use disease
c) Substance usage development d) None of the above
3. Characteristics of health compromising behaviour
a) Thrill seeking behaviour b) Produce pleasurable effect
c) Act as stress reducing agent d) All of the above
4. How to recognize addiction behaviour?
 a) Inability to stay away from substance b) Ignore other area of life
 c) Both a and b d) None of the above
5. Quality of a true friend are
a) Respectful b) Believes in you c) Make time for you d) All of the above
6. Friendship in education is
a) Respectful b) Believes in you c) Make time for you d) Better cooperation
7. Nature of friendship is
 a) Friends must enjoy each other company b) Not supporting
c) Make time for oneself d) Little cooperation
8. What is the recommendable daily intake of water
a) 0.5 litre b) 1 litre c) 2 litre d) None of the above
9. What is the general sleep requirements for adults?
a) 8 to 12 hours b) 12 to 14 hour c) 7 to 9 hour d) None of the above

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10. Which vitamins is good for eyes?
a) Vitamin D b) Vitamin E c) Vitamin A d) None of the above
11. What is health?
a) Physical wellbeing b) Mental wellbeing
c) Social wellbeing d) All of the above
12. Important roles of health are
a) Fighting disease b) Feeling happy c) Enjoy life d) All of the above
13. 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
14. Wellness is
 a) Positive approach b) Negative approach
c) Positive or Negative approach d) Positive and Negative approach
15. Wellness dimensions are
a) 4 b) 2 c) 6 d) 8
16. Intellectual wellness includes
a) Eating balanced diet b) Drinking sufficient water
c) Having good nutrition d) Mental exercise
17. Physical health enhances
a) Heart function b) Breathing c) Both a and b d) None of these
18. Influencing factors of health are
 a) Social, economic, political factor b) Social factor only
c) Economical factor only d) Political factor only
19. Factor which influence health are
a) Individual factor b) Individual behavior
c) Public service and infrastructure d) All of the above
20. Psychologic disorders are
 a) Anxiety, depression, stress b) Stress, Anxiety
c) Depression, anxiety d) None of the above
21. How many minutes should an average person walk a day?
a) 30 minutes b) 40 minutes c) 20 minutes d) None of the above
22. What is the essential first step to a healthier lifestyle?
a) Taking more vitamins b) Making the decision to abstinent form street drug
 c) Exercising regularly to the point of exhaustion d) None of the above
23. Behavioral addiction can include
 a) Gambling b) Alcohol c) Inhalants d) Medication
24. Effects and health hazards from additions causes complication of
a) physical b) psychological c) personal d) All of the above

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25. Three things which are necessary for an infection to occur
 a) source
 b) susceptible person with a way for germs to enter the body
 c) Transmission
 d) All of the above
26. Management of chronic illness for quality of life
 a) Sleep b) Happiness c) Mental health d) All of the above
27. Community based services to offer support in substance abuse consists of self help services such as?
 a) Alcoholic anonymous b) Crack crack
 c) Cannabis collective d) Hashish home
28. This causes the maximum accumulation of fat in the liver
 a) Meat + egg b) Alcohol c) Saturated fat d) Starch
29. Symptoms of chronic diseases
 a) Tiredness, aches, pains are not often visible b) Stress
 c) Anxiety d) None of the above
30. What is pain management?
 a) Taking pain relieving medicine b) Relaxation
 c) Both a and b d) None of the above
31. Objective of communication skills are
 a) Active listening skills b) Aware of own communication
 c) Both a and b d) None of the above
32. What are the steps to improve the vocal clarity?
 a) keep your language simple b) slow down
 c) Both a and b d) Feedback
33. How one can improve the communication skills?
 a) listen with willingness b) Respond appropriately
 c) Provide feedback d) All of the above
34. Body language plays an important role in
 a) Communication b) Judgment c) Both a and b d) None of the above
35. What is the goal of social engineering?
 a) Sabotage a person's social media b) To gain vital personal information
 c) To catfish someone d) To build trust
36. Attitude play an important role in
 a) Communication b) Judgment c) Both a and b d) None of the above
37. Using abbreviation in communication leads to which type of communication barrier?
 a) Language b) Physical c) Cultural d) Organizational
38. Why communication is key to healthy relationship?
 a) Get to know each other b) Avoid misunderstanding
 c) Set clear expectations d) All of the above

39. Bad examples of communication are
 a) Boasting others b) Openly giving cold shoulders
 c) Both a and b d) None of the above
40. What are the basic instinct of life?
 a) Self perseverance b) Social instinct c) Both a and b d) None of the above
41. BMI stands for
 a) Body mass index b) Body material index
 c) Body mass indication d) None of the above
42. Overweight in BMI is (Kg/m^2)
 a) > 30 b) > 25 c) < 25 d) < 30
43. 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
44. Hyper obesity value in terms of BMI (Kg/m^2)
 a) > 25 b) < 25 c) > 40 d) < 40
45. Hyper is definition of overweight?
 a) BMI > 25 Kg/m^2 b) BMI = 25 Kg/m^2
 c) BMI 25 - 29.9 Kg/m^2 d) BMI 25 - 30 Kg/m^2
46. Which of the following disease does obesity increase the risk of developing?
 a) Type 2 diabetes b) High blood pressure
 c) Cardiovascular diseases d) All of the above
47. Communication is part of ----- skill
 a) Soft b) Hard c) Rough d) Short
48. Communication barriers involves
 a) Jumping into conclusion b) Arguing and debating
 c) Fear of offending d) All of the above
49. Way to improve communication skill are
 a) Active listening skills b) Passive listening skills
 c) Both a and b d) None of the above
50. Goals of communication are
 a) To inform, to persuade b) To inform
 c) To persuade, Fear of offending d) None of the above
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