LICN						Question Paper Version: A
USN						

First/Second Semester B.E./B.Tech. Degree Examination, Dec.2023/Jan.2024 **Scientific Foundation of Health**

Time: 1 hr.] [Max. Marks: 50

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	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						
	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.	Being inactive form of life style is called as a) 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 c) Healthy d) Saddest					
3.	Balance in exercise, balanced nutrition and adequate rest is referred as a) Social health b) Physical health c) Emotional health d) Intectual health					
4.	Individual who do not think they will get flue are less likely to get a yearly flue short is an example ofa) Negative belief b) Uncertainty c) Healthy belief d) None of the above					
5.	Emotional health brings an ability in individual to a) React to the situation b) Respond to the situation c) Withdraw from the situation d) None of the above					
6.	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					
7.	The prime factor which influences psychological health is a) Positive mindset b) Gloomy outlook c) Dim view d) All the above					

- One who suffer from mental illness always see himself as 8.
 - a) Happy and Active

b) Gloomy & Pessimist

c) Unhappy and Worried d) Both (b) & (c)

- Spiritual wellness involves 9.
 - a) Developing compassion, caring and forgiving
 - b) Peace of mind, happiness and mercy full
 - c) Human values, honesty and self realization d) All the above

Ver - A - 1 of 4

a) Productivity and performance of Indivi-		
c) Mental health of individual	d) All the above	
An increased intake of energy dense foods a) Cancerc) Brain hemorrhage	that are high in fat and s b) Obesity and overw d) Visual disability	
Mindfulness of eating means a) Chewing food c) Creating positive vibration to food	b) Enjoying food d) Both (b) & (c)	, Gy
a) Equal to carbohydrates, vitamins and mb) Greater than carbohydrates, vitamins and m	ninerals nd minerals	of the above
Anorexia nervosa, Bulimia nervosa and Bir a) Eating disorders c) Sleeping disorders	nge eaters are belongs to b) Breathing disorder d) All the above	
a) Balance in calori intake and calori spenb) Imbalance in calori intake and calori sp	ent ent	of the above
Excessive intake of nutrients which creates a) Malnutrition c) Modified nutrition	a stress on bodily functb) Over nutritiond) Moderate nutrition	G ' —
Which of the following is Non Communica a) Stroke b) Cold	able Diseases (NCD's)? c) Cough	d) Fever
		d) Cheese
Excess of BMI (Body Mass Index) in a per a) Cancer b) Obesity	son leads to c) Sugar	d) Weight loss
Physical fitness in an index of a) Perfect height & weight ratio c) Perfect body composition	b) Perfect body struct d) All the above	ture
Which of the following is behavioral addictant and Nicotine by Alcohol	tion? c) Drugs	d) Gambling
The key strand to overcome from addiction a) Stop using substances c) Poverty	b) A powerful and pod d) None of the above	
b) Addiction which affects only physical hc) Addiction which affects only mental hea	ealth alth d) Al	ntal disorder
	a) Productivity and performance of Individual b) Financial health of individual c) Mental health of individual An increased intake of energy dense foods a) Cancer c) Brain hemorrhage Mindfulness of eating means a) Chewing food c) Creating positive vibration to food What should be the proper proportion of fat a) Equal to carbohydrates, vitamins and m b) Greater than carbohydrates, vitamins and n c) Less than carbohydrates, vitamins and n Anorexia nervosa, Bulimia nervosa and Bin a) Eating disorders c) Sleeping disorders The fundamental cause of obesity and over a) Balance in calori intake and calori spen b) Imbalance in calori intake and calori spen b) Imbalance in calori intake and calori spen c) Calori spent is more than calories const Excessive intake of nutrients which creates a) Malnutrition c) Modified nutrition Which of the following is Non Communica a) Stroke b) Cold The following is an example for saturated fa a) Pork b) Chicken Excess of BMI (Body Mass Index) in a perfa b) Obesity Physical fitness in an index of a) Perfect height & weight ratio c) Perfect body composition Which of the following is behavioral addict a) Nicotine b) Alcohol The key strand to overcome from addiction a) Stop using substances c) Poverty Which of the following statement is true: a) Addiction leads to physical disorders where the physical disorders where the following statement is true: a) Addiction which affects only physical hece b) Addiction which affects only mental head	c) Mental health of individual An increased intake of energy dense foods that are high in fat and a Cancer b) Obesity and overwere d) Visual disability Mindfulness of eating means a) Chewing food c) Creating positive vibration to food d) Both (b) & (e) 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 c) Less than carbohydrates, vitamins and minerals c) Less than carbohydrates, vitamins and minerals c) Less than carbohydrates, vitamins and minerals d) None Anorexia nervosa, Bulimia nervosa and Binge eaters are belongs to a) Eating disorders d) All the above The fundamental cause of obesity and over weight is a) Balance in calori intake and calori spent c) Calori spent is more than calories consumed d) None Excessive intake of nutrients which creates a stress on bodily funct a) Malnutrition b) Over nutrition c) Modified nutrition d) Moderate nutrition Which of the following is Non Communicable Diseases (NCD's)? a) Stroke b) Cold c) Cough The following is an example for saturated fat a) Pork b) Chicken c) Butter Excess of BMI (Body Mass Index) in a person leads to a) Cancer b) Obesity c) Sugar Physical fitness in an index of a) Perfect height & weight ratio c) Perfect body composition d) All the above Which of the following is behavioral addiction? a) Nicotine b) Alcohol c) Drugs The key strand to overcome from addiction a) Stop using substances c) Poverty d) None of the above Which of the following statement is true: a) Addiction leads to physical disorders which in turn leads to metho Addiction which affects only physical health

24.	A major effect and health hazards from subs		
	a) Loss of self controlc) Cardio vascular disorder	b) d)	Injury Fetal damage
25.	Addiction not only impairs a range of bodil thinks is referred as a) Physiological complication c) Biological complication	b)	Psychological complication None of the above
26.	is an example for substance addiction a) Shopping b) Video games		Tobacco d) Using internet
27.	Depression, Anxiety, Loneliness are the effa) Substance addiction c) Both (a) & (b)	b)	of Behaviour addiction None of the above
28.	What is SUD stands in addiction?a) Subjective unit of distressc) Substance use disorder	b) d)	Substance unit of distress None of the above
29.	The purpose of using drugs are a) To detoxify the body b) To feel high pleasure, relieve stress, for c) To boost physical health	_	problems All the above
30.	Addiction not only damages physical and man a) Relationships & Financial status c) Only economic status	b)	Only friend circle None of the above
31.	A good listener is the one who a) Non judgmental c) Make uncomfortable	b) d)	More talkative Create stress
32.	The value of good relationship depends on a) Self carec) Mutual money exchange	,	Mutual respect None of the above
33.	The art of transmitting information, ideas referred as a) Tradition b) Obstruction		d'attitudes from one person to another is Communication d) None of the above
34.	Goals of Communication are a) Sending and receiving of information b) Inform, to persuade and to build relation c) Encode and decoding of information		ps All the above
35.	One of the step to increase vocal clarity is _a) Slow down the conversation c) Stop the conversation		Fasten the conversation None of the above
36.	Communication is the key to healthy relational Avoid misunderstanding Congression	b)	ips because it Create misunderstanding None of the above

37.	a) Unhealthy behav	thile driving" is an exatior through social engine through social engine lity	neer ering	ing	
38.	influence peo a) Social gathering	ople mindset to both po b) Travelling		ve and negative. Media	d) All the above
39.	Dress code of individ a) Spoken	dual is an example of b) Verbal	c)	communication. Non - verbal	d) None of the above
40.	An unhealthy relation a) Lot of stressc) Harmony in each		b) d)	Trust in each other All the above	ſ
41.	a) Good medical adb) Good medical adc) Good medical ad	ter quality of life in character, living healthy life vice and positive mind vice and living healthy life, living healthy life	styl set life	e and negative mino style.	
42.	The disease which ca a) Acute illness	annot be cured but it ca b) Infection disease		•	as d) Allergy
43.	The following is an ea) Diabetes	example for chronic dis		e : Cough	d) Head ache
44.	a) Emotional suppo	easures required in mai rt tion about diseases, its	b)	Understanding the	medication
45.	The following are the a) Good hygiene	e steps to avoid transm b) Vaccinations		infections : Temperature	d) Both (a) & (b)
46.	Virus, Bacteria, Fung a) Infection	gus are means of transi b) Cancer		on of disease Stroke	e. d) Obesity
47.	Health compromising a) High	g behavior are common b) Middle	_	een in class of Low	of people. d) None of these
48.	and experience?a) Doctor – centered	ng health communicat communication tered communication	b)	Patient – centered of None of these	-
49.	Health has intimacy a) Behaviour	with Society	c)	Personality	d) All the above
50.	What is a sign of tox a) Lack of empathy	-	c)	Being supportive	d) None of these

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CBCS SCHEME

	BSFHK158/258
USN	Question Paper Version: B
First/	Second Semester B.E./B.Tech. Degree Examination, Dec.2023/Jan.202 Scientific Foundation of Health
Time:	[Max. Marks: 50
	INSTRUCTIONS TO THE CANDIDATES
1.	Answer all the fifty questions, each question carries one mark.
2.	
3.	
	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.
2.	How to maintain better quality of life in chronic illness? a) Good medical advice, 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. 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
3.	The following is an example for chronic disease: a) Diabetes b) Cold c) Cough d) Head ache
4.	Following are the measures required in maintaining Quality of life in chronically ill state. a) Emotional support b) Understanding the medication c) Reliable information about diseases, its treatment and management d) All the above
5.	The following are the steps to avoid transmitted infections: a) Good hygiene b) Vaccinations c) Temperature d) Both (a) & (b)
6.	Virus, Bacteria, Fungus are means of transmission of disease. a) Infection b) Cancer c) Stroke d) Obesity
7.	Health compromising behavior are commonly seen in class of people. a) High b) Middle c) Low d) None of these
8.	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

c) Personality d) All the above

9. Health has intimacy with _____a) Behaviour b) Society

10.	What is a sign of toxic friendship? a) Lack of empathy b) Understanding	c)	Being supportive	d) None of these
11.	A good listener is the one whoa) Non judgmentalc) Make uncomfortable	b) d)	More talkative Create stress	
12.	The value of good relationship depends on a) Self carec) Mutual money exchange		Mutual respect None of the above	
13.	The art of transmitting information , ideas referred as a) Tradition b) Obstruction		d attitudes from one Communication	e person to another is d) None of the above
14.	Goals of Communication are a) Sending and receiving of information b) Inform, to persuade and to build relation c) Encode and decoding of information	-	All the above	
15.	One of the step to increase vocal clarity is _a) Slow down the conversation c) Stop the conversation	. //	Fasten the conversa None of the above	ntion
16.	Communication is the key to healthy relatio a) Avoid misunderstanding c) Brings expectation	b)	ps because it Create misundersta None of the above	nding
17.	"Wearing seat belt while driving" is an exartal Unhealthy behavior through social engined b) Healthy behavior through social engined c) Social responsibility	neer ering	ing	3
17. 18.	a) Unhealthy behavior through social engineb) Healthy behavior through social engine	neer ering d) sitiv	ing Both (b) & (c)	d) All the above
	 a) Unhealthy behavior through social engine b) Healthy behavior through social engine c) Social responsibility influence people mindset to both po 	neer ering d) sitiv	ing Both (b) & (c) we and negative.	d) All the above d) None of the above
18.	 a) Unhealthy behavior through social engines b) Healthy behavior through social engines c) Social responsibility influence people mindset to both po a) Social gathering b) Travelling Dress code of individual is an example of 	neer ering d) sitiv c)	ing Both (b) & (c) e and negative. Media communication.	d) None of the above
18. 19.	a) Unhealthy behavior through social engines b) Healthy behavior through social engines c) Social responsibility influence people mindset to both po a) Social gathering b) Travelling Dress code of individual is an example of a) Spoken b) Verbal An unhealthy relationship cause a) Lot of stress	c) b) d) hat b)	Both (b) & (c) ye and negative. Media communication. Non - verbal Trust in each other All the above	d) None of the above
18. 19. 20.	a) Unhealthy behavior through social engines b) Healthy behavior through social engines c) Social responsibility influence people mindset to both po a) Social gathering b) Travelling Dress code of individual is an example of a) Spoken b) Verbal An unhealthy relationship cause a) Lot of stress c) Harmony in each other An increased intake of energy dense foods t a) Cancer	c) b) d) hat b) d)	Both (b) & (c) ye and negative. Media communication. Non - verbal Trust in each other All the above are high in fat and so Obesity and overwe	d) None of the above

Ver - B - 2 of 4

24.	Anorexia nervosa, Bulimia nervosa and Bina) Eating disordersc) Sleeping disorders	ge eaters are belongs to b) Breathing disorders d) All the above
25.	The fundamental cause of obesity and over a) Balance in calori intake and calori spent b) Imbalance in calori intake and calori spent c) Calori spent is more than calories consu	ent
26.	Excessive intake of nutrients which creates a) Malnutritionc) Modified nutrition	a stress on bodily function called as b) Over nutrition d) Moderate nutrition
27.	Which of the following is Non Communica a) Strokeb) Cold	ole Diseases (NCD's)? c) Cough d) Fever
28.	The following is an example for saturated fa a) Pork b) Chicken	c) Butter d) Cheese
29.	Excess of BMI (Body Mass Index) in a pers a) Cancer b) Obesity	on leads to c) Sugar d) Weight loss
30.	Physical fitness in an index of a) Perfect height & weight ratio c) Perfect body composition	b) Perfect body structured) All the above
31.	Being inactive form of life style is called as a) Sedentary life style c) Busy life style	b) Spirited life style d) Lively
32.	A person who is able to serve himself, his is a) Gangster b) Sick person	nation and his community is called as? c) Healthy d) Saddest
33.	Balance in exercise, balanced nutrition and a) Social health b) Physical health	adequate rest is referred as c) Emotional health d) Intectual health
34.	an example of	lue are less likely to get a yearly flue short is c) Healthy belief d) None of the above
35.	Emotional health brings an ability in individual React to the situation c) Withdraw from the situation	b) Respond to the situation d) None of the above
36.	A person has ability to bounce back after called as health. a) Mental health b) Financial health	difficult experiences and adapt to adversity is c) Social health d) Physical health
37.	The prime factor which influences psychologa) Positive mindset b) Gloomy outlook	gical health is
38.	One who suffer from mental illness always a) Happy and Activec) Unhappy and Worried	see himself as b) Gloomy & Pessimist d) Both (b) & (c)

20	
39.	Spiritual wellness involves
	a) Developing compassion, caring and forgiving
	b) Peace of mind, happiness and mercy full
	c) Human values, honesty and self realization d) All the above
40	Look of abasical hoolth for longer time offects
40.	Lack of physical health for longer time affects
	a) Productivity and performance of Individual
	b) Financial health of individual
	c) Mental health of individual d) All the above
41.	Which of the following is behavioral addiction?
	a) Nicotine b) Alcohol c) Drugs d) Gambling
42.	The key strand to overcome from addiction
	a) Stop using substances b) A powerful and positive mindset
	c) Poverty d) None of the above
43.	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
	c) reduction which directs only inclide hearth at 7 th the doore
44.	A major effect and health hazards from substance addiction is
	a) Loss of self control b) Injury
	c) Cardio vascular disorder d) Fetal damage
45.	Addiction not only impairs a range of bodily function but also changes the way a perso
	thinks is referred as
	a) Physiological complication b) Psychological complication
	c) Biological complication d) None of the above
46.	is an example for substance addiction.
	a) Shopping b) Video games c) Tobacco d) Using internet
47.	Depression, Anxiety, Loneliness are the effects of
	a) Substance addiction b) Behaviour addiction
	c) Both (a) & (b) d) None of the above
48.	What is SUD stands in addiction?
40.	
	c) Substance use disorder d) None of the above
49.	The purpose of using drugs are
-	a) To detoxify the body
	b) To feel high pleasure, relieve stress, forget problems
	c) To boost physical health d) All the above
50.	Addiction not only damages physical and mental health but also affects
	a) Relationships & Financial status b) Only friend circle
	c) Only economic status d) None of the above

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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 CAND	DIDATES

		INSTRUCTIO	NS TO THE CANDIDATES				
	1.	Answer all the fifty questions, each	Answer all the fifty questions, each question carries one mark.				
	2.	Use only Black ball point pen for writing / darkening the circles.					
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		corresponding to the same questi	corresponding to the same question number on the OMR sheet.				
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		prohibited.	C)				
1.		Which of the following is behavioral ad a) Nicotine b) Alcohol	diction? c) Drugs d) Gambling				
2.		The key strand to overcome from addict a) Stop using substances c) Poverty	ion b) A powerful and positive mindset d) None of the above				
3.		Which of the following statement is true a) Addiction leads to physical disorders b) Addiction which affects only physical c) Addiction which affects only mental	s which in turn leads to mental disorder al health				
4.		A major effect and health hazards froma) Loss of self controlc) Cardio vascular disorder	substance addiction is b) Injury d) Fetal damage				
5.		Addiction not only impairs a range of by thinks is referred as	b) Psychological complication d) None of the above				
6.		is an example for substance addicated a) Shopping b) Video games	ction. c) Tobacco d) Using internet				
7.		Depression, Anxiety, Loneliness are the a) Substance addiction c) Both (a) & (b)	b) Behaviour addiction d) None of the above				
8.		What is SUD stands in addiction?a) Subjective unit of distressc) Substance use disorder	b) Substance unit of distressd) None of the above				
		Vei	r - C – 1 of 4				

9.	The purpose of using drugs are a) To detoxify the body b) To feel high pleasure, relieve stress, for the company of the comp	get problems d) All the above	
10.	Addiction not only damages physical and me a) Relationships & Financial status c) Only economic status		_
11.	How to maintain better quality of life in chroa) Good medical advice, living healthy life sb) Good medical advice and positive minds c) Good medical advice and living healthy ld) Good medical advice, living healthy life s	style and negative mine et life style.	
12.	The disease which cannot be cured but it can a) Acute illness b) Infection disease	/ ^ 7	as d) Allergy
13.	The following is an example for chronic disea a) Diabetes b) Cold	ease: c) Cough	d) Head ache
14.	Following are the measures required in main a) Emotional support c) Reliable information about diseases, its t d) All the above	b) Understanding the	e medication
15.	The following are the steps to avoid transmit a) Good hygiene b) Vaccinations	tted infections : c) Temperature	d) Both (a) & (b)
16.	Virus, Bacteria, Fungus are means of transma) Infection b) Cancer	ission of diseas c) Stroke	e. d) Obesity
17.	Health compromising behavior are common a) High b) Middle	ly seen in class c) Low	of people. d) None of these
18.		on style makes use ofb) Patient – centeredd) None of these	
19.	Health has intimacy with a) Behaviour b) Society	c) Personality	d) All the above
20.	What is a sign of toxic friendship? a) Lack of empathy b) Understanding	c) Being supportive	d) None of these
21.	A good listener is the one who a) Non judgmental c) Make uncomfortable	b) More talkatived) Create stress	
22.	The value of good relationship depends on a) Self care c) Mutual money exchange	b) Mutual respect d) None of the above	

23.	The art of transmitting information, ide referred as a) Tradition b) Obstruction	eas and attitudes from one person to another c) Communication d) None of the above	
24.	,	n tionships	
25.	One of the step to increase vocal clarity is a) Slow down the conversation c) Stop the conversation	b) Fasten the conversation d) None of the above	
26.	Communication is the key to healthy rela a) Avoid misunderstanding c) Brings expectation	b) Create misunderstanding d) None of the above	
27.	"Wearing seat belt while driving" is an exala) Unhealthy behavior through social endb) Healthy behavior through social enginec) Social responsibility	ngineering	
28.	influence people mindset to both a) Social gathering b) Travelling	positive and negative. c) Media d) All the above	
29.	Dress code of individual is an example of a) Spoken b) Verbal	f communication. c) Non - verbal d) None of the above	ve
30.	An unhealthy relationship cause a) Lot of stress c) Harmony in each other	b) Trust in each otherd) All the above	
31.	An increased intake of energy dense food a) Cancer c) Brain hemorrhage	ds that are high in fat and sugar leads to b) Obesity and overweight d) Visual disability	
32.	Mindfulness of eating means a) Chewing foodc) Creating positive vibration to food	b) Enjoying food d) Both (b) & (c)	
33.	What should be the proper proportion of a) Equal to carbohydrates, vitamins and b) Greater than carbohydrates, vitamins c) Less than carbohydrates, vitamins and	minerals and minerals	
34.	Anorexia nervosa, Bulimia nervosa and E a) Eating disorders c) Sleeping disorders	Binge eaters are belongs to b) Breathing disorders d) All the above	
35.	 The fundamental cause of obesity and over a) Balance in calori intake and calori specification b) Imbalance in calori intake and calori c) Calori spent is more than calories con 	spent spent	

36.	Excessive intake of notation a) Malnutrition c) Modified nutrition	utrients which creates		ress on bodily function Over nutrition Moderate nutrition		called as
37.	Which of the following a) Stroke	ng is Non Communical b) Cold		Diseases (NCD's)? Cough	d)	Fever
38.	The following is an ea a) Pork	xample for saturated fa b) Chicken		Butter	d)	Cheese
39.	Excess of BMI (Body a) Cancer	Mass Index) in a pers b) Obesity		eads to Sugar	d)	Weight loss
40.	Physical fitness in an a) Perfect height & v c) Perfect body comp	veight ratio		Perfect body structu All the above	ıre	
41.	Being inactive form of a) Sedentary life style c) Busy life style	of life style is called as	b)	Spirited life style Lively		
42.	A person who is able a) Gangster	to serve himself, his r b) Sick person	- No.	n and his communit Healthy		called as? Saddest
43.	Balance in exercise, a) Social health	balanced nutrition and b) Physical health		quate rest is referred Emotional health		Intectual health
44.	Individual who do not an example ofa) Negative belief	ot think they will get f b) Uncertainity		are less likely to get Healthy belief	_ <	yearly flue short is None of the above
45.	Emotional health brin a) React to the situat c) Withdraw from the		b)	to Respond to the situs None of the above	atio	n
46.	A person has ability called as health. a) Mental health	to bounce back after of b) Financial health		cult experiences and Social health		lapt to adversity is Physical health
47.	-	ch influences psycholo b) Gloomy outlook	_		d)	All the above
48.	One who suffer from a) Happy and Active c) Unhappy and Wor		see (b) d)	himself as Gloomy & Pessimi Both (b) & (c)	ist	
49.	b) Peace of mind, ha	rolves passion, caring and forgoppiness and mercy ful ponesty and self realization	1	d) All the above		
50.	I -		ual	All the above		

Ver - C - 4 of 4

REPROPRIEME

	BSFHK158/258
USN	Question Paper Version : D
First/	Second Semester B.E./B.Tech. Degree Examination, Dec.2023/Jan.202 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.
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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.	A good listener is the one who a) Non judgmental b) More talkative c) Make uncomfortable d) Create stress
2.	The value of good relationship depends on a) Self care b) Mutual respect c) Mutual money exchange d) None of the above
3.	The art of transmitting information, ideas and attitudes from one person to another is referred as a) Tradition b) Obstruction c) Communication d) None of the above
4.	Goals of Communication are a) Sending and receiving of information b) Inform, to persuade and to build relationships c) Encode and decoding of information d) All the above
5.	One of the step to increase vocal clarity is a) Slow down the conversation b) Fasten the conversation c) Stop the conversation d) None of the above
6.	Communication is the key to healthy relationships because it a) Avoid misunderstanding b) Create misunderstanding c) Brings expectation d) None of the above
7	"Wearing seat helt while driving" is an example for

'Wearing seat belt while driving" is an example for

a) Unhealthy behavior through social engineering

b) Healthy behavior through social engineering

c) Social responsibility

d) Both (b) & (c)

8. influence people mindset to both positive and negative. a) Social gathering b) Travelling

c) Media

d) All the above

9.	Dress code of individual is an example of _a) Spoken b) Verbal	c)	communication. Non - verbal	d) None of the above
10.	An unhealthy relationship cause a) Lot of stress c) Harmony in each other	- 1	Trust in each other All the above	?
11.	Being inactive form of life style is called as a) Sedentary life style c) Busy life style	<u>b)</u>	Spirited life style Lively	3
12.	A person who is able to serve himself, his range a) Gangster b) Sick person		on and his communit Healthy	ty is called as? d) Saddest
13.	Balance in exercise, balanced nutrition and a) Social health b) Physical health		equate rest is referred Emotional health	
14.	Individual who do not think they will get f an example of a) Negative belief b) Uncertainity	4	are less likely to get Healthy belief	t a yearly flue short is d) None of the above
15.	Emotional health brings an ability in individual React to the situation c) Withdraw from the situation	dual b)	2	ation
16.	A person has ability to bounce back after called as health. a) Mental health b) Financial health		cult experiences and Social health	d adapt to adversity is
17.	The prime factor which influences psychologa) Positive mindset b) Gloomy outlook			d) All the above
18.	One who suffer from mental illness always a) Happy and Activec) Unhappy and Worried	see b) d)		ist
19.	Spiritual wellness involves a) Developing compassion, caring and forg b) Peace of mind, happiness and mercy ful c) Human values, honesty and self realizat		7	
20.	Lack of physical health for longer time affects a) Productivity and performance of Individual b) Financial health of individual c) Mental health of individual	lual	All the above	
21.	How to maintain better quality of life in chr a) Good medical advice, living healthy life b) Good medical advice and positive minds c) Good medical advice and living healthy d) Good medical advice, living healthy life	styl set life	le and negative mind style.	
22.	The disease which cannot be cured but it ca a) Acute illness b) Infection disease		e managed is called a Chronic illness	as d) Allergy

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26. Virus, Bacteria, Fungus are means of transmission of disease. a) Infection b) Cancer c) Stroke d) Obesity 27. Health compromising behavior are commonly seen in class of people. a) High b) Middle c) Low d) None of these 28. Which of the following health communication style makes use of the patients knowle and experience? a) Doctor – centered communication b) Patient – centered communication c) Practitioner – centered communication d) None of these 29. Health has intimacy with a) Behaviour b) Society c) Personality d) All the above 30. What is a sign of toxic friendship? a) Lack of empathy b) Understanding c) Being supportive d) None of these 31. Which of the following is behavioral addiction? a) Nicotine b) Alcohol c) Drugs d) Gambling 32. The key strand to overcome from addiction a) Stop using substances b) A powerful and positive mindset c) Poverty d) None of the above 33. 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 physical health c) Addiction which affects only mental health d) All the above 34. A major effect and health hazards from substance addiction is a) Loss of self control	23.	The following is an ea) Diabetes	xample for chronic dis b) Cold		e : Cough	d) Head ache
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7	37.	a) Substance addicti	on	b) d)	Behaviour addiction None of the above	

38.	What is SUD stands in addiction?a) Subjective unit of distressc) Substance use disorder	b) Substance unit of distressd) None of the above	
39.	The purpose of using drugs are a) To detoxify the body b) To feel high pleasure, relieve stress, fo c) To boost physical health	orget problems d) All the above	
40.	Addiction not only damages physical and na) Relationships & Financial status c) Only economic status	mental health but also affects b) Only friend circle d) None of the above	
41.	An increased intake of energy dense foods a) Cancer c) Brain hemorrhage	that are high in fat and sugar lea b) Obesity and overweight d) Visual disability	ds to
42.	Mindfulness of eating means a) Chewing food c) Creating positive vibration to food	b) Enjoying food d) Both (b) & (c)	
43.	What should be the proper proportion of fat a) Equal to carbohydrates, vitamins and m b) Greater than carbohydrates, vitamins ar c) Less than carbohydrates, vitamins and m	minerals and minerals	oove
44.	Anorexia nervosa, Bulimia nervosa and Bir a) Eating disorders c) Sleeping disorders	b) Breathing disorders d) All the above	
45.	The fundamental cause of obesity and over a) Balance in calori intake and calori spen b) Imbalance in calori intake and calori sp c) Calori spent is more than calories consu	nt pent	ove
46.	Excessive intake of nutrients which creates a) Malnutritionc) Modified nutrition	s a stress on bodily function calle b) Over nutrition d) Moderate nutrition	ed as
47.	Which of the following is Non Communica a) Stroke b) Cold	able Diseases (NCD's)? c) Cough d) Fev	⁄er
48.	The following is an example for saturated fa) Pork b) Chicken	fat c) Butter d) Che	eese
49.	Excess of BMI (Body Mass Index) in a personal Cancer b) Obesity		ight loss
50.	Physical fitness in an index of a) Perfect height & weight ratio c) Perfect body composition * *	b) Perfect body structured) All the above	
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