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# B.M.S. College of Engineering, Bengaluru-560019

Autonomous Institute Affiliated to VTU

## December 2023 Supplementary Examinations

**Programme: B.E.**

**Semester: I / II**

**Branch: Common to all Branches**

**Duration: 2 hrs.**

**Course Code: 21BT1AESFH / 21BT2AESFH**

**Max Marks: 100**

**Course: Scientific Foundations of Health**

**Instructions:** 1. Part A & B compulsory, answer any four in the part C.  
2. Missing data, if any, may be suitably assumed.

### PART-A

#### Multiple choice questions

**40 x 1 = 40 Marks**

**1. Important role of health are:**

- (a) Fighting diseases
- (b) Enjoying life
- (c) Feeling happy
- (d) All the above

**2. BMI stands for:**

- (a) Body mass index
- (b) Body material index
- (c) Body mass indication
- (d) None of the above

**3. Tobacco addition occurs due to:**

- (a) Caffeine
- (b) Nicotine
- (c) Cocaine
- (d) Histamine

**4. Influencing factors of health are:**

- (a) Social, economic and political factors
- (b) Social factors only
- (c) Economic factors only
- (d) Political factors only

**5. Social health hazards includes:**

- (a) Stigma
- (b) Anti-social behavior
- (c) Higher crime records
- (d) All of the above

**6. Psychological disorders are:**

- (a) Anxiety
- (b) Depression and stress
- (c) Anxiety and stress
- (d) All the above

**7. The first person becoming sick in an epidemic disease is called**

- (a) Primary case
- (b) Secondary case
- (c) Contact case
- (d) Index case

**8. Education helps in:**

- (a) Achieving their potential
- (b) Social exclusion
- (c) Poor quality of housing
- (d) None of the above

**9. WHO principles include:**

- (a) Development of child
- (b) Promotion and protection of health
- (c) Health is a fundamental right
- (d) All of the above

**10. Which of the following is not a symptom of mental illness:**

- (a) Insomnia
- (b) Depression
- (c) Positive attitude
- (d) Delusions and hallucinations

**11. Body language plays important role in:**

- (a) Communication
- (b) Judgement
- (c) Both a & b
- (d) None of the above

**12. Which can be used to overcome communication barrier:**

- (a) Use of translator
- (b) Writing letter
- (c) Not communicating
- (d) Using your own language

**13. Hyper-obesity value in terms of BMI is:**

- (a) >25
- (b) <25
- (c) >40
- (d) <40

**14. Communication is a part of \_\_\_\_\_ skill:**

- (a) Soft
- (b) Hard
- (c) Rough
- (d) Short

**15. SUD stands for:**

- (a) Substance use disorder
- (b) Substance use diagnosis
- (c) Both a & b
- (d) None of the above

**16. What causes tunnel vision:**

- (a) Smoking
- (b) Alcohol
- (c) Barbiturate
- (d) Vitamin A deficiency

**17. What is defined to be a condition in which person develops intense cravings for the substance and the inability to control their behaviors in regards to obtaining and using it?**

- (a) Use
- (b) Abuse
- (c) Substance
- (d) Dependence

**18. Ways to improve communication are:**

- (a) Active listening skills
- (b) Passive listening skills
- (c) Both a & b
- (d) None of the above

**19. The percentage of population suffering from serious mental illness is:**

- (a) 1%
- (b) 5%
- (c) 8%
- (d) 10%

**20. What influence your health:**

- (a) Heredity
- (b) Environment
- (c) Mental state
- (d) All the above

**21. Spiritual wellness includes**

- (a) Developing compassion, caring, forgiving
- (b) Physical health, environment health
- (c) Physical health, Mental health
- (d) None of the above

**22. Which molecules in the body influence our mood?**

- (a) Endorphins
- (b) Saliva
- (c) Vitamins
- (d) Minerals

**23. Community health aims:**

- (a) Care of the old infants
- (b) Care of infirm
- (c) Improvement of health of all
- (d) Improvement of health of children

**24. Causes of Obesity and Overweight:**

- (a) Energy imbalance
- (b) Energy balance
- (c) Energy imbalance between calories consumed and calories expended
- (d) None of the above

**25. "Nutritional" means:**

- (a) Tastes really bad
- (b) Tastes really good
- (c) Containing necessary substances for the body to grow and stay healthy
- (d) Is mostly green

**26. Health compromising behaviors are commonly seen in people from:**

- (a) High class
- (b) Low class
- (c) Middle class
- (d) None of the above

**27. More research is necessary to confirm the assumption that \_\_\_\_\_ cause positive changes to quality of life:**

- (a) Lifestyle changes
- (b) Research findings
- (c) Survey data
- (d) Questionnaire responses

**28. Antipsychotics do which of the following?**

- (a) Alleviate Major positive symptoms (such as thought disorder and hallucinations)
- (b) Alleviate Major negative symptoms (such as social withdrawal)
- (c) Reducing the burden of institutional care
- (d) All of the above

**29. An anxiety disorder is:**

- (a) An emotional state identified by panic attacks
- (b) An emotional condition classified by excessive checking
- (c) Disordered thinking
- (d) An excessive or aroused state characterized by feelings of apprehension, uncertainty and fear

**30. Which of the following health communication style makes use of the patient's knowledge and experience?**

- (a) Doctor-centred communication
- (b) Patient-centred communication
- (c) Practitioner-centred communication
- (d) None of the above

**31. In \_\_\_\_\_, blood glucose homeostasis ceases to function because the beta cells of the pancreatic islets are destroyed.**

- (a) Type 1 diabetes mellitus
- (b) Type 2 diabetes mellitus
- (c) Gestational diabetes
- (d) Both type 2 diabetes mellitus and gestational diabetes

**32. The influence of families, schools and neighborhoods in explaining social inequalities in health can be categorized in which of the following systems?**

- (a) Microsystem
- (b) Macrosystem
- (c) Mesosystem
- (d) Exosystem

**33. Feelings such as sadness, despair and anxiety are indications of:**

- (a) Physical health
- (b) Mental illness
- (c) Sociocultural health
- (d) Psychological health

**34. Which one of these is NOT a type of work involved in chronic illness?**

- (a) Illness work
- (b) Cultural work
- (c) Everyday work
- (d) Biographical work

**35. Which of the following statements is correct?**

- (a) There is a marked downward ability for adults aged 60 and over to respond to infections
- (b) There is a reduced efficiency of the immune system strongly correlating with increased age
- (c) Optimum immune function is mainly achieved in childhood
- (d) All of these

**36. \_\_\_\_\_ is a basic emotion of man**

- (a) Anger
- (b) Fear
- (c) Love
- (d) All the above

**37. \_\_\_\_\_ is a problem focused coping.**

- (a) Venting emotions
- (b) Denial
- (c) Acceptance
- (d) Turning to religion

**38. HIV is a retrovirus that infects and colonizes cells in the \_\_\_\_\_**

- (a) Immune system and the central nervous system
- (b) Immune system
- (c) Endocrine system
- (d) Immune system and endocrine system

**39. The main difference between psychiatrists and psychologists is that psychiatrists are:**

- (a) biology majors
- (b) college professors
- (c) medical doctors
- (d) behaviourists

**40. Which of the following is an example of a substance use disorder (SUD)?**

- (a) Alcohol related disorders
- (b) Caffeine related disorders
- (c) Inhalant related disorders
- (d) All the above

## **PART-B**

### **Match the following**

**10 x 2 =20 Marks**

**1. Match the following**

A. Carrot	(i) Energy giving food
B. Lemon	(ii) Healthy eyes
C. Soya bean	(iii) Immunity
D. Ground nuts	(iv) Rich source of protein

**2. Match the following**

A. Obesity	(i) Alcohol
B. Drugs	(ii) Language
C. SUD	(iii) BMI
D. Communication	(iv) To do better

**3. Match the following**

A. Environmental illness	(i) Avoiding sedentary lifestyle
B. Physical wellness	(ii) Good self esteem
C. Intellectual wellness	(iii) Handling stress situation
D. Emotional wellness	(iv) Engagement through learning

**4. Match the following**

A. Psychosis	(i) Good self-esteem
B. Social health hazards	(ii) Mental illness
C. Addiction	(iii) Sadness and fear
D. Globalization	(iv) Communication growth

**5. Match the following**

A. Financial health	(i) Meditation
B. Health education	(ii) Good income
C. Spiritual health	(iii) Video gaming
D. Addictive behavior	(iv) Community development approach

**6. Match the following**

A. HIV	(i) Immunity
B. Healthy food	(ii) Virus
C. Depressed health	(iii) Illicit drug
D. Marijuana	(iv) Lack of nutrition

**7. Match the following**

A. Hypermetropia	(i) Sugar
B. Proteins	(ii) Retina
C. Amylase	(iii) Enzyme
D. Lactose	(iv) Soya

**8. Match the following**

A. DPT	(i) TB
B. DOTS	(ii) Vaccine
C. AB	(iii) Hormone
D. Adrenalin	(iv) Universal donor

**9. Match the following**

A. Food	(i) Excessive intake
B. Over nutrition	(ii) Food with benefits
C. Undernutrition	(iii) Nourishes body
D. Functional foods	(iv) limited intake

**10. Match the following**

A. BMI Below 18.5	(i) Overweight
B. BMI between 25 to 25.9	(ii) Obese
C. BMI over 35	(iii) Under weight
D. BMI between 30 to 35	(iv) Morbid obesity

**PART C**

**Write descriptive answers (Answer any FOUR)**

**4 X 10 = 40 Marks**

1. Define health. Explain the advantages of maintaining good health. Add a note on methods to improve good psychological health.
2. Describe in detail about nutritional guidelines for good health and well-being.
3. Enlighten the value of relationship and behavior. Describe the importance of social engineering in changing health behaviors.
4. Highlight the difference between addictive and non-addictive people and their behavior with society.
5. Write a detailed note on healthy practices that helps to prevent and fight against diseases for good health.

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