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

Autonomous Institute Affiliated to VTU

## **December 2023 Supplementary Examinations**

**Programme: B.E.**

**Branch: Common to all Branches**

**Course Code: 22MA1AESFH / 22MA2AESFH**

**Course: Scientific Foundation of Health**

**Semester: I / II**

**Duration: 1 hr.**

**Max Marks: 50**

**Instructions:** 1. Part C answer any three.

### **PART A**

#### **Multiple choice questions**

**25 X 1= 25 marks**

1. How substance use disorder is is treated?
  - a. Multiple types of treatment
  - b. Recognition of problem
  - c. Alcohol drinking
  - d. Both a and b.
2. David is an excellent orator among his peer group? Choose the ways of communication made him an excellent orator?
  - a. Spoken words
  - b. Body language
  - c. Voice modulation
  - d. All of the above
3. Mr. Reddy met with an accident on NH7 while driving his car at a speed of 60KMPH with speed governor fixed as per Motor Vehicle Act. This lowered the impact of
  - a. death
  - b. disability
  - c. Both A & B
  - d. Only B
4. Psychosis is characterised by
  - a. Loss of touch with reality
  - b. Prolonged emotional reaction to a given stress
  - c. Anxiety, fear, sadness and Pains
  - d. All of the above
5. The ability of joint to move beyond the normal range
  - a. Speed.
  - b. Balance
  - c. Flexibility
  - d. Body mass

6. Which of the following food components helps in metabolism in our body?
- Proteins
  - Vitamins
  - Minerals
  - both b&c
7. Ganni was detected with haemoglobin content of 8.5 in the blood. To overcome this situation, he needs to be provided with what medication?
- Iron capsules, folic acid, and Vitamin B12-rich food.
  - Folic acid, Calcium and Vitamin C-rich foods.
  - Vitamin B6, B12 rich food
  - Vitamin K, Calcium and Iron
8. Under social engineering, both smoking and alcohol consumption are legally restricted to:
- Certain age groups
  - Particular family
  - Particular situations
  - Both A & C
9. Alcohol addiction is harmful because it causes
- deposition of protein in liver
  - deposition of fat in liver
  - rise in blood sugar level
  - cancer growth
10. Chemicals that relay messages (impulses) from one nerve cell to another or to other cells are
- chemoreceptors.
  - enzymes.
  - neurotransmitters
  - synapses
11. Temporary physical and psychological symptoms that occur when use of an addictive substance is discontinued is
- compulsion.
  - relapse.
  - withdrawal.
  - addiction.
12. Which of the following statements is true about contamination?
- Contamination is caused by the entry of germs by an insect bite
  - Contamination is caused by the entry of germs by an animal bite
  - Contamination is caused by the entry of germs into drinking water or edible foods.
  - None of the above
13. Potatoes, cereals, beans, pulses and oats are rich in \_\_\_\_\_.
- Proteins
  - Vitamins

- c. Minerals
- d. Carbohydrates

14. Eating disorder is a mental disorder defined by

- a. normal eating behaviors that negatively affect a person's physical and mental health
- b. abnormal eating behaviors that negatively affect a person's physical and mental health
- c. health
- d. abnormal eating behaviors that positively affect a person's physical and mental health
- e. all of these

15. -----prevents the person from eating sufficient calories or nutrients

- a. Bulimia nervosa
- b. Anorexia nervosa
- c. Avoidance or restriction of food intake disorder
- d. Rumination disorder

16. Muscular strength

- a. refers to the amount of force a specific muscle group can produce at different times.
- b. refers to the amount of force a specific muscle group can produce in one, all-out effort
- c. refers to the amount of force a specific muscle group can produce at different times.
- d. None of these

17. Which one of this is true with fat intake?

- a. Replacing both saturated fats and trans-fats with unsaturated fats
- b. Replacing both unsaturated fats and trans-fats with saturated fats
- c. Replacing both unsaturated fats and saturated fats with trans-fats
- d. None of these.

18. High sodium intake and insufficient potassium intake

- a. contribute to low blood pressure, which in turn increases the risk of heart disease and stroke.
- b. contribute to high blood pressure, which in turn decreases the risk of heart disease and stroke.
- c. contribute to high blood pressure, which in turn increases the risk of heart disease and stroke
- d. All of these.

19. The .....policy of effective compromise strengthens good relationship between any two people.

- a. Face or forget
- b. Give and take
- c. Give and forget
- d. None of the above

20. Intellectual wellness include

- a. eating balanced diet.
- b. drinking sufficient water
- c. having good nutrition
- d. mental exercise.

21. Ramya a 45 year old lady is characterised by poor CNS coordination, forgetfulness and tremor of hands. Identify the disease she is suffering from
- Epilepsy
  - Alzheimer's disease
  - Schizophrenia
  - Migraine
22. In effective communication improves listening skills.
- Diverting attention
  - multitasking
  - ignoring
  - undivided attention
23. Ramesh travels with Suresh daily in the same train from Tumkur to Bangaluru for job. Ramesh recognizes Suresh and greets him, but don't really know him fully. What type of friendship is this?
- Close friendship
  - Best friendship
  - Acquaintance friendship
  - lifelong friendship
24. . LSD is example of what kind of drug.
- stimulant
  - sedative
  - hallucinogen
  - depressant
25. The part of brain affected when a person consumes alcohol leading to loss of balance is
- a cerebral cortex
  - b thalamus
  - c. cerebellum
  - d. medulla

## PART B

**Match the following**

**5X2=10**

1. Match the Personality

i. Optimistic

ii. Neurotic

iii. Conscientious

iv. Resilient

A. Adaptive

B. High-achieving

C. Positiveness

D. Self-doubt

2. Match nutrients with function.

- |                           |                                  |
|---------------------------|----------------------------------|
| i. Protein                | A. Metabolism                    |
| ii. Carbohydrate          | B. Tissue growth and maintenance |
| iii. Fat                  | C. Energy                        |
| iv. Vitamins and minerals | D. Stores energy                 |

3. Drugs and their effects

- |                   |                    |
|-------------------|--------------------|
| i. Magic mushroom | A. Anxiety         |
| ii. cocaine       | B. Hallucinogenic  |
| iii Cannabis      | C. Affects liver . |
| iv Alcohol        | D. Stimulant       |

4. Match the following with disease

- |                    |                      |
|--------------------|----------------------|
| i. Corona          | A. Sleeping sickness |
| ii. Trypanosoma    | B. TB                |
| iii. Mycobacterium | C. Typhoid           |
| iv. Salmonella     | D. Covid-19          |

5. Communication styles

- |                         |                                     |
|-------------------------|-------------------------------------|
| i. Passive              | A. Inappropriately honest           |
| ii. Assertive           | B. Emotionally dishonest, indirect. |
| iii. Aggressive         | C. Empathetic to emotions           |
| iv. Passive- Aggressive | D. Self denial                      |

**PART C**

**Answer in detail any 3 questions**

**5 X 3 = 15**

1. Ganesh is a painter and addicted to drugs along with many friends from many days. This affected his work and health. His family members are worried & looking for cognitive approach for de-addiction process. Evaluate the present condition & recommend different approaches for recovery from drug abuse.
2. In present world, we know many are suffering from heart related disease & it's a chronic disease in various countries. Appraise on different strategies for the management of such chronic illness in the family for maintaining quality of life.
3. Divya is studying final year M.Tech and willing to attend Campus interview shortly. Enumerate the significance of Communication in the outer world for better future.
4. Health belief is a key point to understand the disease, effects and its management. Explain with an example.
5. Samay is 34 years of age and has Body mass Index (BMI) of 38. His family members, relatives & peer group started saying him obese and he was not getting any alliance finalized at all. He was very much upset because of this. Summarize the healthy lifestyles so that he can reduce his weight & lead life happily

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