

CBCS SCHEME

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Question Paper Version : A

Second Semester B.Arch./B.Planning Degree Examination,
Dec.2024/Jan.2025

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.**

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1. Health compromising behaviours are commonly seen in people from
a) high class b) middle class c) low class d) None of these
 2. Which of the following mineral functions by building strong bones and teeth?
a) Iodine b) Calcium c) Iron d) Sodium
 3. Which of the following components are major nutrients in our food?
a) Carbohydrates b) Lipids and Proteins
c) Vitamins and Minerals d) All of these
 4. Which of the following statements is true about contamination?
a) Contamination is caused by the entry of germs by an insect bite.
b) Contamination is caused by the entry of germs by an animal bite.
c) Contamination is caused by the entry of germs into drinking water or edible foods.
d) None of these
 5. Which one of the following is an unhealthy habit?
a) Sharing food b) Bathing twice a day
c) Drinking boiled water d) Eating without washing one's hand
 6. Intellectual wellness includes
a) Eating balanced diet b) Drinking sufficient water
c) Having good nutrition d) Mental exercise
 7. Wellness is :
a) Positive approach b) Negative approach
c) Positive or Negative approach d) Positive and Negative approach

8. Important roles of health are
 - a) Fighting diseases
 - b) Feeling happy
 - c) Enjoy life
 - d) All of these
9. What is health?
 - a) Physical wellbeing
 - b) Mental wellbeing
 - c) Social wellbeing
 - d) All of these
10. What is defined to be a condition in which a person develops intense cravings for the substance and the inability to control their behaviours in regards to obtaining and using it?
 - a) Use
 - b) Addition
 - c) Dependence
 - d) Both b and c
11. Constituent of alcoholic beverage is
 - a) Propyl alcohol
 - b) Methyl alcohol
 - c) Ethyl alcohol
 - d) Mix of all of these
12. This causes tunnel vision:
 - a) Smoking
 - b) Alcohol
 - c) Barbiturates
 - d) Vitamin A deficiency
13. What are the reasons for taking drugs?
 - a) To feel good
 - b) To feel better
 - c) To do better
 - d) All of these
14. WHO principles includes:
 - a) Development of child
 - b) Health is one of the fundamental right
 - c) Promotion and protection of health
 - d) All of these
15. Planning refers to
 - a) Communities in which they live in
 - b) Health services
 - c) Financial stability
 - d) None of these
16. Mental health is a state of development of one's
 - a) Personality
 - b) Emotional attitude
 - c) Both a and b
 - d) Intellect
17. Which are intimately related?
 - a) Disease and health
 - b) Body and health
 - c) Body and mind
 - d) Body and spiritual values.
18. Obesity occurs due to
 - a) More consumption of calorie
 - b) More consumption of protein
 - c) More consumption of vitamins
 - d) None of these
19. Using abbreviations in communication leads to which type of communication barrier.
 - a) Language/Linguistic
 - b) Physical
 - c) Cultural
 - d) Organizational
20. 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.

21. After drinking alcohol, consumption of this leads to death
a) Morphine b) Opium c) Barbiturate d) All of these
22. Communication is a part of _____ skills.
a) Soft b) Hard c) Rough d) Short
23. Which of these factors is not required for communication growth?
a) Growth in size of organizations b) Negative atmosphere
c) Globalization d) Public relations.
24. Researchers, mental health professionals, problem gambling organizations and the casino industry have a responsibility to the problem gamblers themselves to
a) Avoid bickering unnecessarily
b) Unite with a common goal of reducing the costs associated with gambling
c) Reach a consensus
d) Avoid unnecessary bickering and unite with the common goal of reducing the costs associated with gambling only.
25. What is protective factor for addictions?
a) Positive relationship b) Drug experimentation
c) Community poverty d) All of these
26. People are suffering from mental diseases in India. What states can do to avoid addition?
a) Adding higher tax on sweetened beverages
b) Benefits for organic fruits
c) Availability of healthy food
d) All of these
27. A thrust area in community health is
a) Prevention and control of communicable diseases
b) Prevention of blindness
c) Material and child health
d) School health services
28. The percentage of population suffering from serious mental illness is
a) 1% b) 5%
c) 8% d) 10%
29. Psychosis is characterized by
a) Loss of touch with reality
b) Prolonged emotional reaction to a given stress
c) Anxiety, fear, sadness, vague aches and pains
d) All of these
30. Which of the following statements is correct?
a) Health promotion can refer to any event, process or activity that facilitates the protection or improvement of the health states of individuals, groups, communities or populations
b) The objectives of health promotion is to prolong life and to improve quality of life
c) Health promotion practice is often shaped by how health is conceptualized
d) All of these

31. This approach to health promotion is synchronous with health education as it aims to increase individual's knowledge about the causes of health and illness.
 a) Behaviour change approach b) Community development approach
 c) Biomedical approach d) None of these
32. Symptoms of substance use disorder is
 a) Impaired control b) Social problems
 c) Risky use d) All of these
33. Physical wellness includes:
 a) Enhancing sedentary lifestyle b) Avoiding sedentary life style
 c) Creativity d) None of these
34. Wellness dimensions are
 a) 4 b) 2 c) 6 d) 8
35. What is defined to be a regular and excessive use of a substance in spite of dangers?
 a) Use b) Abuse c) Substance d) Dependence
36. This causes the maximum accumulation of fat in the liver.
 a) Meat and egg b) Alcohol c) Saturated fat d) Starch
37. Consumption of this causes increase in the fat synthesis, dilation of blood vessels, low blood sugar and stomach-inflammation.
 a) Drug addiction and tobacco b) Alcohol
 c) Tobacco d) Drug addiction
38. Body language plays an important role in :
 a) Communication b) Judgment c) Both a and b d) None of these
39. What are the steps to increase the vocal clarity?
 a) Keep your language simple b) Slow down during conversation
 c) Feedback d) Both a and b
40. Communication barriers involves :
 a) Jumping into the conclusion b) Arguing and debating
 c) Fear of offending d) All of these
41. What is the definition of overweight?
 a) $BMI > 25 \text{ kg/m}^2$ b) $BMI = 25 \text{ kg/m}^2$
 c) $BMI : 25 - 29.9 \text{ kg/m}^2$ d) $BMI : 25 - 30 \text{ kg/m}^2$
42. In the future, which of the following will play a vital role in helping the gaming industry demystify the nuances of gambling problems?
 a) Sustainability b) A code of conduct
 c) Internet gaming d) Experienced recreational gamblers
43. Hyper obesity value in terms of BMI.
 a) > 25 b) 40 c) < 25 d) > 30
44. How is substance use disorder treated?
 a) Multiple types of treatment b) Recognition of problem
 c) Alcohol drinking d) Both a and b

45. Community health aims
a) Care of the infants old
c) Improvement of health of all
b) Care of infirm
d) Improvement of health of children
46. A mentally sick person has
a) Tendency to get upset with change of routine
b) Feeling of friendship and trust for all
c) Tendency to perform all the daily chores by oneself
d) Tendency to solve all the problem without aid of others.
47. Which year did the world health organization first expressed the right to health as a fundamental human right?
a) 1946
c) 1987
b) 1952
d) 2000
48. Guava, Lemon, Orange and Tomato are rich in
a) Vitamin-A
c) Vitamin-C
b) Vitamin-B
d) Vitamin-D
49. The World Health Day is celebrated on
a) 1st March
c) 6th October
b) 7th April
d) 10th December
50. Carcinoma disease from the
a) Epithelial cells
c) Pigment containing cells
b) Bone marrow
d) None of these

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