

USN						Question Paper Version: A
USII						

First/Second Semester B.E./B.Tech. Degree Examination, June/July 2023 **Scientific Foundation of Health**

Гіте	: 1 hr.]	0,0	[Max. Marks: 50
	INSTRUCTIONS	TO THE CAND	NID A TEC
	INSTRUCTIONS	TO THE CANE	JIDA1ES
1.	Answer all the fifty questions, each qu	uestion carries one	mark.
2.	Use only Black ball point pen for wr	iting / darkening th	e circles.
3.	For each question, after selecting ye	our answer, darke	en the appropriate circle
	corresponding to the same question	number on the O	MR sheet.
4.	Darkening two circles for the same qu	estion makes the ar	nswer invalid.
5.	Damaging/overwriting, using whi	teners on the C	OMR sheets are strictly
	prohibited.		
1.	What is health? a) Physical wellbeing c) Social wellbeing	b) Mental wellbe d) All of the abo	_
2.	Important roles of health are a) Fighting disease b) Feeling happy	c) Enjoy life	d) All of the above
3.	As per WHO health is defined as a state of a) Physical Wellbeing c) Social wellbeing	b) Mental wellbe	eing tal, social wellbeing
4.	Wellness is a) Positive approach c) Positive or Negative approach	b) Negative appr d) Positive and N	roach Negative approach
5.	Wellness dimensions are a) 4 b) 2	c) 6	d) 8
6.	Intellectual wellness includes a) Eating balanced diet c) Having good nutrition	b) Drinking suffi d) Mental exerci	
7.	Physical health enhances a) Heart function b) Breathing	c) Both a and b	d) None of these
8.	Influencing factors of health are a) Social, economic, political factor c) Economical factor only	b) Social factor of d) Political factor	•

9.	Factor which influence health are	LN T., 4:: 41 b -1:
	a) Individual factorc) Public service and infrastructure	b) Individual behavior d) All of the above
	c) I done service and infrastructure	a) I'm of the doore
10.	Psychologic disorders are	
	a) Anxiety, depression, stress	b) Stress, Anxiety
	c) Depression, anxiety	d) None of the above
11.	BMI stands for	93
	a) Body mass index	b) Body material index
	c) Body mass indication	d) None of the above
12.	Overweight in BMI is (Kg/m ²)	
	a) > 30 b) > 25	c) < 25 d) < 30
10		
13.	Cause of obesity and overweight a) Energy imbalance	
	b) Energy imbalance	
	c) Energy balance between calories consum	ed and calories expended
	d) None of the above	
11	Hyper obesity value in terms of BMI (in Kg	(m^2)
14.	a) > 25 b) < 25	c) > 40 d) < 40
		2) 10
15.	Hyper is definition of overweight?	1) D. G. 2004 / 2
	a) BMI > 25 Kg/m ² c) BMI 25 - 29.9 Kg/m ²	b) BMI = 25 Kg/m^2 d) BMI $25 - 30 \text{ Kg/m}^2$
	C) Bivil 23 - 29.9 Kg/III	u) Bivii 23 – 30 Kg/iii
16.	Which of the following disease does obesity	increase the risk of developing?
	a) Type 2 diabetes	b) High blood pressure
	c) Cardiovascular dieses	d) All of the above
17.	Communication is part of skill	
17.	Communication is part of skill a) Soft b) Hard	c) Rough d) Short
	a) Soft b) Hard	c) Rough d) Short
17. 18.	a) Soft b) Hard Communication barriers involves	
	a) Soft b) Hard	c) Rough d) Short b) Arguing and debating d) All of the above
18.	a) Soft b) Hard Communication barriers involves a) Jumping into conclusion c) Fear of offending	b) Arguing and debating
	a) Soft b) Hard Communication barriers involves a) Jumping into conclusion c) Fear of offending Way to improve communication skill are	b) Arguing and debating d) All of the above
18.	a) Soft b) Hard Communication barriers involves a) Jumping into conclusion c) Fear of offending Way to improve communication skill are a) Active listening skills	b) Arguing and debatingd) All of the aboveb) Passive listening skills
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18.	a) Soft b) Hard Communication barriers involves a) Jumping into conclusion c) Fear of offending Way to improve communication skill are a) Active listening skills c) Both a and b Goals of communication are a) To inform, to persuade	b) Arguing and debatingd) All of the aboveb) Passive listening skillsd) None of the aboveb) To inform
18.	a) Soft b) Hard Communication barriers involves a) Jumping into conclusion c) Fear of offending Way to improve communication skill are a) Active listening skills c) Both a and b Goals of communication are	b) Arguing and debatingd) All of the aboveb) Passive listening skillsd) None of the above
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18. 19. 20.	a) Soft b) Hard Communication barriers involves a) Jumping into conclusion c) Fear of offending Way to improve communication skill are a) Active listening skills c) Both a and b Goals of communication are a) To inform, to persuade c) To persuades, Fear of offending Objective of communication skills are a) Active listening skills	 b) Arguing and debating d) All of the above b) Passive listening skills d) None of the above b) To inform d) None of the above b) Aware of own communication
18. 19. 20.	a) Soft b) Hard Communication barriers involves a) Jumping into conclusion c) Fear of offending Way to improve communication skill are a) Active listening skills c) Both a and b Goals of communication are a) To inform, to persuade c) To persuades, Fear of offending Objective of communication skills are	 b) Arguing and debating d) All of the above b) Passive listening skills d) None of the above b) To inform d) None of the above
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18. 19. 20.	a) Soft b) Hard Communication barriers involves a) Jumping into conclusion c) Fear of offending Way to improve communication skill are a) Active listening skills c) Both a and b Goals of communication are a) To inform, to persuade c) To persuades, Fear of offending Objective of communication skills are a) Active listening skills c) Both a and b What are the steps to improve the vocal clar a) keep your language simple	b) Arguing and debating d) All of the above b) Passive listening skills d) None of the above b) To inform d) None of the above b) Aware of own communication d) None of the above ity? b) slow down
18. 19. 20.	a) Soft b) Hard Communication barriers involves a) Jumping into conclusion c) Fear of offending Way to improve communication skill are a) Active listening skills c) Both a and b Goals of communication are a) To inform, to persuade c) To persuades, Fear of offending Objective of communication skills are a) Active listening skills c) Both a and b What are the steps to improve the vocal clar	b) Arguing and debating d) All of the above b) Passive listening skills d) None of the above b) To inform d) None of the above b) Aware of own communication d) None of the above ity?

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23.	a) listen with willingrb) Provide feedback	e the communication sl ness	kills'? b) Respond appropriat d) All of the above	ely
24.	Body language plays a) Communication	an important role in b) Judgment	c) Both a and b	d) None of the above
25.	What is the goal of so a) Sabotage a person' c) To catfish someone	s social media	b) To gain vital persor d) To build truest	nal information
26.	Attitude play an impo	ortant role in b) Judgment	c) Both a and b	d) None of the above
27.	Using abbreviation in a) Language	communication leads b) Physical	to which type of comm c) Cultural	unication barrier? d) Organizational
28.	Why communication a) Get to know each oc) Set clear expectation		onship? b) Avoid misunderstar d) All of the above	nding
29.	Bad examples of com a) Belittling others c) Both a and b	munication are	b) Openly giving cold d) None of the above	shoulders
30.	What are the basic insa) Self perseverance		c) Both a and b	d) None of the above
31.	How addiction can be a) Lack of control		ation c) Both a and b	d) None of the above
32.	SUD stand for a) Substance use diso c) Substance usage de		b) Substance use disea d) None of the above	ase
33.	Characteristics of hea a) Thrill seeking beha c) Act as stress reduc		aviour b) Produce pleasurable d) All of the above	e effect
34.	How to recognize add a) Inability to stay aw c) Both a and b		b) Ignore other area of d) None of the above	flife
35.	Quality of a true friend a) Respectful	nd are b) Believes in you	c) Make time for you	d) All of the above
36.	Friendship in education a) Respectful	on is b) Believes in you	c) Make time for you	d) Better cooperation
37.	Nature of friendship i a) Friends must enjoy c) Make time for ones	each other company	b) Not supporting d) Little cooperation	
38.	What is the recomme a) 0.5 litre	ndable daily intake of b) 1 litre Version	water c) 2 litre A – 3 of 4	d) None of the above

39.	What is the general s a) 8 to 12 hours	leep requirements for a b) 12 to 14 hour	adults? c) 7 to 9 hour	d) None of the above
40.	Which vitamins is go a) Vitamin D	ood for eyes? b) Vitamin E	c) Vitamin A	d) None of the above
41.	How many minutes s a) 30 minutes	should an average person b) 40 minutes	on walk a day? c) 20 minutes	d) None of the above
42.	a) Taking more vitanb) Making the decision	on to abstinent form str ly to the point of exhau	reet drug	
43.	Behavioral addiction a) Gambling	can include b) Alcohol	c) inhalants	d) Medication
44.	Effects and health ha a) physical	zards from additions c b) psychological	auses complication of c) personal	d) All of the above
45.	a) source	re necessary for an inf with a way for germs		
46.	Management of chroa) Sleep	nic illness for quality of b) Happiness	of life c) Mental health	d) All of the above
47.	Community based s services such as? a) Alcoholic anonym c) Cannabis collectiv	ous	ort in substance abuse b) Crack crack d) Hashish home	consists of self help
48.	This causes the maxi a) Meat + egg	mum accumulation of b) Alcohol	fat in the liver c) Saturated fat	d) Starch
49.	Symptoms of chronic a) Tiredness, aches, p c) Anxiety	e diseases pains are not often visil	ble b) Stress d) None of the a	bove
50.	What is pain manage a) Taking pain reliev c) Both a and b		b) Relaxationd) None of the above	
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USN											Question Paper Version	:	В
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First/Second Semester B.E./B.Tech. Degree Examination, June/July 2023

	Scie	entific Found	ation of Healt	h
Γime:	1 hr.]		2,3	[Max. Marks: 50
	IN	STRUCTIONS T	O THE CANDIDA	TES
1.	Answer all the fifty	questions, each ques	tion carries one mark.	
2.	Use only Black ball	point pen for writin	ng / darkening the circ	les.
3.	For each question,	after selecting your	r answer, darken the	e appropriate circle
	corresponding to tl	he same question nu	ımber on the OMR s	heet.
4.	Darkening two circl	es for the same quest	tion makes the answer	invalid.
5.	Damaging/overwri	ting, using whiter	ners on the OMR	sheets are strictly
	prohibited.		7	
1.	How many minutes sha) 30 minutes	nould an average perso b) 40 minutes	n walk a day? c) 20 minutes	d) None of the above
2.	a) Taking more vitamb) Making the decisio	first step to a healthier ins n to abstinent form stry to the point of exhau	eet drug	
3.	Behavioral addiction (a) Gambling	can include b) Alcohol	c) inhalants	d) Medication
4.	Effects and health haz a) physical	eards from additions ca b) psychological	c) personal	d) All of the above
5.	a) source	e necessary for an infe with a way for germs t	7	
6.	Management of chron a) Sleep	ic illness for quality of b) Happiness	f life c) Mental health	d) All of the above
7.	Community based se services such as? a) Alcoholic anonymoc) Cannabis collective	bus	b) Crack crack d) Hashish home	consists of self help

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8.	This causes the maximum accumulation a) Meat + egg b) Alcohol	of fat in the liver c) Saturated fat d) Starch
9.	Symptoms of chronic diseases a) Tiredness, aches, pains are not often v c) Anxiety	isible b) Stress d) None of the above
10.	What is pain management? a) Taking pain relieving medicine c) Both a and b	b) Relaxation d) None of the above
11.	How addiction can be indentified? a) Lack of control b) Decreased social	alization c) Both a and b d) None of the above
12.	SUD stand for a) Substance use disorders c) Substance usage development	b) Substance use diseased) None of the above
13.	Characteristics of health compromising based a) Thrill seeking behaviour c) Act as stress reducing agent	b) Produce pleasurable effect d) All of the above
14.	How to recognize addiction behaviour? a) Inability to stay away from substance c) Both a and b	b) Ignore other area of life d) None of the above
15.	Quality of a true friend are a) Respectful b) Believes in you	c) Make time for you d) All of the above
16.	Friendship in education is a) Respectful b) Believes in you	c) Make time for you d) Better cooperation
17.	Nature of friendship is a) Friends must enjoy each other compar c) Make time for oneself	
18.	What is the recommendable daily intake a) 0.5 litre b) 1 litre	of water c) 2 litre d) None of the above
19.	What is the general sleep requirements for a) 8 to 12 hours b) 12 to 14 hour	or adults? c) 7 to 9 hour d) None of the above
20.	Which vitamins is good for eyes? a) Vitamin D b) Vitamin E	c) Vitamin A d) None of the above
21.	BMI stands for a) Body mass index c) Body mass indication	b) Body material indexd) None of the above
22.	Overweight in BMI is (Kg/m^2) a) > 30 b) > 25	c) < 25 d) < 30
23.	Cause of obesity and overweight a) Energy imbalance b) Energy imbalance c) Energy balance between calories const d) None of the above Versi	umed and calories expended on $B-2$ of 4

24.	Hyper obesity value in terms of BMI (in Kg a) > 25 b) < 25	(m^2) c) > 40	d) <40
25.	Hyper is definition of overweight? a) BMI > 25 Kg/m ² c) BMI 25 - 29.9 Kg/m ²	b) BMI = 25 Kg/m^2 d) BMI $25 - 30 \text{ Kg/m}^2$	
26.	Which of the following disease does obesity a) Type 2 diabetes c) Cardiovascular dieses	b) High blood pressured) All of the above	
27.	Communication is part of skill a) Soft b) Hard	c) Rough	d) Short
28.	Communication barriers involves a) Jumping into conclusion c) Fear of offending	b) Arguing and debatin d) All of the above	ng
29.	Way to improve communication skill are a) Active listening skills c) Both a and b	b) Passive listening ski d) None of the above	ills
30.	Goals of communication are a) To inform, to persuade c) To persuades, Fear of offending	b) To inform d) None of the above	
31.	What is health? a) Physical wellbeing c) Social wellbeing	b) Mental wellbeing d) All of the above	
32.	Important roles of health are a) Fighting disease b) Feeling happy	c) Enjoy life	d) All of the above
33.	As per WHO health is defined as a state of ca) Physical Wellbeing c) Social wellbeing	complete b) Mental wellbeing d) Physical, mental, so	cial wellbeing
34.	Wellness is a) Positive approach c) Positive or Negative approach	b) Negative approach d) Positive and Negative	ve approach
35.	Wellness dimensions are a) 4 b) 2	c) 6	d) 8
36.	Intellectual wellness includes a) Eating balanced diet c) Having good nutrition	b) Drinking sufficient d) Mental exercise	water
37.	Physical health enhances a) Heart function b) Breathing	c) Both a and b	d) None of these
38.	Influencing factors of health are a) Social, economic, political factor c) Economical factor only	b) Social factor onlyd) Political factor only	

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39.	a) Individual factor c) Public service and infrastructure	b) Individual behavior d) All of the above	
40.	Psychologic disorders are a) Anxiety, depression, stress c) Depression, anxiety	b) Stress, Anxiety d) None of the above	
41.	Objective of communication skills are a) Active listening skills c) Both a and b	b) Aware of own comid) None of the above	nunication
42.	What are the steps to improve the vocal clar a) keep your language simple c) Both a and b	rity? b) slow down d) Feedback	
43.	How one can improve the communication state a) listen with willingness c) Provide feedback	kills? b) Respond appropriat d) All of the above	ely
44.	Body language plays an important role in a) Communication b) Judgment	c) Both a and b	d) None of the above
45.	What is the goal of social engineering? a) Sabotage a person's social media c) To catfish someone	b) To gain vital person d) To build truest	al information
46.	Attitude play an important role in a) Communication b) Judgment	c) Both a and b	d) None of the above
47.	Using abbreviation in communication leads a) Language b) Physical	to which type of comm c) Cultural	unication barrier? d) Organizational
48.	Why communication is key to healthy relati a) Get to know each other c) Set clear expectations	onship? b) Avoid misunderstar d) All of the above	nding
49.	Bad examples of communication are a) Belittling others c) Both a and b	b) Openly giving cold d) None of the above	shoulders
50.	What are the basic instinct of life? a) Self perseverance b) Social instinct	c) Both a and b	d) None of the above
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CBCS SCHEME

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First/Second Semester B.E./B.Tech. Degree Examination, June/July 2023 **Scientific Foundation of Health**

ime:	1 hr.]		[Max. Marks: 50							
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1.	How addiction can be indentified? a) Lack of control b) Decreased socialize	zation c) Both a and b	d) None of the above							
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8.	What is the recommendable daily intake of a) 0.5 litre b) 1 litre	water c) 2 litre	d) None of the above							
9.	What is the general sleep requirements for a a) 8 to 12 hours b) 12 to 14 hour	adults? c) 7 to 9 hour	d) None of the above							

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10.	a) Vitamin D	b) Vitamin E	c) Vitamin A	d) None of the above
11.	What is health? a) Physical wellbeing c) Social wellbeing	ζ	b) Mental wellbeing d) All of the above	
12.	Important roles of he a) Fighting disease	alth are b) Feeling happy	c) Enjoy life	d) All of the above
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19.	Factor which influence a) Individual factor c) Public service and		b) Individual behavior d) All of the above	
20.	Psychologic disorder a) Anxiety, depressio c) Depression, anxiet	n, stress	b) Stress, Anxiety d) None of the above	
21.	How many minutes s a) 30 minutes	hould an average pers b) 40 minutes	on walk a day? c) 20 minutes	d) None of the above
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24.	Effects and health ha a) physical	b) psychological	causes complication of c) personal	d) All of the above

25.	a) source b) susceptible person with a way for germs c) Transmission d) All of the above		
26.	Management of chronic illness for quality of a) Sleep b) Happiness	of life c) Mental health	d) All of the above
27.	Community based services to offer supposervices such as? a) Alcoholic anonymous c) Cannabis collective	b) Crack crack d) Hashish home	consists of self help
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31.	Objective of communication skills are a) Active listening skills c) Both a and b	b) Aware of own com d) None of the above	munication
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37.	Using abbreviation in communication leads a) Language b) Physical	to which type of comm c) Cultural	unication barrier? d) Organizational
38.	Why communication is key to healthy relational Get to know each other c) Set clear expectations	ionship? b) Avoid misunderstar d) All of the above	nding

39.	Bad examples of communication are	h) On only oissing gold	ah ay ldana
	a) Belittling othersc) Both a and b	b) Openly giving coldd) None of the above	siloulders
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 c) Body mass indication	b) Body material index d) None of the above	x
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46.	Which of the following disease does obesity a) Type 2 diabetes c) Cardiovascular dieses	b) High blood pressured) All of the above	7 -
47.	Communication is part of skill a) Soft b) Hard	c) Rough	d) Short
48.	Communication barriers involves a) Jumping into conclusion c) Fear of offending	b) Arguing and debatin d) All of the above	ng
49.	Way to improve communication skill are a) Active listening skills c) Both a and b	b) Passive listening sk d) None of the above	ills
50.	Goals of communication are a) To inform, to persuade c) To persuades, Fear of offending	b) To inform d) None of the above	
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USN											Question Paper Version	:	D
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8.	Why communication is key to healthy relational Get to know each other c) Set clear expectations	onship? b) Avoid misunderstan d) All of the above	ding

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9.	Bad examples of communication are a) Belittling others c) Both a and b	b) Openly giving cold d) None of the above	shoulders
10.	What are the basic instinct of life? a) Self perseverance b) Social instinct	c) Both a and b	d) None of the above
11.	How many minutes should an average personal 30 minutes b) 40 minutes	on walk a day? c) 20 minutes	d) None of the above
12.	What is the essential first step to a healthier a) Taking more vitamins b) Making the decision to abstinent form str c) Exercising regularly to the point of exhaud) None of the above	reet drug	
13.	Behavioral addiction can include a) Gambling b) Alcohol	c) inhalants	d) Medication
14.	Effects and health hazards from additions c a) physical b) psychological	auses complication of c) personal	d) All of the above
15.	Three things which are necessary for an infa) source b) susceptible person with a way for germs c) Transmission d) All of the above		
16.	Management of chronic illness for quality of a) Sleep b) Happiness	of life c) Mental health	d) All of the above
17.	Community based services to offer supp services such as? a) Alcoholic anonymous c) Cannabis collective	ort in substance abuse b) Crack crack d) Hashish home	consists of self help
18.	This causes the maximum accumulation of a) Meat + egg b) Alcohol	fat in the liver c) Saturated fat	d) Starch
19.	Symptoms of chronic diseases a) Tiredness, aches, pains are not often visil c) Anxiety	ble b) Stress d) None of the a	bove
20.	What is pain management? a) Taking pain relieving medicine c) Both a and b	b) Relaxation d) None of the above	
21.	How addiction can be indentified? a) Lack of control b) Decreased socialized	zation c) Both a and b	d) None of the above
22.	SUD stand for a) Substance use disorders c) Substance usage development	b) Substance use disea d) None of the above	ase

23.	Characteristics of health	compromising beha	viour	
	a) Thrill seeking behavioc) Act as stress reducing	ur	b) Produce pleasurabled) All of the above	effect
24.	How to recognize addicti a) Inability to stay away to c) Both a and b		b) Ignore other area of d) None of the above	life
25.	Quality of a true friend an a) Respectful b)	re Believes in you	c) Make time for you	d) All of the above
26.	Friendship in education is a) Respectful b)	s Believes in you	c) Make time for you	d) Better cooperation
27.	Nature of friendship is a) Friends must enjoy eac c) Make time for oneself		b) Not supporting d) Little cooperation	
28.	What is the recommendal a) 0.5 litre b)	ble daily intake of v 1 litre	vater c) 2 litre	d) None of the above
29.	What is the general sleep a) 8 to 12 hours b)	requirements for a 12 to 14 hour	dults? c) 7 to 9 hour	d) None of the above
30.	Which vitamins is good f a) Vitamin D b)	for eyes? Vitamin E	c) Vitamin A	d) None of the above
31.	BMI stands for a) Body mass index c) Body mass indication		b) Body material index d) None of the above	
32.	Overweight in BMI is (K a) > 30 b)	g/m ²) > 25	c) < 25	d) < 30
33.	Cause of obesity and ove a) Energy imbalance b) Energy imbalance c) Energy balance betwee d) None of the above	0	ed and calories expende	d
34.	Hyper obesity value in te a) > 25 b)	rms of BMI (in Kg/ < 25	(m^2) c) > 40	d) <40
35.	Hyper is definition of over a) BMI > 25 Kg/m ² c) BMI 25 - 29.9 Kg/m ²	erweight?	b) BMI = 25 Kg/m ² d) BMI 25 – 30 Kg/m ²	
36.	Which of the following d a) Type 2 diabetes c) Cardiovascular dieses	isease does obesity	increase the risk of dev b) High blood pressure d) All of the above	• •
37.	Communication is part of a) Soft b)	f skill Hard	c) Rough	d) Short

38.	Communication barriers involves a) Jumping into conclusion c) Fear of offending	b) Arguing and debating d) All of the above
39.	Way to improve communication skill are a) Active listening skills c) Both a and b	b) Passive listening skills d) None of the above
40.	Goals of communication are a) To inform, to persuade c) To persuades, Fear of offending	b) To inform d) None of the above
41.	What is health? a) Physical wellbeing c) Social wellbeing	b) Mental wellbeing d) All of the above
42.	Important roles of health are a) Fighting disease b) Feeling happy	c) Enjoy life d) All of the above
43.	As per WHO health is defined as a state of a) Physical Wellbeing c) Social wellbeing	complete b) Mental wellbeing d) Physical, mental, social wellbeing
44.	Wellness is a) Positive approach c) Positive or Negative approach	b) Negative approach d) Positive and Negative approach
45.	Wellness dimensions are a) 4 b) 2	c) 6 d) 8
46.	Intellectual wellness includes a) Eating balanced diet c) Having good nutrition	b) Drinking sufficient water d) Mental exercise
47.	Physical health enhances a) Heart function b) Breathing	c) Both a and b d) None of these
48.	Influencing factors of health are a) Social, economic, political factor c) Economical factor only	b) Social factor only d) Political factor only
49.	Factor which influence health are a) Individual factor c) Public service and infrastructure	b) Individual behavior d) All of the above
50.	Psychologic disorders are a) Anxiety, depression, stress c) Depression, anxiety	b) Stress, Anxiety d) None of the above
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