



## 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.

1. What is health?  
a) Physical wellbeing                      b) Mental wellbeing  
c) Social wellbeing                         d) All of the above
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 complete  
a) Physical Wellbeing                      b) Mental wellbeing  
c) Social wellbeing                         d) Physical, mental, social wellbeing
4. Wellness is  
a) Positive approach                        b) Negative approach  
c) Positive or Negative approach        d) Positive and Negative approach
5. Wellness dimensions are  
a) 4    b) 2    c) 6    d) 8
6. Intellectual wellness includes  
a) Eating balanced diet                      b) Drinking sufficient water  
c) Having good nutrition                     d) Mental exercise
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      b) Social factor only  
c) Economical factor only                    d) Political factor only

9. Factor which influence health are  
a) Individual factor                            b) Individual behavior  
c) Public service and infrastructure      d) All of the above
10. Psychologic disorders are  
a) Anxiety, depression, stress              b) Stress, Anxiety  
c) Depression, anxiety                        d) None of the above
11. BMI stands for  
a) Body mass index                            b) Body material index  
c) Body mass indication                      d) None of the above
12. Overweight in BMI is ( $\text{Kg/m}^2$ )  
a)  $> 30$                                         b)  $> 25$                                         c)  $< 25$                                         d)  $< 30$
13. Cause of obesity and overweight  
a) Energy imbalance                         b) Energy imbalance  
c) Energy balance between calories consumed and calories expended  
d) None of the above
14. Hyper obesity value in terms of BMI (in  $\text{Kg/m}^2$ )  
a)  $> 25$                                         b)  $< 25$                                         c)  $> 40$                                         d)  $< 40$
15. Hyper is definition of overweight?  
a)  $\text{BMI} > 25 \text{ Kg/m}^2$                         b)  $\text{BMI} = 25 \text{ Kg/m}^2$   
c)  $\text{BMI} 25 - 29.9 \text{ Kg/m}^2$                 d)  $\text{BMI} 25 - 30 \text{ Kg/m}^2$
16. Which of the following disease does obesity increase the risk of developing?  
a) Type 2 diabetes                            b) High blood pressure  
c) Cardiovascular diseases                d) All of the above
17. Communication is part of ----- skill  
a) Soft    b) Hard                                        c) Rough                                      d) Short
18. Communication barriers involves  
a) Jumping into conclusion                b) Arguing and debating  
c) Fear of offending                         d) All of the above
19. Way to improve communication skill are  
a) Active listening skills                      b) Passive listening skills  
c) Both a and b                                d) None of the above
20. Goals of communication are  
a) To inform, to persuade                    b) To inform  
c) To persuades, Fear of offending        d) None of the above
21. Objective of communication skills are  
a) Active listening skills                      b) Aware of own communication  
c) Both a and b                                d) None of the above
22. What are the steps to improve the vocal clarity?  
a) keep your language simple              b) slow down  
c) Both a and b                                d) Feedback

23. How one can improve the communication skills?  
 a) listen with willingness                      b) Respond appropriately  
 c) Provide feedback                              d) All of the above
24. Body language plays an important role in  
 a) Communication    b) Judgment                      c) Both a and b                      d) None of the above
25. What is the goal of social engineering?  
 a) Sabotage a person's social media  
 c) To catfish someone                      b) To gain vital personal information  
 d) To build trust
26. Attitude play an important role in  
 a) Communication    b) Judgment                      c) Both a and b                      d) None of the above
27. Using abbreviation in communication leads to which type of communication barrier?  
 a) Language                      b) Physical                      c) Cultural                      d) Organizational
28. Why communication is key to healthy relationship?  
 a) Get to know each other                      b) Avoid misunderstanding  
 c) Set clear expectations                      d) All of the above
29. Bad examples of communication are  
 a) Belittling others                      b) Openly giving cold shoulders  
 c) Both a and b                              d) None of the above
30. What are the basic instinct of life?  
 a) Self perseverance    b) Social instinct                      c) Both a and b                      d) None of the above
31. How addiction can be indentified?  
 a) Lack of control                      b) Decreased socialization                      c) Both a and b                      d) None of the above
32. SUD stand for  
 a) Substance use disorders                      b) Substance use disease  
 c) Substance usage development                      d) None of the above
33. Characteristics of health compromising behaviour  
 a) Thrill seeking behaviour                      b) Produce pleasurable effect  
 c) Act as stress reducing agent                      d) All of the above
34. How to recognize addiction behaviour?  
 a) Inability to stay away from substance                      b) Ignore other area of life  
 c) Both a and b                              d) None of the above
35. Quality of a true friend are  
 a) Respectful                      b) Believes in you                      c) Make time for you                      d) All of the above
36. Friendship in education is  
 a) Respectful                      b) Believes in you                      c) Make time for you                      d) Better cooperation
37. Nature of friendship is  
 a) Friends must enjoy each other company                      b) Not supporting  
 c) Make time for oneself                      d) Little cooperation
38. What is the recommendable daily intake of water  
 a) 0.5 litre                      b) 1 litre                      c) 2 litre                      d) None of the above
39. What is the general sleep requirements for adults?  
 a) 8 to 12 hours                      b) 12 to 14 hour                      c) 7 to 9 hour                      d) None of the above
40. Which vitamins is good for eyes?  
 a) Vitamin D                      b) Vitamin E                      c) Vitamin A                      d) None of the above
41. How many minutes should an average person walk a day?  
 a) 30 minutes                      b) 40 minutes                      c) 20 minutes                      d) None of the above
42. What is the essential first step to a healthier lifestyle?  
 a) Taking more vitamins  
 b) Making the decision to abstinent form street drug  
 c) Exercising regularly to the point of exhaustion  
 d) None of the above
43. Behavioral addiction can include  
 a) Gambling                      b) Alcohol                      c) inhalants                      d) Medication
44. Effects and health hazards from additions causes complication of  
 a) physical                      b) psychological                      c) personal                      d) All of the above
45. Three things which are necessary for an infection to occurs  
 a) source  
 b) susceptible person with a way for germs to enter the body  
 c) Transmission  
 d) All of the above
46. Management of chronic illness for quality of life  
 a) Sleep                      b) Happiness                      c) Mental health                      d) All of the above
47. Community based services to offer support in substance abuse consists of self help services such as?  
 a) Alcoholic anonymous                      b) Crack crack  
 c) Cannabis collective                      d) Hashish home
48. This causes the maximum accumulation of fat in the liver  
 a) Meat + egg                      b) Alcohol                      c) Saturated fat                      d) Starch
49. Symptoms of chronic diseases  
 a) Tiredness, aches, pains are not often visible                      b) Stress  
 c) Anxiety    d) None of the above
50. What is pain management?  
 a) Taking pain relieving medicine                      b) Relaxation  
 c) Both a and b    d) None of the above

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