

Internal Assessment Test 2 – August, 2023

Sub:	Scientific Foundations of Health				Sub Code:	BSFHK258		
Date:	09/08/2023	Duration:	60 mins	Max Marks:	50	Sem / Sec:	I / A, B, C, D, E, F & G	OBE

All 50 Questions are Compulsory (Select best possible answer)

Marks: 1 X 50

Q	Text	CO	RBT
Q1	What is the goal of social engineering? A) use of centralized planning to manage social change. B) regulate the future development and behavior of a society C) passive measures to bring social changes because they do not require an individual to take personal action. <input checked="" type="checkbox"/> All of these.	CO3	L1
Q2	Among youth friendship is A) Dyadic. B) Egalitarian. <input checked="" type="checkbox"/> Both A and B. D) None of these.	CO5	
Q3	Three basic instincts that people have and drive human behaviors are: A) Social, Self-propagation and sexual <input checked="" type="checkbox"/> Self-preservation, sexual and social. C) Sexual, Self-discovery and social. D) None of the above.		
Q4	Which of the following statement does not fit the meaning of active listening? A) Giving the speaker full and undivided attention B) Showing open and positive body language to keep mind focused <input checked="" type="checkbox"/> Distraction or temptation to interrupt own thought process D) Ask open ended questions designed to elicit additional information.		
Q5	_____ Communication includes tone of the voice, body-language and facial expression. A) Verbal <input checked="" type="checkbox"/> Non-verbal C) Listening D) All of these.		
Q6	Negative characteristic of friendship include all of these, except A) Oppressive B) Criticize in a joking manner <input checked="" type="checkbox"/> C) Solve problems together D) Unsupportive		
Q7	An infected person is less likely to encounter a susceptible person when a large proportion of the members of the group are immune <input checked="" type="checkbox"/> A) Herd immunity B) Passive immunity C) Active immunity D) Specific immunity.		
Q8	What are the steps to increase vocal clarity A) keep language simple B) slow down during conversation <input checked="" type="checkbox"/> C) both A & B D) Request for feed-back.		
Q9	What is the sign of a toxic relationship? <input checked="" type="checkbox"/> A) Lack of empathy B) Laughing and giving hugs C) Being supportive D) Pushing you hard to be a better person.		
Q10	Communication barriers involves A) Jumping into the conclusion B) Arguing and debating C) Fear of offending <input checked="" type="checkbox"/> D) All of the above.		
Q11	In communication theory – “communication as a two way process of meaning construction” meaning A) in which the focus is on the continuous development of meaning itself B) in which receiver attempts to construct or reconstruct the meaning developed by the sender <input checked="" type="checkbox"/> C) in which two or more people construct new meanings together. D) in which the sender attempts to construct or reconstruct the meaning developed by the receiver.		
Q12	The main objectives of communications are A) Personal discovery – it helps to build a stronger self-image and discovery of external world B) establishments and maintenance of relationships C) mutual activity; play and recreations <input checked="" type="checkbox"/> D) All of the above.		
Q13	While talking to friends you don't pay attention to the skills of _____ communication. <input checked="" type="checkbox"/> A) Written B) Oral C) Audio D) Visual		
Q14	What are lifestyle diseases? A) Communicable diseases inherited from parent A) Communicable diseases that are transmitted person to person <input checked="" type="checkbox"/> C) Non-communicable diseases that develop throughout a person's life due to choices and genetics D) Non-communicable diseases that are caused by genetic predisposition only.		
Q15	Which of the following is a bad communication in relationships? A) becoming defensive in heated discussion <input checked="" type="checkbox"/> B) they do not pay share personal life with each other C) they never argue about important things D) they try to spend quality time with each other.		
Q16	Objectives of communication skills are A) Active listening skills B) Aware of own communication barrier <input checked="" type="checkbox"/> C) Both A and B D) None of the above.		
Q17	Why communication is key to healthy relationships? A) Help to share feelings, opinions and expectations B) help to know each other and avoid misunderstanding C) set clear expectations for positive and satisfying relationship <input checked="" type="checkbox"/> D) All of these.		
Q18	Which of the following is not a barrier of effective listening? A) Engaging inside conversation B) Mentally preparing what you will say next <input checked="" type="checkbox"/> C) Being present in the moment D) Making judgment about the speaker.		
Q19	Communication is a A) art of transmitting information, ideas and attitudes from one person B) tool for controlling and motivating people C) we can't influence others without communication <input checked="" type="checkbox"/> D) A and B.		
Q20	Effective communication: Which of the following statement is false? A) Conveys accurate information B) Helps to avoid interpersonal conflicts and decrease misunderstanding <input checked="" type="checkbox"/> C) Does not involve exchange of feelings and hence no influence on interpersonal relationships D) Reduce occurrence of adverse events caused by communication barriers.		
Q21	How to improve communication in a relationship? A) Open and honest face-to-face discussion, avoid abusive language B) Approach conversations in calm and relaxed way C) Use positive body language. <input checked="" type="checkbox"/> D) All of these.		
Q22	From the following identify the skills promoted by communication – i) Reading & listening ii) Listening and helping iii) Helping and speaking iv) speaking and writing. A) i) & ii) only B) ii) & iii) only <input checked="" type="checkbox"/> C) i) & iv) only D) iii) & iv) only.		
Q23	Which of these factors is not required for communication growth? A) Growth in size of organizations <input checked="" type="checkbox"/> B) Negative atmosphere C) Globalisation D) Public relations.		
Q24	Goals of communication are <input checked="" type="checkbox"/> A) To inform, to persuade B) To inform, Fear of offending C) To persuade, Fear of offending D) None of the above.		
Q25	Which of the following statement does not fit to basic instincts? A) All three basic instinct are present in us, but two of these instinct will be stronger than the third. <input checked="" type="checkbox"/> B) All three basic instinct are equally dominates reactions and hence human behaviors. C) Least used basic instinct known as blind spot. D) Basic instincts create almost an instinctual tier structure with a dominant, a secondary, and a blind spot.		

		CO	RBT
Q26	Antibiotics are used or administered for the purpose of A) to reduce pain B) to reduce edema C) to prevent infection D) to relieve fever.	CO3 CO5	L1
Q27	Which of the following is not a hereditary disease A) Hemophilia B) Thalassemia C) Encephalitis D) Down Syndrome.		
Q28	Osteoporosis is caused by deficiency of A) Vitamin A B) Vitamin B C) Vitamin C D) Vitamin D.		
Q29	Which of the following is a viral disease? A) Influenza B) Diphtheria C) Leprosy D) Filariasis.		
Q30	Infections like gastritis, eye irritation, tuberculosis and pneumonia are caused by A) Virus B) Bacteria C) Fungi D) None of these.		
Q31	Which of the following risk factors is not associated with non-communicable diseases? A) Unhealthy diet and lack of physical activity B) Invasion by pathogenic microbes C) Smoking and consumption of alcohol D) Dysregulated metabolism.		
Q32	COVID-19: What is the scientific name of COVID virus? A) Severe acute respiratory syndrome coronavirus 2 B) Severe acute respiratory symptoms coronavirus 1 C) Severe acute respiratory syndrome coronavirus 1 D) Severe acute respiratory symptoms coronavirus 2.		
Q33	A rapid increase in disease around the world is called A) Prodemetic B) Endemic C) Pandemic D) Epidemic.		
Q34	Which of the following statement is not applicable to prevent chronic diseases? A) Quit smoking and avoid drinking alcohol B) Eat healthy – a balanced diet of fruits, veggies, whole grains C) Use vaccine to develop immunity to a particular disease D) Get regular physical activity and adequate sleep.		
Q35	Which of the following factors are related to exposomes? A) Lifestyle and physical-chemical factors B) Social and ecosystem factors C) Internal exposures like lipid peroxidation, oxidative stress and DNA damage D) All of the above.		
Q36	The transmission cycle of cholera can be broken by A) Treating with medications B) Chlorination of water C) Boiling all vegetables and fruits before consuming D) Destroying the small intestine lining where cholera virus grows.		
Q37	A disease that is constantly present in a certain region or the population is called A) Pandemic disease B) Prodemetic disease C) Endemic disease D) Epidemic disease.		
Q38	Which substance in cigarette smoke binds to haemoglobin reducing the ability of the blood to carry oxygen? A) Nicotine B) Carbon monoxide C) Tar D) Carbon dioxide.		
Q39	Which of the following medical procedures are used in the treatment of cancer? A) biopsy, vasectomy and radiation B) biopsy, chemotherapy and vasectomy C) chemotherapy, radiation and surgery D) radiation, chemical dependency, biopsy.		
Q40	The number of individuals that are affected by a disease at a particular time is known as A) Incidence B) Coincidence C) Transmission cycle D) Prevalence.		
Q41	Which of these individuals has a sedentary lifestyle? A) Sushant enjoys playing video games but does not like outdoor sports. B) Sebanti is on the gymnastics team and enjoys helping her father in the garden. C) Tridev regularly helps around the house but he does not like outdoor activities. D) Kaveri does not play any outdoor sports but takes a brisk walk (25 mins) every day.		
Q42	In India, non-communicable diseases (NCDs) contribute to 60% of all deaths. The major cause of NCD deaths is A) Cardiovascular diseases such as Coronary Heart Disease, Stroke, and Hypertension B) Chronic respiratory disease C) Cancers D) Diabetes.		
Q43	The difference between a communicable diseases and a non-communicable diseases A) A communicable disease can be passed from person to person, a non-communicable disease cannot. B) A communicable disease cannot be passed from person to person, while a non-communicable disease can be. C) Both types of disease can be passed from person to person, but communicable diseases require direct contact with bodily fluids. D) There is no difference because both still result in disease.		
Q44	Which of the following causes malaria? A) Plasmodium B) Hookworm C) Ascaris D) Filarial worm.		
Q45	A mosquito bites a person who subsequently develops a fever and abdominal rash. What type of transmission would this be? A) Mechanical vector transmission. B) Biological vector transmission C) Direct contact transmission D) Vehicle transmission.		
Q46	_____ are the major drivers of non-communicable diseases. A) Transnational corporations B) Viruses C) Infections D) Inflammations.		
Q47	If an infectious agent is transmitted through water (e.g., cholera), what type of transmission would this be considered? A) Vector transmission B) Vehicle transmission C) Direct contact transmission D) Droplet transmission.		
Q48	If a disease jumps from a non-human animal to a human, then it is termed as A) Congenital disease B) Infectious disease C) Zoonotic disease D) Iatrogenic disease.		
Q49	Measles is an airborne disease that circulates mainly through A) Sneezing only B) Coughing only C) Hand shake D) Sneezing and coughing.		
Q50	Which one of these is not a viral disease? A) Acquired Immune Deficiency Syndrome (HIV/AIDS) B) Malaria C) Measles D) Smallpox.		

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May all beings are happy and peaceful!!