



Question Paper Version : A

First/Second Semester B.E./B.Tech./B.Design Degree Examination,
June/July 2025

Scientific Foundations of Health

Max. Marks: 50

INSTRUCTIONS TO THE CANDIDATES

- Answer all the fifty questions, each question carries one mark.
- Use only **Black ball point pen** for writing / darkening the circles.
- For each question, after selecting your answer, **darken the appropriate circle corresponding to the same question number on the OMR sheet.**
- Darkening two circles for the same question makes the answer invalid.
- Damaging/overwriting, using whiteners** on the **OMR** sheets are strictly prohibited.

- Being inactive form of lifestyle is called as
a) Sedentary lifestyle b) Spirited lifestyle
c) Busy lifestyle d) Lively
- Which year did the world health organization first express the right to health as a fundamental human right?
a) 1946 b) 1952
c) 1987 d) 2000
- Which among these considered as positive stress?
a) Acute stress b) Chronic stress
c) Episodic stress d) Eustress.
- Which of the following factors is necessary for a healthy person?
a) Vaccination b) Balanced diet
c) Personal Hygiene d) All of these
- Emotional health brings an ability in individuals to
a) React to the situation b) Respond to the situation
c) Withdraw from the situation d) None of these
- Which of the following food items provides dietary fibre?
a) Pulses b) Wholegrain
c) Fruits and vegetables d) All of these

- Which one of the following is not a bacterial disease?
a) AIDS b) Dengue
c) Measles d) All of these
- In _____, blood glucose homeostatis ceases to function because the beta cells of the pancreatic islets are destroyed.
a) Type 1 diabetes mellitus b) Type 2 diabetes mellitus
c) Gestational diabetes d) None of these
- Spiritual wellness involves:
a) Developing compassion, caring and forgiving
b) Peace of mind, happiness and mercy
c) Human values, honesty and self-realization
d) All of these
- Who proposed the biopsychosocial model?
a) Freud b) Sontag
c) Engel d) None of these
- An increased intake of energy foods that are high in fat and sugar leads to
a) Cancer b) Obesity and overweight
c) Brain haemorrhage d) Visual disability
- Anorexia nervosa, Bulimia nervosa, and Binge eaters belong to :
a) Eating disorders b) Breathing disorders
c) Sleeping disorders d) All of these
- How many minutes should an average person walk a day?
a) 30 minutes b) 40 minutes
c) 20 minutes d) 45 minutes
- Which of the following is a Non-Communicable-Disease (NCD)?
a) Stroke b) Cold
c) Cough d) Fever
- The person suffering from Pica disorder craves to eat:
a) Ice b) Apple
c) Grains d) Egg
- The recommended lever of salt intake is
a) 9-12g/day b) 5g/day
c) less than 5g per day d) All of these
- BMI stands for
a) Body Material Index b) Body Mental Index
c) Body Mass Index d) Body Moving Index
- Bariatric surgery is a treatment for
a) Gut disorder b) Overweight
c) Legs d) Sleeplessness

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19. Aerobics is classified as
 - a) Vigorous – Intensity physical activity
 - b) Moderate physical activity
 - c) Moderate intensity physical activity
 - d) All of these
20. Which of the following is a behavioural addiction?
 - a) Nicotine
 - b) Alcohol
 - c) Drugs
 - d) Gambling
21. Basic instincts of human life
 - a) All of these
 - b) Self perservance
 - c) Social
 - d) Sexual
22. Body language plays an important role in
 - a) Communication
 - b) Judgment
 - c) Both (a) and (b)
 - d) None of these
23. Our dress code is an example of
 - a) Verbal
 - b) Non verbal
 - c) Written
 - d) Spoken
24. Friendship is
 - a) Dyadic
 - b) Egalitarian
 - c) Both (a) and (b)
 - d) None of these
25. Barriers of communication are
 - a) Attitudinal
 - b) Cultural
 - c) Language
 - d) All of these
26. Which among the following is a type of security instinct of human life?
 - a) Ambition
 - b) Pride
 - c) Material
 - d) Both (a) and (c)
27. What is “24-hour rule”?
 - a) Never sleep on an argument
 - b) Talk about little things in life
 - c) Face-to-Face communication
 - d) All of these
28. Communication is a part of _____ skill
 - a) Hard
 - b) Soft
 - c) Technical
 - d) Rough
29. An example of social engineering is
 - a) Wearing seat belt
 - b) Banning the use of certain drugs
 - c) Facility development of health habits
 - d) All of these
30. The ratio of positive to negative behaviours in a healthy relationship is
 - a) 5 to 1
 - b) 3 to 1
 - c) 1 to 1
 - d) 6 to 1
31. Which of the following is NOT a characteristic of addiction?
 - a) Negative Consequences
 - b) Loss of control
 - c) Habitual behavior
 - d) Denial

32. Which of the following statement is true?
 - a) Addiction leads to physical disorder which in turn leads to mental disorder.
 - b) Addiction affects physical health
 - c) Addiction affects mental health
 - d) All of these
33. A major effect and health hazard from substance addiction is :
 - a) Loss of control
 - b) Injury
 - c) Cardiovascular disease
 - d) Fetal Damage
34. Excessive use of any drug (legal or illegal) constitutes
 - a) Drug abuse
 - b) Drug addiction
 - c) Drug misuse
 - d) Drug tolerance
35. _____ is an example of substance addiction.
 - a) Shopping
 - b) Video games
 - c) Tobacco
 - d) Using the internet
36. Depression, anxiety and loneliness are the effects of :
 - a) Substance addiction
 - b) Behavioral addiction
 - c) Both (a) and (b)
 - d) None of these
37. The purpose of using drugs is :
 - a) To detoxify the body
 - b) To feel high pleasure, relieve stress, forget problems
 - c) To boost physical health
 - d) All of these
38. Cognitive-Behavioural Therapy (CBT) helps the addicted patients to overcome:
 - a) Substance abuse
 - b) Substance disorder
 - c) Craving
 - d) All of these
39. Transdermal drug administration means that a drug is absorbed
 - a) Through the skin
 - b) Through Alveoli
 - c) Through stomach lining
 - d) Through intestinal walls
40. The psychoactive drug mescaline is obtained from which plant?
 - a) Peyote cactus
 - b) Marijuana
 - c) Mushrooms
 - d) Poppy
41. The following is an example of chronic disease:
 - a) Diabetes
 - b) Cold
 - c) Cough
 - d) Headache
42. The disease Ebola is caused by
 - a) Bacteria
 - b) Virus
 - c) Fungi
 - d) Larger parasites
43. Health compromising behaviours are commonly seen in _____ class of people
 - a) High
 - b) Middle
 - c) Low
 - d) None of these

44. Which among the following are examples of pathogen?
a) Bacteria
b) Fungi
c) Virus
d) All of these
45. Which of the following health communication style makes use of the patients knowledge and experience?
a) Doctor-centered communication
b) Patient-centered communication
c) Practitioner-centered communication
d) None of these
46. Health has intimacy with ____
a) Behaviour
b) Society
c) Personality
d) All of these
47. _____ is a standard indicators of life
a) Social belonging
b) Religious beliefs
c) Safety
d) All of these
48. Trans-cutaneous electrical simulation therapies are used in treatment of
a) Stress
b) Muscles
c) Pain management
d) Sleep
49. The Committee on the Rights of Child (CRC), published guidelines on the rights of children and adolescents in the year
a) 2015
b) 2013
c) 2010
d) 1999
50. Factors influencing health are
a) Social inclusion
b) Social exclusion
c) Both (a) and (b)
d) None of these
