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Exam. Code : 111402

Subject Code : 4659

Bachelor of Vocation (Nutrition, Exercise & Health)

2nd Semester

DIABETIC EDUCATION—I

Paper—I

Time Allowed—3 Hours]

[Maximum Marks—75

Note :— Attempt FIVE questions in all. Question No. I is compulsory.

I. Write notes on :

- (a) Digestion of carbohydrate
- (b) Role of pancreas in digestion
- (c) Gluconeogenesis
- (d) What is Insulin
- (e) Categorization of medical waste. 3×5=15

II. (a) What are the various methods of Biomedical Waste Management ?

- (b) Significance of colour coding. 7,8

III. Discuss the process of Digestion of food in Human Body.
15

IV. (a) Describe the role of Pancreas in Glucose Metabolism.

- (b) What changes take place in Glucose Metabolism in diabetes ? 7,8

- V. What are the important responsibilities of diabetic educator ? 15
- VI. (a) What are the basic principles of first aid ?
(b) How will you handle Hypoglycaemia ? 10,5
- VII. (a) Functioning of Insulin in human body.
(b) How is glucose metabolism different in diabetic person ? 7,8
- VIII. (a) Regulations governing bio waste management.
(b) Digestion and metabolism of carbohydrates. 7,8

Exam. Code : 111402

Subject Code : 4661

Bachelor of Vocation (Nutrition, Exercise & Health)
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ADVANCED NUTRITION**Paper—III**

Time Allowed—3 Hours] [Maximum Marks—50

Note :— Attempt **FIVE** questions in all. Question No. 1 is compulsory. Each question carries **10** marks.

1. Write in short :
 - (a) Classification of Vitamins
 - (b) Food preservation
 - (c) Food adulteration
 - (d) Functions of calcium in the body
 - (e) Food sources of iron.

2×5=10
2. Write down functions and diseases caused by Vit-A deficiency.

10
3. What is the role of Vitamin B₁ in our body ? Write down diseases caused by Vitamin B₁ deficiency.

10
4. Write down common adulterant found in common food stuffs and how will you detect them ?

10

5. What is the function of iodine in our body and what is the effect of deficiency of iodine ? 10
6. Write down different aspects of food hygiene in detail. 10
7. What are the principles of food preservation ? 10
8. What do you understand by food standards ? Write down some food standards you see on food products. 10

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Bachelor of Vocation (Nutrition, Exercise & Health)

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NUTRITION AND EXERCISE

Paper—IV

Time Allowed—3 Hours]

[Maximum Marks—50

Note :— Attempt **FIVE** questions in all. Question No. 1 is compulsory. Each question carries equal marks.

1. (i) Define Nutrients.
(ii) What do you mean by Health Behaviours ?
(iii) Why do we need to control weight ?
(iv) Recommend diet schedule during active sport period.
(v) What is the meaning of 'Carbohydrate Loading' ?
5×2=10
2. What is importance of Good Nutrition ? Explain the elements of Nutrition.
3+7=10
3. Write a note on Health Behaviours and their effect on health.
10
4. What is the importance of Physical Activity ? Explain various types of activity.
5+5=10
5. Discuss Life Time Weight Control Strategies.
10

6. What are the important Life Style Factors which help in controlling Short Term Health Risks ? 10
7. Write down Dietary recommendation for Pre Competition and Post Competition phase in sports. 5+5=10
8. Explain the process and effect of Carbohydrate Loading on sports persons. 10

Note :— Attempt FIVE questions in all. Question No. 1 is compulsory. Each question carries equal marks.

1. (i) Define Nutrients.
 - (ii) What do you mean by Health Behaviours ?
 - (iii) Why do we need to control weight ?
 - (iv) Recommend diet schedule during active sport period.
 - (v) What is the meaning of 'Carbohydrate Loading' ?
2. What is importance of Good Nutrition ? Explain the elements of Nutrition. 3+7=10
 3. Write a note on Health Behaviours and their effect on health. 10
 4. What is the importance of Physical Activity ? Explain various types of activity. 2+2=10
 5. Discuss Life Time Weight Control Strategies. 10

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**Bachelor of Vocation (Nutrition, Exercise and
Health) 2nd Semester**

COMMUNICATION SKILLS IN ENGLISH

Paper—VI

Time Allowed—3 Hours]

[Maximum Marks—35

Note :— Attempt the following questions. Each question carries
5 marks.

1. What is Feedback ? How is it important in the learning of a language ?
2. Write a detailed note on the consonant sounds in English.
3. Suppose you have been interviewed for the post of a hair-dresser in a saloon. Write down that interview in detail.
4. The problem of pollution is getting complex day by day. What are your views to tackle this problem ?
5. Out of sight is out of mind. What is your opinion in this regard ?

6. Transcribe the following words in IPA symbols :

(a) Keep

(b) Try

(c) Close

(d) Butter

(e) Crush.

7. Mark stress in the following words :

(a) Stronger

(b) Result

(c) Examination

(d) Boyish

(e) Prettier.

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**Bachelor of Vocation (Nutrition, Exercise and Health)
2nd Semester**

**DRUG ABUSE : PROBLEM, MANAGEMENT AND
PREVENTION**

Paper-VII

Time Allowed—3 Hours]

[Maximum Marks—50

Note :- Section A : Attempt any **THREE** questions. Each question carries **5** marks. Answer to any of the questions should not exceed **2** pages.

Section B : Attempt any **TWO** questions. Each question carries **10** marks. Answer to any of the questions should not exceed **4** pages.

Section C : Attempt any **ONE** question. Question carries **15** marks. Answer to any of the questions should not exceed **5** pages.

SECTION-A

1. Discuss the consequences of drug abuse on the individual.
2. Elaborate the role of medication for the treatment and to reduce withdrawal effects.

3. Explain the role of family in the prevention of drug abuse.
4. What is relapse management ? Elaborate.
5. How crime in the society is the consequence of drug abuse ?

SECTION-B

1. Discuss the various law and order problems created by drug abusers.
2. Elaborate Psycho-Social management for drug abuse.
3. Role of school in preventing drug abuse.
4. Explain the role of media in preventing drug abuse.

SECTION-C

1. Discuss various consequences of drug abuse.
2. How legislation can help in preventing drug abuse ?