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Exam. Code : 111403

Subject Code : 3252

Bachelor of Vocation (Nutrition, Exercise & Health)

3rd Semester

DIABETIC EDUCATION—II

Paper—I

Time Allowed—3 Hours]

[Maximum Marks—100

Note :— Attempt any **five** questions in all. Question No. 1 is compulsory.

I. Write notes on :—

(i) Prediabetes

(ii) Role of Insulin

(iii) Gestational Diabetes

(iv) Ketoacidosis.

5,5,5,5

II. Explain predisposing factors and causes of diabetes.

20

III. Describe the symptoms of diabetes in detail.

20

IV. Explain what tests are used to diagnose diabetes. How can diabetes be monitored ?

20

V. (i) Describe impaired glucose tolerance.

(ii) How is type I diabetes different from type II diabetes ?

(iii) Insulin Shock

(iv) Juvenile diabetes.

5,5,5,5

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VI. Explain the complications of diabetes. 20

VII. Write notes on :—

- (i) Relationship between diabetes and infection.
- (ii) Inter-relation between malnutrition and diabetes.

10,10

VIII. Explain :—

- (i) Diabetic Foot
- (ii) Nephropathy
- (iii) Reference values of PPBG and RBG, and Procedure for conducting these tests.
- (iv) Functioning of pancreas. 5,5,5,5

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DIET ASSISTANT—II

Paper—II

Time Allowed—3 Hours] [Maximum Marks—100

Note :— Attempt **five** questions in all. Question no. 1 is compulsory. All questions carry equal marks.

(Compulsory Question)

1. Define :

- (i) Nutrition
- (ii) Balanced diet
- (iii) Patient
- (iv) Non Perishable goods
- (v) Self Hygiene
- (vi) Food Safety
- (vii) Cleanliness

- (viii) Environmental Sanitation
- (ix) Soft diet
- (x) Air pollution. $10 \times 2 = 20$
2. What do you understand by "Diet Therapy"? Explain the importance and principles of diet therapy. 20
3. Explain the following :
- (a) How normal diet is different from Therapeutic Diet ?
- (b) Role of Patient's nutritional requirements while menu selection. 10,10
4. Define Food Contamination. Explain the role of air, water and soil in food contamination in detail. 20
5. Write detailed notes on the following :
- (a) Cross contamination
- (b) Signs and symptoms of Decayed food. 10,10
6. Define "Food Poisoning". Give the various causes of food poisoning. How food poisoning is hazardous to health ? Explain. 20

7. Discuss the following in detail :
- (a) Importance of optimum temperature control for food hygiene.
- (b) Food classification according to storage practices. 10,10
8. What points you shall keep in mind while selecting food storage ? Explain the methods for care of food equipment. 20

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PHYSIOLOGY OF EXERCISE

Paper—III

Time Allowed—3 Hours]

[Maximum Marks—50

Note :— Candidates are required to attempt **five** questions in all. Question no. 1 will be compulsory. Each question carries equal marks.

1. Explain the functional classification of muscles.
2. Enlist the types and function of joint.
3. Draw the structure of heart and explain the function of heart.
4. Describe the mechanism of respiration.
5. Discuss the exchange of respiratory gases in lungs.
6. Explain the composition of blood.
7. Explain the function of lungs with suitable diagram.
8. Discuss the mechanism of urine formation.

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3rd Semester

HEALTH AND HYGIENE

Paper—IV

Time Allowed—3 Hours]

[Maximum Marks—50

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

1. (a) Define the terms : Hygiene, Health, Infection.
(b) What is incubation period for Typhoid ?
(c) Sources of contamination of water. 6,2,2
2. What is meaning of immunity ? Describe immunization schedule. 10
3. Explain causes, mode of spread and symptoms of Cholera. 10
4. Write down the causes, incubation period, prevention and control of Malaria. 10
5. What are the types of water ? Write about modern methods of purification of water. 5,5

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6. Write down cause, incubation period, symptoms and prevention of HIV/AIDS. 10
7. What is difference between Diarrhoea and Dysentery ? Explain causes and prevention of Diarrhoea and Dysentery. 5,5
8. Write down short notes :
 - (a) Personal hygiene
 - (b) Food poisoning. 5,5

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SOFT SKILLS AND COMMUNICATION

Paper—V

Time Allowed—3 Hours] [Maximum Marks—50

Note :— Question No. 1 is compulsory.

- I. Read the passage carefully and answer the questions that follow :

As the rulers of the planet, humans like to think that it is the large creature that will emerge victorious from the struggle for survival. However, nature teaches us the opposite ; it is often the smallest species which are the toughest and the most adaptable. A perfect example is the hummingbird. One species of hummingbird known as the Bee hummingbird ranks as the world's smallest and the lightest bird and it is barely visible when it is in flight.

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Hummingbirds are the only birds that can fly backwards. They feed mainly on the nectar of the flowers, a liquid that is rich in energy. Nectar is an ideal food source, for these birds need incredible amount of energy to sustain their body metabolism. A hummingbird's wings flap at a rate of about 80 times per second and its tiny heart beats more than 1000 times per minute. This is why they must consume relatively large amount of food. In the course of a day, a hummingbird consumes nectar about half its body weight.

Questions :

- (1) What lesson nature wants to teach man ?
- (2) What is special about Bee hummingbird ?
- (3) Why do hummingbirds need a lot of energy ?
- (4) What traits make hummingbirds unique ?
- (5) Write the meaning of the following words and also use them in your sentences :

(a) Victorious

(b) Incredible.

2×5=10

Note :— Attempt any **four** questions. Each question carries equal marks.

- II. Write a letter to a friend, giving him your first impression of the college you have just joined.

OR

Write a letter to the editor of a local newspaper complaining about the stray dog menace in your locality.

10

- III. Write a paragraph on ONE of the following topics :

(1) Problem of Environmental Pollution

(2) Corruption in Public life.

10

- IV. Write in detail about the importance of Goal setting.

10

- V. What is Team work ? Write objectives of Team work.

10

- VI. Explain ways through which vocabulary can be built.

10

- VII. Write in detail about the characteristics of effective communication.

10

VIII. Do as directed :

Fill in the blanks with appropriate Preposition :

- (1) The book is the table.
- (2) I am confident winning the match.

Add the appropriate article, a/an/the where necessary :

- (3) This is important question.
- (4) I failed to pay installment.

Change the Voice :

- (5) Quinine tastes bitter.
- (6) An industrious spider was weaving a web.

Correct the following sentences :

- (7) One of my friends were present.
- (8) Ram, and not you, have been invited.

Use the correct form of the Verb given in brackets :

- (9) Last night the dog (bark) for a long time.
- (10) He (teach) in St. Francis College. $10 \times 1 = 10$