

Exam. Code : 111401

Subject Code : 4645

Bachelor of Vocation Nutrition, Exercise & Health

1st Semester

INTRODUCTION TO PSYCHOLOGY

Paper-I

Time Allowed—3 Hours] [Maximum Marks— 50

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

1. Write short notes on the following :
 - (a) Characteristics of Personality
 - (b) Two uses of Intelligence tests
 - (c) Name different types of Attention
 - (d) Forgetting
 - (e) Intelligence. 2×5=10
2. State various factors which help in the development of personality. 10
3. Describe the various factors which promote learning. 10
4. What is memory ? What are the different types of memory ?
Explain with examples. 10
5. State various characteristics of a good intelligence test. 10
6. Define Psychology and state its scope. 10
7. State various characteristics of perception. 10
8. State the effects of various emotions in our daily life. 10

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Bachelor of Vocation (Nutrition, Exercise & Health)

1st Semester

BASIC FOOD AND NUTRITION

Paper-II

Time Allowed—3 Hours]

[Maximum Marks—50

Note : Attempt **five** questions. Question No. **1** is compulsory.

All questions carry equal marks.

1. Write short notes on the following :
 - (a) Nutrition
 - (b) Basal Metabolism
 - (c) Monosaccharides
 - (d) Essential and non-essential amino acids
 - (e) Food source of protein.
2. Write down functions of food.
3. What are functions of carbohydrates ?
4. Classify protein in detail.
5. Write down functions of fats and oils.
6. What do you mean by energy value of food and what are its determinants ?
7. What are effects of different cooking methods on nutritive value of food ?
8. What are diseases caused by deficiency of protein ? Write down their symptoms and cure.

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BASIC OF COMPUTER-I

Paper-III

Time Allowed—3 Hours]

[Maximum Marks—30

Note : There are **eight** questions. Question No. **1** is compulsory.
Attempt total **five** questions. All questions carry equal marks.

1. (a) Draw the block diagram of computer.
(b) Differentiate between Data and Information.
(c) Differentiate between Hardware and Software.
(d) Write down the versions of MS-Word.
2. What is the role of computer in data processing ? Give the relationship of data processing with information.
3. What are the various hardware components used in the computer system ?
4. What do you mean by software ? What are the various types of software ? Explain each with example.
5. What are the various characteristics of a good word processor ?

6. How can you spell check a document using MS-Word ?
Differentiate between spell checking and grammar checking.
7. Differentiate between :
 - (a) Save and Save As
 - (b) Print and Print Preview
 - (c) Editing and Formatting
 - (d) Cut-Paste and Copy-Paste.
8. How can you mail merge a letter in MS-Word ? Also give its features.

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Bachelor of Vocation (Nutrition, Exercise & Health)

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COMMUNICATION SKILLS IN ENGLISH

Paper-IV

Time Allowed—3 Hours]

[Maximum Marks—50

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

In these 'look good' times, the quest for slimming has broken all barriers of class, age and gender. In cities today professional dieticians and health clubs are in greater demand than ever before. It is amazing to see persons who genuinely need a weight reduction agenda joining the treadmill or following a diet chart along with those whom the thoughts of shedding a few kilos have come to stay only as a fad.

Most of the times, it is found that losing extra weight is a temporary event followed by a regain. The much-talked- about diet and the other workout plan remain unsuccessful because they fail to alleviate the basic reasons of obesity. Weight gain and obesity are complex problems arising out of multiple reasons like heredity, dietary oddness, lack of activity and hormonal disturbances, nevertheless, the changing lifestyle has made even the teenagers prone

to obesity whereas the middle age in men and the post-delivery or aging in women were earlier cited to be phases of putting on weight.

It is well-known fact that limiting the consumption of high-fat foods is the first step towards a weight reduction plan. But many people interpret this directive to eat an unlimited amount of fat-free food, ignoring blissfully the fact that such foods also have calories. If we consume more calories even in the form of fat-free food, then definitely we are going to add more to our weight. The secret of dieting leading to weight loss is not only to eat well but also to eat right.

Modern diet gurus offer many types of set diet plans to their clients, but the most important factor to be kept in mind is that each individual is distinct from the other. Though dealing with a person's food behaviour and altering it is the most difficult history and following the ancient concepts of finding his individual *prakriti*, once the desired result of dieting are achieved, it is better to shift on to another but less rigorous food plan which should not only be effective but also easy to adopt for a longer period.

Questions :

1. The above passage is about :

- quest for slimming.
- craze to be in movies.
- securing a place in modelling.
- becoming a sportsperson.

2. The diet and workout plans remain unsuccessful because :

- they are too strict.
- they take too long to show results.
- they fail to alleviate the basic reasons of obesity,
- None of the above.

3. Many people believe that they can eat :

- carbohydrates without thinking.
- fat rich food without any concern.
- fat free foods unlimitedly.
- protein diet to reduce weight.

4. Modern diet gurus offer :

- exercise catalogues to their clients.
- free of cost services.
- snacks during consultation.
- many types of set diet plans to their clients.

5. Once the desired results of dieting are achieved :

- an effective but less rigorous food plan should be adopted.
- there is no need for diet plans after that.
- one can even switch to fat rich foods.
- All of the above.

2×5=10

II. Read the passage given below and answer the question that follow :

In the epics we hear of many Swayamvaras when the bride was asked to select a husband out of a number of worthy young men who had come to be chosen by her. A royal Swayamvara was an elaborate and luxurious ceremony, before which the proud father of the eligible girl boasted far and wide of his daughter's beauty so that princes and heroes from all parts of India should come to seek her hand. In the story of Nala and Damayanti, the Princess was so beautiful that the gods themselves came to seek her hand. They knew that Damayanti was already in love with Nala, and to confuse her they came assuming the outward form of the chosen man. At the Swayamvara, all the great people of the kingdom were gathered together, and in the midst of magnificent assembly Damayanti had to step out and garland the man whom she wanted to wed. She went toward Nala, but great was her confusion when she found a number of Nalas standing before her. With all her heart she wanted to choose the correct man. Therefore she prayed to the gods for guidance saying that in her mind she had already betrothed herself to Nala and that no chaste maiden would love one man and marry another. The gods, then feeling pity for her, gave her the sign she wanted. She looked around and found that of all the Nalas present only one cast a shadow. Only a mortal could cast a shadow, and therefore he must be her beloved.

She duly garlanded him and the other Nalas resumed their god-like shapes.

(The Position of Women In Ancient India)

Questions :

1. What do you understand by the word Swayamvaras as explained in the passage ?
2. Why was a royal Swayamvara called an elaborate and luxurious ceremony ?
3. Who was Damayanti ?
4. How did the gods confuse Damayanti ?
5. What was the sign gods gave to Damayanti ?

2×5=10

III. Write a letter to the Police Commissioner complaining about the late arrival of the police when theft was committed in your neighbourhood.

OR

Your younger brother wants to go on an educational trip organized by his school. Write a letter guiding him about the certain precautions he should observe to prevent the problems in his travel.

1×10=10

IV. You have planned a two weeks course in communication skills for children of your Group Housing Society. Prepare a notice for public circulation in all wings of society, stating the objectives of the course, fee structure and other necessary details.

OR

On the basis of your reading of the passage given below, make notes on it using headings and subheadings. Use recognizable abbreviations, wherever necessary. Also supply an appropriate title to it.

Whether work should be placed among the causes of happiness or among the causes of unhappiness may perhaps be regarded as a doubtful question. There is certainly much work which is exceedingly irksome, and an excess of work is always very painful. However, work is not to most people less painful than idleness. There are in work all grades, from mere relief to tedium up to profoundest delights, according to the nature of the work and the abilities of the worker. Most of the work that most people have to do is not in itself interesting but even such work has certain great advantages. To begin with it fills a good many hours of the day without the need of deciding what one shall do. Most people, when they are left free to fill their own time according to their own choice are at a loss to think of anything sufficiently pleasant to be worth doing. And whatever they decide on, they are troubled by the feeling that something else would have been pleasanter. To be able to fill leisure intelligently is the last product of civilization and at present very few people have reached this level. Moreover the exercise of choice is in itself tiresome. Except to people with unusual initiative it is

positively agreeable to be told what to do at each hour of the day, provided the orders are not too unpleasant. Most of the idle rich suffer unspeakable boredom as the price of their freedom from drudgery. At times they may find relief by hunting big game in Africa or by flying round the world, but the number of such sensations is limited, especially after youth is past. Accordingly, the more intelligent rich men work nearly as hard as if they were poor.

Work, therefore is desirable, first and foremost as a preventive of boredom, for the boredom that a man feels when he is doing something out of compulsion; though uninteresting work is as boring as having nothing to do. With this advantage of work another is associated, namely that it makes holidays much more cherishable when they come. Provided a man does not have to work so hard as to impair his vigour, he is likely to find far more zest in his free time than an idle man could possibly find.

The second advantage of most paid work and some of unpaid work is that it gives chances of success and opportunities for ambition. In most work, success is measured by income and while our capitalistic society continues, this is inevitable. However dull work may be, it becomes bearable, if it is a means of building up a reputation. Continuity of purpose is one of the most essential ingredients of happiness and that comes chiefly through their work.

V. Do as directed. *All questions are compulsory.*

Complete the sentences. Put the verb into correct form, positive or negative :

- (1) The bed was very uncomfortable. I _____ well.
(sleep)
- (2) The window was open and a bird _____ into the room. (fly)

Change the Voice :

- (3) I taught Ravi English.
- (4) They laughed at the joker.

Change the Narration :

- (5) "I shall play tennis next year," he said.
- (6) "Do you eat spicy food ?" said Jenny.

Combine the following pairs of sentences into single sentences :

- (7) He deserved to succeed. He failed.
- (8) James is going to the U.S. He wants to pursue higher education there.

Put a tick mark (✓) against the correct word given in the brackets :

- (9) Did you hear the (latest, last) news ?
- (10) He is not fond of (this, these) kind of sweets.

1×10=10

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Bachelor of Vocation (Nutrition, Exercise & Health)

1st Semester

PUNJABI COMPULSORY

Paper—V(i)

Time Allowed—Three Hours] [Maximum Marks—50

1. 'ਭਰੂਣ ਹੱਤਿਆ ਦੇ ਦੇਸ਼ ਵਿੱਚ' ਲੇਖ ਦਾ ਸਾਰ ਲਿਖੋ।

ਜਾਂ

'ਵਾਤਾਵਰਣੀ ਪ੍ਰਦੂਸ਼ਣ ਅਤੇ ਮਨੁੱਖ' ਲੇਖ ਦਾ ਵਿਸ਼ਾ-ਵਸਤੂ ਬਿਆਨ ਕਰੋ। 10

2. ਅੰਮ੍ਰਿਤਾ ਪ੍ਰੀਤਮ ਦੀ ਕਵਿਤਾ 'ਅੰਨਦਾਤਾ' ਦਾ ਸਾਰ ਲਿਖੋ।

ਜਾਂ

ਸ਼ਿਵ ਕੁਮਾਰ ਬਟਾਲਵੀ ਦੀ ਕਵਿਤਾ 'ਲੂਣਾ' ਦਾ ਵਿਸ਼ਾ-ਵਸਤੂ ਲਿਖੋ। 10

3. ਹੇਠ ਲਿਖਿਆਂ ਵਿਸ਼ਿਆਂ ਵਿੱਚੋਂ ਕਿਸੇ ਇੱਕ 'ਤੇ ਪੈਰਾ ਰਚਨਾ ਕਰੋ :

(ੳ) ਮਾਤ ਭਾਸ਼ਾ ਦੀ ਮਹੱਤਤਾ

(ਅ) ਨਾਰੀ ਸ਼ਕਤੀ

(ੲ) ਭ੍ਰਿਸ਼ਟਾਚਾਰ। 5

4. ਪੈਰਾ ਪੜ੍ਹ ਕੇ ਦਿੱਤੇ ਗਏ ਪ੍ਰਸ਼ਨਾਂ ਦੇ ਉੱਤਰ ਦਿਉ :

ਪੂਰਨ ਸਿੰਘ ਦੀ ਮਾਂ ਨੇ ਘਰੋਂ ਉਸਨੂੰ ਪੜ੍ਹਨ ਲਈ ਜਾਪਾਨ ਭੇਜਿਆ ਸੀ, ਪਰ ਜਦੋਂ ਉਹ ਵਾਪਸ ਆਇਆ ਤਾਂ ਉਹ ਸੰਨਿਆਸੀ ਸੀ। ਜਾਪਾਨ ਵਿੱਚ ਜਾ ਕੇ ਪਹਿਲਾਂ ਉਹ ਜਾਪਾਨੀਆਂ ਦੀ ਕੰਮ ਕਰਨ ਦੀ ਸਮੱਰਥਾ ਤੋਂ ਪ੍ਰਭਾਵਿਤ ਹੋ ਕੇ ਬੋਧੀ ਬਣ ਗਿਆ ਤੇ ਫੇਰ

ਜਦੋਂ ਸੁਆਮੀ ਰਾਮ ਤੀਰਥ ਜੀ ਨਾਲ ਸੰਗਤ ਹੋਈ ਤਾਂ ਉਹ ਸੰਨਿਆਸੀ ਬਣ ਗਿਆ। ਜਾਪਾਨ ਜਾਣ ਤੋਂ ਪਹਿਲਾਂ ਉਹਦੀ ਮਾਇਆ ਦੇਵੀ ਨਾਲ ਮੰਗਣੀ ਹੋ ਚੁੱਕੀ ਸੀ, ਪਰ ਪਰਤ ਕੇ ਉਨ੍ਹਾਂ ਨੇ ਵਿਆਹ ਤੋਂ ਇਨਕਾਰ ਕਰ ਦਿੱਤਾ। ਘਰਦਿਆਂ ਨੇ ਜ਼ੋਰ ਪਾਇਆ ਤਾਂ ਕਿਹਾ “ਮੈਂ ਕੁੜੀ ਨੂੰ ਮਿਲੇ ਬਿਨਾਂ ਵਿਆਹ ਨਹੀਂ ਕਰਨਾ।”

- (1) ਪੂਰਨ ਸਿੰਘ ਜਾਪਾਨ ਕਿਉਂ ਗਿਆ ਸੀ?
- (2) ਪੂਰਨ ਸਿੰਘ ਸੰਨਿਆਸੀ ਕਿਉਂ ਹੋ ਗਿਆ ਸੀ?
- (3) ਪੂਰਨ ਸਿੰਘ ਬੋਧੀ ਕਿਵੇਂ ਬਣਿਆ?
- (4) ਪੈਰ੍ਹੇ ਦਾ ਢੁਕਵਾਂ ਸਿਰਲੇਖ ਲਿਖੋ।
- (5) ਲਕੀਰੇ ਸ਼ਬਦਾਂ ਦੇ ਅਰਥ ਲਿਖੋ।

5

5. ਵਿਅੰਜਨ ਕੀ ਹਨ? ਉਚਾਰਨ ਸਥਾਨ ਦੇ ਆਧਾਰ ਤੇ ਇਨ੍ਹਾਂ ਦਾ ਵਰਗੀਕਰਨ ਕਰੋ।

ਜਾਂ

ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਦੀਆਂ ਵੱਖ-ਵੱਖ ਵੰਨਗੀਆਂ ਉਪਰ ਨੋਟ ਲਿਖੋ।

10

6. ਕੋਈ ਦੋ ਪ੍ਰਸ਼ਨ ਕਰੋ :

- (1) ਮਾਤ ਭਾਸ਼ਾ ਦਾ ਅਰਥ ਸਪਸ਼ਟ ਕਰੋ।
- (2) ਪਹਿਲੀ ਭਾਸ਼ਾ ਦੇ ਅਧਿਆਪਨ ਵਿੱਚ ਕਿਹੜੀਆਂ ਸਮੱਸਿਆਵਾਂ ਆਉਂਦੀਆਂ ਹਨ?
- (3) ਦੂਜੀ ਭਾਸ਼ਾ ਦੀ ਪਰਿਭਾਸ਼ਾ ਦਿਉ।
- (4) ਦੂਜੀ ਭਾਸ਼ਾ ਦੇ ਤੌਰ ਤੇ ਅਧਿਆਪਨ ਦੇ ਮਹੱਤਵ ਅਤੇ ਸਮੱਸਿਆਵਾਂ ਬਾਰੇ ਜਾਣਕਾਰੀ ਦਿਉ।

$5 \times 2 = 10$

Exam. Code : 111401

Subject Code : 4650

Bachelor of Vocation (Nutrition, Exercise & Health)

1st Semester

MUDHLI PUNJABI

Paper-V (ii)

Time Allowed—3 Hours]

[Maximum Marks—50

ਨੋਟ : ਸਾਰੇ ਪ੍ਰਸ਼ਨ ਕਰਨੇ ਲਾਜ਼ਮੀ ਹਨ।

1. ਗੁਰਮੁਖੀ ਵਰਨਮਾਲਾ (ਪੈਂਤੀ) ਵਿੱਚ ਕੁੱਲ ਕਿੰਨੇ ਵਰਗ ਹਨ ? ਇਹਨਾਂ ਨੂੰ ਠੀਕ ਤਰਤੀਬ ਵਿੱਚ ਲਿਖ ਕੇ ਹਰ ਇੱਕ ਵਰਗ ਦਾ ਨਾਂ ਲਿਖੋ।

ਜਾਂ

ਗੁਰਮੁਖੀ ਲਿਪੀ ਦਾ ਨਾਂ ਪੈਂਤੀ ਅੱਖਰੀ ਕਿਉਂ ਲਿਆ ਜਾਂਦਾ ਹੈ ? ਇਸ ਵੇਲੇ ਇਸ ਦੇ ਕਿੰਨੇ ਵਰਨ ਹਨ ? ਨਵੇਂ ਵਰਨ ਕਿਹੜੇ ਜੋੜੇ ਗਏ ਹਨ ? ਮੁੱਖ ਟੋਲੀ ਦੇ ਅਖਰਾਂ ਨੂੰ ਸਮਝਾਓ। 10

2. ਪੰਜਾਬੀ ਵਿੱਚ ਪੈਰ ਬਿੰਦੀ ਵਾਲੇ ਵਰਨ ਕਿਹੜੇ-ਕਿਹੜੇ ਹਨ ? ਉਦਾਹਰਨਾਂ ਸਹਿਤ ਸਮਝਾਓ।

ਜਾਂ

ਪੰਜਾਬੀ ਦੀਆਂ ਕੁੱਲ ਕਿੰਨੀਆਂ ਲਗਾਂ-ਮਾਤਰਾਵਾਂ ਹਨ ? ਹੋੜਾ, ਕਨੋੜਾ, ਲਾਂ ਤੇ ਦੁਲਾਂਵ ਦੀ ਵਰਤੋਂ ਕਿਵੇਂ ਕੀਤੀ ਜਾਂਦੀ ਹੈ ? 10

3. ਲਗਾਖਰ ਕੀ ਹਨ ? ਅੱਧਕ ਦੀ ਵਰਤੋਂ ਕਿਵੇਂ ਕੀਤੀ ਜਾਂਦੀ ਹੈ ? ਉਦਾਹਰਨਾਂ ਦੇ ਕੇ ਸਮਝਾਓ। 10

4. ਵਿਸ਼ਰਾਮ ਚਿੰਨ੍ਹਾਂ ਦੀ ਭਾਸ਼ਾ ਵਿੱਚ ਕੀ ਮਹੱਤਤਾ ਹੁੰਦੀ ਹੈ ? ਡੰਡੀ, ਪ੍ਰਸ਼ਨ ਚਿੰਨ੍ਹ ਅਤੇ ਵਿਸਮਕ ਵਿਸ਼ਰਾਮ ਚਿੰਨ੍ਹਾਂ ਦੀ ਪੰਜਾਬੀ ਵਿਆਕਰਨ ਵਿੱਚ ਕਿਵੇਂ ਵਰਤੋਂ ਕੀਤੀ ਜਾਂਦੀ ਹੈ ? 10

5. ਕਿਰਿਆ ਦੀਆਂ ਕਿਸਮਾਂ ਕਿਹੜੀਆਂ-ਕਿਹੜੀਆਂ ਹਨ ? ਉਦਾਹਰਨਾਂ ਸਹਿਤ ਸਮਝਾਓ।

ਜਾਂ

ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਵਿੱਚ ਵਚਨ ਦੀਆਂ ਕਿਸਮਾਂ ਦੱਸੋ। ਇੱਕ ਵਚਨ ਤੋਂ ਬਹੁ-ਵਚਨ ਸ਼ਬਦਾਂ ਵਿੱਚ ਤਬਦੀਲੀ ਦੇ ਕੁੱਝ ਨਿਯਮ ਉਦਾਹਰਨਾਂ ਸਹਿਤ ਦੱਸੋ। 10

Exam. Code : 111401

Subject Code : 4651

Bachelor of Vocation (Nutrition, Exercise & Health)

1st Semester

**Paper—VI : DRUG ABUSE : PROBLEM,
MANAGEMENT & PREVENTION**

Time Allowed—3 Hours] [Maximum Marks—50

SECTION—A

Note :— It will consist of **five** short answer type questions. Candidates will be required to attempt **three** questions, each question carrying **5** marks. Answer to any of the questions should not exceed **two** pages. $3 \times 5 = 15$

1. What do you mean by Drug Abuse ?
2. Write the types of drugs on Social Basis.
3. Discuss Drug Abuse as an International Problem.
4. Write the symptoms of Drug Addiction at Early stage.
5. Historical Perspective of Drug Abuse.

SECTION—B

Note :— It will consist of **four** essay type questions. Candidates will be required to attempt **two** questions, each question carrying **10** marks. Answer to any of the questions should not exceed **four** pages. $2 \times 10 = 20$

1. Write a note of the increasing problem of Drug Addiction in Punjab.

2. Meaning of Drug Addiction and reasons behind Drug Addiction.
3. Write down short and long term effects of Amphetamine.
4. Write about short and long term effects of use of Alcohol.

SECTION—C

Note :— It will consist of **two** questions. Candidates will be required to attempt **one** question only. Answer to the questions should not exceed **5** pages.

1×15=15

1. Explain the problem of Drug Addiction in India.
2. Write about consequences of Drug Abuse in Punjab.

SECTION—B

Note :— It will consist of **four** essay type questions. Candidates will be required to attempt **two** questions. Each question carrying **10** marks. Answer to any of the questions should not exceed **four** pages.

1. Write a note of the increasing problem of Drug Addiction in Punjab.