

Exam. Code : 111403

Subject Code : 4671

Bachelor of Vocation (Nutrition, Exercise & Health)

3<sup>rd</sup> Semester

DIABETIC EDUCATION-II

Paper-I

Time Allowed—3 Hours] [Maximum Marks—100

**Note :** Attempt **five** questions in all. Question No. I is compulsory.

- I. (i) What is the physiological cause of Diabetes ? Describe the pathophysiology. (iii)
- (ii) Describe Impaired Glucose Tolerance (IGT). (ii)
- (iii) Write the difference between Type I and Type II Diabetes. (iii)
- (iv) Explain Insulin shock. 5,5,5,5
- II. Explain the predisposing factors and causes of diabetes. 20
- III. Describe the symptoms of Diabetes in detail. 20
- IV. How does Diabetes affect the health of the person ? Explain its effects on various systems of body. 20
- V. How is the disease diagnosed and monitored ? Explain any four biochemical tests that can be used. 20

VI. What are the primary and secondary risk factors for Diabetes ? 20

VII. Write notes on :

(i) Gestational Diabetes

(ii) Diabetic foot

(iii) Prediabetic

(iv) Nephropathy. 5,5,5,5

VIII. (i) Role of Insulin.

(ii) How is Glucose metabolism different in diabetic from a normal person ?

(iii) Note on Juvenile Diabetes.

(iv) Procedures for PPBG and RBG and their reference values. 5,5,5,5



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**PHYSIOLOGY OF EXERCISE**

**Paper—III**

Time Allowed—3 Hours]

[Maximum Marks—50

**Note :** Attempt any **five** questions. Question No. **I** is compulsory. Each question carries **10** marks. Draw suitable diagrams wherever necessary.

- I. What is diffusing capacity ? Discuss in detail the exchange of respiratory gases at tissue level.
- II. Explain the process of tubular reabsorption in urine formation.
- III. (i) Types of muscles 5  
(ii) Difference between bone and cartilage. 5
- IV. Discuss the functional anatomy of respiratory tract.
- V. Write in detail the structural classification of joints.
- VI. Explain the events of cardiac cycle in detail.
- VII. Write in detail the composition of blood.
- VIII. Explain the structure of nephron in detail.

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**HEALTH & HYGIENE**

**Paper—IV**

Time Allowed—3 Hours] [Maximum Marks—50

**Note :—** Question number 1 is compulsory. Attempt *five* questions in all (including the compulsory question).

**(Compulsory Question)**

1. Distinguish between the following (any *four*) :
  - (1) Health and Hygiene
  - (2) Diarrhea and Dysentery
  - (3) Incubation Period and Ingestion
  - (4) Infection and Inhalation
  - (5) Contamination and Purification
  - (6) AIDS and HIV. 2.5×4=10
2. Elaborate on the following : Immunisation Schedule and Personal Hygiene. 5,5
3. Discuss the causes, incubation period, symptoms, prevention and control of Diarrhea OR Dengue. 10
4. Differentiate between Jaundice and Cholera considering various aspects like causative agent, incubation period and symptoms. 10



5. Discuss the various sources of contamination of water. 10
6. Differentiate between :
  - (1) Types of water
  - (2) Aqua guard and RO filter. 5,5
7. Write a detailed note on purification methods at home and modern methods of purification. 10
8. Write a detailed note on various infection sources and importance of personal hygiene. 10

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  - (1) Health and Hygiene
  - (2) Diarrhea and Dysentery
  - (3) Incubation Period and Ingestion
  - (4) Infection and Inhalation
  - (5) Contamination and Purification
  - (6) AIDS and HIV
2. Elaborate on the following : Immunisation Schedule and Personal Hygiene. 2,2
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**Subject Code : 4675**

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**3<sup>rd</sup> Semester**

**SOFT SKILLS & COMMUNICATION**

**Paper-V**

**Time Allowed—3 Hours]**

**[Maximum Marks—50**

**Note : Question No. I is compulsory.**

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

Some forty years ago, I began to realize that shooting wild animals no longer gave me pleasure; it was too much of one-sided game, in which the wretched creatures had little chance against the modern rifle. Beyond the difficulties of stalking, everything was too easy and lacking in excitement. Then also, it seemed all wrong to kill a harmless animal just for fun. I even hate to see anything shot— and yet I wanted to hunt, wanted the joy of being out of doors and seeing the various birds and beasts in their natural wild states, in all their natural beauty. But merely seeing them was not quite enough. I wanted to bring home some proof of what I had seen. Making sketches, even though I happened to be an artist, was not very satisfactory- and certainly not very easy; thus it was that I turned to the camera. Here was a weapon



that would shoot without hurting, certainly without killing, and yet give me the trophies of the chase.

**Questions :**

- (i) Why did shooting animals no longer give the author pleasure ?
- (ii) What seemed wrong to him ?
- (iii) What was his new weapon ? Why did he choose it ?
- (iv) Suggest a suitable title of the passage.
- (v) Give in simple English the meaning of the following words :

(a) Various (b) Realize (c) Wretched (d) Stalking  
 $2 \times 5 = 10$

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

- I. Write a letter to your friend who is suffering from typhoid. Wish her/him speedy recovery and give instructions about health and fitness.

**OR**

Write a letter to Municipal Commissioner complaining about the dumping of garbage around your colony. Mention the health and the other problems it is leading to.

- III. Write a paragraph on **ONE** of the following topics :
  3. Environment Pollution
  4. Benefits of Morning Walk.

- IV. Write a detailed note on advantages of Time Management.
- V. Write in detail about importance of Effective Communication.
- VI. Do as directed :

Fill in the blanks with the correct form of verb :

- (i) Fifty thousand rupees ..... a good sum. (is/are)
- (ii) The dancer and the singer ..... just arrived. (has/have)
- (iii) My friends as well as I ..... present. (are/am)

Fill in the blanks with appropriate prepositions :

- (iv) Our request for holiday was turned .....
- (v) You must abide ..... the rules.
- (vi) My sister was deprived ..... her share.

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

- (vii) She returned home after ..... hour.
- (viii) Man is ..... social animal.
- (ix) He is ..... university teacher.
- (x) Kashmir is ..... Switzerland of India.

- VII. (a) Change the following sentences :

- (i) It is horrible night.

(Change into Exclamatory)



(ii) Nobody was in the room.

(Change into Affirmative)

(iii) He played the role of villain in the play.

(Change into Interrogative)

(b) Correct the following sentences :

(i) Teacher have scolded the students.

(ii) No news are good news.

(iii) Neither of your answers are correct.

(c) Use the following words as a Noun and as a Verb :

Like, Round, Right, Talk.

$$10 \times 4 = 40$$



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**ENVIRONMENTAL STUDIES-I**

**Paper-VI**

**Time Allowed—3 Hours]**

**[Maximum Marks—50**

**Section-A (15 marks) :** Attempt any **three** questions. Answer to the questions should be restricted to **2** pages.

**Section-B (20 marks) :** Attempt any **two** questions restricting your answers to **4** pages.

**Section-C (15 marks) :** Attempt any **one** question restricting your answer to **5** pages.

**SECTION-A**

Write short notes on any three of the following :

1. Benefits of forests
2. Impacts of land degradation
3. Ecological pyramids
4. The impacts of acid rain
5. Water borne diseases.

**3×5=15**

**SECTION-B**

6. Write about the role of an individual for conservation of natural resources.
7. Give a description of structure and function of a lake ecosystem.
8. Write a note on methods of wasteland reclamation.
9. Write about various measures to create better health of the society.  $2 \times 10 = 20$

**SECTION-C**

10. Write a detailed note on importance of environmental education and awareness in protection and conservation of environment.
11. What are renewable and non renewable energy resources ?  
Give a detailed account of various alternative energy resources to meet the growing demand of energy.

$1 \times 15 = 15$