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KM.U-I

28/11/23 (m)

Exam Code: 111403
(30)

Paper Code: 3309

Programme: Bachelor of Vocation (Nutrition, Exercise & Health) Semester-III

Course Title: Soft Skills and Communication

Course Code: BVNL-3101

Time Allowed: 3 Hours

Max Marks: 40

Note: Attempt five questions in all selecting at least one question from each section. The fifth question may be attempted from any section. Each question carries 8 marks.

Section — A

1. What is PSQ5R model of reading? Explain in detail.
2. Read the passage given below and answer the following questions.

Marie Curie was one of the most accomplished scientists in history. Together with her husband, Pierre, she discovered radium, an element widely used for treating cancer, and studied uranium and other radioactive substances. Pierre and Marie's amicable collaboration later helped to unlock the secrets of the atom. Marie was born in 1867 in Warsaw, Poland, where her father was a professor of physics. At an early

age, she displayed a brilliant mind and a blithe personality. Her great exuberance for learning prompted her to continue with her studies after high school. She became disgruntled, however, when she learned that the university in Warsaw was closed to women. Determined to receive a higher education, she defiantly left Poland and in 1891 entered the Sorbonne, a French university, where she earned her master's degree and doctorate in physics.

Marie was fortunate to have studied at the Sorbonne with some of the greatest scientists of her day, one of whom was Pierre Curie- Marie and Pierre were married in 1895 and spent many productive years working together in the physics laboratory. A short time after they discovered radium, Pierre was killed by a horse-drawn wagon in 1906. Marie was stunned by this horrible misfortune and endured heartbreaking anguish. Despondently she recalled their close relationship and the joy that they had shared in scientific research. The fact that she had two young daughters to raise by herself greatly increased her distress. Curie's feeling of desolation finally began to fade when she was asked succeed her husband as a physics professor at the Sorbonne. She was the first woman to be given a professorship at the world-famous university. In 1911

she received the Nobel Prize in chemistry for isolating radium. Although Marie Curie eventually suffered a fatal illness from her long exposure to radium, she never became disillusioned about her work. Regardless of the consequences, she had dedicated herself to science and to revealing the mysteries of the physical world.

- (i) The Curies'collaboration helped to unlock the secrets of the atom
 - a. friendly
 - b. courteous
 - c. industrious
 - d. chemistry
- (ii) Marie had a bright mind and apersonality
 - a. strong
 - b. lighthearted
 - c. humorous
 - d. strange
 - e. envious
- (iii) When she learned that she could not attend the university in Warsaw, she felt
 - a. hopeless
 - b. annoyed
 - c. depressed
 - d. worried
 - e. None of the above

- (iv) Marie by..... leaving Poland and traveling to France to enter the Sorbonne
- a. challenged authority
 - b. showed intelligence
 - c. behaved
 - d. was distressed
 - e. Answer not available
- (v)She remembered their joy together
- a. Dejectedly
 - b. Worried
 - c. Tearfully
 - d. Happily
 - e. Irefully
- (vi) Her..... began to fade when she returned to the sorbanne to succed her husband.
- a. misfortune
 - b. anger
 - c. wretchedness
 - d. disappointment
 - e. ambiton
- (vii) Even though she become fatally ill from working with radium, Marie Curie was never.....
- a. troubled
 - b. worried
 - c. disappointed

- d. sorrowful
- e. disturbed

(viii) Suggest a suitable title for the above passage.

Section-B

3. Describe in detail the Basic sentence formation.
4. Fill in the blanks with proper forms of verbs given in brackets:
 - i. He..... up early in the morning.(wake)
 - ii. I..... my favourite novel everyday (Read)
 - iii. I was..... with his argument. (Convince)
 - iv. He.....his grandson's nanny. (Call)
 - v. She..... dinner when someone rang the door bell. (Prepare)
 - vi. I am very busy. Imy room. (Decorate)
 - vii. The children their milk twice yesterday (drink)
 - viii. I.....Spanish last winter. (Learn)

Section-C

5. Write a letter to chief Medical officer to launch a drive against Dengue.
6. Write a letter to the Deputy Commissioner of your district, describing the flood situation in your town

Section - D

7. Describe in detail the team building.
8. Write a detailed note on the importance of goal setting.

(5X8=40)

Exam Code: 111403
(30)

Paper Code: 3310

Programme: Bachelor of Vocation (Nutrition, Exercise & Health) Semester-III

Course Title: Human Physiology

Course Code: BVNL-3282 ✓

Time Allowed: 3 Hours

Max Marks: 60

Note: Students are required to attempt five questions in all, selecting one question from each section. The fifth question may be attempted from any section. Each question carries 12 marks.

Section -I

1. What is Cell? Write in detail about its types and various organelles?
2. Draw a well labeled diagram of Heart? Explain in detail about the various part of it?

Section -II

3. Write down the functions of following with suitable diagram?

i) Brain

ii) Spinal Cord

4. Draw a well labeled diagram of functional unit of Kidney and give detail about Urine formation?

Section -III

5. Write in detail about the digestion and mechanism of absorption of carbohydrates, protein and fats?
6. Write in detail about structure and functions of Respiratory organ?

Section -IV

7. Write down the physiology of various endocrine glands.
8. Draw a well labeled diagram of female reproductive system?

Exam Code: 111403
(30)

Paper Code: 3311

Programme: Bachelor of Vocation (Nutrition, Exercise &
Health) Semester-III

Course Title: Nutrition Exercise and Immunity

Course Code: BVNL-3283

Time Allowed: 3 Hours

Max Marks: 60

Note: Student are required to attempt five questions in all, selecting at least one question from each section. The fifth question may be attempted from any Section. Each question carries 12 marks

Section -A

1. Define nutrition and explain its elements
2. Define antioxidants and explain its role ?

Section -B

3. Define immunity and explain the defense mechanism of the body?
4. Explain the influence of infections on nutrition?

Section -C

5. Define nutraceuticals and explain the role of nutraceuticals in the body?
6. Enlist the immunity boosting nutrients and explain the role of nutrients in preventing the risk of infection.

Section -D

7. Differentiate between prebiotics and probiotics.
8. Define tuberculosis and explain the nutritional management to cure the tuberculosis.

HB - 11/12/23 (M)
KMP - I

Exam Code: 111403
(30)

Paper Code: 3312

Programme: Bachelor of Vocation (Nutrition, Exercise & Health) Semester-III

Course Title: Diabetes Education-II

Course Code: BVNM- 3284 ✓

Time Allowed: 3 Hours

Max Marks: 60

Note:- Students are required to attempt a total of five questions, Selecting one question from each section and fifth question can be attempted from any section. Each question carries 12 marks.

Section A

1. What do you understand by Diabetes Mellitus and discuss its types.
2. Discuss the primary and secondary factors which leads to Diabetes Mellitus.

Section B

3. Write in detail pathology of Diabetes.
4. Explain the terms:
 - Nephropathy
 - Retinopathy
 - Insulin Shock

Section C

5. What is Insulin and Explain various types of Insulin?
6. Write a short note on:
 - (a) GTT
 - (b) FBG
 - (c) Ketone Tests

Section D

7. Write a short note on Hand care, Foot care and Eye Care for Diabetic Patients.
8. Discuss the Initial assessment of diabetic patients: Biochemical and Anthropometric assessment, Diseases History and Nutritional Assessment.

Punjabi Verison

ਸੈਕਸ਼ਨ-ਏ

1. ਤੁਸੀਂ ਡਾਇਬੀਟੀਜ਼ ਮਲੇਟਸ ਨੂੰ ਕੀ ਸਮਝਦੇ ਹੋ ਅਤੇ ਇਸ ਦੀਆਂ ਕਿਸਮਾਂ ਬਾਰੇ ਚਰਚਾ ਕਰੋ।
2. ਪ੍ਰਾਇਮਰੀ ਅਤੇ ਸੈਕੰਡਰੀ ਕਾਰਕਾਂ ਦੀ ਚਰਚਾ ਕਰੋ ਜੋ ਡਾਇਬੀਟੀਜ਼ ਮਲੇਟਸ ਵੱਲ ਲੈ ਜਾਂਦੇ ਹਨ।

ਸੈਕਸ਼ਨ-ਬੀ

3. ਡਾਇਬੀਟੀਜ਼ ਦੇ ਰੋਗ ਵਿਗਿਆਨ ਬਾਰੇ ਵਿਸਥਾਰ ਵਿੱਚ ਲਿਖੋ।
4. ਸ਼ਰਤਾਂ ਦੀ ਵਿਆਖਿਆ ਕਰੋ:
 - ਨੈਫਰੋਪੈਥੀ
 - ਰੈਟੀਨੋਪੈਥੀ
 - ਇਨਸੁਲਿਨ ਸਦਮਾ

ਸੈਕਸ਼ਨ-ਸੀ

5. ਇਨਸੁਲਿਨ ਕੀ ਹੈ ਅਤੇ ਇਨਸੁਲਿਨ ਦੀਆਂ ਕਈ ਕਿਸਮਾਂ ਦੀ ਵਿਆਖਿਆ ਕਰੋ?
6. ਇਸ 'ਤੇ ਇੱਕ ਛੋਟਾ ਨੋਟ ਲਿਖੋ:
 - a) ਜੀ.ਟੀ.ਟੀ
 - b) FBG
 - c) ਕੀਟੋਨ ਟੈਸਟ

ਸੈਕਸ਼ਨ-ਡੀ

7. ਸ਼ੂਗਰ ਦੇ ਮਰੀਜ਼ਾਂ ਲਈ ਹੱਥਾਂ ਦੀ ਦੇਖਭਾਲ, ਪੈਰਾਂ ਦੀ ਦੇਖਭਾਲ ਅਤੇ ਅੱਖਾਂ ਦੀ ਦੇਖਭਾਲ ਬਾਰੇ ਇੱਕ ਛੋਟਾ ਨੋਟ ਲਿਖੋ।
8. ਸ਼ੂਗਰ ਦੇ ਮਰੀਜ਼ਾਂ ਦੇ ਸ਼ੁਰੂਆਤੀ ਮੁਲਾਂਕਣ ਬਾਰੇ ਚਰਚਾ ਕਰੋ:
ਬਾਇਓਕੈਮੀਕਲ ਅਤੇ ਐਂਥਰੋਪੋਮੈਟ੍ਰਿਕ ਮੁਲਾਂਕਣ, ਬਿਮਾਰੀਆਂ ਦਾ ਇਤਿਹਾਸ ਅਤੇ ਪੋਸ਼ਣ ਸੰਬੰਧੀ ਮੁਲਾਂਕਣ।

Exam Code: 111403

Paper Code: 3313

Bachelor of Vocation (Nutrition, Exercise & Health) (Semester- III)
(Session: 2023-24)

Food Science and Quality Control Standards

COURSE CODE: BVNM -3285

Time:3Hrs.

Max Marks: 60

Attempt five questions in all, selecting at least one question from each section.
The fifth question may be attempted from any Section. Each question carries equal marks. (12)

SECTION I

Q1. "Consumer awareness is important in present times". Justify the statement. Write a detailed note on Food Product Order. (6,6)

Q2. Discuss the importance of quality Control and Assurance in Food processing Industry by giving suitable examples. (12)

SECTION II

Q3. Explain the constituents of meat. Explain the changes taking place in meat by different methods of cooking (ANY TWO) . (4,8)

Q4. Discuss any detail structure, composition ,selection and effect of any two cooking methods on Egg. (12)

SECTION III

Q5. Discuss any two methods of assessment of quality of different foods. Describe briefly Sampling procedure (8,4)

Q6. Discuss in detail Grading and Marketing Standards and any TWO specifications of finished products. (6,6)

SECTION IV

Q7. Write detailed report and learnings of the visit undertaken at Quality Control Laboratory. (12)

Q8. Discuss the outcome of market survey of processed foods for quality assurance. (12)

Exam Code: 111403
(30)

Paper Code: 3314

Programme: Bachelor of Vocation (Nutrition, Exercise & Health) Semester-III

Course Title: Community Nutrition

Course Code: BVNM- 3286 ✓

Time Allowed: 3 Hours

Max Marks: 60

Note: Student are required to attempt five questions in all, selecting at least one question from each section. The fifth question may be attempted from any Section. Each question carries 12 marks.

Section -I

1. Define nutrition and how nutrition is related to national development.
2. Write down various nutritional problems in India.

Section -II

3. Define the term nutrition and infection and how they both are interrelated.
4. Write short notes on ICMR, NIN and WHO.

Section -III

5. What is nutritional assessment and give detail about direct assessment methods.
6. What are the objectives of feeding programs in our country and give details about preschool feeding programs.

Section -IV

7. What is food adulteration and describe common methods of detecting food adulteration at home.
8. Describe various laws governing the food standards in India.