

"SFH"

1. WHO express 'Right to Health' as FR \rightarrow 1946
(Verbal means 'Voice')
2. Verbal: Uses spoken or Written words
Non-Verbal: Uses body language.
3. Against Drug Abuse \rightarrow 26th June
4. Intimately Related \rightarrow Body & Mind
5. Dress code is example of \rightarrow Non-Verbal
6. Common b/w Anorexia & Bulimia \rightarrow Fear of Gaining Weight.
7. Test Cardiovascular Endurance \rightarrow Cooper run
8. Member of group are Immune \rightarrow Herd Immunity.
9. In Healthy Diet Amount of Salt: $< 5g$
10. BMI: Body Mass Index
11. Anorexia Nervosa \rightarrow Eating Disorder.
12. To Calculate BMI: kg/m^2
13. Total Fat Should not exceed 30% of Total Energy

14. Psychosis \rightarrow Loss of touch with reality.

15. 10% \rightarrow suffering from mental illness

16. Mental disease \rightarrow 60 - 70 million

17. Healthy Weight: 18.5 - 24.99

18. Overweight ≥ 25

19. Obesity ≥ 30.00

20. Hyper Obesity ≥ 40.00

21. Overweight: BMI 25 - 29.9 kg/m²

22. Constituent of Alcoholic Beverage \rightarrow Ethyl Alcohol.

23. Maximum accumulation of fat in the liver \rightarrow Alcohol.

24. Overweight in BMI: BMI > 30

25. Wellness Dimensions = 8

26. World Health Day \rightarrow 7th April

27. Hepatitis Virus \rightarrow Sharing Drug needles.

28. Disease not caused by Bacteria \rightarrow Poliomyelitis.
29. Growth & Maintenance \rightarrow Proteins & Vitamins.
30. Give Energy to Body \rightarrow Carbohydrates.
31. Strong Bones \rightarrow Calcium.
32. Best Source of Plant Proteins \rightarrow Legumes.
33. Rich in Fat: Butter, Cheese & Oil.
34. False about Milk X \rightarrow Milk is Rich in Vitamin D.
35. Guava, Lemon, Orange \rightarrow Vitamin C.
36. Potatoes, Oats \rightarrow Carbohydrates.
37. Lacking \rightarrow Ecological Validity.
38. Obesity is caused by Increase = Adiposity.
39. Ottawa Charter (1986) \rightarrow Enabling to improve Health.
40. Biopsychosocial Model \rightarrow Engel.
41. H.J. Eysenck's : Stable Extrovert.
42. HIV Infection: 0.8%.

46. Pancreatic Islets are destroyed - Type 1
47. Humans Composed of mind → Rene Descartes