

"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 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: $< 5\text{ g}$
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 → Loss of touch with reality.
15. 10% → suffering from mental illness.
16. Mental disease → 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 $25 - 29.9 \text{ kg/m}^2$.
22. Constituent of Alcoholic Beverage → Ethyl Alcohol.
23. Maximum accumulation of fat in the liver → Alcohol.
24. Overweight in BMI: BMI > 30 .
25. Wellness Dimensions = 8.
26. World Health Day → 7th April.
27. Hepatitis Virus → 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 \neq 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. Extravert

42. HIV Infection: 0.8%.

46. Pancreatic Islets are destroyed - Type 1

47. Humans Composed of mind → René Descartes