



SEMESTER END EXAMINATIONS – MAY 2023

Program	: B.E :- Common to CSE / ISE / CSE(CY) / AI & DS / BT / AI & ML / CSE (AI&ML) / CV	Semester	: I
Course Name	: A Scientific Approach to Health	Max. Marks	: 50
Course Code	: AECP17	Duration	: 2 Hrs

Instructions to the Candidates:

- **PART A** : Answer all the questions.
- **PART B** : Answer one full question from each unit.

PART - A

- Positive attitude helps improve mental and _____ health of a person. CO1 (01)
 - Financial
 - Moral
 - Physical
 - Spiritual
- Which choice below is NOT a practice of mindfulness? CO1 (01)
 - disconnection from all distractions including social media
 - meditating yoga
 - fantasizing and daydreaming
 - connecting with nature using your five senses
- Which of the following factors is necessary for a healthy person? CO2 (01)
 - Vaccination
 - Balanced diet
 - Personal hygiene
 - All of the above
- What are the benefits of positive thinking? CO2 (01)
 - Increased life span
 - Lower rate of depression
 - You are always happy
 - Less stress
- Which food in the food pyramid should be eaten less? CO3 (01)
 - Fruits and vegetables
 - Meat, egg and nuts
 - Fats and oil
 - carbohydrates
- Which of the followings activities is considered a healthy habit? CO3 (01)
 - have cereal with milk and fruits for breakfast
 - sleep six hours a day
 - play a video game every night
 - watching TV all night
- Chronic illnesses are? CO4 (01)
 - curable and immediate
 - treatable and does not interfere with one's everyday life
 - incurable and requires special assistance to manage
 - interferes with the affected individual's long term functioning
- Place the following in the correct order of the stages of addiction CO4 (01)
 - Drug use ,dependence ,tolerance , addiction
 - Dependence, tolerance , Drug use addiction
 - Drug use, tolerance, dependence, addiction
 - Drug use, dependence, addiction , tolerance

9. A student started using marijuana. He soon discovered that he needed more of the drug in order to experience the same effects or high. Which of the following has the student developed? CO5 (01)
- (a) Tolerance for marijuana (b) A mental illness
(c) Withdrawal symptoms (d) Signs of recovery
10. Illegal drugs are dangerous to your health. What do you think are some other common features of illegal drugs? CO5 (01)
- (a) affects the function of the brain (b) can result in drug dependence and addiction
(c) can improve focus and concentration (d) (a) and (b) are correct

PART - B

UNIT - I

1. a) What are the ways to foster positive thinking? Identify two most significant one and justify why it is important. CO1 (04)
b) Represent schematically the Pillars of wellness and justify how they influence each other. CO1 (04)
2. a) What are the 5 areas of wellbeing? CO1 (04)
b) Do you agree in the statement "Building a healthy lifestyle for better future "If so" Explain with an example. CO1 (04)

UNIT - II

Case Study : Vijay & Shiv

Vijay is 55 years old and about 30 pounds overweight. As a younger man he hiked with his father and brother, which he enjoyed very much. Unfortunately, his father died several years ago and his brother moved away after he married. Vijay was able to move into half of a two-bedroom apartment. He generally liked people and was always talking about wanting to go hiking again. When a new support person started working, Vijay started telling him how much he wanted to go on some hikes. Shiv, the new support person, agreed to take him on a hike but only if Vijay could get into better shape. He also told him that it might take a few months, even if Vijay was really excited. Shiv knew that he had to get into shape also.

- a) If You are given a task of explaining the food pyramid to students of class 5 to class 8 ,explain how you would bring out the need to adapt healthy eating. CO2 (04)
- b) Refer to the **Case Study: Vijay & Shiv** and answer the following questions: CO2 (04)
- (i) What are the behaviors that need to be changed by Vijay?
- (ii) Present a weekly dietary chart for Vijay to be followed for three months.
- (iii) Can the same chart be followed by Shiv ? Give reasons.
- a) If you were to identify 4 Good Eating Habits to Achieve Your Health Goals , what would those be? List out and give one reason for choosing it. CO2 (04)
- b) Refer to the **Case Study: Vijay & Shiv** and answer the following questions: CO2 (04)
- (i) What health promotion actions would help Vijay to be ready for the hike?
- (ii) Present a weekly fitness activity chart for Vijay to be followed for three months
- (iii) Can the same chart be followed by Shiv? Reason out .

UNIT – III

Case Study : Anxious Mithun

Mithun has been waiting the queue in a railway ticket counter to buy a travel ticket. The queue is rather long and there are about 15 people in front of him. He has taken permission at work for 2 hours and has to report back. The chance of him reaching the counter before that is difficult.

5. a) Refer to the **Case Study: Anxious Mithun** and answer the following questions: CO3 (04)
At last Mithun finds a solution and was able to get the ticket in half an hour time.
(i) Could you relate to Mithun situation? What type of communication skill would have enabled him to achieve that? How? Explain.
- b) How do you justify that communication skills are important in student life? Illustrate. CO3 (04)
6. a) Refer to the **Case Study: Anxious Mithun** and answer the following questions: CO3 (04)
Assume you are in front of Mithun in the queue.
(i) Could you relate to Mithun situation? How would you address the situation and you help Mithun? If so, how? Explain.
- b) One way to make communication more effective is to choose the appropriate kind of communication based on the situations. Explain with a suitable example. CO3 (04)

UNIT – IV

7. a) As a college student, choose 2 bad habits and the wise choices of breaking those bad habits among the current day youth. give reasons for your choice. CO4 (04)
- b) What are the physical and psychological effects of substance abuse on an individual? How does it affect society? CO4 (03)
- c) **Answer in a single sentence:** If you know something's bad for you, why can't you just stop? About 70% of smokers and alcoholics say they would like to quit. So why don't we do it? Why It's So Hard to Change? CO4 (01)
8. a) What substances are most often abused? CO4 (04)
Differentiate substance abuse and substance dependency with one example.
- b) What are the variables that influence substance abuse in the following category : CO4 (03)
(i) Drug factors (ii) history of trauma (iii) user factors (iv) environmental factors.
- c) **Answer in a single sentence:** If you know something's bad for you, why can't you just stop? Drug and alcohol abusers struggle to give up addictions that hurt their bodies and tear apart families and friendships. So why don't we do it? Why It's So Hard to Change? CO4 (01)

UNIT – V

9. a) Why can coping with a chronic illness be so difficult? What are some effects of a chronic illness? CO5 (04)
- b) When should one seek help to cope with my chronic illness? CO5 (04)
If a person has a chronic illness, how can he/she make his/her life better?
10. a) List and explain four steps to living well with a chronic illness and what are biggest risk factors for chronic disease in the society. CO5 (04)
- b) Identify and explain two Maladaptive measures of coping Strategies in Chronic Illness. CO5 (04)
