

## End Semester Examination 2023-24

Name of the Program: B. Tech.  
Paper Name: Holistic Living & Fitness

Semester: I  
Course Code: THF 101  
Maximum Marks: 100

Time: 3 Hours

Note:

(i) All questions are compulsory.

- Which of the following is true of lifestyle diseases?  
A. They are communicable.  
B. They cannot be avoided.  
C. They affect only the aged population.  
D. Behaviour modification can minimize their impact.
- Examples of substance abuse addictions are  
A. Caffeine  
B. Gambling  
C. Cocaine  
D. a & c
- A healthy breakfast may contain  
A. Lean proteins like eggs and nuts  
B. Low-fat dairy  
C. Whole grains like oat, dalia  
D. all of the above
- The organ responsible for maintaining blood pressure is  
A. Heart  
B. Liver  
C. Brain  
D. Stomach
- Nutrition Labels do not contain  
A. Calories  
B. Nutrients  
C. Serving Information  
D. Expiry Date of the product
- The right way of eating is  
A. Eat dinner like a king, lunch like a prince, and breakfast like a pauper  
B. Eat dinner like a king, lunch like a pauper, and breakfast like a prince  
C. Eat lunch like a king, dinner like a prince, and breakfast like a pauper  
D. Eat breakfast like a king, lunch like a prince, and dinner like a pauper
- Which of the following is not a lifestyle disease?  
A. Malaria  
B. Various forms of Cancer  
C. Stroke  
D. Diabetes
- We may avoid the risk of developing lifestyle diseases through  
A. Healthy food choices  
B. Get physically active  
C. Get restful sleep  
D. All the above
- Which of the following is the most important reason for cancer?  
A. Excess Proteins and Fats in Foods  
B. Harmful chemicals in our lifestyle  
C. Lack of Vitamin D  
D. Excess Physical Activity
- Identify the correct statement  
A. Mental Health problems are caused due to a weak mind  
B. Mental Health problems go away after sometime  
C. The number of people having Mental Health problems is on the rise  
D. You should feel ashamed of having a mental health problem

11. Below is a list of types of meditation. Identify the odd one?

- A. Guided Meditation
- B. Transcendental Meditation
- C. Mantra Meditation
- D. Oriental Meditation

12. Addictions may involve

- A. Substance abuse
- B. Behaviour
- C. Both a & b
- D. Lack of energy

13. Identify the healthy option(s) for breakfast below

- A. Samosas, Puri, Pizza, Chips
- B. Cakes, doughnuts, pastries
- C. Whole-grain Parantha with milk and boiled eggs
- D. Fried white rice and white bread Sandwich

14. Some symptoms of addiction are listed. Identify which one is not a symptom?

- A. Declining grades at school
- B. Possible stealing and financial difficulties
- C. Mood swings
- D. High focus at work

15. One of them is NOT a behavioral issue exhibited by a person under stress. Identify the correct option.

- A. Snapping at people
- B. Indecisive or being inflexible
- C. Avoiding addictive substances or behaviours
- D. sleep problems

16. Which of the following is NOT a recommended option for coping up with stress?

- A. Eat Healthily
- B. Isolate yourself
- C. Manage your responses to situations
- D. Get some exercise

17. Identify the incorrect statement

- A. Anxiety and Depression are prevalent in a significant percentage of the population
- B. It is possible that a person may suffer from anxiety and depression at the same time
- C. Anxiety and depression are untreatable
- D. It is normal to experience occasional anxiety

18. Identify the correct option

- A. We never experience occasional anxiety
- B. We do not experience anxiety before big occasions like exams or important life events
- C. Anxiety is a concern when it is excessive and irrational dread of everyday situations
- D. Anxiety causes muscle relaxation

19. Meditation is an excellent mechanism to reduce

- A. Weight
- B. Blood pressure
- C. Stress
- D. Blood sugar

20. Identify the statement that is INCORRECT concerning holistic living

- A. Comprehensive approach, in which man is seen as a unity of body, soul and spirit
- B. A holistic life is a lifestyle and way of thinking.
- C. Human health can be dealt with by thinking of each aspect in isolation
- D. Holistic Living is a lifelong process

21. Which of the items below are not considered part of Holistic Life Practices?

- A. Healthy Food and Building Immunity
- B. Regular Physical Activity
- C. Building positive relationships
- D. Working till we burnout

22. True or False? After taking the drowning person out of the water, place the person on their back on a flat surface

- A. True
- B. False

23. True or False? For burns, do not apply butter, oil, lotions, or creams (especially if they contain fragrances)

- A. True
- B. False

24. If burns blister, you should:

- A. Apply butter or petroleum jelly
- B. Leave the blisters alone unless they break
- C. Break the blisters and apply butter or petroleum jelly
- D. None of the above

25. Which of these are symptoms of fracture?

- A. Pain, swelling and bruising
- B. Discolored skin around the affected area
- C. Inability to move the affected area
- D. All of the above

26. Identify the Healthier Source of fats

- A. Saturated Fats
- B. Transfat
- C. Essential Fatty Acids
- D. None of the above

27. A typical Indian diet may be low in

- A. Saturated Fats
- B. Transfat
- C. Essential Fatty Acids
- D. Unsaturated Fats

28. It is advisable to avoid bakery and fried food as they contain unhealthy amounts of

- A. Unsaturated fat
- B. Essential Fatty Acids
- C. Proteins
- D. Transfats

29. Identify the correct statement below

- A. It is recommended to consume 0.5 gms of protein per kg of body weight.
- B. It is recommended to consume 1.0 gms of protein per kg of body weight.
- C. It is recommended to consume 2.5 gms of protein per kg of body weight.
- D. It is recommended to consume 2.0 gms of protein per kg of body weight.

30. Due to increasing time spent indoors, Our body may be deficient in

- A. Vitamin A
- B. Vitamin B
- C. Vitamin C
- D. Vitamin D

31. The most important item in the healthy living pyramid is

- A. Daily exercise and Weight Control
- B. Vegetables and Fruits
- C. Nuts, Seeds and Beans
- D. Fish and Poultry

32. Identify the correct option

- A. Obesity increases the risk of lifestyle diseases
- B. Obesity is merely a cosmetic concern
- C. Obesity is not a major concern in India
- D. Obesity cannot be prevented

33. Identify the normal body mass index (BMI)

- A. Below 18.5
- B. 18.5-24.9
- C. 25.0-29.9
- D. 30.0 and higher

34. Obesity may be avoided by which of the following option

- A. Consuming Low Glycemic Index Foods
- B. Spending more time online (screen time)
- C. Drinking Soda water
- D. Eating refined carbs

35. You may avoid the risk of cardiovascular diseases by

- A. Exercising
- B. Managing Cholesterol, Blood Pressure and Triglycerides
- C. Stress Management
- D. All of the above

36. Which of the following statement is incorrect?

- A. Toxic chemicals enter your bloodstream within 10 seconds of the first puff
- B. Nicotine makes smoking addictive
- C. Smoking permanently increases levels of dopamine
- D. Smoking is associated with lung cancer

37. Drug abuse is dangerous because

- A. Leads to mental health issues
- B. Overdose may cause death
- C. Loss of academic and work performance
- D. All of the above

38. Skipping breakfast may lead to

- A. weight gain
- B. mood swings
- C. hormonal stress
- D. All of the above

39. Identify the odd one. Which one of the following is not a by-product of exercising?

- A. Mood booster
- B. Prevents lifestyle diseases
- C. Sound Sleep
- D. Increases Stress

40. Which of the following are emotional symptoms of anxiety?

- A. Irritability and restlessness
- B. Panic attacks
- C. Constant worry
- D. All of the above

41. Which of the following are not emotional symptoms of depression?

- A. Loss of Interest or Pleasure in routine activities
- B. Feel like constantly exercising
- C. Persistent feeling of Sadness or pessimism
- D. Thoughts of death or suicide

42. Which of the following are strategies to cope up with symptoms of anxiety and depression along with medical help?
- A. Develop a routine
  - B. Follow a sleep schedule
  - C. Maintain a healthy diet
  - D. All of the above
43. Which of the following statement is incorrect concerning Hobbes' Living?
- A. You should think of the past and future
  - B. Life may throw up unexpected situations, be ready
  - C. Be grateful to life
  - D. Be respectful to others

44. Which of these activities to be done if the person (not pregnant or too obese) is choking?
- A. Stand behind the person and wrap your arms around the waist
  - B. Place your clen fist just above the person's navel. Grab your fist with your other hand
  - C. Quickly pull upward and upward as if trying to lift the person.
  - D. All of the above

45. Based on the healthy eating pyramid the following food items are to be consumed minimally.
- A. Whole Grains and Oats
  - B. Vegetables and Fruits
  - C. Nuts, Seeds and Poultry
  - D. Red meat, butter, refined grains

46. Electrical burns can be caused by household current, carbon batteries, and lightning.
- A. What should be done first after a person has an electrical burn?
  - B. Put ice on the area of contact
  - C. Cover the burned area with a blanket
  - D. Be sure the person is not in contact with the electrical source

47. Minerals are essential for
- A. Building Bones
  - B. Maintaining Fluid balance in Body
  - C. Muscle Control
  - D. All of the above

48. Identify the statement on yoga that is untrue
- A. It is both a physical and mental practice
  - B. It increases the secretion of the stress hormone cortisol
  - C. May relieve symptoms of anxiety and depression
  - D. Improves breathing and lung function

49. Which of the following is the best way to boost your mood?
- A. Nutritious Food
  - B. Aerobic Exercise
  - C. Sound Sleep
  - D. Solving Puzzles

50. Chewing of tobacco products is associated with
- A. Oral Cancer
  - B. Premen Deficiency
  - C. Heart and Stroke
  - D. All of the above