



End Term (Odd) Semester Examination, November-December, 2025

Roll no.....

Name of the Program and semester: B. Tech CSE (I Semester)

Name of the Course: **Healthy Living and Fitness**

Course Code: THF101

Time: 3 hours

Maximum Marks: 100

Note:

1. All questions are compulsory.
 2. Question paper consists 50 questions each carrying 2 marks.
 1. Which of the following is a symptom of type 2 diabetes?
 - a) Frequent urination
 - b) Hair loss
 - c) Improved vision
 - d) Weight gain only
 2. What is the primary benefit of stretching before exercise?
 - a) To increase muscle strength
 - b) To improve flexibility and reduce injury risk
 - c) To increase body temperature
 - d) To burn more calories
 3. Minerals like calcium are essential for:
 - a) Bone and teeth formation
 - b) Hair color
 - c) Digestion only
 - d) Vision only
 4. Select the practice that promotes mental well-being.
 - a) Isolating yourself
 - b) Avoiding sleep
 - c) Maintaining a balance diet
 - d) Overworking
 5. Which of the following is a behavioral addiction?
 - a) Gambling
 - b) Smoking
 - c) Alcoholism
 - d) Drug abuse
 6. The basic structural and functional unit of the human body is the:
 - a) Organ
 - b) Tissue
 - c) Cell
 - d) Organ system
 7. Which of the following is a common sign of dehydration?
 - a) Clear urine
 - b) Dry mouth and skin
 - c) Frequent urination
 - d) Increased energy



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8. The food pyramid is used to:
 - a) Classify diseases
 - b) Show the hierarchy of nutrients
 - c) Guide healthy food choices and portions
 - d) Measure calories

9. Which is the largest organ in the human body?
 - a) Liver
 - b) Skin
 - c) Lungs
 - d) Brain

10. Which of the following is most commonly linked to the onset of cancer?
 - a) Excess proteins and fats in food
 - b) Harmful chemical in our lifestyle
 - c) Lack of vitamin D
 - d) Excess physical activity

11. Regular consumption of processed food can lead to:
 - a) Strong immunity
 - b) Digestive health
 - c) Weight loss
 - d) Obesity and heart disease

12. Anxiety disorders are primarily characterized by:
 - a) Memory loss
 - b) Excessive fear or worry
 - c) Sleepwalking
 - d) Mood swings only

13. Identify the vitamins required by the human body
 - a) Vitamins A, B, C, D, E, K
 - b) Vitamins A, B, C, D, E, F
 - c) Vitamins A, B, C, D, E, G
 - d) Vitamins A, B, C, D, E, P

14. WHO defines health as:
 - a) Absence of disease
 - b) Complete physical, mental, and social well-being
 - c) Freedom from stress
 - d) Emotional control

15. Mental health is a combination of emotional, psychological, and _____ wellness.
 - a) Physical
 - b) Social
 - c) Spiritual
 - d) Financial

16. Which is the addictive drug in tobacco?
 - a) Nicotine
 - b) Tar
 - c) Ethanol
 - d) Ammonia

17. Which of the following is an aerobic exercise?
 - a) Running
 - b) Weight lifting
 - c) Rope climbing
 - d) Push-ups



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18. Which vitamin is obtained from sunlight?
- a) Vitamin A
 - b) Vitamin C
 - c) Vitamin B12
 - d) Vitamin D
19. Meditation is best described as:
- a) An intense cardio workout
 - b) A method of avoiding thoughts
 - c) A practice to train awareness and focus
 - d) A breathing exercise for sports
20. Which hormone is primarily released in response to stress?
- a) Insulin
 - b) Cortisol
 - c) Serotonin
 - d) Melatonin
21. What is the proper posture for someone in shock?
- a) Sitting up straight
 - b) Lying down with legs elevated
 - c) Standing and walking
 - d) Lying on their stomach
22. Which of the following conditions can yoga help manage?
- a) Stress and anxiety
 - b) Infectious diseases only
 - c) Broken bones
 - d) Acute poisoning
23. What additional physiological roles does the heart play apart from circulation?
- a) Digesting food
 - b) Distributing essential substances throughout the body
 - c) Producing hormones
 - d) Filtering toxins from the body
24. Overconsumption of which nutrient is linked to elevated cholesterol?
- a) Carbohydrates
 - b) Fats
 - c) Proteins
 - d) Vitamins
25. Which of the following may result from a lack of regular exercise?
- a) Pneumonia
 - b) Typhoid
 - c) Stroke
 - d) Measles
26. Which neurotransmitter is often linked to the feeling of pleasure and reward in addiction?
- a) Dopamine
 - b) Acetylcholine
 - c) Adrenaline
 - d) Serotonin



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27. What is the most suitable preventive strategy for lifestyle diseases?
- a) Taking antibiotics regularly
 - b) Eating processed food
 - c) Regular physical activity
 - d) Avoiding sunlight
28. According to WHO minimum prescribed duration of exercise for an adult to stay healthy is
- a) 5 minutes
 - b) 30 minutes
 - c) 60 minutes
 - d) 120 minutes
29. Dietary fibre helps in:
- a) Increasing cholesterol
 - b) Preventing obesity
 - c) Weakening bones
 - d) Aids digestion
30. Stress management primarily aims to:
- a) Eliminate all stress completely
 - b) Reduce harmful effects of stress and improve coping
 - c) Increase stress levels
 - d) Ignore stress
31. Pure vegetarians may suffer from a lack of:
- a) Vitamin A
 - b) Vitamin B12
 - c) Vitamin C
 - d) Vitamin E
32. What is recommended by many experts for sustainable weight loss?
- a) Strictly reducing calorie intake without exercise
 - b) Increasing calorie intake while reducing calorie expenditure
 - c) A combination of reduced calorie intake and increased calorie expenditure
 - d) Ignoring calorie intake and focusing only on exercise
33. Cool-down exercises are important to:
- a) Gradually reduce heart rate
 - b) Increase strength
 - c) Build endurance
 - d) Improve speed
34. Which system is responsible for transporting oxygen and nutrients throughout the body?
- a) Nervous system
 - b) Circulatory system
 - c) Digestive system
 - d) Respiratory system
35. Which hormone is released during exercise to improve mood?
- a) Insulin
 - b) Cortisol
 - c) Serotonin
 - d) Endorphins



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36. Which of the following is encouraged by holistic healthcare?
- a) Isolated treatments
 - b) Balance in all areas of life
 - c) Single-focused therapy
 - d) Temporary solutions
37. The basic tenet of first aid in the correct order is:
- a) Airway, breathing, circulation
 - b) Breathing, circulation, airway
 - c) Airway, circulation, breathing
 - d) Circulation, breathing, airway
38. Which part of yoga focuses on breathing techniques?
- a) Asanas
 - b) Pranayama
 - c) Meditation
 - d) Dhyana
39. Dehydration can lead to which of the following symptoms?
- a) Increased energy
 - b) Dizziness
 - c) Improved memory
 - d) Lower heart rate
40. Lifestyle diseases are also called:
- a) Infectious diseases
 - b) Non-communicable diseases
 - c) Genetic disorders
 - d) Acute illnesses
41. Which of the following situations is unlikely to trigger stress?
- a) People having realistic situations
 - b) Academic pressures
 - c) Financial insecurity
 - d) Person suffering from discrimination
42. Which emergency requires immediate CPR?
- a) Bleeding
 - b) Choking
 - c) Cardiac arrest
 - d) Fracture
43. The body mass index (BMI) is commonly used to:
- a) Measure blood sugar
 - b) Determine body fat level
 - c) Calculate heart rate
 - d) Check blood pressure
44. Which of the following substances do the kidneys help regulate to maintain healthy blood pressure?
- a) Electrolytes (salts and minerals)
 - b) Bile
 - c) Vitamin D
 - d) Insulin



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45. Withdrawal symptoms are most likely to occur when:

- a) A person starts using a new substance
- b) A person increases their dose
- c) A person abruptly stops the substance they depend on
- d) A person mixes substance

46. Excessive alcohol intake mainly affects the:

- a) Brain and liver
- b) Kidneys
- c) Intestines
- d) Lungs and heart

47. A person with a Body Mass Index (BMI) of 15 is considered to be:

- a) Underweight
- b) Normal weight
- c) Overweight
- d) Obese

48. Addiction is defined as:

- a) Occasional use of substances
- b) A strong physical or psychological dependence on a substance
- c) Drinking only socially
- d) Using medicines prescribed by a doctor

49. Cardiovascular diseases include:

- a) Heart attack and stroke
- b) Diabetes and obesity
- c) Tuberculosis and malaria
- d) Arthritis and osteoporosis

50. Select the lifestyle disease that results largely from unhealthy dietary habits.

- a) Tuberculosis
- b) Type 2 diabetes
- c) Asthma
- d) Malaria