



**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.
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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