

BSc (NEP) Sem.-1 Examination

DSC-C-111

Health & Hygiene

February-2025

Time : 2-00 Hours]

[Max. Marks : 50

Q1. Explain the essential nutrients and its role to maintaining good health. (10)

OR

Q1. (A) Write down the Strategies for Stress management. (05)

Q.1 (B) Explain some common modes of direct disease transmission. (05)

Q2. Explain environmental and social determinants that influence health outcome. (10)

OR

Q2. (A) Write a note on air quality effect on health & human being. (05)

Q2. (B) Write a note on life style choices and habit influence on health. (05)

Q3. Detail outline on first aid and emergency respond. (10)

OR

Q3. (A) Write a note on proper food handling techniques. (05)

Q3. (B) Discuss the correct uses of PPE. (05)

Q4. A Give detailed note on Primary health care services. (10)

OR

Q4. (A) Write a note on some general steps for draining puddle of water. (05)

Q4. (B) Explain the sexual Education. (05)

Q5. Attempt any **Ten** out of twelve. (10)

1. Give the example of fat soluble vitamins.
2. Which color of urine indicates good hydration?
3. Write the full form of HIV.
4. What is the zoonotic Transmission?
5. Name the examples of biological vectors.
6. Give the two examples of primary source of energy.
7. Define: vaccination.
8. Write full form of PPE
9. Define: Disinfection.
10. Give two examples of water soluble vitamins.
11. Function of calcium in body.
12. What is diasaccharides?