

5/6/18

**Exam. Code : 111402**  
**Subject Code : 4659**

**Bachelor of Vocation (Nutrition, Exercise & Health)**  
**2<sup>nd</sup> Semester**  
**DIABETIC EDUCATION—I**  
**Paper—I**

Time Allowed—3 Hours] [Maximum Marks—75

**Note :—** Attempt FIVE questions in all. Question No. I is compulsory.

- I. Write notes on :
- (a) Digestion of carbohydrate
  - (b) Role of pancreas in digestion
  - (c) Gluconeogenesis
  - (d) What is Insulin
  - (e) Categorization of medical waste. 3×5=15
- II. (a) What are the various methods of Biomedical Waste Management ?
- (b) Significance of colour coding. 7,8
- III. Discuss the process of Digestion of food in Human Body. 15
- IV. (a) Describe the role of Pancreas in Glucose Metabolism.
- (b) What changes take place in Glucose Metabolism in diabetes ? 7,8

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- V. What are the important responsibilities of diabetic educator ? 15
- VI. (a) What are the basic principles of first aid ?  
(b) How will you handle Hypoglycaemia ? 10,5
- VII. (a) Functioning of Insulin in human body.  
(b) How is glucose metabolism different in diabetic person ? 7,8
- VIII. (a) Regulations governing bio waste management.  
(b) Digestion and metabolism of carbohydrates. 7,8

II. (a) What are the various methods of Biomedical Waste Management ?  
(b) Significance of colour coding

III. Discuss the process of Digestion of food in Human Body.

IV. (a) Describe the role of Pancreas in Glucose Metabolism.  
(b) What changes take place in Glucose Metabolism in diabetes ?

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Exam. Code : 111402

Subject Code : 4661

Bachelor of Vocation (Nutrition, Exercise & Health)  
2<sup>nd</sup> Semester

ADVANCED NUTRITION

Paper—III

Time Allowed—3 Hours] [Maximum Marks—50

Note :— Attempt FIVE questions in all. Question No. 1 is compulsory. Each question carries 10 marks.

1. Write in short :
  - (a) Classification of Vitamins
  - (b) Food preservation
  - (c) Food adulteration
  - (d) Functions of calcium in the body
  - (e) Food sources of iron. 2×5=10
2. Write down functions and diseases caused by Vit-A deficiency. 10
3. What is the role of Vitamin B<sub>1</sub> in our body ? Write down diseases caused by Vitamin B<sub>1</sub> deficiency. 10
4. Write down common adulterant found in common food stuffs and how will you detect them ? 10

5. What is the function of iodine in our body and what is the effect of deficiency of iodine ? 10
6. Write down different aspects of food hygiene in detail. 10
7. What are the principles of food preservation ? 10
8. What do you understand by food standards ? Write down some food standards you see on food products. 10

**Exam. Code : 111402**

**Subject Code : 4662**

**Bachelor of Vocation (Nutrition, Exercise & Health)**

**2<sup>nd</sup> Semester**

**NUTRITION AND EXERCISE**

**Paper—IV**

Time Allowed—3 Hours]

[Maximum Marks—50

**Note** :— Attempt **FIVE** questions in all. Question No. 1 is compulsory. Each question carries equal marks.

1. (i) Define Nutrients.  
(ii) What do you mean by Health Behaviours ?  
(iii) Why do we need to control weight ?  
(iv) Recommend diet schedule during active sport period.  
(v) What is the meaning of 'Carbohydrate Loading' ?  
5×2=10
2. What is importance of Good Nutrition ? Explain the elements of Nutrition. 3+7=10
3. Write a note on Health Behaviours and their effect on health. 10
4. What is the importance of Physical Activity ? Explain various types of activity. 5+5=10
5. Discuss Life Time Weight Control Strategies. 10

6. What are the important Life Style Factors which help in controlling Short Term Health Risks ? 10
7. Write down Dietary recommendation for Pre Competition and Post Competition phase in sports. 5+5=10
8. Explain the process and effect of Carbohydrate Loading on sports persons. 10

Time Allowed—3 Hours] [Maximum Marks—50  
Note :— Attempt FIVE questions in all. Question No. 1 is compulsory. Each question carries equal marks.

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(ii) What do you mean by Health Behaviours ?  
(iii) Why do we need to control weight ?  
(iv) Recommend diet schedule during active sport period.  
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**Exam. Code : 111402**

**Subject Code : 4665**

**Bachelor of Vocation (Nutrition, Exercise and  
Health) 2nd Semester**

**COMMUNICATION SKILLS IN ENGLISH**

**Paper—VI**

Time Allowed—3 Hours]

[Maximum Marks—35

**Note** :— Attempt the following questions. Each question carries  
5 marks.

1. What is Feedback ? How is it important in the learning of a language ?
2. Write a detailed note on the consonant sounds in English.
3. Suppose you have been interviewed for the post of a hair-dresser in a saloon. Write down that interview in detail.
4. The problem of pollution is getting complex day by day. What are your views to tackle this problem ?
5. Out of sight is out of mind. What is your opinion in this regard ?

6. Transcribe the following words in IPA symbols :

(a) Keep

(b) Try

(c) Close

(d) Butter

(e) Crush.

7. Mark stress in the following words :

(a) Stronger

(b) Result

(c) Examination

(d) Boyish

(e) Prettier.



**Exam. Code : 111402**

**Subject Code : 4666**

**Bachelor of Vocation (Nutrition, Exercise and Health)  
2nd Semester**

**DRUG ABUSE : PROBLEM, MANAGEMENT AND  
PREVENTION**

**Paper-VII**

Time Allowed—3 Hours] [Maximum Marks—50

**Note :- Section A :** Attempt any **THREE** questions. Each question carries **5** marks. Answer to any of the questions should not exceed **2** pages.

**Section B :** Attempt any **TWO** questions. Each question carries **10** marks. Answer to any of the questions should not exceed **4** pages.

**Section C :** Attempt any **ONE** question. Question carries **15** marks. Answer to any of the questions should not exceed **5** pages.

**SECTION-A**

1. Discuss the consequences of drug abuse on the individual.
2. Elaborate the role of medication for the treatment and to reduce withdrawal effects.

3. Explain the role of family in the prevention of drug abuse.
4. What is relapse management ? Elaborate.
5. How crime in the society is the consequence of drug abuse ?

### SECTION-B

1. Discuss the various law and order problems created by drug abusers.
2. Elaborate Psycho-Social management for drug abuse.
3. Role of school in preventing drug abuse.
4. Explain the role of media in preventing drug abuse.

### SECTION-C

1. Discuss various consequences of drug abuse.
2. How legislation can help in preventing drug abuse ?

**Exam. Code : 111404**

**Subject Code : 4687**

**Bachelor of Vocation (Nutrition, Exercise & Health)  
4<sup>th</sup> Semester**

**DIABETIC EDUCATION-III**

**Paper—I**

Time Allowed—3 Hours] [Maximum Marks—100

**Note :—Attempt FIVE questions in all. Question No. 1 is compulsory.**

1. (i) Difference in invasive and noninvasive techniques of measuring blood glucose.  
(ii) Explain the term Diabetic Foot.  
(iii) Role of Diabetic Educator.  
(iv) What is Gestational Diabetes ? 5,5,5,5
2. (i) Explain the structure and usage of Glucometer.  
(ii) What is the principle of working of Glucometer ? 20
3. Describe the causes and symptoms of Diabetic Foot in detail. How will you take care of Diabetic Foot ? 20
4. (i) What are the important professional attributes of Diabetic Educator ?  
(ii) Explain the role of effective communication. 20

5. Discuss in detail the various aspects of treatment plan for Type I Diabetes. 20
6. What points must be considered while using Glucometer ? Enlist the Safety measures to be taken. 20
7. How will you take care of a pregnant woman who has been detected to be Diabetic ? 20
8. Principle and role of diet plan and exercise in treatment of Type II Diabetes. 20

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Subject Code : 4690

Bachelor of Vocation (Nutrition, Exercise & Health)  
4<sup>th</sup> Semester

**SOFT SKILL & COMMUNICATION**

**Paper—V**

Time Allowed—3 Hours] [Maximum Marks—50

**Note** :— Question number 1 is compulsory. Attempt any *four* questions from the following. Each question carries 10 marks.

1. Write in detail about role of Work Ethics in Hospital Management.
2. Explain the role of Soft Skills and Communication in Health Care System.
3. What is Problem ? What are various stages of problem solving ?
4. Write in detail about the role of Customer Service in medical service.
5. Suggest ways through which hospitals can provide better services to patients with disabilities.
6. What are the various barriers in effective communication skills ?

7. A 35 years old woman complained about a lump in the right armpit. She is to undergo FNC test to clarify if it is cancerous or not. But the patient is not willing to undertake the same and is scared. What are the ethical issues and how will you handle such a situation ?
8. A new born baby is diagnosed with jaundice. The infant's grandmother is superstitious and is against taking the treatment. How will you handle the situation ethically ?

10×4=40

**Exam. Code : 111404**

**Subject Code : 4691**

**Bachelor of Vocation (Nutrition, Exercise & Health)  
4<sup>th</sup> Semester**

**ENVIRONMENTAL STUDIES—II**

**Paper—VI**

Time Allowed—3 Hours] [Maximum Marks—50

**Note :—** The question paper consists of **three** Sections A, B and C.

- (1) Attempt any **THREE** questions from Section A and restrict your answer to **2** pages.
- (2) Attempt any **TWO** questions from Section B and restrict your answer to maximum of **4** pages.
- (3) Attempt any **ONE** question from Section C and restrict your answer to a maximum of **5** pages.

**SECTION—A**

1. Biogeographical classifications of India.
2. Discuss noise pollution, its causes and mitigation measures.
3. What do you understand by Road Accident and First Aid ?
4. What are the aims and objective of Civil Defence ?
5. What is the role of NSS/any other social cause for service of society with appropriate examples ?  $3 \times 5 = 15$

**SECTION—B**

6. India as mega diversity nation. Justify this statement.
7. What do you understand by disaster management ? Discuss any recent disaster in India.
8. Role of information technology in environmental and human health.
9. How do you think that field visits to any local area to document environmental assets-river/forests/grassland/hills/mountains will help in better learning ? Document in your words about any such visit.  $2 \times 10 = 20$

**SECTION—C**

10. Discuss entrepreneurship development in detail. What are the qualities of good entrepreneurship and role of financial planning and support service institutions in success of the new business ?
11. Discuss the role of an individual in prevention of pollution.  $1 \times 15 = 15$



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Subject Code : 4712

**Bachelor of Vocation (Nutrition, Exercise & Health)**  
**6<sup>th</sup> Semester**

**DIABETIC EDUCATION—V**

**Paper—I**

Time Allowed—3 Hours] [Maximum Marks—75

**Note** :— Attempt total **FIVE** questions including Question No. 1 which is compulsory. All questions carry equal marks.

**(Compulsory Question)**

1. Explain :
  - (a) Lifestyle
  - (b) Parameters for counselling
  - (c) Prediabetic and diabetic patient
  - (d) Weight Management
  - (e) Diet Management. 3×5
2. Explain the procedure for reporting and documentation of newly diagnosed prediabetic and diabetic patient. 15
3. Why is it important to have defined rights for patients ? Elaborate on the rights of a diabetic patient and where he can get redressal in cases of violation. 15

4. Explain :
- (a) Detection of a prediabetic patient
  - (b) Differentiation between newly diagnosed prediabetic patient and diabetic patient. 7.5×2
5. Creating awareness about diabetes can help in prevention/controlling of diabetes. Discuss this statement and elaborate on the areas of focus. 15
6. Explain the criteria and parameters for counselling of prediabetic and diabetic patient. 15
7. Weight management is crucial to diabetes management. Explain and discuss diet management for weight management. 15
8. Write notes on :
- (a) Lifestyle modifications
  - (b) Importance of treatment plan and regular check ups. 7.5×2

**Exam. Code : 111406**

**Subject Code : 4713**

**Bachelor of Vocation (Nutrition, Exercise & Health)  
6<sup>th</sup> Semester**

**DIET ASSISTANT—V**

**Paper—II**

Time Allowed—3 Hours]

[Maximum Marks—75

**Note :—** Attempt **FIVE** questions in all. Question No. **1** is compulsory. All questions carry equal marks.

I. Write notes on :

- (i) Record keeping in electronic form.
- (ii) Different aspects of verbal education.
- (iii) Types of records to be maintained by diet assistant.
- (iv) Give example of organizational hierarchy.
- (v) Legal issues to be considered in healthcare setting.

3×5=15

II. Discuss the importance of observing and reporting.

15

III. What do you understand by verbal education ? Discuss the points to be considered.

15

IV. (i) Role of documentation in management of dietary counselling.

7

(ii) Which type of documentation is better and why ?

8

- V. (i) What are the various symbols and abbreviations used in documentation and record keeping ? 7
- (ii) Use and importance of these symbols. 8
- VI. Discuss in detail the efforts to be done to maintain restful environment. 15
- VII. Describe – “Compliance of organizational hierarchy” helps to ensure effective management in healthcare setting. 15
- VIII. Importance and methods of conservation of resources. 15

- I. Write notes on :
- (i) Record keeping in electronic form.
- (ii) Different aspects of verbal education.
- (iii) Types of records to be maintained by diet assistant.
- (iv) Give example of organizational hierarchy.
- (v) Legal issues to be considered in healthcare setting.
- II. Discuss the importance of observing and reporting. 15
- III. What do you understand by verbal education ? Discuss the points to be considered. 15
- IV. (i) Role of documentation in management of dietary counselling. 7
- (ii) Which type of documentation is better and why ? 8

**Exam. Code : 111406**

**Subject Code : 4714**

**Bachelor of Vocation (Nutrition, Exercise & Health)**  
**6<sup>th</sup> Semester**

**COMPUTER (Database Concepts)**

**Paper—III**

Time Allowed—3 Hours]

[Maximum Marks—75

**Note :—** Question No. 1 is compulsory. Select **FOUR** from other questions. Each question carries equal marks.

1. (a) What is a Database system ?
  - (b) Give the advantages of DBMS.
  - (c) Discuss the need of Queries.
  - (d) What is foreign key ?
  - (e) Write the use of forms in database.
  - (f) What is a record ?
  - (g) For combination of text and number which data type is used ?
  - (h) Write a note on switching views.
  - (i) What is data sheet in MS Access ?
  - (j) Define fields.
- 10×1.5

2. Define MS-Access. Explain the environment of MS-Access briefly. 15
3. Write the advantages of DBMS over simple file processing system. 15
4. Give the syntax of adding columns to Table. 15
5. Display the Student's name and Father's name of students who have scored the marks between 70 to 80 percentage. 15
6. Define the following :
  - (a) Datasheet
  - (b) Relationship between tables. 7.5,7.5
7. What is Query ? How is Query used to get the results in design view ? 15
8. What is the use of reports in MS-Access ? 15

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Exam. Code : 111406

Subject Code : 4715

**Bachelor of Vocation (Nutrition, Exercise & Health)**  
**6th Semester**

**EXTENSION EDUCATION AND AV AIDS**

**Paper-IV**

Time Allowed—3 Hours] [Maximum Marks—50

**Note :-** Attempt any **five** questions in all. Question No. I is compulsory. Each question carries equal marks.

- I. Write short notes on :
- (a) PowerPoint presentation
  - (b) Problems in communication. 5,5
- II. Describe the scope and functions of communication. 10
- III. Elaborate on selection of channel and teaching tools in communication. 10
- IV. Explain how feedback affects the communication process. 10
- V. Explain the types of audio visual aids. Explain any two in detail. 2,8
- VI. Write the commonalities and differences between :
- (a) Poster and charts
  - (b) Puppetry and drama. 5,5
- VII. Explain the principles of programme planning. 10
- VIII. Describe the development of plan of work and selection of subject matter in programme planning. 10