

**Exam Code: 111404**

**Paper Code: 4290**

**(30)**

**Programme: Bachelor of Vocation (Nutrition, Exercise & Health) Semester-IV**

**Course Title: Diabetes Education-III**

**Course Code: BVNL-4281**

**Time Allowed: 3 Hours**

**Max Marks: 80**

- **Attempt five questions in All, selecting at least one question from each section.**
- **The fifth question may be attempted from any Section.**

**SECTION I**

1. Differentiate between Invasive and Non invasive technique of measurement of Diabetes. Discuss the importance of calibration of Glucometer. Discuss the characteristics and safety measures to be followed while using Glucometer. (6,4,6)
2. Write a detailed note on:
  - (1) Diabetic Foot Care
  - (2) Insulin Pump
  - (3) Infection Control at Insulin Site
  - (4) History of Glucometer (4X4=16)

## SECTION II

3. Describe the importance effective communication for Diabetic management. Discuss treatment plan for Type I Diabetes management. (6,10)
4. Discuss any TWO recent advances in the field of Diabetes management. "Professional behaviour of Diabetes Educator goes along way in successful management of patient". Explain the statement. (8,8)

## SECTION III

5. Discuss the dietary and lifestyle modifications for a 60-year old type II diabetic . (16)
6. Define Gestational Diabetes. Discuss the dietary management of 35 year old pregnant lady suffering from Gestational Diabetes. (4,12)

## SECTION IV

7. Discuss the importance of Diabetes awareness campaign for weight management. (16)
8. "Awareness about patient rights are important for avoiding misconduct and misuse by others". Justify the statement. (16)

Exam Code: 111404  
(30)

Paper Code: 4291

Programme: Bachelor of Vocation (Nutrition, Exercise &  
Health) Semester-IV

Course Title: Soft Skills and Communication

Course Code: BVNL-4102

Time Allowed: 3 Hours

Max Marks: 40

Attempt any two questions selecting one each from section A  
and B. Each question carries 10 marks.

**Section- A**

1. Recently your college held a seminar on Water Conservation as part of World Water day Celebration. Write a formal report of the event.

**OR**

Write a detailed note on the techniques of Note Taking.  
(1X10=10)

**Section- B**

2. There is an employee in your company who shows negligence in meeting deadlines. How can you give him constructive feedback in order to improve his ways at workplace?



**OR**

Write a note on Leadership, Teamwork and Conflict management qualities that a project manager should have in any organization. (1X10=10)

**Attempt any two questions with internal choice from section C and D. Each question carries 5 marks.**

**Section- C**

3. A. Define work ethics with examples.

**OR**

Write a note on Dedication, Discipline and Productivity.

B. What are the components of a meaningful and easy conversation?

**OR**

Write a telephonic conversation that you had with the manager of a local bank to enquire about the ATM services. (5X2=10)

**Section- D**

4. A. Define Presentation skills with its types.

**OR**

What are the 5 P's of presentation skills?

B. What is Public Speaking?

**OR**

How to be an effective public speaker? (5X2=10)

**Exam Code: 111404  
(30)**

**Paper Code: 4292**

**Programme: Bachelor of Vocation (Nutrition, Exercise &  
Health) Semester-IV**

**Course Title: Food Microbiology**

**Course Code: BVNL-4283**

**Time Allowed: 3 Hours**

**Max Marks: 80**

**Note: - Students are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any section. Each question carries 16 marks.**

**SECTION — A**

1. How hygiene is maintained in industries, environment and public health.
2. What do you understand by personal hygiene. Explain the procedure of hand hygiene?

**SECTION — B**

3. Explain the brief history of microbiology and sub disciplines of microbiology?
4. What are food hazards and occurrence and growth of micro organisms in food?

**SECTION — C**

5. What do you understand by food contaminants. Explain.
6. What is bacterial food poisoning? Write the sources, signs and symptoms of food poisoning cause due to Clostridium botulinum FP.

**SECTION — D**

7. Discuss the food spoilage of mil and meat products.
8. What are food additives? Also write the classification, functional role and safety issues.

**Hindi version**

नोट— छात्रों को प्रत्येक खंड से कम से कम एक प्रश्न का चयन करते हुए पांच प्रश्नों का प्रयास करना आवश्यक है। पांचवें प्रश्न को किसी भी खंड से हल करने का प्रयास किया जा सकता है। प्रत्येक प्रश्न 16 अंक का होता है।

**खंड-ए**

1. उद्योगों, पर्यावरण और सार्वजनिक स्वास्थ्य में स्वच्छता कैसे बनी रहती है।
2. व्यक्तिगत स्वच्छता से आप क्या समझते हैं? हाथ साफ करने की प्रक्रिया बताएं?

**खंड-बी**

3. सूक्ष्म जीव विज्ञान के संक्षिप्त इतिहास और सूक्ष्म जीव विज्ञान के उप विषयों की व्याख्या करें?
4. भोजन के खतरे और भोजन में सूक्ष्म जीवों की घटना और वृद्धि क्या हैं?

**खंड-सी**

5. खाद्य संदूषकों से आप क्या समझते हैं? समझाना।
6. बैक्टीरियल फूड पॉइजनिंग क्या है? क्लोस्ट्रीडियम बोटुलिनियम एफपी के कारण खाद्य विषाक्तता के स्रोत, लक्षण और लक्षण लिखिए।

**खंड-डी**

7. दूध और मांस उत्पादों के खाद्य खराब होने की चर्चा करें।
8. खाद्य योजक क्या हैं? वर्गीकरण, कार्यात्मक भूमिका और सुरक्षा मुद्दों को भी लिखें।



ਨੋਟ:- ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਹਰੇਕ ਭਾਗ ਵਿੱਚੋਂ ਘੱਟੋ-ਘੱਟ ਇੱਕ ਪ੍ਰਸ਼ਨ ਚੁਣਦੇ ਹੋਏ, ਪੰਜ ਪ੍ਰਸ਼ਨਾਂ ਦੀ ਕੋਸ਼ਿਸ਼ ਕਰਨ ਦੀ ਲੋੜ ਹੁੰਦੀ ਹੈ। ਪੰਜਵਾਂ ਸਵਾਲ ਕਿਸੇ ਵੀ ਭਾਗ ਤੋਂ ਕਰਨ ਦੀ ਕੋਸ਼ਿਸ਼ ਕੀਤੀ ਜੀ ਸਕਦੀ ਹੈ। ਹਰੇਕ ਸਵਾਲ ਵਿੱਚ 16 ਅੰਕ ਹੁੰਦੇ ਹਨ।

#### ਸੈਕਸ਼ਨ-ਏ

1. ਉਦਯੋਗਾਂ, ਵਾਤਾਵਰਣ ਅਤੇ ਜਨਤਕ ਸਿਹਤ ਵਿੱਚ ਸਫਾਈ ਕਿਵੇਂ ਬਣਾਈ ਰੱਖੀ ਜਾਂਦੀ ਹੈ।
2. ਤੁਸੀਂ ਨਿੱਜੀ ਸਫਾਈ ਦੁਆਰਾ ਕੀ ਸਮਝਦੇ ਹੋ। ਹੱਥਾਂ ਦੀ ਸਫਾਈ ਦੀ ਵਿਧੀ ਬਾਰੇ ਦੱਸੋ?

#### ਸੈਕਸ਼ਨ-ਬੀ

3. ਮਾਈਕਰੋਬਾਇਓਲੋਜੀ ਦੇ ਸੰਖੇਪ ਇਤਿਹਾਸ ਅਤੇ ਮਾਈਕਰੋਬਾਇਓਲੋਜੀ ਦੇ ਉਪ ਅਨੁਸ਼ਾਸਨਾਂ ਦੀ ਵਿਆਖਿਆ ਕਰੋ?
4. ਭੋਜਨ ਦੇ ਖ਼ਤਰੇ ਕੀ ਹਨ ਅਤੇ ਭੋਜਨ ਵਿੱਚ ਸੂਖਮ ਜੀਵਾਣੂਆਂ ਦੀ ਮੌਜੂਦਗੀ ਅਤੇ ਵਾਧਾ ਕੀ ਹੈ?

#### ਸੈਕਸ਼ਨ-ਸੀ

5. ਤੁਸੀਂ ਭੋਜਨ ਦੇ ਦੂਸ਼ਿਤ ਤੱਤਾਂ ਦੁਆਰਾ ਕੀ ਸਮਝਦੇ ਹੋ। ਸਮਝਾਓ
6. ਬੈਕਟੀਰੀਅਲ ਫੂਡ ਪੋਇਜ਼ਨਿੰਗ ਕੀ ਹੈ? *Clostridium botulinum* FP ਦੇ ਕਾਰਨ ਭੋਜਨ ਦੇ ਜ਼ਹਿਰ ਦੇ ਸਰੋਤ, ਚਿੰਨ੍ਹ ਅਤੇ ਲੱਛਣ ਲਿਖੋ।

#### ਸੈਕਸ਼ਨ-ਡੀ

7. ਮਿਲ ਅਤੇ ਮੀਟ ਉਤਪਾਦਾਂ ਦੇ ਭੋਜਨ ਦੇ ਵਿਗਾੜ ਬਾਰੇ ਚਰਚਾ ਕਰੋ।
8. ਫੂਡ ਐਡਿਟਿਵ ਕੀ ਹਨ? ਵਰਗੀਕਰਨ, ਕਾਰਜਾਤਮਕ ਭੂਮਿਕਾ ਅਤੇ ਸੁਰੱਖਿਆ ਮੁੱਦੇ ਵੀ ਲਿਖੋ।

**Exam Code: 111404**  
(30)

**Paper Code: 4293**

**Programme: Bachelor of Vocation (Nutrition, Exercise & Health) Semester-IV**

**Course Title: Patient Relation Associate**

**Course Code: BVNL- 4284**

**Time Allowed: 3 Hours**

**Max Marks: 80**

**Note: Attempt five questions in all, selecting at least one question from each section. The fifth question may be attempted from any section. Each question carries 16 marks.**

**Section -I**

1. Discuss the process involved during admission and discharge of patients.
2. Distinguish between IPD and OPD?

**Section -II**

3. Explain the leaving policies of patient such as LAMA.
4. Write a note on legal and ethical issues and criticality of Medico Legal Cases.

**Section -III**

5. Distinguish between Quality assurance and quality control.



6. Discuss the patients Rights and Responsibilities.

**Section -IV**

7. Write a short note on
- National Health Insurance Scheme
  - Fundamentals of Accounting
8. What do you mean by Finance and credit management to health care industry?

Time Allowed: 3 Hours  
 Note: Attempt five questions in all, selecting at least one question from each section. The fifth question may be attempted from any section. Each question carries 16 marks.

**Section -I**

1. Discuss the process involved during admission and discharge of patients.
2. Distinguish between IPD and OPD.

**Section -II**

1. Explain the leaving policies of patient such as LAMA.
2. Write a note on legal and ethical issues and critically of Medical Legal Case.

**Section -III**

1. Distinguish between Quality assurance and quality control.

**Punjabi Version**

ਨੋਟ: ਹਰੇਕ ਭਾਗ ਵਿੱਚੋਂ ਘੱਟੋ-ਘੱਟ ਇੱਕ ਪ੍ਰਸ਼ਨ ਚੁਣ ਕੇ, ਪੰਜ ਸਵਾਲਾਂ ਦੀ ਕੋਸ਼ਿਸ਼ ਕਰੋ। ਪੰਜਵਾਂ ਸਵਾਲ ਕਿਸੇ ਵੀ ਭਾਗ ਤੋਂ ਕਰਨ ਦੀ ਕੋਸ਼ਿਸ਼ ਕੀਤੀ ਜਾ ਸਕਦੀ ਹੈ। ਹਰੇਕ ਸਵਾਲ ਵਿੱਚ 16 ਅੰਕ ਹੁੰਦੇ ਹਨ।

**ਸੈਕਸ਼ਨ-1**

1. ਮਰੀਜ਼ਾਂ ਦੇ ਦਾਖਲੇ ਅਤੇ ਡਿਸਚਾਰਜ ਦੌਰਾਨ ਸ਼ਾਮਲ ਪ੍ਰਕਿਰਿਆ ਬਾਰੇ ਚਰਚਾ ਕਰੋ।
2. IPD ਅਤੇ OPD ਵਿੱਚ ਫਰਕ ਕਰੋ?

**ਸੈਕਸ਼ਨ-2**

3. ਮਰੀਜ਼ ਨੂੰ ਛੱਡਣ ਦੀਆਂ ਨੀਤੀਆਂ ਜਿਵੇਂ ਕਿ LAMA ਦੀ ਵਿਆਖਿਆ ਕਰੋ।
4. ਕਾਨੂੰਨੀ ਅਤੇ ਨੈਤਿਕ ਮੁੱਦਿਆਂ ਸੈਡੀਕੋ ਲੀਗਲ ਕੇਸਾਂ ਦੀ ਆਲੋਚਨਾ 'ਤੇ ਇੱਕ ਨੋਟ ਲਿਖੋ।

**ਸੈਕਸ਼ਨ-3**

5. ਗੁਣਵੱਤਾ ਭਰੋਸਾ ਅਤੇ ਗੁਣਵੱਤਾ ਨਿਯੰਤਰਣ ਵਿਚਕਾਰ ਫਰਕ ਕਰੋ।
6. ਮਰੀਜ਼ਾਂ ਦੇ ਅਧਿਕਾਰਾਂ ਅਤੇ ਜ਼ਿੰਮੇਵਾਰੀਆਂ 'ਤੇ ਚਰਚਾ ਕਰੋ।

ਸੈਕਸ਼ਨ-4

7. 'ਤੇ ਇੱਕ ਛੋਟਾ ਨੋਟ ਲਿਖੋ-

- ਰਾਸ਼ਟਰੀ ਸਿਹਤ ਬੀਮਾ ਯੋਜਨਾ
- ਲੇਖਾਕਾਰੀ ਦੇ ਬੁਨਿਆਦੀ ਤੱਤ

8. ਸਿਹਤ ਸੰਭਾਲ ਉਦਯੋਗ ਲਈ ਵਿੱਤ ਅਤੇ ਕ੍ਰੈਡਿਟ ਪ੍ਰਬੰਧਨ ਤੋਂ ਤੁਹਾਡਾ ਕੀ ਮਤਲਬ ਹੈ?

CoE - Office (M)

30-5-24 KMU III

**Exam Code: 111404** **Paper Code: 4294**  
**(30)**

**Programme: Bachelor of Vocation (Nutrition, Exercise & Health) Semester-IV**

**Course Title: Nutritional Biochemistry**

**Course Code: BVNM-4285**

**Time Allowed: 3 Hours**

**Max Marks: 60**

**Note: Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any Section. Each question carry total 12 marks.**

**Section-A**

1. Give the major classification of Carbohydrates in detail. (without structures) (12)
2. What are fat-soluble vitamins. Write down their all biochemical roles performed in the body. (12)

**Section-B**

3. Explain urea cycle in detail. How urea cycle can be regulated. (12)



4. What is the biological role of insulin and glucagon in the regulation of blood sugar in the human body. Explain (12)

**Section-C**

5. Write short notes on :
- a) Antioxidants (6)
  - b) Macromineral — Sodium (6)
6. Write short notes on:
- a) Essential amino acids (6)
  - b) Non essential amino acids (6)

**Section-D**

7. What are hormones. Give the major classification and functions of the steroidal hormones (12)
8. A) What are Co-enzymes. What are the factors affecting enzyme catalysis. (6)
- B) Give the classification of enzymes in detail along with suitable example. (6)

C.O.F 5/6/24 (M) KMV-III

Exam Code: 111404  
(30)

Paper Code: 4295

Programme: Bachelor of Vocation (Nutrition, Exercise &  
Health) Semester-IV

Course Title: Meal Management

Course Code: BVNM-4286

Time Allowed: 3 Hours

Max Marks: 60

**INSTRUCTIONS:**

- Each question carries 12 marks.
- Students are required to attempt five Questions, selecting at least one question from each section.
- The fifth question may be attempted from any section.

**SECTION-A**

1. Discuss the concept of balanced diet?
2. Define RDA and explain the objectives of RDA and write down the RDA for Pregnant and Lactating Mother (Energy , Protein, Carbohydrates , Fat , Calcium and Iron).

**SECTION -B**

3. What do you mean by meal planning. Discuss the principle of meal planning.
4. Write down the nutritional requirement for sedentary, moderate and heavy adults.

**SECTION -C**

5. Discuss the physiological changes occur during pregnancy in detail.
6. Explain the nutritional requirements during old age.

**SECTION -D**

7. Plan a diet for preschool and school going children.
8. Differentiate between breastfeeding and bottle feeding.