

M. Sc. 2nd Semester Examination, 2025

HUMAN PHYSIOLOGY

(Promotion of Lifestyle and Health Education)

PAPER — PHY-204 (CBCS)

Full Marks : 50

Time : 2 hours

Answer all questions

The figures in the right hand margin indicate marks

Candidates are required to give their answers in their own words as far as practicable

GROUP—A

Answer any **four** questions from the following :

1. Mention the recommendation condition for reducing coronary heart diseases (CHD). 2×4 2
2. Why are infectious diseases generally transmissible? 2

(Turn Over)

3. What is the ideal food pyramid? 2
4. Define targeted group fortification. 2
5. Mention the factors that assist in injury prevention. 2
6. Classify yoga with examples. 2

GROUP - B

Answer any four questions from the following :

4 × 4

7. Describe the principle of healthy community design. Mention the checklist of a healthy community. 3 + 1
8. Write down the types and risk factors of cancer. 2 + 2
9. What is meant as fecal-oral mode of transmission of communicable diseases? Name one disease that is transmitted by such mode. 3 + 1

10. Define type I and type II diabetes mellitus. State briefly the altered metabolism of carbohydrate in a type II diabetes mellitus patient. $2 + 2$
11. What is full fluid diet ? Mention its advantages and disadvantages. $1 + 3$
12. What is Monkey-minds ? Distinguish between Vinyasa yoga and Ashtanga yoga. $1 + 3$

GROUP - C

Answer any two questions from the following : 8×2

13. What is hypertension ? Classify hypertension. With a suitable diagram, describe the histological structure of blood vessels. Mention the different factors responsible for blood pressure regulation. $1 + 1 + 3 + 3$
14. Write a note on the epidemiological triad along with several factors influencing it. 8

(4)

15. Write a note on the primary and secondary treatment of liquid waste. What is midnight dumping? (3 + 3) + 2
16. Describe the effects of warm-up on cardiovascular changes and tissue temperature. What do you know about repetitive motion injury? (3 + 2) + 3

[Internal Assessment – 10 Marks]
