

M.Sc. 2nd Semester Examination, 2023

HUMAN PHYSIOLOGY

PAPER – PHY-204.1 & 204.2(CBCS)

Full Marks : 40

Time : 2 hours

The figures in the right hand margin indicate marks

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

PHY-204.1

(Lifestyle and Health)

[Marks : 20]

GROUP – A

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

2 × 2

1. What are the major objectives of Millennium Development Goals (MDG) ? 2

(Turn Over)

2. Mention the influencing factors for food choice in our daily life. 2
3. How would you minimize the health risk from natural toxins ? 1 + 1
4. Mention the types and characteristics of non-communicable diseases (NCDs). 1 + 1

GROUP – B

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

4 × 2

5. "Check the food levels before you buy" – Justify the statement. Write down the check list of healthy community design. 2 + 2
6. Describe the role of oncogenes and tumour suppressor genes in cancer. 4
7. Write a brief note on aquatic biotoxins. Mention the names of the International Organizations responsible for evaluating the health risk from natural toxins in food. 3 + 1

8. What is epidemiological triad? Write the difference between isolation and quarantine. 2 + 2

GROUP – C

Answer any **one** question from the following :

8 × 1

9. Describe the basic aspects of physical, social and mental health, and mention their determinants. Write down the principle of healthy community design. Briefly describe the different life style factors responsible for the development of communicable diseases (CD). 3 + 2 + 3
10. Write down the modifiable and non-modifiable risk factors for cardiovascular diseases (CVD). State the altered metabolism of carbohydrate, protein and fat in type-II diabetes mellitus. Write a short note on insulin resistance. 3 + 3 + 2

PHY-204.2

(Importance of Health Education and its Promotion)

[Marks : 20]

GROUP – A

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

2 × 2

1. What is targeted group fortification ?
2. What is DASH diet ?
3. Which type of yoga practice can be useful in skeletal muscle relaxation ?
4. Describe in brief the effects of "warm-up" on your body.

GROUP – B

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

4 × 2

5. What is free radical theory of aging ? How aging can affect muscular strength ?

2 + 2

6. Define bio-fortification. What are the factors affecting meal planning? 2 + 2
7. Mention the different factors affecting blood pressure. Classify blood pressure with normal values. 2 + 2
8. Write a short note on repetitive motion injury. 4

GROUP – C

Answer any **one** question from the following : 8 × 1

9. What is food fortification? Discuss the role of food fortification in improving the socio-economic condition of the people in India. What are the challenges to food fortification in our country? 1 + 3 + 4
10. Write down the principle of injury prevention. Mention the assisting factors in injury prevention. Write a short note on chemoreceptor reflex, in relation to blood pressure regulation. 2 + 3 + 3
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