

**Avinashlingam Institute for Home Science and Higher Education for Women,  
(Deemed to be University) Coimbatore – 641 043  
Continuous Internal Assessment II - October 2018**

Semester III

**Class : II B.E / II UG  
Branch : All Branches**

**Max. Marks: 60  
Time : 3 Hours**

**15BXNS03- NATIONAL SERVICE SCHEME**

**Part A**

**Choose the Correct Answer**

**(20 X 1 = 20)**

1. A \_\_\_\_\_ is the basic fundamental law of a State  
a)Constitution b)Higher law c)Preamble d)Charter
2. The constitution was enforced with effect from \_\_\_\_\_.  
a)January 26 ,1947 b)January 26 ,1950 c) August 15 ,1946 d)August 15 ,1945
3. \_\_\_\_\_ is considered to be the essence of modern democratic ideology.  
a)Equality b)Human rights c)Fidelity d)Secularity
4. Parliamentary form of democracy was adopted from \_\_\_\_\_ system  
a)Dutch b)British c)Indian d)UK
5. A society is sustained by \_\_\_\_\_.  
a)Language b)Culture c)Population d)Geographical boundary
6. \_\_\_\_\_ are intrinsic principles that govern community living  
a)Values b)Ethics c)Morals d)Traditions
7. \_\_\_\_\_ principles include honesty, equality, respect for rights, integrity and adherence to the law.  
a)Unity of command b)Authority c)Centralization d) Ethical
8. Health promotion is defined by \_\_\_\_\_ as the process of enabling people to increase control over and to improve their health.  
a)Ottawa charter b)Berdoos charter c)California charter d)Richmond charter
9. \_\_\_\_\_ is one of the earliest behavior change model  
a)Fogg behavior model b)Health belief model c)Reciprocal model d)Social cognitive model
10. \_\_\_\_\_ is that which nourishes the body  
a)Water b)Food c)Eating habit d)Meditation
11. \_\_\_\_\_ has been defined as food at work in the body  
a)Nutrition b)Protein c)Fat d)Lipids
12. \_\_\_\_\_ is the state of our body as a result of the foods consumed and their use by the body.  
a)Food status b)Nutritional status c)Deficiency status d)Health status
13. \_\_\_\_\_ means an undesirable kind of nutrition leading to ill-health.  
a)Malnutrition b)Under nutrition c)Over nutrition d)Chronic under nutrition

14. \_\_\_\_\_ is the positive component of optimal health  
a)Health b)Wellness c)Nutritious d)Physical fitness
15. An individual with \_\_\_\_\_ limitation and can function independently. \_\_\_\_\_ can enjoyably do the activities of life with little or no limitation and can function independently.  
a)Quality of life b)Good life c)Emotional wellbeing d)Physical wellbeing
16. \_\_\_\_\_ is the emergency care and treatment of a sick or injured person before more advanced medical assistance arrives.  
a)First aid b)Emergency treatment c)Medical treatment d)Safety
17. \_\_\_\_\_ is the birthright of all humankind – as much a birthright as clean air.  
a)Marriage b)Family c)Freedom of thought d)Safe drinking water
18. \_\_\_\_\_ is a fundamental component of an individual's overall health status and a central determinant of quality of life.  
a)Physical health b)Emotional health c)Intellectual health d)Reproductive health
19. \_\_\_\_\_ is generally defined as 'Breath control' which we usually consider as mere breathing exercises aimed at introducing extra oxygen into the lungs  
a)Bikram b)Pranayama c)Ujjayi d)Tadasana
20. Mudras & Bandhas are the spiritual practices which are actually meant for channelizing the \_\_\_\_\_ flow in the Nadis  
a)Ida b)Sushumna c)Pranic d)Pingala

#### Part B

Answer the following in one or two sentences

(5x2=10)

21. List out the Fundamental rights for Indian citizens.  
22. Define Family.  
23. What is Malnutrition?  
24. Explain First Aid.  
25. Define Pranayama.

#### Part C

Answer the following

(2 X 15 = 30)

Each answer should not exceed 800 words or 4 pages

26. a)Elaborate your understanding on Human rights; also explain about the nature of consumer rights. (or)  
26. b)What is a 'Society' and how is it different from 'Community'?
27. a)Elaborate the Scopes and various models of Health Education. (or)  
27. b)Explain in detail about the History of 'Yoga'.