



Roll No.....

End Semester Examination, December 2024
Open Elective – IIIrd Semester
Lifestyle diseases (OEC032)

Time: 2.5 hrs.

Max Marks: **50**

Note: **All Questions are compulsory.** Marks are indicated against each question.

PART-A

Q.1 Attempt any five questions. All questions carry equal marks. [2x5]

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| (a) Explain the importance of sound sleep. | [CO-2] [L-1] 2 |
| (b) Define “obesity” and “BMI”. | [CO-2] [L-2] 2 |
| (c) Enumerate any 2 scales for assessing sleep quality of an individual. | [CO-2] [L-2] 2 |
| (d) Enumerate and define any 2 eating disorders in young adults. | [CO-1] [L-1] 2 |
| (e) Enumerate and describe the types of sleep disorders. | [CO-2] [L-2] 2 |
| (f) Define the WHO definition of mental health. | [CO-3] [L-3] 2 |
| (g) Define nutrition and the basic components of nutrition. | [CO-3] [L-3] 2 |

PART-B

Q.2 (a) Describe cerebro vascular accident and its causes and risk factors?

[CO-4] [L-4] **10**

OR

(b) Compare the strategies of weight management and healthy ageing.

[CO-4] [L-4] **10**

Q.3 (a) Evaluate the role of diet in maintaining good sleep quality and overall well-being.

[CO-5] [L-5] **10**

OR

(b) Assess the connection between mental health and lifestyle.

[CO-5] [L-5] **10**

Q.4 (a) Create a balanced diet program for maintaining good health for students and professionals.[CO-6][L-6]**10**

OR

(b) Discuss the strategies for smoking prevention and cessation

[CO-6] [L-6] **10**

Q.5 (a) Discuss the effects of discuss the techniques for stress management and improving mental health.

[CO-2] [L-2] **10**

OR

(b) Describe the impact of smoking, alcohol and substance abuse on health.

[CO-2] [L-2] **10**