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Total No. of Pages : 02

Total No. of Questions : 18

MHMCT (2018 Onwards) (Sem.-1)

HEALTHY LIVING & FITNESS

Subject Code : MHM-105-18

M.Code : 75147

Time : 3 Hrs.

Max. Marks : 60

INSTRUCTIONS TO CANDIDATES :

1. SECTION-A is COMPULSORY consisting of TEN questions carrying TWO marks each.
2. SECTION-B contains FIVE questions carrying FIVE marks each and students have to attempt any FOUR questions.
3. SECTION-C contains THREE questions carrying TEN marks each and students have to attempt any TWO questions.

SECTION-A

Write briefly :

1. Fitness
2. Importance of kidneys
3. Negative effects of chewing
4. Diabetes
5. Any two benefits of exercise
6. Stress
7. First aid given during electric shock
8. Any two food sources of calcium
9. Whole grains
10. Convenience/processed foods

SECTION-B

11. Carbohydrates are essential in diet. Discuss and give its importance.
12. Smoking has become a fad, but it's consumption is dangerous. Explain.
13. Discuss the following :
 - a. Location of lungs in the human body
 - b. Functions of lungs
14. What are the common emergency situations encountered? Discuss first aid techniques followed for any two in detail.
15. What is mental health? Why is it important?

SECTION-C

16. Unhealthy lifestyle and being unfit causes obesity, leading to various lifestyle disorders. Throw light on obesity and various lifestyle problems which occur.
17. Discuss in detail as to what do you understand by the term depression.
18.
 - a. Fiber is not digested in the body, yet it is very important. Discuss.
 - b. What is the importance of fruits in the diet?

NOTE : Disclosure of Identity by writing Mobile No. or Marking of passing request on any paper of Answer Sheet will lead to UMC against the Student.