



## Avinashilingam Institute for Home Science and Higher Education for Women

(Deemed to be University under Category 'A' by MHRD, Estd. u/s 3 of UGC Act 1956)

Re-accredited with 'A+' Grade by NAAC. Recognised by UGC Under Section 12B

Coimbatore - 641 043, Tamil Nadu, India

### Master's Degree Examination – June / July 2021

#### II Semester

Class: I PG

Major: Extension and Communication

Time : 3 Hours

Max Marks : 100

#### 20MEXC08 Community Health and Nutrition

##### Part A

10 x 1 = 10

##### Choose the Correct Answer

1. A \_\_\_\_\_ is not a Component of Nutrients. k1
  - a. Carbohydrate and Fat
  - b. Vitamin and Mineral
  - c. Fiber
  - d. Oxygen
2. According to \_\_\_\_\_ Health is defined as "a state of complete physical, mental & social wellbeing, and not merely an absence of disease or infirmity" k1
  - a. WHO
  - b. UNICEF
  - c. ILO
  - d. UNESCO
3. \_\_\_\_\_ is includes one of the Communicable Disease. k2
  - a. Most cancers
  - b. Diabetes
  - c. Alzheimer's disease,
  - d. COVID -19
4. \_\_\_\_\_ deficiency will affect the liver, nerves, red blood cells, gastrointestinal tract and only this is found in animal sources not in vegetables. k2
  - a. Vitamin A
  - b. Vitamin B12
  - c. Vitamin C
  - d. Vitamin E
5. The WHO defines \_\_\_\_\_ as: environmental, social, and economic resources to sustain emotional and physical well being among people in ways that advance their aspirations and satisfy their needs in their unique environment k3
  - a. Health
  - b. Physical health
  - c. Mental health
  - d. Community health
6. \_\_\_\_\_ system has responsibility that, include the promotion of health, prevention of illness, detection and treatment of disease and rehabilitation. k3
  - a. Home care delivery
  - b. Health care delivery
  - c. NGO welfare
  - d. Govt. welfare
7. \_\_\_\_\_ is a comprehensive programme for healthcare professionals, covering all the common and important problems that occur during pregnancy.- k4
  - a. Maternal Care
  - b. Antenatal Care
  - c. Postnatal Care
  - d. Inter natal Care
8. According to WHO \_\_\_\_\_ services can be defined as "promoting, preventing, therapeutic or rehabilitation facility or care for the mother and child" k4
  - a. Maternal health
  - b. Child health
  - c. Maternal and Child Health
  - d. Postnatal health
9. \_\_\_\_\_ is Scheme aims to provide healthcare for poor people and vulnerable families and it covers secondary and tertiary healthcare. k5
  - a. ICDS
  - b. Ayushman Bharath
  - c. Swatch Bharath
  - d. MCTS
10. \_\_\_\_\_ is a centralized web based application for improving delivery of health care services to pregnant women and children up to five years k5
  - a. PMSMA
  - b. NCDPM
  - c. ICDS
  - d. MCTS

**Part B**

**5 x 6 = 30**

**Answer ALL questions**

**Each answer should not exceed 400 words or two pages**

- 11.a. Define Nutrition and explain the components of Nutrients? k1  
(or)
- 11.b. Define Health and identify the signs of good health? k1
- 12.a. Describe about the life style related diseases? k2  
(or)
- 12.b. Define nutritional deficiency diseases and explain its symptoms? k2
- 13.a. Critically examine the level of health care and delivery? k3  
(or)
- 13.b. Explain the simple methods of community health for community management? k3
- 14.a. Evaluate importance of Maternal health and Child health? k4  
(or)
- 14.b. Explain the Stem cell banking Indicators of Maternal Child Health Care? k4
- 15.a. Summarize the objectives of National Health Policy? k5  
(or)
- 15.b. Evaluate the programme of Pradhan Mandri Surakshit Matritva Abhiyan? k5

**Part C**

**5 x 12 = 60**

**Answer ALL questions**

**Each answer should not exceed 800 words or four pages**

- 16.a. Explain the various dimensions of health and the indicators of health? k1  
(or)
- 16.b. Elucidate the causes and consequences of ill health? k1
- 17.a. Discuss the concept of diseases and explain its various types? k2  
(or)
- 17.b. Explain the causes and preventive measures of Nutritional Deficiency Diseases? k2
- 18.a. Explain the functions of Primary health centre and role of community health? k3  
(or)
- 18.b. Critically examine the set up of health care delivery system in India? k3
- 19.a. Critically analyse the role of Reproduction Health Care Programme? k4  
(or)
- 19.b. Explain the core functions of Antenatal care, Postnatal care and Neonatal care? k4
- 20.a. Evaluate the Public Distribution System merits and demerits? k5  
(or)
- 20.b. Critically appraise the various health related programme in India? k5

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