



*Hamball*

# Avinashilingam Institute for Home Science and Higher Education for Women

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

Re-accredited with A++ Grade by NAAC. CGPA 3.65/4, Category I by UGC

Coimbatore - 641 043, Tamil Nadu, India

## Bachelor's Degree Arrear Examination – November 2025 IV Semester

Batch: 2023  
Major : All Majors

Time: 2 Hours  
Max. Marks: 60

### 23BVbsp4 First Aid and Safety Education

#### Part A

20 x 1 = 20

#### Choose the Correct Answer

1. What is the first step when you find an unconscious person?
  - a. Check for danger around you
  - b. Give water to drink
  - c. Start chest compressions immediately
  - d. Lift the person to a sitting position
2. What should be done in case of a sprain?
  - a. Apply heat immediately
  - b. Massage the area strongly
  - c. Apply ice and rest the injured part
  - d. Walk to reduce pain
3. What is the best way to prevent dehydration?
  - a. Drinking plenty of water
  - b. Avoiding exercise
  - c. Eating salty food
  - d. Drinking coffee or tea frequently
4. What is the meaning of "CPR"?
  - a. Cardiovascular Pressure Recovery
  - b. Cardio Pulmonary Resuscitation
  - c. Cardiac Pulse Regulation
  - d. Chest Pressure Relief
5. Glucose supplements are most commonly used during which of the following situations:
  - a. To reduce body temperature
  - b. To maintain hydration during prolonged physical activity
  - c. To improve eyesight
  - d. To increase iron levels in the blood
6. Which of the following is a communicable disease?
  - a. Diabetes
  - b. Hypertension
  - c. Tuberculosis
  - d. Asthma
7. Which of the following is a sign of a fracture?
  - a. Swelling
  - b. Bruising
  - c. Pain at the injury site
  - d. All of the above
8. What is the primary goal of health education?
  - a. To provide medical treatments
  - b. To promote awareness about healthy living
  - c. To diagnose diseases
  - d. To prescribe medications.
9. What is important of community health education programs?
  - a. To reduce the costs of healthcare
  - b. To promote social cohesion and unity
  - c. To empower individual and communities to make healthier choices
  - d. To develop new medical treatments
10. What should you do if you find someone bleeding heavily?
  - a. Apply a clean cloth and press firmly on the wound
  - b. Elevate the person's feet
  - c. Apply ice to the wound
  - d. Ignore it and wait for help

12. What is the immediate action in case of an electric shock?
- Touch the person immediately to check
  - Pour water on the person
  - Turn off the power supply before touching the person
  - Shake the person to wake them
13. What is a fracture?
- A tear in a muscle
  - A break or crack in a bone
  - A sprain in a ligament
  - A dislocation of a joint
14. What is a key aspect of mental health education?
- Teaching relaxation techniques
  - Promoting anti-smoking campaigns
  - Encouraging weight loss
  - Education about safe driving
15. PCOD stands for:
- Polycystic ovarian disease
  - Post cardiac oxygen deficiency
  - protein calcium oxidation disorder
  - pre cardiac obesity disorder
16. What is a key aspect of mental health education?
- Teaching relaxation techniques
  - Promoting anti-smoking campaigns
  - Encouraging weight loss
  - Education about safe driving
17. What is the main purpose of physical conditioning?
- To improve appearance only
  - To enhance physical fitness and performance
  - To increase body weight
  - To reduce mental strength
18. What happens when training stops for a long period?
- Performance remains the same
  - Fitness improves automatically
  - Detraining or loss of fitness occurs
  - Muscles become stronger
19. Which of the following is essential for maintaining a healthy lifestyle in women?
- Skipping meals
  - Balanced diet and regular exercise
  - Eating only once a day
  - Avoiding all fats
20. How often should women undergo regular health checkups (like blood pressure, sugar, and breast exams)?
- Once in a lifetime
  - Every 10 years
  - Once every 1–2 years
  - Only when sick

**Part B**

**5 x 2 = 10**

**Answer ALL questions**

**Each answer in one or two sentences**

- Write short note on snake bite.
- Short note on safety education.
- What is meant by sprain and strain.
- What is meant by first aid?
- Explain the types of wounds?

**Part C**

**2 x 15 = 30**

**Answer ALL questions**

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

- Explain need and importance of fitness and wellness in modern life.  
(or)
- How would you provide first aid for a person experiencing a heart attack?  
Discuss the symptoms and steps to follow.
- Explain the fractures, Sprain, Strain, and dislocation.