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70791

(3 Hours)

Marks: 100

Please check whether you have got the right question paper.

- N.B.: (1) All questions are **compulsory**.
 (2) **Figures** to the right include full **marks**.
 (3) Draw neat, labelled diagrams wherever **necessary**.

ANSWER KEY

Q.1. (A) Fill in the blanks by choosing the correct options from the given brackets: **05**

- (a) Atrophy
- (b) Omega-3
- (c) Parkinson's disease
- (d) Refrigerators
- (e) Methyl isocyanate

(B) (a) → (v); (b) → (iii); (c) → (iv); (d) → (ii); (e) → (i) **05**

(C) State whether **true** or **false**. **05**

- (a) True.
- (b) True.
- (c) False.
- (d) True.
- (e) False.

(D) **Answer the following in one sentence** **05**

(a) What is balanced diet?

Answer: A balanced diet is one that gives our body the nutrients it needs to function correctly.

(b) What is a sedentary lifestyle?

Answer: It is a life style or daily routine with little or no physical activity.

(c) What is newborn screening?

Answer: Newborn screening is a public health program of screening in infants shortly after birth for a list of conditions that are treatable, but not clinically evident in the newborn period.

(d) Define bio-magnification.

Answer: Bio-magnification is the increasing concentration of a substance, such as a toxic chemical, in the tissues of tolerant organisms at successively higher levels in a food chain.

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(e) What is Air quality index?

Answer: Air quality index (AQI) is a tool for effective communication of air quality status to people.

Q.2. (A) Answer **any one** of the following; 10

(a) Give a detailed account on the requisites of a healthy lifestyle.

Answer: i. Introduction to healthy lifestyle 02
ii. Requisites-Diet, BMI, exercise, sleep, sexual behavior, substance abuse avoidance, medication abuse to be explained in brief. 08

(b) Discuss the effects of mental stress that leads to cardiovascular problems.

Answer: i. Introduction 03
ii. Effects such as high B.P., High cholesterol, Overeating, less exercise, elevated stress hormone, blood clot-risk of heart attack.07

(B) Answer **any two** of the following; 10

(a) Briefly enumerate the ill effects of a secondary lifestyle.

Answer: i. Introduction 01
ii. Risk factors like anxiety, cardiovascular disease, migraines, Breast cancer, colon cancer, computer vision syndrome, depression, diabetes, gout, high B.P., skin problem, obesity etc. (any 5 to 6 needs to discuss) 04

(b) Discuss the harmful effects of junk food.

Answer: i. Define Junk food 01
ii. Harmful effects: lack of energy, decreased concentration, obesity, heart disease, diabetes, liver failure etc. 04

(c) Write in brief the benefits of meditation.

Answer: i. Introduction 01
ii. Physical benefits 02
iii. Mental benefits 02

(d) What are the adverse effects of drug addiction and abuse?

Answer: i. Definition- drug addiction and drug abuse 02
ii. Effect on brain judgment, decision making, memory, financial, emotional loss to oneself and loved ones. 03

Q.3. (A) Answer **any one** of the following; 10

- (a) Give an account on the causes, symptoms, detection and treatment of Alzheimer's disease.

Answer:	i	Introduction	01
	ii	Causes	02
	iii	Symptoms	03
	iv	Detection	02
	v	Treatment	02

- (b) Describe amniocentesis as prenatal diagnostic tool.

Answer:	i	Introduction	02
	ii	Description	06
	iii	Significance	02

- (B) Answer **any two** of the following; 10

- (a) Symptoms and therapy of super-female

Answer:	i	Introduction	01
	ii	Symptoms of super-female	02
	iii	Therapy of super-female	02

- (b) Ultrasonography

Answer:	i	Introduction	01
	ii	Technical description	02
	iii	Significance	02

- (c) Causes and symptoms of dyslexia

Answer:	i	Introduction	01
	ii	Causes of dyslexia	02
	iii	Symptoms of dyslexia	02

- (d) Need of genetic counseling

Answer:	i	Introduction	01
	ii	Description	04

- Q.4. (A) Answer **anyone** of the following; 10

- (a) What are the sources and types of water pollution?

Answer:	i	Introduction to water pollution	02
	ii	Sources	06
	iii	Types	02

- (b) Give a detailed account of sources and types of soil pollution.

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Answer:	i	Introduction	02
	ii	Sources and types	08
(B)	Answer any two of the following.		10
	(a)	Eutrophication or algal blooms	
Answer:	i	Definition	01
	ii	Explanation	04
	(b)	Acid rain and its effect on Taj Mahal	
Answer:	i	Introduction w.r.t. chemical nature of acid rain	02
	ii	Explanation w.r.t. negative impact on TajMahal	03
	(c)	Sources of solid waste pollution	
Answer:	i	Introduction	01
	ii	Description of different sources	04
	(d)	Global warming	
Answer:	i	Introduction	02
	ii	Explanation	03
Q.5	Write short notes on any four of the following;		20
	(a)	Effects of smoking	
Answer:	i	Introduction- Smoking-why and what	01
	ii	Lung cancer, vascular stenosis, heart attack, chronic obstructive pulmonary attack, during pregnancy it may harm fetus causing attention deficit hyperactivity disorder (ADHD)	04
	(b)	Diet plan to check osteoporosis	
Answer:	i	Introduction	01
	ii	Diet plan to enhance calcium level	04
	(c)	Symptoms of Down's syndrome	
Answer:	i	Introduction	01
	ii	Symptoms	04
	(d)	Detection and treatment of autism	
Answer:	i	Detection of autism	02
	ii	Treatment of autism	03
	(e)	Minamata disease	
Answer:	i	Introduction w.r.t. origin and disease	02
	ii	Explanation w.r.t. symptoms and negative effects	03

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(f) Diclofenac and its impact on Indian vultures

Answer:	i	Introduction to drug	02
	ii	Explanation w.r.t. negative impact of vulture	03
