

Second Professional B.S.M.S Degree Regular Examinations January 2025
Noi Anuga Vithi Ozhukkam
(2021 Scheme)

Time: 3 hrs

Max. Marks: 100

- Answer all questions to the point neatly and legibly • Do not leave any blank pages between answers • Indicate the question number correctly for the answer in the margin space
- Answer all parts of a single question together • Leave sufficient space between answers
- Draw table/diagrams/flow charts wherever necessary

1. **Multiple Choice Questions**

(20x1=20)

The Answers to MCQ questions (Q.No.i to Q.No.xx) shall be written continuously on the first two writing sheets (ie Page No. 3 & 4) only

- i. Perishable food should be stored in the refrigerator at _____ or below.

a) 50°F	b) 40°F	c) 80°F	d) 60°F
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- ii. The body temperature of dogs is

a) 98.4°F	b) 101.5°F	c) 102°F	d) 107°F
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- iii. How many Sustainable Development Goals (SDGs) adopted by world leaders in September 2015

a) 16	b) 17	c) 18	d) 19
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- iv. "Noi Illa Neri Vittor Kurube" is stated by

a) Avvaiyar	b) Thiruvalluvar	c) Agathiyar	d) Thirumoolar
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- v. Which celebration itself is called as "Vellani Vizha" in Tamil

a) Birth day	b) Death day	c) Wedding ceremony	d) House warming
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- vi. Fever, Anorexia, Toxicity of snake venom are cured by which colour cloths

a) White	b) Yellow	c) Green	d) Black
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- vii. Ascites and gastric ulcer are cured while eating in _____ leaf

a) Jack	b) Lotus	c) Plantain	d) Tectona grandis
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- viii. Which of the following greens cure psychiatric disorders

a) West Indian pea tree	b) Pseudo fern	c) Climbing brinjal	d) Indian pennywort
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- ix. Normal conversation produces a noise of _____ dB

a) 60-65	b) 20-30	c) 60-80	d) 85
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- x. Phrynoderm is cured by the application of _____ on the skin.

a) Hail stone water	b) Dew water	c) Rain water	d) Well water
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- xi. Incubation period of influenza

a) 18-72 hrs	b) 10-12 hrs	c) 15-18 hrs	d) 12-15 hrs
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- xii. As per the pathartha guna sindhamani taken medicine for vomiting _____ months only.

a) 4	b) 5	c) 6	d) 7
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- xiii. The text _____ describes the medicines that resuces the ill effects of the pox

a) Agathiyar vaisoori	b) Nagamuni vaisoori
c) Bogar 7000	d) Thirumanthiram
- xiv. The saint pattinaththar kept samathi in _____

a) Chidambaram	b) Palani	c) Thiruvottriyur	d) Ettukkudi
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xv. According to second plan that the kitchen should be constructed in the _____ direction
 a) East b) West c) North-East d) South-East

xvi. Suitable exercises should be done _____ one's physical capacity
 a) $\frac{1}{3}$ of b) Without exceeding half of
 c) Without exceeding $\frac{2}{3}$ of d) Full of

xvii. Controlling the senses is
 a) Iyama b) Niyama c) Pranayama d) Prathyagaram

xviii. _____ refers to the availability, accessibility and affordability of food for all individuals within a population.
 a) Food safety b) Food security
 c) Food standardisation d) Good Manufacturing Practice

xix. Pavana panchangula thailam should be given regularly _____ gms at night.
 a) 10gms b) 5gms c) 4.5gms d) 7gms

xx. Which of the following decreases the blood count
 a) Indian corn b) Common millet c) Millet d) Italian Millet

Short Answer Questions

(8x5=40)

2. United nations -Sustainable Developmental Goals (SDG) concept.
3. Nila iyalpillatha neer and its therapeutic values.
4. Noise pollution and its adverse effects, prevention and cure.
5. Concept of ARAM.
6. Describe the importance of "The first 1000 days".
7. Define Food according to siddha and ancient texts.
8. Describe Aymporigalin kappu.
9. Seasonal changes EL Nino and La Nina and their impact on human and environmental health.

Long Answers Questions

(4x10=40)

10. Discipline pursued in every seasons and its health impact.
11. Explain Bathing, its types and Rules.
12. Differentiate Exercise and Yogasana.
13. Describe the Food safety, Security and Standards.
