

Q.P. Code: 241005

Reg. No.....

Second Professional B.S.M.S Degree Regular/Supplementary Examinations

December 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 responses for 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

- Which Sangam work specifically highlights the role of food in maintaining health
 - Thirukkural
 - Akananuru
 - Manimekalai
 - Tolkappiyam
- What does post-medieval Siddha literature emphasize as the primary goal of health practices
 - Complete dependence on divine intervention
 - Restoration and balance of the Tridosha (Vata, Pitta, Kapha)
 - Achieving worldly success
 - Focusing only on physical fitness
- What is a primary method for preventing the spread of intestinal infections like cholera and typhoid
 - Boiling drinking water and promoting sanitation
 - Avoiding fruits and vegetables
 - Exercising regularly
 - Wearing masks in public places
- During the summer season, which of the following health issues is most likely to occur
 - Respiratory infections
 - Heat strokes and dehydration
 - Cold-related illnesses like flu
 - Joint pains and rheumatic conditions
- What is the primary characteristic of an epidemic
 - A disease that occurs worldwide
 - A disease that occurs regularly in a specific area
 - A disease that spreads rapidly within a community or region
 - A disease that affects only one individual at a time
- What is the main source of plastic waste in India
 - E-waste
 - Packaging material
 - Agricultural waste
 - Textile waste
- Which health condition is most directly linked to exposure to contaminated water due to improper disposal of waste
 - Asthma
 - Gastrointestinal diseases
 - Diabetes
 - Heart disease
- Which colour of the Soil Land is not preferable to construct the house
 - Red
 - White
 - Black
 - Green
- What is considered the threshold of noise that can cause hearing loss with prolonged exposure?
 - 50 dB
 - 75 dB
 - 85 dB
 - 100 dB
- Which of the following is an essential practice for maintaining eye health in AymporigalinKaappu
 - Regular use of medicinal oils
 - Avoiding direct exposure to sunlight
 - Eating foods rich in vitamin A
 - Rubbing the eyes with cold water daily
- What is the main purpose of yoga Sana (yoga postures) in traditional yoga practice
 - To increase muscle mass rapidly
 - To improve mental clarity, flexibility, and overall physical health
 - To lose weight through intense physical strain
 - To focus solely on building strength

(PTO)

- xii. What is the primary function of sleep
 - a) To increase the body's physical strength
 - b) To rejuvenate the body, mind, and soul, and maintain balance in the doshas
 - c) To enhance digestive power
 - d) To keep the body temperature constant
- xiii. Mana Nalam (mental health) is interconnected with:
 - a) Only spiritual well-being
 - b) Only physical strength and endurance
 - c) Emotional, mental, and physical well-being
 - d) Personal financial success
- xiv. According to the Siddha system, emotional imbalances (Atta Raagangal) can lead to:
 - a) Only physical diseases
 - b) Only spiritual confusion
 - c) Both physical diseases and
 - d) No impact on overall health mental health issues
- xv. Which of the following is the primary function of proteins in a balanced diet
 - a) To provide energy
 - b) To regulate metabolism
 - c) To help in the growth and repair of tissues
 - d) To increase body fat
- xvi. Which drug is not in Thirithodasamaporutkal
 - a) Milagu – Piper nigrum
 - b) Manjal – Curcuma longa
 - c) Sukku – Zingiberofficinale
 - d) Vasambu – Acoruscalamus
- xvii. What is one of the main objectives of the World Food Security initiative
 - a) To ensure that food prices remain low globally
 - b) To increase food production only in developed countries
 - c) To eliminate hunger and malnutrition worldwide
 - d) To prevent the importation of food into countries
- xviii. What does Pathiyam refer to in traditional Siddha medicine
 - a) A diet that is unhealthy and causes imbalances
 - b) A healthy and balanced diet that supports good health
 - c) A type of fasting for detoxification
 - d) A diet consisting only of raw foods
- xix. Which vitamin is often added to functional beverages to support immune function
 - a) Vitamin A
 - b) Vitamin C
 - c) Vitamin D
 - d) Vitamin B₁₂
- xx. In the first 1000 days, adequate intake of iron is important to prevent:
 - a) Stunted growth
 - b) Iron deficiency anaemia, which can lead to developmental delays
 - c) Early obesity
 - d) Bone fractures

Short Answer Questions

(8x5=40)

2. Diet and three types of Temperaments
3. Describe Circadian rhythm
4. Define of health and wellbeing in Modern context
5. Prevention and control of Gastro intestinal infection
6. Public health Law and Ethics
7. Effect of urbanization
8. Global warming and its effect and prevention
9. Policy on Clinical Establishment Act

Long Answers Questions

(4x10=40)

10. Describe about Kayakarpam
11. Write about Public Health impact due to climate changes
12. Importance of Six tastes of foods
13. Describe about Sexual health and Sexual Transmitted Diseases
