



**BHARATI VIDYAPEETH'S**

**INSTITUTE OF COMPUTER APPLICATIONS & MANAGEMENT (BVICAM)**

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Course Code : BA (JMC)108

Course Name: Health Communication

## Surprise Test 1

### QUIZ - 1: Health Communication (BAJMC-108)

Enrollment No. and Name: .....

Time: 20 Minutes

Maximum Marks: 20

**1. What is the World Health Organization's definition of health?**

- A. Absence of disease
- B. Complete physical, mental, and social well-being
- C. Lack of mental health issues
- D. Presence of yoga practices

**2. In the context of public health, what is the primary focus of disease prevention for individuals?**

- A. Clean living conditions
- B. Health campaigns
- C. Yoga practices
- D. Vaccination and prophylactic medications

**3. What are the three main domains of public health as mentioned in the syllabus?**

- A. Disease prevention, medication, and wellness
- B. Health promotion, prevention of ill health, and health protection
- C. Yoga, mental health, and wellness
- D. Public awareness, disease treatment, and healthcare infrastructure

**Answer: B. Health promotion, prevention of ill health, and health protection**

**4. According to the International Yoga Day proposal, which day is celebrated as International Yoga Day?**

- A. December 11
- B. June 21
- C. September 2014
- D. October 2

**5. What lifestyle risk factor is NOT mentioned as a cause of lifestyle diseases in the syllabus?**

- A. Unhealthy eating habits
- B. Lack of physical activity
- C. Adequate sleep
- D. Smoking and alcoholism

**6. Which disease is characterized by increasing breathlessness and is a part of Chronic Obstructive Pulmonary Disease (COPD)?**

- A. Stroke
- B. Arteriosclerosis
- C. Diabetes

D. Chronic bronchitis

**7. What is the main cause of Arteriosclerosis as mentioned in the syllabus?**

- A. Lack of exercise
- B. Smoking and tobacco use
- C. High blood pressure
- D. Genetic factors

**8. Which level of the healthcare system in India serves as larger health clinics staffed with doctors and paramedics in rural areas?**

- A. Community Health Centre
- B. Primary Health Center
- C. District Hospital
- D. Medical College

**9. What did Indian Prime Minister Narendra Modi suggest to the United Nations in 2014 regarding yoga?**

- A. Celebrate June 5 as International Yoga Day
- B. Recognize yoga as a religion
- C. Celebrate June 21 as International Yoga Day
- D. Ban the practice of yoga globally

**10. Which lifestyle disease is characterized by irregular and uncontrolled cell growth?**

- A. Hypertension
- B. Stroke
- C. Cancer
- D. Type 2 Diabetes

**11. What is the primary reason patients are drawn towards medical tourism in India, according to the syllabus?**

- A. High cost of treatment
- B. Lack of specialist doctors
- C. Quality standards
- D. Longer waiting times for medical treatment in their home country

**12. Why is India considered a favorable destination for medical tourism, according to the syllabus?**

- A. High treatment costs
- B. Lack of expertise in super specialty fields
- C. Modern infrastructure and international quality standards

D. Limited availability of trained staff for international patient care

**13. Which lifestyle disease is often referred to as the "silent killer" due to its asymptomatic nature?**

- A. Type 2 Diabetes
- B. Arteriosclerosis
- C. Hypertension
- D. Cancer

**14. In the Indian healthcare system, what is the purpose of District Hospitals?**

- A. Primary healthcare in rural areas
- B. Final referral centers for primary and secondary levels
- C. Specialized treatment for international patients
- D. Medical research and education

**15. What is the primary cause of Stroke, as mentioned in the syllabus?**

- A. Blocked artery
- B. Leaking blood vessel
- C. Genetic factors
- D. Lack of exercise

**16. Which lifestyle disease is often associated with high blood pressure and is considered a leading cause of heart attacks and chest pain?**

- A. Arteriosclerosis
- B. Hypertension
- C. Heart disease

D. Stroke

**17. What is the main focus of Public Health, as per the definition by the World Health Organization?**

- A. Treatment of diseases
- B. Prevention of diseases
- C. Promoting wellness through yoga
- D. Medical tourism promotion

**18. Which level of the healthcare system in India is designed to serve extremely rural areas and educate the population about healthy habits?**

- A. Medical Colleges and Research Institutions
- B. Sub Centers
- C. Community Health Centre
- D. Regional Cancer Centre

**19. What lifestyle diseases are mentioned as issues of concern in the syllabus?**

- A. COVID-19, Cancer, Diabetes
- B. Infectious diseases, Tuberculosis, Anemia
- C. Heart disease, Stroke, COPD
- D. Cancer, Infertility, Diabetes

**20. Which international organization proposed and established June 21 as International Yoga Day?**

- A. United Nations General Assembly
- B. World Health Organization
- C. American Public Health Association
- D. University of Pittsburgh

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