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तारीख

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नाम NAME Muskan Raj कक्षा CLASS B.Sc. (H) Botany सेमेस्टर SEMESTER IInd
रोल नं. ROLL NO. 23/09014 विषय SUBJECT Microbiology पेपर नं. PAPER NO.
SUBJECT Microbiology (60)

*अतिरिक्त प्रयुक्त उत्तर पुस्तिकाओं की संख्या

No. of continuation books used.....

परीक्षार्थियों के लिए निर्देश
INSTRUCTIONS TO CANDIDATES

- प्रश्नों के उत्तर लिखने से पहले ऊपर दिए गए विवरण को भरिये।
Before beginning to write, enter all the particulars as given above.
- अगले पृष्ठ से ही लिखना प्रारम्भ कीजिए तथा पृष्ठ के दोनों ओर लिखिए।
Begin writing from next page and write on both sides of the paper.
- प्रश्न-पत्र में दिए प्रश्नों की क्रम संख्या को ही उत्तर पुस्तिका में लिखिए।
Number your answer according to the number on the question paper.
- प्रत्येक प्रश्न का उत्तर नए पृष्ठ से प्रारम्भ कीजिए।
Commence your answer to each question on a separate page.
- किसी भी दशा में उत्तर पुस्तिका से कोई पृष्ठ न फाड़िए। किसी भी प्रकार का रफ कार्य गणना इत्यादि उत्तर पुस्तिका में ही कीजिए और बाद में काट दीजिए।
No leaves should be torn from the answer-book on my account. Any rough work, calculation, etc. should be made in the answer-book and scored out.
- प्रश्न-पत्र के अतिरिक्त और किसी भी वस्तु को परीक्षा से बाहर ले जाना निषिद्ध है।
No answer book or paper of any kind is to be removed from the examination room except the question paper.
- प्रयोग की गई अतिरिक्त उत्तर पुस्तिकाओं को मली गाँठ बांध दीजिए।
Fasten properly all continuation books used.
- उत्तर पुस्तिका देने से पहले अतिरिक्त उत्तर पुस्तिकाओं की संख्या ऊपर दिए गए उचित स्थान पर निर्दिष्ट कीजिए।
Before handing over the answer - book number of continuation books used, if any, should be given in the space provided above.

प्रश्न संख्या Question No.	अधिकतम अंक Maximum Marks	प्राप्त अंक Marks Obtained	टिप्पणी Remarks
1			
2			
3			
4			
5			
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7			
8			
9			
10			
योग Total			

परीक्षक के हस्ताक्षर
Signature of the Examiner

परीक्षक का नाम
(Name of the Examiner)

विभाग
Deptt.

Q.1.) Write a short notes on following- (2×2 each)

i) BMI

ii) Prediabetes

Q.2.) Discuss various risk factors in lifestyle disorders. (4 marks).

Ans. 1.) short notes

i) BMI

- BMI stands for "Body Mass Index".
- BMI is measured as $\frac{\text{Mass} \times \text{Mass}}{(\text{Height})^2}$.
- BMI is calculated to check if the person is underweight, normal or overweight.
- BMI depends on only two factors which are 'mass of person' and 'height of person'.
- BMI should be checked regularly to see the regular health of a body.
- BMI is considered one of the major health ~~check~~ check. If the person is extremely overweight or obese, he/she must need health care.

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ii) Prediabetes →

- Prediabetes is a condition before getting actual diabetes. When the person is prediabetic, he/she has to take extra care so to prevent diabetes.
- Prediabetes is a condition when blood glucose level is high but not that much high to ~~be~~ call it as diabetes.
- Prediabetic person must take extra care to prevent becoming diabetic as prediabetic is more prone to become diabetic, but prediabetic can reverse or make ^{his blood} glucose level normal as they are not diabetic.
- Limitation of sugar consumption, regular exercise, less ^{mental} stress, ^{limitation of} ~~less~~ carbs, timely food intake and many more are some of the care taken during prediabetic condition to normalise its body glucose level.
- There are two types of diabetes mellitus - Type I and Type II.
- 2 Type I happens in children and adolescence age and can not be reversed.
- Type II happens in adult and old age and can be reversed.
- like that prediabetes is also a condition which can be reversed by taking some extra care.

Ans-2.) Lifestyle disorder includes behaviours, activities, habit, etc in it.

Acute as well as chronic disorder can be reversed or prevented when the person's lifestyle is good. Lifestyle disorder mainly means when the person do not ~~not~~ maintains his/her ^{healthy} food habit, regular exercise habit, water drinking habit and includes many more in it.

→ Some of the risk factors in lifestyle disorder are as below →

(i) ~~Obesity~~ Obesity :-

→ The person can get obese due to his/her irregular unhealthy food habits and not doing exercise or by long hours sitting habit.

(ii) Diabetes →

→ The obese person can get affected by diabetes too.

→ Diabetes can occur to the person if he/she is not exercising or taking mental stress too much or due to irregular unhealthy food habits.

iii) High BP

- Diabetic person can ~~also~~ get ~~get~~ High BP.
- Or any person can get high BP.

iv) Cardiovascular Disease

- Person can easily get affected by cardiovascular disease if he/she not maintains his/her lifestyle.

v) Lung disease

- Person can get affected by lung / pulmonary disease by not exercising regularly or sitting long hours and not having the habit of walking.

- In this way, lifestyle disorder can lead to many disease whether it is mental or physical. So, we should maintain our lifestyle so that to overcome these above risk factors and prevent these diseases.

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