

**Mid-West University**  
**Examinations Management Office**

End Semester Exam-2081

B.Ed. Level /V Semester

**Sub: Non-Communicable Disease Prevention (HEP452)**

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Roll No. ....

**Group 'A'**

**10×1=10**

Tick (✓) the Best Answer.

1. Which of the following is NOT considered a non-communicable disease (NCD)?
  - a. Diabetes
  - b. Hypertension
  - b. Tuberculosis
  - d. Cancer
2. What is the leading cause of death from non-communicable diseases globally?
  - a. Stroke
  - b. Chronic respiratory diseases
  - c. Cardiovascular diseases
  - d. Diabetes
3. What is one of the key objectives of the government of Nepal's policies on non-communicable diseases?
  - a. Eradication of all infectious diseases
  - b. Prevention of tobacco use and alcohol consumption
  - c. Promotion of free healthcare for all diseases
  - d. Elimination of all environmental pollutants
4. Which of the following is a common treatment strategy for managing diabetes, a non-communicable disease?
  - a. Antibiotic therapy
  - b. Blood transfusions
  - c. Surgery to remove tumors
  - d. Insulin therapy and lifestyle changes
5. Rheumatoid arthritis (RA) is different from some other forms of arthritis because it....
  - a. is more painful than other forms
  - b. occurs below the waist
  - c. is symmetrical, affecting the right and left sides of the body
  - d. generally occurs above the waist
6. Which of the following is not the morbidity indicator?
  - a. Prevalence rate
  - b. Incidence rate
  - c. Disability rate
  - d. Duration of stay in hospital
7. What is the primary method used for detecting cancer in the early stages?
  - a. X-rays
  - b. Biopsy
  - c. Routine screening tests
  - d. Blood pressure measurement
8. Which type of cancer is most commonly diagnosed worldwide?
  - a. Prostate cancer
  - b. Breast cancer
  - c. Lung cancer
  - d. Colon cancer
9. Which of the following is a common health benefit of regular yoga practice?
  - a. Increased risk of injury
  - b. Improved flexibility and balance
  - c. Decreased lung capacity
  - d. Decreased heart rate variability
10. Which of the following is the leading cause of heart disease worldwide?
  - a. High blood pressure
  - b. High cholesterol
  - c. Diabetes
  - d. Coronary artery disease (CAD)

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End Semester Exam-2081

Level: B.Ed. / V Semester

FM: 60

Time: 3 hrs

PM: 30

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*Candidates are requested to give their answers in their own words as far as practicable.*

Attempt All the Questions.

**Group 'B'**

**6 × 5 = 30**

1. What is the definition of non-communicable disease? List the risk factors of non-communicable disease and describe them in detail.
2. What do you mean by cardiovascular disease? List out its main causes.
3. What is cancer? Explain its causes, types, symptoms and controlling measures.

**Or**

Explain the causes, symptoms and controlling measures of allergies?

4. Mention in brief the signs, symptoms and preventive measures of osteomyelitis.
5. What is congestive heart failure and how it can be prevented?
6. Explain the role of nutrition, physical exercise and yoga in preventing non communicable diseases.

**Or**

Explain the epidemiology of rheumatic heart disease, including its global distribution and risk factors.

**Group 'C'**

**2 × 10=20**

7. What is hypertension? Describe and analyze different factors influencing non-communicable diseases.
8. Analyze the impact of rising obesity rates and sedentary lifestyles on the increasing incidence of Type 2 diabetes, and discuss specific interventions that can help mitigate these trends.

**Or**

Discuss the key policies and programs implemented by the government of Nepal to prevent non-communicable diseases (NCDs), focusing on their objectives and strategies.

**THE END**