

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

End Semester Exam-2082

B.Ed. Level / III Semester

**Sub: Foundation of Health Promotion (HEP433/333)**

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Roll No. ....

**Group 'A'**

**10×1=10**

Tick (✓) the Best Answer.

1. Which of the followings is a key principle of health promotion?
  - a. Disease diagnosis
  - b. Treatment only
  - c. Empowerment and participation
  - d. Isolation of patients
2. Health promotion focuses on which of the following?
  - a. Individuals only
  - b. Groups only
  - c. Populations and their environments
  - d. Hospitals and clinics
3. The medical approach to health promotion focuses mainly on:
  - a. Changing societal norms
  - b. Screening and immunization
  - c. Education
  - d. Advocacy
4. The social ecological model emphasizes:
  - a. Only individual behavior
  - b. Multi-level influences on health
  - c. Disease diagnosis
  - d. Drug use control
5. Strengthening community action as a strategy in health promotion means:
  - a. Giving power to health workers
  - b. Encouraging community participation and ownership
  - c. Limiting community involvement
  - d. Reducing social activities
6. Which one is NOT a common educational method used in health promotion?
  - a. Health talks
  - b. Role play
  - c. Lecture method
  - d. Surgery
7. Which of the followings can improve health literacy?
  - a. Complicated health pamphlets
  - b. Use of medical jargon
  - c. Clear communication and visual aids
  - d. Ignoring local culture
8. Which of the followings is not considered a form of mass media?
  - a. Television
  - b. Radio
  - c. Pamphlet
  - d. Personal mobile phone call
9. Print media includes:
  - a. Radio programs
  - b. Television interviews
  - c. Posters and leaflets
  - d. YouTube videos
10. The school setting helps in health promotion by:
  - a. Teaching only biology
  - b. Educating children and shaping lifelong healthy habits
  - c. Preparing for competitive exams
  - d. Promoting junk food

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Level: B.Ed. / III 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 health promotion? Describe its major features.
2. How does education contribute to health promotion? Give examples.
3. Briefly describe the role of empowerment in health promotion.  
**Or**  
What is the participatory and interactive approach to health promotion?
4. Explain planned health communication campaigns and unpaid media coverage with examples.
5. Describe the importance of advocacy for developing healthy public policy.
6. What is the difference between strategies and methods in health promotion?

**Or**

List any four common settings used in health promotion.

**Group 'C'**

**2 × 10 = 20**

7. What is adult education? Explain its role in improving health literacy for effective health promotion.
8. Describe the Health Belief Model and its relevance in promoting health behavior change.

**Or**

Explain the model of mass communication. How is it applied in health promotion?

**THE END**