

# LEARN WITH SUMIT PHARMACY

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Imp Questions

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## [ BP 802 T ] SOCIAL AND PREVENTIVE PHARMACY

Ques

① Define environment ?

Ans

Environment can be defined as 'a sum total of all living and non-living elements and their effects that influence human life.'

All living or biotic elements are: Animals, plants, forests, fisheries and Birds.

Non-living or abiotic elements are: water, land, sunlight, rocks and air.

Ques

② Define macronutrients ?

Ans

Macronutrients are the nutrients we need in larger quantity that provide us energy.

macronutrients are: Fat, protein and Carbohydrates.

Ques

③ write a brief note on Social and Health education with the principal and importance of Health education.

Ans

Social Education: ① Social education gives the person, How to behave in the society with other people.

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② It also gives the person How to behave in the ~~society~~ Social media.

③ It develops the person's intellectual, Political nature.

## Health education :-

- ① Human biology
- ② mental Health
- ③ Nutrition
- ④ Hygiene
- ⑤ Family Health
- ⑥ Disease prevention.
- ⑦ Disease Control.
- ⑧ prevention of accidents.
- ⑨ use of Health Services.

## Principles of Health education ( Mnemonics ↓ ) (MILK CPR LG CSF)

- [ M - Motivation
- [ I - Interest
- [ L - Learning by doing
- [ K - Known to unknown
- [ C - Credibility
- [ P - participation
- [ R - Reinforcement
- [ L - Leader
- [ G - Good Human Relation
- [ C - Comprehensive
- [ S - setting an example
- [ F - Feed back.

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## Importance of Health education:-

- ① Health education allows people to take care of themselves.
- ② ~~helps~~ Helps in building Healthy individuals and Society.
- ③ Leads to improved physical, mental and social Health.
- ④ provides timely information about diseases and protects society.
- ⑤ Emphasis on Helthy child rearing practices resulting in healthy adults.

Q4) Describe fat Soluble vitamins with their examples and deficiency diseases.

Ans Fat Soluble vitamins :- A, D, E, K

Vitamins	Deficiency D.	Resources.
Vit. A	Night blindness, myopia, dry eyes.	Carrot, Tomato, pumpkin, Fish, egg, Liver, milk etc.
Vit. D	Rickets	Liver, egg, Butter, morning Sunlight.
Vit. E	Fertility disorders	Fruits, vegeis, sprout, meat, egg.
Vit. K	Blood clotting doesn't occur	Green leafy veg., milk, meat.

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Ques 5 Explain Sociology and explain socio culture factors related to health and disease?

Ans Sociology :- Sociology is the "systematic and scientific study of Human behaviour, Social groups, and Society".

- The term sociology is derived from Latin word "Societas" which means "society" and Greek word "logos" which means "study of science".

## Types of Sociology

- ① micro Sociology :- It is a small-scale sociological analysis that studies the behavior of people in face-to-face social interactions and small groups to understand what they do, say, and think.
- ② macro Sociology :- It is a large-scale, long-term social process, phenomena, and structures, such as social change, stratification, or the capitalist world economy.

## Socio-cultural factors related to Health and disease :-

there are several factors that can affect your health :-

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Education , Culture , Environment , Income , family

- ① Education :- - Education plays an imp. role in Healthy life.
  - It gives us confidence to take better decisions regarding Health issues, encourages an individual to participate in various activities like: Yoga, Exercise, regular Health checkups.
  - Generally educated peoples are aware about health issues and avoid bad habits.
- ② Culture :- - Culture means "peoples lifestyle", behavior, friend circle and also habits, No. of diseases like: Cancer, diabetes and heart diseases are associated with it.
- ③ Environment :- Diseases are generated by change in climate conditions.
- ④ Income :- - Healthy people have capacity to seek good medical supervision but in case of wealthy people they are very lazy and inactive and more prone to various diseases like: Cardiovascular diseases, diabetes, obesity.

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⑤ Family :- Family history is very important factor when health is concerned.

- Genes control the health of a person or individual from the moment of fertilization, some diseases like; **mental deficiency and diabetes** are heredity problems.
- The objective of health and family well being services is to treat diseases, protect from illness and promotion of health.

Que-6 Describe malnutrition and their causes in detail.

Ans malnutrition :- malnutrition is an imbalance in dietary intake.

- It occurs when a person has too much ~~food~~, or too little food or essential nutrients.
- A person with malnutrition may lack vitamins, minerals, and other essential substances that their body needs to function.

Types of malnutrition :-

① under nutrition :- It means intake of insufficient

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food over an extended period of time.

② over nutrition:- It means over eating and excessive food consumption.

Symptoms :- low energy, weight loss, confusion, infection, fatigue, Dry skin etc.

Causes of malnutrition :-

① low intake of food :-

- Some people develop malnutrition because there is not enough food available, or because they have difficulty in eating or absorbing nutrients.

This can happen as a result of :-

↳ cancer, liver disease, nausea, mouth problems such as poorly fitting dentures may also contribute to malnutrition.

② mental Health conditions :-

- undernutrition or malnutrition can affect people with :-

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- Depression, Dementia, Schizophrenia, Anorexia nervosa.

## ③ Social and mobility problems :-

- Being unable to leave the house or go to a store to buy food.
- Finding it physically difficult to prepare meals.
- Living alone, which can affect a person's motivation to cook and eat.
- Having limited cooking skills.
- Not having enough money to spend on food.

## ④ Digestive disorders and stomach conditions :-

- If the body does not absorb nutrients efficiently, even a healthful diet may not prevent malnutrition.
- Examples of digestive and stomach conditions that may cause this includes :-
  - Crohn's disease
  - ulcerative colitis
  - celiac disease
  - persistent ~~at~~ diarrhea, vomiting, or both.

## ⑤ Alcohol use disorder :-

- Consuming a lot of alcohol can lead to



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gastritis or long-term damage to the pancreas.

These issues can make it hard to :-

- Digest food
- Absorb vitamins
- produce hormones that regulate metabolism.

### Prevention :-

- Timely detection of malnutrition.
- Adequate diet.
- Include all nutrients in diet.

Que-7 what is organisation of balanced diet.

Ans There are some important ways to organize the balanced diet and it includes:-

- ① Divide the servings for each meal.
- ② make a list or chart i.e. no. of quantities from each food group.
- ③ Determine the no. of meals.
- ④ Recheck to assure that all food items are included in required quantity.

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Ques-8 Discuss essential requirements for maintaining  
A good health.

Ans ① A state of complete physical, mental and social well-being is defined as health.

② For a healthy life cycle, a person must eat a balanced diet, exercise regularly, live in adequate housing, get enough sleep, and maintain decent hygiene.

③ Because food is the foundation for carrying out our body's basic activities, it's critical to eat the correct foods to stay in good shape.

Basic Conditions for good health:-

- ① well-being in terms of physical, mental, and social aspects.
- ② Better surroundings or environment, as the case may be.
- ③ Exercising and unwinding.
- ④ Being free of sickness.
- ⑤ well-being on both a social and economic level.
- ⑥ Living stress-free existence.

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