

INSTITUTE OF INDIGENOUS MEDICINE, UNIVERSITY OF COLOMBO
RAJAGIRIYA
BUMS LEVEL II – SECOND SEMESTER EXAMINATION – MARCH 2019
ENGLISH
COURSE CODE – EN 2000

Time: 1 ½ hours
 1.45 p.m. – 3.15 p.m.

Answer all questions.

Index No

Part I - Structured Questions

01. Fill in the blanks of the paragraph with the most suitable words from the list in the box given below. (10 Marks)

may around be asleep specialists a sleepwalkers
 prevents age fully

If a person is 1) sleepwalker, anything which 2) deep sleep like stress or illness increases the possibility of walk off. Even external cues like someone walking 3) the room can get a person into a sleep walking state. According to sleep disorder 4), such people need protection from night noises and should 5) given the quietest room in the house. 6) should avoid stimulants that disrupt sleep patterns. High-excitement TV shows and books 7) prevent sleepwalking youngster from falling deeply 8) Sleepwalking tends to reduce with 9), probably because adults become 10) awake easier than children.

02. Read the part of the journal article and write your answers in complete sentences.

Happiness is a broad term that describes the experience of positive emotions, such as joy, contentment and satisfaction. Emerging research shows that being happier doesn't just make you feel better — it actually brings a host of potential health benefits.

Being happy promotes a range of lifestyle habits that are important for overall health. Happy people tend to eat healthier diets, with higher intakes of fruits, vegetables and whole grains. A study of more than 7,000 adults found that those with a positive well-being were 47% more likely to consume fresh fruits and vegetables than their less positive counterparts. Diets rich in fruits and vegetables have consistently been associated with a range of health benefits, including lower risks of diabetes, stroke and heart disease.

In the same study of 7,000 adults, researchers found that individuals with a positive well-being were 33% more likely to be physically active, with 10 or more hours of physical activity per week. Regular physical activity helps build strong bones, increase energy levels, decrease body fat and lower blood pressure.

A healthy immune system is important for overall health. Research has shown that being happier may help keep your immune system strong. This may help reduce your risk of developing colds and chest infections. One study in over 300 healthy people looked at the risk of developing a cold after individuals were given a common

cold virus via nasal drops. The least happy people were almost three times as likely to develop the common cold compared to their happier counterparts. In another study, researchers gave 81 university students a vaccine against hepatitis B, a virus that attacks the liver. Happier students were nearly twice as likely to have a high antibody response, a sign of a strong immune system. The effects of happiness on the immune system are not completely understood. It may be due to the impact of happiness on the activity of the hypothalamic-pituitary-adrenal (HPA) axis, which regulates your immune system, hormones, digestion and stress levels. Happy people are more likely to take part in health-promoting behaviors that play a role in keeping the immune system strong. These include healthy eating habits and regular physical activity.

Normally, excess stress causes an increase in levels of cortisol, a hormone that contributes to many of the harmful effects of stress, including disturbed sleep, weight gain, type 2 diabetes and high blood pressure. A number of studies demonstrate that cortisol levels tend to be lower when people are happier. In fact, one study in over 200 adults gave participants a series of stressful lab-based tasks, and found that the cortisol levels in the happiest individuals were 32% lower than for unhappy participants. These effects appeared to persist over time. When the researchers followed up with the same group of adults three years later, there was a 20% difference in cortisol levels between the happiest and least happy people.

Happiness may protect the heart by reducing blood pressure, a major risk factor for heart disease. A study of over 6,500 people over the age of 65 found that positive well-being was linked to a 9% lower risk of high blood pressure. Happiness may also reduce the risk of heart disease, the biggest cause of death worldwide. A number of studies have shown that being happy has been associated with a 13-26% lower risk of heart disease. One long-term study of 1,500 adults found that happiness helped protect against heart disease.

Happiness was associated with a 22% lower risk over the 10-year study period, even after risk factors were accounted for, such as age, cholesterol levels and blood pressure. It appears that happiness may also help protect people who already have heart disease. A systematic review of 30 studies found that greater positive well-being in adults with established heart disease lowered the risk of death by 11%. It is important to note that some of these effects may have been due to an increase in heart-healthy behaviors such as physical activity, avoiding smoking and healthy eating habits. In fact, a recent study that looked at nearly 1,500 individuals over a 12-year period found no association between positive well-being and the risk of heart diseases.

A long-term study published in 2015 looked at the effect of happiness on survival rates in 32,000 people. The risk of death over the 30-year study period was 14% higher in unhappy individuals compared to their happier counterparts. A large review of 70 studies looked at the association between

positive well-being and longevity in both healthy people and those with a pre-existing health condition, such as heart or kidney disease. Higher positive well-being was found to have a favorable effect on survival, reducing the risk of death by 18% in healthy people and by 2% in those with pre-existing disease.

Happiness may also help reduce pain in other conditions. A study in nearly 1,000 people recovering from stroke found that the happiest individuals had 13% lower pain ratings after three months of leaving the hospital. Researchers have suggested that happy people may have lower pain ratings because their positive emotions help broaden their perspective, encouraging new thoughts and ideas. They believe this may help people build effective coping strategies that reduce their perception of pain. There are so many positive effects if a person remains happy in his/her life for a long time.



01. What does happiness promote?
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..... (5 marks)

02. What are the health benefits associated with diets rich in fruits and vegetables?
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..... (3 marks)

03. What are the positive effects of regular physical activity?
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..... (3 marks)

04. Write the sentence that shows the relationship of cortisol level and happiness.
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..... (2 marks)

05. Why have researchers suggested that happy people have lower pain ratings?
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..... (2 marks)

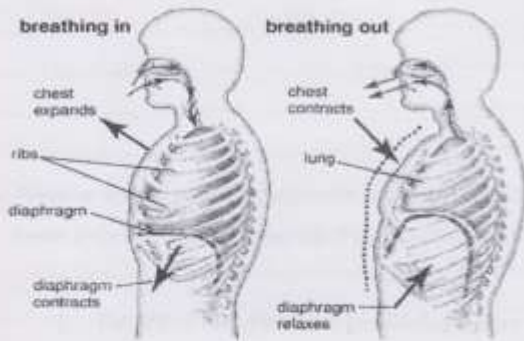
06. Find similar words from the passage to the words given below. (5 marks)

- 1. possible -
- 2. routinely -
- 3. unsatisfied -
- 4. extend -
- 5. apprehension -

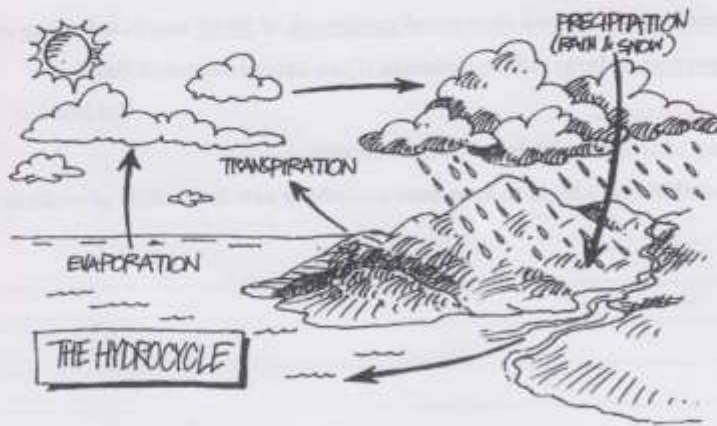
Part II- Essay Questions

01. Describe one of the following processes using 50-65 words. Use passive voice when necessary. (10 Marks)

Process 01



Process 02



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02.

2.1 Write a well-organized, cohesive and structured paragraph of 50-60 words using one of the following topic sentences. (Marks will be deducted if you exceed the word limit.)

(10 Marks)

- 1. Development of technology has several advantages.**
- 2. One of my ambitions in life is to introduce something new to the field of medicine.**

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