



INSTITUTE OF INDIGENOUS MEDICINE, UNIVERSITY OF COLOMBO
DEGREE OF BACHELOR OF AYURVEDA/ UNANI MEDICINE AND SURGERY
FIRST PROFESSIONAL (REPEAT) EXAMINATION
APRIL - MAY 2022

A 1.1.7 & U.1.1.7 - ENGLISH & INFORMATION TECHNOLOGY - ENGLISH

Date: 09.05.2022

Time: 1.45 pm – 4.15 pm

Answer all questions.

Index No

Part I – Structured Questions

1. Read the passage and answer the questions.

(20 marks)

Health was defined as ‘the ability of a well-functioning.’ However, with time, definitions of health changed. The state of being healthy doesn’t necessarily mean physical fitness but refers to overall health fitness, which is emotional, mental, and social stability. Good health is the real wealth. The World Health Organisation commemorates the World Health Day celebration every year on April 7, to create awareness among people about health and cleanliness.

A healthy body holds major components that aid the functioning of the body. The first essential component is the state of physical health. Physical health refers to the state of being physically healthy devoid of any illness or diseases. When one maintains good physical fitness, they tend to have an extended lifespan. The best way to maintain physical well-being is through a balanced diet. Intake of essential nutrients in appropriate quantities helps one manage their physical health.

The next essential component is everyday exercise. To help the body maintain its physical fitness, one must never forget to exercise, even if it’s for ten minimum minutes. It is not advisable to consume junk food all the time. Do not drink alcohol or smoke as it is a hazard to one’s health. Lastly, try to take adequate sleep (7-8 hours) regularly over the use of the phone. It is best advised to not use the phone two hours before sleep.

The next health component is mental health or mental well-being. Mental health refers to a state of emotional and psychological well-being of the individual. A person’s mental well-being impacts their emotions and behavior in handling situations. The best-recommended way to maintain mental health is by staying positive and meditating.

Subsequently, cognitive and social health add equal importance to a person’s overall well-being state. A person maintains their social well-being through effective communication with other people. A person who attends social gatherings and possesses a friendly nature is stated to be socially healthy. Similarly, one’s cognitive health refers to the regular performance of mental processes leading to an

effective state of health. To achieve that, one must consume healthy food and play brain boosters such as puzzles, riddles, chess, etc. This helps one to sharpen their brains.

A healthy body is a sign of a healthy mind, while unhealthy body weakens one's ability to succeed and excel in life. However, there is this stigma about mental health. To be healthy also include mental health, but people do not consider mental disorders as an issue. Psychological well-being is as equally important as physical well-being. When people criticize mental illness, it instantly creates an adverse impact. Parents often concentrate only on their children's physical needs. They dress up wounds and injuries and feed their kids with nutritious food. However, they often fail to notice the crumbling mental health of their child. This is because they do not think mental health is essential. Even among elders, one fails to see their psychological well-being. It is due to a lack of awareness among people. Therefore, one must be able to identify the signs regarding mental illness. A laughing person is not always a happy person. Never brush off mental illness as a taboo, instead pay attention and save people's life.

Source- <https://www.aplustopper.com/health-is-wealth-essay/>

1.1 What is this passage about? (02 Marks)

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1.2 How does the writer explain "the state of being healthy"? (04 Marks)

.....
.....

1.3 Mention two ways of being physically healthy. (04 Marks)

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.....

1.4 What is as equally important as physical well-being? (02 Marks)

.....
.....

1.5 Suggest a title to the passage.

(02 Marks)

.....

1.6 Find words in the passage that have the similar meaning to the followings. (06 marks)

- a) fast food -
- b) sufficient -
- c) supports -
- d) pay attention -
- e) because of -
- f) protect -

2. Fill in the blanks with the correct passive form of the verb given in brackets. (10 marks)

2.1. The assignment to the subject lecturer by group A.
(submit - Present Perfect)

2.2. A lot of money by the politicians.
(steal - Simple Present)

2.3. The talented young men to the post yesterday.
(select - Simple Past)

2.4. A petition against the corrupted management by the workers in the company.
(sign - Simple Past)

2.5. Things by the people.
(change - Present Continuous)

3. Fill in the blanks of the following passage with the words given below. (10 marks)

- | | | | | |
|-----------------|---------------|-------------------|---------------------|----------------|
| guidance | cancer | infectious | transmission | without |
| Older | cough | to | become | staying |

Coronavirus disease (COVID-19) is an 3.1. disease caused by the SARS-CoV-2 virus. Most people infected with the virus will experience mild to moderate respiratory illness and recover 3.2. requiring special treatment. However, some will

become seriously ill and require medical attention. 3.3. people and those with underlying medical conditions like cardiovascular disease, diabetes, chronic respiratory disease, or 3.4. are more likely to develop serious illness. Anyone can get sick with COVID-19 and 3.5. seriously ill or die at any age.

The best way to prevent and slowdown 3.6. is to be well informed about the disease and how the virus spreads. Protect yourself and others from infection by 3.7. at least 1 metre apart from others, wearing a properly fitted mask, and washing your hands or using an alcohol-based rub frequently. Get vaccinated when it's your turn and follow local 3.8.

The virus can spread from an infected person's mouth or nose in small liquid particles when they 3.9., sneeze, speak, sing or breathe. These particles range from larger respiratory droplets to smaller aerosols. It is important to practice respiratory etiquette, for example by coughing into a flexed elbow, and 3.10. stay home and self-isolate until you recover if you feel unwell.

Part II- Essay Questions

1. Describe any process using sequence markers, passive voice and imperatives. (20 marks)
2. Write a well-organized essay of 250 words on one of the following topics. (20 marks)
 1. How I spent my time during the lockdown period
 2. Participating in team sports helps to develop good characters
 3. People have become overly dependent on technology
