

**VINAYAKA MISSION'S RESEARCH FOUNDATIONS, SALEM
(Deemed to be University)**

**B.OPTOMETRY DEGREE EXAMINATION – February 2020
First Year**

PSYCHOLOGY AND NUTRITION

Time: Three hours

Maximum: 80 marks

Use Separate answer books for Part A and Part B

PART – A – PSYCHOLOGY

Time: One and half an hour

Maximum: 40 marks

SECTION – A

I. Answer ALL Questions:

(5 x 1 = 5)

1. Psychology which deals with extra-sensory perception is called_____.
2. When individuals are motivated by some reward system it is called as____.
3. Abnormal Psychology is a branch of _____.
4. Personality has been described in terms of traits by _____.
5. First Psychology lab was established by _____.

II. Write True or False :

(5 x 1 = 5)

1. Geo Psychology is the field of Psychology which describes and explain the behavior of abnormal people.
2. Motive cannot be measured through direct, Indirect and experimental method.
3. A person who influences the others to work together and attain goals is called a leader.
4. Classification into Endomorphic, Mesomorphic and Ectomorphic was proposed by Ernst Kretschmer.
5. Psychoanalysis was propagated by Sigmund Freud.

SECTION – B

II. Write short notes on any TWO of the following:

(2 x 5 = 10)

1. What do you mean by public relation and explain its importance.
2. What is Memory and explain its types.
3. Explain the role of Heredity and environment on Intelligence.
4. Discuss the relevance of Medical psychology in today's concept.

SECTION – C

III. Write an essay on any TWO of the following:

(2 x 10 = 20)

1. Elaborate the various branches of Psychology.
2. Explain in detail the principles of perception.
3. Give a detailed account on type theory of Personality.

(p.t.o)

PART – B – NUTRITION

Time: One and half an hour

Maximum: 40 marks

SECTION - A

I. Answer ALL Questions

(5 x 1 = 5)

1. 1g of carbohydrate yield ____kcal
 - a. 5.7
 - b. 4
 - c. 9.45
 - d. 5.6

2. Fluoride toxicity is known as _____.
 - a. Anemia
 - b. cretinism
 - c. Fluorosis
 - d. None

3. Examples for vitamin C rich foods
 - a. Rice
 - b. Orange
 - c. pulses
 - d. None of these

4. Other name of Ribo-Flavin
 - a. Vitamin B6
 - b. Vitamin B2
 - c. Vitamin B9
 - d. Vitamin B3

5. Calorie Requirement for adolescent girl
 - a. 2200 kcal
 - b. 2000 kcal
 - c. 500 kcal
 - d. none

II. Fill in the blanks:

(5 x 1 = 5)

1. Vitamin-C also known as _____.
2. In adults Vitamin – D deficiency can lead to _____.
3. EFA _____ be synthesized by the body.
4. Normal body Temperature _____.
5. Expansion of BMR _____.

(p.t.o)

SECTION - B

III. Answer any **TWO** of the following:

(2 x 5 = 10)

1. Define balanced diet & Principles of Diet planning.
2. Essential & Non essential Amino acids.
3. Define Atherosclerosis.
4. Define Low birth Weight.

SECTION - C

IV. Answer any **TWO of the following:**

(2 x 10 = 20)

1. Write Essay on Nutritional assessments & its Methods.
2. Essay on Measles and associated eye disorders.
3. Briefly function, sources, excess & deficiency of fats.
4. Brief sources, functions, essentials & non essentials amino acids.
5. Brief function, sources, deficiency & excess of Iodine.
6. Write note on measurement & energy values of food.

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