

[48/AS]

SEAT No. _____

No. of Printed Pages : 2

SARDAR PATEL UNIVERSITY
F.Y.B.A. (Second Semester) EXAMINATION
28th March' 2019 (CBCS) NC
10.00 p.m. to 1.00 p.m.
UA02ICSK04- Paper-IV
Communication skills-2

Total Marks:70

Note: (1) Figures to the right indicate full marks.
(2) Mention clearly the option you attempt.

Q-1 Discuss non-verbal communication in detail. [20]

OR

Q-1 Define the term communication and discuss its various elements.

Q-2 What is meant by barriers to communication? Explain any two barriers in detail with relevant examples. [15]

OR

Q-2 Write notes on the following:

- 1) Wrong choice of medium
- 2) Semantic Barriers

Q-3 Draft a letter to invite your friend to your house warming party. [15]

OR

Q-3 Discuss in detail the structure of a personal Letter.

Q- 4 Read the passage carefully and answer the questions that follow: [20]

Power foods are foods that provide rich levels of nutrients like fiber, potassium and minerals. With people becoming increasingly health conscious today, a lot of fitness trainers encourage their clients to include these foods in their daily diet to increase muscle development. There are various ways of incorporating power foods in your daily diet. Of course, the key to enjoying power foods is proper preparation of these foods, the use of season-fresh foods, and identifying your choice of flavor among power foods.

Some of the recommended power food combinations are those that are prepared in our kitchens on a regular basis. Take for instance, the combination of chickpeas and onions. This combination

(1)

(P.T.O.)

is a powerful source of iron. Iron deficiency can lead to anemia, fatigue, brain fog and tiredness. A study by the Journal of Agricultural and Food Chemistry says that sulphur compounds in onion and garlic help in the absorption of iron and zinc from chickpeas. The combination is a hit with teenagers who need to be diligent about getting iron in their diet.

Another favorite combination with power food takers is yoghurt and bananas. This makes for a perfect snack after a rough game of football. Exercising burns glucose and thus lowers blood sugar. Yoghurt is packed with proteins that help preserve muscle mass, and bananas are packed with carbohydrates that help in refueling energy and preventing muscle soreness. A quick and easy recipe with bananas is a banana smoothie topped with cool yoghurt. Among beverages, green tea is the best source of catechins that are effective in halting oxidative damage to cells. According to researchers at the Purdue University, adding a dash of lemon juice to green tea makes the catechins even more easily absorbable by the body.

- 1) What are power foods ?
- 2) What are the rules regarding the partaking of power foods ?
- 3) Why is yoghurt and bananas, an enriching power food ?
- 4) Why is green tea a recommended power food ?
- 5) Give the suitable title for the above paragraph.

— X —
(2)