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discussion class

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Test # 01 GrSA

Q No 1:- (A) Define vaccine and Antibiotics. Give differences between them.

Antibiotics:

Antibiotics are used to prevent the effect of bacterial infection. Although these have side effects but antibiotics are used to reduce infection if would not be used without doctor's prescription.

The most famous antibiotics are penicillines, Tetracyclines, Aomed aminoglycosides. Penicillines are used for chest and urinary tract infection. On the other hand aminoglycosides can use antibiotics which doctors do not prescribe because of having side effects. They are usually given by drops, injections in the quantity of drops

Vaccine:

Vaccine is made up of live or dead microorganisms used to defend against specific desease. The first vaccine was discovered by Edward Jenner in 1796 when he formed vaccine of smallpox by using organism in cowpox. The vaccine can be

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formed from live microorganisms and these are also killed or inactivated vaccines.

Difference between vaccines and Antibiotics:

1- Antibiotics are formulas used against infection. On the other hand vaccines are made up from micro organisms.

2- Vaccines are taken in one or two doze in the whole life for specific disease. On the other hand antibiotics are taken whenever a man face infection of any type. So, in human life antibiotics can be take many times.

3- The prominent example of vaccines are polio vaccine, Corona vaccine and Smallpox vaccine. Similarly common antibiotics are Penicillines, Aminoglycosides and tetracyclines.

4- vaccines are used for the prevention of particular disease while antibiotics are used for the prevention of particular infections.

B- Differentiate between cyclones, Tsunami and typhoons?

Difference between cyclones, Tsunami and typhoons.

Cyclones	Tsunami
1- Cyclones are formed due to low pressure in air and by condensation.	Tsunami are formed by oceanic waves in water.
2: Cyclones are in the atmosphere and they lost their effect when they hit ground.	Tsunami are waves in huge waves of water with great pressure
3: Cyclones is a system of rotating winds formed by pressure gradient and coriallius effect	Tsunami are formed by volcano eruption in sea or due to earthquack
4: Cyclones have three areas: eye, ey wall and rain-bands	Tsunami has not areas around waves but it is a huge wave of loom and of speed of 500 km/hr 500 ~~km/hr~~ miles/hr
5: Cyclones occured in different oceanic regions have different names. Like cyclone in Indian	Tsunami is not in different in different regions. The recent great Tsunami was

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ocean as pacific ocean is known as Typhone which cyclone occured in atlantic is called hurricane

occured in Japan in 2011, in which 18,550 people were killed.

C- Write a short note on Galaxy:

Galaxy: Galaxy is a mixture of stars, dust, gases, dark matter and materials. It was estimated that in the universe there are 200 billion to 2 billion galaxies existed, and each galaxy contain hundred thousands stars, planets and dwarf planets. The great mass of galaxy is due to dark matter. According to the structure of galaxy galaxies are divided into three categories

1. Elliptical Galaxies
2. Spiral Galaxies
3. Irregular Galaxies

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1. Elliptical Galaxy: Elliptical Galaxies are most abundant in the universe. These galaxies have younger, ~~bi~~ brighter collection of stars. They ~~have~~ ~~have~~ have swirling arms.

2: Spiral Galaxy: In Spiral Galaxy the stars, gases and dust in the spiral arms

and spiral without some the center. There are three types of spiral arms:
i.Sa
ii) Sb
iii) Sc

Sa spiral arms are highly loaded stars, dust and gases.
Sb spiral arms are moderately loaded stars and other astronomical objects.
Sc spiral arms are loosely loaded astronomical objects towards the center.
our Solar system belong to spiral galaxy, in which sun is a stars stars and other eight planets revolve around it.

3- Irregular Galaxies:

Irregular galaxies have no particular shape. Magellanic clouds are examples of irregular galaxies. Moreover 3/4 galaxies existed in universe are irregular galaxies. The irregular galaxies are smallest galaxies

D- Explain DRM

DRM:

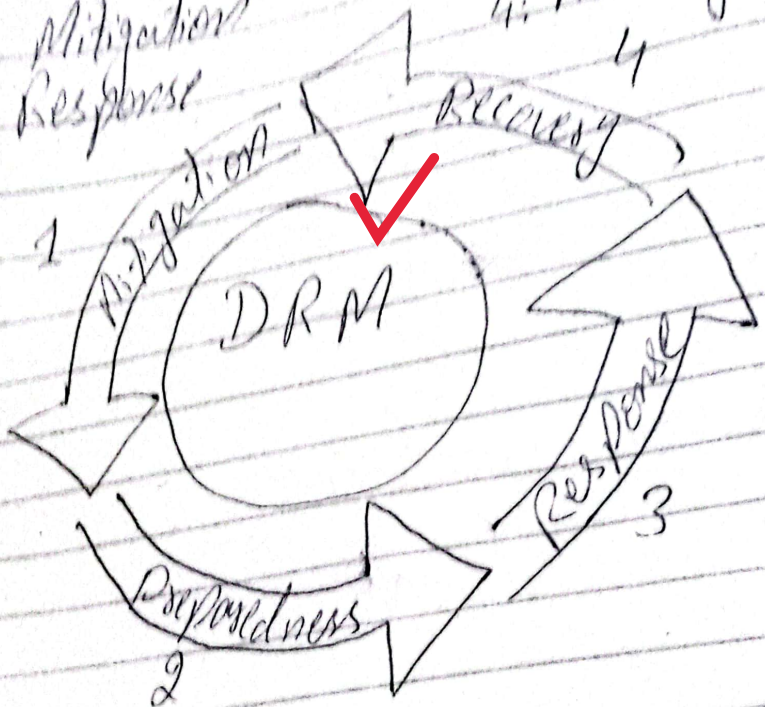
(DRM) stands for Disaster Risk management. It means that how the disasters or hazards whether it is man made or natural; can be managed properly?
The natural disasters include Tsunamis cyclones and earthquakes

While manmade disasters are floods, wildfire etc.

Process of DRM:

The process of Disaster Risk Management consist on four phases:

1: Mitigation
2: Preparedness
3: Response
4: Recovery



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1- Mitigation:

The first phase is "mitigation" which means to analyze situation, assess hazards and take steps taken for that direction. In order to mitigate the after effects of disaster the robust measures enforcement of robust measures is taken in this phase.

2- Preparedness:

The second phase of DRM is preparedness for

planning activities. This phase involved technical assistance, evaluation and communication build up.

- **Response:** The third step is response the authorities off at the time of tasks and analyze situation according true understanding.

- **Recovery:** The last process of DRM to recover economic and play human losses. The recovery phase can be short term and long term depending on the severity of authorities

Q No 2: (A) Differentiate between good fats and bad fats. Give examples.

(B) Give 5 uses of each of the following.

(i) **Vitamin B-complex**

(ii) **Vitamin E**

(i) Vitamin E is useful for nourishment of hairs.
(ii) It protects cells from oxidative damage
(iii) It reduces heart disease

(iii) It benefits cognitive health
(v) It benefits skin health.

Vitamin D:

(i) It facilitate immune system
(ii) It is helpful in the development of bones and teeth.
(iii) It regulate mood and reduces depression
(iv) It is helpful in weight loss
(v) It improves immune system

Iron:

(i) Iron is effective to combat anemia
(ii) It enhanced cognitive development and improve memory
(iii) Iron in the body can overcome fatigue, laziness and dizziness
(iv) It makes man active.
(v) It makes more perfection in the circulatory system

Vitamin B complex:

(i) Vitamin B_1 is vital to healthy growth and functions of organs
(ii) Vitamin B_2 is necessary to break down fats and drugs
(iii) Vitamin B_3 is good for skin, nerves and digestion
(iv) Vitamin B_5 is essential for health of brain
(v) Vitamin B_7 is essential for healthy hairs.

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C- Explain food adulteration and give its types, effects and solutions.

D- Explain any five food preservation Methods.

1:- Dehydration:

Dehydration is a method for food preservation in which food is dried in sun light or dehydrators. In this way dehydrated food can be used for longer time.

2:- Freezing Food:

Freezing food is second method of food preservation method in which food is freezed at low temperature where bacteria can not sustain and food can be preserved for long time.

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3: Canning:

Canning is food preservation method in which food is heated at high temperature and then sealed in bottels. The food in sealed botels can be save from bacteria. In this way food can be preserved.