

DE-7/2021/86

Question Booklet
Alpha Code

A

Question Booklet
Serial Number

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Name:		Reg.No.		Signature:	
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DEPARTMENTAL TESTS — JULY, 2021

Total Number of Questions : 100

[Time : 1½ hours

(Maximum Marks : 100)

INSTRUCTIONS TO CANDIDATES

1. The question paper will be given in the form of a Question Booklet. There will be four versions of question booklets with question booklet alpha code viz. A, B, C & D.
2. The Question Booklet Alpha Code will be printed on the top left margin of the facing sheet of the question booklet.
3. The Question Booklet Alpha Code allotted to you will be noted in your seating position in the Examination Hall.
4. If you get a question booklet where the alpha code does not match to the allotted alpha code in the seating position, please draw the attention of the Invigilator IMMEDIATELY.
5. The Question Booklet Serial Number is printed on the top right margin of the facing sheet. If your question booklet is un-numbered, please get it replaced by new question booklet with same alpha code.
6. The Question Booklet will be sealed at the middle of the right margin. Candidate should not open the question booklet, until the indication is given to start answering.
7. Immediately after the commencement of the examination, the candidate should check that the question booklet supplied contains all the 100 questions in serial order. The question booklet does not have unprinted or torn or missing pages and if so the fact should be brought to the notice of the Invigilator and get it replaced by a complete booklet with same alpha code. This is most important.
8. A blank sheet of paper is attached to the question booklet. This may be used for rough work.
9. **Please read carefully all the instructions on the reverse of the Answer Sheet before marking your answers.**
10. Each question is provided with four choices (A), (B), (C) and (D) having one correct answer. Choose the correct answer and darken the bubble corresponding to the question number using Blue or Black Ball-Point Pen in the OMR Answer Sheet.
11. **Each correct answer carries 1 mark and for each wrong answer 1/3 mark will be deducted. No negative marks for unattended questions.**
12. No candidate will be allowed to leave the examination hall till the end of the session and without handing over the Answer Sheet to the Invigilator. Candidates should ensure that the Invigilator has verified all the entries in the Register Number Coding Sheet and that the Invigilator has affixed his/her signature in the space provided.
13. Strict compliance of instructions is essential. Any malpractice or attempt to commit any kind of malpractice in the Examination will result in the disqualification of the candidate.
14. **If any candidates make a marking of answer in the question paper and exchange with other candidate during the course of the examination, the answer script will be invalidated and the candidates will be debarred for a minimum period of 2 years from appearing the Departmental Tests.**

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Maximum : 100 marks

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1. Red cross was founded by :
(A) Hippocrates (B) Henry Dunant
(C) Galen (D) Madam Curie
2. In slaughter houses, best method to dispose refuse is :
(A) Incineration (B) Selling
(C) Composting (D) Dumping
3. Waste water which does not contain human excreta is called :
(A) Garbage (B) Rubbish
(C) Sewage (D) Sullage
4. Sanitation barrier is :
(A) Segregation of faeces (B) Control of flies
(C) Excreta disposal (D) Proper water supply
5. Which of the following is the most powerful chemical disinfectant?
(A) Phenol (B) Lysol
(C) Dettol (D) Potassium permanganate
6. Fecal contamination of water can be tested using :
(A) Coliform count (B) Orthotoludine test
(C) Double pot method (D) Horrock's apparatus
7. All the following are water borne disease except :
(A) Typhoid (B) Cholera
(C) Hepatitis A (D) Hepatitis C
8. Preventive measures for heart stroke includes all the following except :
(A) Drink about one litre of plain water per hour
(B) Drink about one litre of salt water frequently
(C) Wear clothes that are light in colour and loose
(D) Wear protective goggles, shields and helmets

9. Disease transmitted through rat urine is:
- (A) Rabies (B) Leptospirosis
(C) Tetanus (D) Malaria
10. Most protected source of water is :
- (A) Well water (B) Bore well water
(C) Pipe water (D) River water
11. Small scale purification of water can be done by following methods except :
- (A) Chlorine tablets (B) Heating
(C) Boiling (D) Filtration
12. Roll Boiling for how many minutes kills bacteria :
- (A) 1 min (B) 5 min
(C) 7 min (D) 20 min
13. Inadequate water supply increases the risk of which of these diseases :
- (A) Skin diseases (B) Eye infections
(C) Diarrheal diseases (D) All of the above
14. The science of safe guarding health is called :
- (A) Hygiene (B) Sanitation
(C) Preventive Medicine (D) Public Health
15. Transmission of Typhoid can be prevented by :
- (A) Purification of water (B) Promotion of food hygiene
(C) Improvement of sanitation (D) All of the above
16. Symbol of first aid is
- (A) Red cross (B) Red cross on white background
(C) Green cross (D) White cross on green background
17. How should you open the airway of an unconscious person?
- (A) Head tilt and chin lift (B) Jaw thrust
(C) Head tilt and jaw thrust (D) Lift the chin
18. How long would you check to see if an unconscious person is breathing normally?
- (A) Not more than 10 sec (B) Approximately 20 sec
(C) Not more than 20 sec (D) 5 sec

19. What should your first action be when treating an electrical burn?
- (A) Ensure that the casualty is still breathing
 - (B) Wash the burn with cold water
 - (C) Check for danger and ensure that contact with the electrical source is broken
 - (D) Check for level of response
20. Which is the correct ratio of chest compressions to rescue breaths for use in CPR of an adult casualty?
- (A) 2 Compressions : 30 rescue breaths
 - (B) 5 compressions : 1 rescue breath
 - (C) 15 compressions : 2 rescue breaths
 - (D) 30 compressions : 2 rescue breaths
21. What is the cause of heart attack?
- (A) Insufficient blood reaching lungs
 - (B) Insufficient blood reaching brain
 - (C) Insufficient blood reaching heart muscles
 - (D) Insufficient blood reaching leg muscles
22. What medical condition will develop from severe blood loss?
- (A) Shock
 - (B) Hypoglycemia
 - (C) Anaphylaxis
 - (D) Hypothermia
23. What is a faint?
- (A) A response to fear
 - (B) An unexpected collapse
 - (C) A brief loss of consciousness
 - (D) A sign of flu
24. What steps would you take to control bleeding from a nose bleed?
- (A) Sit casualty down, lean forward and pinch soft part of nose
 - (B) Sit casualty down, lean backward and pinch soft part of nose
 - (C) Lie casualty down pinch soft part of nose
 - (D) Lie casualty down pinch top of nose
25. You are having lunch with your friend and he begins to choke on some food. He cant speak, breath or cough it up. How can you help?
- (A) Give upto 5 back blows between his shoulder blades
 - (B) Put your fingers down his throat to try to dislodge the obstruction
 - (C) Do the Heimlich manoeuvre on him
 - (D) Give him some water to drink

26. Your colleague is complaining of breathlessness and a tight pain in the chest. You suspect a heart attack. What should you do?
- (A) Get him to lay down flat
 - (B) Encourage him to stand up and move around slowly
 - (C) Sit him in a comfortable position
 - (D) Give him pain killer
27. One of your friends has cut his arm and is bleeding severely. How do you treat his injury?
- (A) Put the injured limb in some cold water
 - (B) Apply direct pressure over the wound
 - (C) Give him an aspirin
 - (D) Take him to hospital
28. You suspect that a person has swallowed poison, what should you do?
- (A) Make the person vomit
 - (B) Check the person's airway, breathing and pulse
 - (C) Give him water to drink
 - (D) Give him milk to drink
29. You are walking home and you see a man lying on the ground. You ask him if he is all right but he does not respond. What should you do next?
- (A) Leave him to wake up by himself
 - (B) Begin CPR
 - (C) Check if his airway is clear
 - (D) Sprinkle water on his face
30. When will you suspect injury to the spine?
- (A) Fall from a height, e.g. a ladder
 - (B) Fall from a moving vehicle, e.g. a motorbike
 - (C) Been hit by a heavy object falling across their back
 - (D) All of the above
31. What is the first aid for snake bite?
- (A) Apply ice over the bite site
 - (B) Cut the wound and attempt to remove the venom.
 - (C) Give casualty a cup of coffee
 - (D) Remove jewelry and tight clothing

32. What is the first aid for dog bite?
- (A) Wash the wound thoroughly with soap and water
 - (B) Take vaccination for rabies
 - (C) Apply turmeric to the wound
 - (D) None of the above
33. What will you do when you see a person falling down with seizures?
- (A) Give them a key in their hand
 - (B) Restrict their movement by tightly holding their hands
 - (C) Put a spoon in their mouth
 - (D) Turn them on their side, with their mouth pointing to the ground
34. What is the first aid for first degree burns?
- (A) Hold the burned area under cool running water
 - (B) Apply ice over the burnt area
 - (C) Apply turmeric over the affected area
 - (D) Apply tooth paste over the burned area
35. A person has been rescued from water. He is unresponsive and not breathing. What is the first thing you will do?
- (A) Give five rescue breaths
 - (B) Start CPR
 - (C) Cover the person with warm clothes
 - (D) Replace his wet clothes with dry ones
36. When you suspect fracture, all the following can be done except?
- (A) Apply a splint to the area above and below the fracture sites
 - (B) Apply ice directly to the skin
 - (C) If there is bleeding, apply pressure to the wound with a clean cloth
 - (D) Don't move the person except if necessary
37. What is the first aid for foreign object lodged in nostril?
- (A) Probe the object with a cotton swab
 - (B) Forcefully breath in
 - (C) Close the opposite nostril by applying gentle pressure and then blow out gently through the affected nostril
 - (D) Blow the nose hard, repeatedly

38. If an object becomes lodged in the ear, what first aid will you do?
- (A) Probe the ear with a tool such as a cotton swab or matchstick.
 - (B) Tilt the head to the affected side
 - (C) Pour warm coconut oil into the ear
 - (D) Shake the head
39. Your friend has sustained a cut in thumb with knife :
- (A) Raise hand above the head
 - (B) Clean the wound by rinsing it under running water
 - (C) Pat the wound dry using a clean cloth
 - (D) All the above
40. You're with someone having an allergic reaction with signs of anaphylaxis, all can be done except :
- (A) Loosen tight clothing
 - (B) Cover the person with a blanket.
 - (C) Give the person water to drink
 - (D) Get emergency treatment
41. The "great sanitary awakening" of nineteenth century happened in :
- (A) India
 - (B) England
 - (C) Russia
 - (D) America
42. Which of the following is used in the production of plastic?
- (A) Mercury
 - (B) Lead
 - (C) Vinyl chloride
 - (D) None of these
43. The term Municipal solid waste is generally used to describe:
- (A) Waste from industrial processes, construction and demolition debris.
 - (B) Wastes from private homes, commercial establishments and institutions
 - (C) Mining wastes
 - (D) Agricultural waste
44. The most serious environmental effect posed by hazardous wastes is :
- (A) Air pollution
 - (B) Contamination of ground water
 - (C) Increased use of land for landfills
 - (D) None of these
45. Which of the following programme was re-launched as Swachh Bharat Mission?
- (A) Total Sanitation Campaign
 - (B) Ek kadam swachta Ki Aur
 - (C) Nirmal Bharat Mission
 - (D) None

46. Who is the inspiration behind the concept of Swachh Bharat Mission?
 (A) Mahatma Gandhi (B) Jawaharlal Nehru
 (C) Sardar Patel (D) Narendra Modi
47. Which award is given by the Indian Government to cities and villages for cleanliness?
 (A) Swach Puraskar (B) Swachhta Puraskar
 (C) Clean Region Award (D) Nirmal Puraskar
48. What is the campaign started by the government of India for making India a clean and green country?
 (A) Swachh Bharat Abhiyan (B) Swachhta Abhiyan
 (C) Total sanitation campaign (D) Nirmalata Abhiyan
49. The Indian government has made building toilets a priority and has pledged that every household will have a toilet by which year?
 (A) 2017 (B) 2019
 (C) 2021 (D) 2022
50. What is the primary goal of Swachh Bharat Mission?
 (A) Green India (B) Smart India
 (C) Clean India (D) Shining India
51. An agent that reduces the number of bacterial contaminants to safe levels is called :
 (A) Sanitizer (B) Antiseptic
 (C) Detergent (D) Deodarant
52. Process used to make a product free of all forms of microorganisms including bacterial spores is called :
 (A) Disinfection (B) Asepsis
 (C) Cleaning (D) Sterilization
53. Which of the following disease is described as the “barometer of social welfare”?
 (A) Tuberculosis (B) Dengue
 (C) Polio (D) Measles
54. Which of the following substance can be used to disinfect fruits and vegetables?
 (A) Savlon (B) Alcohol
 (C) Potassium permanganate (D) Bleaching powder
55. Which of the following is suitable for chemical disinfection of floors?
 (A) Chlorinated lime (B) 1% formaldehyde solution
 (C) 2.5% cresol (D) All of the above

56. What is the correct temperature that frozen food should be kept at?
(A) 0 degrees (B) 15 degrees or lower
(C) -18 degrees or lower (D) 20 degrees or lower
57. Where should raw meat be stored in a refrigerator?
(A) At the top (B) In the middle
(C) At the bottom, below all other food (D) Can be kept anywhere
58. Who proposed the germ theory of disease?
(A) John Snow (B) Edward Jenner
(C) Robert Koch (D) Louis Pasteur
59. What is the ideal temperature for Pathogens to flourish?
(A) 10 degrees (B) 37 degrees
(C) 55 degrees (D) 90 degrees
60. How many times can you reheat leftovers?
(A) As many times as you like (B) Twice
(C) Four times (D) Once
61. Which of the following disease is transmitted through the faecal-oral route?
(A) Kala-Azar (B) Chikungunya
(C) Polio (D) Malaria
62. When should hand washing with soap be practiced?
(A) Before preparing food (B) Before feeding a child
(C) After defecation (D) All of the above
63. What is the reason for drying your hands after washing them?
(A) So that you don't drip water everywhere
(B) Because germs are more easily spread with wet hands
(C) Hands are slippery when wet
(D) Will not be able to hold kitchen utensils properly
64. Which of the following is true about bacteria?
(A) Bacteria multiplies and grows faster in warm environments
(B) Bacteria needs air to survive
(C) Every type of bacteria can give people food poisoning
(D) By freezing food you can kill bacteria

65. The ideal temperature in a refrigerator should be :
- (A) 4-10 degrees (B) 1 and 4 degrees
(C) 0 to 4 degrees (D) -2 to 0 degrees
66. Which one of the following foods is likely to contain the MOST bacteria?
- (A) Frozen raw chicken (B) Recently cooked chicken
(C) Opened fizzy drink (D) Bottled mayonnaise
67. While in a food preparation or serving environment, what is the best way to dry hands after washing them?
- (A) Using paper towels (B) Damp towels
(C) Just let them dry naturally (D) Dry towels
68. How can you tell if food has enough bacteria to cause food poisoning?
- (A) It will smell (B) You can't, it will appear normal
(C) It will have a different colour (D) It will taste different
69. The best way to prevent gum disease is :
- (A) Using fluoride tooth paste (B) Flossing teeth daily
(C) Washing mouth after every meal (D) Using mouth wash
70. Tooth brush should be replaced every :
- (A) Three months (B) Six months
(C) Twelve months (D) Two weeks
71. What causes tooth decay?
- (A) Acid (B) Age
(C) Cavities (D) Caffeine
72. Coughing etiquette includes which of the following :
- (A) Covering your mouth when coughing
(B) Cough/sneeze into your elbow area
(C) Washing your hands after coughing
(D) All the above
73. The Cold and Flu virus can be spread by:
- (A) Cough
(B) Sneeze
(C) Contact with surfaces and objects contaminated with the virus
(D) All of the above

74. All of following oral fluids should be avoided during diarrhoea except :
- (A) Sweetened tea (B) Coffee
(C) Carbonated drinks (D) Rice water
75. Arrange in order the step of hand washing :
1. Wash your hands with water
 2. Wet your hands
 3. Dry hands with towel
 4. Use soap on hands and make foam
 5. Rub hands properly for 20 sec
- (A) 2, 4, 5, 1, 3 (B) 1, 4, 5, 2, 3
(C) 4, 2, 1, 5, 3 (D) 2, 4, 1, 5, 3
76. Rice water stools are characteristic of which disease :
- (A) Typhoid (B) Cholera
(C) Dysentery (D) Giardiasis
77. What is the single most effective way to prevent the transmission of disease?
- (A) Antibiotics (B) Hand washing with water only
(C) Hand washing with soap and water (D) No way
78. How many times should one brush teeth?
- (A) Once a day (B) Twice a day
(C) Thrice a day (D) Four times a day
79. What element is added to water to prevent tooth decay?
- (A) Chlorine (B) Fluoride
(C) Sugar (D) None of these
80. Medical research indicates which of the following as the leading cause of stunting :
- (A) Lack of exercise (B) Eating unhealthy foods
(C) Defecating in the open (D) Sleeping on hard surfaces
81. Product that can be applied to the skin to reduce, remove, or destroy microbes :
- (A) Antiseptic (B) Disinfectant
(C) Sterilization agent (D) Detergent
82. From weakest to strongest which answer best describes decontamination?
- (A) Sterilization, disinfection, sanitation (B) Sanitation, disinfection, sterilization
(C) Disinfection, sanitation, sterilization (D) Disinfection, sterilization, sanitation

83. Sanitary well has all the following properties except :
- (A) Lining of bricks (B) Parapet wall
(C) Hand pump (D) Top of well covered by net
84. Dirty polluted water is the breeding habitat for which of the following?
- (A) Anopheles (B) Culex
(C) Aedes (D) Mansonia
85. Floor of houses should satisfy all the following criteria except
- (A) Should be permeable (B) Free from cracks
(C) Damp proof (D) Should be pucca
86. The approved minimum standards of housing includes all except
- (A) Separate kitchen
(B) Cattle sheds at least 15 feet away from house
(C) Sanitary latrine
(D) At least two living rooms
87. Where does Aedes mosquito breed?
- (A) Water collected in artificial containers
(B) Fresh water
(C) Dirty water
(D) Aquatic plants
88. How frequently should nails be cut?
- (A) Once a week (B) Once in two weeks
(C) Once in a month (D) Once in 3 weeks
89. All the following are ideal waste management practice at home except?
- (A) Keep separate containers for dry and wet waste in the kitchen
(B) Keep two bags for dry waste collection- paper and plastic, for the rest of the household waste
(C) Keep plastic from the kitchen clean and dry and drop into the wet waste bin
(D) Keep glass /plastic containers rinsed of food matter
90. Wet waste includes all except :
- (A) Vegetable and fruit peels and pieces (B) Tea leaves
(C) Eggshells (D) Plastic
91. Biomedical waste includes all except
- (A) Sanitary napkins (B) Disposable diapers
(C) Bandage stained with blood (D) Insecticides

92. Which of the following is the best method of solid waste disposal at household level?
(A) Composting (B) Burning
(C) Dumping (D) Indiscriminate throwing
93. All true of Chlorination of water except :
(A) Kills pathogenic bacteria
(B) It controls algae and slime organisms
(C) Has no residual action
(D) Has no effect on hepatitis virus in usual dose
94. Which of the following insect is called “porter of infection”?
(A) Mosquito (B) Ants
(C) Lice (D) Housefly
95. Lice are disseminated by :
(A) Overcrowding (B) Acquired from clothing
(C) Sharing Combs (D) All the above
96. Lice infestation can be prevented by :
(A) Daily bath with soap and water
(B) Washing of long hair once a week
(C) Washing clothes, towels and sheets in cold water
(D) Changing clothes once in two days
97. All of the following are effective weapons in reducing rats except :
(A) Proper storage, collection and disposal of garbage
(B) Proper storage of food stuff
(C) Rat trap
(D) Blocking rat burrows with concrete
98. All the following diseases can be transmitted from animals to man except :
(A) Tuberculosis (B) Japanese encephalitis
(C) Plague (D) Polio
99. Rabies can spread through the bite of all of the following animals except :
(A) Dog (B) Cat
(C) Rat (D) Monkey
100. Any cough more than two weeks can be :
(A) Tuberculosis (B) Malaria
(C) Dengue (D) Asthma

SPACE FOR ROUGH WORK

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