

106/2021

Maximum : 100 marks

Time : 1 hour and 15 minutes

1. The goal of every human being is to achieve :
(A) Optimum Health (B) Physical Health
(C) Mental Health (D) Social Health
2. For the community diagnosis and community treatment, the entire community is considered as :
(A) Group (B) Patient
(C) Individual (D) Family
3. National health policy started on :
(A) 1974 (B) 1978
(C) 1983 (D) 1986
4. In Plain area primary health centre covers an average population of :
(A) 20,000 (B) 5,000
(C) 80,000 (D) 30,000
5. Rehabilitation comes under _____ level of prevention.
(A) Primary prevention (B) Tertiary Prevention
(C) Secondary prevention (D) None of the above
6. Which of the following is not a factor for counselling?
(A) Maintain eye contact with Client
(B) Keep Right body language
(C) Use technical Language
(D) Listen carefully to the problems
7. In communication process the content is converted to codes is known as :
(A) Feedback (B) Channel
(C) Decoding (D) Encoding

A

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[P.T.O.]

8. Which of the following is not a criteria for the selection of ASHA?
- (A) Age group above 50 yrs
 - (B) Being a woman volunteer
 - (C) Minimum education up to 8th class
 - (D) She would be a resident of the Village
9. World Health Day is celebrated every year on :
- (A) July 8th
 - (B) June 5th
 - (C) April 7th
 - (D) April 22nd
10. Basic unit of society is :
- (A) Group
 - (B) Community
 - (C) Population
 - (D) Family
11. Which one of the following is a one way method of communication?
- (A) Lecture
 - (B) Seminar
 - (C) Symposium
 - (D) Group Discussion
12. Judicial organ of the Gram sabha is :
- (A) Gram Panchayat
 - (B) Nyaya Panchayat
 - (C) Village Panchayat
 - (D) Panchayat samati
13. The headquarters for UNICEF is :
- (A) Geneva
 - (B) Delhi
 - (C) New York
 - (D) France
14. Anganwadi teacher comes under ————— scheme.
- (A) ICDS
 - (B) CARE
 - (C) UNESCO
 - (D) UNICEF
15. One anganwadi teacher covers a population of :
- (A) 5,000
 - (B) 1,000
 - (C) 20,000
 - (D) 3,000

16. Municipal corporation is headed by :
- (A) Commissioner (B) Collector
(C) Chairman (D) Mayor
17. The most popular and most commonly used AV Aid is :
- (A) Black board (B) Flash card
(C) Flip chart (D) Bulletin board
18. Which food does not contain Vit C?
- (A) Peppers (B) Tomatoes
(C) Egg (D) Kiwi
19. Vit. B₃ deficiency results :
- (A) Pellagra (B) Scurvy
(C) Rickets (D) Beri beri
20. All are fat soluble vitamins except :
- (A) Vit. A (B) Vit. B
(C) Vit. D (D) Vit. E
21. Longest cranial nerve is :
- (A) Facial nerve (B) Vagus nerve
(C) Auditory nerve (D) Olfactory nerve
22. The temperature of water used for sponge bath of an adult person is :
- (A) 100°F to 105°F (B) 105°F to 110°F
(C) 110°F to 115°F (D) 115°F to 120°F
23. Atmospheric air contains _____% of oxygen.
- (A) 20.93% (B) 16.40%
(C) 79% (D) 0.03%
24. The amount of bleaching powder needed to disinfection of well :
- (A) 15 gms/1000 L of water (B) 10 gms/1000 L of water
(C) 5 gms/1000 L of water (D) 2.5 gms/1000 L of water

25. The test used to measure the residual chlorine after disinfection of water :
- (A) Dechlorination (B) Residual chlorination
(C) Orthotolidine test (D) Breakpoint chlorination
26. The normal GFR is :
- (A) 100 ml-105 ml/min (B) 105 ml- 125 ml/min
(C) 100 ml- 105 ml/hour (D) 105 ml - 125 ml/hour
27. The islets of langerhans secretes hormone :
- (A) Aldosterone (B) Oestrogen
(C) Insulin (D) Progesterone
28. The defense mechanism in which the individual tries to make excuses and justification for his behaviour is called :
- (A) Supression (B) Displacement
(C) Projection (D) Rationalization
29. The ECT was discovered by :
- (A) Bini (B) Maxwell
(C) Ericson (D) Freud
30. Split personality is otherwise called :
- (A) Mania (B) Schizophrenia
(C) Depression (D) Paranoia
31. Absolute contraindication for ECT is :
- (A) Catatonia (B) Depression
(C) Brain tumour (D) Severe psychosis
32. Trust VS Mistrust occurs in which period of life :
- (A) Preschool age (B) School age
(C) Toddler (D) Infancy
33. In India the Mental health care act came into force from :
- (A) 7th April 2017 (B) 29th May 2018
(C) 19th August 2013 (D) 7th July 2018

34. Fresh air is blown into the rooms by centrifugal fans to create a positive pressure to displace vitiated air is called :
- (A) Plenum ventilation (B) Exhaust ventilation
(C) Stalk driven ventilation (D) Cross ventilation
35. The ability of an infectious agent to invade and multiply(produce infection) in a host is known as :
- (A) Pathogenicity (B) Infectivity
(C) Virulence (D) Disability
36. The constant presence of a disease or infectious agent within a given geographic area or population group is :
- (A) Endemic (B) Epidemic
(C) Sporadic (D) Pandemic
37. The only class of immunoglobulin which is transported across the placenta is :
- (A) IgE (B) IgD
(C) IgG (D) IgA
38. The level of resistance of a community or group of people to a particular disease is :
- (A) Cellular immunity (B) Passive immunity
(C) Active immunity (D) Herd immunity
39. Vaccines which must be stored in the freezer compartment are :
- (A) Polio and measles (B) DPT and measles
(C) Rabies and tetanus (D) BCG and hepatitis
40. The most reliable method of physical sterilization is :
- (A) Flaming (B) Radiation
(C) Heat (D) Filtration
41. Pleomorphism is a characteristic feature of rash in :
- (A) Small pox (B) Chicken pox
(C) Measles (D) Rubella
42. The antituberculosis drug which causes peripheral neuropathy is :
- (A) Rifampicin (B) Pyrazinamide
(C) Streptomycin (D) Isoniazid

43. Pulse polio immunization programme was launched in India in the year :
(A) 2000 (B) 1995
(C) 1990 (D) 1985
44. The causative agent of malaria is :
(A) Wuchereria (B) Mansonella
(C) Plasmodium (D) Brucella
45. Night blindness is caused by deficiency of :
(A) Vit A (B) Vit B
(C) Vit C (D) Vit D
46. The position given to the patient to relieve dyspnoea is :
(A) Prone (B) Supine
(C) Fowler's (D) Lithotomy
47. Rice water stool indicates :
(A) Typhoid (B) Cholera
(C) Dysentery (D) Colitis
48. Waste water which does not contain human excreta is called :
(A) Sullage (B) Sewage
(C) Sludge (D) Effluent
49. The most common fracture seen in children is :
(A) Depressed (B) Comminuted
(C) Greenstick (D) Complicated
50. Over stretching of a muscle due to a sudden effort or twisting of the part is :
(A) Subluxation (B) Sprain
(C) Dislocation (D) Strain
51. Severe body response to an allergic substance is termed as :
(A) Cardiogenic shock (B) Anaphylactic shock
(C) Neurogenic shock (D) Septic shock
52. Wounds caused by moist heat such as boiling water, hot tea, coffee and steam is :
(A) Burns (B) Heat exhaustion
(C) Scalds (D) Abrasion

53. Drugs which increase the flow of urine is :
- (A) Carminatives (B) Emetics
(C) Expectorants (D) Diuretics
54. The most commonly used muscle for intramuscular injection in children under two years is :
- (A) Quadriceps (B) Gluteal
(C) Deltoid (D) Soleus
55. The 'rights of children' was declared by
- (A) UNESCO
(B) World Health Organization
(C) United Nations
(D) UNICEF
56. The main focus of ICDS scheme is to improve the nutrition and health status under
- (A) 0-4 years of age
(B) 0-3 years of age
(C) 0-8 years of age
(D) 0-6 years
57. Which of the following is a live attenuated vaccine?
- (A) BCG vaccine (B) Rabies vaccine
(C) Diphtheria vaccine (D) Hepatitis B vaccine
58. Integrated management of childhood illness (IMNCI) is a new strategy developed by
- (A) WHO and UNICEF (B) UNESCO and UNICEF
(C) NUHM and NRHM (D) NHM and UNICEF
59. Measles vaccine is administered at the age of
- (A) six weeks (B) ten weeks
(C) six months (D) nine months
60. Weaning should be started at the age of
- (A) 6-8 months (B) 7-9 months
(C) 4-6 months (D) 5-7 months

61. Normal average length of a newborn baby should be
(A) 45-50 cm (B) 48-53 cm
(C) 40-48 cm (D) 52-55 cm
62. Normally, a neonate passes urine and meconium within
(A) one hour (B) five hours
(C) 12 hours (D) 24 hours
63. The anterior fontanelle normally closes by
(A) 12-18 months (B) 12-18 weeks
(C) 6-8 weeks (D) 10-12 months
64. According to WHO, adolescence is a period of life from
(A) 12-18 years (B) 12-19 years
(C) 10-15 years (D) 10-19 years
65. The first sign of puberty in adolescent girls is
(A) Menarche (B) Appearance of breast buds
(C) Appearance of acne (D) Growth of pubic hair
66. No menstrual period for more than six months is called
(A) Dysmenorrhoea (B) Menorrhagia
(C) Menarche (D) Amenorrhoea
67. Normally, birth weight of a baby doubles by
(A) 3 months (B) 6 months
(C) 9 months (D) 12 months
68. What is the normal shape of female pelvic brim?
(A) Round (B) Oval
(C) Heart shaped (D) Kidney shaped
69. Which is the part of the reproductive system where fertilization takes place?
(A) Uterus (B) Cervix
(C) Ampulla (D) Isthmus

70. Umbilical cord consists of :
- (A) 2 arteries and 2 veins (B) 1 artery and 1 vein
(C) 1 artery and 2 veins (D) 2 artery and 1 vein
71. Deficiency of _____ Causes neural tube defects.
- (A) Iron (B) Calcium
(C) Vit D (D) Folic Acid
72. Average weight gain during pregnancy :
- (A) 10 kg (B) 12 kg
(C) 8 kg (D) 16 kg
73. Effacement of cervix means :
- (A) Dilatation of cervix
(B) Taking up of cervix
(C) Tear of cervix
(D) Rupture of cervix
74. Normal fetal heart rate is :
- (A) 60 to 100 (B) 80 to 120
(C) 100 to 140 (D) 120 to 160
75. Uterus is palpable at how many weeks of gestation :
- (A) 4 weeks (B) 6 weeks
(C) 12 weeks (D) 8 weeks
76. Normal labour is otherwise known as :
- (A) Parturition (B) Eutocia
(C) Dystocia (D) Shoulder dystocia
77. A surgical incision into the perineum to enlarge the outlet :
- (A) LSCS (B) D & C
(C) IUD (D) Episiotomy
78. Fine downy hair on shoulder and back of newborn is :
- (A) Milia (B) Lanugo
(C) Mongolian spots (D) Vernix

79. Vaginal discharge during puerperium :
- (A) Lochia (B) Blood
(C) Amniotic fluid (D) Meconium
80. Hydatidiform mole is otherwise known as :
- (A) Multiple pregnancy
(B) Molar pregnancy
(C) Teenage pregnancy
(D) Intra uterine death
81. In twin pregnancy division occurs after the development of embryonic disc :
- (A) Monozygotic Twin (B) Dizygotic Twin
(C) Conjoined Twin (D) Quadruplets
82. Newborn before 37 weeks gestation :
- (A) Term (B) Preterm
(C) SGA (D) LGA
83. Occiput posteriorly over right sacroiliac joint :
- (A) LOA (B) ROA
(C) LOP (D) ROP
84. The capacity of a couple to conceive :
- (A) Infertility (B) Fertility
(C) Subfertility (D) Conception
85. The woman start taking birth control pills on about day _____ of cycle.
- (A) 1 (B) 5
(C) 10 (D) 14
86. What does census provide us?
- (A) Information regarding population
(B) Information regarding resources
(C) Information regarding agricultural income
(D) Information regarding crops

87. HIV can be spread through infected persons
- (A) Urine
 - (B) Sweat
 - (C) Blood
 - (D) Tears
88. Which is the most common STI caused by Bacteria?
- (A) Gonorrhoea
 - (B) Syphilis
 - (C) Chlamydia
 - (D) Genital warts
89. A woman is considered to be in menopause after she has missed _____ menstrual cycles.
- (A) 3
 - (B) 6
 - (C) 9
 - (D) 12
90. Which strategies help women become more socially and economically empowered?
- (A) Women working together to challenge discrimination
 - (B) More income sources for women
 - (C) Improved access to education
 - (D) All of the above
91. Organogenesis is complete at :
- (A) 2 weeks after ovulation
 - (B) 6 weeks after ovulation
 - (C) 8 weeks after ovulation
 - (D) 18 weeks after ovulation
92. World breastfeeding week is :
- (A) August 1-7
 - (B) September 1-7
 - (C) October 1-7
 - (D) November 1-7
93. Total Bishops score is :
- (A) 10
 - (B) 8
 - (C) 6
 - (D) 13

94. There are _____ fontenells in fetal skull.
- (A) 1 (B) 2
(C) 3 (D) 4
95. JSSK launched in India on
- (A) June 2011 (B) April 2005
(C) May 1962 (D) June 1953
96. Which is the peripheral unit available at village level to take care of health needs of the Community?
- (A) Primary Health Centre (B) Community Health Centre
(C) Sub centre (D) Taluk Hospital
97. Committee gave the concept of primary health centre :
- (A) Kartar singh committee (B) Bhore committee
(C) Mukerjee committee (D) Shrivastav committee
98. Which is the executive organ of the Gram Sabha?
- (A) Executive officer (B) Gram panchayat
(C) Nyaya panchayat (D) Zilla parishad
99. National mental health program was launched during which five year plan?
- (A) 3rd five year plan (B) 4th five year plan
(C) 6th five year plan (D) 7th five year plan
100. Stock of goods known as :
- (A) Report (B) Inventory
(C) Record (D) Stock
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SPACE FOR ROUGH WORK

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