

1. A sub-center is meant to be there for every population in Hilly areas
(a) 1000 (b) 3000 (c) 5000 (d) 10000
- 2 One primary health center should be there for every rural population in the plains
(a) 10000 (b) 20000 (c) 30000 (d) 40000
- 3 Hind Kusht Nivaran Sangh is a voluntary agency related to the disease:
(a) Tuberculosis (b) Leprosy (c) Malaria (d) Filaria
- 4 The colour of the center square in the vaccine vial monitor in a well stored polio vaccine should be:
(a) White (b) Violet (c) Blue (d) Pink
- 5 The world Health Day is celebrated on
(a) March 1st (b) April 7th (c) July 1st (d) December 1st
- 6 GOBI campaign of the UNICEF includes all except:
(a) Growth monitoring (b) Observation (c) Breast feeding (d) Immunization
- 7 The international agency providing support for the National Blindness Control Programme is:
(a) DANIDA (b) SIDA (c) USAID (d) CARE
- 8 Major symptoms of an AIDS patient is:
(a) Weight loss (b) Diarrhea (c) Fever (d) All of the above
- 9 The ideal weight for an adult person is calculated on the basis of his:
(a) Age (b) Height (c) Economic status (d) All of the above
- 10 Risk factors for developing coronary heart disease include:
(a) Smoking (b) Hypertension (c) Serum Cholesterol (d) All of the above
- 11 The salt intake per day should be kept to a limit of:
(a) 1 gm daily (b) 5 gm daily (c) 10 gm daily (d) 15 gm daily
- 12 A normal blood pressure is said to be about:
(a) 300 / 200 (b) 200 / 150 (c) 120 / 80 (d) 70 / 40
- 13 Pulse rate of babies is:
(a) More than adults (b) Less than adults (c) Same as adults (d) No fixed pattern
- 14 Normal respiratory rates in adults is about:
(a) 5/ min (b) 10/min (c) 17/min (d) 27/min
- 15 Streptococcal throat infection can later lead to:
(a) Tuberculosis (b) Leprosy (c) Rheumatic heart Disease (d) Malaria

16 India's population at present is about:

- (a) Ten Thousand (b) One Million (c) One Billion (d) Ten Billion

17 While calculating birth rates the denominator used is:

- (a) live births (b) mid-year population (c) census population (d) any of the above

18 The objective of National population policy is to bring the total fertility rates to replacement level by:

- (a) 2005 (b) 2010 (c) 2015 (d) 2020

19 A woman is expected to attend the antenatal clinic at least / month during the first 7 months:

- (a) one (b) twice (c) thrice (d) four times

20 On an average a normal healthy woman should gain about kg of weight during pregnancy

- (a) 5 kg (b) 12 kg (c) 20 kg (d) 30 kg

21 An unimmunised mother should be given doses of Tetanus toxoid during pregnancy

- (a) one (b) two (c) three (d) four

22 The extra amount of calories required during pregnancy is:

- (a) 300 Kcal (b) 440 Kcal (c) 550 Kcal (d) 600 Kcal

23 At one year of age a baby should weigh around:

- (a) 5 kg (b) 10 kg (c) 15 kg (d) 20 kg

24 As per Baby friendly hospital initiative breast feeding by the mother after normal delivery should be started within:

- (a) one hour (b) five hours (c) 10 hours (d) 24 hours

25 Under the ICDS programme the amount of protein provided for children between 1-6yrs is:

- (a) 5 gms (b) 10 gms (c) 15 gms (d) 20 gms

26 Father of medicine is:

- (a) Hippocrates (b) Aesculapius (c) Susrutha (d) Thomas Sydenham

27 James Lind is related to the disease:

- (a) small pox (b) scurvy (c) scabies (d) scoliosis

28 DPT vaccination is related to the disease:

- (a) Polio (b) Measles (c) Pertussis (d) All of the above

29 Chicken pox is caused due to a:

- (a) Virus (b) Bacteria (c) Fungus (d) Protozoa

30 Measles vaccine is given under the National Immunization Programme

- (a) 1 month (b) 6 months (c) 9 months (d) 15 months

31 The classical triad of Rubella include:

- (a) Cataract (b) Cardiac Malformation (c) Deafness (d) all of the above

32 BCG vaccination is given to protect against:

- (a) Tuberculosis (b) Meningitis (c) Chicken pox (d) All of the above

33 Oral polio vaccine:

- (a) Live vaccine (b) Killed vaccine (c) Freeze dried vaccine (d) Recombinant vaccine

34 Hepatitis A virus is mainly transmitted through:

- (a) facial-oral route (b) parental route (c) sexual transmission (d) blood transmission

35 Rice water stools is seen in:

- (a) Cholera (b) Typhoid (c) Salmonellosis (d) Botulism

36 DOTS is related to the disease:

- (a) Leprosy (b) Tuberculosis (c) Hepatitis (d) Malaria

37 Ancylostomiasis is the other name for

- (a) Hook worm (b) Round worm (c) Tape worm (d) Guinea worm

38 The worm infestation eliminated from India is:

- (a) Hook worm (b) round worm (c) Tape worm (d) Guinea worm

39 Dengue fever is transmitted by:

- (a) aedes (b) culex (c) anopheles (d) mansonina

40 Malaria is caused by:

- (a) bacteria (b) protozoan (c) virus (d) fungus

41 The disease not present in India is

- (a) dengue (b) yellow fever (c) Japanese encephalitis (d) Kyasanur forest disease

42 Leptospirosis is transmitted through:

- (a) rat urine (b) rat bite (c) mosquito (d) dog bite

43 Beef tapeworm is:

- (a) Taenia saginata (b) Taenia solium (c) Echinococcus granulosus (d) Guinea worm

44 Trachoma is a disease related to:

- (a) eyes (b) ears (c) nose (d) throat

45 Leprosy should be treated for a minimum period of:

- (a) life long (b) 20 yrs (c) 5 yrs (d) 6-12 months

- 46 Gonorrhoea is a disease transmitted through
(a) food (b) needle prick (c) blood transfusion (d) sexually
- 47 Modifiable risk factors in case of hypertension include all except
(a) age (b) obesity (c) salt intake (d) alcohol intake
- 48 Rheumatic heart disease is related to the condition:
(a) throat infection (b) ear infection (c) eye infection (d) leg infection
- 49 Goiter is related to the gland:
(a) pancreas (b) thyroid (c) parotid (d) adrenals
- 50 Diabetes is caused due to deficiency of:
(a) insulin (b) ptyalin (c) thyroxin (d) glucagon
- 51 Most common cause of blindness in India is:
(a) cataract (b) glaucoma (c) refractive index (d) vitamin A deficiency
- 52 Barrier method of contraception is:
(a) condom (b) intra-uterine device (c) oral pills (d) injectables
- 53 One gram of protein will give Kcal/gm
(a) 4 (b) 9 (c) 12 (d) 15
- 54 The reference protein is:
(a) egg (b) milk (c) meat (d) fish
- 55 Limiting Amino acid in plus is:
(a) lysine (b) threonine (c) methionine (d) valine
- 56 The amount of protein required by an Indian adult is gm protein/kg body wt.
(a) 0.5 (b) 1 (c) 5 (d) 10
- 57 Saturated fatty acids are all except
(a) lauric (b) palmitic (c) stearic (d) oleic
- 58 Deficiency of vitamin D causes
(a) rickets (b) scurvy (c) night blindness (d) all of the above
- 59 Pellagra is a deficiency disease caused due to the deficiency of
(a) riboflavin (b) thiamine (c) niacin (d) folate
- 60 Rich source of vitamin A is
(a) ripe papaya (b) ripe mango (c) green leafy vegetables (d) all of the above
- 61 The mineral that is associated with anemia is:

(a) calcium (b) iron (c) magnesium (d) sodium

62 Infections primarily of animals that can be transmitted through milk is all except

(a) tuberculosis (b) brucellosis (c) Q fever (d) malaria

63 The addition of colouring agents to food is called

(a) food additives (b) food adulteration (c) food fortification (d) none of the above

64 As per the Mid-day meal programme the meals should supply at least of the total energy requirement

(a) 1/3rd (b) 1/4th (c) $\frac{1}{2}$ (d) 3/4th

65 The type of learning relating to skills is:

(a) cognitive (b) affective (c) psychomotor (d) all of the above

66 The average population of a village in India is estimated to be:

(a) 5000 (b) 2500 (c) 1500 (d) 550

67 The amount of bleaching powder required to disinfect 1000 liters of water is

(a) 1.5 gms (b) 2.5 gms (c) 3.5 gms (d) 4.5 gms

68 Hardness of water can be caused due to

(a) chlorides (b) sulphates (c) nitrates (d) all of the above

69 Free and combined chlorine in water can be determined using:

(a) orthotoludine test (b) methylene blue test (c) phosphatase test (d) all of the above

70 In a house window area should be at least of the floor area

(a) 1/20th (b) 1/10th (c) 1/5th (d) 1/2

71 Overcrowding is said to exist if no of persons over 9 yrs of age not husband and wife, of opposite sexes are obliged to

sleep in the same room

(a) 2 (b) 3 (c) 4 (d) 5

72 The method of waste disposal in which waste is disposed along with night soil is known as

(a) dumping (b) tipping (c) composting (d) incineration

73 The mosquito which lays its eggs on the leaves of certain aquatic plants is

(a) aedes (b) anopheles (c) mansonina (d) culex

74 The tiger mosquito is

(a) anopheles (b) culex (c) aedes (d) mansonina

75 Biological control of mosquitoes is by using

(a) mineral oils (b) fishes (c) insecticides (d) all of the above

76 Lindane is a:

- (a) DDT (b) BHC (c) malathion (d) fention

77 Zinc phosphide is an efficient

- (a) rodenticide (b) insecticide (c) bactericide (d) disinfectant

78 Bird flu is caused by:

- (a) virus (b) bacteria (c) fungus (d) protozoa

79 The normal human body contains

- (a) 20 chromosomes (b) 25 chromosomes (c) 36 chromosomes (d) 46 chromosomes

80 Among the blood groups the blood group considered as the universal donor is

- (a) A group (b) B group (c) AB group (d) 0 group

81 The sex chromosome composition of XO is related to

- (a) turners syndrome (b) klienfelters syndrome (c) super female (d) none of the above

82 Erythroblastosis foetalis is a disease related to

- (a) blood groups (b) red blood cells (c) white blood cells (d) platelets

83 Births and deaths should be registered with in

- (a) 7 days (b) 14 days (c) 21 days (d) 30 days

84 The census is taken at intervals of

- (a) 5 yrs (b) 10 yrs (c) 15 yrs (d) 20 yrs

85 The diseases notifiable to the WHO under the international Regulation Act are all except

- (a) cholera (b) plague (c) yellow fever (d) diphtheria

86 The best method to present data to the man on the street is:

- (a) bar chart (b) pie chart (c) pictogram (d) frequency polygon

87 When a set of numbers is arranged in ascending or descending order and the center number is taken it is called a:

- (a) mean (b) median (c) mode (d) range

88 Socratic method of communication is

- (a) one-way (b) two-way (c) verbal (d) non-verbal

89 The recommended illumination required for casual reading is

- (a) 50 lux (b) 100 lux (c) 300 lux (d) none of the above

90 A daily exposure of ...dB is about the limit people can tolerate without substantial damage to bearing

(a) 35 (b) 55 (c) 65 (d) 85

91 The best method that can be used to teach mothers on how to use oral rehydration solution is

(a) Lecture (b) Flash cards (c) Demonstration (d) Panel discussion

92 Message in a poster created for health education should be

(a) short (b) simple (c) direct (d) all of the above

93 Resource for health planning are:

(a) man power (b) money (c) material (d) all of the above

94 The committee that visualized the development of primary health center is:

(a) Bhore Committee (b) Mukerji Committee (c) Chadah Committee (d) Shrivastav Committee

95 Zila parishad is at the:

(a) Village level (b) Town level (c) Block level (d) District level

96 The drug used for tuberculosis include all except

(a) dapsone (b) rifampicin (c) ethambutol (d) isoniazid

97 Crude death rate in India as per the latest population statistics is:

(a) 25 (b) 20 (c) 15 (d) 8

98 Infant mortality rate in Kerala is about / 1000 live births

(a) 67 (b) 50 (c) 25 (d) 14

99 Sex ratio in Kerala is / 1000 males

(a) 850 (b) 933 (c) 1000 (d) 1058

100 As per the ICDS scheme an Anganwadi worker is meant to be there for every....population

(a) 500 (b) 1000 (c) 3000 (d) 5000

Answers:

1 B 11 D 21 B 31 D 41 B 51 A 61 B 71 A 81 A 91 C
2 C 12 C 22 A 32 A 42 A 52 A 62 D 72 C 82 A 92 D
3 B 13 A 23 B 33 A 43 A 53 A 63 A 73 C 83 C 93 D
4 A 14 C 24 A 34 A 44 A 54 A 64 A 74 C 84 B 94 A
5 B 15 C 25 D 35 A 45 D 55 C 65 C 75 B 85 D 95 D
6 B 16 C 26 A 36 B 46 D 56 B 66 D 76 B 86 C 96 A
7 A 17 B 27 B 37 A 47 A 57 D 67 B 77 A 87 B 97 D
8 D 18 B 28 C 38 D 48 A 58 A 68 D 78 A 88 B 98 D
9 B 19 A 29 A 39 A 49 B 59 C 69 A 79 D 89 B 99 D
10D 20 B 30 C 40 B 50 A 60 D 70 C 80 D 90 D 100B