Question 1: What is the meaning of community?
A: to come together  
B: to participate together  
C: to serve together  
D: to enjoy together  
Correct Answer: Option C

Question 2: What is the exchange of information between individuals of same status or designation?
A: Horizontal Communication  
B: Upward Communication  
C: Downward Communication  
D: Non-verbal Communication  
Correct Answer: Option A

Question 3: What is the population of a corporation?
A: Population below 1 lakh  
B: Population below 2 lakh  
C: Population above 1 lakh  
D: Population above 2 lakh  
Correct Answer: Option C

Question 4: Which is the word used for converting contents into codes?
A: Feedback  
B: Decoding  
C: Source  
D: Encoding  
Correct Answer: Option D

Question 5: Which concept is based on the definition of health given by World Health Organization
A: Biomedical concept  
B: Concept of ecology  
C: Concept of well being  
D: Psycho social concept  
Correct Answer: Option C

Question 6: What is the tool for the community oriented case?
A: Evaluation  
B: Survey  
C: Community study  
D: Community health nursing process  
Correct Answer: Option D

Question 7: Which is series of speeches on the selected subject by experts?
A: Panel Discussion  
B: Role play  
C: Symposium  
D: Workshop  
Correct Answer: Option C

Question 8: Which is the major cause of nutritional blindness in children usually between 1 - 3 years of age.
A: Scurvy  
B: Keratomalacia  
C: Anemia  
D: Dandruff  
Correct Answer: Option B
Question 9: Who is the chief technical advisor to the government on all matters relating to medical case and public health at the centre?
A: Health Secretary  
B: Health Minister  
C: Director of Health Services  
D: Director General of Health Services  
Correct Answer: Option-D

Question 10: What is the another name for the two-way communication?
A: Workshop  
B: Socratic Method  
C: Didactic Method  
D: Simulation Exercise  
Correct Answer: Option-B

Question 11: Who is the ex-officio secretary of Panchayat Samitti?
A: Block development officer  
B: Block medical officer  
C: Collector  
D: District medical officer  
Correct Answer: Option-A

Question 12: The government of India set up “Multipurpose Workers Committee” in which year?
A: 1948  
B: 1950  
C: 1970  
D: 1972  
Correct Answer: Option-D

Question 13: Another name for Target Free Approach?
A: ASHA  
B: CNAA  
C: IMNCI  
D: C.S.S.M  
Correct Answer: Option-B

Question 14: What is the new strategy, a unique concept of WHO, to provide universal coverage of rehabilitation to all segments of society?
A: Occupational Rehabilitation  
B: Medical Rehabilitation  
C: Community based Rehabilitation  
D: Institutional based Rehabilitation  
Correct Answer: Option-C

Question 15: What is the best quality of a good counsellor?
A: good listener  
B: good teacher  
C: good speaker  
D: good advocate  
Correct Answer: Option-A

Question 16: Enlist 4 village level health workers?
A: ASHA, FHW, MHW DAI  
B: AWW, FHW, DAI, VHG  
C: AWW, ASHA, DAI, VHG  
D: ASHA, DAI, MHW, VHG  
Correct Answer: Option-C

Question 17: Which is the common media used by villagers in India?
A: Newspaper  
B: Radio  
C: Television  
D: Computer  
Correct Answer: Option-B

Question 18: The size of the uterus is --
A: 7.5 mm x 5 mm x 2.5 mm  
B: 7.5 cm x 5 cm x 2.5 cm  

Correct Answer:- Option-B

Question 19:- The type of nerves responsible for Flight or Flight response is--
A: Spinal
B: somatic
C: sympathetic
D: para-sympathetic
Correct Answer:- Option-C

Question 20:- Smooth long, long up and down strokes in massaging are--
A: Brush stroke
B: tapping
C: effleurage
D: petrissage
Correct Answer:- Option-C

Question 21:- A normal BMI can be maintained by --
A: exercise
B: posture
C: balanced diet
D: recreation
Correct Answer:- Option-C

Question 22:- The cheapest source of vitamin D is --
A: diet
B: sunlight
C: fish
D: egg
Correct Answer:- Option-B

Question 23:- Pernicious anaemia is caused by--
A: vitamin A
B: iron
C: niacin
D: vitamin B 12
Correct Answer:- Option-D

Question 24:- Weaning started at the age of--
A: 3 months
B: 6 months
C: 8 months
D: 1 year
Correct Answer:- Option-B

Question 25:- Road to Health Card is designed by --
A: David Morley
B: Hippocrate
C: James Simpson
D: Kuhn
Correct Answer:- Option-A

Question 26:- A pregnant lady gains weight from--
A: 5 - 6 kg
B: 7 - 8 kg
C: 9 - 12 kg
D: 13 - 15 kg
Correct Answer:- Option-C

Question 27:- Infectious disease hospital floor space should be--
A: 90 sq. ft.
B: 100 sq. ft.
C: 120 sq. ft.
D: 144 sq. ft.
Correct Answer:- Option-D

Question 28:- Amount of bleaching powder used for disinfection of well is -
A: 2.5 gm for 500 ml of water
Question29:- The Bore Hole Latrine should be at least ------ feet away from source of water
A: -50
B: -100
C: -150
D: -200
Correct Answer: Option-A

Question30:- The temperature of the incinerator is --
A: -1200 c
B: -1300 c
C: -1500 c
D: -1800 c
Correct Answer: Option-B

Question31:- Fracture in old age is mainly due to --
A: fall
B: poor diet
C: menopause
D: osteoporosis
Correct Answer: Option-D

Question32:- ECT discovered by --
A: Duvall
B: Cerletti & Bini
C: Aristotle
D: Soranus
Correct Answer: Option-B

Question33:- Face saving defense in defense mechanism is ---
A: compensation
B: projection
C: rationalisation
D: regression
Correct Answer: Option-C

Question34:- Early signs of maladjustments can be detected by --
A: peer groups
B: adolescents
C: health worker
D: school teacher
Correct Answer: Option-D

Question35:- The disease affecting a large proportion of population in a wide geographic area is known as
A: Epidemic
B: Sporadic
C: Pandemic
D: Endemic
Correct Answer: Option-C

Question36:- An adverse effect of a preventive, therapeutic or diagnostic procedure which causes disability or death
A: Nosocomial infection
B: Iatrogenic disease
C: Opportunistic infection
D: Sequelae
Correct Answer: Option-B

Question37:- Koplik's spot is a characteristic lesion of
A: Rubeola
B: Rubella
C: Varicella
D: Herpes
Correct Answer: Option-A

Question38:- In which year WHO launched new "Stop TB strategy"?
A:-1996  
B:-2006  
C:-1995  
D:-2005  
Correct Answer:- Option-B

Question 39:- The anti TB drug which cause peripheral neuropathy is  
A:- Ethambutol  
B:- Thioacetazone  
C:- Rifampicin  
D:- INH  
Correct Answer:- Option-D

Question 40:- The level of prevention in which the emergence of risk factors of a chronic disease in a population is prevented  
A:- Primary prevention  
B:- Primordial prevention  
C:- Secondary prevention  
D:- Tertiary prevention  
Correct Answer:- Option-B

Question 41:- The simplest and most effective technique of barrier nursing  
A:- Use of PPE  
B:- Disinfection  
C:- Hand washing  
D:- Sterilization  
Correct Answer:- Option-C

Question 42:- Biomedical waste management and handling rules came into force in India on  
A:- 28th July 1998  
B:- 28th June 1998  
C:- 28th July 1999  
D:- 28th June 1999  
Correct Answer:- Option-A

Question 43:- Sudden attack of shivering accompanied by rapid rise of body temperature is known as  
A:- Crisis  
B:- Rigor  
C:- Lysis  
D:- Heat exhaustion  
Correct Answer:- Option-B

Question 44:- Normal Serum sodium level is  
A:- 135-145 meq/l  
B:- 130-140 meq/l  
C:- 125-135 meq/l  
D:- 130-150 meq/l  
Correct Answer:- Option-A

Question 45:- Total number of vitamin A doses given to baby up to 3 Years of age  
A:- 3  
B:- 4  
C:- 5  
D:- 6  
Correct Answer:- Option-C

Question 46:- Which is the vaccine that should not be given to the baby of HIV positive mother  
A:- Rubella  
B:- Hepatitis B  
C:- DPT  
D:- BCG  
Correct Answer:- Option-D

Question 47:- As per 2015 American Heart Association Guideline, the compression ventilation ratio while performing cardiopulmonary resuscitation is  
A:- 15:2  
B:- 30:2  
C:- 15:1  
D:- 30:1
Question 48: Diclofenac sodium is an ———
A: Anti hypertensive  
B: Oral hypoglycaemic  
C: Anti-inflammatory analgesic  
D: Antipyretic  
Correct Answer: Option C

Question 49: Coronary Artery Disease which relieved by rest and nitroglycerine
A: Myocardial infarction  
B: Angina  
C: Arrhythmia  
D: Heart block  
Correct Answer: Option B

Question 50: Excessive thirst and frequent and urgent urination is the feature of
A: Kidney failure  
B: Nephrotic Syndrome  
C: Hyperglycemia  
D: Heart failure  
Correct Answer: Option C

Question 51: The formation and excretion of urine less than 500 ml in 24 hours is termed as
A: Anuria  
B: Polyuria  
C: Oliguria  
D: Pyuria  
Correct Answer: Option C

Question 52: Which is the technique used to dislodge the impacted foreign body from upper respiratory tract to clear the airway is?
A: Valsalva manoeuvre  
B: Heimlich manoeuvre  
C: Carotid sinus massage  
D: Vagal manoeuvre  
Correct Answer: Option B

Question 53: The process in which there is continuous scrutiny of factors that determines the occurrence and distribution of disease is termed as
A: Controlling  
B: Virulence  
C: Monitoring  
D: Surveillance  
Correct Answer: Option D

Question 54: Bluish discolouration of skin and mucous membrane due to poor oxygenation is termed as
A: Pallor  
B: Cyanosis  
C: Erythema  
D: Jaundice  
Correct Answer: Option B

Question 55: Which of the following disease is caused only by energy deficiency?
A: Kwashiorkor  
B: Marasmus  
C: Marasmic Kwashiorkor  
D: Nutritional Marasmus  
Correct Answer: Option B

Question 56: Find out the most heat sensitive vaccine among the following?
A: Measles  
B: Tetanus  
C: Pentavalent  
D: BCG  
Correct Answer: Option A

Question 57: Which among the following deficiency is due to vitamin `B_(5)`?
A: Beriberi
B: Rickets  
C: Pellagra  
D: Scurvy  
Correct Answer: Option C

Question 58: What is the psychosocial developmental stage of a preschooler?  
A: Initiative Vs Guilt  
B: Industry Vs Inferiority  
C: Trust Vs Mistrust  
D: Autonomy Vs Shame  
Correct Answer: Option A

Question 59: In which year UN adopted the "Declaration of the Rights of the Child"?  
A: 1956  
B: 1957  
C: 1958  
D: 1959  
Correct Answer: Option D

Question 60: Identify the reaction of a toddler towards hospitalization?  
A: Despair  
B: Repression  
C: Projection  
D: Displacement  
Correct Answer: Option A

Question 61: What percentage is the ideal weight gain during adolescence?  
A: 30  
B: 60  
C: 50  
D: 40  
Correct Answer: Option C

Question 62: Which infection in early intrauterine period causes miscarriage?  
A: Measles  
B: Varicella Zoster  
C: Rubella  
D: Toxoplasmosis  
Correct Answer: Option D

Question 63: NPAG stands for  
A: National Program for Adolescent Girls  
B: New Program for Adolescent Girls  
C: Nutritional Program for Adolescent Girls  
D: National Program for Adolescent Group  
Correct Answer: Option C

Question 64: At what age birth weight doubles?  
A: 24 months  
B: 30 months  
C: 36 months  
D: 48 months  
Correct Answer: Option D

Question 65: The milk which is produced after colostrum is  
A: Preterm Milk  
B: Mature Milk  
C: Transitional Milk  
D: Fore Milk  
Correct Answer: Option C

Question 66: Chest compression ventilation ratio in infant and child CPR with two rescuer is  
A: 15:2  
B: 30:1  
C: 30:2  
D: 15:1  
Correct Answer: Option A

Question 67: What is the typical play for a schooler?
A:- Associative play
B:- Co-operative Play
C:- Parallel Play
D:- Unoccupied play
Correct Answer:- Option-B

Question 68:- Normal weight gain in single torn pregnancy in an average Indian women?
A:- 15 kg.
B:- 20 kg.
C:- 9 kg.
D:- 11 kg.
Correct Answer:- Option-D

Question 69:- WHO recommendation of iron and folic acid for pregnant woman is
A:- Elemental iron 60mg and 0.4 mg folic acid per day
B:- Elemental iron 100 mg and 0.6 mg of folic acid per day
C:- Elemental iron 100 mg and 100mg of folic acid per day
D:- Elemental iron 30 mg and 0.3 mg of folic acid per day
Correct Answer:- Option-A

Question 70:- Which one is a cause of physiological anaemia in pregnancy
A:- Poor iron intake
B:- Haemodilution
C:- Vomiting
D:- Blood loss
Correct Answer:- Option-B

Question 71:- Absence of spermatozoa is semen is called
A:- Azoospermia
B:- Oligospermia
C:- Polyspermia
D:- Chromospermia
Correct Answer:- Option-A

Question 72:- Basal body temperature is increased by ........... °F at the time of ovulation
A:- 2
B:- 1
C:- 3
D:- 0.5
Correct Answer:- Option-B

Question 73:- The fetal part which lies at the pelvic brim is called
A:- Lie
B:- Attitude
C:- Presentation
D:- Position
Correct Answer:- Option-C

Question 74:- Contraction without regularity, rhythm and progressive lengthening in duration is known as
A:- Show
B:- Braxton hicks contraction
C:- Axis pressure contraction
D:- Continues contraction
Correct Answer:- Option-B

Question 75:- Average number of cotyledons in a fully matured placenta is
A:- 15-25
B:- 30-35
C:- 10-15
D:- 25-45
Correct Answer:- Option-A

Question 76:- Menopause belongs to which type of amenorrhoea
A:- Primary amenorrhoea
B:- Oligomenorrhoea
C:- Secondary amenorrhoea
D:- Dysmenorrhoea
Correct Answer:- Option-C
Question 77: When umbilical cord inserted to membrane some distance from placental edge is called
A: Battledore placenta
B: Circumvillate placenta
C: Bipirate placenta
D: Vallementous placenta
Correct Answer: Option D

Question 78: Pregnant endometrium is called
A: Decidua
B: Myometrium
C: Secretory endometrium
D: Proliferative endometrium
Correct Answer: Option A

Question 79: How many vertebrae are fused to form Coccyx
A: 2
B: 3
C: 4
D: 5
Correct Answer: Option C

Question 80: The narrow space of uterus between the cavity and cervix which forms the lower uterine segment during pregnancy is
A: Neck of uterus
B: Corpus of uterus
C: Cornua
D: Isthmus
Correct Answer: Option D

Question 81: Anti D vaccines given at which weeks of gestation
A: 24 weeks
B: 30 weeks
C: 36 weeks
D: 28 weeks
Correct Answer: Option D

Question 82: Golden colour amniotic fluid is an indication of
A: Fetal distress
B: Obstructed labour
C: Rh incompatibility
D: Large baby
Correct Answer: Option C

Question 83: All of the following conditions may cause cord prolapse except one
A: Multiparty
B: Engagement of head
C: Breech presentation
D: Polyhydramnios
Correct Answer: Option B

Question 84: A neonate should void at birth or within ............... hours following birth
A: 48 hours
B: 72 hours
C: 12 hours
D: 24 hours
Correct Answer: Option A

Question 85: Bluish black skin present on skin of new born usually over the sacral area is
A: Rashes
B: Erythma
C: Navy spots
D: Mongolian spots
Correct Answer: Option D

Question 86: Which one is not an indication of fetal well being
A: Increase in maternal weight and uterine size according to gestational age
B: Fetal movements appreciated by mother follows a regular pattern throughout pregnancy
C: Increase in fetal kicks with increase in gestational age
D: Fetal heart rate between 110-160 beats per minute
Correct Answer: Option-C

Question 87: Hard, swollen and painful breast with stasis of milk is an indication of
A: Breast Engorgement
B: Mastitis
C: Breast abscess
D: Breast infection
Correct Answer: Option-A

Question 88: Name the condition when uterus fails to contract in order to compress blood vessels and control bleeding.
A: Inversion of uterus
B: Cricket ball uterus
C: Atonic uterus
D: Hypotonic uterus
Correct Answer: Option-C

Question 89: Swelling due to collection of fluid in the layers beneath the scalp is called
A: Cephalheamatom
B: caput succedaneum
C: subgaleal hematoma
D: subdural hematoma
Correct Answer: Option-B

Question 90: The largest antero-posterior diameter in a fetal skull is
A: Biparietal diameter
B: Occipito mental diameter
C: Suboccipito bregmatic diameter
D: Mento vertical diameter
Correct Answer: Option-D

Question 91: Normal pregnancy period in human being is
A: 250 days
B: 270 days
C: 280 days
D: 300 days
Correct Answer: Option-C

Question 92: Signs of placental separation are the following except
A: Rise of temperature
B: Lengthening of umbilical cord at vulva
C: Shivering
D: Gush of blood
Correct Answer: Option-A

Question 93: The first pill of oral contraceptives starts on which day after starting of menstruation
A: 1st day
B: 3rd day
C: 5th day
D: 7th day
Correct Answer: Option-C

Question 94: Which one is not a natural method of contraception
A: Basal body temperature monitoring
B: Safe period
C: Rhythm method
D: Foam tablets
Correct Answer: Option-D

Question 95: The institution provides primary health care at grass root level in the community
A: PHS
B: Subcentre
C: CHC
D: FHC
Correct Answer: Option-B

Question 96: Pulse Polio Immunization Programme was launched in India.
A: 1993
B: 1997
Correct Answer:- Option-D

Question97:- The theme of World Health Day 2019
   A:- Health for All
   B:- Blood save lives
   C:- Universal health coverage, everyone, everywhere
   D:- Make hospitals safe in emergencies
   Correct Answer:- Option-C

Question98:- The organizer for activities of PHC.
   A:- Medical officer
   B:- Health Superviser
   C:- Public health nurse
   D:- Health inspector
   Correct Answer:- Option-A

Question99:- A note book carried by a health worker during home visit and the information written in the proper record on return to health centre.
   A:- Incidental report
   B:- Family folder
   C:- Village record
   D:- Daily diary
   Correct Answer:- Option-D

Question100:- A new initiative for child health screening and early intervention for birth defects, disease, deficiency and developmental delays.
   A:- NSSK
   B:- RBSK
   C:- JSSK
   D:- JSY
   Correct Answer:- Option-B