

# 006/2021

Question Booklet  
Alpha Code

A

Question Booklet  
Serial Number

Total No. of Questions : 100

Maximum : 100 Marks

Time : 75 Minutes

## 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 to him contains all the 100 questions in serial order. The question booklet does not have unprinted or torn or missing pages and if so he/she should bring it to the notice of the Invigilator and get it replaced by a complete booklet with same alpha code. This is most important.
8. Blank sheets of paper is attached to the question booklet. These 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 mark for unattended questions.**
12. No candidate will be allowed to leave the examination hall till the end of the session and without handing over his/her 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.

006/2021-A





**006/2021**

**Total Marks : 100 Marks**

**Time : 1 hour and 15 minutes**

1. Local Self Government at block level is
  - (A) Zilla Parishad
  - (B) Grama Sabha
  - (C) Municipality
  - (D) Panchayath Samithy
  
2. First Contact Point between the Community and the Medical Officer :
  - (A) Community Health Centre
  - (B) Primary Health Centre
  - (C) Anganvady
  - (D) Taluk Hospital
  
3. The web of social relationship
  - (A) Family
  - (B) Community
  - (C) Society
  - (D) Culture
  
4. A process that motivates people to adopt and sustain healthy behaviour and life style
  - (A) Behaviour change communication
  - (B) Counselling
  - (C) Interview
  - (D) Symposium
  
5. The focal point for delivery of ICDS services
  - (A) PHC
  - (B) CHC
  - (C) Primary School
  - (D) Anganvady
  
6. Indian Redcross Society was established in
  - (A) 1920
  - (B) 1910
  - (C) 1930
  - (D) 1950
  
7. Which of the following concept of health is recognised by WHO ?
  - (A) Biomedical concept
  - (B) Ecological concept
  - (C) Psychological concept
  - (D) Holistic concept
  
8. A series of speech on selected subject by expert
  - (A) Work shop
  - (B) Symposium
  - (C) Group discussion
  - (D) Panel discussion

9. The Backbone of Public Health Nursing is  
(A) Home Visit (B) Immunisation  
(C) Health Education (D) Bag Technique
10. An example for total community  
(A) Family (B) Town  
(C) Convent (D) City
11. The Kingpin for the delivery of Health care at the level of the sub-centre  
(A) Female Health Worker (B) Anganvady Worker  
(C) The Medical Officer (D) ASHA
12. The International Organisation dealing with labour  
(A) WHO (B) FRU  
(C) ILO (D) ICDS
13. The combined and co-ordinated use of the medical, social, educational and vocational measures for training and retraining the individual to the highest possible level of functional activity  
(A) Rehabilitation (B) Holistic Approach  
(C) Comprehensive Approach (D) Disaster Management
14. Louis Pasteur is the father of  
(A) Super Natural Theory (B) Germ Theory  
(C) Epidemiological Theory (D) Multi Factor Theory
15. A mutual relationship between two people in which a trained person help the other to make effective adjustment with himself and situations  
(A) Rehabilitation (B) Health education  
(C) Counselling (D) Physiotherapy
16. An International effort to defeat hunger  
(A) FAO (B) ILO  
(C) WHO (D) UNICEF
17. A Female Health Assistant is expected to cover a population of  
(A) 2000 (B) 1000  
(C) 5000 (D) 20000

18. Which among the following is an Essential Amino Acid (EAA) ?  
(A) Tyrosine (B) Alanine  
(C) Glycine (D) Lucine
19. ICMR recommended daily requirement of protein for an infant is  
(A) 4g/kg (B) 1g/kg  
(C) 1.16g/kg (D) 3.4g/kg
20. Which among the following is NOT a rich source of dietary fibers ?  
(A) Citrus fruits (B) Carrot  
(C) Red meat (D) Whole wheat flour
21. Pallegra is caused by deficiency of  
(A) Pyrodoxine (B) Niacin  
(C) Folate (D) Thiamine
22. Which among the following is/are the nutritional index ?  
i. Weight for Height ii. MUAC for age  
iii. Height for age iv. Weight for age  
(A) only i (B) iii and iv  
(C) i, ii and iv (D) i, ii, iii and iv
23. Process of addition or subtraction of anything from the food which affect its nutritional value for unfair economic gain is called  
(A) Adulteration (B) Fortification  
(C) Additives (D) Preservation
24. As per bacteriological indicator, drinking water should be free from  
(A) *Klebsiella aerogens* (B) *Faecal streptococci*  
(C) *E. coli* (D) All of the above
25. Order in the filter box of slow sand filter, from top to bottom is  
(A) Raw water → Sand bed → Coarse sand → Filter bed  
(B) Raw water → Filter bed → Sand bed → Coarse sand  
(C) Filter bed → Coarse sand → Sand bed → Raw water  
(D) Filter bed → Raw water → Sand bed → Coarse sand

26. Which among the following is NOT a parameter of National Air Quality Index ?
- (A) Particulate Matter (PM10)                      (B) Ozone  
(C) Carbone dioxide                                      (D) Lead
27. Organic substances settle down, during the process of sewage treatment, as sediment is called
- (A) Sludge    (B) Scum  
(C) Sullage    (D) Sewerage
28. National Programme to provide specialized and comprehensive healthcare to the senior citizen, at various health care delivery system is
- (A) NOHP    (B) NPCDCS  
(C) NPHCE    (D) NVBDCP
29. Taking out the stress of office on family members, is an example of \_\_\_\_\_ type of defense mechanism.
- (A) Projection    (B) Displacement  
(C) Denial    (D) Compensation
30. Athlete's foot (Tinea pedis) is infection between toes of foot caused by
- (A) Fungus    (B) Virus  
(C) Bacteria    (D) Parasite
31. Example for anaerobic exercise is
- (A) Running    (B) Swimming  
(C) Yoga    (D) Weight lifting
32. Total volume of blood in a normal adult human being is
- (A) 3 – 4 L    (B) 5 – 6 L  
(C) 8 – 10 L    (D) 11 – 12 L
33. Which gland in the human body is called as master gland ?
- (A) Pancreas    (B) Thyroid  
(C) Pituitary    (D) Liver
34. Pyorrhoea is the disease of
- (A) Nose    (B) Gum  
(C) Heart    (D) Lung

35. Substance that stimulate the production of antibody
- (A) Antigen (B) Chemicals  
(C) Plants (D) Vitamins
36. BCG vaccination is giving against
- (A) Measles (B) Yellow fever  
(C) Tuberculosis (D) Polio
37. BCG vaccination should be given
- (A) Intra-muscular (B) Intra-dermal  
(C) Sub-cutaneous (D) Intra-venous
38. Most effective essential method of sterilization in hospital
- (A) Boiling (B) Dry heat  
(C) Chemicals (D) Autoclaving
39. Sputum collection is mainly to test
- (A) Tuberculosis (B) Polio  
(C) Chickenpox (D) Asthma
40. Typical symptom of cholera is
- (A) Bloody stool (B) Green coloured stool  
(C) Pea soup stool (D) Rice water stool
41. The best method of disposal of hospital waste
- (A) Incineration (B) Dumping  
(C) Biogas (D) Pope compost
42. The causative organism of Chikengunya
- (A) *Malarial parasite* (B) *Salmonella typhi*  
(C) *Shigella* (D) *Aedes eygypti*
43. The incubation period of mumps is
- (A) 14-21 days (B) 0-6 days  
(C) 25-30 days (D) 6-12 days

44. Malaria is treated by  
(A) Paracetamol (B) Chloroquine  
(C) Ampicillin (D) Aspirin
45. Zidowudin is one of drug of choice for  
(A) Asthma (B) Diabetes  
(C) Fever (D) AIDS
46. Wounds caused by moist heat  
(A) Burns (B) Blistors  
(C) Scalds (D) Sun burn
47. Anaphylatic shock is caused by  
(A) Allergic reaction (B) Heart problem  
(C) Infection (D) Severe bleeding
48. Bluish discolouration of lips and fingers  
(A) Erythema (B) Cynosis  
(C) Convulsion (D) Clubbing
49. The drugs used to control high blood pressure  
(A) Antacids (B) Antibiotics  
(C) Analgesics (D) Antihypertensive
50. The abbreviation q1D means  
(A) 4 times daily (B) 3 times daily  
(C) 2 times daily (D) 1 time daily
51. One ml is equal to  
(A) 15 drops (B) 30 drops  
(C) 20 drops (D) 50 drops
52. Drugs that destroy growth of micro-organism  
(A) Analgesics (B) Antiemetics  
(C) Antibiotics (D) Antipyretic
53. The angle of insertion of subcutaneous injection is  
(A) 45° (B) 25°  
(C) 15° (D) 90°
54. One pint is equal to  
(A) 100 ml (B) 250 ml  
(C) 500 ml (D) 1000 ml



55. Progressive increase in skill and capacity to function
- (A) growth (B) development  
(C) maturation (D) progression
56. BFHI was launched by WHO and UNICEF in
- (A) 1990 (B) 1996  
(C) 1988 (D) 1992
57. Child achieve the ability to sit alone at the age of
- (A) 4 months (B) 8 months  
(C) 6 months (D) 10 months
58. System for maintaining vaccines at the recommended temperature
- (A) Vaccine storage (B) Store in a refrigerator  
(C) Cold chain (D) Ice chain
59. Calorie requirement for infants for 24 hours
- (A) 100 to 120 kilo cal/kg (B) 80 to 100 kilo cal/kg  
(C) 90 to 110 kilo cal/kg (D) 80 to 90 kilo cal/kg
60. Malnutrition caused by deficiency of dietary protein
- (A) Marasmus (B) Kwashiorkor  
(C) Marasmic Kwashiorkor (D) Growth failure
61. Incubation period of poliomyelitis
- (A) 10-14 days (B) 10-20 days  
(C) 15-45 days (D) 5-35 days

62. Inflammation of lower respiratory passages with severe obstruction at the level of bronchioles

- (A) Bronchitis
- (B) Asthma
- (C) Bronchiolitis
- (D) Pneumonia

63. Lateral curvature of the spine from midline

- (A) Kyphosis
- (B) Scoliosis
- (C) Lordosis
- (D) Talipes

64. Deficiency of antidiuretic hormone

- (A) Diabetes mellitus
- (B) Diabetes insipidus
- (C) Cushing syndrome
- (D) Pheochromocytoma

65. Which of the following is not a child right ?

- (A) Right to Education
- (B) Right to Live
- (C) Right to do Hazardous work
- (D) Right to Health

66. The hormone causing puberty in adolescent male

- (A) Testosterone
- (B) Serotonin
- (C) Estrogen
- (D) Progesterone

67. One of the following is not an adolescent girls welfare program

- (A) KSY
- (B) SABLA
- (C) RMNCH+A
- (D) NPOP

68. Onset of menstrual cycle is  
(A) Menorrhagia (B) Menarche  
(C) Menopause (D) Metrorrhagia
69. Classic female pelvis is  
(A) Anthropoid (B) Gynaecoid  
(C) Android (D) Plattypelloid
70. The largest diameter of the fetal skull is  
(A) Mentovertical (B) Occipito frontal  
(C) Sub-occipitobregmatic (D) Sub-occipitofrontal
71. From 2 weeks to 8 weeks the fertilized ovum is known as  
(A) Embryo (B) Zygote  
(C) Morula (D) Foetus
72. Mask of pregnancy otherwise known as  
(A) Chloasma (B) Linea Nigra  
(C) Pica (D) Bandle's ring
73. Violet blue discolouration of the vaginal mucous membrane during pregnancy known as  
(A) Jacquemier's sign (B) Hegar's sign  
(C) Osidander's sign (D) Uterine Souffle
74. Connecting link between fetus and placenta  
(A) Amniotic fluid (B) Implantation  
(C) Umblical cord (D) Amnion
75. Relation of the fetal head and limbs to it trunk is known as  
(A) Presentation (B) Lie  
(C) Denominator (D) Attitude
76. Sinking of fetus into lower pole of the uterus is known as  
(A) Parturition (B) Dystocia  
(C) Lightening (D) Quickening

77. Level of uterus at 24<sup>th</sup> week of pregnancy  
(A) Level of umblicus  
(B) Level of xyphisternum  
(C) Level of symphysis pubis  
(D) Midway between symphysis pubis and umblicus
78. Spontaneous abortion in 3 or more successive pregnancies is known as  
(A) Inevitable abortion  
(B) Missed abortion  
(C) Habitual abortion  
(D) Threatened abortion
79. Absence of spermatozoa in the semen is  
(A) Oligospermic  
(B) Spermatocele  
(C) Spermatozoan  
(D) Azoospermia
80. Causative organism of syphilis  
(A) *Triponima pallida*  
(B) *Salmonella*  
(C) *Triponima coratum*  
(D) *Triponima pertenuae*
81. Vaginal discharge of immediate puerperium is  
(A) Lochia alba  
(B) Lochia serosa  
(C) Lochia Rubra  
(D) Leucorrhoea
82. Permanent sterilization method in males  
(A) PPS  
(B) IUCD  
(C) LNG  
(D) NSV
83. Bilirubin toxicity in new born is known as  
(A) Keratosis  
(B) Kerning sign  
(C) Kernictorus  
(D) Sclerosis
84. Which among the following is not an indication of caesarean section ?  
(A) Cephalopelvic disproportion  
(B) Progressive fetal descent  
(C) Breech presentation  
(D) Prolapsed cord
85. Fine hair that covers the body of the fetus and new born  
(A) Vernix  
(B) Milia  
(C) Lanugo  
(D) Mongolian spot

86. Magnesium sulfate is the drug of choice for an antenatal mother with  
(A) Pre-eclampsia (B) Eclampsia  
(C) Hyperemesis (D) Gestational diabetic
87. Exclusive breast feeding means feeding only breast milk  
(A) up to one month (B) up to 3 months  
(C) up to 6 months (D) up to one year
88. Shortening and thinning of the cervix during first stage of labour  
(A) Engagement (B) Effacement  
(C) Endometriosis (D) Engorgement
89. Manual removal of placenta is indicated in  
(A) Abruptio placenta (B) Placenta Praecia  
(C) Retained placenta (D) Bipartate placenta
90. Procidencia means  
(A) Prolapse of uterus (B) Inversion of uterus  
(C) Uterine inertia (D) Rupture of uterus
91. Which among the following is not a mode of transmission of HIV ?  
(A) Transplacental (B) Sexual contact  
(C) Kissing (D) Breast milk
92. Pelvic measurement from lower border of symphysis pubis to sacral promontory is 12 to 13 cm. Which measurement is this ?  
(A) True conjugate (B) Diagonal conjugate  
(C) Obstetric conjugate (D) Intertuberous diameter
93. Umbilical cord is inserted into the membranes same distance from the edge of placenta, is known as  
(A) Velamentous insertion (B) Battledene insertion  
(C) Tripartite placenta (D) Funic Souffle
94. Rating system to assess suitability of cervix for induction of labour  
(A) Apgar score (B) Braden scale  
(C) Bishop's score (D) Neumerical scale

**95.** National AIDS Control Programme was launched in India in the year

- (A) 1987
- (B) 1980
- (C) 1992
- (D) 1990

**96.** The key to effective communication

- (A) Planning
- (B) Listening
- (C) Talking
- (D) Problem solving

**97.** Census taken in India at the interval

- (A) 20 years
- (B) 2 years
- (C) 5 years
- (D) 10 years

**98.** The backbone of public health nursing

- (A) Health education
- (B) Home visiting
- (C) Primary healthcare
- (D) Immunization

**99.** Each sub-centre caters a population

- (A) 5000
- (B) 3000
- (C) 2000
- (D) 10000

**100.** Vitamin-A deficiency causes

- (A) Rickets
- (B) Pellagra
- (C) Night-blindness
- (D) Scurvy

**SPACE FOR ROUGH WORK**

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