

## PROVISIONAL ANSWER KEY

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Question1:-Which of the following is known as Father of Public health ?

- A:-Tuberculosis
- B:-Cholera
- C:-John snow
- D:-Louis Pasteur

Correct Answer:- Option-B

Question2:-According to Acharya Caraka excessive vyayama leads to

- A:-Pranavaha srotodushti
- B:-Asthvaha srotodushti
- C:-Meovaha srotodushti
- D:-Swedovaha srotodushti

Correct Answer:- Option-C

Question3:-Following which are the Primary prevention of Hypertension ?

- i. Weight reduction
- ii. Dietary salt reduction
- iii. Exercise promotion
- iv. Early diagnosis

- A:-i, ii, iii
- B:-i, ii, iv
- C:-ii, iii, iv
- D:-i, ii, iii, iv

Correct Answer:- Option-A

Question4:-In ICEBERG phenomenon, the water line represents

- A:-Symptomatic and Asymptomatic cases
- B:-Apparent and Inapparent diseases
- C:-Cases and carriers
- D:-Diagnosed and undiagnosed

Correct Answer:- Option-B

Question5:-Sushka dehan pipasaarthan durbalanapi cha... in this conditions Acharya Susruta recommends

- A:-Liquid food
- B:-Cold food
- C:-Fatty food
- D:-Food mixed wit medicine

Correct Answer:- Option-A

Question6:-According to Acharya Caraka, the following are santarpana janya vyadhis, except

- A:-premeha
- B:-kushta
- C:-mootra krichra
- D:-hridaya vyada

Correct Answer:- Option-D

Question7:-Which of the following panchakarma chikitsa are beneficial for the management of complication of virudhahara as per Acharya Caraka ?

- A:-Vamana karma and Vasthi karma
- B:-Virechana karma and Vasthi karma
- C:-Vamana karma and Virechana karma

D:-Asthapana vasthi and Anuvasana vasthi

Correct Answer:- Option-C

Question8:-According to Bhavaprakasa, excessive sexual act leads to following, except

A:-Sula

B:-Swasa

C:-Jwara

D:-Sidhilatha

Correct Answer:- Option-D

Question9:-Following which is the False regarding an Indian Reference women

A:-18-29 years age

B:-55 Kg weight

C:-1.62 cm height

D:-20.95 BMI

Correct Answer:- Option-A

Question10:-According to Acharya Caraka in medya rasayana purpose, guduchi and mandukaparni should be used in the form of

A:-Churna

B:-Swarasa

C:-Kalka

D:-Kwatha

Correct Answer:- Option-B

Question11:-According Acharya Susruta which of the following disease is not indicated for Panchasara Peya ?

A:-Swasa

B:-Pittaja jwara

C:-Vishama jwara

D:-Hridroga

Correct Answer:- Option-B

Question12:-Which of the following is not true about influenza virus ?

A:-Influenza virus A is subject to frequent antigenic variations

B:-Antigenic drift is a gradual antigenic change over a period of time

C:-Antigenic shift is due to genetic recombination of virus

D:-Major epidemics are due to antigenic drift

Correct Answer:- Option-D

Question13:-Which of the following are Vrshya according to Acharya Susruta ?

- i. Padatra dharanam
- ii. Pada abhyngam
- iii. Pada prakshalanam

A:-i and ii

B:-ii and iii

C:-i and iii

D:-i, ii and iii

Correct Answer:- Option-C

Question14:-Which of the following is the McArdle Maximum allowable sweat rate ?

A:-4 litre/1 hour

B:-4 litre/4 hours

C:-4.5 litre/4 hours

D:-4.5 litre/8 hours

Correct Answer:- Option-C

Question15:-Which coloured line is formed when honey is mixed with poison ?

A:-Green

B:-Blue

C:-Black

D:-Coppery red

Correct Answer:- Option-A

Question16:-According to Acharya Susruta, which is the best time for administering medicines in old age people ?

A:-On empty stomach before taking any food

B:-Just before meals

C:-In the middle of the meal

D:-Between two meals

Correct Answer:- Option-B

Question17:-Which of the following is included in concurrent list ?

A:-Medical emergencies

B:-Landmine injuries

C:-Road traffic accidents

D:-Prevention of food adulteration

Correct Answer:- Option-D

Question18:-Which of the following is NOT included in "Demographic processes" ?

A:-Fertility

B:-Morbidity

C:-Mortality

D:-Social mobility

Correct Answer:- Option-B

Question19:-Under ESI Act, the sickness benefit is given for a period of

A:-17 days

B:-39 days

C:-91 days

D:-117 days

Correct Answer:- Option-C

Question20:-Marriage between two heterozygous individuals for the same disorder is prevented by

A:-Mass health education

B:-Legislation

C:-Retrospective genetic counselling

D:-Prospective genetic counselling

Correct Answer:- Option-D

Question21:-Oslo diet/smoking intervention study screened for

A:-Lung cancer

B:-Obesity

C:-Coronary risk factors

D:-COPD

Correct Answer:- Option-C

Question22:-According to gheranda samhita, which seasons are suitable for starting yoga abhyasa ?

A:-Vasanta and Sisira

B:-Vasanta and Sarat

C:-Hemanta and Sarat

D:-Hemanta and Vasanta

Correct Answer:- Option-B

Question23:-According to Acharya Caraka, number of prayogika dhoomapana kala is

A:-3

B:-2

C:-8

D:-18

Correct Answer:- Option-C

Question24:-According to Bhavaprakasa sleep after food

- A:-Decrease kapha and vata dosha
  - B:-Decrease vata and pitta dosha
  - C:-Increase pitta and vata dosha
  - D:-Increase pitta and kapha dosha
- Correct Answer:- Option-B

Question25:-Following which year first National Mental Health Policy was launched in India ?

- A:-1982
  - B:-1987
  - C:-1994
  - D:-2014
- Correct Answer:- Option-D

Question26:-Venturimeter is used to measure

- A:-Air velocity
  - B:-Size of suspended particles in the air
  - C:-SO<sub>2</sub> content in the atmosphere
  - D:-Bed resistance in a slow sand filter
- Correct Answer:- Option-D

Question27:-Universal health coverage of India, recently approved by which health committee ?

- A:-Medical education health group
  - B:-High level expert group
  - C:-MPW in health and family planning
  - D:-Health survey and development committee
- Correct Answer:- Option-B

Question28:-Condom vending machine at petrol pump in high prevalence area is an example of

- A:-Social marketing
  - B:-Appropriate technology
  - C:-Socialization
  - D:-Community participation
- Correct Answer:- Option-A

Question29:-The gas responsible for Bhopal Gas Tragedy was

- A:-Pottassium isothiocyanate
  - B:-Ethyl isothiocyanate
  - C:-Methyl isothiocyanate
  - D:-Sodium isothiocyanate
- Correct Answer:- Option-C

Question30:-According to WHO, Global Action Plan for prevention and control of Non-communicable Diseases (2013-2020), targeted reduction in prevalence of insufficient physical activity is

- A:-10%
  - B:-15%
  - C:-20%
  - D:-25%
- Correct Answer:- Option-A

Question31:-Jalandhara Bandha is contra indicated in the following except

- A:-Cervical spondylosis
  - B:-Vertogo
  - C:-Heart disease
  - D:-Anxiety
- Correct Answer:- Option-D

Question32:-The effect dadhi sevanam with mudga soopam is

- A:-Vatasamanam
- B:-Rekthanila paham
- C:-Dahanivaranam
- D:-Doshahara

Correct Answer:- Option-B

Question33:-In which vegavarodha janya vyadhi's Rekthamosha is indicated

- A:-Chardi
- B:-Kshut
- C:-Asru
- D:-Jrimbha

Correct Answer:- Option-A

Question34:-Which vitamin deficiency occurs in maize diet consumption ?

- A:-B<sub>1</sub>
- B:-B<sub>3</sub>
- C:-B<sub>6</sub>
- D:-B<sub>12</sub>

Correct Answer:- Option-B

Question35:-The function of grit chamber in modern sewage plant is

- A:-Formation of sludge
- B:-Removal of floating large objects
- C:-Settlement of heavy objects
- D:-Formation of zooglear layer

Correct Answer:- Option-C

Question36:-Which of the following hepatitis is not transmitting through sexual contact ?

- A:-Hepatitis A
- B:-Hepatitis D
- C:-Hepatitis E
- D:-Hepatitis A and Hepatitis E

Correct Answer:- Option-C

Question37:-KAYAKALP Award is given for

- A:-Hospital administration
- B:-Hygiene practices at public health care faculties
- C:-Leadership
- D:-Excellent in health care facilities in private sector

Correct Answer:- Option-B

Question38:-Type of surveillance included in integrated disease control programme for non-communicable disease is

- A:-Regular surveillance
- B:-Sentinel surveillance
- C:-Regular periodic surveys
- D:-Additional state priority

Correct Answer:- Option-C

Question39:-In UNICEF, GOBI Campaign "O" stands for

- A:-Oral contraceptives
- B:-Oral rehydration therapy
- C:-Obesity
- D:-Occupational hazards

Correct Answer:- Option-B

Question40:-According to Ashtanga Samgraha, which of the following is NOT included in Punya ayurvridhikara gana

- A:-Danaseela

- B:-Rasayana
- C:-Hithaharavihara
- D:-Maitri

Correct Answer:- Option-C

Question41:-What will be the BMI of a female whose weight is 79 Kg and height 162 cm ?

- A:-35
- B:-32
- C:-30
- D:-28

Correct Answer:- Option-C

Question42:-According to Vagbhata, in which ritu langhana is indicated even in healthy people ?

- A:-Sisira
- B:-Sarat
- C:-Varsha
- D:-Greeshma

Correct Answer:- Option-A

Question43:-Handling of viral specimens of SARS CoV 2 requires

- A:-BSL-1
- B:-BSL-2
- C:-BSL-3
- D:-BSL-4

Correct Answer:- Option-B

Question44:-Which of the following asana in regular practice cleanses the impurities of 72,000 Nadis ?

- A:-Sidhasanam
- B:-Bhadrasanam
- C:-Matsya asanam
- D:-Padmasanam

Correct Answer:- Option-A

Question45:-Under new Bio-medical waste management guidelines 2016-2017, gloves are after use discarded into

- A:-Blue bag
- B:-Red bag
- C:-White container
- D:-Yellow bag

Correct Answer:- Option-B

Question46:-Mosquito decrease as height decrease in

- A:-Positive correlation
- B:-Negative correlation
- C:-Bidirectional
- D:-Zero correlation

Correct Answer:- Option-B

Question47:-CHANDLER's index is

- A:-Number of eggs of hookworm in 100 gm soil
- B:-Number of eggs of hookworm in per gram soil
- C:-Number of eggs of hookworm in per gram stool
- D:-Percentage of stool specimens positive for hookworm

Correct Answer:- Option-C

Question48:-Learned behaviour which is socially acquired is known as

- A:-Customs
- B:-Acculturation
- C:-Standard of living

D:-Culture

Correct Answer:- Option-D

Question49:-Which of the following is Not Sadhana chatushtaya ?

A:-Viveka

B:-Vairagya

C:-Dhyan

D:-Mumukshutva

Correct Answer:- Option-C

Question50:-Which test is used detect contamination of Mustard oil with Argemone oil ?

A:-Phosphatase test

B:-Chromic acid test

C:-Nitric acid test

D:-Sulphuric acid test

Correct Answer:- Option-C

Question51:-According to Gheranda samhita, the following are contraindicated in diet during pranayama except,

A:-Dadhi

B:-Kushmandam

C:-Masham

D:-Thakram

Correct Answer:- Option-C

Question52:-The WHO diagnostic criteria for Diabetes mellitus (2014) is

A:-FBS  $\geq$  126 mg/dl; PPBS  $\geq$  200 mg/dl

B:-FBS  $\geq$  100 mg/dl; PPBS  $\geq$  140 mg/dl

C:-HbA1c 6%

D:-RBS  $\geq$  180 mg/dl

Correct Answer:- Option-A

Question53:-Which of the following is helped for disease elimination ?

A:-Isolation

B:-Quarantine

C:-Surveillance

D:-Herd community

Correct Answer:- Option-D

Question54:-According to Ashtanga samgraha, which Anupana is mentioned for old age people ?

A:-Jala

B:-Dadhi

C:-Madhu

D:-Ksheera

Correct Answer:- Option-D

Question55:-According to Acharya Susruta, contagious disease is/are

A:-Upasargaja vyadhi

B:-Samsargaja vyadhi

C:-Both 1 and 2

D:-None of the above

Correct Answer:- Option-C

Question56:-Which of the following is related to Chitta Prasadnam ?

A:-Abhyasa

B:-Vairagya

C:-Samapthi

D:-Maitri

Correct Answer:- Option-D

Question57:-In a disaster management Triage, a patient who need surgery within 24 hours, are categorized under which

- A:-Red
- B:-Green
- C:-Yellow
- D:-Black

Correct Answer:- Option-C

Question58:-Following which cancer cause maximum mortality among women in India ?

- A:-Lungs
- B:-Cervix-uterus
- C:-Ovary
- D:-Breast

Correct Answer:- Option-D

Question59:-Pentavalent vaccine contains

- A:-DPT, hepatitis B, Hemophilus influenza B
- B:-DPT, Hemophilus influenza B, IPV
- C:-DPT, hepatitis B, pneumococcal
- D:-DPT, hepatitis B, Rotavirus

Correct Answer:- Option-A

Question60:-Which of the following statement is true about Kangaroo care ?

- A:-Skin to skin contact, prevention of early infection
- B:-Skin to skin contact, exclusive breast feeding, prevention of infection
- C:-Skin to skin contact, exclusive breast feeding, early discharge
- D:-Skin to skin contact, prevention of infection, early discharge

Correct Answer:- Option-C

Question61:-In Uttama pranayama practice, Puraka matra is

- A:-16
- B:-20
- C:-24
- D:-12

Correct Answer:- Option-B

Question62:-What is LAMP with respect to COVID-19 testing ?

- A:-Loop-Mediated Isothermal Amplification
- B:-Lyman-Alpha Mapping Project
- C:-Louisiana Asset Management Pool
- D:-Long Acting Permanent Method

Correct Answer:- Option-A

Question63:-Most efficient anti larval measure to prevent Urban Malaria is

- A:-Clean drainage and sewage systems
- B:-Cover over head tanks properly
- C:-Filling cesspools and ditches
- D:-Cover pits

Correct Answer:- Option-B

Question64:-Which of the following is based on bio-medical concept ?

- A:-Absence of pain
- B:-Germ theory of disease
- C:-Equilibrium between man and environment
- D:-Social and psychological factors

Correct Answer:- Option-B

Question65:-Effect of environment on genes is called

- A:-Positive eugenics



B:-Negative eugenics

C:-Euthenics

D:-Ergonomics

Correct Answer:- Option-C

Question66:-According to Acharya Caraka, Prakrita sleshma is also known as

A:-Mala

B:-Bala

C:-Ojas

D:-Bala and Ojas

Correct Answer:- Option-D

Question67:-Which of the following has the responsibility of school health service ?

A:-Sub-centre

B:-PHC

C:-Sub-district hospital

D:-District hospital

Correct Answer:- Option-B

Question68:-Which disease is excluded and then re-included from international health regulations till date ?

A:-Small pox

B:-Guinea worm

C:-Typhoid

D:-HIV/AIDS

Correct Answer:- Option-A

Question69:-According to Acharya Caraka, major quantity of ingredient present in santarpana is

A:-Hapusha

B:-Saktu

C:-Dhanyaka

D:-Yavani

Correct Answer:- Option-B

Question70:-DDT is a

A:-Stomach poison

B:-Repellant

C:-Fumigant

D:-Contact poison

Correct Answer:- Option-D

Question71:-Following which has lowest glycemic index ?

A:-Brown rice

B:-Corn flakes

C:-Basmati rice

D:-Pasta foods

Correct Answer:- Option-D

Question72:-According to Patanjali yoga sutra which of the following is not a Samyama ?

A:-Prathyahara

B:-Dharana

C:-Dhyana

D:-Samadhi

Correct Answer:- Option-A

Question73:-Sarvesham eva bandhanam uttama \_\_\_\_\_ fill in the blanks.

A:-Mula

B:-Uddiyana

C:-Jalandhara

D:-Vipareethakarani

Correct Answer:- Option-B

Question74:-The following are the ingredients of AYUSH64, using the treatment for COVID-19

A:-Kuberaksha, chirayata, katuki, saptaparna

B:-Chirayata, sunti, katuki, saphaparna

C:-Kuberaksha, chirayata, nimba, katuki

D:-Sapthaparna, katuki, asvagandha, guluchi

Correct Answer:- Option-A

Question75:-According to ICDS Scheme, the child of 6-72 months of age should be supplemented with which of the following ?

A:-300 calories + 12-15 grams of proteins

B:-500 calories + 12-15 grams of proteins

C:-300 calories + 18-20 grams of proteins

D:-800 calories + 20-25 grams of proteins

Correct Answer:- Option-B

Question76:-How many time WHO recommends for adolescents to accumulate moderate to vigorous intensity physical activity for daily ?

A:-90 minutes

B:-60 minutes

C:-45 minutes

D:-30 minutes

Correct Answer:- Option-B

Question77:-Which of the following is not included in infant mortality ?

A:-Early neonatal mortality

B:-Perinatal mortality

C:-Post neonatal mortality

D:-Late neonatal mortality

Correct Answer:- Option-B

Question78:-A man came for check up after his father had a cerebrovascular accident due to hypertension. What type of prevention is

A:-Primordial prevention

B:-Primary prevention

C:-Secondary prevention

D:-Tertiary prevention

Correct Answer:- Option-C

Question79:-Which is used for assessing the socio-economic status in urban areas of India ?

A:-Physical quality of life index

B:-Sullivan index

C:-Human development index

D:-Kuppuswamy scale

Correct Answer:- Option-D

Question80:-Following are psychosocial diseases, except

A:-Essential hypertension

B:-Leprosy

C:-Ulcerative colitis

D:-Asthma

Correct Answer:- Option-B

Question81:-In Anahata chakra, the element is

A:-Prithivi

B:-Akasha

C:-Thejas

D:-Vayu

Correct Answer:- Option-D

Question82:-A person with history of 35 years working in cardboard manufacturing industry, develops breathlessness and cough. X-ray show motilling in lungs. Which disease most likely is

A:-Bagassosis

B:-Farmer's lung

C:-Byssinosis

D:-Anthracosis

Correct Answer:- Option-A

Question83:-UJJWALA SCHEME is for the prevention of

A:-Child abuse

B:-Child marriage

C:-Child labour

D:-Child trafficking

Correct Answer:- Option-D

Question84:-Which Mudra destroys all diseases of the rectum and prevents premature death ?

A:-Brahmi Mudra

B:-Shambhavi Mudra

C:-Akashchhari Mudra

D:-Ashvini Mudra

Correct Answer:- Option-D

Question85:-All the following are target diseases of VISION 2020 in India, except

A:-Cataract

B:-Refractive errors

C:-Glaucoma

D:-Trachoma

Correct Answer:- Option-D

Question86:-Pippali vidanga tankana sama choornam . . . how it use for the purpose of contraception as per Yogaratnakara ?

A:-Drink with water

B:-Eat with honey

C:-Drink with milk

D:-For fumigation to genital area

Correct Answer:- Option-C

Question87:-If a country is suspecting a severe communicable disease, timeliness of immediate notification to WHO is within

A:-24 hours

B:-36 hours

C:-48 hours

D:-72 hours

Correct Answer:- Option-A

Question88:-The basis of Pancha kosa is

A:-Kena upanishad

B:-Prashna upanishad

C:-Taittiriya upanishad

D:-Isha upanishad

Correct Answer:- Option-C

Question89:-Incidence of tuberculosis in a community measured by

A:-Sputum smear positive

B:-Tuberculin test positive

C:-Sputum culture

D:-Mantoux test positive

Correct Answer:- Option-A

Question90:-According to Caraka, vitiation of vayu, jala, desha and kala are due to

- A:-Prakriti
- B:-Swabhava
- C:-Eswara
- D:-Adharma

Correct Answer:- Option-D

Question91:-Which of the following is the gold standard method to be offered to all women for emergency contraception ?

- A:-Morning pill
- B:-Levonorgesterol 0.75 mg
- C:-Combined 0.25 mg Levonorgesterol and 50 micro gm ethinyl estradiol
- D:-Copper IUD

Correct Answer:- Option-D

Question92:-According to vagbhata, Ajeerna along with vataprakopa is known as

- A:-Amajeerna
- B:-Vidagdhaajeerna
- C:-Vishtabdhajeerna
- D:-Alasaka

Correct Answer:- Option-C

Question93:-Regular practise of which pranayama destroys vatarogas and worms

- A:-Suryabhedana
- B:-Bhramari
- C:-Ujjai
- D:-Bhastrika

Correct Answer:- Option-A

Question94:-Which of the following should be used for rasayana purpose with hareethaki in sisira ritu ?

- A:-Pippali
- B:-Sunti
- C:-Madhu
- D:-Saindava

Correct Answer:- Option-A

Question95:-In winter, which of the following reason the water vapours and pollutants comes to lie in the lower most layer of atmosphere ?

- A:-Ocean effect
- B:-Acid rain
- C:-Temperature inversion
- D:-Green house effect

Correct Answer:- Option-C

Question96:-DASH means

- A:-Dietary Approaches to Stop Hypertension
- B:-Dietary Approaches to Stop Hyperlipidemia
- C:-Domestic Approaches to Stop Hypertension
- D:-Domestic Approaches to Safeguard Hepatitis

Correct Answer:- Option-A

Question97:-Which of the following has highest protein content ?

- A:-Motton
- B:-Soyabean
- C:-Egg
- D:-Milk

Correct Answer:- Option-B

Question98:-According to Acharya Vagbhata, Ksheera and yavagu is the diet of garbhini in which month ?

- A:-Second
- B:-Fourth

C:-Sixth

D:-Eight

Correct Answer:- Option-D

Question99:-Which one of the following is an index of communicability of an infection ?

A:-Carrier state

B:-Prevalence rate

C:-Primary attack rate

D:-Secondary attack rate

Correct Answer:- Option-D

Question100:-According to Vagbhata, thickness of the application of mukha lepana for improve colour and complexion

A:-  $\frac{1}{4}$  angula

B:-  $\frac{1}{3}$  angula

C:-  $\frac{1}{2}$  angula

D:-1 angula

Correct Answer:- Option-C