

1. Night Blindness is caused by the deficiency of :
(A) Vitamin-A.
(B) Vitamin-C.
(C) Vitamin-D.
(D) Vitamin –E.
2. Census is conducted :
(A) Every year.
(B) Every 5 years.
(C) Every 10 years.
(D) Every 20 years.
3. Which of the following Diseases is not seen in India?
(A) Yellow Fever.
(B) Measles.
(C) Chicken Pox.
(D) Leprosy.
4. Which Vitamin can be produced in the body by exposure of skin to sunlight?
(A) Vitamin – A.
(B) Vitamin – C.
(C) Vitamin – D.
(D) Vitamin – E.
5. Mortality indicates :
(A) Birth.
(B) Death.
(C) Disability.
(D) Fertility.
6. Which of the following is a notifiable disease?
(A) Plague.
(B) Scabies.
(C) Common Cold.
(D) Round Worm Infection.
7. Breteau Index is related to which disease:
(A) Dengue.
(B) Tuberculosis.
(C) Measles.
(D) Chicken Pox.
8. Japanese Encephalitis is spread by :
(A) House Fly.
(B) Mosquito.
(C) Sand Fly.
(D) Rat Flea.

9. Number of exposed persons developing a disease within the range of the incubation period, following exposure to the primary case is :
- (A) Primary Attack Rate.
 - (B) Secondary Attack Rate.
 - (C) Tertiary Attack Rate.
 - (D) Positivity Rate.
10. Which of the following materials cannot be used for health education among illiterate audiences?
- (A) Videoclip.
 - (B) Street play.
 - (C) Leaflet.
 - (D) Films.
11. World Health Day is celebrated on :
- (A) 15th August.
 - (B) 26th January.
 - (C) 2nd October.
 - (D) 7th April.
12. All the following are criteria for identifying high risk for pregnancy except :
- (A) Elderly Primi.
 - (B) Short Statured Primi.
 - (C) Anemia.
 - (D) Treated thyroid disease.
13. Neo-natal period indicates : :
- (A) First 28 days of life.
 - (B) 28 days to 1 year.
 - (C) 1 to 5 years.
 - (D) 5 to 10 years.
14. Epidemiological Triad includes :
- (A) Agent, Host, Vector.
 - (B) Carrier, Agent, Environment.
 - (C) Agent, Host, Environment.
 - (D) Carrier, Host, Vector.
15. All the following are zoonoses except :
- (A) Rabies.
 - (B) Brucellosis.
 - (C) Trichinosis.
 - (D) Tetanus.
16. Most common cause of maternal mortality in India is :
- (A) Anaemia.
 - (B) Haemorrhage.
 - (C) Sepsis.
 - (D) Abortion.

17. Vitamin B12 not found in :
(A) Soyabean.
(B) Milk.
(C) Meat.
(D) Fish.
18. RMNCH+A was started in the year :
(A) 2011.
(B) 2012.
(C) 2013.
(D) 2014.
19. Minimum number of beds recommended for an SNCU at a district hospital is :
(A) 10.
(B) 12.
(C) 14.
(D) 16.
20. TB surveillance using case based web based IT system is :
(A) Akshay.
(B) Nikshay.
(C) Nischay.
(D) Rakshay.
21. National health policy was formulated in the year :
(A) 1985.
(B) 1986.
(C) 2016.
(D) 2017.
22. The reference protein is :
(A) Cows milk.
(B) Egg.
(C) Meat.
(D) Fish.
23. World TB day 2022 theme was :
(A) Wanted: Leaders for a TB free world.
(B) Invest to End TB. Save Lives.
(C) Wanted: Health workers for a TB free world.
(D) Wanted: Community for a TB free world.
24. The disease which is known as 'Father of public health' is :
(A) Small pox.
(B) Chicken pox.
(C) Diphtheria.
(D) Cholera.

25. Herd Immunity is not seen in :
- (A) Polio.
 - (B) COVID.
 - (C) Diphtheria.
 - (D) Measles.
26. Five clean practice under strategies for elimination of neonatal tetanus includes all except :
- (A) Clean surface.
 - (B) Clean hands.
 - (C) New blade for cutting the cord.
 - (D) Clean airway.
27. Adolescent age group :
- (A) 15 to 24 years.
 - (B) 10 to 20 years.
 - (C) 10 to 19 years.
 - (D) 10 to 14 years.
28. At room temperature expressed breast milk can be stored for :
- (A) 2 hours.
 - (B) 3-4 hours.
 - (C) 6-8 hours.
 - (D) 12 hours.
29. WHO criteria of haemoglobin cut-off level for diagnosis of anaemia in pregnancy :
- (A) 10 gm%.
 - (B) 11 gm%.
 - (C) 12 gm%.
 - (D) 13 gm%.
30. All are correct regarding Vitamin A prophylaxis to children as per our national programme, except :
- (A) First dose to be given at completion of 6 months.
 - (B) First dose of Vitamin A and first dose of measles vaccine can be administered on same day.
 - (C) 2 Lakh International Unit is the dose for children who are more than one year of age.
 - (D) Every child should receive a total of nine doses.
31. “Denominator” for calculating Infant Mortality Rate is:
- (A) Mid-year population.
 - (B) Total pregnant women of the community.
 - (C) Total births in the year.
 - (D) Live births in the year.
32. Which of the following has highest protein content?
- (A) Mutton.
 - (B) Soyabean.
 - (C) Egg.
 - (D) Nuts.

33. By international agreement low birth weight has been defined as a birth weight of :
- (A) 2.5 kg or less.
 - (B) Less than 2.5 kg.
 - (C) 2 kg or less.
 - (D) Less than 2 kg.
34. Which of the following is an example of primary prevention?
- (A) Cervical cytology screening.
 - (B) Measles immunisation.
 - (C) Self-examination of breast for lumps.
 - (D) Smoking cessation after a heart attack.
35. Headquarter of UNICEF:
- (A) Rome.
 - (B) New York.
 - (C) Washington.
 - (D) Geneva.
36. All of the following are adverse effects of Oral Contraceptive Pills, except :
- (A) Iron deficiency anaemia.
 - (B) Breast tenderness.
 - (C) Weight gain.
 - (D) Elevated blood pressure.
37. Human papilloma virus may cause cancer of :
- (A) Stomach.
 - (B) Cervix of uterus.
 - (C) Liver.
 - (D) Gall bladder.
38. What is the colour-coding of bag used in hospitals to dispose of human anatomical wastes such as body parts
- (A) Yellow.
 - (B) Black.
 - (C) Red.
 - (D) Blue.
39. After vasectomy operation the acceptor male person becomes sterile :
- (A) Immediately after the operation.
 - (B) Usually after one week.
 - (C) After at least 10 ejaculations.
 - (D) After at least 30 ejaculations.
40. Which of the following vitamins is supposed to prevent congenital neural tube defects?
- (A) Riboflavin.
 - (B) Vitamin D.
 - (C) Vitamin E.
 - (D) Folic acid

41. B.M.I. is calculated as :
- (A) Weight (kg) / height (met).
 - (B) Weight (kg)/ height (met)².
 - (C) Height (met) / weight (kg).
 - (D) Height (met)/ weight (kg)².
42. The parameter used for assessment of chronic malnutrition in children is :
- (A) Weight for age.
 - (B) Weight for height.
 - (C) Height for age.
 - (D) Subcutaneous skin fold thickness.
43. Which vaccine is administered subcutaneously?
- (A) BCG.
 - (B) Hepatitis B.
 - (C) Measles.
 - (D) Pentavalent.
44. Preterm babies are :
- (A) Babies who are born before 37 completed weeks of gestation.
 - (B) Born before 38 completed weeks of gestation.
 - (C) Born before 39 completed weeks of gestation.
 - (D) Born before 40 completed weeks of gestation.
45. All are examples of anti-larval methods of mosquito control, except :
- (A) Intermittent irrigation.
 - (B) DDT.
 - (C) Paris green.
 - (D) Gambusia fish.
46. The number of new cases occurring in a defined population during a specified period of time is called :
- (A) Point prevalence.
 - (B) Period prevalence.
 - (C) Incidence.
 - (D) Cumulative incidence.
47. Which one of the following statements is true for Quarantine?
- (A) Limitation of movement of sick persons exposed to a communicable disease, till recovery takes place.
 - (B) Limitation of movement of sick persons exposed to a communicable disease for a period of longest incubation period of disease.
 - (C) Limitation of freedom of movement of all well persons of a community, whether exposed or not exposed to a communicable disease, for the longest incubation period of the disease under consideration.
 - (D) Limitation of movement of well persons exposed to a communicable disease for a period of longest incubation period of the disease.

48. Pulses are good sources of :
(A) Carbohydrate.
(B) Fat.
(C) Protein.
(D) Vitamin.
49. Communicability of a disease is assessed by :
(A) Secondary attack rate.
(B) Incubation period.
(C) Incidence rate.
(D) Prevalence rate.
50. The lowest IMR in India is in :
(A) Assam.
(B) Tamilnadu.
(C) Kerala.
(D) West Bengal.
51. Koplik's spot appears in a case of :
(A) Chicken Pox.
(B) Diphtheria.
(C) Measles.
(D) Small Pox.
52. Birth rate in India is calculated per :
(A) 100 population.
(B) 1000 population.
(C) 10000 population.
(D) 100000 population.
53. The minimum check up during ante-natal period is :
(A) 3.
(B) 4.
(C) 5.
(D) 6.
54. Which of the following micronutrient deficiency is seen in high altitude?
(A) Zinc.
(B) Iodine.
(C) Iron.
(D) Magnesium.
55. Is not a modifiable factor for control of Non-communicable disease?
(A) Obesity.
(B) Salt Intake.
(C) Age.
(D) Physical activity.
56. Small pox was eradicated in the year :
(A) 1975.
(B) 1976.
(C) 1977.
(D) 1978.

57. A person is marked as hypertensive if BP is more than _____ mm of Hg :
- (A) 120/75.
 - (B) 130/80.
 - (C) 135/85.
 - (D) 140/90.
58. When a person is called overweight if BMI is _____ kg/meter square :
- (A) < 18.5.
 - (B) 18.5-20.
 - (C) 20-24.
 - (D) > 25.
59. Commonest cause of diarrhoea among children is :
- (A) Rota Virus.
 - (B) Norwalk Virus.
 - (C) Adeno Virus.
 - (D) Giardiasis.
60. Which one of the following food stuffs contain highest amount of cholesterol per 100 mg?
- (A) Cow's milk.
 - (B) Butter.
 - (C) Whole egg.
 - (D) Egg Yolk.
61. WHO recommended ORS contains :
- (A) Sodium chloride 2.5 gm.
 - (B) Potassium chloride 1.5 gm.
 - (C) Glucose 10 gm.
 - (D) Sucrose 20 gm.
62. Milk is rich in all except :
- (A) Vit A.
 - (B) Vit D.
 - (C) Vit C.
 - (D) Vit E.
63. Amino acid deficit in wheat is :
- (A) Leucine.
 - (B) Methionine.
 - (C) Lysine.
 - (D) Cysteine.
64. Immunity develops after how many days of J.E vaccination :
- (A) 5 days.
 - (B) 15 days.
 - (C) 30 days.
 - (D) 90 days.
65. National Health and Family Welfare (NFHS) has completed :
- (A) 2 round.
 - (B) 3 round.
 - (C) 4 round.
 - (D) 5 round.

66. Scattered occurrence of disease is called as :
- (A) Endemic.
 - (B) Epidemic.
 - (C) Outbreak.
 - (D) Sporadic.
67. What is VVM?
- (A) Vaccine variable monitor.
 - (B) Vaccine vial monitor.
 - (C) Vaccine vial machine.
 - (D) Vaccine variable machine.
68. Temporary social group is :
- (A) Class.
 - (B) Crowd.
 - (C) Formal group.
 - (D) Informal group.
69. All of the following are Social Security Acts except :
- (A) ESI Act.
 - (B) MTP Act.
 - (C) Workmen compensation Act.
 - (D) Maternity benefit Act.
70. The daily exposure limit of noise without substantial damage is :
- (A) 80 dB.
 - (B) 85 dB.
 - (C) 90 dB.
 - (D) 95 dB.
71. What is 'Mean' in biostatistics?
- (A) Commonly occurring value.
 - (B) Average value.
 - (C) Middle value.
 - (D) First and last value.
72. Commonest cancer among Indian females is :
- (A) Breast cancer.
 - (B) Cervical cancer.
 - (C) Lung cancer.
 - (D) Oral Cancer.
73. Which Dimension is not included in the definition of Health by WHO?
- (A) Physical Dimension.
 - (B) Mental Dimension.
 - (C) Political Dimension.
 - (D) Social Dimension.
74. Which is the first referral Unit in Rural Area under National Health System?
- (A) Community/ Block Primary Health Centre.
 - (B) Primary Health Centre.
 - (C) Sub centre.
 - (D) District Hospital.

75. Which is not included in the Principles of Primary Health Care?
(A) Equitable distribution.
(B) Community participation.
(C) Intersectoral Coordination.
(D) Privatisation of primary Health Care.
76. Which of the following is a Protozoal disease?
(A) Syphilis.
(B) Cholera.
(C) Amoebiasis.
(D) Sickle cell anemia.
77. There are how many goals given by United Nations for Sustainable development and Health is included in which Goal?
(A) There are 17 goals in SDG and Health is included in Goal 5.
(B) There are 17 goals in SDG and Health is included in Goal 3.
(C) There are 17 goals in SDG and Health is included in Goal 1.
(D) There are 15 goals in SDG and Health is included in Goal 3.
78. Oedema is a sign of :
(A) Marasmus.
(B) Kwashiorkor.
(C) Marasmic – Kwashiorkor.
(D) All of these.
79. All of the following regarding Calcium supplementation during pregnancy & lactation are true except :
(A) Prevents PIH, Pre-eclampsia etc.
(B) Prevents preterm delivery.
(C) Should be given during the First Trimester.
(D) Should be continued till 6 months after delivery.
80. Registration of birth & death should be done :
(A) Within 15days.
(B) Within 1 month.
(C) Within 21 days.
(D) Within 7 days.
81. All of the following are true about Antara (Medroxy Progesterone acetate (MPA) except :
(A) It is an injectable contraceptive.
(B) It is an Oral contraceptive.
(C) It is highly effective.
(D) It is free from side effects.
82. All of the following are true about Chhaya / Saheli except :
(A) Should be taken twice a week during initial 2 months.
(B) To be taken once a week there after.
(C) Fertility does not return within 6 months after discontinuation.
(D) Distributed free of cost by Public Health system.

83. Thermal protection of the newborn babies includes all of the following except :
- (A) Immediate bathing of the baby in warm water.
 - (B) Drying the baby with dry cloth.
 - (C) Covering the baby with a dry cloth.
 - (D) Kangaroo mother care.
84. Eligible couple is couple where in the age of the wife ranges from :
- (A) 21- 45 years.
 - (B) 15-40 years.
 - (C) 15-49 years.
 - (D) 20 40 years.
85. Transmission of Diseases directly by coughing, sneezing etc. is called :
- (A) Vehicle transmission.
 - (B) Droplet Transmission.
 - (C) Fomite borne transmission.
 - (D) Air borne transmission.
86. All of the following are major social causes of Maternal mortality in India except :
- (A) Illiteracy.
 - (B) Poverty.
 - (C) Too early, too many and too frequent pregnancy.
 - (D) PPH.
87. Deficiency of Vitamin- C can cause :
- (A) Anaemia.
 - (B) Angular stomatitis.
 - (C) Scurvy.
 - (D) Glossitis.
88. All of the following are advantages of exclusive breast feeding to the mother except :
- (A) Acts as a natural contraceptive.
 - (B) Helps in early involution of uterus.
 - (C) Reduces the risk of postpartum Haemorrhage.
 - (D) Increases the risk of Breast Cancer.
89. The disease carrying agents are called:
- (A) Vector.
 - (B) Pathogen.
 - (C) Reservoir.
 - (D) Vaccines.
90. All of the following are true for demand feeding except :
- (A) Feeding is given whenever the child demands.
 - (B) Baby decides both the duration & frequency of each feeding.
 - (C) Mother decides the frequency of feeding.
 - (D) There is no restriction in duration of feeding.
91. All of the following are good sign of attachment except :
- (A) Chin touching the breast.
 - (B) Mouth wide open.
 - (C) Lower lip turned out.
 - (D) Most of the Areola is outside the mouth.

92. All of the followings are true about CONDOM except :
- (A) It can protect from STD & AIDS.
 - (B) Helps in spacing of births.
 - (C) Helps to avoid unwanted pregnancies.
 - (D) Must be checked for leakage before use.
93. The Weekly Iron Folic Acid supplementation program (WIFS) provides services to the following except :
- (A) School going Adolescent Girls.
 - (B) School going adolescent boys.
 - (C) Out of school adolescent Girls.
 - (D) Out of school adolescent boys.
94. Mixing, substitution, concealing the quality of a food is called :
- (A) Fortification.
 - (B) Adulteration.
 - (C) Standardisation.
 - (D) Preservation.
95. All the following are water borne diseases except :
- (A) Poliomyelitis.
 - (B) Measles.
 - (C) Cholera.
 - (D) Typhoid.
96. Name of the important and sensitive indicators of the health status :
- (A) CBR.
 - (B) CDR.
 - (C) IMR.
 - (D) MMR.
97. Body language is :
- (A) Verbal communication.
 - (B) Non-verbal communication.
 - (C) Barriers to communication.
 - (D) All of the above.
98. The Ideal IUD candidate are all except :
- (A) Who has at least one child.
 - (B) Has no history of pelvic disease.
 - (C) Is in polygamous relationship.
 - (D) Normal menstrual period.
99. Indian MTP act allows abortion only upto :
- (A) 15 weeks.
 - (B) 20 weeks.
 - (C) 24 weeks.
 - (D) 28 weeks.
100. Sex Ratio is defined as :
- (A) Number of males per 10 males.
 - (B) Number of females per 100 males.
 - (C) Number of males per 1000 females.
 - (D) Number of females per 1000 males.