

**MCQ- PG Entrance-Swasthavritta**

1	The Rasa contraindicated for Tooth brushing twigs according to Vagbhata.			
	A)	Madura, Amla, Lavana	B)	Lavana, Katu, Tikta
	C)	Karshaya, Amla, Tikta	D)	Maduva, Katu, Kashaya
2	Dantadhavana is contraindicated in the following except ...			
	A)	Svasa	B)	Hrdroga
	C)	Udavartha	D)	Siroroga
3.	Dantadhavana is contraindicated in			
	A)	Ajirna	B)	Netraroga
	C)	Ardita	D)	All the above
4.	The drugs NOT recommended for Dantadhavana include			
	A)	Nirgundi	B)	Palasa
	C)	Sigru	D)	All the above
5.	The composition of Sauviranjanam is			
	A)	Antimony sulphide	B)	Antimony choride
	C)	Antimony flouride	D)	Antimony bromide
6.	Rasanjana is to be administered			
	A)	Daily	B)	Once a week
	C)	Once in 3 days	D)	Once in 8 days
7.	A characteristic feature of rash - pleomorphism is seen in _____			
	A)	Chickenpox	B)	Measles
	C)	Smallpox	D)	Rubella
8.	Abhyanga should be particularly done in			
	A)	Head, ears, soles	B)	Head, trunk, sole
	C)	Head, ears, palms	D)	Head, palms, soles
9.	Eyes and skin are benefited by			
	A)	Abhyangam and Nasya	B)	Abhyangam and udvartanam
	C)	Udvartanam and Nasya	D)	All the above
10.	Agnideepthi is obtained by			
	A)	Vyayama and Snana	B)	Abhyangam and vyayama
	C)	Abhyangm and udvartanam	D)	Snana m and udvartanam
11.	The number of yama in a day are			
	A)	5	B)	6
	C)	8	D)	4

12.	Brahma muhurta can be considered as			
	A)	Second half of the fourth yama, beginning of the 14 <sup>th</sup> muhurta	B)	Second half of the third yama, end of the 14 <sup>th</sup> muhurta
	C)	Second half of the second yama, beginning of the 12 <sup>th</sup> muhurta	D)	Second half of the seventh yama, end of the 12 <sup>th</sup> muhurta
13.	One muhurta is of			
	A)	48	B)	45
	C)	44	D)	46
14.	Which is the ODD one out			
	A)	Patola	B)	Sarkara
	C)	Godhuma	D)	Dadhi
15.	The herbal toothbrushes are of			
	A)	12 angulas in length, diameter of the tip of little finger	B)	10 angulas in length, diameter of the tip of middle finger
	C)	12 angulas in length, diameter of the tip of index finger	D)	10 angulas in length, diameter of the tip of little finger
16.	IgG is the major immunoglobulin of serum, comprising about ___ of the total serum immunoglobulins.			
	A)	80%	B)	70%
	C)	90%	D)	60%
17.	Drugs mentioned for Dantadhavana in Astanga Hridaya does NOT			
	A)	Arka	B)	Nyagrodha
	C)	Kakubha	D)	Nimba
18.	Drugs mentioned for Dantadhavana in Astanga Hridaya includes			
	A)	Arka	B)	Khadira
	C)	Karanja	D)	All the above
19.	The length of Tooth brush is prescribed to _____			
	A)	12 angula	B)	10 angula
	C)	6 angula	D)	8 angula
20.	The length of tongue cleaner is prescribed as _____			
	A)	12 angula	B)	10 angula
	C)	6 angula	D)	8 angula
21.	Vyayama can be daily done by			
	A)	Those who consume snigdha bhojana	B)	Those in state of ajirna
	C)	Those who are aged	D)	In case of Vata Pitta vitiation
22.	Body massage should be done after			
	A)	Vyayama	B)	Udvartanam
	C)	Snanam	D)	Pratimarsa nasya

23.	The ritu in which Vyayama is to be done with half strength			
	A)	Hemanta, sisira, vasanta	B)	Sarat, vasanta, sisira
	C)	Hemanta, sarat, sisira	D)	Varsa, sarat, vasanta
24.	Which is wrong statement regarding Vyayama			
	A)	Vyayama renders lightness to body	B)	Vyayama to be done upto Ardhosakthi
	C)	Vyayama stimulate Agni	D)	Body to be managed prior to Vyayama
25.	According to which Acharya, Vyayama can be done in all seasons			
	A)	Vagbhata	B)	Charaka
	C)	Kashyapa	D)	Susruta
26.	According to Vagbhata the complications of Ativyayama are			
	A)	Ksata and mada	B)	Klama and sosa
	C)	Kasa and chardi	D)	Murcha and svasa
27.	Bath with Usna jala on Adhakaya confers			
	A)	Strength	B)	Wisdom
	C)	Freshness	D)	Longlife
28.	Snana and Dantadhavana are contraindicated in			
	A)	Asyaroga and Netraroga	B)	Atisara and kasa
	C)	Atisara and vama	D)	Adhmana and siroroga
29.	Which among the following do NOT come under Dashavidha papam			
	A)	Himsa	B)	Parusa
	C)	Alasyam	D)	Paisunya
30.	Adana kala includes the Ritu			
	A)	Sisira, Varsa, Sarat	B)	Sisira, Vasanta, Grisma
	C)	Varsa, Sarat, Hemanta	D)	Sisira, Varsa, Vasanta
31.	Visarga kala includes the Ritu			
	A)	Sisira, Varsa, Sarat	B)	Sisira, Vasanta, Grisma
	C)	Varsa, Sarat, Hemanta	D)	Sisira, Varsa, Vasanta
32.	In Adana kala the following properties become strong			
	A)	Tiksna, usna, ruksha	B)	Manda, sita, snigdha
	C)	Tiksna, sita, snigdha	D)	Manda, ushna, snigdha
33.	In adana kala the————— rasas becomes stronger			
	A)	Tikta, kasaya, katu	B)	Tikta, katu, kasaya
	C)	Kasaya, katu, tikta	D)	Katu, kasaya, tikta
34.	During Hemanta ————— is the state of Dosha			
	A)	Kapha sanchaya, pitta prasama	B)	Pitta sanchaya, kapha prakopa
	C)	Pitta prasama, kapha prakopa	D)	Kapha prakopa, vata prasama

35.	During Grismakala————— is the state of Dosha			
	A)	Vata sanchaya, kapha prasama	B)	Pitta sanchaya, vata prakopa
	C)	Kaphasanchaya, vata prakopa	D)	Kaphasanchaya, vataprasama
36.	During Varsa kala————— is the state of Dosha			
	A)	Pitta sanchaya, vata prakopa	B)	Pitta prakopa, vata sanchaya
	C)	Vata sanchaya, kapha prakopa	D)	Vata prakopa, kapha sanchaya
37.	The body has maximum strength in			
	A)	Hemanta, sisira	B)	Vasanta, sarat
	C)	Varsa, grisma	D)	Hemanta grisma
38.	The body has moderate strength in			
	A)	Hemanta, sisira	B)	Vasanta, sarat
	C)	Varsa, grisma	D)	Hemanta grisma
39.	The body has minimum strength in			
	A)	Hemanta, sisira	B)	Vasanta, sarat
	C)	Varsa, grisma	D)	Hemanta grisma
40.	The Rasa to be consumed in Hemanta are			
	A)	Madhura, amla, lavana	B)	Katu, tikta, kasaya
	C)	Madhura, katu, kasaya	D)	Tikta, lavana, kasaya
41.	Abhyanga, murdhataila, padaghata and vimardana are advised in			
	A)	Hemanta	B)	Vasanta
	C)	Sarat	D)	Varsa
42.	During Hemanta after Vyayama one should take bath using drugs of———— Rasa			
	A)	Tikta	B)	Kasaya
	C)	Katu	D)	Amla
43.	Following are pathya in Hemanta EXCEPT			
	A)	Godhuma	B)	Vasa
	C)	Purana annam	D)	Ikshu
44.	The garments namely Kauseya, Praveni and Kauthapa are mentioned in — Ritu			
	A)	Hemanta	B)	Sarat
	C)	Varsa	D)	Grisma
45.	The following are pathya in Vasanta EXCEPT			
	A)	Purana yava	B)	Vasa
	C)	Jangala mamsa	D)	AristaKey
46.	The regimen of Hemanta does NOT include			
	A)	Fasting	B)	Massage
	C)	Sunbath	D)	Wrestling

47.	During Vasanta all measures are taken to pacify			
	A)	Kapha	B)	Vata
	C)	Pitta	D)	Tridosha
48.	The regimen of Vasanta does NOT includes			
	A)	Vamana	B)	Virechana
	C)	Nasya	D)	Udvartana
49.	The property of diet in Vasanta is			
	A)	Laghu, ruksha	B)	Snigdha, laghu
	C)	Tikshna, usnam	D)	Mandam, sita
50.	W.H.O. is established on .....			
	A)	7 <sup>th</sup> Jan 1947.	B)	7 <sup>th</sup> Feb 1948.
	C)	7 <sup>th</sup> Mar 1947.	D)	7 <sup>th</sup> April 1948.
51.	_____ headquarter is at Geneva, Switzerland.			
	A)	Unicef	B)	WHO
	C)	Red cross	D)	Rotary
52.	WHO is a _____			
	A)	non-political	B)	health agency of the United Nations.
	C)	Non profit	D)	a and b
53.	_____ defines, Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity			
	A)	UNICEF	B)	WHO.
	C)	RED CROSS	D)	ROTARY
54.	_____ is responsible for health of their people which can be fulfilled only by the provision of adequate health and social measures			
	A)	Government	B)	Public
	C)	NGO	D)	RED CROSS
55.	Membership of WHO is open for _____ countries.			
	A)	All	B)	European
	C)	Asian	D)	United Kingdom
56.	WHO Regional Headquarter of South East Asia is at _____			
	A)	Beijing(China)	B)	Dhaka(Bangladesh)
	C)	New Delhi (India)	D)	Colombo(Shrilanka)
57.	Activities of WHO in India are .....			
	A)	Health statistics.	B)	Public health administration.
	C)	Health laboratory services.	D)	All above
58.	First formal National Health Policy was formulated in ....			
	A)	1999	B)	1983
	C)	1985	D)	2000

59.	Objectives of National Health Policy are.....			
	A)	To rationalize use of drugs within the allopathic system.	B)	To increase access to tried and tested systems of traditional Medicine.
	C)	To Achieve an acceptable standard of good health amongst the general population of the country.	D)	All above
60.	National Health Policy -2002 Policy Prescription			
	A)	Delivery of national public health programs	B)	The state of public health Infrastructure
	C)	Extending public health services	D)	All above
61.	Education of Health care Professional needs....			
	A)	inclusion of contemporary medical research	B)	geriatric concern and
	C)	creation of additional PG seats	D)	All above
62.	NHP 2002 has recommended notifying a contemporary code of ethics, which is to be rigorously implemented by ____			
	A)	AYUSH	B)	Medical Council of India
	C)	CCIM	D)	UGC
63.	In UNICEF “E” stands for			
	A)	Emergency	B)	Ethics
	C)	Economy	D)	Education
64.	..... Services are provided by UNICEF			
	A)	Child Health	B)	Child Nutrition
	C)	Family and child welfare	D)	All above
65.	UNICEF’s GOBI-FFF Programs excludes			
	A)	Growth Monitoring	B)	Oral medication
	C)	Breast Feeding	D)	Immunization
66.	UNICEF’s GOBI-FFF Programs includes			
	A)	Female Education	B)	Family Spacing
	C)	Food Supplements	D)	All above
67.	_____ is the President of Indian Red Cross Society ( IRCS )			
	A)	President of India	B)	Prime Minister of India
	C)	Union Health Minister	D)	AYUSH Minister
68.	Objectives of Indian Red Cross Society ( IRCS ) are_____			
	A)	Improvement of health	B)	Prevention of disease
	C)	Mitigation of suffering	D)	All above
69.	_____is a branch of biometry deals with data and law of human mortality, morbidity, & demography.			
	A)	Health Statistics	B)	Medical Statistics
	C)	Educational Statistics	D)	None of the above

70.	Which is the first element among the eight elements of primary health care			
	A)	Treatment of common diseases	B)	Essential drug supply
	C)	Immunization	D)	Health Education
71.	What is the proposed man-power requirement for Sub-centre?			
	A)	3/4	B)	2/3
	C)	14/15	D)	12/13
72.	What is the proposed man-power requirement for Primary Health Center?			
	A)	3/4	B)	2/3
	C)	24/25	D)	12/13
73.	Which among the following specialty doctor is present at Community Health Center?			
	A)	Surgeon	B)	ENT Specialist
	C)	Anesthetist	D)	Ophthalmologist
74.	How many AYUSH practitioners are present at the level of Community Health Center?			
	A)	1	B)	2
	C)	0	D)	4
75.	What is the duration of training for Village Health Guides?			
	A)	1 month	B)	2 month
	C)	3 months	D)	4 months
76.	In which stage of demographic cycle India has recently entered?			
	A)	Highly stationary	B)	Early Expanding
	C)	Late expanding	D)	Low Stationary
77.	Which IUCD has been introduced in National Program on Family Planning			
	A)	Cu-T-380 A	B)	Cu – T- 200
	C)	Multiload Copper T	D)	Levonorgestrel IUD
78.	The Oral contraceptive pills containing oestrogen and progesterone should be given for ___ days.			
	A)	28 days	B)	21 days
	C)	30 days	D)	31 days
79.	What is the maximum period of fetus for the abortion carried out by a Registered Medical practitioner without 2 <sup>nd</sup> opinion according to MTP Act 1971?			
	A)	15 weeks	B)	16 weeks
	C)	12 weeks	D)	20 weeks
80.	Billing method of Family planning method is A			
	A)	Permanent method of Contraception	B)	Observance of basal body temperature
	C)	Calendar method of contraception	D)	Observance of changes in the characteristics of cervical mucus

81.	What is the minimum age of the husband for Vasectomy?			
	A)	21 years	B)	22 years
	C)	24 years	D)	25 years
82.	Which is the first country to launch National Family welfare program			
	A)	India	B)	China
	C)	UK	D)	Pakistan
83.	When did National Malaria Eradication program launched?			
	A)	1953	B)	1973
	C)	1958	D)	1951
84.	Which month is observed as National Anti-malaria month?			
	A)	June	B)	July
	C)	Aug	D)	Sept
85.	How are endemic areas classified in National Anti-malaria program?			
	A)	Annual parasite incidence	B)	No. of malaria cases
	C)	No. of positive slides of malaria	D)	No. of deaths due to malaria
86.	Intensified malaria control project was launched with the assistance from			
	A)	Global Fund	B)	CARE
	C)	Prime Minister fund	D)	SIDA
87.	National Filaria control was merged with _____ in 1978			
	A)	National Urban Malaria control program	B)	National control program for Vector borne diseases
	C)	National Anti – Malaria program	D)	National Rural malaria control program
88.	Which mass drug therapy is used in Filaria control program?			
	A)	DDT	B)	DEC
	C)	Malathion	D)	Primiquine
89.	National Leprosy eradication program has been in operation since _____.			
	A)	1947	B)	1913
	C)	1983	D)	1971
90.	Which Pharma company supplies Multi Drug Therapy (MDT) free of cost through WHO.			
	A)	Cipla	B)	Novartis
	C)	Hetero	D)	Ranbaxy
91.	When was National Tuberculosis control program launched?			
	A)	1962	B)	1953
	C)	1975	D)	1958
92.	Which one of the following is long term objective of National Tuberculosis control program			
	A)	To vaccinate new borns and infants with BCG	B)	To detect maximum no. of cases of Tb at OPD levels



	C)	DOTS (Directly observed short term therapy)	D)	One case infects less than one new person annually.
93.	When was National control program on AIDS launched in India?			
	A)	1965	B)	1987
	C)	1995	D)	2001
94.	Voluntary counseling and testing centers deals with _____.			
	A)	AIDS	B)	Tuberculosis
	C)	Leprosy	D)	Mental disorders
95.	Anti-Retroviral Therapy (ART) is given free of cost for ____			
	A)	Viral Diseases	B)	AIDS
	C)	Swine Flu	D)	Bird Flu
96.	When was National Blindness control program launched?			
	A)	1976	B)	1985
	C)	1958	D)	1995
97.	Which is the apex institute involved in man –power development, research and referral services in National Control program of Blindness?			
	A)	Dr Rajendra Prasad centre for ophthalmic science in AIIMS	B)	Sanjay Gandhi Ophthalmic Unit at Bangalore
	C)	Vasan Eye Care Centre, Chennai	D)	Swami Vivekananda Yoga AnusandhanaSamsthana, Bangalore
98.	Which states are called as Goitre belt?			
	A)	Uttar Pradesh along the belt of Himalayas	B)	Coastal areas of Karnataka and Kerala
	C)	Maharashtra and Madhyapradesh	D)	Costal belts of Tamilnadu and Andhrapradesh
99.	Which National Health program has the tag line Vision 2020: The Right to Sight			
	A)	National control program on Iodine deficiency disorders	B)	National control program on Blindness
	C)	National control program on Tuberculosis	D)	National control program on Malaria
100.	Universal Child Immunization was the program launched by _____			
	A)	WHO	B)	UNICEF
	C)	UNICARE	D)	CARE
101.	When did Govt of India launch EPI			
	A)	1978	B)	1995
	C)	1993	D)	1992
102.	What was the main aim of EPI (Expanded Program of Immunization)?			
	A)	Every child receives against Immunization against Polio	B)	100 coverage of pregnant women with 2 doses of Tetanus toxoid and at least 85% coverage of infants with DPT, OPV and BCG

	C)	85 coverage of pregnant women with 2 doses of Tetanus toxoid and at least 100% coverage of infants with DPT, OPV and BCG	D)	Eradication of Vaccine preventable diseases
103.	When was Pulse polio program launched?			
	A)	1995	B)	1983
	C)	1996	D)	2001
104.	National Rural health Mission was launched in ____			
	A)	1995	B)	2005
	C)	2011	D)	2000
105.	The following were the plan of action to strengthen the infrastructure under NRHM program			
	A)	Strengthen ASHA	B)	Strengthen PHCs
	C)	Strengthen CHCs and Sub-centers	D)	All the above
106.	What is the general norm for selection of ASHA?			
	A)	1 ASHA for 1000 population	B)	1 ASHA for 100 population
	C)	1 ASHA for 5000 population	D)	1 ASHA for 10000 population
107.	Which of the following are the main objectives of RCH phase II?			
	A)	Immunization of children under 5 years	B)	Emergency obstetric care
	C)	A & B	D)	Training of Dias
108.	When is maternal mortality rate increased?			
	A)	1 <sup>st</sup> trimester	B)	2 <sup>nd</sup> trimester
	C)	3 <sup>rd</sup> trimester	D)	1 <sup>st</sup> two days of birth
109.	What are Neonatal deaths?			
	A)	Deaths occurring during the period commencing from birth to 28 days	B)	Deaths occurring during the period commencing from birth to 90 days
	C)	Deaths occurring during the period commencing from birth to 7 days	D)	Deaths occurring during the period commencing from birth to 1 day
110.	What are Post Neonatal deaths?			
	A)	Deaths occurring during the period commencing from 28 days to 1 year	B)	Deaths occurring during the period commencing from 28 days to 90 days
	C)	Deaths occurring during the period commencing from birth to 7 days	D)	Deaths occurring during the period commencing from birth to 1 day
111.	Swedish International Development Agency has been assisting mainly _____.			
	A)	National Leprosy control program	B)	National Tuberculosis control program

	C) National Blindness control program	D) National AIDS control program
112.	Bore-hole latrine was the innovative idea by _____	
	A) SIDA Foundation	B) Rockefeller Foundation
	C) Ford Foundation	D) International Red cross
113.	Hind Kusht Nivarana Sangh was initially known as _____.	
	A) BELRA	B) CARE
	C) Bharat Sevak Samaj	D) Central Social Welfare Board
114.	Which are the central modes of tendency?	
	A) Mean, Median and Mode	B) Standard deviation, Standard Error
	C) Vital statistics	D) Range, Dispersion
115.	What is Variance?	
	A) Square of Standard Error	B) Square of standard deviation
	C) Range	D) Inter-quartile range
116.	The male contraceptive pill contains	
	A) Isabgol	B) Gossypol
	C) Oestrogen	D) Testosterone
117.	T Cu-380 A is classified under	
	A) 1 <sup>st</sup> generation IUCD	B) 2 <sup>nd</sup> generation IUCD
	C) 3 <sup>rd</sup> generation IUCD	D) 4 <sup>th</sup> generation IUCD
118.	MALA – N and MALA – D contain _____	
	A) Norgesterol 0.3 mg and Ethiniloestradiol 0.03mg	B) Norgesterol 0.1 mg and Ethiniloestradiol 0.01mg
	C) Norgesterol 5 mg and Ethiniloestradiol 1mg	D) Norgesterol 250 mg and Ethiniloestradiol 50mg
119.	When is post-coital recommended?	
	A) 24 hours after unprotected intercourse	B) 48 hours after unprotected intercourse
	C) 72 hours after unprotected intercourse	D) 12 hours after unprotected intercourse
120.	The slogan of international conference at Alma- Ata in 1978 is _____ Nutritional supplement for all	
	A) Immunization	B) Health for all by 2000 A.D
	C) Super specialty care	D) Nutritional supplement for all
121.	Each primary health centre covers rural population of _____	
	A) 100,000	B) 15,000
	C) 30,000	D) 50,000
122.	_____ is a globally eradicated disease	
	A) Small pox	B) Chicken pox
	C) Measles	D) Influenza

123.	Health surveillance is _____.			
	A)	Collection of data	B)	Interpretation of data
	C)	Collection and interpretation of data	D)	Monitoring programme
124.	Commonest cause of blindness in India is _____.			
	A)	Glaucoma	B)	Cataract
	C)	Keratomalacia	D)	Trachoma
125.	Functions of primary health centre are except.....			
	A)	Prevention and control of communicable disease	B)	Maternal child health care
	C)	Safe water supply and sanitation	D)	Disability limitation
126.	The five layers of human existence as per Yoga is known as _____			
	A)	Saptadhatu	B)	Panchakosha
	C)	Tridosha	D)	Ashtakosha
127.	The word Yoga comes from the Sanskrit word _____			
	A)	Yuj	B)	Yaka
	C)	Yaj	D)	Yaga
128.	In Sanskrit, the term philosophy is known as _____			
	A)	Yoga Vasistha	B)	Purana
	C)	Bhakti	D)	Darshana
129.	The word Yoga comes from the Sanskrit word Yuj means to _____			
	A)	Unite	B)	Add
	C)	Subtract	D)	Divide
130.	Raja Yoga is the yoga of _____ control			
	A)	Emotion	B)	Mind
	C)	Work	D)	Ethics
131.	Bhakti Yoga is the yoga of _____ control			
	A)	Emotion	B)	Mind
	C)	Work	D)	Ethics
132.	Karma Yoga is the yoga of _____ control			
	A)	Emotion	B)	Mind
	C)	Work	D)	Ethics
133.	DyanaYoga is the yoga of _____ control			
	A)	Emotion	B)	Mind
	C)	Work	D)	Ethics
134.	In Yoga, kriyas are _____ techniques			
	A)	Cleansing	B)	Meditating

	C) Pranic	D) Relaxing
135.	The total number of major pranās is _____	
	A) 3	B) 5
	C) 72	D) 6
136.	As per Yoga Therapy disease starts from _____ kosha	
	A) Pranamaya	B) Annamaya
	C) Manomaya	D) Anandmaya
137.	Mudra means a _____	
	A) Asana	B) Pranayama
	C) Gesture	D) Dhyana
138.	Asana means _____	
	A) Exercise	B) A body posture
	C) Happiness	D) Wealth
139.	The Yoga Sutras are compiled by	
	A) Bhagwat gita	B) Patanjali
	C) Gherand	D) Hathayoga
140.	In Sanskrit, the word Veda means _____	
	A) Knowledge	B) Liberation
	C) Happiness	D) Wealth
141.	The origin of Yoga is _____	
	A) Veda	B) Purana
	C) Darshana	D) Patanjali
142.	Indian Philosophy is divided into _____ parts	
	A) 3	B) 5
	C) 6	D) 8
143.	Pranayama is the exercise of the _____ Kosha	
	A) Pranamaya	B) Annamaya
	C) Manomaya	D) Anandmaya
144.	Bandha is a neuro-muscular _____	
	A) Joint	B) Lock
	C) Kriya	D) Exercise
145.	Yogaha Chitta Vritti Nirodha is quoted by _____	
	A) Bhagwat gita	B) Patanjali
	C) Gherand	D) Hathayoga
146.	Yogaha Karmasu Kaushalyam is quoted by _____	
	A) Bhagwat gita	B) Patanjali
	C) Gherand	D) Hathayoga

147.	Samatvam Yogaha Uchate is quoted by _____			
	A)	Bhagwat gita	B)	Patanjali
	C)	Gherand	D)	Hathayoga
148.	Nasti Yogat Param Balam is quoted by _____			
	A)	Bhagwat gita	B)	Patanjali
	C)	Gherand	D)	Hathayoga
149.	Yogaha _____ Vritti Nirodha			
	A)	Chitta	B)	Asana
	C)	Sama	D)	Kriya
150.	The word "Hatha" comes from the Sanskrit terms "tha" meaning _____			
	A)	Atma	B)	Moon
	C)	Sun	D)	Earth
151.	_____ Yogaha Uchate			
	A)	Chitta	B)	Karmasu
	C)	Samatvam	D)	Kriya
152.	_____ Yogat Param Balam			
	A)	Chitta	B)	Karmasu
	C)	Samatvam	D)	Nasti
153.	_____ is include in Antarang Sadhana			
	A)	Samadhi	B)	Niyama
	C)	Asana	D)	Pratyahara
154.	_____ is include in Bahirang Sadhana			
	A)	Samadhi	B)	Dhyana
	C)	Dharana	D)	Pratyahara
155.	Avidya Asmita Raga Dvesha Abhivesha _____			
	A)	Samadhi	B)	Klesha
	C)	Dharana	D)	Pratyahara
156.	Ahimsa Satya Asteya Bramhacharya Aparigraha _____			
	A)	Yama	B)	Niyama
	C)	Asana	D)	Pratyahara
157.	Soucha Santosh Tapa Swadhyaya Ishwar Pranidhanani _____			
	A)	Yama	B)	Niyama
	C)	Asana	D)	Pratyahara
158.	Sthiram Sukham _____			
	A)	Yama	B)	Niyama
	C)	Asana	D)	Pratyahara
159.	Pranasya Ayam _____			
	A)	Pranayam	B)	Niyama

	C) Asana	D) Pratyahara
160.	Desha Bandh Chittasya _____	
	A) Samadhi	B) Dhyana
	C) Dharana	D) Pratyahara
161.	Tatra Pratyek Taanata _____	
	A) Samadhi	B) Dhyana
	C) Dharana	D) Pratyahara
162.	Tadevatha Nirbhas Swarup Shunyamiva _____	
	A) Samadhi	B) Dhyana
	C) Dharana	D) Pratyahara
163.	The most comprehensive text of Hathayoga is the Hatha Yoga Pradipika by Yogi _____	
	A) Patanjali	B) Swatmarama.
	C) Gherand	D) Charak
164.	Aim of Hatha Yoga is _____	
	A) Spiritual exercise	B) Mental exercise
	C) Purification of this 'nadis' or energy passages.	D) Physical exercise.
165.	Imbalance of physical and mental energies is state of .....	
	A) Wealth	B) Health
	C) Decrease	D) Moksha
166.	"The word "Hatha" comes from the Sanskrit terms "ha" meaning _____	
	A) Atma	B) Sun
	C) Moon	D) Earth
167.	..... is not paths for removal of accumulated complexes	
	A) Path of intellectual analysis	B) Path of social service
	C) Path of devotion	D) Path of meditation
168.	Path of intellectual analysis	
	A) Bhaktiyoga	B) Rajyoga
	C) Dynanayoga	D) Hathayoga
169.	Path of devotion	
	A) Bhaktiyoga	B) Rajyoga
	C) Dynanayoga	D) Hathayoga
170.	Path of meditation	
	A) Bhaktiyoga	B) Patanjali Yoga
	C) Dynanayoga	D) Hathayoga
171.	The concept of the five koshas was originally given in ..... to help us understand what is 'self' and what is 'non-self'.	

	A) Hatha yoga	B) Patanjali Yoga
	C) Bhagwat Gita	D) Taittiriya Upanishad
172.	The Annamaya kosha is the sheath of _____	
	A) Intellect (Buddhi)	B) Wisdom
	C) Physical Body	D) Intuitive Knowledge
173.	The Anandamaya kosha is the sheath of .....	
	A) Intellect (Buddhi)	B) Wisdom
	C) Food	D) Intuitive Knowledge
174.	The Manomaya kosha is the sheath of .....	
	A) Intellect (Buddhi)	B) Wisdom
	C) Food	D) Intuitive Knowledge
175.	If the ..... sheath is absent the physical body will disintegrate and merge back into its five elements.	
	A) Manomaya	B) Annamaya
	C) Anandmaya	D) Pranamaya
176.	The lack of ability to distinguish between self and non-self is termed "....." which is the main cause of human suffering ("klesha").	
	A) Abhinivesha	B) Asmita
	C) Avidya	D) Dvesha
177.	_____ Kosha is responsible for all the physiological functions in the body " breathing, blood circulation, digestion, heartbeat, all hormonal functions, communication between the brain and the cells of the body, etc.	
	A) Manomaya	B) Annamaya
	C) Anandmaya	D) Pranamaya
178.	_____ is not Yoga siddhikar bhav.	
	A) Utsāhāt	B) Jana-sanggha
	C) Nīschayāt	D) Dhairyā
179.	_____ is not Yoga Prathibandha Kara bhavas	
	A) Company of the evil-minded people	B) Travelling
	C) Courage	D) Fire
180.	Svarasavahi-Vidusah-Api-Tatha-Arudhah is termed _____	
	A) Abhinivesah	B) Asmita
	C) Avidya	D) Dvesha
181.	_____ is responsible for our cognitive abilities, receiving input from the five senses, communicating with the intellect and directing our actions.	
	A) Mind	B) Intellect
	C) Emotions	D) Wisdom
182.	Decreased/ Lowered vitality leads to-----	
	A) Accumulation of Morbid matter	B) Enervation.



	C)	Abnormal composition of blood and lymph.	D)	All the above
183.	Father of Indian Naturopathy -----			
	A)	Mahatma Gandhiji	B)	Vittaldas Modi
	C)	Lakshaman Sharma	D)	Jawaharlal Nehru
184.	According to Fundamentals of Naturopathy, Acute diseases are.....			
	A)	Remedial/ Cleansing agents.	B)	Detrimental.
	C)	Unfavorable condition for the body.	D)	Enervation.
185.	According to Mahatma Gandhiji, Prayers is for .....			
	A)	Mental peace.	B)	Food for soul.
	C)	Intellectual peace.	D)	Harmony between body and mind.
186.	According to Fundamentals of Naturopathy, Primary manifestation of disease is due to			
	A)	Parasites	B)	Virus
	C)	Wrong food habits and lifestyle	D)	Bacteria
187.	According to Fundamentals of Naturopathy, Diseases roots from -----			
	A)	Self control.	B)	Self ignorance.
	C)	Self indulgence.	D)	All of the above.
188.	Return to nature is derived by .....			
	A)	Adolf Just	B)	Vincent Presnitz
	C)	Louis Pasture	D)	Louis Khune
189.	Langhanam pramoushadham means _____			
	A)	Food is the medicine.	B)	Juices are good for health.
	C)	Fasting is the Supreme remedy.	D)	Diet is the medicine.
190.	In the Yoga Sutras of Patañjali, the Yamas includes _____.			
	A)	<u>Shaucha</u>	B)	<u>Svadhya</u>
	C)	<u>Satya</u>	D)	<u>Santosha</u>
191.	Looking intently and to gaze at a small, single point until tears are shed from the eyes is known as _____			
	A)	Dhouti	B)	Trataka
	C)	Neti	D)	Basti
192.	The shuddikriya for the cleaning of the nasal path is known as _____			
	A)	Dhouti	B)	Trataka
	C)	Neti	D)	Basti
193.	In _____ Pranayama.,one has to make sound like humming bee while exhalation and inhalation as well			
	A)	Bhastrika	B)	Bharamari
	C)	Ujjayi	D)	Sitkari

194.	The first five are called _____ Sadhana			
	A)	Yogic	B)	Ashtang
	C)	Antaranga	D)	Bahiranga
195.	Tongue is rolled and inhalation is done via mouth followed by Kumbhaka with Bandhas and then exhalation with nostrils in _____ Pranayama.			
	A)	Bhastrika	B)	Bharamari
	C)	Ujjayi	D)	Sitkari
196.	_____ is based on a massage of the internal belly organs by a circular movement of the abdominal muscles.			
	A)	Nauli	B)	Trataka
	C)	Neti	D)	Basti
197.	Toxin liquefies & gets thrown out from body through the medium of sweat in _____			
	A)	Steam bath effect	B)	Curing disease
	C)	Healing action	D)	Nourishing action
198.	Body gets heat from hot bath & due to this _____			
	A)	Prevention of toxin occurrence	B)	Blood purifies
	C)	Man becomes free from disease	D)	Dilatation of blood capillaries occurs & blood flow increases
199.	According to naturopathy the cause for disease is -----			
	A)	Microorganisms	B)	Food & activities
	C)	Obstruction to nature's way	D)	Apathya
200.	These are different types of massage			
	A)	Rubbing, beating	B)	Stroking, tapping
	C)	Vibrating	D)	All above
201.	According to Naturopathy in kshaya rogi ..... is contra indicated			
	A)	Cold bath	B)	Steam bath
	C)	Spinal cord bath	D)	Sitz bath
202.	According to Naturopathy in hridroga ..... is contra indicated			
	A)	Cold bath	B)	Steam bath
	C)	Spinal cord bath	D)	Sitz bath
203.	Benefits of natural bath are _____			
	A)	Removal of morbid matter	B)	Increase the digestion power
	C)	Increases immunity	D)	All above
204.	According to naturopathy in Unmad ..... is contra indicated			
	A)	Cold bath	B)	Steam bath
	C)	Spinal cord bath	D)	Sitz bath
205.	By practicing kati snana one can get rid of _____			
	A)	Madhumeha & antravidhi	B)	Vibandha & mandagni
	C)	Diseases of the genitals	D)	All the above

206.	Water pack used when patient is .....			
	A)	Unable to do the bath	B)	strong
	C)	Pregnant	D)	Child
207.	Number of Klesha according to Patanjali is _____			
	A)	6	B)	5
	C)	8	D)	9
208.	Performing or involving in any work without any expectation is _____ type of yoga			
	A)	Karma	B)	Dnyana
	C)	Bhakti	D)	Mantra
209.	_____ is not a Yoga Siddhikar Bhava			
	A)	Shwasa Prashwasa viksepa	B)	Utsaha
	C)	Dhairya	D)	Sahasa
210.	Brahmacharya is a part of which step of Asthang Yoga			
	A)	Niyama	B)	Pratyahar
	C)	Dharana	D)	Yama
211.	Which of the following is not included in Niyama			
	A)	Asteya	B)	Swadhyaya
	C)	Santoshha	D)	Ishvar Pranidhan
212.	According to Hathayoga, which type of pranayama can help one float on water			
	A)	Murcha	B)	Bhasrika
	C)	Plavani	D)	Shitali
213.	Withdrawal of senses is			
	A)	Niyama	B)	Pratyahar
	C)	Dharana	D)	Yama
214.	According to Gherand Samhita, Kumbhaka is classified into how many types			
	A)	6	B)	5
	C)	8	D)	9
215.	National Institute of Naturopathy is in			
	A)	Pune	B)	Delhi
	C)	Bengaluru	D)	Hyderabad
216.	In the Yoga Sutras of Patanjali, the Niyama excludes _____			
	A)	Shaucha	B)	Swadhyaya
	C)	Ahimsa	D)	Santoshha
217.	_____ is good for spinal flexibility _____			
	A)	Marjarasana	B)	Parvatasana
	C)	Vajrasana	D)	Sukhasana
218.	The last three steps of Ashtanga Yoga are called _____ Sadhana			

	A) Antarang	B) Bahirang
	C) Pranic	D) Yogic
219.	Visamedicatrix Naturae means...	
	A) Healing power of nature	B) Natural diet
	C) Belief in nature	D) Fasting
220.	Svadyaya is a part of which step of Asthang Yoga	
	A) Niyama	B) Pratyahar
	C) Dharana	D) Yama
221.	Which of the following is not included in Niyama	
	A) Brahmacharya	B) Ishvar Pranidhan
	C) Santosha	D) Swadyaya
222.	Shankha prakshalana is which type of shatkarma	
	A) Neti	B) Dhauti
	C) Pranayam	D) Basti
223.	Healing power of nature is called as	
	A) Vital power	B) Swasthya
	C) Prana	D) Energy
224.	Which of the following asana can be performed immediately after meals	
	A) Shavasana	B) Padmasana
	C) Vajrasana	D) Pavanamuktasana
225.	Fasting therapy is of which mahabhoot	
	A) Vayu	B) Prithvi
	C) Aakash	D) Agni
226.	Thyroid and parathyroid gland are activated by which chakra	
	A) Ajna	B) Vishuddha
	C) Manipura	D) Muladhara
227.	Which is an effective kriya for sinusitis	
	A) Neti	B) Nauli
	C) Tratak	D) Basti
228.	Which is an effective kriya for Computer vision Syndrome	
	A) Neti	B) Nauli
	C) Tratak	D) Basti
229.	Ida is also called as	
	A) Nadi dvaya	B) Chandra nadi
	C) Surya nadi	D) Mahanadi
230	Heliotherapy uses which natural element for treatment	
	A) Water	B) Air
	C) Sun	D) Wind

231.	By the practice of _____ the impurities being destroyed knowledge becomes effulgent, up to discrimination.			
	A)	Heliotherapy	B)	Yoga
	C)	Chromo therapy	D)	Massage
232.	_____ has propounded the famous Eight fold Path of disciplines, which shows a way of living in the world and how to interact and behave in society			
	A)	Gherand	B)	Hathayoga
	C)	Patanjali	D)	Bhagwatgita
233.	Non-violence, truthfulness, abstaining from appropriating things belongings to other, purity in thoughts, words & deed. Non-acquisition of things are the essential, components of			
	A)	Pratyahara	B)	Niyama
	C)	Samadhi	D)	Yama.
234.	The collective disciplines of _____ are Physical & mental purity, contentment, austerity, self study of holy books and scriptures and devotion to god.			
	A)	Pratyahara	B)	Niyama
	C)	Samadhi	D)	Yama.
235.	_____ is withdrawing the senses or organs from their contact with the objects in the external world.			
	A)	Pratyahara	B)	Niyama
	C)	Samadhi	D)	Yama.
236.	An unbroken flow of knowledge in that object is _____			
	A)	Pratyahara	B)	Niyama
	C)	Samadhi	D)	Dhyanam
237.	When the chitta or mind-stuff is confined and limited to a certain place it is _____			
	A)	Pratyahara	B)	Dharana
	C)	Samadhi	D)	Dhyanam
238.	In _____ the mind remains concentrated (ekagra) on the object of meditation, therefore the consciousness of the object of meditation persists.			
	A)	Samprajnata Samadhi	B)	Asamprajnata Samadhi
	C)	Dharana	D)	Dhyanam
239.	In _____ Samadhi, the Citta is concentrated upon a gross object of meditation such as a flame of a lamp, the tip of the nose, or the image of a deity.			
	A)	Savitarka	B)	Savichara
	C)	Sananda	D)	Sasmita;
240.	In _____ Samadhi, the Citta is concentrated upon a subtle object of meditation, such as the tanmatra			
	A)	Savitarka	B)	Savichara

	C) Sananda	D) Sasmita;
241.	In ____ Samadhi, the Citta is concentrated upon a still subtler object of meditation, like the senses.	
	A) Savitarka	B) Savichara
	C) Sananda	D) Sasmita;
242.	In ____ Samadhi, the Citta is concentrated upon the ego-substance with which the self is generally identified.	
	A) Savitarka	B) Savichara
	C) Sananda	D) Sasmita;
243.	_____ involves movement of the muscles of the stomach and especially the muscles of the diaphragm. The movement is important and characteristic.	
	A) Jalandhar Bandha	B) Maha Bandha
	C) Uddiyan Bandh	D) Mula Bandha
244.	In _____ a force is exerted onto the seven paths in the throat.	
	A) Jalandhar Bandha	B) Maha Bandha
	C) Uddiyan Bandh	D) Mula Bandha
245.	_____ is useful for awakening of Kundalini Shakti	
	A) Jalandhar Bandha	B) Maha Bandha
	C) Uddiyan Bandh	D) Mula Bandha
246.	_____ is not a types of Swedish Massage	
	A) Effleurage	B) Pétrissage
	C) Tapotement	D) Compression
247.	_____ purification and vitalisation of the frontal lobes.	
	A) Neti	B) Nauli
	C) Tratak	D) Kapal bhati
248	Tongue is rolled and inhalation is done via mouth followed by Kumbhaka with Bandhas and then exhalation with nostrils in _____ Pranayam	
	A) Bhramai	B) Plavani
	C) Shitali	D) Ujjai
249	It's recommended to synchronize postures, breath, mantras and bring attention to certain chakras when performing _____	
	A) Tratak	D) Kapal bhati
	C) Dhauti	D) Surya Namaskara.
250.	_____ is to gain mastery over the modifications of the mind	
	A) Yoga	B) Ayurved
	C) Naturopathy	D) Homeopathy
251.	Prophylactic administration of vitamin K in breast fed babies is an example of:	
	A) Health Promotion	B) Treatment
	C) Specific protection	D) Rehabilitation

252.	Most important reason for recommending oral polio vaccine in the polio eradication campaign despite availability of a safe injectable vaccine that, it:			
	A)	Provides 90% immunity in one dose	B)	Does not interfere with vertical immunity
	C)	Has been donated by WHO	D)	Provides herd immunity
253.	A 5 year old child comes to the immunization centre without BCG scar on his arm; what would you prefer?			
	A)	Give BCG vaccine	B)	No need of BCG
	C)	Perform mantoux if positive then give BCG	D)	Perform mantoux if negative then given BCG
254.	A woman in the seventh month of pregnancy reports to you in the antenatal clinic for the first time. The recommended immunization is by:			
	A)	Tetanus toxoid	B)	Hepatitis B vaccine
	C)	Rubella vaccine	D)	Pneumococcal vaccine
255.	A GP purchased BCG vaccine for his clinic. He should store this vaccine at his clinic in:			
	A)	A dark place	B)	Deep freezer
	C)	Water carrier	D)	Refrigerator
256.	During a sanitary inspection of a rapid sand filtration plant, slowing of the filtration rate was observed owing to loss of head. Which method will you suggest to give head to water in such a situation?			
	A)	Addition of alum	B)	Scraping the top layer
	C)	Increasing duration of storage	D)	Back washing of sand bed
257.	You were required to chlorinate well water; you added required amount of bleaching powder solution to the water and allowed an overnight contact time. What is your recommendation regarding consumption of this water for drinking.			
	A)	Fit for consumption	B)	To be used after 12 hours
	C)	To be used after another 24 hours	D)	Rechlorinate
258.	A dental surgeon appointed in rural health centre reports an increased incidence of dental caries in the children of that area. The relevant preventive measure that he should suggest to the health authorities is:			
	A)	Fluoridation of water	B)	Chlorination of water
	C)	Use of bacterial filter	D)	Use of boiled water
259.	Different agents are used for chlorination of water on large scale. If after chlorination taste of water is not much altered; level of residual chlorine is more stable and persistent. The likely agent to be used for chlorination was:			
	A)	Chloramines	B)	Chlorine gas
	C)	Perchloron	D)	Bleaching powder

260.	Six of the ten family members living in a single room house complain of intense itching with scratching in axillae, groin and hands; it is more marked at night. The most likely diagnosis is:			
	A)	Scabies	B)	Dermatitis
	C)	Eczema	D)	Psoriasis
261.	A Person working in compressed air chamber presented with symptoms of cough, dyspnoea and joint pains. This clinical presentation is suggestive of:			
	A)	Pulmonary edema	B)	Fat embolism
	C)	Air embolism	D)	Rupture of spleen
262.	A survey on air pollution was conducted in an urban area to determine the major contaminant in air. The major contaminant estimated in all air pollution is:			
	A)	Grit and dust	B)	Sulphur dioxide
	C)	Carbon monoxide	D)	Nitrogen dioxide
263.	Health education is the responsibility of			
	A)	Health educationalist	B)	Doctor
	C)	Paramedical staff	D)	Every health worker
264.	A pregnant woman presented with pallor, shortness of breath, lethargy and palpitation. Her blood examination revealed hemoglobin level of 9 gm/dl. In your opinion what could be the probable deficiency in the woman?			
	A)	Iron	B)	Niacin
	C)	Vitamin C	D)	Iodine
265.	A newly married couple visits family planning centre for contraception. Upon investigation the woman has hyperlipidemia. The method of contraception which would be used cautiously in this woman is:			
	A)	Condom	B)	Combined oral contraceptive pill
	C)	Second generation IUCD	D)	Mini pill
266.	A 30 years old lady having two kids wants to plan her family. On examination she is found to be anemia. She also gives history of ectopic pregnancy last year. The best method of contraception for her would be:			
	A)	Lippe's loop	B)	Injectable contraceptives
	C)	Progestasert	D)	Multi-load
267.	.For long term contraception, a sub -dermal implant known as "nor-plant" is being used now a days. The main disadvantage of Norplant is:			
	A)	Spontaneous expulsion	B)	Irregular menstrual bleeding
	C)	Pelvic inflammatory disease	D)	Ectopic pregnancy
268.	A primary Gravida with O- ve blood group comes to labour room with labour pains. Her husband's blood group is O+v In order to avoid Rh incompatibility in pregnancy, which measure would you take:			
	A)	Administer AntiRh immunoglobulins at delivery	B)	Serial ultrasonography
	C)	Chorionic villous biopsy	D)	Amniocentesis



269.	An 8 weeks pregnant lady comes to gynae OPD for antenatal visit for the first time. She told the doctor that she has come from far off area and it's not possible to come for her monthly antenatal visits. The doctor advised the minimum number of essential antenatal visits is:			
	A)	3	B)	4
	C)	5	D)	6
270.	An industrial worker reported to you with complaints of cough, history of dyspnoea on exertion and pain in the chest. His X-ray chest showed snow storm appearance. The diagnosis would be:			
	A)	Asbestosis	B)	Siderosis
	C)	Silicosis	D)	Aspergillosis
271.	An occupational worker presented with complaints of exertional dyspnoea. He gave history of being in an industry dealing with spare parts such as gas kit and brakes, he also gave history of smoking for about five years. His X-ray chest showed a ground glass appearance / honey combing in the lower two thirds of the lung fields. The likely condition that he suffers from is:			
	A)	Silicosis	B)	Anthraxis
	C)	Asbestosis	D)	Siderosis
272.	A worker who had been in the battery manufacturing unit for the last 20 years, reported to you with complaints of loss of appetite and abdominal colic of 2 weeks duration. You will prefer to investigate him for:			
	A)	Cholecystitis	B)	Lead poisoning
	C)	Appendicitis	D)	Ca stomach
273.	In a lead pipe factory, you want to carry out a screening programme in workers to exclude lead poisoning. Your choice of the most useful screening test will be measurement of:			
	A)	Lead in blood	B)	Lead in urine
	C)	Coproporphyrin in urine	D)	Aminolaevulinic acid in urine
274.	The commonest physical health hazard in most industries is:			
	A)	Heat	B)	Noise
	C)	Humidity	D)	Light
275.	A person aged 40 years, working as a laborer in grain market for the last 25 years presented with a history of repeated attacks of respiratory infections in the last 1 year. X-ray showed pulmonary fibrosis. The likely diagnosis was:			
	A)	Tuberculosis	B)	Silicosis
	C)	Silicotuberculosis	D)	Farmer's lung
276.	Which disease is caused by fungus			
	A)	Asbestosis	B)	Siderosis
	C)	Aspergillosis	D)	Silicosis
277.	A pottery industry worker developed symptoms of tuberculosis. The likely condition which resulted in tuberculosis was:			
	A)	Anthraxis	B)	Asbestosis

	C) Begassosis	D) Silicosis
278.	A shipyard worker presents with increasing breathlessness. His X-ray shows ground glass appearance in lower two thirds of lungs. He is likely to be suffering from:	
	A) Anthracosis	B) Silicosis
	C) Asbestosis	D) Byssinosis
279.	A research team conducted a nationwide survey of Industries and factories. While arranging the data they observed that the most common occupational cancer was:	
	A) CA lung	B) CA bladder
	C) CA skin	D) Leukemia
280.	An industrial worker presented with pulmonary tuberculosis. On X- rays Calcification and fibrosis were seen. The likely industry he had worked in is:	
	A) Sand blasting	B) Poultry
	C) Cotton	D) Agriculture
281.	Worker of lead foundry are tested for corpoporphyrin in the urine. This screening is:	
	A) Multiphasic	B) Targeted
	C) Research	D) Mass
282.	Accuracy of the screening test will depend upon:	
	A) Validity	B) Systemic error
	C) Reliability	D) Random error
283.	With X representing the most accurate cutoff point for a diagnostic screening test, what does D represent:	
	A) False positives	B) True positives
	C) False negatives	D) True negatives
284.	After excision of breast for Ca breast, a surgical reconstruction of breast tissue was don This reflects:	
	A) Primary prevention	B) Secondary prevention
	C) Tertiary prevention	D) Medical treatment
285.	The median of the following data, is: 1,2,4,6,8,10,11,13	
	A) 6	B) 8
	C) 7	D) 10
286.	In study carried out in the hospital ward, every 10th admitted patient was included in the sample, which sampling procedure is this:	
	A) Random sampling	B) Stratified sampling
	C) Quota sampling	D) Convenient sampling
287.	A school child is diagnosed to have chicken pox. He should be isolated from other school children till:	
	A) The scabs fall off	B) Two days after the scabs are formed
	C) Three days after the fever develops	D) Five days after the development of pustules

288.	Your advice is sought to maintain sustainability of a health programme Which is the best and essential feature that you suggest to make the programme sustainable?			
	A)	Community participation	B)	Cost effectiveness
	C)	Cost analysis	D)	Intersectoral collaboration
289.	The absolute number of population of an area at any point in time is:			
	A)	Count	B)	Rate
	C)	Ratio	D)	Proportion
290.	41A woman reports for vaccination against tetanus only 25 days before delivery; she has not received the first dose. What will you do?			
	A)	Give anti tetanus immunoglobulin	B)	Give two doses of tetanus toxoid with 2 weeks interval
	C)	Advise appropriate antibiotic course during delivery	D)	Give one dose of tetanus toxoid and advise the second dose after delivery
291.	42A woman in the seventh month of pregnancy reports to you in the antenatal clinic for the first time. The recommended immunization is by:			
	A)	Tetanus toxoid	B)	Hepatitis B vaccine
	C)	Rubella vaccine	D)	Pneumococcal vaccine
292.	A woman delivers a baby boy at term with Down's syndrome. The most likely cause is:			
	A)	An extra chromosome 21	B)	No 2nd sex chromosome
	C)	Phenotypic effect only	D)	Extra Y chromosome
293.	The policy of delaying marriage of girls till 20 years of age belongs to:			
	A)	Primordial prevention	B)	Primary prevention
	C)	Secondary prevention	D)	Disability limitation
294.	To prevent neonatal tetanus by TT injections during pregnancy is the:			
	A)	Primordial prevention	B)	Primary prevention
	C)	Secondary prevention	D)	Disability limitation
295.	Antenatal service for detection of diseases which may lead to complications in pregnancy is an example of:			
	A)	Primordial prevention	B)	Primary prevention
	C)	Secondary prevention	D)	Disability limitation
296.	Management of deep vein thrombosis to arrest the progression of the disease is:			
	A)	Primordial prevention	B)	Primary prevention
	C)	Secondary prevention	D)	Disability limitation
297.	There is an epidemic of Meningococcal Meningitis among jail prisoners. The best chemoprophylaxis for the protection of contacts is by giving:			
	A)	Rifampicin	B)	Chloramphenicol
	C)	Chloroquine	D)	Doxycycline
298.	In a house consisting of two living rooms, the door and windows are facing each other. This will provide:			

	A) Low humidity	B) Aspiration
	C) Cross ventilation	D) Diffusion
299.	A chronic alcoholic was complaining of loss of appetite and pain in lower legs. On examination his gait was ataxia. He is suffering from deficiency of:	
	A) Niacin	B) Thiamine
	C) Riboflavin	D) Folate
300.	The non-clinical Vit-A deficiency is more common as compared to the clinical, threatening the health of as many as one third of the world's children. The best proxy indicator of this is:	
	A) Infant mortality rate	B) Maternal mortality rate
	C) Literacy rate	D) Proportion of the rural population
301.	Cigarette smoking increases the risk of acquiring cancer of:	
	A) Liver	B) Bones
	C) Ovaries	D) Uterus
302.	Influenza pandemic occurs after every 7 – 10 years. This kind of disease distribution in time is known as:	
	A) Secular trend	B) Short time fluctuation
	C) Cyclical trend	D) Seasonal trend
303.	A patient is suffering from AIDS. He is suffering from suppression of which of the following cells?	
	A) Monocytes	B) T- Cells
	C) B-Cells	D) CD4 Cells
304.	What is the worldwide prevalence of obesity?	
	A) 11 %	B) 13 %
	C) 15 %	D) 39 %
305.	What is the definition of overweight?	
	A) BMI > 25 kg/m <sup>2</sup>	B) BMI = 25 kg/m <sup>2</sup>
	C) BMI <u>25-29.9</u> kg/m	D) BMI <u>25-30</u> kg/m <sup>2</sup>
306.	What are the main causes of the obesity epidemic?	
	A) Increased energy quantity/density and a more sedentary life-style	B) Decreased leisure time activity
	C) Changes in genetic profiles	D) None of the options given is correct
307.	Which of the following diseases does obesity increase the risk of developing?	
	A) Type 2 diabetes	B) Cancer
	C) Cardiovascular disease	D) All of the options given are correct
308.	What is the energy need of a sedentary 43-year old woman who weighs 63 kg?	
	A) <u>1250</u> kcal/day	B) <u>1350</u> kcal/day
	C) <u>1525</u> kcal/day	D) <u>1800</u> kcal/day
309.	What is leptin resistance?	

	A)	Deficiency of leptin caused by a mutation in the leptin gene	B)	Lack of leptin release from the adipose tissue
	C)	High concentrations of leptin without reduction in energy intake	D)	Low concentrations of leptin with increased energy intake
310.	What is the difference between LCD and VLCD?			
	A)	VLCD provides less energy than LCD and usually does not include natural foods	B)	LCD provides less energy than LCD and usually does not include natural foods
	C)	LCD provides less energy than VLCD and usually includes natural foods	D)	VLCD provides less energy than LCD and usually includes natural foods
311.	Why were low-carbohydrate diets not recommended previously?			
	A)	Due to less weight loss efficacy	B)	Due to low adherence to the diet
	C)	Due to the high protein content of the diet	D)	Due to possible cardiovascular side-effects
312.	What type of diet is recommended for weight maintenance?			
	A)	Low protein and low GI	B)	High protein and high GI
	C)	Low protein and high GI	D)	High protein and low GI
313.	Which drug(s) is/are approved for the treatment of obesity in Europe?			
	A)	Orlistat	B)	Phentermine/Topiramate
	C)	Lorcaserin	D)	Naltrexone/Bupropion
314.	Bariatric surgery is used for obesity treatment but how much is the incidence of type 2 diabetes reduced in obese individuals after surgery?			
	A)	80-90%	B)	No reduction in the incidence
	C)	Approximately 50 %	D)	None of the options given is correct
315.	Which of the mechanisms below can explain why high protein diets are optimal for weight loss and weight maintenance?			
	A)	Synergistic effect of GLP-1 and PYY on the appetite centres in the brain	B)	Preservation of lean body mass
	C)	A higher thermic effect of protein than carbohydrates and fats	D)	All of the options above
316.	The time duration for the pasteurization is			
	A)	30 minutes	B)	20 minutes
	C)	15 minutes	D)	11 minutes
317.	During pasteurization, the milk is heated for 30 minutes at			
	A)	97 °C	B)	83 °C
	C)	72 °C	D)	61 °C
318.	In hospitals, the surgical instruments and plastics are washed with			
	A)	Ethylene oxide	B)	Iodine
	C)	Tincture	D)	Chlorine

319.	For the purification of swimming pools and water supplies of chemical used is			
	A)	Alcohol	B)	Chlorine
	C)	Iodine	D)	Heavy metals
320.	The temperature required for the sterilization with dry heat is			
	A)	180 °C	B)	183 °C
	C)	189 °C	D)	190 °C
321.	Which of the following diseases appeared as public health concern in the last quarter of 20th century			
	A)	HIV	B)	Ebola virus
	C)	Escherichia coli O157:H7	D)	All of the above
322.	A disease that becomes unusually widespread and even global in its reach is referred to as			
	A)	Epidemic	B)	Pandemic
	C)	Spanish flu	D)	Hyperendemic
323.	Bhopal Gas Disaster is a kind of			
	A)	Natural disaster	B)	Manmade disaster
	C)	None of the above	D)	All the above
324.	The National Disaster Management Authority (NDMA) is headed by			
	A)	Prime Minister of India	B)	President of India
	C)	Governor of States	D)	Chief Minister of States
325.	Volcanoes are generally found where			
	A)	Intraplates pull apart or are coming together	B)	Tectonic plates pull apart or are coming together
	C)	Earth's crust pull apart or are coming together	D)	None of these pull apart or are coming together
326.	Volcanic erupted material when inside the hill/earth/mountain it is called			
	A)	Lava	B)	Magma
	C)	Lahars	D)	None of these
327.	Which of the following is not a man-made hazard?			
	A)	Leakage of Toxic waste	B)	Wars and Civil Strife
	C)	Drought	D)	Environmental Pollution
328.	Cyclones occurring in North Atlantic ocean are called			
	A)	Typhoon	B)	Hurricanes
	C)	Tornad	D)	None of the above
329.	Generally the number on Richter Scale ranges between –			
	A)	0 and 6	B)	0 and 9
	C)	1 to 5	D)	1 to 12

330.	Disaster Management includes:			
	A)	Mitigation	B)	Reconstruction
	C)	Rehabilitation	D)	All of the above
331.	In India National Institute of Disaster Management is located at			
	A)	Manipur	B)	Punjab
	C)	Hyderabad	D)	New Delhi
332.	The Disaster Management Act was made in			
	A)	2006	B)	2003
	C)	2005	D)	2009
333.	Which of the following is seasonally related hazard			
	A)	Earthquake	B)	Volcanic eruption
	C)	Terrorist attack	D)	None of the above
334.	The level of risk of a disaster depends on			
	A)	Nature of the hazard	B)	Vulnerability of the elements which are affected
	C)	Economic value of the elements which are affected	D)	All of the above
335.	Vulnerability analysis comes in which part of the Disaster Management Cycle			
	A)	Mitigation	B)	Preparedness
	C)	Response	D)	Recovery
336.	The instrument which records earthquake wave is called			
	A)	Climograph	B)	Seismograph
	C)	Hythergraph	D)	None of the above
337.	Which is known as seismic wave ?			
	A)	Tsunami	B)	Hurricane
	C)	El Nino	D)	Typhoon
338.	Latur earthquake occurred in			
	A)	1991	B)	1992
	C)	1993	D)	1994
340.	Which country is known as the most forest fire prone country in the world ?			
	A)	Uganda	B)	Canada
	C)	Australia	D)	India
341.	What is it called when a large number of people in a community get a disease at the same time?			
	A)	Influx	B)	Black death
	C)	Epidemic	D)	Pandemic
342.	In India, Cyclone is tracked through which satellite?			
	A)	INSAT	B)	IRS
	C)	Ocean SAT	D)	None of the above

343.	About 2/3rd of the cyclones that occur in the Indian coastline occur in the			
	A)	Bay of Bengal	B)	Coastal area of south India
	C)	Coastal area of west India	D)	None of the above
344.	International Tsunami information centre is in			
	A)	Honolulu	B)	Goa
	C)	Jakarta	D)	Puducherry
345.	Hurricanes are common in			
	A)	India	B)	Bangladesh
	C)	USA	D)	Australia
346.	Bovine Tuberculosis are found in			
	A)	Animals	B)	Man
	C)	None of the Above	D)	All of the Above
347.	The word Tsunami has been derived from			
	A)	French word	B)	Latin word
	C)	Japanese word	D)	Greek word
348.	Indian Meteorological Department (IMD) calls a storm 'Super cyclone' when the wind blows			
	A)	More than 120 km /hour	B)	More than 100km/hour
	C)	More than 220km/ hour	D)	None of the above
349.	Which of the following is a non-precipitation food?			
	A)	Coastal flood	B)	Cloud burst flood
	C)	Flash flood	D)	None of the above
350.	Ultimate consequences of war are			
	A)	Decline in human population	B)	Outbreak of diseases and epidemics
	C)	Rise in refugees	D)	All of the above
351.	The total flood prone area in India is			
	A)	30%	B)	20%
	C)	12%	D)	10%
352.	The total cyclone prone area in India is			
	A)	. 15%	B)	10%
	C)	8%	D)	20%
353.	The terrorist attack in Mumbai took place on			
	A)	2005	B)	2006
	C)	2007	D)	2008
354.	In disaster management, mitigation measures involves			
	A)	Governmental action and administration	B)	Community action and administration



	C) Military action and administration	D) None of the above
355.	The State Disaster Management Authority is headed by	
	A) Governor	B) Chief minister
	C) Chief Secretary of the State	D) None of the above
356.	The cycle of disaster consists of the following components	
	A) Mitigation, Preparedness, Response, Recovery	B) Preparedness, vulnerability assessment, risk assessment, recovery
	C) Mitigation, Risk assessment, Response and Recovery	D) None of the above
357.	What is drought?	
	A) No rainfall for a long continuous period	B) Heavy rainfall for a long continuous period
	C) Moderate rainfall for a long continuous period	D) None of the above
358.	One of the main reasons for farmers commit suicide in India is	
	A) Crop failure	B) Earthquake
	C) Tsunami	D) All of the above
359.	The highest peak of Tripura is	
	A) Bethling sib	B) Jarimura
	C) Feng pui	D) Sakhan
360.	DENV virus is related to which of the following diseases	
	A) Leptospirosis	B) Yellow fever
	C) Japanese encephalitis	D) Dengue
361.	Which of the following volcanoes is known for its most destructive volcanic eruption in recorded history	
	A) Mount Kilimanjaro	B) Mauna Loa
	C) Krakatoa	D) Mount St Helens
362.	United Nations disaster management team are responsible for solving problems resulting from disaster in	
	A) Asia	B) Africa
	C) Australia	D) All continents
363.	Tsunami's can occur only during	
	A) Evening	B) Afternoon
	C) Any time of the day or night	D) Morning
364.	According to Ayurved healthy person should have the functions of	
	A) Sama Doshas and Sama Dhatus	B) Sama Agni and Sama Mala
	C) Prassana Atma, Indriya and Manas	D) All of them

365.	Which one among the following elements/ions is essential in small quantities for development of healthy teeth but causes mottling of the teeth if consumed in higher quantities?			
	A)	Iron	B)	Chloride
	C)	Fluoride	D)	Potassium
366.	Among the given nutrients milk is a poor source of			
	A)	Calcium	B)	Protein
	C)	Carbohydrate	D)	Vitamin C
367.	Which one of the following is essential for preventing dental caries?			
	A)	Flourine	B)	Iodine
	C)	Iron	D)	Zinc
368.	The vitamin necessary for coagulation of blood is			
	A)	Vitamin B	B)	Vitamin C
	C)	Vitamin K	D)	Vitamin E
369.	Which one among the following minerals is essential for the transmission of nerve impulses in the nerve fibres of human body?			
	A)	Calcium	B)	Cobalt
	C)	Iodine	D)	Sodium
370.	Which one of the following mineral elements is required for muscle contraction?			
	A)	Calcium	B)	Iron
	C)	Sodium	D)	Zinc
371.	Besides carbohydrates, a major source of energy in our food is constituted by			
	A)	Proteins	B)	Fats
	C)	Minerals	D)	Vitamins
372.	Pulses are a good source of -			
	A)	Carbohydrates	B)	Proteins
	C)	Fats	D)	Vitamins
373.	A person suffering from high blood pressure should avoid foods which are rich in			
	A)	Sodium	B)	Iodine
	C)	Calcium	D)	Iron
374.	Which of the following food constituents is not digested but is still important for us?			
	A)	vitamins	B)	Minerals
	C)	proteins	D)	Fibre
375.	Which of the following is not an artificial sweetener?			
	A)	saccharin	B)	aspartame
	C)	sucrose	D)	Neotame
376.	Which of the following is considered a complete protein food?			
	A)	Almond	B)	Horse gram

	C) Soya bean	D) Cashew nut
377.	Which of the following nutrients is needed for a healthy immune system?	
	A) Calcium	B) Iodine
	C) Vitamin K	D) Vitamin C
378.	Which of the following is a rich source of Omega-3 oils?	
	A) Dairy products	B) Cod-liver oil
	C) Vegetables	D) Wheat products
379.	Recently a compound Sulforaphane has been discovered to offer protection against cancer. In which of the following can it be found?	
	A) Milk	B) Fish
	C) Tea	D) Broccoli
380.	Which of the following is a water-soluble vitamin and hence is required to be taken every day?	
	A) Vitamin D	B) Vitamin C
	C) Vitamin K	D) Vitamin A
381.	Which of the following works with calcium to build strong bones	
	A) Vitamin D	B) Vitamin C
	C) Phosphorus	D) Iron
382.	Which of the following is considered an easily digestible source of protein?	
	A) Egg albumin	B) Soyabean
	C) Fish flesh	D) Red meat
383.	Washing of peeled vegetables removes the vitamin?	
	A) E	B) D
	C) C	D) B
384.	Which of the following metals is a constituent of Vitamin B12?	
	A) Iron	B) Magnesium
	C) Zinc	D) Cobalt
385.	Milk, cheese and eggs are the sources of	
	A) Vitamin C and A	B) Vitamin A and D
	C) Vitamin C and D	D) Vitamin B and C
386.	Piperine is a compound found in	
	A) pepper	B) turmeric
	C) cardamom	D) cloves
387.	Consider the following statements: 1. Brinjal is a good source of iron. 2. Pumpkin is a good source of Vitamin A. Which of the statements given above is / are correct ?	
	A) 1 only	B) 2 only
	C) Both 1 and 2	D) Neither 1 nor 2

388.	Which of the following has the highest calorific value?			
	A)	Carbohydrates	B)	Fats
	C)	Proteins	D)	Vitamins
389.	Sweetex used by the diabetic patients has energy content of -			
	A)	Five calories	B)	Ten calories
	C)	Hundred calories	D)	Zero calorie
390.	Which of the following food items is rich in iron ?			
	A)	Rice	B)	Apple
	C)	Pulses	D)	Orange
391.	Which of the following is also sometimes referred to as Vitamin H?			
	A)	Keratin	B)	Niacin
	C)	Biotin	D)	Riboflavin
392.	Which of the following contains lauric acid which is used treat certain infections and also in the manufacture of soaps?			
	A)	Coconut Oil	B)	Olive Oil
	C)	Mustard Oil	D)	Butter
393.	Ideal temperature for storage of DPT vaccine at PHC level is			
	A)	0 °C	B)	2 to 8 °C
	C)	Room temperature	D)	-20 °C
394.	Most of the ElTor vibrios isolated in India belong to the			
	A)	Inaba serotype	B)	Ogawa serotype
	C)	Hitojima serotype	D)	NAG serotype
395.	11. The Dosage of Fenthion used as Larvicide in mosquito control is			
	A)	1 to 2 g/hectare	B)	2 to 20 g/hectare
	C)	224 to 672 g/hectare	D)	22 to 112 g/hectare
396.	The incubation period of tetanus is usually			
	A)	2 to 5 days	B)	6 to 10 days
	C)	12 to 15 days	D)	15 to 20 days
397.	The cut off point for blood lead level above which clinical symptoms appear is			
	A)	20 µg/100 ml	B)	50 µg/100 ml
	C)	70 µg/100 ml	D)	100 µg/100 ml
398.	The commonest side effect of IUCD is			
	A)	Pain	B)	Pelvic infections
	C)	Uterine perforation	D)	Increased vaginal bleeding
399.	Sample registration system was initiated to provide			
	A)	Reliable estimates of birth and death rates at National and State levels	B)	Reliable estimates of population size
	C)	Reliable estimates of morbidity pattern	D)	Reliable cause of death at National and State level
400.	Daily requirement of vitamin C for an adult is			
	A)	20 mg	B)	40 mg

	C) 60 mg	D) 80 mg
401.	13. Gomez classification of PEM is based on	
	A) weight for age	B) weight for height
	C) height for age	D) mid arm circumference
402.	18. Net Protein Utilization (NPU) is estimated from	
	A) Biological value alone	B) Biological value and protein efficiency ratio
	C) Biological value and digestibility coefficient	D) Protein efficiency ratio alone
403.	Which of the following diseases is found in India?	
	A) West Nile fever	B) Murray valley encephalitis
	C) Yellow fever	D) Colorado tick fever
404.	What is the population norm for mini- Anganwadi centre in a tribal/ desert/ riverine/hilly and other difficult areas?	
	A) 150 – 300	B) 300 – 400
	C) 100 – 200	D) 150 – 250
405.	Trypsin inhibitor is present in	
	A) Hen egg	B) Duck egg
	C) Milk	D) Fish
406.	The life cycle of Malarial parasites in man may be described as	
	A) Propagative	B) Cyclo-propagative
	C) Cyclo-developmental	D) A sexual cycle
407.	19. Sick New Born Care Units (SNCUS) are established at which of the following facilities?	
	A) First Referral unit	B) District Hospital
	C) Community Health Centre	D) Medical College
408.	Under the 'Nutrition Programme for Adolescent Girls' the nutrition provided to each beneficiary is	
	A) 600 calories through food per day	B) 6 kg of free food grain per month
	C) Rs. 6 for buying food per day	D) 6 gm proteins through food per day
409.	'Ujjawala' is a comprehensive scheme launched by the Ministry of Women and Child Development to combat	
	A) Child labour	B) Child abuse
	C) Child trafficking	D) Juvenile Delinquency
410.	Supplementary nutrition given to children, aged 6-72 months who are severely malnourished under ICDS is	
	A) 800 calories and 20-25 gm protein everyday	B) 500 calories and 15-20 gm protein everyday
	C) 1000 calories and 20-25 gm protein everyday	D) 600 calories and 15-20 gm protein everyday

411.	Which of the following methods is used to remove the permanent hardness of water?			
	A)	Boiling	B)	Adding lime
	C)	Permutit process	D)	Adding sodium carbonate
412.	The cut off point for diagnosis of anaemia in children aged 6-14 years as recommended by WHO Expert Group is			
	A)	13.8 g/dl haemoglobin	B)	11.5 g/dl haemoglobin
	C)	12 g/dl haemoglobin	D)	10 g/dl haemoglobin
413.	Under the Indira Gandhi National Old Age Pension Scheme monthly pension is given to			
	A)	People aged more than 60 years and who are below poverty line	B)	People aged more than 65 years and who are below poverty line
	C)	People aged more than 62 years and who are below poverty line	D)	Destitute elderly
414.	A corrected effective temperature of how many degree Celsius is considered comfortable in India?			
	A)	20 °C – 30 °C	B)	20 °C – 25 °C
	C)	27 °C – 30 °C	D)	25 °C – 27 °C
415.	Pasteurization of milk effectively kills all the following except:			
	A)	fever organisms	B)	Tubercle bacilli
	C)	Salmonella	D)	Bacterial spores
416.	The disinfecting action of chlorine is mainly due to which molecule?			
	A)	Chlorine	B)	Hypochlorine
	C)	Hydrogen	D)	Hypochlorous
417.	Waste water from kitchen is called			
	A)	Refuse	B)	Sullage
	C)	Garbage	D)	Sewage
418.	Source reduction in mosquito control comprises of			
	A)	Genetic engineering techniques	B)	Personal protection against bites
	C)	Space sprays	D)	Minor engineering methods
419.	In a mosquito, period between a blood meal until eggs are laid is called			
	A)	Serial interval	B)	Genotrophic cycle
	C)	Extrinsic incubation period	D)	Generation time
420.	31. Which indicator is included in Human development index?			
	A)	Infant mortality rate	B)	Maternal mortality rate
	C)	Life expectancy at birth	D)	Proportion of immunized children

421.	Which is not a constituent of oral rehydration fluid			
	A)	Glucose	B)	Calcium lactate
	C)	Sodium chloride	D)	Potassium Chloride
422.	The minimum number of antenatal visits recommended for a pregnant woman in India is			
	A)	2	B)	4
	C)	3	D)	6
423.	Abdominal fat accumulation is indicated by waist hip ratio of			
	A)	more than 1.0 in men and more than 0.85 in women	B)	more than 0.85 in men and more than 0.5 in women
	C)	more than 1.0 in men and more than 1.0 in women	D)	more than 1.5 in men and more than 0.85 in women
424.	The only cancer in which some cases show spontaneous regression without treatment is			
	A)	Cancer breast	B)	Lung cancer
	C)	Cancer cervix	D)	Oral cancer
425.	Which one is the most important single determinant of Infant mortality?			
	A)	Mother's age	B)	Family size
	C)	Order of birth	D)	Birth weight
426.	The Body Mass Index (BMI) for a normal adult is			
	A)	13.5 – 17.99	B)	18.5 – 24.99
	C)	25.5 – 30.99	D)	31.5 – 35.99
427.	Specificity of a test refers to its ability to detect			
	A)	True positive	B)	False positive
	C)	True negative	D)	False negative
428.	The incidence of Hydatid disease is highest in			
	A)	Northern India	B)	Eastern India
	C)	Southern India	D)	Western India
429.	Primary health care concept was formed by Alma ata Conference in			
	A)	1950	B)	1970
	C)	1978	D)	1998
430.	The daily requirement of Iodine in adult male			
	A)	10 $\mu$ gm/day	B)	50 $\mu$ gm/day
	C)	100 $\mu$ gm/day	D)	150 $\mu$ gm/day
431.	The commonest opportunistic infection associated with HIV in India is			
	A)	Cryptosporidiosis	B)	Herpes simplex
	C)	Tuberculosis	D)	Pneumocystis pneumonia

432.	For every case of paralytic poliomyelitis the estimated no. Of subclinical cases are			
	A)	10	B)	100
	C)	400	D)	1000
433.	Residual action of HCH lasts for			
	A)	1 month	B)	3 months
	C)	10 months	D)	12 months
434.	48. The most common site of cancer in males in India is			
	A)	Lung	B)	Prostate
	C)	Oro-pharynx	D)	Esophagus
435.	During which Five Year Plan Family Planning Programme was renamed as Family Welfare Programme?			
	A)	Second	B)	Third
	C)	Fourth	D)	Fifth Five Year Plan
436.	When was the Health Policy first formulation in India?			
	A)	1983	B)	1993
	C)	1973	D)	2003
437.	Population growth rate is rated to be explosive if the annual growth rate exceeds			
	A)	0.5%	B)	1.0%
	C)	1.5%	D)	2.0%
438.	Most difficult criterion to establish causal association in etiology of disease is			
	A)	Temporality	B)	Strength of association
	C)	Specificity of association	D)	Biological plausibility
439.	Sullivan's index indicates			
	A)	Life free disability	B)	Pregnancy rate per Hundred Women Years (HWY)
	C)	Hook worm eggs/gm of stool	D)	Standard of living
440.	Odds ratio for estimation of strength of association is calculated in			
	A)	Cross sectional study	B)	Cohort study
	C)	Intervential study	D)	Case-control study
441.	External validity of a study indicates			
	A)	Reproducibility	B)	Credibility
	C)	Generalizability	D)	Compatibility
442.	If the prevalence is very low as compared to the incidence of a disease, it implies			
	A)	The disease has low mortality.	B)	The disease is very fatal and/easily curable
	C)	The disease has a long latent period	D)	The disease has a short latent period



443.	Number of live births per thousand women in the reproductive age group in a given year is known as			
	A)	General Fertility Rate (GFR)	B)	Total Fertility Rate (TFR)
	C)	Gross Reproduction Rate (GRR)	D)	Net Reproduction Rate (NRR)
444.	There are no subclinical cases in which of the following infectious diseases?			
	A)	Measles	B)	Poliomyelitis
	C)	Cholera	D)	Diphtheria
445.	In estimation of statistical probability, Z score is applicable to			
	A)	Normal distribution	B)	Skewed distribution
	C)	Binomial distribution	D)	Poisson distribution
446.	Statistical power of a study is related to			
	A)	$\alpha$ error	B)	$\beta$ error
	C)	systematic error	D)	$\gamma$ error
447.	Yellow fever is absent in India because			
	A)	Climatic conditions are not favourable	B)	Virus is not present
	C)	Vector mosquito is absent	D)	Population is immune to the disease
448.	Fast breathing in a two years old child is recognised at			
	A)	$\geq 60$ breaths	B)	$\geq 50$ breaths
	C)	$\geq 40$ breaths	D)	$\geq 30$ breaths
449.	A case of acute flaccid paralysis must be observed for how many days for residual paralysis after onset of paralysis?			
	A)	15 days	B)	30 days
	C)	45 days	D)	60 days
450.	The non-modifiable risk factor for hypertension is			
	A)	Obesity	B)	Stress
	C)	Salt intake	D)	Age
451.	Which of the following indirect causes contribute most for maternal mortality in India?			
	A)	Anaemia	B)	Pregnancy with T.B.
	C)	Pregnancy with Malaria	D)	Pregnancy with Hepatitis
452.	Commonly affected site of occupational cancer is			
	A)	Cervix	B)	Tongue
	C)	Skin	D)	Brain
453.	Lathyrism affects one of the following system:			
	A)	Gastro intestinal system	B)	Renal system
	C)	Cardio vascular system	D)	Central nervous system
454.	Adolescent age starts from according to WHO			
	A)	9 years	B)	10 years
	C)	14 years	D)	15 years

455.	Which of the following is not a norm for the delivery of health and family welfare services to rural community in the hilly regions?			
	A)	One CHC per 80,000 persons	B)	One sub-centre per 3000 persons
	C)	One PHC per 20000 persons	D)	One ASHA per 1000 persons
456.	National Malaria Control Programme was rechristened as National Malaria Eradication Program in 1958. When was the National Anti-Malaria Programme introduced?			
	A)	1979	B)	1999
	C)	1989	D)	2009
457.	Under ICDS which of the following services are not delivered through the Anganwadi centre?			
	A)	Sports training to children below 5 years	B)	Growth monitoring
	C)	Nutritional supplement	D)	Pre-school education
458.	Which of the following States in India ranks poorest in nutritional status of children below 5 years of age?			
	A)	Chhatisgarh	B)	Orissa
	C)	Uttarakhand	D)	Jharkhand
459.	Which of the following institutions is responsible for issues pertaining to health education?			
	A)	ICMR	B)	CBHI
	C)	CHEB	D)	NIMS
460.	Care at birth requires five cleans. Which of the following is not among them?			
	A)	Clean hands	B)	Clean cord tie
	C)	Clean water tap	D)	Clean razor blade
461.	1. The following vaccine is a live attenuated bacterial vaccine:			
	A)	Measles	B)	BCG
	C)	Salk Vaccine	D)	Hepatitis B Vaccine
462.	Against which of the viral hepatitis, vaccine is currently available in India? I. Hepatitis A II. Hepatitis B III. Hepatitis C IV. Hepatitis D			
	A)	I and II are correct.	B)	I and III are correct.
	C)	I and IV are correct.	D)	II and IV are correct.
463.	Where is the WHO established international laboratory for monitoring and studying air pollution, located in India?			
	A)	Delhi	B)	Pune
	C)	Nagpur	D)	Mumbai
464.	The type of Pneumoconiosis that cotton dust causes is known as			
	A)	Bagassosis	B)	Byssinosis

	C) Anthrocosis	D) Silicosis
465.	The drug given prophylactically to prevent parent-to-child transmission of HIV infection under NACO is	
	A) Zidovudine	B) Nevirapine
	C) Ritonavir	D) Saguinavir
466.	'Nirmal Gram Abhiyan' deals with which of the following?	
	A) Soft loan for the villages	B) Education of the villagers
	C) Sanitation incentives for the villages	D) State award for sanitation
467.	While studying health and illness, who propounded the notion of 'Sick Role' from among the following?	
	A) Talcott Parsons	B) Karl Marx
	C) Weber	D) Francis Bacon
468.	Point prevalence overestimates the disease with	
	A) High incidence	B) Low incidence
	C) Low mortality	D) High mortality
469.	Nested case – control study is a type of	
	A) Retrospective study	B) Prospective study
	C) Descriptive study	D) Cross-sectional study
470.	Bhopal Gas Tragedy is an example of	
	A) Point source epidemic	B) Propagated epidemic
	C) Continuous epidemic	D) Modern epidemic
471.	Which of the following is an internationally notifiable disease?	
	A) Diphtheria	B) Tuberculosis
	C) Yellow Fever	D) Malaria
472.	Which of the following of the millennium Development Goals is to 'Develop a global partnership for development'?	
	A) Goal 5	B) Goal 4
	C) Goal 8	D) Goal 1
473.	Correctly identify ICMR recommended dietary intakes for a normal adult male doing sedentary work. I. Cereals – 460 gms II. Milk – 250 gms III. Green leafy vegetables – 100 gms IV. Pulses – 40 gms	
	A) I and II are correct	B) II and III are correct
	C) I and IV are correct	D) II and IV are correct
474.	Which of the following are the asymmetrical frequency distributions? I. Normal Distribution II. Bimodal Distribution III. 'J' shaped Distribution	

	IV. 'V' shaped Distribution			
	A)	I, II and III are correct	B)	I and IV are correct
	C)	II, III and IV are correct	D)	I and II are correct
475.	Correctly identify the inherent properties of a screening test: I. Yield II. Sensitivity III. Specificity IV. Predictive Accuracy			
	A)	II and IV are correct	B)	I and III are correct
	C)	I, II and IV are correct	D)	II, III and IV are correct
476.	The earlier centres for Assisted Reproductive Technology (ART) through surrogacy in India were in which of the following States? I. Karnataka II. Gujarat III. Delhi IV. Maharashtra			
	A)	I and II are correct	B)	II and IV are correct
	C)	I and III are correct	D)	II, III and IV are correct
477.	Medical tourism is fast becoming a growing industry in India. Name the States which are major contributors to medical tourism. I. Kerala II. Himachal Pradesh III. Andhra Pradesh IV. Rajasthan			
	A)	II, III and IV are correct	B)	I, III and IV are correct
	C)	I, II and IV are correct	D)	I, II and III are correct
478.	Which of the following are probability sampling methods? I. Simple Random Sampling II. Cluster Sampling III. Stratified Sampling IV. Quota Sampling			
	A)	II and IV are correct	B)	I, II and III are correct
	C)	I, II and IV are correct	D)	II and III are correct
479.	Which of the following are parametric test of significance? I. Analysis of variance II. $\chi^2$ test III. 't' test IV. 'Z' test			
	A)	I and II are correct	B)	II and IV are correct
	C)	I and III are correct	D)	I, III and IV are correct
480.	Which of the following are measures of dispersion? I. Mean Deviation II. Mode III. Standard Deviation			

	IV. Inter-quartile range			
	A)	I and II are correct	B)	I, III and IV are correct
	C)	II, III and IV are correct	D)	I and III are correct
481.	Which of the following is a vaccine preventable disease?			
	A)	Malaria	B)	HIV/AIDS
	C)	Poliomyelitis	D)	Dengue fever
482.	Orthotoluidine test determines			
	A)	Free chlorine	B)	Residual chlorine
	C)	Combined chlorine	D)	Both free and combined chlorine
483.	Use of Oral Rehydration solution in place of Intravenous fluids for treating mild dehydration is an example of			
	A)	Equitable distribution	B)	Inter-sectoral co-ordination
	C)	Appropriate technology	D)	Community participation
484.	Sex ratio in the Indian context is expressed as			
	A)	Number of males per 1000 females.	B)	Number of females per 1000 males.
	C)	Number of males per 100 females.	D)	Number of females per 100 males.
485.	Sentinal surveillance is done for identifying			
	A)	Missed cases	B)	Index case
	C)	Sub-clinical cases	D)	Carriers
486.	Cereals are deficient in which amino acid?			
	A)	Lysine	B)	Methionine
	C)	Leucine	D)	Tryptophans
487.	Ergonomics refers to			
	A)	Social Engineering	B)	Genetic Engineering
	C)	Human Engineering	D)	Occupational Alterations
488.	Which of the following countries comes under W.H.O. South East Asia Region?			
	A)	Pakistan	B)	Afghanistan
	C)	Myanmar	D)	Egypt
489.	AedesAegypti is a vector that transmits			
	A)	Malaria	B)	Filaria
	C)	Dengue fever	D)	Diarrhoeal Diseases
490.	Minimum interval between two doses of Vaccines should be			
	A)	2 weeks	B)	4 weeks
	C)	6 weeks	D)	8 weeks
491.	Sensitivity of a screening test is the ability to correctly identify			
	A)	True positives	B)	True negatives
	C)	False positives	D)	False negatives

492.	Anti-tetanus serum is prepared from			
	A)	Rat	B)	Rabbit
	C)	Guinea pig	D)	Horse
493.	Which of the following is the most important cause of Infant Mortality in India?			
	A)	Respiratory infections	B)	Low Birth Weight (LBW)
	C)	Diarrhoeal Diseases	D)	Cord infections
494.	Which one of the following indices is regarded as the most sensitive index of recent transmission of malaria in a locality?			
	A)	Parasite Rate	B)	Spleen Rate
	C)	Infant Parasite Rate	D)	Average Enlarged spleen
495.	In which one of the following cities was the First International Sanitary Conference held in the year 1851?			
	A)	Geneva	B)	Paris
	C)	Copenhagen	D)	London
496.	Which of the following areas in India is 'Rabies Free'?			
	A)	Goa	B)	Nagland
	C)	Sikkim	D)	Andaman and Nicobar Islands
497.	The term 'Comprehensive health care' was used for the first time by which of the following committees?			
	A)	Bhore Committee	B)	Mukerji Committee
	C)	Jungalwalla Committee	D)	Kartar Singh Committee
498.	Which of the following is the goal to be achieved by 2015 as per the National Health Policy 2002?			
	A)	Eradicate Polio and Yaws	B)	Eliminate Leprosy
	C)	Eliminate Lymphatic Filariasis	D)	Achieve Zero growth of HIV/AIDS
499.	The Births, Deaths and Marriages Registration Act was passed by the Government of India in the year:			
	A)	1872	B)	1975
	C)	1873	D)	1985
500.	Which of the following is the maximum intensity of sound that can be tolerated by humans on a daily basis in decibels (dB) without substantial damage to their hearing?			
	A)	60 dB	B)	85 dB
	C)	100 dB	D)	120 dB



## KEY ANSWERS

1	A	26	C	51	B	76	C	101	A
2	C	27	A	52	D	77	A	102	B
3	D	28	A	53	B	78	B	103	A
4	D	29	C	54	A	79	C	104	B
5	A	30	B	55	A	80	D	105	D
6	B	31	C	56	C	81	D	106	A
7	A	32	A	57	D	82	A	107	B
8	A	33	A	58	B	83	C	108	D
9	A	34	A	59	D	84	A	109	A
10	A	35	A	60	D	85	A	110	A
11	C	36	A	61	D	86	A	111	B
12	A	37	A	62	B	87	A	112	B
13	A	38	B	63	A	88	B	113	A
14	D	39	C	64	D	89	C	114	B
15	A	40	A	65	B	90	B	115	B
16	A	41	A	66	D	91	A	116	B
17	D	42	B	67	A	92	D	117	B
18	D	43	C	68	D	93	B	118	A
19	A	44	A	69	A	94	A	119	B
20	B	45	B	70	D	95	B	120	B
21	A	46	A	71	A	96	A	121	C
22	A	47	A	72	C	97	A	122	A
23	A	48	B	73	A	98	A	123	C
24	D	49	A	74	A	99	B	124	B
25	A	50	D	75	C	100	B	125	D

126	B	151	C	176	C	201	B	226	B
127	A	152	D	177	D	202	B	227	A
128	D	153	A	178	C	203	D	228	C
129	A	154	D	179	C	204	B	229	B
130	B	155	B	180	A	205	D	230	C
131	A	156	A	181	A	206	A	231	B
132	C	157	B	182	D	207	B	232	C
133	D	158	C	183	A	208	A	233	D
134	A	159	A	184	A	209	A	234	B
135	A	160	C	185	D	210	D	235	A
136	C	161	B	186	C	211	A	236	D
137	C	162	A	187	D	212	C	237	B
138	B	163	B	188	A	213	B	238	A
139	B	164	C	189	C	214	C	239	A
140	A	165	C	190	C	215	A	240	B
141	D	166	B	191	B	216	C	241	C
142	C	167	B	192	C	217	A	242	D
143	A	168	C	193	B	218	A	243	C
144	B	169	A	194	D	219	A	244	A
145	B	170	B	195	D	220	A	245	C
146	A	171	D	196	A	221	A	246	D
147	A	172	C	197	A	222	B	247	D
148	C	173	B	198	D	223	A	248	C
149	A	174	D	199	C	224	C	249	D
150	B	175	D	200	D	225	C	250	A

250)	A	280)	A	310)	<u>D</u>	340)	C	370)	A	400)	B	430)	D	460)	C	490)	B
251)	C	281)	B	311)	<u>B</u>	341)	C	371)	B	401)	A	431)	C	461)	B	491)	A
252)	D	282)	A	312)	<u>A</u>	342)	A	372)	B	402)	C	432)	D	462)	A	492)	D
253)	D	283)	A	313)	<u>C</u>	343)	A	373)	A	403)	A	433)	B	463)	C	493)	B
254)	A	284)	C	314)	<u>D</u>	344)	A	374)	D	404)	A	434)	A	464)	B	494)	C
255)	D	285)	C	315)	D	345)	C	375)	C	405)	B	435)	D	465)	B	495)	B
256)	D	286)	<u>D</u>	316)	A	346)	A	376)	C	406)	D	436)	A	466)	C	496)	D
257)	A	287)	A	317)	D	347)	C	377)	D	407)	B	437)	D	467)	A	497)	A
258)	A	288)	A	318)	A	348)	C	378)	B	408)	B	438)	C	468)	C	498)	C
259)	D	289)	A	319)	B	349)	A	379)	D	409)	C	439)	A	469)	B	499)	C
260)	A	290)	D	320)	A	350)	D	380)	B	410)	A	440)	D	470)	A	500)	B
261)	C	291)	A	321)	D	351)	C	381)	A	411)	C	441)	C	471)	C		



262)	B	292)	A	322)	B	352)	C	382)	B	412)	C	442)	B	472)	
263)	D	293)	A	323)	B	353)	D	383)	C	413)	B	443)	A	473)	C
264)	A	294)	B	324)	A	354)	B	384)	D	414)	D	444)	A	474)	C
265)	B	295)	C	325)	B	355)	B	385)	B	415)	D	445)	A	475)	D
266)	B	296)	D	326)	B	356)	A	386)	A	416)	D	446)	B	476)	B
267)	B	297)	A	327)	C	357)	A	387)	C	417)	B	447)	B	477)	D
268)	A	298)	C	328)	B	358)	A	388)	B	418)	D	448)	C	478)	B
269)	A	299)	B	329)	B	359)	A	389)	D	419)	B	449)	D	479)	D
270)	C	300)	A	330)	D	360)	D	390)	C	420)	C	450)	D	480)	B
271)	C	301)	A	331)	D	361)	C	391)	C	421)	B	451)	A	481)	C
272)	D	302)	C	332)	C	362)	D	392)	A	422)	B	452)	C	482)	D
273)	C	303)	D	333)	D	363)	C	393)	B	423)	A	453)	D	483)	C
274)	A	304)	<u>D</u>	334)	D	364)	D	394)	B	424)	C	454)	B	484)	B
275)	D	305)	<u>C</u>	335)	A	365)	C	395)	D	425)	D	455)	D	485)	A
276)	C	306)	<u>A</u>	336)	B	366)	D	396)	B	426)	B	456)	B	486)	A
277)	B	307)	<u>C</u>	337)	A	367)	A	397)	C	427)	C	457)	A	487)	C
278)	C	308)	<u>C</u>	338)	C	368)	C	398)	D	428)	C	458)	D	488)	C
279)	C	309)	<u>C</u>	339)	C	369)	D	399)	A	429)	C	459)	C	489)	C

Bharati Vidyapeeth

BV(DU) COLLEGE OF AYURVED