

1. **Drug-kit B is given at:**
 - (A) PHC (B) Sub center (C) CHC (D) FRU
 - **Answer:** (B) Sub center
 - **Rationale:** In the Indian public health system, Drug-kit A and B are specifically supplied to Sub-centers to provide essential medicines for primary care.
2. **International AIDS day is celebrated on _____ every year.**
 - (A) 1 May (B) 7 April (C) 11 April (D) 1 December
 - **Answer:** (D) 1 December
 - **Rationale:** Established by the WHO in 1988, December 1st is dedicated to raising awareness of the AIDS pandemic and mourning those who have died from the disease.
3. **Who is the Chairman of Health Survey and Planning Committee?**
 - (A) A. L. Mudaliar (B) M. S. Chadha (C) A. K. Mukherji (D) Joseph Bore
 - **Answer:** (A) A. L. Mudaliar
 - **Rationale:** The Health Survey and Planning Committee (1962), known as the Mudaliar Committee, was chaired by Dr. A.L. Mudaliar to assess health sector progress.
4. **Principles of health education include all Except:**
 - (A) Participation (B) Motivation (C) Punishment (D) Reinforcement
 - **Answer:** (C) Punishment
 - **Rationale:** Health education relies on positive reinforcement, motivation, and active participation; punishment is counterproductive to learning and behavior change.
5. **Census is conducted in every _____ years in India.**
 - (A) 25 (B) 15 (C) 10 (D) 20
 - **Answer:** (C) 10
 - **Rationale:** The Census of India is a decennial exercise (conducted every 10 years) to collect demographic, social, and economic data.
6. **ASHA is recruited under:**
 - (A) NRHM (B) National Urban Health Mission (C) ICDS (D) Village Health System
 - **Answer:** (A) NRHM
 - **Rationale:** Accredited Social Health Activists (ASHA) are community health volunteers recruited under the National Rural Health Mission (NRHM).
7. **The most common side effect of IUD insertion is:**
 - (A) Pain (B) Bleeding (C) Pelvic infection (D) Ectopic pregnancy
 - **Answer:** (B) Bleeding
 - **Rationale:** Increased menstrual flow or intermenstrual spotting is the most frequently reported side effect following the insertion of an Intrauterine Device (IUD).
8. **MMR vaccine is given at:**
 - (A) Birth (B) 9 months (C) 5 years (D) 18 months
 - **Answer:** (B) 9 months
 - **Rationale:** In many vaccination schedules, including the revised Indian National Immunization Schedule, the first dose of Measles-Rubella (MR) or MMR is administered at 9 completed months.
9. **Diagnosis of TB according to DOTS is:**
 - (A) 2 out of 3 samples positive (B) 3 out of 4 samples positive (C) 1 out of 2 samples positive (D) None of the above
 - **Answer:** (A) 2 out of 3 samples positive
 - **Rationale:** Traditional DOTS (Directly Observed Treatment, Short-course) guidelines often required two positive sputum smears out of three collected samples to confirm a TB diagnosis.
10. **According to Maternal Health Programme, the daily dose of folic acid for pregnant woman should be:**
 - (A) 100 mcg (B) 200 mcg (C) 300 mcg (D) 400 mcg
 - **Answer:** (D) 400 mcg

- **Rationale:** A daily supplement of 400 micrograms (mcg) of folic acid is recommended during pregnancy to prevent neural tube defects.
11. **Which of the following vaccine is not administered at birth?**
 - (A) Hib (B) OPV (C) BCG (D) Hepatitis B
 - **Answer:** (A) Hib
 - **Rationale:** BCG, OPV (Zero dose), and Hepatitis B are birth doses; Hib is typically given as part of the Pentavalent vaccine starting at 6 weeks.
 12. **DMPA is an injectable contraceptive given every:**
 - (A) 3 weeks (B) 3 months (C) 2 months (D) 2 years
 - **Answer:** (B) 3 months
 - **Rationale:** Depot Medroxyprogesterone Acetate (DMPA) is a long-acting reversible contraceptive injection administered every 12-13 weeks (3 months).
 13. **Toxic shock syndrome is due to which vaccine?**
 - (A) Mumps (B) Tetanus (C) Salk (D) Measles
 - **Answer:** (D) Measles
 - **Rationale:** Toxic Shock Syndrome (TSS) has been associated with the Measles vaccine if the reconstituted vial is contaminated and used beyond the recommended timeframe.
 14. **Minimum gap that should be allowed in between to administer two live vaccines is:**
 - (A) 2 weeks (B) 2 months (C) 4 weeks (D) 4 months
 - **Answer:** (C) 4 weeks
 - **Rationale:** If two live parenteral vaccines are not administered on the same day, they should be separated by at least 28 days (4 weeks) to prevent interference.
 15. **GOBI Campaign of the UNICEF includes all Except:**
 - (A) Observation (B) Breast feeding (C) Immunization (D) Growth monitoring
 - **Answer:** (A) Observation
 - **Rationale:** GOBI stands for Growth monitoring, Oral rehydration, Breastfeeding, and Immunization; "Observation" is not part of the acronym.
 16. **Which is the best determinant of the health status of a community?**
 - (A) Crude death rate (B) Infant mortality rate (C) Maternal mortality rate (D) Early neonatal deaths
 - **Answer:** (B) Infant mortality rate
 - **Rationale:** The Infant Mortality Rate (IMR) is considered a sensitive indicator of the overall health, socio-economic conditions, and medical facility availability of a community.
 17. **Zero incidence is:**
 - (A) Elimination of disease (B) Eradication of disease (C) Elimination of infection (D) Eradication of infection
 - **Answer:** (A) Elimination of disease
 - **Rationale:** Elimination refers to the reduction to zero of the incidence of a specified disease in a defined geographical area.
 18. **Micro nutrients includes:**
 - (A) Proteins (B) Minerals (C) Fats (D) Water
 - **Answer:** (B) Minerals
 - **Rationale:** Micronutrients, which include vitamins and minerals, are required by the body in small amounts for essential physiological functions.
 19. **Pellagra is due to the deficiency of:**
 - (A) Niacin (B) Pyridoxine (C) Riboflavin (D) Thiamine
 - **Answer:** (A) Niacin
 - **Rationale:** Pellagra is characterized by the "4 Ds" (Dermatitis, Diarrhea, Dementia, and Death) and is caused by a clinical deficiency of Niacin (Vitamin B3).
 20. **A person with Body Mass Index of 18.5 – 25 belongs to the category of:**
 - (A) Normal weight (B) Under weight (C) Over weight (D) Obese
 - **Answer:** (A) Normal weight

- **Rationale:** According to WHO standards, a BMI between 18.5 and 24.9 kg/m² is classified as normal weight.
21. **Which of the following is an example for food adulteration?**
- (A) Mixing of folic acid with bread (B) Mixing of iodine with salt (C) Mixing of papaya seeds with pepper (D) Mixing of iron in wheat flour
 - **Answer:** (C) Mixing of papaya seeds with pepper
 - **Rationale:** Adulteration is the intentional addition of inferior or harmful substances; options A, B, and D describe "fortification," which is beneficial.
22. **Smallest bone situated in the middle ear is:**
- (A) Stapes (B) Malleus (C) Atlas (D) Incus
 - **Answer:** (A) Stapes
 - **Rationale:** The stapes (stirrup) is the smallest and lightest bone in the human body, located in the middle ear.
23. **Inflammation of gum is called:**
- (A) Stomatitis (B) Gingivitis (C) Glossitis (D) Uveitis
 - **Answer:** (B) Gingivitis
 - **Rationale:** Gingivitis is a common and mild form of gum disease (periodontal disease) that causes irritation, redness, and swelling of the gingiva.
24. **Total number of canines in human oral cavity:**
- (A) Eight (B) Ten (C) Six (D) Four
 - **Answer:** (D) Four
 - **Rationale:** Humans typically have four canine teeth: two in the upper jaw (maxillary) and two in the lower jaw (mandibular).
25. **Outer layer of the heart wall is:**
- (A) Myocardium (B) Perichondrium (C) Pericardium (D) Periosteum
 - **Answer:** (C) Pericardium
 - **Rationale:** The pericardium is the fibrous sac surrounding the heart; the epicardium is the innermost layer of the pericardium and the outermost layer of the heart wall itself.
26. **Type of mosquito transmitting malaria:**
- (A) Anopheles (B) Aedes (C) Culicine (D) Mansonia
 - **Answer:** (A) Anopheles
 - **Rationale:** Malaria is caused by Plasmodium parasites transmitted to people through the bites of infected female *Anopheles* mosquitoes.
27. **Instrument used to calculate the amount of bleaching powder for disinfection of well:**
- (A) Sphygmomanometer (B) Boyel's apparatus (C) Lactometer (D) Horrock's apparatus
 - **Answer:** (D) Horrock's apparatus
 - **Rationale:** Horrock's apparatus is used to estimate the chlorine demand of water and determine the amount of bleaching powder needed for disinfection.
28. **Hormone secreted by posterior pituitary gland:**
- (A) Follicle stimulating hormone (B) Oxytocin (C) Luteinizing hormone (D) Prolactin
 - **Answer:** (B) Oxytocin
 - **Rationale:** The posterior pituitary stores and releases Oxytocin and Antidiuretic Hormone (ADH), which are produced in the hypothalamus.
29. **Minimum distance between septic tank and source of water:**
- (A) 50 meters (B) 30 meters (C) 15 meters (D) 5 meters
 - **Answer:** (C) 15 meters
 - **Rationale:** To prevent contamination of drinking water, a minimum safe distance of 15 meters (approx. 50 feet) is recommended between a septic tank and a well.
30. **The ability to understand self is termed as:**
- (A) Attention (B) Judgement (C) Perception (D) Insight
 - **Answer:** (D) Insight
 - **Rationale:** Insight refers to the capacity to gain an accurate and deep intuitive understanding of oneself, including one's mental health status.

31. **Defence mechanism in which unacceptable desires are redirected into socially desirable channels:**
- (A) Projection (B) Sublimation (C) Displacement (D) Rationalisation
 - **Answer:** (B) Sublimation
 - **Rationale:** Sublimation is a mature defense mechanism where socially unacceptable impulses or idealizations are transformed into socially acceptable actions.
32. **False fixed belief that cannot be corrected by reasoning is called:**
- (A) Delusion (B) Hallucination (C) Illusion (D) Compulsion
 - **Answer:** (A) Delusion
 - **Rationale:** A delusion is a fixed, false belief that is resistant to reason or contrary to actual fact, often seen in psychotic disorders.
33. **Science dealing with ageing process:**
- (A) Oncology (B) Cytology (C) Gerontology (D) Pathology
 - **Answer:** (C) Gerontology
 - **Rationale:** Gerontology is the study of the social, cultural, psychological, cognitive, and biological aspects of aging.
34. **The term for fear of height:**
- (A) Agoraphobia (B) Algophobia (C) Arachnophobia (D) Acrophobia
 - **Answer:** (D) Acrophobia
 - **Rationale:** Acrophobia is an extreme or irrational fear of heights.
35. **Rabies is caused by:**
- (A) Arbovirus (B) Adenovirus (C) Lyssavirus (D) Rotavirus
 - **Answer:** (C) Lyssavirus
 - **Rationale:** Rabies is a viral disease caused by lyssaviruses, most commonly the Rabies virus, usually spread through the bite of an infected animal.
36. **Population covered by an Anganwadi worker is:**
- (A) 2000 (B) 3000 (C) 2500 (D) 1000
 - **Answer:** (D) 1000
 - **Rationale:** Under the Integrated Child Development Services (ICDS) scheme, there is generally one Anganwadi worker for a population of 1000 in rural and urban areas.
37. **"Flag sign" is a characteristic feature of which disease?**
- (A) Kwashiorkor (B) Rickets (C) Marasmus (D) Poliomyelitis
 - **Answer:** (A) Kwashiorkor
 - **Rationale:** "Flag sign" refers to alternating bands of light and dark hair color, reflecting periods of poor and better protein intake in children with Kwashiorkor.
38. **Universal Immunisation Programme was launched in India in:**
- (A) 1975 (B) 1980 (C) 1985 (D) 1990
 - **Answer:** (C) 1985
 - **Rationale:** The Universal Immunization Programme (UIP) was launched by the Government of India in 1985 to reduce mortality and morbidity among infants and pregnant women.
39. **Under Vitamin A prophylaxis programme, children between 1 to 6 years are given:**
- (A) 1 lakh IU of Vit. A (B) 2 lakhs IU of Vit. A (C) 2.5 lakhs IU of Vit. A (D) 1.5 lakhs IU of Vit. A
 - **Answer:** (B) 2 lakhs IU of Vit. A
 - **Rationale:** Children aged 1–6 years receive 200,000 (2 lakhs) IU of Vitamin A every six months to prevent nutritional blindness.
40. **Sabin vaccine is given for the prevention of:**
- (A) Measles (B) Typhoid fever (C) Poliomyelitis (D) Diphtheria
 - **Answer:** (C) Poliomyelitis
 - **Rationale:** The Sabin vaccine is the live-attenuated Oral Polio Vaccine (OPV) used globally to eliminate polio.
41. **One subcentre is for a population of:**
- (A) 30,000 (B) 5,000 (C) 15,000 (D) 10,000

- **Answer:** (B) 5,000
 - **Rationale:** In general plain areas, a Sub-center is established for every 5,000 population.
42. **The most appropriate time to collect sputum specimen from a patient is:**
- (A) Before meals (B) After meals (C) Early morning (D) At bedtime
 - **Answer:** (C) Early morning
 - **Rationale:** Early morning sputum is preferred because secretions pool in the lungs overnight, making it more likely to contain a higher concentration of pathogens.
43. **Immunity transferred to fetus from the mother through placenta is:**
- (A) Active natural immunity (B) Active artificial immunity (C) Passive natural immunity (D) Passive artificial immunity
 - **Answer:** (C) Passive natural immunity
 - **Rationale:** Passive immunity involves the transfer of antibodies; it is "natural" when passed from mother to fetus via the placenta or breast milk.
44. **The simplest method of prevent cross infection is:**
- (A) Disinfection (B) Sterilization (C) Handwashing (D) Fumigation
 - **Answer:** (C) Handwashing
 - **Rationale:** Hand hygiene is widely recognized as the single most important and simplest measure to prevent the spread of infections in healthcare settings.
45. **Immunization is a method of:**
- (A) Primary prevention (B) Secondary prevention (C) Tertiary prevention (D) Barrier prevention
 - **Answer:** (A) Primary prevention
 - **Rationale:** Primary prevention aims to prevent disease or injury before it occurs, which is the exact function of vaccines.
46. **Pap Smear Examination is done to diagnose:**
- (A) Ca breast (B) Ca cervix (C) Ca bladder (D) Ca rectum
 - **Answer:** (B) Ca cervix
 - **Rationale:** The Papanicolaou (Pap) smear is a screening procedure used to detect potentially pre-cancerous and cancerous processes in the cervix.
47. **Root of administration of measles vaccine is:**
- (A) Intradermal (B) Subcutaneous (C) Intramuscular (D) Oral
 - **Answer:** (B) Subcutaneous
 - **Rationale:** The Measles (or MR/MMR) vaccine is standardly administered via the subcutaneous route in the right upper arm.
48. **Which of the following is a live vaccine?**
- (A) TT (B) DPT (C) BCG (D) DT
 - **Answer:** (C) BCG
 - **Rationale:** BCG (Bacille Calmette-Guérin) is a live-attenuated vaccine used against tuberculosis; TT, DT, and DPT contain toxoids or killed components.
49. **Constant presence of a disease within a geographic area:**
- (A) Endemic (B) Epidemic (C) Pandemic (D) Outbreak
 - **Answer:** (A) Endemic
 - **Rationale:** An endemic disease is one that is constantly present in a particular population or region.
50. **A person who harbours pathogenic organisms without showing the manifestations of the disease:**
- (A) Agent (B) Host (C) Carrier (D) Patient
 - **Answer:** (C) Carrier
 - **Rationale:** A carrier is an individual who is infected with a pathogen but displays no symptoms, yet can spread the infection to others.
51. **Five teaspoon is equivalent to how many milliliters?**
- (A) 30 ml (B) 25 ml (C) 12 ml (D) 20 ml
 - **Answer:** (B) 25 ml

- **Rationale:** One standard teaspoon (tsp) is equal to 5 ml; therefore, 5 tsp x 5 ml = 25 ml.
- 52. **Which pulse should the nurse palpate during rapid assessment of an adult unconscious patient?**
 - (A) Radial (B) Brachial (C) Femoral (D) Carotid
 - **Answer:** (D) Carotid
 - **Rationale:** In an unconscious adult, the carotid pulse is the most reliable site to check for circulation quickly during emergency assessment.
- 53. **The following are the standard tuberculosis drug Except:**
 - (A) Streptomycin (B) Chloromycin (C) INH (D) Rifampicin
 - **Answer:** (B) Chloromycin
 - **Rationale:** Chloromycin (Chloramphenicol) is an antibiotic but not a standard first-line drug for TB; INH, Rifampicin, and Streptomycin are.
- 54. _____ **is a water soluble Vitamin.**
 - (A) Vitamin A (B) Vitamin K (C) Vitamin B (D) Vitamin D
 - **Answer:** (C) Vitamin B
 - **Rationale:** Vitamins B and C are water-soluble; Vitamins A, D, E, and K are fat-soluble.
- 55. **The infant sit alone at the age of:**
 - (A) 1 month (B) 2 months (C) 6 months (D) 12 months
 - **Answer:** (C) 6 months
 - **Rationale:** Sitting without support is a major developmental milestone typically achieved by infants around 6 months of age.
- 56. **The Child Labour Protection and Regulation Act prohibit employment of children in factories below the age of:**
 - (A) 10 years (B) 14 years (C) 18 years (D) 21 years
 - **Answer:** (B) 14 years
 - **Rationale:** The 1986 Act prohibits the engagement of children in certain employments and regulates the conditions of work for children (defined as under 14).
- 57. **Psychosocial development of adolescence is:**
 - (A) Industry Vs Inferiority (B) Trust Vs mistrust (C) Identity Vs role confusion (D) Autonomy Vs Shame and doubt
 - **Answer:** (C) Identity Vs role confusion
 - **Rationale:** According to Erikson's stages of development, the primary conflict during adolescence (12-18 years) is Identity vs. Role Confusion.
- 58. **A protein deficiency syndrome in which weight below 60%, growth retardation and generalised oedema:**
 - (A) Marasmus (B) Kwashiorkor (C) Pellagra (D) Rickets
 - **Answer:** (B) Kwashiorkor
 - **Rationale:** Generalised edema (swelling) and severe protein deficiency are hallmark signs of Kwashiorkor, distinguishing it from Marasmus (which is overall calorie deficiency).
- 59. **Damage to the upper brachial plexus involving the 5th and 6th cervical nerve roots result in:**
 - (A) ERB's palsy (B) Klumpke's palsy (C) Torticollis (D) Meningocele
 - **Answer:** (A) ERB's palsy
 - **Rationale:** Erb's palsy is a paralysis of the arm caused by injury to the upper trunk of the brachial plexus (C5–C6), often during birth.
- 60. **Which vaccine prevent both Measles and Rubella?**
 - (A) Measles (B) OPV (C) DPT (D) MR
 - **Answer:** (D) MR
 - **Rationale:** The MR vaccine is a combined vaccine that provides protection against both the Measles and Rubella viruses.
- 61. **Surgical management of undescended testis:**
 - (A) Orchiopexy (B) TURP (C) Ramstedt's pyloromyotomy (D) Duhamel's operation
 - **Answer:** (A) Orchiopexy
 - **Rationale:** Orchiopexy is the surgical procedure used to move an undescended testicle into the scrotum and permanently fix it there.

62. **Congenital X linked recessive bleeding disorder caused by deficiency of coagulation factor VIII or IX:**

- (A) Thalassemia (B) Hemophilia (C) Sickle cell disease (D) ITP
- **Answer:** (B) Hemophilia
- **Rationale:** Hemophilia A (Factor VIII deficiency) and Hemophilia B (Factor IX deficiency) are inherited X-linked recessive disorders.

63. **Which of the following worm larvae is transmitted by penetrating skin on barefooted individual?**

- (A) Round worm (B) Pin worm (C) Hook worm (D) Round worm
- **Answer:** (C) Hook worm
- **Rationale:** Hookworm larvae live in the soil and can infect humans by penetrating the skin, typically when walking barefoot.

64. **A commonly found eating disorder in adolescent girl by reducing food intake mostly carbohydrate and fat or by refusing food or by inducing vomiting:**

- (A) Anorexia nervosa (B) Bulimia nervosa (C) Pica (D) Dyslexia
- **Answer:** (A) Anorexia nervosa
- **Rationale:** Anorexia nervosa is characterized by an intense fear of gaining weight and a distorted body image, leading to self-starvation.

65. **The dose of PPD used in Mantoux test is:**

- (A) .5 ml (B) 0.5 ml (C) 1 ml (D) 0.1 ml
- **Answer:** (D) 0.1 ml
- **Rationale:** The Mantoux skin test involves the intradermal injection of exactly 0.1 ml of Purified Protein Derivative (PPD) containing 5 TU (Tuberculin Units).

66. **Projectile non bilious vomiting visible peristalsis in the upper abdomen, palpable olive shaped mass, weight loss are clinical manifestation of:**

- (A) Hirschsprung's disease (B) Oesophageal atresia (C) Intestinal obstruction (D) Hypertrophic pyloric stenosis
- **Answer:** (D) Hypertrophic pyloric stenosis
- **Rationale:** The "palpable olive-shaped mass" and projectile vomiting are pathognomonic (specific diagnostic) signs of pyloric stenosis in infants.

67. **The exclusive breast feeding recommended up to the age of:**

- (A) 3 months (B) 6 months (C) 1 year (D) 2 years
- **Answer:** (B) 6 months
- **Rationale:** WHO and health authorities recommend that infants be exclusively breastfed for the first 6 months of life to achieve optimal growth and development.

68. **The type of pelvis commonly known as male pelvis is:**

- (A) Gynecoid pelvis (B) Anthropoid pelvis (C) Android pelvis (D) Platypelloid pelvis
- **Answer:** (C) Android pelvis
- **Rationale:** The android pelvis is heart-shaped and typical of the male anatomy; the gynecoid pelvis is the typical female pelvis.

69. **Anterior fontanelle normally closes by the age of:**

- (A) 8 months (B) 6 months (C) 12 months (D) 18 months
- **Answer:** (D) 18 months
- **Rationale:** The anterior fontanelle (the "soft spot" on a baby's head) usually closes between 12 and 18 months of age.

70. **Normal fetal heart rate:**

- (A) 100 – 120 beats/minute (B) 120 – 160 beats/minute (C) 60 – 100 beats/minute (D) 160 – 200 beats/minute
- **Answer:** (B) 120 – 160 beats/minute
- **Rationale:** A normal fetal heart rate (FHR) generally ranges from 120 to 160 beats per minute during the late third trimester and labor.

71. **Name given to the endometrium during pregnancy:**

- (A) Endometriosis (B) Decidua (C) Myometrium (D) Corpus luteum

- **Answer:** (B) Decidua
 - **Rationale:** After implantation, the uterine lining (endometrium) undergoes changes and is referred to as the decidua.
72. **A woman who has not carried a pregnancy to the point of viability:**
- (A) Multipara (B) Nullipara (C) Nulligravida (D) None of the above
 - **Answer:** (B) Nullipara
 - **Rationale:** A nullipara is a woman who has never given birth to a fetus that reached the point of viability (generally 20-24 weeks).
73. **Partograph is a tool for:**
- (A) Treating complications of delivery (B) Observing the progress of labour (C) Monitoring woman with eclampsia (D) For finding gestational age
 - **Answer:** (B) Observing the progress of labour
 - **Rationale:** A partograph is a graphical record of key data (maternal and fetal) during labor to identify delays or complications early.
74. **A complete or full dilated cervix measures:**
- (A) 8 cm (B) 9 cm (C) 10 cm (D) 15 cm
 - **Answer:** (C) 10 cm
 - **Rationale:** Full cervical dilation, marking the end of the first stage of labor, is reached when the cervix measures 10 centimeters.
75. **Normal blood glucose level of new born:**
- (A) 40 – 50 mg /100 ml (B) 50 – 60 mg/100 ml (C) 60 – 80 mg/100 ml (D) 70 – 110 mg/100 ml
 - **Answer:** (A) 40 – 50 mg /100 ml
 - **Rationale:** While definitions vary, a blood glucose level below 40–45 mg/dL in a newborn is often considered the threshold for hypoglycemia.
76. **The liberal administration of high concentration of oxygen to preterm babies for a prolonged period of period may lead to:**
- (A) Asphyxia (B) Retrolental fibroplasia (C) Cerebral hemorrhage (D) Hypothermia
 - **Answer:** (B) Retrolental fibroplasia
 - **Rationale:** Now known as Retinopathy of Prematurity (ROP), this condition can be caused by excessive oxygen therapy, leading to abnormal blood vessel growth in the eye and potential blindness.
77. **An abortion in which the conceptus, placenta and membranes are expelled completely from the uterus:**
- (A) Inevitable abortion (B) Habitual abortion (C) Spontaneous abortion (D) Complete abortion
 - **Answer:** (D) Complete abortion
 - **Rationale:** A complete abortion is one where all products of conception have been expelled from the uterus.
78. **A mild, benign and transient mood change during puerperal period is termed as:**
- (A) Postpartum depression (B) Puerperal psychosis (C) Postpartum blues (D) All of the above
 - **Answer:** (C) Postpartum blues
 - **Rationale:** "Baby blues" or postpartum blues affect many new mothers and are characterized by mild, short-lived mood swings occurring a few days after birth.
79. **Indications of emergency cesarean section not include:**
- (A) Cord prolapse (B) Cephalopelvic disproportion diagnosed in labor (C) Preterm baby (D) Eclampsia
 - **Answer:** (C) Preterm baby
 - **Rationale:** Being a preterm baby is not itself an automatic indication for an *emergency* C-section unless there are other fetal or maternal distress factors.
80. **An average life of the human being which is coming in the next years is:**
- (A) Life cycle approach (B) Life expectancy (C) Holistic approach of life (D) Quality of life

- **Answer:** (B) Life expectancy
 - **Rationale:** Life expectancy is the statistical measure of the average time an organism is expected to live, based on the year of its birth and other demographic factors.
81. **A woman whose husband does not want to continue as a life partner with her is:**
- (A) Widow (B) Divorced woman (C) Single woman (D) Deserted woman
 - **Answer:** (D) Deserted woman
 - **Rationale:** Desertion refers to the abandonment of a spouse without legal justification or consent.
82. **Causative organism of syphilis is:**
- (A) Wuchereria bancrofti (B) Treponema pallidum (C) Hemophilus influenza (D) Neisseria gonorrhoeae
 - **Answer:** (B) Treponema pallidum
 - **Rationale:** Syphilis is a sexually transmitted infection caused by the bacterium *Treponema pallidum*.
83. **A test to assess the patency of fallopian tube:**
- (A) Rubin's test (B) Sickling test (C) Shick test (D) Widal test
 - **Answer:** (A) Rubin's test
 - **Rationale:** Rubin's test (tubal insufflation) involves blowing carbon dioxide into the fallopian tubes to check if they are open.
84. **VCTC stands for:**
- (A) Voluntary Counselling and Testing Centre (B) Vocational Counselling and Testing Centre (C) Voluntary Counselling and Treating Centre (D) Various Counselling and Therapy Centre
 - **Answer:** (A) Voluntary Counselling and Testing Centre
 - **Rationale:** VCTCs are centers where people can go to be counseled and tested for HIV/AIDS voluntarily and confidentially.
85. **Following are 3 P's of normal labour Except:**
- (A) Pelvis (B) Powers (C) Passenger (D) Parity
 - **Answer:** (D) Parity
 - **Rationale:** The "3 Ps" of labor are Power (contractions), Passenger (the fetus), and Passage (the pelvis). Parity refers to the number of times a woman has given birth.
86. **Janani Suraksha Yojana was launched on:**
- (A) 10th May 2006 (B) 12th April 2005 (C) 5th April 2008 (D) 21st December 2006
 - **Answer:** (B) 12th April 2005
 - **Rationale:** Janani Suraksha Yojana (JSY) is a safe motherhood intervention under the National Rural Health Mission (NRHM).
87. **An investigation to identify women at the risk of having a baby with neural tube defect:**
- (A) Amnioscopy (B) Alpha – Fetoprotein test (C) Fetal blood sampling (D) USG
 - **Answer:** (B) Alpha – Fetoprotein test
 - **Rationale:** Elevated levels of Alpha-fetoprotein (AFP) in maternal serum are associated with an increased risk of neural tube defects like spina bifida.
88. **The term given to reduction in fundal height after 38th weeks of gestation is:**
- (A) Quickening (B) Moulding (C) Lightening (D) None of the above
 - **Answer:** (C) Lightening
 - **Rationale:** Lightening occurs when the fetal head descends into the pelvis, causing the fundal height to appear lower and relieving pressure on the diaphragm.
89. **An abnormality of the placenta in which the umbilical cord is inserted at the edge or margin of the placenta?**
- (A) Velamentous insertion (B) Vasa previa (C) Battledore placenta (D) Circumvalleate placenta
 - **Answer:** (C) Battledore placenta
 - **Rationale:** In a battledore placenta, the umbilical cord is attached at the very edge of the placental disk rather than the center.

90. **During post partum period, deep vein thrombosis can be assessed by:**
- (A) Hegar's sign (B) Oslander's sign (C) Goodell's sign (D) Homan's sign
 - **Answer:** (D) Homan's sign
 - **Rationale:** Homan's sign is a clinical test where pain in the calf upon dorsiflexion of the foot may indicate deep vein thrombosis (DVT).
91. **Which hormone is responsible for stimulating milk production?**
- (A) Estrogen (B) Progesterone (C) Prolactin (D) Oxytocin
 - **Answer:** (C) Prolactin
 - **Rationale:** Prolactin, secreted by the anterior pituitary, stimulates the mammary glands to produce milk; Oxytocin helps with milk *ejection*.
92. **According to MTP Act, medical termination of pregnancy is to deliberate induction of abortion prior to:**
- (A) 16 weeks (B) 18 weeks (C) 24 weeks (D) 20 weeks
 - **Answer:** (D) 20 weeks
 - **Rationale:** Under the original Medical Termination of Pregnancy (MTP) Act of 1971 in India, the limit was 20 weeks (note: this has been updated in 2021 to 24 weeks for certain categories).
93. **The ratio of infant deaths registered in a given year to the number of live births per 1000 live births is:**
- (A) Infant mortality rate (B) Perinatal mortality rate (C) Neonatal mortality rate (D) Maternal mortality rate
 - **Answer:** (A) Infant mortality rate
 - **Rationale:** This is the standard definition of the Infant Mortality Rate (IMR).
94. **The name given to the lochia which occurs 4 – 10 days after delivery:**
- (A) Lochia serosa (B) Lochia rubra (C) Lochia alba (D) None of the above
 - **Answer:** (A) Lochia serosa
 - **Rationale:** Lochia rubra is the initial red discharge (days 1-3); Lochia serosa is the thinner, pinkish-brown discharge (days 4-10); Lochia alba is white/yellowish (days 10-21).
95. **Population covered by one sub centre in hilly, tribal and backward areas:**
- (A) 1500 (B) 3000 (C) 5000 (D) 7000
 - **Answer:** (B) 3000
 - **Rationale:** In difficult terrains like hilly or tribal areas, the population norm for a Sub-center is reduced to 3,000 to ensure accessibility.
96. **A health worker should have better co-ordination with which of the following sectors?**
- (A) Grama panchayath (B) Religious representatives (C) Non-Governmental organizations (D) All of the above
 - **Answer:** (D) All of the above
 - **Rationale:** Effective public health requires inter-sectoral coordination with local government, community leaders, and NGOs.
97. **National programme for control of blindness was launched in the year:**
- (A) 1976 (B) 1962 (C) 1982 (D) 1995
 - **Answer:** (A) 1976
 - **Rationale:** Launched in 1976, this program aims to reduce the prevalence of blindness through various interventions like cataract surgeries.
98. **National Vector Borne Disease Control Programme is implemented for the prevention and control of the following diseases Except:**
- (A) Kala-azar (B) Japanese encephalitis (C) Leptospirosis (D) Malaria
 - **Answer:** (C) Leptospirosis
 - **Rationale:** NVBDCP covers Malaria, Dengue, Chikungunya, Japanese Encephalitis, Kala-azar, and Lymphatic Filariasis. Leptospirosis is not part of this specific program.
99. **The approaches that can be used for providing Information Education and Communication are:**
- (A) Public education (B) Broadcasting (C) Social marketing (D) All of the above
 - **Answer:** (D) All of the above

- **Rationale:** IEC (Information, Education, and Communication) uses diverse strategies including mass media, community outreach, and social marketing to influence health behaviors.

100. **Registers maintained in a sub centre includes all of the below Except:** * (A) Family planning register (B) In patient register (C) U I P master register (D) M C H master register *

Answer: (B) In patient register * **Rationale:** Sub-centers are outpatient facilities for primary care; inpatient services (requiring an "Inpatient Register") are typically provided at Primary Health Centers (PHCs) or higher.