

**Question Paper Code:31/2025 Question Paper Medium:English Category
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, Name Of Post & Department:Junior Public Health Nurse Grade II / Auxiliary
Nurse Midwife Grade I**

- **Question 1:** Diets containing over 30% of Khesari dal will result in:
 - (A) Nutritional anaemia
 - **(B) lathyrism**
 - (C) Endemic ascites
 - (D) Salmonellosis
 - **Rationale:** Khesari dal (*Lathyrus sativus*) contains a neurotoxin called ODAP. Regular consumption of this dal in large quantities (over 30% of the diet) over a period of time leads to neurolathyrism, a condition characterized by permanent paralysis of the lower limbs.
- **Question 2:** Following are the milk-borne diseases except:
 - (A) diphtheria
 - (B) Tuberculosis
 - (C) Brucellosis
 - **(D) Anthrax**
 - **Rationale:** While Tuberculosis and Brucellosis are classic milk-borne diseases, and Diphtheria can occasionally be spread through contaminated milk, Anthrax is primarily transmitted to humans through direct contact with infected animals, their hides, or undercooked meat rather than being a standard milk-borne illness.
- **Question 3:** Addition of Vitamin A to dalda is an example of:
 - (A) Food adulteration
 - (B) Food additive
 - **(C) Food fortification**
 - (D) All of the above
 - **Rationale:** Food fortification is the process of adding essential micronutrients (like vitamins and minerals) to food to improve its nutritional quality and provide a public health benefit with minimal risk to health.
- **Question 4:** Vaccination of a portion of population provides protection to unprotected individuals is:
 - (A) Passive immunity
 - (B) Humoral immunity
 - (C) Cellular immunity
 - **(D) Herd immunity**
 - **Rationale:** Herd immunity (or community immunity) occurs when a sufficient percentage of a population has become immune to an

infection, whether through vaccination or previous infection, thereby reducing the likelihood of infection for individuals who lack immunity.

- **Question 5:** An epidemic occurring over a very wide area and usually affecting a large number of people is called:
 - **(A) Pandemic**
 - (B) Sporadic
 - (C) Endemic
 - (D) Exotic
 - **Rationale:** A pandemic is defined as an epidemic that has spread across several countries or continents, usually affecting a large number of people.
- **Question 6:** The number of live births per 1000 estimated mid-year population in a given year is called:
 - (A) General fertility rate
 - (B) Growth rate
 - (C) Gross reproduction rate
 - **(D) Birth rate**
 - **Rationale:** The birth rate is a fundamental demographic measure defined as the number of live births per 1,000 members of a population in a specific year.
- **Question 7:** Pernicious anaemia is due to the deficiency of:
 - (A) Vitamin B3
 - (B) Vitamin B6
 - **(C) Vitamin B12**
 - (D) Vitamin B1
 - **Rationale:** Pernicious anemia is a specific type of Vitamin B12 deficiency anemia caused by an autoimmune condition that prevents the body from absorbing Vitamin B12.
- **Question 8:** The national target is to provide one trained dai per:
 - (A) 2000 population
 - **(B) 1000 population**
 - (C) 3000 population
 - (D) 5000 population
 - **Rationale:** Under India's national health programs, the goal for community health staffing, such as trained Dais or ASHAs, is typically one per 1,000 people to ensure accessible primary care.
- **Question 9:** Which of the following International Health Agencies promoted a GOBI Campaign?
 - (A) WHO
 - **(B) Red Cross**

- (C) FAO
 - **(D) UNICEF**
 - **Rationale:** UNICEF launched the GOBI campaign (Growth monitoring, Oral rehydration, Breastfeeding, and Immunization) in the 1980s as a low-cost strategy to improve child survival.
- **Question 10:** NIKSHAY is a newly launched Central Government software. It is used for tracking:
 - (A) leprosy
 - **(B) Tuberculosis**
 - (C) diabetes mellitus
 - (d) Filaria
 - **Rationale:** NIKSHAY is the unified ICT system used by the Government of India for the surveillance and management .

- **11:** *Aedes aegypti* transmits:
 - (A) malaria
 - (B) Japanese encephalitis
 - **(C) Chikungunya haemorrhagic fever**
 - (D) Q fever
 - **Rationale:** *Aedes aegypti* is a well-known vector for several viral diseases, including Dengue, Zika, and Chikungunya.
- **Question 12:** Principles of primary health care includes all except:
 - **(A) Sustainable development**
 - (B) Equitable distribution
 - (C) Community participation
 - (D) Intersectoral coordination
 - **Rationale:** The core principles of Primary Health Care (PHC) are equitable distribution, community participation, intersectoral coordination, and appropriate technology.
- **Question 13:** In RMNCH+ A Strategy, what is plus A?
 - (A) Anthropometry
 - **(B) Adolescent Health**
 - (C) Antenatal Care
 - (D) Ayushman Bharat
 - **Rationale:** The "A" in the RMNCH+A strategy stands for Adolescent Health, which was added to ensure a comprehensive continuum of care through all stages of life.
- **Question 14:** Single massive dose of Vitamin A for preventing the deficiency in children between the age of 1 – 6 years for every 6 months is:

- (A) 1.5 lakh IU
 - (B) 3 lakh IU
 - **(C) 2 lakh IU**
 - (D) 2.5 lakh IU
 - **Rationale:** For children aged 1 to 6 years, the recommended preventive dose of Vitamin A is 200,000 IU (2 lakh IU) administered every six months.
- **Question 15:** In Pulse Polio Immunization Programme, VVM (Vaccine Vial Monitor)... which indication to discard the vaccine is:
 - (A) Inner square is lighter than the outer circle
 - (B) Outer circle is darker than the inner square
 - (C) Outer circle is yellow
 - **(D) Inner square darker than the outer circle**
 - **Rationale:** The VVM is a heat-sensitive label. If the inner square is the same color or darker than the outer circle, it indicates the vaccine has been exposed to too much heat and must be discarded.
- **Question 16:** Channels of communication includes all except:
 - **(A) Receiver**
 - (B) mass media
 - (C) Interpersonal communication
 - (d) Folk media
 - **Rationale:** The "Receiver" is one of the components of the communication *process* (Sender, Message, Channel, Receiver, Feedback), but it is not a *channel* of communication itself like media or interpersonal dialogue.
- **Question 17:** Which method is used for HIV post test counselling?
 - (A) Group approach
 - (B) mass media
 - (C) Role play
 - **(D) Individual approach**
 - **Rationale:** HIV post-test counseling is highly sensitive and personal, requiring an individual approach to maintain confidentiality and provide tailored psychological support.
- **Question 18:** Hygeia is a Greek word which means:
 - **(A) Goddess of health**
 - (B) Good health
 - (C) Being whole/sound
 - (D) Health knowledge
 - **Rationale:** In Greek mythology, Hygieia (or Hygeia) was the goddess of health, cleanliness, and hygiene.
- **Question 19:** Fear of closed space:

- (A) Social phobia
 - (B) Agoraphobia
 - **(C) Claustrophobia**
 - (D) Acrophobia
 - **Rationale:** Claustrophobia is defined as the irrational and intense fear of being in small or enclosed spaces.
- **Question 20: All are examples of macronutrients except:**
 - (A) Proteins
 - **(B) minerals**
 - (C) Carbohydrates
 - (D) Fats
 - **Rationale:** Proteins, carbohydrates, and fats are macronutrients required in large amounts, whereas minerals are micronutrients needed in much smaller quantities.
- **Question 21: Which of the following body system is related to hormone production?**
 - (A) Digestive system
 - (B) Reproductive system
 - **(C) Endocrine system**
 - (D) Cardiovascular system
 - **Rationale:** The endocrine system is a network of glands that produce and release hormones that help control many important body functions.
- **Question 22: Fear of gaining weight and significant body image disturbance is:**
 - (A) Bulimia nervosa
 - (B) Malnutrition
 - **(C) Anorexia nervosa**
 - (D) Dysphagia
 - **Rationale:** Anorexia nervosa is an eating disorder characterized by an intense fear of gaining weight and a distorted perception of weight.
- **Question 23: Improper waste disposal leads to:**
 - (A) Malnutrition
 - (B) Psoriasis
 - **(C) Mosquito borne disease**
 - (D) Xerophthalmia
 - **Rationale:** Stagnant water and accumulated waste provide breeding grounds for vectors like mosquitoes, which spread diseases like malaria and dengue.
- **Question 24: Birth weight of a normal newborn human baby is:**
 - (A) 1.5 kg to 2.5 kg

- (B) 2.5 kg to 4 kg
 - (C) 1.5 kg to 2.0 kg
 - (D) 3.5 kg to 5.5 kg
 - **Rationale:** A normal birth weight for a full-term infant is typically between 2.5 kg and 4 kg. Babies under 2.5 kg are considered "Low Birth Weight."
- **Question 25: Unhygienic water supply leads to:**
 - (A) Malaria
 - (B) Night blindness
 - (C) **Cholera**
 - (D) Chickenpox
 - **Rationale:** Cholera is an acute diarrheal infection caused by ingestion of food or water contaminated with the bacterium *Vibrio cholerae*.
- **Question 26: Which is the biggest organ in the body?**
 - (A) Brain
 - (B) **Skin**
 - (C) Liver
 - (D) Heart
 - **Rationale:** The skin is the body's largest organ, covering the entire external surface and serving as a protective barrier.
- **Question 27: An example of antipsychotic is:**
 - (A) Morphine
 - (B) **Haloperidol**
 - (C) Lorazepam
 - (D) Amitriptyline
 - **Rationale:** Haloperidol is a typical antipsychotic medication used to treat schizophrenia and other psychotic disorders.
- **Question 28: Beriberi is the deficiency of:**
 - (A) **Vitamin B1**
 - (B) Niacin
 - (C) Vitamin C
 - (D) Vitamin D
 - **Rationale:** Beriberi is a disease caused by a vitamin B1 (thiamine) deficiency.
- **Question 29: Which of the following is not a feature of poor mental health?**
 - (A) Feeling depressed
 - (B) Feeling worthless
 - (C) **Feeling happy**
 - (D) Feeling guilty

- **Rationale:** Feeling happy is generally associated with positive mental well-being, whereas persistent depression, worthlessness, and guilt are signs of mental health issues.
- **Question 30: Echolalia which means:**
 - (A) Coining of new words
 - **(B) Repetition of words of examiner**
 - (C) Repetition of activity of examiner
 - (D) Decreased speech production
 - **Rationale:** Echolalia is the unsolicited repetition of vocalizations made by another person.
- **Question 31: Which is not included in defense mechanism?**
 - (A) Denial
 - (B) Substitution
 - (C) Undoing
 - **(D) Hypnotism**
 - **Rationale:** Denial, substitution, and undoing are subconscious psychological strategies used to cope with reality. Hypnotism is a therapeutic technique or state of consciousness.
- **Question 32: An example of food borne disease is:**
 - (A) HIV/AIDS
 - (B) Psoriasis
 - **(C) Cholera**
 - (D) Hepatitis B
 - **Rationale:** Cholera is primarily spread through contaminated food or water.
- **Question 33: Which of the following is not a source of protein?**
 - (A) Pulses
 - (B) Meat
 - (C) Milk
 - **(D) Ghee**
 - **Rationale:** Ghee is almost entirely composed of fats (clarified butter), whereas pulses, meat, and milk are significant sources of protein.
- **Question 34: All are the types of hallucination except:**
 - (A) Auditory
 - (B) Olfactory
 - (C) Visual
 - **(D) Illusion**
 - **Rationale:** Hallucinations are perceptions in the absence of external stimuli, whereas an illusion is a misinterpretation of a real external stimulus.

- **Question 35: Time interval between invasion by an infectious agent and appearance of first symptom is termed as:**
 - (A) Infectious period
 - **(B) Incubation period**
 - (C) Quarantine period
 - (D) Surveillance period
 - **Rationale:** The incubation period is the time elapsed between exposure to a pathogenic organism and when symptoms first become apparent.
- **Question 36: High biological value protein is present in:**
 - (A) Pulses and legumes
 - (B) Cereals
 - **(C) Eggs and meat**
 - (D) Millets
 - **Rationale:** Animal proteins (like eggs and meat) are considered high biological value because they contain all essential amino acids in proportions required by the human body.
- **Question 37: Which among the following is not a live vaccine?**
 - (A) Oral polio vaccine
 - (B) Measles vaccine
 - (C) BCG
 - **(D) Rabies vaccine**
 - **Rationale:** The rabies vaccine used in humans is an inactivated (killed) virus vaccine.
- **Question 38: A male patient aged 45 years complaints of urgency of urination and dribbling of urine. What should he be suspected of suffering from?**
 - **(A) Benign prostatic hypertrophy**
 - (B) Urinary tract infection
 - (C) Renal calculi
 - (D) Renal cell carcinoma
 - **Rationale:** Urgency and dribbling are classic symptoms of Benign Prostatic Hypertrophy (BPH), which is common in men over 40.
- **Question 39: Acronym FAST in stroke stands for:**
 - (A) Fall, Ambulant, Speech, Tired
 - **(B) Face, Arms, Speech, Time**
 - (C) Fall, Attention, Speech, Tired
 - (D) Face, Ambulant, Sedation, Time
 - **Rationale:** FAST is a mnemonic used to help people remember the signs of a stroke (Face drooping, Arm weakness, Speech difficulty, and Time to call emergency services).

- **Question 40: Mission Indradhanush by Union Ministry of Health and Family Welfare focuses on:**
 - (A) **Full immunization for children**
 - (B) Prevention of leprosy
 - (C) Prevention of malaria
 - (D) Prevention of TB
 - **Rationale:** Mission Indradhanush is a health mission aimed at expanding immunization coverage to all children across India.
- **Question 41: Night blindness is caused by deficiency of:**
 - (A) Vitamin C
 - **(B) Vitamin A**
 - (C) Vitamin D
 - (D) Vitamin B
 - **Rationale:** Vitamin A is essential for the formation of rhodopsin (visual purple) in the retina, which is necessary for vision in low light.
- **Question 42: Color code of plastic bag for disposing microbial lab culture waste is:**
 - (A) Blue
 - (B) Black
 - **(C) Red**
 - (D) White
 - **Rationale:** Under standard Biomedical Waste Management rules, contaminated waste like lab cultures and specimens that can be autoclaved/microwaved are typically disposed of in Red bags.
- **Question 43: A rapid global outbreak of an infection initiated from a single focus is termed as:**
 - **(A) Pandemic**
 - (B) Epidemic
 - (C) Endemic
 - (D) Community acquired infection
 - **Rationale:** When an infectious disease spreads rapidly across multiple countries or continents, it is classified as a pandemic.
- **Question 44: Which among the following statements is true with Tab. digoxin?**
 - (A) Take Tab. digoxin along with meal
 - **(B) Check the pulse rate before taking Tab. digoxin**
 - (C) Increase fluid intake while on Tab. Digoxin
 - (D) Count respiratory rate before taking Tab.digoxin

- **Rationale:** Digoxin can slow the heart rate too much (bradycardia); therefore, the apical pulse must be checked for one full minute before administration.
- **Question 45: Type of illness in which the signs and symptoms occur suddenly and last for a short period of time is called:**
 - (A) Chronic
 - (B) Sub-acute
 - **(C) Acute**
 - (D) Acute or chronic
 - **Rationale:** Acute illnesses are characterized by rapid onset and a relatively short duration (e.g., the common cold or flu).
- **Question 46: Which among the following drugs is used to prevent transmission of HIV from infected pregnant women to new born?**
 - **(A) Nevirapine**
 - (B) Lamivudine
 - (C) Didanosine
 - (D) Stavudine
 - **Rationale:** Nevirapine is often used in prophylaxis to reduce the risk of mother-to-child transmission (MTCT) of HIV.
- **Question 47: Widal test is carried out in the diagnosis of:**
 - **(A) Typhoid**
 - (B) Hepatitis C
 - (C) Hepatitis A
 - (D) Measles
 - **Rationale:** The Widal test is a common serological test used to detect *Salmonella typhi*, the cause of typhoid fever.
- **Question 48: Bacterial infection associated with increased risk of peptic ulcer disease is:**
 - (A) Escherichia Coli
 - **(B) Helicobacter pylori**
 - (C) Campylobacter jejuni
 - (D) Lactobacillus
 - **Rationale:** *H. pylori* infection is a leading cause of chronic gastritis and the majority of peptic ulcers.
- **Question 49: Drug of choice in the management of organophosphorus poisoning is:**
 - (A) Adrenaline
 - (B) Noradrenaline
 - **(C) Atropine**
 - (D) Dopamine

- **Rationale:** Atropine acts as an antagonist to the accumulated acetylcholine, reversing the life-threatening effects of organophosphorus poisoning.
- **Question 50: Test dose of penicillin is administered through which among the following routes?**
 - (A) Subcutaneous
 - (B) Intramuscular
 - **(C) Intradermal**
 - (D) Intravenous
 - **Rationale:** An intradermal test dose is used to check for hypersensitivity or allergic reactions before a full dose of penicillin is given.
- **Question 51: Which among the following manifestation necessitate emergency intervention in a patient with femur fracture?**
 - **(A) Dyspnea**
 - (B) Fever
 - (C) Ecchymosis over the thigh
 - (D) Edema over the limb
 - **Rationale:** Dyspnea (shortness of breath) in a long-bone fracture patient can indicate a Fat Embolism, which is a life-threatening medical emergency.
- **Question 52: Chest compression to ventilation ratio in one rescuer CPR for children is:**
 - (A) 15 : 2
 - **(B) 30 : 2**
 - (C) 30 : 1
 - (D) 15 : 3
 - **Rationale:** According to current CPR guidelines, a single rescuer should use a 30:2 ratio for children, infants, and adults.
- **Question 53: Which among the following is the most common cause of pathological fracture in elderly women?**
 - (A) Osteomyelitis
 - (B) Osteoarthritis
 - **(C) Osteoporosis**
 - (D) Osteomalacia
 - **Rationale:** Osteoporosis weakens bones, making them fragile and highly susceptible to fractures, especially in postmenopausal women.
- **Question 54: The specimen of urine required for culture and sensitivity test is:**
 - (A) First voided urine
 - **(B) Midstream urine**
 - (C) Last voided urine

- (D) Double voided urine
 - **Rationale:** A "midstream clean-catch" urine sample reduces contamination from the skin and urethra, providing a more accurate culture of the bladder's contents.
- **Question 55: The major hormone secreted by the corpus luteum in the luteal phase of menstruation is:**
 - (A) Oestrogen
 - **(B) Progesterone**
 - (C) Oxytocin
 - (D) Testosterone
 - **Rationale:** After ovulation, the corpus luteum primarily produces progesterone to prepare the uterine lining for a possible pregnancy.
- **Question 56: The psychosocial development stage of an adolescent is:**
 - **(A) Identity Vs Role confusion**
 - (B) Autonomy Vs Shame
 - (C) Industry Vs Inferiority
 - (D) Initiative Vs Guilt
 - **Rationale:** According to Erikson's stages, adolescents (ages 12-18) struggle with developing a sense of self and personal identity.
- **Question 57: The National deworming day in India is observed on:**
 - (A) January 1st and June 1st
 - **(B) February 10th and August 10th**
 - (C) March 1st and September 1st
 - (D) April 10th and October 10th
 - **Rationale:** These dates are designated annually by the Ministry of Health and Family Welfare for mass administration of Albendazole to children.
- **Question 58: The Article of Indian Constitution that provide the right to be protected from hazardous employment till the age of 14 is:**
 - (A) Article 14
 - (B) Article 15
 - (C) Article 21
 - **(D) Article 24**
 - **Rationale:** Article 24 prohibits the employment of children below the age of 14 in any factory, mine, or hazardous occupation.
- **Question 59: The recommended site for the administration of BCG vaccine is:**
 - (A) Lateral thigh
 - **(B) Left upper arm**
 - (C) Buttocks
 - (D) Right upper arm

- **Rationale:** BCG is standardly administered intradermally in the left upper arm for ease of identification of the resulting scar.
- **Question 60: The colour code given to illness that require urgent pre referral treatment and referral in IMNCI is:**
 - (A) Pink
 - (B) Red
 - (C) Blue
 - (D) Yellow
 - **Rationale:** In the Integrated Management of Neonatal and Childhood Illness (IMNCI) protocol, pink indicates a severe classification requiring urgent hospitalization.
- **Question 61: Signs of good attachment of newborn to the breast of the mother:**
 - (A) More areola visible below than above the mouth
 - (B) Mouth wide open and lower lip turn inward
 - **(C) Mouth wide open and lower lip turn outward**
 - (D) Mouth slightly open and lip turn inward
 - **Rationale:** Good attachment includes the mouth being wide open, the lower lip being turned outward, and more areola visible above the mouth than below.
- **Question 62: The malarial parasites are inoculated into human by Anopheles mosquito as:**
 - **(A) Sporozoites**
 - (B) Merozoites
 - (C) Gametocytes
 - (D) Oocytes
 - **Rationale:** The infective stage of the malarial parasite that is transmitted to humans during a mosquito bite is the sporozoite.
- **Question 63: The defects seen in Tetralogy of Fallot include:**
 - (A) ASD, VSD, PDA and Pulmonary Stenosis
 - **(B) VSD, Pulmonary stenosis, Overriding of aorta and Right ventricular hypertrophy**
 - (C) ASD, VSD, Aortic Stenosis, Coronary stenosis
 - (D) ASD, PDA, Pulmonary stenosis, Aortic stenosis
 - **Rationale:** Tetralogy of Fallot is a combination of four congenital heart defects: ventricular septal defect, pulmonary stenosis, overriding aorta, and right ventricular hypertrophy.
- **Question 64: The second step in Baby Friendly Hospital Initiative is:**
 - **(A) Training staff on supporting breast feeding**
 - (B) Making breast feeding care standard practices
 - (C) Educating the mothers

- (D) Encouraging skin to skin contact
 - **Rationale:** Step 2 of the BFHI "Ten Steps to Successful Breastfeeding" involves training all health care staff in the skills necessary to implement the breastfeeding policy.
- **Question 65: The type of play seen in a school age child's is:**
 - (A) Solitary play
 - (B) Parallel play
 - (C) Associative play
 - **(D) Co-operative play**
 - **Rationale:** School-age children typically engage in cooperative play, which involves organized activity, shared goals, and rules.
- **Question 66: The expected weight of a 5 year old child is:**
 - (A) 15 kg
 - (B) 16 kg
 - **(C) 18 kg**
 - (D) 20 kg
 - **Rationale:** A common formula for estimating a child's weight (kg) is $(\text{Age in years} \times 2) + 8$. For a 5-year-old: $(5 \times 2) + 8 = 18$ kg.
- **Question 67: The nutritional disorder due to the deficiency of Vitamin C leads to:**
 - **(A) Scurvy**
 - (B) Beri-Beri
 - (C) Rickets
 - (D) Xerophthalmia
 - **Rationale:** Scurvy is the clinical manifestation of severe Vitamin C (ascorbic acid) deficiency, resulting in weakness, anemia, and gum disease.
- **Question 68: ICM stands for:**
 - (A) International Code for Midwives
 - **(B) International Confederation of Midwives**
 - (C) Internal Code for Midwives
 - (D) Indian Confederation of Midwives
 - **Rationale:** The ICM is an accredited non-governmental organization that represents midwives and midwifery associations worldwide.
- **Question 69: Breast feeding should be initiated after a normal delivery within:**
 - **(A) Half an hour**
 - (B) 1 hour
 - (C) 2 hours
 - (D) 6 hours

- **Rationale:** It is recommended to start breastfeeding as early as possible, ideally within the first 30 minutes of birth, to take advantage of the newborn's sucking reflex.
- **Question 70: Kangaroo mother care is indicated in:**
 - (A) Post Partum Haemorrhage
 - (B) Pregnancy induced hypertension
 - **(C) Low birth weight babies**
 - (D) Babies of diabetic mother
 - **Rationale:** Kangaroo mother care (skin-to-skin contact) is a highly effective method for providing warmth and promoting the health of low birth weight and premature infants.
- **Question 71: The job aid to ANMs by providing them with readily available information and guidance:**
 - (A) SCRIBd
 - **(B) ANMOL**
 - (C) ANGUIDE
 - (D) SAKHI
 - **Rationale:** ANMOL (ANM Online) is a tablet-based application that allows Auxiliary Nurse Midwives (ANMs) to enter and fetch data of their beneficiaries in real-time, serving as a vital digital job aid.
- **Question 72: Neural Tube defects in fetus may be prevented by the consumption of the following before or during early pregnancy:**
 - (A) Vitamin A
 - (B) Vitamin D
 - (C) Calcium
 - **(D) Folic Acid**
 - **Rationale:** Folic acid supplementation before conception and during early pregnancy significantly reduces the risk of neural tube defects (NTDs) like spina bifida.
- **Question 73: Fertilisation of ovum and sperm occurs in:**
 - (A) Uterus
 - (B) Vagina
 - (C) Cervix
 - **(D) Fallopian tube**
 - **Rationale:** Fertilization typically takes place in the ampulla of the fallopian tube.
- **Question 74: A community level strategy for convergent actions for Health, Early Childhood development, Nutrition and Sanitation:**
 - (A) NRHM
 - (B) NCD clinics

- (C) VHSND
 - (D) MBFHI
 - **Rationale:** Village Health Sanitation and Nutrition Days (VHSND) are held monthly in villages to provide a platform for converged health, nutrition, and sanitation services.
- **Question 75: MTP Act was passed by the Indian Parliament in:**
 - (A) 1970
 - **(B) 1971**
 - (C) 1972
 - (D) 1973
 - **Rationale:** The Medical Termination of Pregnancy (MTP) Act was passed in 1971 to provide for the termination of certain pregnancies by registered medical practitioners.
- **Question 76: IUI in infertility treatment refers to:**
 - **(A) Intra Uterine Insemination**
 - (B) Intra Urethral Insemination
 - (C) Intra Uterine Injection
 - (D) Inter Uterine Insemination
 - **Rationale:** IUI is a fertility treatment where sperm is placed directly inside a woman's uterus to facilitate fertilization.
- **Question 77: Reproductive and Child Health Programme Services include the following except:**
 - (A) Supply of Contraceptives
 - (B) Safe abortion and post abortion services
 - (C) Emergency obstetric care
 - **(D) NCD prevention**
 - **Rationale:** While RCH focuses on maternal and child health, Non-Communicable Disease (NCD) prevention is typically handled under a separate national program (NPCDCS).
- **Question 78: A terminal method of contraception:**
 - **(A) Vasectomy**
 - (B) Oral contraceptive Pill
 - (C) Intra Uterine devices
 - (D) Condoms
 - **Rationale:** Vasectomy (for men) and tubectomy (for women) are considered terminal or permanent methods of sterilization.
- **Question 79: Taking up of cervix during labour is termed as:**
 - (A) Bandle's ring
 - **(B) Effacement**
 - (C) Eversion
 - (D) Dilatation

- **Rationale:** Effacement is the process by which the cervix prepares for delivery by softening, thinning, and shortening.
- **Question 80: The type of abortion where fetus is dead and retained inside the uterus for a period of time is:**
 - (A) Threatened abortion
 - (B) Incomplete abortion
 - (C) Complete abortion
 - **(D) Missed abortion**
 - **Rationale:** A missed abortion occurs when the fetus has died but the body has not yet expelled the pregnancy tissue.
- **Question 81: A positive sign that delivery of placenta is imminent is:**
 - **(A) Lengthening of the umbilical cord**
 - (B) Vomiting
 - (C) Dry, pale lips
 - (D) Excessive perspiration
 - **Rationale:** As the placenta separates from the uterine wall and moves into the lower segment, the umbilical cord visible at the vulva appears to lengthen.
- **Question 82: Magnesium Sulphate is the drug of choice in the management of:**
 - (A) Anaemia
 - **(B) Pre eclampsia**
 - (C) Abortion
 - (D) PPH
 - **Rationale:** Magnesium Sulphate is used to prevent and treat seizures in women with pre-eclampsia or eclampsia.
- **Question 83: A risk factor for cervical cancer is:**
 - (A) HIV infection
 - **(B) HPV infection**
 - (C) Hepatitis B infection
 - (D) Hepatitis C infection
 - **Rationale:** Human Papillomavirus (HPV) infection is the most significant risk factor for the development of cervical cancer.
- **Question 84: The average weight gain in pregnancy is:**
 - (A) 6 – 8 kg
 - (B) 7 – 9 kg
 - **(C) 10 – 12 kg**
 - (D) 10 – 14 kg
 - **Rationale:** For a woman with a normal pre-pregnancy BMI, the average recommended weight gain is approximately 10–12 kg.
- **Question 85: Human milk is rich in all nutrients except:**

- (A) Vitamin A
- (B) Iron
- (C) Fat
- **(D) Vitamin D**
- **Rationale:** Breast milk is naturally low in Vitamin D; infants often require supplements to prevent rickets. It is also relatively low in iron, though the iron present is highly bioavailable.
- **Question 86: Baby born with weight more than 4.5 kg indicates that mother has:**
 - (A) Pregnancy induced hypertension
 - **(B) Gestational diabetes mellitus**
 - (C) Ante partum haemorrhage
 - (D) Post partum haemorrhage
 - **Rationale:** Macrosomia (large birth weight) is a common complication in pregnancies affected by gestational diabetes due to high maternal blood sugar levels.
- **Question 87: A warning sign in pregnancy:**
 - **(A) Blurred vision**
 - (B) Vomiting
 - (C) Chloasma
 - (D) Frequency of urination
 - **Rationale:** Blurred vision can be a sign of high blood pressure or pre-eclampsia and requires immediate medical attention.
- **Question 88: The leading cause of maternal mortality in India is:**
 - (A) Hyperemesis gravidarum
 - (B) Diabetes in pregnancy
 - **(C) Post partum haemorrhage**
 - (D) Anaemia in pregnancy
 - **Rationale:** Hemorrhage, particularly post-partum hemorrhage (PPH), remains the leading cause of maternal death in India and globally.
- **Question 89: The term newborn refers to:**
 - **(A) Within 28 days of birth**
 - (B) Within 2 months of birth
 - (C) Within 3 months of birth
 - (D) Within 1 year of birth
 - **Rationale:** The neonatal period is defined as the first 28 days of life.
- **Question 90: Vaginal discharge within first 3 days of puerperium is termed as:**
 - (A) Lochia Serosa
 - (B) Lochia Alba
 - **(C) Lochia Rubra**

- (D) None of the above
 - **Rationale:** Lochia rubra is the first stage of vaginal discharge after childbirth, consisting mostly of blood and lasting for about 3–4 days.
- **Question 91: Surakshit Matritva Aashwasan (SUMAN) Scheme was launched in the year:**
 - (A) 2016
 - (B) 2017
 - (C) 2018
 - **(D) 2019**
 - **Rationale:** The SUMAN scheme was launched by the Government of India in October 2019 to provide quality healthcare at no cost to every woman and newborn visiting a public health facility.
- **Question 92: First dose of Inj.TT should be taken in pregnancy preferably in:**
 - **(A) 1st to 3rd months of pregnancy**
 - (B) 3rd to 4th months of pregnancy
 - (C) 6th to 7th months of pregnancy
 - (D) After 8th month of pregnancy
 - **Rationale:** The first dose of Tetanus Toxoid (TT) or Tetanus-Diphtheria (Td) vaccine should be administered as soon as the pregnancy is registered, ideally in the first trimester.
- **Question 93: The procedure used in shoulder dystocia to ease the delivery of shoulders:**
 - (A) Lovset maneuver
 - **(B) McRoberts maneuver**
 - (C) Prone position
 - (D) Maures Smellie Viet maneuver
 - **Rationale:** The McRoberts maneuver involves flexing the mother's thighs toward her abdomen to widen the pelvis and facilitate the release of the impacted shoulder.
- **Question 94: Prolonged labour with rupture of membrane is a predisposing cause for:**
 - (A) Large baby
 - (B) Maternal hypertension
 - (C) Breast abscess
 - **(D) Puerperal sepsis**
 - **Rationale:** Prolonged rupture of membranes increases the risk of bacteria ascending into the uterus, which can lead to postpartum infection or sepsis.
- **Question 95: Which of the following centre is the basic institution for rural health care?**

- (A) District Hospital
- (B) Community Health Centre
- **(C) Sub Centre**
- (D) Primary Health Centre
- **Rationale:** The Sub Centre is the most peripheral and first point of contact between the primary health care system and the community in rural areas.
- **Question 96: Under the universal immunization programme, how many vaccines are provided free of cost against vaccine preventable diseases?**
 - (A) 7
 - (B) 10
 - **(C) 12**
 - (D) 14
 - **Rationale:** As of recent updates, the Universal Immunization Programme (UIP) in India provides vaccines against 12 life-threatening diseases.
- **Question 97: When should an antenatal mother make her second visit in the antenatal clinic?**
 - (A) Between 8 and 12 weeks
 - (B) Between 10 and 28 weeks
 - (C) Between 11 and 13 weeks
 - **(D) Between 14 and 26 weeks**
 - **Rationale:** Under standard WHO/national guidelines for ANC, the second visit is typically scheduled during the second trimester (around 14–26 weeks).
- **Question 98: Which of the following is a lifestyle disease?**
 - (A) Anaemia
 - **(B) Obesity**
 - (C) Cataract
 - (D) Scabies
 - **Rationale:** Obesity is a lifestyle-related condition often linked to dietary habits and physical inactivity, unlike communicable diseases like scabies.
- **Question 99: What is the coverage of population in hilly/tribal areas under Sub Centre?**
 - (A) 1000
 - **(B) 3000**
 - (C) 5000
 - (D) 30000
 - **Rationale:** In India, a Sub Centre is designed to cover 5,000 people in plain areas and 3,000 people in hilly, tribal, or desert areas.

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- **Question 100: Which of the following scheme targets adolescent girls (11 to 18 years) for addressing needs of self development, nutrition, and skills?**
 - **(A) Kishori Shakti Yojana**
 - (B) Janani Suraksha Yojana
 - (C) Beti Bachao Beti Padhao Yojana
 - (D) Balika Samriddhi Yojana
 - **Rationale:** Kishori Shakti Yojana (KSY) aims at empowering adolescent girls by improving their nutritional and health status and providing vocational skills