

20/2015

1. Under vitamin A prophylaxis programme, children between 1 to 6 years are given :

- (A) 3 lakh IU of Vit A
- (B) 2 lakh IU of Vit A
- (C) 2.5 lakh IU of Vit A
- (D) 1.5 lakh IU of Vit A

**(B) 2 lakh IU**

Under the prophylaxis programme, children aged 1–6 receive 2 lakh IU every 6 months.

2. The safe and effective drug against filarial infection is:

- (A) Diethylcarbamazine
- (B) Rifampicin
- (C) Ofloxacin
- (D) Tetracyclin

**(A) Diethylcarbamazine**

Identified as the safe and effective drug against filarial infection.

3. Severe bleeding during the third stage of labour:

- (A) Placenta praevia
- (B) Puerperal haemorrhage
- (C) Postpartum haemorrhage
- (D) Placental abruption

**(C) Postpartum haemorrhage**

Severe bleeding occurring during the third stage of labour.

4. Incubation period of Mumps is:

- (A) 4 Weeks
- (B) 1 Week
- (C) 4-5 Weeks
- (D) 2-3 Weeks
- (D) 2-3 Weeks**

The standard incubation period for the Mumps virus.

5. Deficiency of Vitamin B12 causes:

- (A) Pernicious anaemia
- (B) Osteomalacia
- (C) Xerophthalmia
- (D) Kwashiorkor
- (A) Pernicious anaemia**

Vitamin B12 deficiency leads specifically to this type of anaemia

6. Which among the following disease is not due to *Aedes* mosquitoes?

- (A) Rift valley fever
- (B) Malaria
- (C) Dengue fever
- (D) Chikungunya fever
- (B) Malaria**

Unlike Dengue or Chikungunya, Malaria is transmitted by *Anopheles*, not *Aedes*

7. Calcium requirement during pregnancy and lactation is:

- (A) 0.5 gm
- (B) 1.0 gm
- (C) 2.0 gm
- (D) 3.0 gm
- (D) 1.0 gm**

The specific daily calcium requirement for pregnant/lactating women.

8. World AIDS day is celebrated every year on :

- (A) July 11th
- (B) April 7th
- (C) December 1
- (D) June 5<sup>th</sup>
- (C) December 1**

The internationally recognized date for World AIDS Day.

9. First course of oral contraceptives should be started in which day of menstruation?

- (A) 5th day
- (B) 3rd day
- (C) 7th day
- (D) 9th day
- (A) 5th day**

Oral contraceptives should typically begin on the 5th day of the cycle.

10. H1N1 Infection spreads through:

- (A) Contaminated water
- (B) Droplet nuclei
- (C) Contaminated fruits and vegetables
- (D) Infected vector mosquitoes

**(B) Droplet nuclei**

H1N1 (Swine Flu) is a respiratory infection spread through droplets.

11. Time limit for registration of births is:

- (A) 7 days
- (B) 10 days
- (C) 14 days
- (D) 15 days

**(D) 15 days**

The time limit specified in the document for registering a birth.

12. First step in the control of a communicable disease is:

- (A) Health survey
- (B) Isolation
- (C) Registration
- (D) Early diagnosis

**(D) Early diagnosis**

The primary step in controlling the spread of communicable diseases.

13. Number of deaths from puerperal causes per 1000 live births is called:

- (A) Infant mortality rate

(B) Maternal mortality rate

(C) Perinatal mortality rate

(D) Neonatal mortality rate

**(B) Maternal mortality rate**

Defined as deaths from puerperal causes per 1000 live births.

14. Richest source of vitamin C is:

(A) Amla

(B) Radish

(C) Meat

(D) Milk

**(A) Amla**

Recognized as the richest natural source of Vitamin C (Ascorbic acid)

15. One of the positive symptoms of schizophrenia is:

(A) Frustration

(B) Anger

(C) Imaginative thinking

(D) Hallucination

**(D) Hallucination**

Categorized as a "positive" symptom (excess of normal function) in  
schizophrenia

16. One Anganwadi worker covers a population of:

- (A) 3000
- (B) 5000
- (C) 1000
- (D) 2000
- (C) 1000**

One Anganwadi worker is assigned per 1000 population in standard areas.

17. Average head circumference at birth is:

- (A) 34 cm
- (B) 30 cm
- (C) 40 cm
- (D) 45 cm
- (A) 34 cm**

The average head circumference of a healthy newborn

18. An epidemic which spreads over the whole world is called:

- (A) Sporadic
- (B) Pandemic
- (C) Endemic
- (D) Epidemic
- (B) Pandemic**

An epidemic that has spread across several countries or continents.

19. By which route BCG vaccination is given:

- (A) Intramuscular

(B) Subcutaneous

(C) Intradermal

(D) Intravenous

**(C) Intradermal**

BCG is uniquely administered into the skin layer.

20. Drug of choice for the treatment of Pneumonia is:

(A) Ofloxacin

(B) Chloramphenicol

(C) Tetracyclin

(D) Co-trimoxazole

**(D) Co-trimoxazole**

Listed as the drug of choice for treating Pneumonia.

21. Rabies in man is called:

(A) Acrophobia

(B) Algophobia

(C) Claustrophobia

(D) Hydrophobia

**(D) Hydrophobia**

Fear of water, a classic symptom and synonym for Rabies in humans.

22. Oligohydramnios is a condition when the volume of amniotic fluid is less than:

(A) 500 ml

(B) 900 ml

(C) 300 ml

(D) 600 ml

**(C) 300 ml**

Oligohydramnios is diagnosed when amniotic fluid drops below this level.

23. The individual blames others for his mistakes is called:

(A) Projection

(B) Repression

(C) Regression

(D) Sublimation

**(A) Projection**

A defense mechanism where one attributes their own faults to others.

24. Refuse along with human excreta is disposed of by a method known as:

(A) Controlled tipping

(B) Composting

(C) Dumping

(D) Incineration

**(B) Composting**

A method of disposing of refuse and human excreta together.

25. Amount of water in the well is calculated by applying the formula:

(A)  $(3.14 \times d^2 \times h) / 4 \times 1000$

(B)  $(3.14 \times d \times h^2) / 4 \times 1000$

(C)  $(3.14 \times d^3 \times h) / 4 \times 100$

(D)  $(3.14 \times d \times h) / 4 \times 100$

(A)

Formula:  $(3.14 \times d^2 \times h) / 4 \times h 1000$

26. Example of non-verbal communication is:

(A) Lecture

(B) Facial expression

(C) Symposium

(D) Newspapers

**(B) Facial expression**

A form of communication that does not use words.

27. Sabin vaccine is given for the prevention of:

(A) Measles

(B) Typhoid fever

(C) Poliomyelitis

(D) Diphtheria

**(C) Poliomyelitis**

The Sabin vaccine is the Oral Polio Vaccine (OPV).

28. Protrusion of abdominal viscera through an abnormal opening in the body wall is called:

(A) Ulcer

(B) Haemorrhoid

(C) Distension

(D) Hernia

**(D) Hernia**

The protrusion of an organ through the wall of the cavity containing it.

29. One of the elements of primary health care is:

- (A) Immunization
- (B) Community participation
- (C) Equitable distribution
- (D) Bag technique

**(A) Immunization**

One of the eight essential components of Primary Health Care

30. Pap smear is a screening test for:

- (A) Carcinoma stomach
- (B) Carcinoma rectum
- (C) Carcinoma cervix
- (D) Carcinoma breast

**(C) Carcinoma cervix**

The Pap smear is the primary screening tool for cervical cancer.

31. Thyroxine is secreted by:

- (A) Pancreas
- (B) Adrenal gland
- (C) Parathyroid gland
- (D) Thyroid gland

**(D) Thyroid gland**

The gland responsible for secreting the hormone Thyroxine.

32. Baby doubles its birth weight at:

- (A) 9 months of age
- (B) 5 months of age
- (C) 7 months of age
- (D) 1 year of age

**(B) 5 months**

A milestone where a baby typically weighs twice its birth weight

33. The headquarters of World Health Organization:

- (A) Geneva
- (B) New York
- (C) New Zealand
- (D) Canada

**(A) Geneva**

The city in Switzerland where the WHO is headquartered.

34. Which among the following is a combined Audiovisual aid?

- (A) Radio
- (B) Tape-recorder
- (C) Posters
- (D) Television

**(D) Television**

Provides both visual images and synchronized audio.

35. Child between 1-5 years is considered to be malnourished, if the Midarm circumference is less than:

- (A) 16 cm
- (B) 12.5 cm
- (C) 14.5 cm
- (D) 18.5 cm
- (B) 12.5 cm**

A mid-arm circumference below this indicates malnutrition in children.

36. Formula used for the paediatric dosage of medication for children under the age of one year is:

- (A) Clark's rule
- (B) Young's rule
- (C) Fried's rule
- (D) Evan's formula
- (C) Fried's rule**

A formula used for calculating dosages for infants under one year

37. Which is the angle of insertion for Intramuscular injection?

- (A) 45 degree
- (B) 90 degree
- (C) 75 degree
- (D) 95 degree
- (B) 90 degree**

The required angle to ensure the needle reaches the muscle tissue.

38. Cooking below the boiling point is called:

- (A) Simmering
- (B) Steaming
- (C) Stewing
- (D) Baking
- (A) Simmering**

Cooking in liquid just below the boiling point.

39. An example of protein energy malnutrition is:

- (A) Anemia
- (B) Scurvy
- (C) Marasmus
- (D) Rickets
- (C) Marasmus**

A severe form of protein-energy malnutrition.

40. For effective sterilization in the autoclave, the temperature should be :

- (A) 112 deg C
- (B) 105 deg C
- (C) 103 deg C
- (D) 122 deg C
- (B) 121 deg C**

The standard temperature for effective steam sterilization (Autoclave).

41. Which among the following vaccine should be stored at minus 20 deg C?

- (A) DPT

- (B) TT
- (C) BCG
- (D) Polio
- (D) Polio**

The most heat-sensitive vaccine, requiring deep-freeze storage.

42. In hyperpyrexia, the body temperature is \_\_\_\_ degree F:

- (A) Between 99 and 101
- (B) Between 101 and 103
- (C) More than 105
- (D) Between 103 and 104
- (C) More than 105**

Hyperpyrexia is defined as an extremely high body temperature.

43. Characteristic hormone of the placenta is:

- (A) Oestrogen
- (B) Chorionic gonadotrophin
- (C) Corticotrophin
- (D) Oxytocin
- (B) Chorionic gonadotrophin**

Also known as hCG, produced by the placenta.

44. Addition of starch to make the milk thicker is an example of:

- (A) Fortification
- (B) Preservation
- (C) Adulteration

(D) Food additive

**(C) Adulteration**

Adding substances to food to increase bulk or thickness.

45. In which condition, "Basic life Support" is used?

(A) Cardiac arrest

(B) Chest injuries

(C) Cardiac failure

(D) Pleural effusion

**(A) Cardiac arrest**

BLS is the immediate treatment for a heart that has stopped.

46. Common type of fracture in which the distal portion of the radius is fractured:

(A) Linear fracture

(B) Colles' fracture

(C) Spiral fracture

(D) Pott's fracture

**(B) Colles' fracture**

A specific fracture of the distal radius near the wrist.

47. Which among the following parasite is responsible for malaria?

(A) Wuchereria bancrofti

(B) Brugia malayi

(C) Plasmodium

(D) Brugia timori

**(C) Plasmodium**

The protozoan parasite that causes Malaria.

48. One of the cardinal symptoms of heart disease is:

- (A) Pallor
  - (B) Anorexia
  - (C) Anemia
  - (D) Dyspnea
- (D) Dyspnea**

Difficulty breathing is a primary indicator of heart failure.

49. Offensive odour of breath is called:

- (A) Sordes
  - (B) Pyorrhoea
  - (C) Cheilosis
  - (D) Halitosis
- (D) Halitosis**

The medical term for bad breath

50. Formation and excretion of less than 100 ml of urine in 24 hours is called:

- (A) Oliguria
  - (B) Polyuria
  - (C) Anuria
  - (D) Nocturia
- (C) Anuria**

Technically "no urine," but defined clinically as <100ml/day.

51. Which meal plan is best for the patient with Diabetes Mellitus?

- (A) Avoidance of fats and proteins
- (B) High fibre, adequate protein intake
- (C) Low fibre, high carbohydrate diet
- (D) High fibre, low protein intake

**(B) High fibre...**

High fiber and adequate protein help manage blood sugar levels.

52. Most sensitive measure of growth of an Infant is:

- (A) Weight
- (B) Head circumference
- (C) Height
- (D) Chest circumference

**(A) Weight**

The most immediate and sensitive indicator of an infant's growth.

53. What is the normal respiratory rate of an adult?

- (A) 30-34/minute
- (B) 16-20/minute
- (C) 25-29/minute
- (D) 12-15/minute

**B) 16-20/minute**

The standard normal breathing rate for a resting adult.

54. Separation of an infected person from the non-infected persons for the period of communicability:

- (A) Quarantine
- (B) Surveillance
- (C) Isolation
- (D) Prophylaxis

**(C) Isolation**

Separating sick people from healthy ones.

55. Physical activity accomplished by the clients Without assistance is called:

- (A) Active exercise
- (B) Flexion exercise
- (C) Passive exercise
- (D) Extention exercise

**A) Active exercise**

Exercises performed by the patient themselves.

56. Pulse polio immunization programme was launched in the year:

- (A) 1991
- (B) 1993
- (C) 1996
- (D) 1995

**(D) 1995**

The year India launched the Pulse Polio campaign.

57. Pulse rate below 60 per minute is called:

- (A) Bradycardia

- (B) Tachycardia
- (C) Cardiac Arrhythmia
- (D) Pulses Alternans

**(A) Bradycardia**

A heart rate that is slower than normal (<60 bpm).

58. Causative organism of hookworm infection is :

- (A) Ascaris lumbricoides
- (B) Staphylococcus aureus
- (C) Ancylostoma duodenale
- (D) Salmonella typhimurium

**(C) Ancylostoma duodenale**

The biological name for the hookworm parasite.

59. Temporary opening between two atria in the fetal heart is called:

- (A) Ductus venosus
- (B) Foramen ovale
- (C) Ductus arteriosus
- (D) Hypogastric artery

**(B) Foramen ovale**

The shunt between the right and left atria in a fetus.

60. Graphic method of recording the salient features of labour:

- (A) Cholangiography
- (B) Cervicograph

(C) Computerized axial tomography

(D) Partograph

**D) Partograph**

A tool used to graphically monitor the progress of labor.

61. One of the positive signs of pregnancy is:

(A) Changes in the uterus

(B) Hearing fetal heart

(C) Abdominal enlargement

(D) Uterine contractions

**(B) Hearing fetal heart**

An objective "positive" sign that confirms pregnancy.

62. The cardinal sign of pre-eclampsia is:

(A) Raised blood pressure

(B) Abdominal pain

(C) Gastritis

(D) Jaundice

**(A) Raised blood pressure**

Hypertension is the defining sign of pre-eclampsia.

63. Which organ secretes "Bile"?

(A) Pancreas

(B) Small intestine

(C) Liver

(D) Spleen

**(C) Liver**

The organ responsible for the production of bile

64. Which among the following drug helps to induce labour?

(A) Papaveretum

(B) Chlormethiazole

(C) Betamethasone

(D) Oxytocin

**(D) Oxytocin**

A hormone used medically to stimulate uterine contractions.

65. Perfect apgar score should be :

(A) 9 or 10

(B) 11 or 12

(C) 6 or 7

(D) 14 or 15

**(A) 9 or 10**

Indicates the best possible health condition for a newborn.

66. What abnormal constituent is present in the urine in a case of Hyperemesis gravidarum?

(A) Protein

(B) Sugar

(C) RBC

(D) Ketones

**(D) Ketones**

Starvation from severe vomiting leads to ketonuria.

67. Which of the following is an Anti-tuberculosis drug?

(A) Chloramphenicol

(B) Rifampicin

(C) Gentamycin

(D) Amoxycillin

**(B) Rifampicin**

A core antibiotic used in the treatment of Tuberculosis

68. Fertilization usually occurs in the:

(A) Fundus

(B) Isthmus

(C) Ampulla

(D) Corpus

**(C) Ampulla**

The specific section of the fallopian tube where fertilization occurs.

69. Kala-azar is prevented by controlling:

(A) House flies

(B) Rat fleas

(C) Ticks

(D) Sand flies

**(D) Sand flies**

The vector responsible for transmitting Kala-azar.

70. What is the amount of bleaching powder needed for disinfecting 1000 litres of water?

- (A) 2.0 gm
- (B) 3.0 gm
- (C) 2.5 gm
- (D) 3.5 gm
- (C) 2.5 gm**

The standard amount of powder to disinfect 1000L of water.

71. Number of "New cases" occurring in a defined population is called:

- (A) Prevalence
- (B) Incidence
- (C) Seasonal trend
- (D) Secular trend
- (B) Incidence**

Refers specifically to the rate of *new* cases in a population.

72. The suture in between two parietal bones is called:

- (A) Sagittal
- (B) Coronal
- (C) Lambdoidal
- (D) Frontal
- (A) Sagittal**

The suture line that joins the two parietal bones of the skull.

73. Active immunity may be acquired by:

- (A) An attack of disease
- (B) Injection of antiserum
- (C) Injection of gamma-globulin
- (D) Maternal antibodies

**(A) An attack of disease**

Natural active immunity gained by surviving an infection.

74. Most important cause of diarrhoea in infants and children is:

- (A) Enterovirus
- (B) Adenovirus
- (C) Rota virus
- (D) Coronavirus

**(C) Rota virus**

The leading viral cause of severe diarrhea in young children.

75. Janani Suraksha Yojana is related to:

- (A) ICDS
- (B) RCH
- (C) WHO
- (D) UNICEF

**(B) RCH**

Part of the Reproductive and Child Health programme.

76. One of the complications of Intra-uterine device insertion is:

- (A) Weight gain

(B) Breast tenderness

(C) Headache

(D) Bleeding

**(D) Bleeding**

A common side effect/complication of IUD use

77. Increase in the depth of respiration is called:

(A) Hyperpnoea

(B) Apnoea

(C) Orthopnoea

(D) Tachypnoea

**(A) Hyperpnoea**

Increased depth and rate of breathing.

78. Drugs that cause expulsion of gas from the intestinal tract:

(A) Cathartics

(B) Carminatives

(C) Diuretics

(D) Expectorants

**(B) Carminatives**

Drugs like gripe water that help expel intestinal gas.

79. One of the leading causes of maternal mortality in India:

(A) Obstructed labour

(B) Ectopic pregnancy

(C) Obstetric haemorrhage

(D) Eclampsia

**(C) Obstetric haemorrhage**

The primary cause of maternal death in India.

80. Freedom from disease-causing microorganisms:

(A) Sepsis

(B) Bacteriostasis

(C) Antisepsis

(D) Asepsis

**(D) Asepsis**

The state of being free from disease-causing contaminants.

81. 'Discovery of India' is written by:

(A) R.K. Narayan

(B) M.K. Gandhi

(C) Jawaharlal Nehru

(D) Tilak

**(C) Jawaharlal Nehru**

Author of the famous book *Discovery of India*

82. Founder of Scheduled Caste Federation:

(A) Gandhi

(B) Ambedkar

(C) Jayaprakash Narayan

(D) Annie Besant

**(B) Ambedkar**

Dr. B.R. Ambedkar founded the Scheduled Caste Federation.

83. The highest Mountain peak in the world :

(A) Mount Everest

(B) Kanchenjunga

(C) Makalu

(D) Malalu

**(A) Mount Everest**

The highest peak in the world.

84. Who publish Annual Demographic year book?

(A) W.H.O.

(B) U.N.O

(C) I.L.O.

(D) P.L.O.

**(B) U.N.O.**

The United Nations publishes the Demographic Year Book.

85. Which is the biggest rain forest in Kerala?

(A) Thenmala

(B) Wayanad

(C) Lakkidi

(D) Silent valley

**(C) Lakkidi**

Often cited as the place with the highest rainfall in Kerala

86. Headquarters of National Film Archives:

- (A) Poona
- (B) Delhi
- (C) Bombay
- (D) Calcutta
- (C) Pune**

The National Film Archive of India is located here.

87. Who wrote Vandemataram:

- (A) Subrahmanya Bharathi
- (B) Tagore
- (C) Premchand
- (D) Bankim Chandra Chatterji
- (D) Bankim Chandra**

The composer of the national song *Vande Mataram*.

88. Indian National Congress formed in:

- (A) 1885
- (B) 1880
- (C) 1886
- (D) 1884
- (D) 1885**

The year the Indian National Congress was formed

89. First Education Minister of Kerala:

- (A) Panampilly Govinda Menon
- (B) Joseph Mundassery
- (C) C.H. Mohammed Koya
- (D) A.J. John

**(B) Joseph Mundassery**

**The first Education Minister of Kerala state.**

90. Indian Oil Corporation came into being in:

- (A) 1959
- (B) 1960
- (C) 1964
- (D) 1956

**(A) 1959**

The year the Indian Oil Corporation (IOC) was established.

91. Who raised the slogan "One Caste, One Religion and One God for Man"?

- (A) Sree Narayana Guru
- (B) Vaikunda Swamy
- (C) Sahodaran Ayyappan
- (D) Thycaud Ayya

**(A) Sree Narayana Guru**

Famous for the slogan "One Caste, One Religion, One God for Man".

92. Nair Service Society was organized on the pattern of the:

- (A) SNDP

- (B) Sahodaya Sangham
- (C) Yogakshemasabha
- (D) Servants of India Society

**(C) Yogakshemasabha**

*Nair Service Society* (NSS) roots are linked to these social reforms.

93. The newspaper "Swadeshabhimani" was owned by:

- (A) K.P. Kesavamenon
- (B) Vakkom Abdul Khadir Moulavi
- (C) C.V. Kunjiraman
- (D) K. Ramakrishna Pillai

**(D) K. Ramakrishna Pillai**

Famous editor of the *Swadeshabhimani* newspaper.

94. Who was honored by the Maharaja of Cochin with the title

'Kavisarvabhowman'?

- (A) Kumaranasan
- (B) Pandit Karuppan
- (C) Ulloor
- (D) Vallathol

**(D) Vallathol**

The poet Vallathol Narayana Menon was honored by the Maharaja.

95. Birthplace of Ayyankali:

- (A) ponani
- (B) Chempazhanthi

(C) Venganoor

(D) Kaladi

**(A) Ponnani**

The birthplace of the poet Akkitham (implied context).

96. The present Lok Sabha Speaker is :

(A) Sumitra Mahajan

(B) Smriti Irani

(C) Uma Bharti

(D) Sushma Swaraj

**(A) Sumitra Mahajan**

The Speaker of the Lok Sabha at the time of the 2015 paper.

97. Which nation was the winner in the World cup Football 2014?

(A) Italy

(B) Brazil

(C) Argentina

(D) Germany

**(D) Germany**

The winner of the 2014 FIFA World Cup.

98. Name the first Keralite who sailed around the World:

(A) Santosh Kulangara

(B) Vinayan

(C) Abhilash Tomy

(D) Magellan

**(C) Abhilash Tomy**

The first Indian/Keralite to sail solo around the world.

99. Who is known as 'Little Master'?

(A) Sunil Gavaskar

(B) Sachin Tendulkar

(C) Mohinder Amarnath

(D) Dhoni

**(D) Dhoni**

Likely referring to Dhoni known as "Little Master".

100. ESA means:

(A) Ecologically sensational area

(B) Ecologically sensitive authority

(C) Eco Sensitive area

(D) Ecologically sensitive area

**C) Eco Sensitive Area**

The full form of the ESA abbreviation in environmental contexts.