

# National Testing Agency

<b>Question Paper Name :</b>	Health Education and Recreation 28th August 2021 Shift 2
<b>Subject Name :</b>	Health Education and Recreation
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<b>Total Marks :</b>	100
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## Health Education and Recreation

<b>Group Number :</b>	1
<b>Group Id :</b>	94091849
<b>Group Maximum Duration :</b>	0
<b>Group Minimum Duration :</b>	120
<b>Show Attended Group? :</b>	No
<b>Edit Attended Group? :</b>	No
<b>Break time :</b>	0
<b>Group Marks :</b>	100
<b>Is this Group for Examiner? :</b>	No

## Health Education and Recreation-1

<b>Section Id :</b>	94091877
<b>Section Number :</b>	1
<b>Section type :</b>	Online
<b>Mandatory or Optional :</b>	Mandatory

<b>Number of Questions :</b>	100
<b>Number of Questions to be attempted :</b>	100
<b>Section Marks :</b>	100
<b>Enable Mark as Answered Mark for Review and Clear Response :</b>	Yes
<b>Sub-Section Number :</b>	1
<b>Sub-Section Id :</b>	940918120
<b>Question Shuffling Allowed :</b>	Yes

**Question Number : 1 Question Id : 9409183070 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

In which year, the word health appeared?

1. 1000 A. D.
2. 1500 A. D.
3. 2000 A.D.
4. 2500 A.D.

**Options :**

94091811245. 1

94091811246. 2

94091811247. 3

94091811248. 4

**Question Number : 2 Question Id : 9409183071 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

Name the school that develops the idea "Health as Balance" in a sophisticated way.

1. Hippocratic school
2. Galenic schools
3. Both, Hippocratic & Galenic school
4. None of these

**Options :**

94091811249. 1

94091811250. 2

94091811251. 3

94091811252. 4

**Question Number : 3 Question Id : 9409183072 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

Who pointed out that phenomenological health tends to remain as a forgotten background?

1. Walter Cannon
2. Hans-Georg Gadamer
3. George Adam
4. William billey

**Options :**

94091811253. 1

94091811254. 2

94091811255. 3

94091811256. 4

**Question Number : 4 Question Id : 9409183073 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

Which of the following health educationist is related with the given quote "Health is the person's capacity to function to the greatest capacity"?

1. Bircher
2. Blum
3. Seed house
4. Root house

**Options :**

94091811257. 1

94091811258. 2

94091811259. 3

94091811260. 4

**Question Number : 5 Question Id : 9409183074 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

Which of the following approach is considered to be more effective for overall quality of life?

1. Holistic
2. Mental
3. Intellectual
4. Positive health

**Options :**

94091811261. 1

94091811262. 2

94091811263. 3

94091811264. 4

**Question Number : 6 Question Id : 9409183075 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

Which of the following is not the type of motive?

1. Primary motive
2. Secondary motive
3. Tertiary motive
4. All of these

**Options :**

94091811265. 1

94091811266. 2

94091811267. 3

94091811268. 4

**Question Number : 7 Question Id : 9409183076 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

Which of the following is not related with the primary motives?

1. Praise
2. Sex
3. Love
4. Rivalry

**Options :**

94091811269. 1

94091811270. 2

94091811271. 3

94091811272. 4

**Question Number : 8 Question Id : 9409183077 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

What is the main consideration for delivering health education awareness?

1. Language
2. Religion
3. Caste
4. sex

**Options :**

94091811273. 1

94091811274. 2

94091811275. 3

94091811276. 4

**Question Number : 9 Question Id : 9409183078 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

In how many ways, health education can be imparted?

1. Two
2. Three
3. Four
4. five

**Options :**

94091811277. 1

94091811278. 2

94091811279. 3

94091811280. 4

**Question Number : 10 Question Id : 9409183079 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

What is the ideal group for sharing ideas?

1. 1-5 members
2. 5-10 members
3. 10-15 members
4. 15-20 members

**Options :**

94091811281. 1

94091811282. 2

94091811283. 3

94091811284. 4

**Question Number : 11 Question Id : 9409183080 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

What is the main cause of morbidity and mortality in emergencies?

1. Diarrhoeal diseases
2. Acute respiratory
3. Infections measles
4. All of these

**Options :**

94091811285. 1

94091811286. 2

94091811287. 3

94091811288. 4

**Question Number : 12 Question Id : 9409183081 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

In how many types communicable diseases can be broadly classified?

1. Four
2. Five
3. Six
4. Seven

**Options :**

94091811289. 1

94091811290. 2

94091811291. 3

94091811292. 4

**Question Number : 13 Question Id : 9409183082 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

Which of the following is a Water-borne disease?

1. Cholera
2. HIV
3. Diabetes
4. Tuberculosis

**Options :**

94091811293. 1

94091811294. 2

94091811295. 3

94091811296. 4

**Question Number : 14 Question Id : 9409183083 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

What do PLHIV stands for?

1. People Living with HIV
2. Poor living with HIV
3. People living with HIV
4. None of these

**Options :**

94091811297. 1

94091811298. 2

94091811299. 3

94091811300. 4

**Question Number : 15 Question Id : 9409183084 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**



Expand the words NCDs.

1. No-communicable diseases
2. Non-communicable diseases
3. Number of communicable diseases
4. Not a common diseases

**Options :**

94091811301. 1

94091811302. 2

94091811303. 3

94091811304. 4

**Question Number : 16 Question Id : 9409183085 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

What is referred to be a susceptible population?

1. Host
2. Reservoir
3. Agent
4. Guest

**Options :**

94091811305. 1

94091811306. 2

94091811307. 3

94091811308. 4

**Question Number : 17 Question Id : 9409183086 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

What is the percentage of death due to inadequate sanitation?

1. 4.0 percent
2. 5.0 percent
3. 6.0 percent
4. 7.0 percent

**Options :**

94091811309. 1

94091811310. 2

94091811311. 3

94091811312. 4

**Question Number : 18 Question Id : 9409183087 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

What is the estimated death rate of waterborne diseases per year?

1. 5 million
2. 4 million
3. 6 million
4. 7 million

**Options :**

94091811313. 1

94091811314. 2

94091811315. 3

94091811316. 4

**Question Number : 19 Question Id : 9409183088 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

How many children under the age of five die every day from diarrhea?

1. 2,300 children
2. 2,500 children
3. 2200 children
4. 2,000 children

**Options :**

94091811317. 1

94091811318. 2

94091811319. 3

94091811320. 4

**Question Number : 20 Question Id : 9409183089 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

Which of the following is not a type of intestinal worm infection?

1. Ascariasis
2. Tinea
3. Malnutrition
4. Campylobacteriosis

**Options :**

94091811321. 1

94091811322. 2

94091811323. 3

94091811324. 4

**Question Number : 21 Question Id : 9409183090 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

What is the main cause of diseases that have resulted directly from sanitation?

1. Economy
2. Cleanliness
3. Poverty
4. All of these

**Options :**

94091811325. 1

94091811326. 2

94091811327. 3

94091811328. 4

**Question Number : 22 Question Id : 9409183091 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

Which of the following is more appropriate size of a poster giving message in health education?

1. 50 cm wide by 60 cm high
2. 60 cm wide by 70 cm high
3. 60 cm wide by 90 cm high
4. 70 cm wide by 90 cm high

**Options :**

94091811329. 1

94091811330. 2

94091811331. 3

94091811332. 4

**Question Number : 23 Question Id : 9409183092 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

How many hours in a day an Emergency medical service should be active?

1. 12 hours
2. 20 hours
3. 24 hours
4. 15 hours

**Options :**

94091811333. 1

94091811334. 2

94091811335. 3

94091811336. 4

**Question Number : 24 Question Id : 9409183093 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

How many important characteristic are there in Population?

1. Five
2. Six
3. Seven
4. Eight

**Options :**

94091811337. 1

94091811338. 2

94091811339. 3

94091811340. 4

**Question Number : 25 Question Id : 9409183094 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

What is the total fertility rate in India?

1. 3.11
2. 2.11
3. 4.11
4. 3

**Options :**

94091811341. 1

94091811342. 2

94091811343. 3

94091811344. 4

**Question Number : 26 Question Id : 9409183095 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

What is the primary responsibility of the Department of Family Welfare?

1. Maternal and child health
2. AIDS control programme
3. Cancer control programme
4. Immunization programme

**Options :**

94091811345. 1

94091811346. 2

94091811347. 3

94091811348. 4

**Question Number : 27 Question Id : 9409183096 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

In which year, the Central Births and Deaths Registration Act was formulated?

1. 1969
2. 1979
3. 1989
4. 1999

**Options :**

94091811349. 1

94091811350. 2

94091811351. 3

94091811352. 4

**Question Number : 28 Question Id : 9409183097 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

In which year the Food Adulteration Act was passed?

1. 1944
2. 1954
3. 1964
4. 1974

**Options :**

94091811353. 1

94091811354. 2

94091811355. 3

94091811356. 4

**Question Number : 29 Question Id : 9409183098 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

According to 2011 census how many districts are there in India?

1. 630
2. 620
3. 640
4. 650

**Options :**

94091811357. 1

94091811358. 2

94091811359. 3

94091811360. 4

**Question Number : 30 Question Id : 9409183099 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

What is the term of Panchayat members?

1. 2 to 3 years
2. 3 to 4 years
3. 4 to 5 years
4. 5 to 6 years

**Options :**

94091811361. 1

94091811362. 2

94091811363. 3

94091811364. 4

**Question Number : 31 Question Id : 9409183100 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**



What is PHC?

1. Public Health Centre
2. Primary Health Centre
3. Parental Health Centre
4. Primary Health Care

**Options :**

94091811365. 1

94091811366. 2

94091811367. 3

94091811368. 4

**Question Number : 32 Question Id : 9409183101 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

What is the full form of ASHA?

1. Accreditation of Social Health Activist
2. Accredited Social Health Activity
3. Association of Social Health Activity
4. Accredited Social Health Activist

**Options :**

94091811369. 1

94091811370. 2

94091811371. 3

94091811372. 4

**Question Number : 33 Question Id : 9409183102 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

In what year was the Rural Health Guides scheme introduced?

1. 1977
2. 1999
3. 1988
4. 1966

**Options :**

94091811373. 1

94091811374. 2

94091811375. 3

94091811376. 4

**Question Number : 34 Question Id : 9409183103 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

What is the preferred age range to enroll in the ASHA programme?

1. 35 to 45 years
2. 25 to 45 years
3. 30 to 45 years
4. 40 to 45

**Options :**

94091811377. 1

94091811378. 2

94091811379. 3

94091811380. 4

**Question Number : 35 Question Id : 9409183104 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

Planning is a ----- process.

1. Constructive
2. Continuous
3. Hard
4. Long term

**Options :**

94091811381. 1

94091811382. 2

94091811383. 3

94091811384. 4

**Question Number : 36 Question Id : 9409183105 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

How many steps are there in planning?

1. Six
2. Seven
3. Eight
4. Nine

**Options :**

94091811385. 1

94091811386. 2

94091811387. 3

94091811388. 4

**Question Number : 37 Question Id : 9409183106 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

Which of the following is the characteristic of the society?

1. Culture
2. Gender
3. Both, culture and gender
4. None of these

**Options :**

94091811389. 1

94091811390. 2

94091811391. 3

94091811392. 4

**Question Number : 38 Question Id : 9409183107 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

Which of the following is not a hygiene-related disease?

1. Scabies and Ringworm
2. Tooth decay
3. Anaemia
4. Fungal infection

**Options :**

94091811393. 1

94091811394. 2

94091811395. 3

94091811396. 4

**Question Number : 39 Question Id : 9409183108 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

Name the outer layer of the skin.

1. Dermis
2. Epidermis
3. None of these
4. Both, dermis and epidermis

**Options :**

94091811397. 1

94091811398. 2

94091811399. 3

94091811400. 4

**Question Number : 40 Question Id : 9409183109 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

Which of the following has the Blood vessels?

1. Dermis
2. Epidermis
3. Both (a) and (b)
4. None of the above

**Options :**

94091811401. 1

94091811402. 2

94091811403. 3

94091811404. 4

**Question Number : 41 Question Id : 9409183110 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

Which type of vitamin is manufactured in the skin as a result of the action of sunlight?

1. Vitamin A
2. Vitamin D
3. Vitamin E
4. Vitamin C

**Options :**

94091811405. 1

94091811406. 2

94091811407. 3

94091811408. 4

**Question Number : 42 Question Id : 9409183111 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

Which of the following is a contagious disease that appears as patches on the skin?

1. Leprosy
2. Moles
3. Tumors
4. All these

**Options :**

94091811409. 1

94091811410. 2

94091811411. 3

94091811412. 4

**Question Number : 43 Question Id : 9409183112 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

What is it called when someone wakes up early and finds it difficult to get back to sleep?

1. Maximum Insomnia
2. Minimum Insomnia
3. Terminal Insomnia
4. None of the above

**Options :**

94091811413. 1

94091811414. 2

94091811415. 3

94091811416. 4

**Question Number : 44 Question Id : 9409183113 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

How many hours per day do teens need to sleep?

1. 8 to 9 hours
2. 10 to 11 hours
3. 11 to 12 hours
4. 12 to 13 hours

**Options :**

94091811417. 1

94091811418. 2

94091811419. 3

94091811420. 4

**Question Number : 45 Question Id : 9409183114 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

What is the risk factor of the lack of sleep?

1. Heart disease
2. Type 2 diabetes
3. Overweight and obesity.
4. All of these

**Options :**

94091811421. 1

94091811422. 2

94091811423. 3

94091811424. 4

**Question Number : 46 Question Id : 9409183115 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

What is the average hours of sleep for an adult?

1. 7-8 hours
2. 6-7 hours
3. 5-6 hours
4. 4-5 hours

**Options :**

94091811425. 1

94091811426. 2

94091811427. 3

94091811428. 4

**Question Number : 47 Question Id : 9409183116 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**



Which of the following is not an important aspect of public health?

1. Housing
2. Water supply
3. Sewage
4. None of these

**Options :**

94091811429. 1

94091811430. 2

94091811431. 3

94091811432. 4

**Question Number : 48 Question Id : 9409183117 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

How much water is estimated as the minimum requirement for a person at home to drink, prepare meals and maintain personal hygiene every day?

1. 7 litres
2. 7.5 litres
3. 8 litres
4. 8.5 litres

**Options :**

94091811433. 1

94091811434. 2

94091811435. 3

94091811436. 4

**Question Number : 49 Question Id : 9409183118 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

If there are disinfectants or organic pollutants such as fecal coliforms or E. coli in the water, which of the following can be the caused?

1. Stomach discomfort
2. Kidney problems
3. Liver discomfort
4. All of these

**Options :**

94091811437. 1

94091811438. 2

94091811439. 3

94091811440. 4

**Question Number : 50 Question Id : 9409183119 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

What is the complete form of WHO?

1. World Healthful Organization
2. World Health Organization
3. World Healthy Organization
4. World Human Organization

**Options :**

94091811441. 1

94091811442. 2

94091811443. 3

94091811444. 4

**Question Number : 51 Question Id : 9409183120 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

What is the aim of school health services?

1. To promote health of school children
2. To diagnose health of school children
3. To treat health of school children
4. To provide health awareness to school children

**Options :**

94091811445. 1

94091811446. 2

94091811447. 3

94091811448. 4

**Question Number : 52 Question Id : 9409183121 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

Which of the following are not a symptom and sign of Malnutrition?

1. Loss of appetite
2. Weight loss
3. Tiredness
4. Skin allergic

**Options :**

94091811449. 1

94091811450. 2

94091811451. 3

94091811452. 4

**Question Number : 53 Question Id : 9409183122 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

How many respiratory or respiratory tract infections will most children have each year?

1. 6 to 8
2. 5 to 6
3. 4 to 5
4. 3 to 4

**Options :**

94091811453. 1

94091811454. 2

94091811455. 3

94091811456. 4

**Question Number : 54 Question Id : 9409183123 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

Which of the following is not a common parasite in children?

1. Ascariasis
2. Amebiasis
3. Tapeworm
4. None of these

**Options :**

94091811457. 1

94091811458. 2

94091811459. 3

94091811460. 4

**Question Number : 55 Question Id : 9409183124 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

In order to run school and implement the school health services effectively, the school health team should consist of-

1. The school principal
2. The school teacher
3. The parents
4. Both, school principal and school teacher

**Options :**

94091811461. 1

94091811462. 2

94091811463. 3

94091811464. 4

**Question Number : 56 Question Id : 9409183125 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

The School Health Service in India dates back to

1. 1909
2. 1990
3. 1910
4. 1980

**Options :**

94091811465. 1

94091811466. 2

94091811467. 3

94091811468. 4

**Question Number : 57 Question Id : 9409183126 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

The Bhore committee was established in-

1. 1945
2. 1946
3. 1947
4. 1948

**Options :**

94091811469. 1

94091811470. 2

94091811471. 3

94091811472. 4

**Question Number : 58 Question Id : 9409183127 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

NRHM stands for-

1. National Reserved Health Mission
2. National Rural Healthy Mission
3. National Rural Human Mission
4. National Rural Health Mission

**Options :**

94091811473. 1

94091811474. 2

94091811475. 3

94091811476. 4

**Question Number : 59 Question Id : 9409183128 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

What is the full form of RKSK?

1. Rashtriya Kisan Swasthya Karyakram
2. Rashtriya Kishor Swasthya Karyakram
3. Rashtriya Kisan Social Karyakram
4. None of these

**Options :**

94091811477. 1

94091811478. 2

94091811479. 3

94091811480. 4

**Question Number : 60 Question Id : 9409183129 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

Hiking is an exercise that can reduce-

1. Obesity
2. Illness
3. Both
4. None of these

**Options :**

94091811481. 1

94091811482. 2

94091811483. 3

94091811484. 4

**Question Number : 61 Question Id : 9409183130 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

In which year Mahatma Gandhi led a dedicated band of Ambulance Corps Volunteers?

1. 1905
2. 1906
3. 1907
4. 1908

**Options :**

94091811485. 1

94091811486. 2

94091811487. 3

94091811488. 4

**Question Number : 62 Question Id : 9409183131 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

Brain cannot function without oxygen for longer than

1. 2 minutes
2. 4 minutes
3. 3 minutes
4. 5 minutes

**Options :**

94091811489. 1

94091811490. 2

94091811491. 3

94091811492. 4

**Question Number : 63 Question Id : 9409183132 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**



What is the full form of CPR?

1. Cardio Pulmonary Resuscitation
2. Cardio Pulmonary Respiration
3. Cardio Pulmonary Renovation
4. None of these

**Options :**

94091811493. 1

94091811494. 2

94091811495. 3

94091811496. 4

**Question Number : 64 Question Id : 9409183133 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

What is the first responsibility of a First Aid worker?

1. To stand and watch the situation.
2. To call an ambulance and wait for the ambulance to arrive
3. To remove the casualty from danger without endangering one owns life
4. All of these

**Options :**

94091811497. 1

94091811498. 2

94091811499. 3

94091811500. 4

**Question Number : 65 Question Id : 9409183134 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

Emergency management for quick torch examination of eye is-

1. Check the Iris, Pupil and Light reaction
2. Diagnosed the history
3. Immediate referral to nearest Ophthalmologist
4. Topical anesthesia

**Options :**

94091811501. 1

94091811502. 2

94091811503. 3

94091811504. 4

**Question Number : 66 Question Id : 9409183135 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

According to the WHO, how many blind people were there globally in 2010?

1. 39 million
2. 40 million
3. 41 million
4. 42 million

**Options :**

94091811505. 1

94091811506. 2

94091811507. 3

94091811508. 4

**Question Number : 67 Question Id : 9409183136 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

What is the full form of IAPB?

1. International Association for the Prevention of Blindness
2. Indian Agency for the Prevention of Blindness
3. Internal Agency for the Prevention of Blindness
4. International Agency for the Prevention of Blindness

**Options :**

94091811509. 1

94091811510. 2

94091811511. 3

94091811512. 4

**Question Number : 68 Question Id : 9409183137 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

What are the Common Eye Problems?

1. Cataract
2. Glaucoma
3. Uncorrected Refractive Error
4. All of these

**Options :**

94091811513. 1

94091811514. 2

94091811515. 3

94091811516. 4

**Question Number : 69 Question Id : 9409183138 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

Dietary habits and choices play a significant role in the quality of life and-

1. Health and longevity
2. Fitness and stamina
3. Fatness and dullness
4. All of these

**Options :**

94091811517. 1

94091811518. 2

94091811519. 3

94091811520. 4

**Question Number : 70 Question Id : 9409183139 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

What is the recommended percentage of carbohydrates for sufficient dietary composition for most people?

1. 55-60 %
2. 45-50 %
3. 50-55%
4. 40-45%

**Options :**

94091811521. 1

94091811522. 2

94091811523. 3

94091811524. 4

**Question Number : 71 Question Id : 9409183140 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

Which of the following is not the Macronutrient?

1. Proteins
2. Fats
3. Carbohydrates
4. Vitamins

**Options :**

94091811525. 1

94091811526. 2

94091811527. 3

94091811528. 4

**Question Number : 72 Question Id : 9409183141 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

Which of the following are not Monosaccharides?

1. Starch
2. Glucose
3. Galactose
4. Fructose

**Options :**

94091811529. 1

94091811530. 2

94091811531. 3

94091811532. 4

**Question Number : 73 Question Id : 9409183142 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

Which type of carbohydrate is an immediate source of energy?

1. Simple carbohydrates
2. Fibre
3. Complex carbohydrate
4. None of these

**Options :**

94091811533. 1

94091811534. 2

94091811535. 3

94091811536. 4

**Question Number : 74 Question Id : 9409183143 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

Turmeric powder is commonly adulterated by-

1. Lead chromate
2. Date husk
3. Glucose
4. Starch

**Options :**

94091811537. 1

94091811538. 2

94091811539. 3

94091811540. 4

**Question Number : 75 Question Id : 9409183144 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

In which year The International Federation of Camping Clubs was founded?

1. 1932
2. 1945
3. 1960
4. 1975

**Options :**

94091811541. 1

94091811542. 2

94091811543. 3

94091811544. 4

**Question Number : 76 Question Id : 9409183145 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

What is the energy requirement for adult sedentary men?

1. 2400 kcal
2. 2500 kcal
3. 2600 kcal
4. 2700 Kcal

**Options :**

94091811545. 1

94091811546. 2

94091811547. 3

94091811548. 4

**Question Number : 77 Question Id : 9409183146 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

What type of vitamin is produced by micro-organisms in the intestines?

1. Vitamin D
2. Vitamin A
3. Vitamin K
4. Vitamin C

**Options :**

94091811549. 1

94091811550. 2

94091811551. 3

94091811552. 4

**Question Number : 78 Question Id : 9409183147 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

When did the ICMR's Nutrition Advisory Board first proposed a balanced diet for different individual groups under the RDA?

1. 1968
2. 1989
3. 1990
4. 1976

**Options :**

94091811553. 1

94091811554. 2

94091811555. 3

94091811556. 4

**Question Number : 79 Question Id : 9409183148 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**



Which of the following is caused by inadequate protein intake resulting in a low concentration of amino acids?

1. Marasmus
2. PEM
3. Kwashiorkor
4. Malnutrition

**Options :**

94091811557. 1

94091811558. 2

94091811559. 3

94091811560. 4

**Question Number : 80 Question Id : 9409183149 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

In which year Family Planning was recognized as a Fundamental Human Right by the United Nations Conference on Human Rights?

1. 1968
2. 1978
3. 1988
4. 1998

**Options :**

94091811561. 1

94091811562. 2

94091811563. 3

94091811564. 4

**Question Number : 81 Question Id : 9409183150 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

What does TFR mean?

1. Total fertility remark
2. Total fertilization rate
3. Total fertility range
4. Total fertility rate

**Options :**

94091811565. 1

94091811566. 2

94091811567. 3

94091811568. 4

**Question Number : 82 Question Id : 9409183151 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

When is World Population Day celebrated?

1. July 11th
2. June 11th
3. August 11th
4. September 11th

**Options :**

94091811569. 1

94091811570. 2

94091811571. 3

94091811572. 4

**Question Number : 83 Question Id : 9409183152 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

What is the age range of adolescence?

1. 15 to 19 years
2. 16 to 19 years
3. 10 to 19 years
4. 10 to 15 years

**Options :**

94091811573. 1

94091811574. 2

94091811575. 3

94091811576. 4

**Question Number : 84 Question Id : 9409183153 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

What is the full form of STD?

1. Sex Transmitted Diseases
2. Sexually Transmitted Diseases
3. Sexual Transmitted Diseases
4. Sexually Transmit Diseases

**Options :**

94091811577. 1

94091811578. 2

94091811579. 3

94091811580. 4

**Question Number : 85 Question Id : 9409183154 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

In which year was the US Centers for Disease Control and Prevention, or CDC created?

1. 1946
2. 1977
3. 1966
4. 1955

**Options :**

94091811581. 1

94091811582. 2

94091811583. 3

94091811584. 4

**Question Number : 86 Question Id : 9409183155 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

Sex education gradually provides important information about conception, contraception and \_\_\_\_\_

1. Sexually transmitted diseases
2. Economic impact on family
3. Emotional impact on parents
4. Knowledge of population

**Options :**

94091811585. 1

94091811586. 2

94091811587. 3

94091811588. 4

**Question Number : 87 Question Id : 9409183156 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

What is the rational treatment for diarrhea to prevent dehydration?

1. Oral rehydration therapy (ORS)
2. Sanitation and hygiene
3. Detection of malnutrition
4. WASH project

**Options :**

94091811589. 1

94091811590. 2

94091811591. 3

94091811592. 4

**Question Number : 88 Question Id : 9409183157 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

Which of the following is the largest bilateral agency?

1. Oxfam
2. Action Aid International
3. USAID
4. WHO

**Options :**

94091811593. 1

94091811594. 2

94091811595. 3

94091811596. 4

**Question Number : 89 Question Id : 9409183158 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

To which country does the 1929 Nobel laureates Thomas Mann, a novelist, short story writer, social critic, philanthropist, essayist belong?

1. Germany
2. Greece
3. America
4. France

**Options :**

94091811597. 1

94091811598. 2

94091811599. 3

94091811600. 4

**Question Number : 90 Question Id : 9409183159 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

An individual who engages in mechanical devices or working long hours leads to-

1. Physical problems
2. Mental problems
3. Social problems
4. All of these

**Options :**

94091811601. 1

94091811602. 2

94091811603. 3

94091811604. 4

**Question Number : 91 Question Id : 9409183160 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

Who said Recreation is a way of life?

1. D. Butler
2. J. B. Nash
3. Hatchinso
4. George Bunk

**Options :**

94091811605. 1

94091811606. 2

94091811607. 3

94091811608. 4

**Question Number : 92 Question Id : 9409183161 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

Recreation planning is also referred to as-

1. Community recreation
2. Organized recreation
3. Family recreation
4. Social recreation

**Options :**

94091811609. 1

94091811610. 2

94091811611. 3

94091811612. 4

**Question Number : 93 Question Id : 9409183162 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

In how many categories can games be divided into?

1. 2 types
2. 3 types
3. 4 types
4. 5 types

**Options :**

94091811613. 1

94091811614. 2

94091811615. 3

94091811616. 4

**Question Number : 94 Question Id : 9409183163 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

What does FLE stands for?

1. Formal life education
2. Fundamental life education
3. Family lifting education
4. Family life education

**Options :**

94091811617. 1

94091811618. 2

94091811619. 3

94091811620. 4

**Question Number : 95 Question Id : 9409183164 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**



Who proposed for a national effort to eradicate malaria?

1. Louis Laval Williams
2. Justin M. Andrews
3. George Anderson
4. Hallund William

**Options :**

94091811621. 1

94091811622. 2

94091811623. 3

94091811624. 4

**Question Number : 96 Question Id : 9409183165 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

In which year Objectives and activities of the Diarrhoeal Disease Control Programme was launched?

1. 1978
2. 1979
3. 1971
4. 1973

**Options :**

94091811625. 1

94091811626. 2

94091811627. 3

94091811628. 4

**Question Number : 97 Question Id : 9409183166 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

Which of the following is not a diarrhea-related sign or symptom?

1. Loose, watery stools
2. Abdominal cramps
3. Abdominal pain
4. None of these

**Options :**

94091811629. 1

94091811630. 2

94091811631. 3

94091811632. 4

**Question Number : 98 Question Id : 9409183167 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

What does DOTS stand for?

1. Directly Operation Treatment Short-course
2. Directly Observation Treatment Short-course
3. Directly Observed Treatment Short-course
4. Direct Observed Treatment Short-course

**Options :**

94091811633. 1

94091811634. 2

94091811635. 3

94091811636. 4

**Question Number : 99 Question Id : 9409183168 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

Which of the following is not a transmission route of AIDS?

1. Transfusion with infected blood, blood products, organ, tissues transplantation and artificial insemination
2. Contaminated syringes and needles
3. From an infected mother to her child
4. Sharing toilet and food

**Options :**

94091811637. 1

94091811638. 2

94091811639. 3

94091811640. 4

**Question Number : 100 Question Id : 9409183169 Question Type : MCQ Option Shuffling : No**

**Is Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

When was the World Health Organization established as a specialized agency of the United Nations?

1. 1971
2. 1948
3. 1945
4. 1942

**Options :**

94091811641. 1

94091811642. 2

94091811643. 3

94091811644. 4