

SECTION A

1.

Which of the following folk/tribal dances is associated with Karnataka?

(A)

Yakshagana

(B)

Jhora

(C)

Jatra

(D)

Veedhi

Answer: Yakshagana

2.

Which institution recently released the 'Survey on dietary supplements' ?

(A)

FCI

(B)

FSSAI

(C)

NITI Aayog

(D)

Union Health Ministry

Answer: FSSAI

3.

Food Safety and Standards Authority of India (FSSAI) has specified identity standards for which product, for the first time?

(A)

Milk Products

(B)

Basmati Rice

(C)

Health Supplements

(D)

Organic Foods

Answer: Basmati Rice

4.

Scrubbers are primarily used to remove the following gases from the exhaust after spraying water/ lime

(A)

CO₂

(B)

SO₂

(C)

O₂ & N₂

(D)

CO & CO₂

Answer: SO₂

5.

Which of the following statements is not correct with reference to the Indian Freedom Struggle?

(A)

The Rowlatt Act aroused a wave popular indignation and led to the JalianwallaBagh Massacre

(B)

Subhash Chandra Bose formed the Forward Bloc

(C)

Bhagat Singh was one of the founders of Hindustan Republican Socialist Association

(D)

In 1931 the Congress Session at Karachi opposed Gandhi-Irwin Pact

Answer: In 1931 the Congress Session at Karachi opposed Gandhi-Irwin Pact

6.

What is the minimum number of Judges of the Supreme Court required for hearing any case involving interpretation of the Constitution?

(A)

10

(B)

8

(C)

7

(D)

5

Answer: 5

7.

What percent of the total geographical area of India is cover by the Thar desert?

(A)

1.32%

(B)

2.53%

(C)

3.5%

(D)

5%

Answer: 5%

8.

A mix of Fentanyl and animal tranquilizer called Xylazine, known as 'Tranq Dope' is causing concerns in which country?

(A)

India

(B)

Sri Lanka

(C)

USA

(D)

China

Answer: USA

9.

What is the name of the small space rock, which is responsible for the coolant leakage of the Soyuz MS-22 capsule?

(A)

Mini-meteoroid

(B)

Micro-meteoroid

(C)

Ultra-meteoroid

(D)

Milli-meteoroid

Answer: Micro-meteoroid

10.

Which country is the host of FIFA Under-17 Women's World Cup 2022?

(A)

Sri Lanka

(B)

UAE

(C)

India

(D)

Bangladesh

Answer: India

11.

Rectifiers are used to convert__:

(A)

High voltage to low voltage

(B)

Low voltage to high voltage

(C)

DC to AC

(D)

AC to DC

Answer: AC to DC

12.

In MRI machine, which one of the following is used?

(A)

Sound wave

(B)

'X'-ray

(C)

Ultra-sound wave

(D)

Magnetic wave

Answer: Magnetic wave

13.

In which region of electromagnetic spectrum does the Lyman series of hydrogen atom lie?

(A)

Visible

(B)

Infrared

(C)

Ultraviolet

(D)

X-ray

Answer: Ultraviolet

14.

Which gas is used as a fuel in a rocket?

(A)

Radon

(B)

Hydrogen

(C)

Chlorine

(D)

Nitrogen

Answer: Hydrogen

15.

Vinegar made by fermentation from cane sugar contains:

- (A)
palmitic acid
- (B)
lactic acid
- (C)
citric acid
- (D)
acetic acid

Answer: acetic acid

16.

Which of the following is not an example of a biomass energy source?

- (A)
Wood
- (B)
Gobar gas
- (C)
Atomic energy
- (D)
Coal

Answer: Atomic energy

17.

Which among the following is the first state in India to introduce “Oak Tussar Industry”?

(A)

Manipur

(B)

Orissa

(C)

Assam

(D)

Kerala

Answer: Manipur

18.

What is the name of cyber attack in which a computing device is hijacked and its resources are used to illicitly mine cryptocurrency?

(A)

Crypto-hacking

(B)

Cryptojacking

(C)

Mine-hacking

(D)

Minejacking

Answer: Cryptojacking

19.

Jawaharlal Nehru Port Authority (JNPA) is located in which state/UT?

(A)

Maharashtra

(B)

Tamil Nadu

(C)

Karnataka

(D)

Andhra Pradesh

Answer: Maharashtra

20.

Which country plays host to the 'Asia Cup 2022'?

(A)

India

(B)

Sri Lanka

(C)

UAE

(D)

Bangladesh

Answer: UAE

SECTION B

21

No civil servant is required to resign if elected as chairperson of Local Body in:

(A)

UK

(B)

USA

(C)

India

(D)

France

Answer: USA

22

Fred Riggs describes the relationship between 'Development Administration and Administrative Development' as:

(A)

two sides of one coin

(B)

Chicken and egg

(C)

Contradictory

(D)

Supplementary

Answer: Chicken and egg

23

'Departmentalization of Accounts' in India started from:

(A)

1985

(B)

1976

(C)

1973

(D)

1968

Answer: 1976

24

According to Urwick, where the work is of a more simple and routine nature, the span of control varies from

(A)

9 to 12

(B)

8 to 12

(C)

7 to 9

(D)

10 to 12

Answer: 8 to 12

25

Bureaucracy that is committed to the programmes of the political party in power is called

(A)

Depoliticised bureaucracy

(B)

Semi-politicised bureaucracy

(C)

Committed bureaucracy

(D)

Fully politicised bureaucracy

Answer: Committed bureaucracy

26

Simon was positively influenced by ideas of

(A)

Terry

(B)

Barnard

(C)

L. D. White

(D)

Henry Fayol

Answer: Barnard

27

Which of the following is not included in 'hygiene' factors in the Herzberg's two-factor theory of motivation?

(A)

Salary

(B)

Working conditions

(C)

Company's policy

(D)

Responsibility

Answer: Responsibility

28

"Which of the following statements is true?

Impaired foetal growth is described as intrauterine growth retardation (IUGR). IUGR has the same definition as:"

(A)

low birthweight (LBW)

(B)

very low birthweight (VLBW)

(C)

birth weight below a population threshold for gestational age

(D)

pre-term birth

Answer: birth weight below a population threshold for gestational age

29

The process involved in the development of a mature ovum is called

- (A)
Oogenesis
- (B)
Fertilization
- (C)
Gametogenesis
- (D)
Spermatogenesis

Answer: Oogenesis

30

Fetal period begins from the _____ weeks after conception.

- (A)
8
- (B)
4
- (C)
6
- (D)
12

Answer: 8

31

_____ is a possible symptom of miscarriage.

(A)

Headache

(B)

Vaginal bleeding with or without cramps

(C)

Swollen feet

(D)

Nausea

Answer: Vaginal bleeding with or without cramps

32

How many days before menstruation ovulation occurs?

(A)

28 days

(B)

14 days

(C)

7 days

(D)

32 days

Answer: 14 days

33

The weight of a baby at birth is 2 kg. How much fluid does a baby need on the first and third day respectively?

(A)

40ml/kg/day and 50ml/kg/day

(B)

60ml/kg/day and 100ml/kg/day

(C)

50ml/kg/day and 70ml/kg/day

(D)

80ml/kg/day and 120ml/kg/day

Answer: 60ml/kg/day and 100ml/kg/day

34

The term fetus is used in pregnancy for:

(A)

up to 0-2 weeks

(B)

up 0-4 weeks

(C)

up 2-8 weeks

(D)

beyond 9 weeks

Answer: beyond 9 weeks

35

How much water is required in Delhi?

(A)

950 mgd

(B)

1050 mgd

(C)

1150 mgd

(D)

120mgd

Answer: 1150 mgd

36

How much water is supplied within Delhi?

(A)

840

(B)

940

(C)

1040

(D)

2122

Answer: 1040

37

Identify which one is the correct process.

(A)

Sanitize, Disinfect, and Clean

(B)

Wash, Rinse, and Repeat

(C)

Wash, Rinse, and Sanitize

(D)

Wash, Rinse, Towel Dry

Answer: Wash, Rinse, and Sanitize

38

Moulds, yeast, and fungi are examples of a

(A)

Physical hazard

(B)

Chemical hazard

(C)

Pathogenic bacterium

(D)

Biological hazard

Answer: Biological hazard

39

Normal temperature of the human body is:

(A)

40.5 F

(B)

36.9 F

(C)

98.6 F

(D)

82.4 F

Answer: 98.6 F

40

Sanitation is the means of promoting health through prevention of human contact with the hazards of waste.

(A)

Hygienic

(B)

Proper

(C)

Better

(D)

Perfect

Answer: Hygienic

41

Sewage is mainly generated from which of these?

(A)

Houses

(B)

Factories

(C)

Offices

(D)

Hospitals

Answer: Houses

42

Which of the following diseases is not an infectious disease?

(A)

Tuberculosis

(B)

Influenza

(C)

AIDS

(D)

Albinism

Answer: Albinism

43

Which of the following diseases is caused by bacteria?

(A)

Scurvy

(B)

Night blindness

(C)

Tonsillitis

(D)

Rickets

Answer: Tonsillitis

44

Which of the following statements about biological viruses is false?

- (A)
Observation with an electron microscope
- (B)
Cannot live independently
- (C)
No cellular structure
- (D)
Computer crashes

Answer: Computer crashes

45

Which of the following is not a communicable disease?

- (A)
Cholera
- (B)
Cancer
- (C)
Chickenpox
- (D)
Malaria

Answer: Cancer

46

Excessive bleeding during an injury is a deficiency of _____.

(A)

Vitamin A

(B)

Vitamin B

(C)

Vitamin K

(D)

Vitamin E

Answer: Vitamin K

47

Goitre and the enlarged thyroid gland are mainly diagnosed in patients with deficiencies of which of the following minerals?

(A)

Iron

(B)

Iodine

(C)

Calcium

(D)

Phosphorus

Answer: Iodine

48

Which of the following diseases is caused by various pathogenic microorganisms?

(A)

Deficiency diseases

(B)

Hereditary diseases

(C)

Infectious diseases

(D)

Degenerative diseases

Answer: Infectious diseases

49

Which of the following vitamins is also known as ascorbic acid?

(A)

Vitamin A

(B)

Vitamin B

(C)

Vitamin C

(D)

Vitamin E

Answer: Vitamin C

50

The deficiency diseases can be prevented by _____.

(A)

Prolonged cooking

(B)

Eating only fruits

(C)

Eating only vegetables

(D)

Eating food with good nutritional value

Answer: Eating food with good nutritional value

51

AIDS, common cold, dengue fever and influenza are examples of _____.

(A)

Deficiency diseases

(B)

Infectious diseases

(C)

Physiological diseases

(D)

Non-infectious diseases

Answer: Infectious diseases

52

Retinitis pigmentosa (Rod-cone dystrophy): Retinitis pigmentosa is the most common inherited _____ disease.

(A)

Thiamine

(B)

Retinal

(C)

Riboflavin

(D)

Folic acid

Answer: Retinal

53

"Which of the following factors do not influence health?

- I. Education and literacy
- II. Physical environments
- III. allocentric behaviour
- IV. biology and genetics"

(A)

II and III

(B)

Only III

(C)

Only II

(D)

II & IV

Answer: Only III

54

Which group of words signifies the abbreviation 'abc' used during first aid procedure?

(A)

airway, breathing, cardiac

(B)

assessment, breathing, circulation

(C)

airway, body check, cardiac

(D)

airway, breathing, circulation

Answer: airway, breathing, circulation

55

"Which of the following procedural points should be covered through staff orientation in the school or college sports program?

I. Financial

II. Healthcare

III. Travel

IV. Public relations"

(A)

II, III and IV

(B)

I, II, III and IV

(C)

I, II and IV

(D)

I and III

Answer: I, II, III and IV

56

Which one of the following is affected in athletic injury as 'strain'?

(A)

Ligaments

(B)

Tendons

(C)

cartilage

(D)

Muscles

Answer: Muscles

57

Which of the following is a pair of viral diseases?

(A)

Ringworm, aldS

(B)

common cold, aldS

(C)

dysentery, common cold

(D)

Typhoid, tuberculosis

Answer: common cold, aldS

58

Which one of the following is a set of diseases caused/spread by mosquitoes?

(A)

cholera, dengue, Malaria

(B)

chikungunya, dengue, Malaria

(C)

chikungunya, cholera, Typhoid

(D)

chikungunya, Malaria, Typhoid

Answer: chikungunya, dengue, Malaria

59

Identify a way that does NOT prevent a non-communicable disease from occurring in someone.

(A)

blood transfusion

(B)

adequate sleep

(C)

balanced diet

(D)

Healthy diet

Answer: blood transfusion

60

For a patient suffering from COPD, the 'C' stands for:

(A)

chronic

(B)

cardiovascular

(C)

cervical

(D)

cardiac

Answer: chronic

61

Who recommended the inclusion of skills-based health education, life skills, child-friendly/health-promoting schools?

(A)

NPE

(B)

NcF

(C)

NcF (2000)

(D)

WHO

Answer: WHO

62

How should the concepts of health, disease and environmental determinants of health be included in the curriculum of health and physical education?

(A)

Experiential learning from primary classes

(B)

Text lessons

(C)

On secondary level only

(D)

Physical activities

Answer: Experiential learning from primary classes

63

By the age of, mental powers are fully developed

(A)

2

(B)

4

(C)

6

(D)

8

Answer: 8

64

After the age of there is sharp decline in the ability to learn

(A)

16

(B)

30

(C)

35

(D)

60

Answer: 30

65

General assembly of UN adopted the Universal Declaration of Human Rights in the year

(A)

1940

(B)

1950

(C)

1948

(D)

1946

Answer: 1948

66

The basic personality traits of an individual is established by the age of

(A)

10 years

(B)

2 years

(C)

6 years

(D)

16 years

Answer: 6 years

67

Period of childhood terminates with the onset of

- (A)
adulthood
- (B)
middle age
- (C)
puberty
- (D)
later childhood

Answer: puberty

68

Unmet need is the reason for

- (A)
Anger
- (B)
Withdrawal
- (C)
Hostility
- (D)
Frustration

Answer: Frustration

69

..... is a social process in which persons or groups try to attain their goal by causing harm to each other

- (A)
Assimilation
- (B)
Conflict
- (C)
Competition
- (D)
Co-operation

Answer: Conflict

70

In Maslow's need theory is the need at the top of the cone

- (A)
Biological need
- (B)
Love
- (C)
Esteem
- (D)
Self-actualization

Answer: Self-actualization

71

The concept of Introvert-Extrovert was coined by

- (A)
Carl Jung
- (B)
Sigmund Freud
- (C)
Erikson
- (D)
Adolf Mayor

Answer: Carl Jung

72

Anatomical basis of thinking is

- (A)
Cerebral cortex
- (B)
Cerebellum
- (C)
Medulla oblongata
- (D)
Pons

Answer: Cerebral cortex

73

Who among the following considered communication as a sharing process?

(A)

dhama and bhatnagar

(B)

wilbur schramm

(C)

joseph a devito

(D)

ban and hawkins

Answer: wilbur schramm

74

Information that is sent back to the source is known as

(A)

context

(B)

feedback

(C)

encoding

(D)

decoding

Answer: feedback

75

Howling and hooting by the audience during a public speech is an example of.....

(A)

positive feedback

(B)

neutral feedback

(C)

complementary feedback

(D)

negative feedback

Answer: negative feedback

76

The chronological evolution of mass media is

(A)

radio, film, newspaper, television

(B)

newspaper, film, radio, television

(C)

newspaper, radio, film, television

(D)

film, newspapers, radio, television

Answer: newspaper, film, radio, television

77

Which of the following is not an advantage of written communication over oral communication?

(A)

it is a permanent record

(B)

provides tangible legal evidence

(C)

accessible to the illiterate

(D)

more accurate than oral communication

Answer: accessible to the illiterate

78

Who coined the term kinesics?

(A)

robert frost

(B)

wilbur schramm

(C)

daniel lerner

(D)

ray birdwhistell

Answer: ray birdwhistell

79

Which of the following is not a characteristic of mass communication?

(A)

instant feedback

(B)

impersonal

(C)

universal access

(D)

presence of gatekeeper

Answer: instant feedback

80

Undesirable consequences of mass communication is known as

- (A)
functions of mass communication
- (B)
dysfunctions of mass communication
- (C)
ethicizing functions of mass communication
- (D)
socialising functions of mass communication

Answer: dysfunctions of mass communication

81

Who explained the dysfunctional effects of mass media?

- (A)
robert merton
- (B)
denis mcqail
- (C)
marshall mcluhan
- (D)
melvin defleur

Answer: robert merton

82

The first printed work using movable types by Gutenberg took place in

- (A)
england
- (B)
germany
- (C)
italy
- (D)
portugal

Answer: germany

83

For the education of the general public, the most potent media is:

- (A)
TV
- (B)
Radio
- (C)
Newspaper
- (D)
Health magazines

Answer: TV

84

Which method is a useful educational device for school children?

- (A)
Demonstration

(B)

Roleplaying

(C)

Simulation exercise

(D)

Group discussion

Answer: Roleplaying

85

The best teaching opportunity for a health worker in the community is:

(A)

Giving health talk at home

(B)

Demonstrating to a group of mothers

(C)

Examining mothers and children

(D)

Completing the records

Answer: Demonstrating to a group of mothers

86

In which of the following there is no two-way communication:

(A)

Lectures

(B)

Symposium

(C)

Group discussion

(D)

Panel discussion

Answer: Lectures

87

The following is true about the symposium:

(A)

Series of speeches are presented on a selected subject

(B)

Two-way communication

(C)

There is discussion among members on the subject

(D)

The chairman makes a summary at the end of an entire session

Answer: There is discussion among members on the subject

88

All are true about panel discussion except:

(A)

Two-way discussion

(B)

There is no specific agenda, no order of speaking, and no set speeches

(C)

The chief panelist initiates the discussion

(D)

Each one prepares a topic for the discussion

Answer: Each one prepares a topic for the discussion

89

Which of the following is a very effective method of health education to bring about a change in the health behaviour of people?

(A)

Panel discussion

(B)

Symposium

(C)

Group discussion

(D)

Workshop

Answer: Group discussion

90

Various pathogenic microorganisms are reason for which type of diseases?

(A)

Deficiency diseases

(B)

Hereditary diseases

(C)

Infectious diseases

(D)

Degenerative diseases

Answer: Infectious diseases

91

Which of these is not a communicable disease?

(A)

Heart disease

(B)

Flu

(C)

Cold

(D)

Stomach virus

Answer: Heart disease

92

Easy Bruising, Excessive bleeding, Heavy and Painful Menstruation etc are signs of deficiency of _____.

(A)

Vitamin A

(B)

Vitamin B

(C)

Vitamin K

(D)

Vitamin E

Answer: Vitamin K

93

Goitre, enlarged thyroid gland, weight gain, fatigue and weakness are signs of deficiency of?

(A)

Iron

(B)

Iodine

(C)

Calcium

(D)

Phosphorus

Answer: Iodine

94

Which of the following is the main cause of blindness in children worldwide?

(A)

Glaucoma

(B)

Cataracts

(C)

Protein deficiency

(D)

Vitamin A deficiency

Answer: deficiency

95

All type of deficiency diseases can be prevented by one major step. What is that step?

- (A)
Cook food for long time
- (B)
Have only fruit diet
- (C)
Eat clean and highly nutritious food
- (D)
Eat fast food

Answer: Eat clean and highly nutritious food

96

Common cold, influenza, measles and COVID-19 are examples of _____.

- (A)
Deficiency Disease
- (B)
Infectious diseases
- (C)
Physiological Diseases
- (D)
Non-infectious diseases

Answer: Infectious diseases

97

Fatigue, muscle weakness, low apptite are caused due to deficiency of

- (A)

Vitamin A

(B)

Vitamin C

(C)

Vitamin D

(D)

Vitamin K

Answer: Vitamin D

98

Which of the following vitamins functions as both hormone and visual pigment?

(A)

Thiamine

(B)

Retinal

(C)

Riboflavin

(D)

Folic acid

Answer: Retinal

99

Which of the following vitamin is also known as niacin and plays a vital role in many digestive tract functions?

(A)

Vitamin B1

(B)

Vitamin B2

(C)

Vitamin B3

(D)

Vitamin B12

Answer: Vitamin B3

100

The Deficiency of vitamin E leads to _____

(A)

Soft Bones

(B)

Bleeding in gums

(C)

Weakness in muscles

(D)

Neurological disorders

Answer: Weakness in muscles