

JEPAS(PG)-2021

1101200001

Subject: Diploma in Health Promotion and Education (DHPE)

Duration: 90 minutes

Full Marks: 100

Instructions

1. All questions are of objective type having four answer options for each. Only one option is correct. Correct answer will carry full marks 1. In case of incorrect answer or any combination of more than one answer, $\frac{1}{4}$ mark will be deducted.
2. Questions must be answered on OMR sheet by darkening the appropriate bubble marked A, B, C, or D.
3. Use only **Black/Blue ball point pen** to mark the answer by complete filling up of the respective bubbles.
4. Mark answers only in the space provided. Do not make any stray mark on the OMR.
5. Write question booklet number and your roll number carefully in the specified locations of the **OMR**. Also fill appropriate bubbles.
6. Write your name (in block letter), name of the examination centre and put your full signature in appropriate boxes in the OMR.
7. The OMR is liable to become invalid if there is any mistake in filling the correct bubbles for question booklet number/roll number or if there is any discrepancy in the name/signature of the candidate, name of the examination centre. The OMR may also become invalid due to folding or putting stray marks on it or any damage to it. The consequence of such invalidation due to incorrect marking or careless handling by the candidate will be sole responsibility of candidate.
8. Candidates are not allowed to carry any written or printed material, calculator, log-table, wristwatch, any communication device like mobile phones etc. inside the examination hall. Any candidate found with such items will be **reported against** and his/her candidature will be summarily cancelled.
9. Rough work must be done on the question paper itself. Additional blank pages are given in the question paper for rough work.
10. Hand over the OMR to the invigilator before leaving the Examination Hall.



1. SDG stands for:
 - A. Suitable Development Group.
 - B. Sustainable Development Goal.
 - C. Supportable Development Group.
 - D. Supplemental Development goal.

2. Sex Ratio is defined as:
 - A. Number of males per 100 females.
 - B. Number of females per 100 males.
 - C. Number of males per 1000 females.
 - D. Number of females per 1000 males.

3. Kala Azar is transmitted from person to person by the bite of:
 - A. Sand fly.
 - B. Sand flea.
 - C. Rat flea.
 - D. Culex mosquito.

4. After vasectomy operation the acceptor male person becomes sterile:
 - A. Immediately after operation.
 - B. Usually after one week.
 - C. After at least 10 ejaculations.
 - D. After at least 30 ejaculations.

5. The most frequently occurring value in a series of observations is called
 - A. Z score.
 - B. Mean.
 - C. Median.
 - D. Mode.

6. Who are NOT beneficiaries of ICDS scheme?
 - A. Adolescent girls.
 - B. Primary School children.
 - C. Pregnant women.
 - D. Lactating women.

7. Preterm babies are:
 - A. Born before 37 completed weeks of gestation.
 - B. Born before 38 completed weeks of gestation.
 - C. Born before 39 completed weeks of gestation.
 - D. Born before 40 completed weeks of gestation.

8. Which vaccine is administered subcutaneously?
 - A. BCG.
 - B. Hepatitis B.
 - C. Measles.
 - D. Pentavalent.

9. World Health Day celebrated on
- A. 7th March.
 - B. 10th March.
 - C. 7th April.
 - D. 10th April.
10. A sub-center in a hilly area caters to a population of
- A. 1000.
 - B. 2000.
 - C. 3000.
 - D. 5000.
11. Which is not included in '5 C's of safe delivery practices
- A. Clean surface.
 - B. Clean blade.
 - C. Clean syringe.
 - D. Clean cord stump.
12. Headquarter of World Health Organisation is at
- A. Rome.
 - B. New York.
 - C. Washington.
 - D. Geneva.
13. All are examples of anti-larval methods of mosquito control, except
- A. Intermittent irrigation.
 - B. DDT.
 - C. Paris green.
 - D. Gambusia fish
14. Breast cancer screening is an example of:
- A. Primary prevention.
 - B. Secondary prevention.
 - C. Tertiary prevention.
 - D. Primordial prevention.
15. The most common cause of blindness in India is
- A. Cataract.
 - B. Vitamin A deficiency.
 - C. Trachoma.
 - D. Refractive error
16. Milk is rich source of all except
- A. Iron.
 - B. Calcium.
 - C. Vitamin A.
 - D. Vitamin C.

17. Which of the following vitamins is supposed to prevent congenital neural tube defects?
- A. Riboflavin.
 - B. Pyridoxine.
 - C. Vitamin E.
 - D. Folic acid.
18. Zero dose of OPV can be given to a newborn within
- A. First 24 hours.
 - B. First 48 hours.
 - C. First week.
 - D. 15 days.
19. B.M.I. is
- A. Weight (kg) / height (m).
 - B. Weight (kg)/ height (m)²
 - C. Height (m) / weight (kg).
 - D. Height (m)/ weight (kg)².
20. The national family planning programme was started in India in
- A. 1948.
 - B. 1950.
 - C. 1952.
 - D. 1955.
21. Pulses are deficient in which of the following amino acid
- A. Methionine.
 - B. Lysine.
 - C. Leucine.
 - D. Tryptophan.
22. Extra energy required in trimester of pregnancy
- A. 150 Kcal/day.
 - B. 250 Kcal/day.
 - C. 350 Kcal/day.
 - D. 450 Kcal/day.
23. Principles of Primary Health Care include all, except
- A. Equitable distribution.
 - B. Intra-sectoral coordination.
 - C. Computerised monitoring of health programmes.
 - D. Participation of community.
24. Diseases transmitted through feco-oral route are all except
- A. Typhoid fever.
 - B. Poliomyelitis.
 - C. Measles.
 - D. Viral hepatitis.

25. "Denominator" for calculating Infant Mortality Rate is:
- A. Mid-year population.
 - B. Total pregnant women of the community.
 - C. Total births in the year.
 - D. Live births in the year.
26. The type of BCG vaccine is
- A. Killed vaccine.
 - B. Toxoid.
 - C. Live attenuated.
 - D. Combined vaccine.
27. Household waste-water which does not contain human excreta is known as:
- A. Refuse.
 - B. Sewage.
 - C. Sludge.
 - D. Sullage.
28. All of the following are common causes of Infant death in India except:
- A. ARI
 - B. Diarrhoea.
 - C. Hypothermia.
 - D. Jaundice.
29. All of the following are important indicators of Dehydration except:
- A. High fever.
 - B. Sunken eyes.
 - C. Cold and Clammy extremities.
 - D. Increased thirst.
30. Exclusive breast feeding should be continued -
- A. Up to six months.
 - B. Up to four months.
 - C. Up to eight months.
 - D. Up to one year.
31. Transmission of Covid 19 predominantly occurs by-
- A. Vehicle transmission.
 - B. Droplet Transmission.
 - C. Fomite borne transmission.
 - D. Air borne transmission.
32. Sudden occurrence of a disease in a large geographic area is known as –
- A. Outbreak.
 - B. Endemic.
 - C. Epidemic.
 - D. Sporadic.

33. A newborn is to be first weighted for weight within
- A. As soon after stabilization.
 - B. After 12 hours of birth.
 - C. After 24 hours of birth.
 - D. After 48 hours of birth.
34. All of the following are true about Breast feeding except -
- A. Should be initiated immediately after birth.
 - B. Should be initiated at least within one hour after birth.
 - C. First milk should not be discarded.
 - D. Should be stopped during Diarrhoea.
35. In JSSK (Janani Shishu Sraksha Karyakaran), the services which are provided to the beneficiaries are-
- A. Free delivery and treatment.
 - B. Free diagnostics and diet.
 - C. Free referral and transport.
 - D. All of the above.
36. First Antenatal visit should be made-
- A. As soon as the pregnancy is suspected, preferably before 12 weeks.
 - B. Between 12 - 14 weeks.
 - C. Between 14 - 16 weeks.
 - D. Only when the mother starts getting some problem.
37. The Post Natal period extends up to-
- A. 2 weeks after delivery.
 - B. 3 weeks after delivery.
 - C. 4 weeks after delivery.
 - D. 6 weeks after delivery.
38. All of the following are Hormonal oral contraceptive pills except-
- A. Combined Oral Contraceptive pill (COC).
 - B. Progestin only Pill (POP).
 - C. Centchroman.
 - D. Emergency Contraceptive pills (ECP).
39. According to WHO adolescents are boys and girls between the age of –
- A. 10 - 19 years.
 - B. 10 - 15 years.
 - C. 15 - 20 years.
 - D. 9 - 12 years.
40. Which of the following foods give the highest amount of calorie per unit?
- A. Carbohydrate.
 - B. Protein.
 - C. Vitamins.
 - D. Fat & oils

41. Pentavalent vaccine contains-
- A. DPT + JE + Measles vaccine.
 - B. DPT + Measles + Rubella vaccine.
 - C. DPT + Rota + IPV.
 - D. DPT + Hep-B + Hib.
42. Expressed breast milk can be kept under ordinary condition for –
- A. Upto 2 hours.
 - B. Upto 24 hours.
 - C. Upto 6 hours.
 - D. Upto 1 hour.
43. Separation of a sick/ infected person in a place till he or she becomes non- infectious is called-
- A. Isolation.
 - B. Quarantine.
 - C. Observation.
 - D. Monitoring.
44. Eligible couple is couple where in the age of the wife ranges from-
- A. 21- 45 years.
 - B. 15- 45 years.
 - C. 15- 49 years.
 - D. 20- 40 years.
45. All of the following are major warning signs or symptoms during Antenatal period-
- A. Any bleeding per vagina.
 - B. Blurring of vision.
 - C. Loss of foetal movements.
 - D. All of the above.
46. Low birth weight means-
- A. Less than 3 kg at birth.
 - B. Less than 2.5 kg at birth.
 - C. Less than 3.5 kg at birth.
 - D. Deliveries before 37 weeks of pregnancy.
47. Deficiency of Vit –C can cause-
- A. Anaemia.
 - B. Angular stomatitis.
 - C. Scurvy.
 - D. Glossitis.
48. All of the following are fat soluble vitamin except-
- A. Vitamin-A.
 - B. Vitamin-C.
 - C. Vitamin-D.
 - D. Vitamin-E.

49. The commonest direct causes of Maternal mortality is-
- A. Sepsis.
 - B. Haemorrhage.
 - C. Anaemia.
 - D. Unsafe abortion.
50. The process whereby nutrients are added to food to improve its quality is called-
- A. Fortification.
 - B. Adulteration.
 - C. Standardisation.
 - D. Preservation.
51. All of the following are advantages of exclusive breast feeding to the mother except-
- A. Acts as a natural contraceptive.
 - B. Helps in early involution of uterus.
 - C. Reduces the risk of postpartum Haemorrhage (PPH).
 - D. Increases the risk of Breast Cancer.
52. All of the following are true for demand feeding except-
- A. Feeding is given whenever the child demands.
 - B. Baby decides both the duration & frequency of each feeding.
 - C. Mother decides the frequency of feeding.
 - D. There is no restriction in duration of feeding.
53. All of the following are good sign of attachment except-
- A. Chin touching the breast.
 - B. Mouth wide open.
 - C. Lower lip turned out.
 - D. Most of the Areola is outside the mouth.
54. The Weekly Iron Folic Acid supplementation program (WIFS) provides services to the following except-
- A. School going adolescent Girls.
 - B. School going adolescent boys.
 - C. Out of school adolescent Girls.
 - D. Out of school adolescent boys.
55. Mixing, substitution, concealing the quality of a food is called-
- A. Fortification.
 - B. Adulteration.
 - C. Standardisation.
 - D. Preservation.
56. Koplik's spots is a pathognomonic feature of
- A. Measles.
 - B. Chickenpox.
 - C. Any viral fever.
 - D. Both measles and chickenpox.

57. Commonest cause of diarrhea among children is
- A. Rota Virus.
 - B. Norwalk Virus.
 - C. Adeno Virus.
 - D. Giardiasis.
58. According to WHO a pregnant woman is said to be anemic when her haemoglobin level is less than:
- A. 10 g%.
 - B. 11 g%.
 - C. 12 g%.
 - D. 13 g%.
59. Commonest cancer among Indian females is:
- A. Breast cancer.
 - B. Cervical cancer.
 - C. Lung cancer.
 - D. Oral Cancer.
60. Which is a form of verbal communication
- A. Spoken word.
 - B. Gestures.
 - C. Hand movements.
 - D. Eye Contact.
61. Most effective channel of communication
- A. Mass media.
 - B. Folk media.
 - C. Interpersonal.
 - D. Intrapersonal.
62. India is declared as Polio free by WHO in the year
- A. 2009.
 - B. 2010.
 - C. 2014.
 - D. 2015
63. Tb surveillance using case based web based IT system is
- A. Akshay.
 - B. Nikshay.
 - C. Nischay.
 - D. Rakshay.
64. Which of the following is temporary social group?
- A. Class.
 - B. Crowd.
 - C. Formal group.
 - D. Informal group.

65. All of the following are Social Security Acts except
- A. ESI Act.
 - B. MTP Act.
 - C. Workmen compensation Act.
 - D. Maternity benefit Act.
66. The daily exposure limit of noise without substantial damage is
- A. 80 dB.
 - B. 85 dB.
 - C. 90 dB.
 - D. 95 dB.
67. What is Mean?
- A. Commonly occurring value.
 - B. Average value.
 - C. Middle value.
 - D. First and last value.
68. Yellow Fever is caused by:
- A. Alpha Virus.
 - B. Chikungunya Virus.
 - C. Flavi Virus.
 - D. Sindbis Virus.
69. The Diluent for BCG vaccine is:
- A. Distilled Water.
 - B. Glycerin.
 - C. Glycerol.
 - D. Normal Saline.
70. Which of the following has the highest amount of cholesterol?
- A. Egg.
 - B. Fish
 - C. Red Meat.
 - D. White Meat.
71. Daily requirement of iodine of an adult per day is:
- A. 15 mg.
 - B. 50 mg.
 - C. 100 mg.
 - D. 150 mg.
72. In which teaching method the way to perform a skill or procedure is presented
- A. Demonstration.
 - B. Field trip.
 - C. Group discussion.
 - D. Lecture.

73. Audience remains as passive listeners in method
- A. Group discussion.
 - B. Role play.
 - C. Panel discussion.
 - D. Lecture.
74. Highest amount of protein is seen in
- A. Soyabean.
 - B. Groundnut.
 - C. Bengalgram.
 - D. Mysore dal.
75. Egg lacks is
- A. Protein.
 - B. Carbohydrate.
 - C. Cholesterol.
 - D. Vitamin.
76. Parboiling helps in retaining
- A. Vit C.
 - B. Vit A.
 - C. Niacin.
 - D. Thiamine.
77. The residual chlorine content of drinking water should be
- A. 0.5 ppm.
 - B. 0.10 ppm.
 - C. 0.20 ppm.
 - D. 0.25 ppm.
78. World TB Day 2021 theme was
- A. The clock is ticking.
 - B. The clock is fast.
 - C. The clock is fast for a TB free world.
 - D. The TB clock is slow.
79. Which of the following is a modifiable factor of Non-Communicable Diseases?
- A. Age.
 - B. Gender.
 - C. Genome.
 - D. Diet.
80. Best anthropometric measurement to assess risk of cardiovascular diseases is
- A. BMI.
 - B. Waist Hip ratio.
 - C. Waist circumference.
 - D. Skin fold thickness.

81. The disease which is known as "Father of Public Health" is
- A. Small pox.
 - B. Chicken pox.
 - C. Diphtheria.
 - D. Cholera.
82. Classification of Malaria endemicity is based on:
- A. Annual Parasite Incidence.
 - B. Annual Vector index.
 - C. Annual prevalence of malaria cases.
 - D. Annual Incidence of malaria cases.
83. Elimination of a public health problem means to decrease the prevalence rate to less than:
- A. 1 case per 10,000 people from random population at national level.
 - B. 10 cases per 10,000 people from random population at national level.
 - C. 100 cases per 10,000 people from random population at national level.
 - D. 1000 case per 10,000 people from random population at national level.
84. World Diabetes Day is celebrated on:
- A. 14th November.
 - B. 14th December.
 - C. 5th September.
 - D. 10th January.
85. A set of printed or written questions with a choice of answers, devised for the purposes of a survey is known as a:
- A. Questionnaire.
 - B. Interview guide.
 - C. MCQ.
 - D. Focus group discussion guide.
86. Maternal causes for intrauterine growth restriction include all the following except:
- A. Maternal age (less than 16 years and more than 35 years).
 - B. Low socioeconomic status.
 - C. Smoking both active and passive.
 - D. Light physical work.
87. Heme iron is found in all the following foods except:
- A. Meat.
 - B. Poultry.
 - C. Fish.
 - D. Plants.

88. Stunting reflects:
- A. Chronic undernutrition during the most critical periods of growth and development in early life.
 - B. Acute undernutrition during the most critical periods of growth and development in early life.
 - C. Chronic undernutrition after critical periods of growth and development in early life.
 - D. Acute undernutrition after the most critical periods of growth and development in early life.
89. Iodine deficiency may lead to all the following conditions except:
- A. Hypothyroidism.
 - B. Goitre.
 - C. Cretinism.
 - D. Blindness.
90. Mission Indradhanush aims to provide vaccination against seven vaccine preventable diseases to:
- A. All children under the age of 2 years.
 - B. All pregnant women.
 - C. Both the above groups.
 - D. None of the above group.
91. Hidden Hunger describes a state of:
- A. Deficiency of essential vitamins and minerals.
 - B. Hunger in post disaster situations.
 - C. Hunger in infants and young children.
 - D. Hunger in the elderly.
 - E.
92. All the following are zoonoses, except:
- A. Plague.
 - B. Covid 19.
 - C. Rabies.
 - D. Poliomyelitis.
93. Death rate is calculated as:
- A. No. of deaths in one year/midyear population x 1000.
 - B. No. of deaths in five years/ total population x 1000.
 - C. No. of deaths in one year/ total population x 1000.
 - D. No. of deaths in five years/midyear population x 1000.
94. Higher prevalence in urban areas are found in all of the following diseases except:
- A. Accidents.
 - B. Lung Cancer.
 - C. Cardiovascular diseases.
 - D. Soil transmitted helminthic infestation.

95. 'Typhoid Mary' is an example of:
- A. A case.
 - B. A convalescent carrier.
 - C. An incubatory carrier.
 - D. A healthy carrier.
96. Diseases transmitted through blood include all the following except:
- A. Hepatitis B.
 - B. Hepatitis A.
 - C. Malaria.
 - D. Syphilis.
97. Administration of 9 doses of Vitamin A supplements to children should be completed by:
- A. 5yrs.
 - B. 4yrs.
 - C. 6yrs.
 - D. 3yrs.
98. Ayushman Bharat is the name of:
- A. National Health Protection Scheme.
 - B. Rashtriya Swasthya Bima Yojana (RSBY).
 - C. Senior Citizen Health Insurance Scheme (SCHIS).
 - D. None of the above.
99. SBCC stands for:
- A. Social & Behaviour Change Communication.
 - B. Simple Behaviour Change Communication.
 - C. Standard Behaviour Change Communication.
 - D. Social & bilingual Communication.
100. Integrated Vector Management includes all the following except:
- A. Indoor residual spray.
 - B. Early detection of cases.
 - C. Larvivorous fish.
 - D. Source reduction.

