

SWASTHAVRITTA QUESTION BANK

PAPER -1

Topic: Swastha And Swasthya

MCQS

1. Which of the following is NOT a fundamental principle of Swasthavritta?
 - a) Maintaining personal hygiene
 - b) Consuming a balanced diet
 - c) Practicing yoga and meditation
 - d) Avoiding excessive physical exertion
2. What is the primary purpose of Dinacharya?
 - a) To cure diseases
 - b) To promote physical fitness
 - c) To maintain overall health and well being
 - d) To increase longevity
3. Which of the following is a crucial aspect of Ritucharya?
 - a) Adapting lifestyle to seasonal changes
 - b) Consuming specific foods during each season
 - c) Performing seasonal rituals and ceremonies
 - d) All of the above
4. What is the significance of Rasayana therapy in Swasthavritta?
 - a) To rejuvenate the body and mind
 - b) To treat specific diseases
 - c) To enhance physical strength
 - d) To improve cognitive function
5. Which of the following is NOT a common lifestyle practice recommended in Swasthavritta?
 - a) Early to bed, early to rise
 - b) Regular exercise
 - c) Excessive consumption of alcohol.

d) Mindful eating

6. Which one of the following is not the purpose of life?

- a) Dharma
- b) Kama
- c) moksha
- d) samadosha

7. Which is not the arogya lakshana?!

- a) Annaabhilasha
- b) bhuktasya paripakaha asukhena
- c) sharirasya tu laghavam
- d) Samagni

8. which is the anindita purusha lakshana?!

- a) Kshuth
- b) Pipasa
- c) Atapasaha
- d) All the above

9. Which of the following is NOT a fundamental principle of Swasthavritta?

- a) Maintaining personal hygiene
- b) Consuming a balanced diet
- c) Practicing yoga and meditation
- d) Avoiding excessive physical exertion

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- a) Early to bed, early to rise
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- d) Mindful eating

14. Sustuavatisti _____ ithi svastha?!

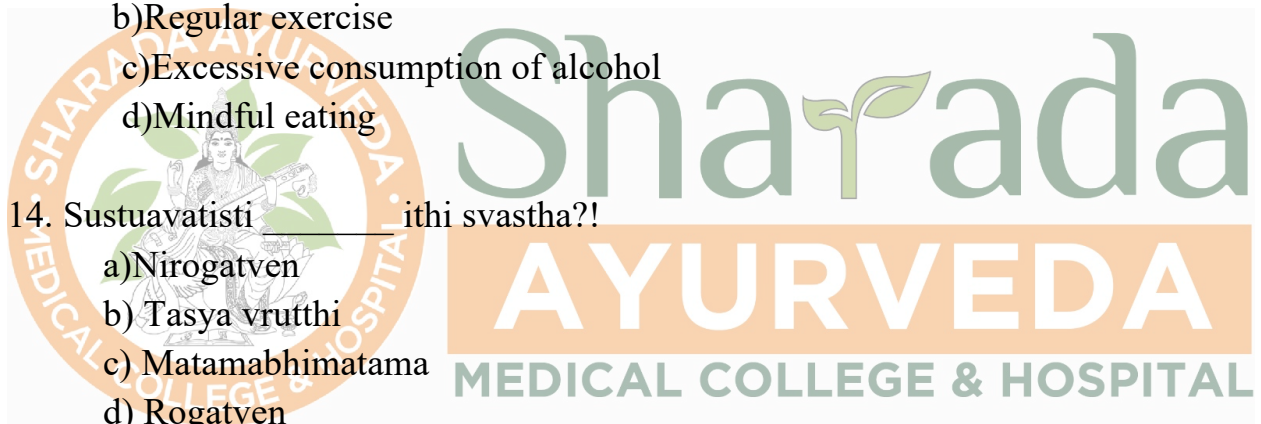
- a) Nirogatven
- b) Tasya vrutthi
- c) Matamabhimatama
- d) Rogatven

15. What is the meaning of infirmity?!

- a) Weakness
- b) Feebleness
- c) Opposite of firmness
- d) All of the above

16. Dhatu samya lakshana?!

- a) Shareera upachaya
- b) Balavruddhu
- c) sukhen cha prati bhodhana
- d) All of the above



17. Definition of health given by WHO not includes which of the following dimensions

- a) Social
- b) Mental
- c) Physical
- d) Emotional

18. Standard of Living (WHO) includes all except:

- a) Income
- b) Sanitation and nutrition
- c) Level of provision of health
- d) Human rights

SAQ (5marks)

1. Define Swastha and write about importance of SWASTHAVRITTA
2. Explain Arogya lakshana and anindita Purusha lakshana
3. Define swastha and explain dhatusamya lakshana
4. Define health , explain dimensions of health
- 5 Explain about the vasudhaiv Kutumba

LAQ(10 marks)

1. Importance of Shodhana in Swastha in relation to Sanchita & Asanchita Dosha & Classification of Swastha purusha as Sanchita dosha and Asanchita Dosha
2. Define swastha , operational definition of health , standard-of living, level of living and explain about the dimensions of health and importance of SWASTHAVRITTA

ANSWERS FOR MCQ

- 1.(d)
- 2.(c)
- 3.(d)
- 4.(a)
- 5.(c)

- 6.(d)
- 7.(b)
- 8.(d)
- 9.(d)
- 10.(c)
- 11.(d)
- 12.(c)
- 13.(c)
- 14.(a)
- 15.(d)
- 16.(d)
- 17.(d)



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TOPIC :Dinacharya

1.Bramhe muhurta timings

- a) 45 mins before sunrise
- b)40 mins before sunrise
- c)50 mins before sunrise
- d)15 mins before sunrise

2. How much quantity of the water has to be taken at the time of sunrise

- a)8 prasuti
- b)6 prasuti
- c)18 prasuti
- d)16 prasuti

3. Jaat vega samutsrujet related to?

- a)Brahma muhurta
- b)mala tyaga
- c)shareera chinta
- d)Both A And B

4.mukha prakshalana with sheeta jala prevents

- a)Mukha pidaka
- b)Mukha roga
- c)Both A and B
- d)None of the above

5. mukha prakshalana with ushna jala pacifies

- a)Vata
- b)pitta
- c)kapha
- d) A and C

6.Benefits of jihva nirlekhana



- a)Jihva mulagta mala
- b)dourgandhya bajate
- c)Ucchwasarodhi
- d)All the above

7. Length of the tongue scraper

- a)10 angula
- b)8 angula
- c)20 angula
- d)16 angula

8. _____ is contraindicated after administration of nasya

- a)Shira snaan
- b)Dhumapana
- c)Kavala
- d)Gandusha

9. When the sneha Or kwatha is moved inside the mouth ;it is called as

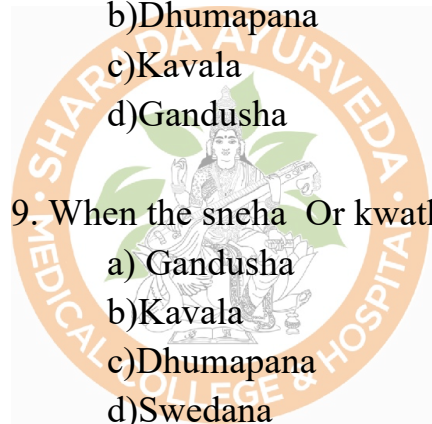
- a) Gandusha
- b)Kavala
- c)Dhumapana
- d)Swedana

10. Asancharya Tu ya matra... Refers to

- a)Kavala
- b)Gandusha
- c)Snehana
- d)Vamana

11.Method of application of Anjana

- a)From kaninika to apanga
- b)From Apanga to kaninika
- c)From dakshina to vama
- d)From urdhwa toadha



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12. Contraindication of Anjana

- a) Ratrau jagarita
- b) Chardita
- c) Snata
- d) All of the above

13. Samyak lakshan of nasya

- a) Laghavam shiras
- b) Mana sukha
- c) Sukha sapna prabodhana
- d) All of the above

14. Contraindication of Gandusha

- a) Visha
- b) Netra roga
- c) Both A and B
- d) None of the above

15. According to Sushruta, how many types of dhumapana.....

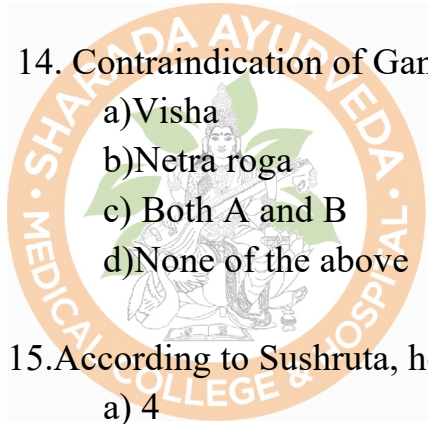
- a) 4
- b) 5
- c) 3
- d) Both a and b

16. Identify Incorrect procedure of dhumapana

- a) First smoke should be inhaled from mouth next through nostrils
- b) Snaihika dhumapana inhaled through mouth and nose both
- c) Prayogika dhumapana inhaled especially through the mouth.
- d) Kasaghna and inhaled through the mouth only.

17. How many times Vairechanika dhumapana should be taken in a day

- a) Once in vata vriddhi
- b) 3-4 times in Vata vriddhi



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- c) Twice in kapha vrudhhi
- d) 3-4 times in kapha vrudhhi

18. Contraindication for Dhumapana.

- a) Pinasa, Kasa, shwasa, Gulagraha
- b) Shoka, Rakti, Garbhini, Aama
- c) Badhirya, Andhatva, Raktapitta, Karnakshweda
- d) Avishuddha swara, stimita masthaksha

19. दग्धभग्नक्षतरुजाक्लमश्रमजरापहः ॥ (अ.स.सू). Benefits of

- a) Dhumapana
- b) Udvardana
- c) Abhyanga
- d) Anjana

20. Contraindication for Abhyanga

- a) Kaphaja roga
- b) Ajeerna
- c) After shodhana
- d) All of the above

21. Identify Incorrect statement

- a) Padabhyanga can prevent Grudhrasi
- b) Shiro Abhyanga prevents khalitya, palitya
- c) Shiro Abhyanga prevents manyagraha
- d) Padabhyanga prevents sirasnayu sankocha.

22. सस्नेह कल्केनोद्धर्षणम.....। (डल्हण सु.चि.)

- a) Uddhagarshana
- b) Abhyanga
- c) Utsadana
- d) Both (a) and (c)

23. Which of the following is NOT due to excessive exercise?

- a) Thirst



- b) Emaciation
- c) Vomiting
- d) Diarrhoea

24. Benefit of cold water bath?

- a) cures bleeding disorder
- b) cures shirashoola
- c) cures vatarakta
- d) cures kampa

25. Bath is not contraindicated in which of the following?

- a) arditā
- b) diseases of eyes
- c) grahani
- d) Jwara

26. Which of the following is NOT a benefit of anulepana?

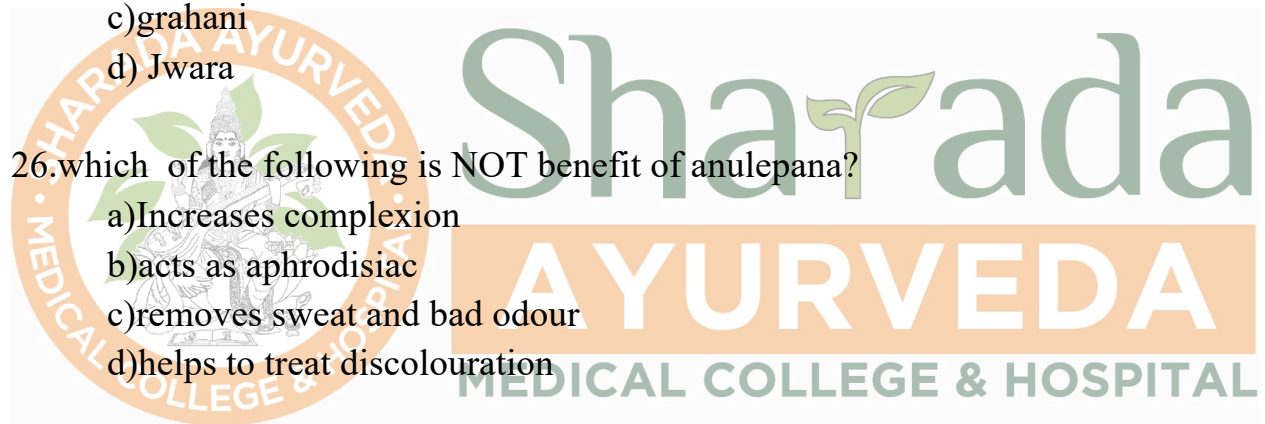
- a) Increases complexion
- b) acts as aphrodisiac
- c) removes sweat and bad odour
- d) helps to treat discolouration

27. Kousheya helps to pacify which dosha?

- a) vata, pitta
- b) pitta only
- c) vata kapha
- d) kapha only

28. Lepa prepared from chandana, kesara, Krishna agaru is indicated in which season?

- a) Hot season
- b) cold season
- c) both
- d) None of the above



29. which of the following is NOT a benefit of vyayama?

- a) lightness of body
- b) improves memory
- c) increases digestion
- d) depletion of fat

30. which of the following is NOT an effect of hot water bath above neck region?

- a) Loss of strength
- b) loss of hair
- c) loss of touch sensation
- d) loss of sight

SAQ (5marks)

1. Dhanta dhavana dravyas

2. Vyayama guna

3. Thambula sevana

4. Nasya karma

5. Kavala / Gandusha

6. Vyayama

7. Explain benefits of Abhyanga

8. Describe Anjanavidhi

9. Explain Dantadhavanavidhi

10. Abhyanga mahatvam

11. Nasya prakara

12. Anjana prakara

13. Gandusha mahatvam

14. Udwarthana

15. Define udvartana and write about the role of udvartana in reducing overweight

16. Oral hygienic measures in dinacharya

17. Snana mahatwa

18. Samyak Dhoomapana

19. Lakshanas Brahme muhurte uthishtet – Explain



20. Write about Abhyanga
21. Explain Danta dhavana vidhi
22. PratiMarsha nasya kala
23. Tamboola sevana vidhi
24. Explain the procedure, dravyas and benefits of Mukhprakashana and face washes used currently.

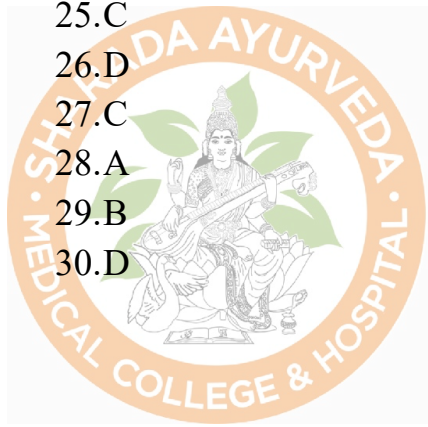
LAQ(10 marks)

1. Explain Dinacharya and Ratricharya in detail.
2. Define and explain Dinacharya in detail.
3. Write definition, Aims, importance of dinacharya, explain cosmetic effect of dinacharya procedures.
4. Define Dinacharya. How it helps to maintain Swasthya?
5. Describe the time, procedure, benefits, contraindications
6. Herbs used as per rasa for dantadhavana and modern-day
7. Brushing techniques and dentifrices.
8. Describe the applied aspects of Sarvanga Abhyanga,
9. Padabhyanga, Shiro Abhyanga
10. Describe the dinacharya measures for netra and ghranendriya swasthya rakshan
11. Describe the importance of Niyata kala vihara and Aniyata kala Vihara for health promotion and disease prevention
12. Describe jihwanirlekhana, explain the tools used in today's era And their benefits.

MCQS answer

1. A
2. A
3. B
4. C
5. D
6. D
7. A
8. A
9. B
10. B
11. A

- 12.D
- 13.D
- 14.C
- 15.B
- 16.C
- 17.D
- 18.B
- 19.C
- 20.D
- 21.C
- 22.C
- 23.D
- 24.C
- 25.C
- 26.D
- 27.C
- 28.A
- 29.B
- 30.D



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TOPIC: RATRICHARYA

MCQ

1. Which Anjana is used to drain kapha ?

- a) Saveeranjana
- b) Rasanjana
- c) Both a and b
- d) None of the above

2. Use of pratimarsha nasya in evening

- a) Helps in sleep
- b) Helps in awakening easily
- c) Both a and b
- d) Only a

3. According to yogendra Ratna female of thirty two years to fifty years are considered as ?

- a) Atirudha
- b) Taruni
- c) Bala
- d) Vruda

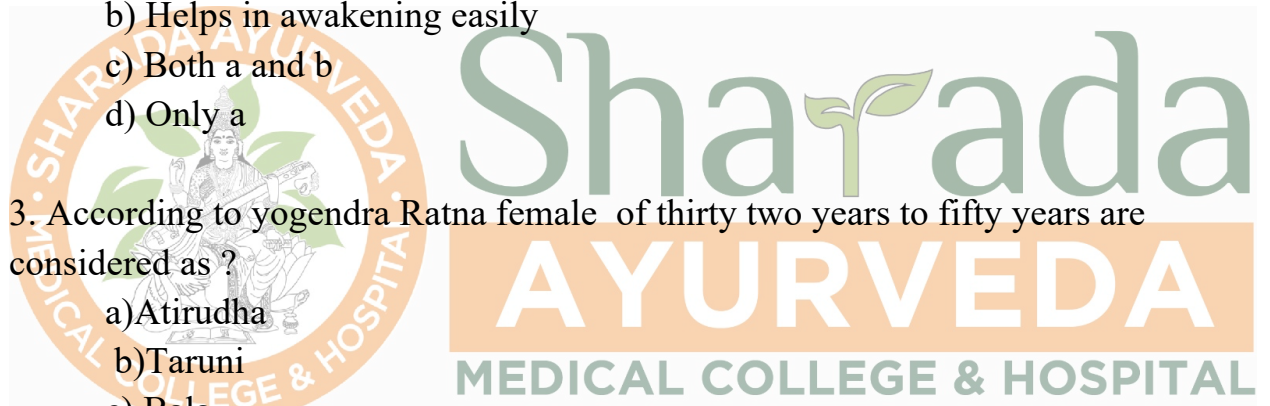
4. भुक्तोपविशत स्तन्द्रा तु पुष्ठता।

आयुश्चक्रमाणस्य धावतः ॥

- a) Shayanasya and mrutyurdhavati
- b) Mrutyurdhavati and shayanasya
- c) Shayanasya and shayanavidhi
- d) None of the above

5. In which season one feels sexual desire and one should indulge in sexual activity ?

- a) Vasanta ritu



- b) Greeshma ritu
- c) Varsha ritu
- d) Sarad ritu

7. How many stages are there in a typical sleep cycle?

- a) 2
- b) 3
- c) 4
- d) 5

8. The term "Circadian Rhythm" refers to:

- a) A type of sleep disorder
- b) The body's internal clock that regulates sleep-wake patterns
- c) A sleep-inducing medication
- d) A sleepwalking condition

9. What is the average recommended amount of sleep per night for most adults?

- a) 4-5 hours
- b) 6-7 hours
- c) 8-9 hours
- d) 10-11 hours

10. Which of the following factors can affect the quality of sleep?

- a) Diet
- b) Exercise
- c) Stress
- d) All of the above

11. How many stages of Nidra are typically recognised in Ayurveda?

- a) 2

- b) 4
- c) 5
- d) 7

12. What is the term for the inability to fall asleep or stay asleep through the night?

- a) Insomnia
- b) Narcolepsy
- c) Sleep apnea
- d) Sleepwalking

13. Sleep apnea is characterised by:

- a) Excessive daytime sleepiness
- b) Rapid eye movement during sleep
- c) Sleep terrors
- d) Sleepwalking

14. During which stage of sleep does dreaming most commonly occur?

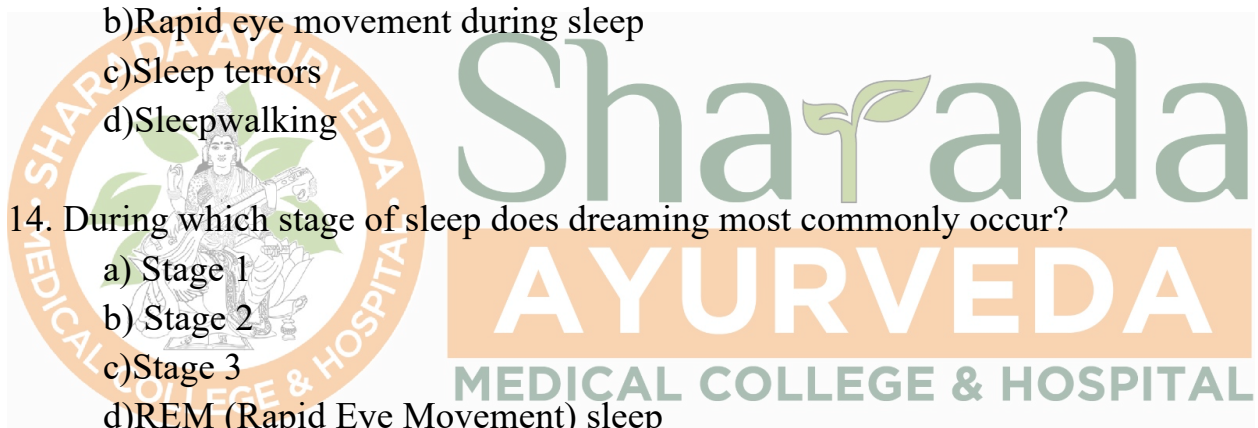
- a) Stage 1
- b) Stage 2
- c) Stage 3
- d) REM (Rapid Eye Movement) sleep

15. Which of the following is a parasomnia characterized by sudden awakening, typically with a sense of fear or dread?

- a) Insomnia
- b) Sleep apnea
- c) Nightmares
- d) Night terrors

16. Sleep apnea is a sleep disorder characterized by:

- a) Difficulty falling asleep
- b) Frequent and loud snoring
- c) Inability to recall dreams
- d) Pauses in breathing during sleep



17. Restless Leg Syndrome (RLS) is a sleep disorder that is primarily associated with:

- a) Sleepwalking
- b) An intense fear of sleeping
- c) Unpleasant sensations in the legs and a strong urge to move them
- d) Excessive daytime sleepiness

18. Which sleep disorder is often referred to as "excessive daytime sleepiness" and is characterized by sudden and uncontrollable episodes of falling asleep during the day?

- a) Sleepwalking
- b) Narcolepsy
- c) Sleep apnea
- d) REM behavior disorder

19. Sleepwalking, or somnambulism, occurs during which stage of sleep?

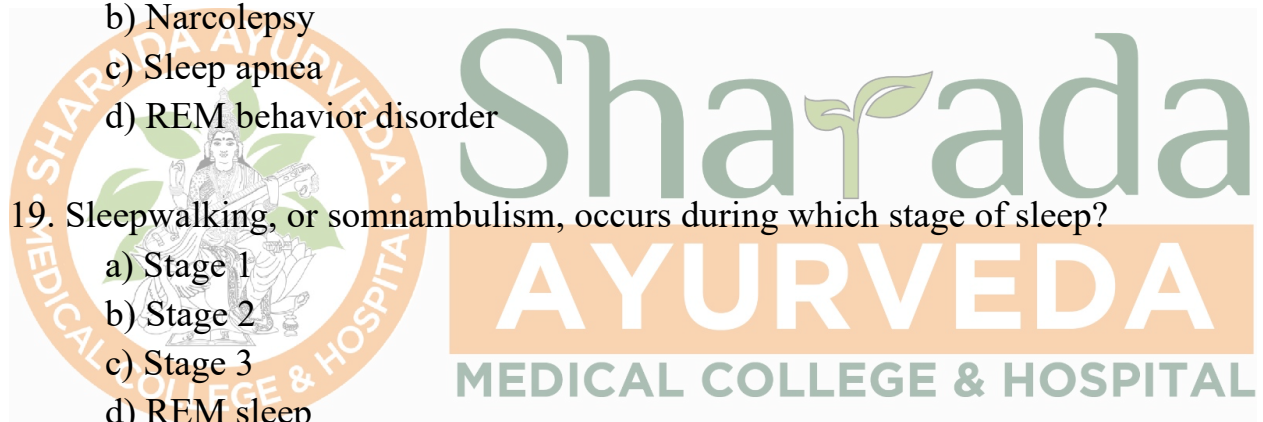
- a) Stage 1
- b) Stage 2
- c) Stage 3
- d) REM sleep

20. What is a common symptom of sleep disorders like sleep apnea and restless leg syndrome?

- a) Increased alertness during the day
- b) Frequent sleep talking
- c) Difficulty concentrating
- d) Reduced snoring

SAQ(5 marks)

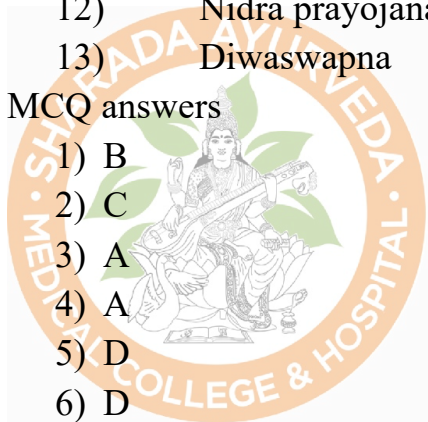
- 1) Nidra prayojana and Mamata
- 2) explain ratricharya
- 3) properties of Nidra and Nidra Prakash
- 4) sleep and relaxation
- 5) Explain nirukti, utpatti and types of nidra



- 6) Write the importance of nidra and explain its praises
- 7) Nidra prayojana
- 8) Brahmacharya mahatwam
- 9) Define nidra and explain its relation with shareera Pusti
- 10) Importance of bramhacharya palana in present day
- 11) Nidra gunas and prakara
- 12) Nidra prayojana and mahatwa
- 13) Diwaswapna

MCQ answers

- 1) B
- 2) C
- 3) A
- 4) A
- 5) D
- 6) D
- 7) D
- 8) B
- 9) C
- 10) D
- 11) C
- 12) A
- 13) A
- 14) D
- 15) D
- 16) D
- 17) C
- 18) B
- 19) D
- 20) C



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Topic : RITUCHARYA

Mcq

1. Adana kaala includes:

- a) Vasantha, greeshma, shishira
- b) Varsha, sharadh, hemanta
- c) Varsha, pravrut, shishira
- d) None of the above.

2. Visarga kaala includes:

- a) Vasantha, greeshma, shishira
- b) Varsha, sharadh, hemanta
- c) Varsha, pravrut, shishira
- d) None of the above.

3. In shishira ritu the predominant rasa is:

- a) Madhura
- b) Katu
- c) Tiktha
- d) Kashaya

4. Ritu hareetaki wrt shishira ritu is:

- a) Haritaki+ guda
- b) Haritaki+ pippali
- c) Haritaki+ sharkara
- d) Haritaki+ amalaki.

5. _____ Nichitha sleshma

- a) Vasanta
- b) Greeshma
- c) Varsha
- d) Sharadh



6.Divaswapna is indicated in :

- a) Shishira
- b) Vasantha
- c) Greeshma
- d) Hemanta

7.Mayoorkai Jagath sneha is attributed to :

- a) Shishira
- b) Vasanta
- c) Varsha
- d) Greeshma

8.Katu rasa is predominant in

- a) Varsha
- b) Sharadh
- c) Hemanta
- d) Shishira

9.In varsha and greeshma:

- a) Agni bala is max
- b) Agni bala is min
- c) Cannot be predicted
- d)Fluctuating.

10.Uttarayana is also called

- a) Visarga kala
- b) Aadana kala
- c) None
- d) Both.

11 . divaswapna, udamantha ,ayasa to be avoided in which ritu

- a)Varsha
- b) Greeshma
- c) Shishira
- d) Hemanta



12. Hansodaka indicated in which rytu

- a) Shishira
- b) Vasantha
- c) Sharad
- d) Hemanta

13. “ shashanka kiranaan bhakshyan “ is indicated in which rytu

- a) Greeshma
- b) Sharad
- c) Hemanta
- d) Varsha

14. Ritu sandhi is

- a) Last week of a rytu & first 7 days of next
- b) Only last 7 days of a rytu
- c) Middle 7 days of rytu
- d) First 7 days of a rytu

15. Panchasaara Panaka indicated in which rytu

- a) Vasantha
- b) Greeshma
- c) Varsha
- d) Sharad

16. शीतमधिकं रौक्ष्यं चादानकालजम् is of which rytu

- a) Shishira
- b) Hemanta



- c) Varsha
- d) Vasantha

17. मद्यं न पेयं, पेयं वा स्वल्पं, सुबहुवारर वा is of which ruthu

- a) Varsha
- b) Greeshma
- c) Sharad
- d) Hemanta

18. वान्तं नस्यमथाभयां च मिना व्यायममुद्वर्त्तनं संसेवेत Is of which rutu

- a) Vasantha
- b) Greeshma
- c) Shishira
- d) Varsha

19. प्रबलो वायुस्तस्मान्मष्टादयस्रयः

- a) Greeshamasu
- b) Varshasu
- c) Shishirasu
- d) Vasanthasu

20 . Asthavana basti indicated after Vamana virechana in ____

- a) Varsha
- b) Vasantha
- c) Shishira.
- d) Greeshma



SAQ (5 marks)

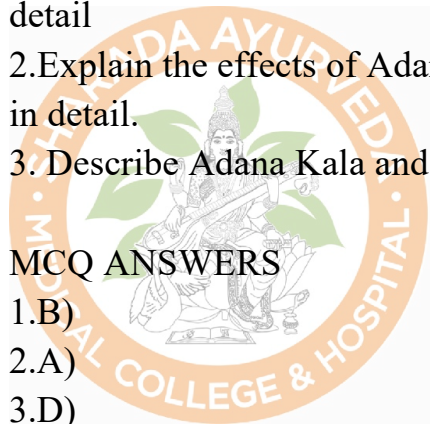
1. Classify Ritus according to different Acharyas
2. Adana kala - Visargakala
3. Explain Visarga kala
4. Vasantaritu charya
5. Sharadritu charya
6. Ahara & vihara in Sharad ritu
7. Explain Varsha Ritu Charya
8. Importance of Ritu SHODHANA

LAQ(10 marks)

1. Explain the role of Visarga kala on the body and describe Sharad ritucharya in detail
2. Explain the effects of Adana Kala on the body & describe Greeshma Ritu charya in detail.
3. Describe Adana Kala and explain Grishma Ritu charyas

MCQ ANSWERS

1. B)
2. A)
3. D)
4. A)
5. B)
6. C)
7. A)
8. A)
9. B)
10. B)
11. B)
12. C)
13. A)
14. A)
15. B)
16. A)



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- 17.B)
- 18.A)
- 19.B)
- 20.A)



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TOPIC : ROGANUTPADANIYA

MCQS

1.The 14th adharaneeya vega added by Acharya Vagbhata is

- a)Shrama shwasa
- b)Kshavatu
- c)Kasa
- d)Bashpa

2)These vega dharanas can cause cardiac discomfort / hridroga except

- a) Shukra , shrama shwasa,ashru
- b)Pureesha,udgara,kasa
- c)Vata,mutra,trishna
- d)Kshudha ,chardi,nidra

3)Because of vega dharana, there will be excess vitiation of

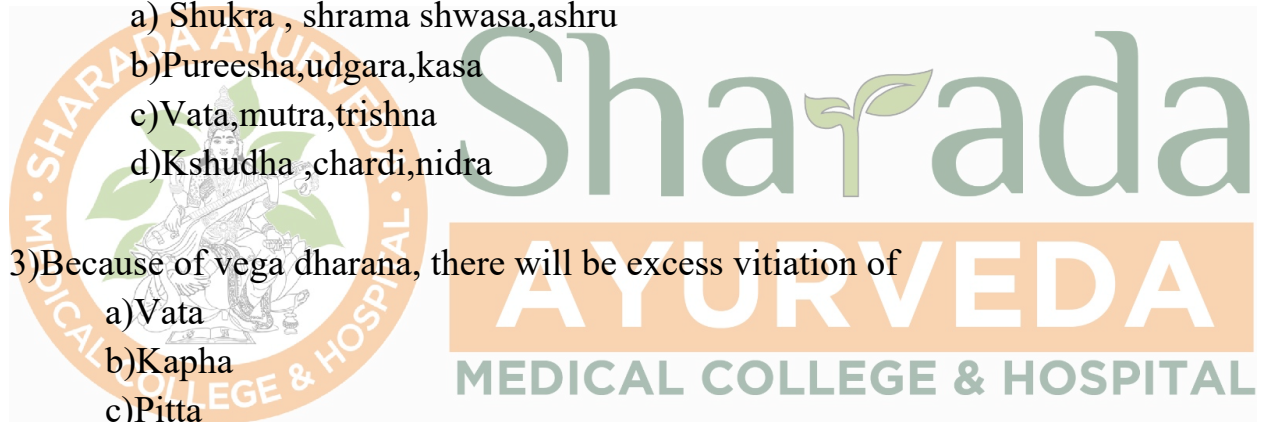
- a)Vata
- b)Kapha
- c)Pitta
- d)Tridoshas

4)Badhira is the lakshana observed due to the suppression of the vega

- a)Mutra
- b)Kshudha
- c)Trishna
- d)Chardi

5)Abhidyaya is the dharaneeya vega under

- a)Vachika
- b)Kayika
- c)Manasika
- d)Both B and C



6)The treatment principle of hikka is followed for the chikitsa of the vega

- a)Kasa
- b)Udgara
- c)Chardi
- d)Shrama shwasa

7.The suppression of which vega leads to another vega

- a) Udgara, kasa
- b) Nidra, Ashru
- c) Sakrit, mutra
- d) Ksut, Trishna

8. Good sleep and mild massage are ideal treatment for

- a) Mutrarodha
- b) Nidrarodha
- c) Trushnarodha
- d) Kasarodha

9. Dristivadh and agnivadh are the features of suppression

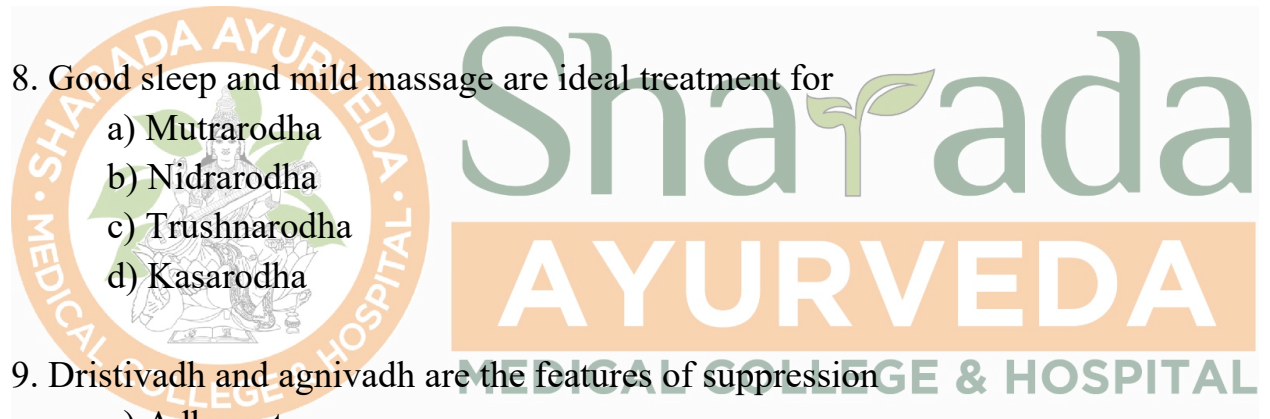
- a) Adho vata
- b) Nidra
- c) Retas
- d) Jrimbha

10. Manyasthambha and Ardita are associated with suppression of

- a) Chardi
- b)Adhovata
- c) Kasa
- d) Nidra

11. The sense organ affected by suppression of trushna vega

- a) Ears
- b)Eyes
- c)Skin



d) Tongue

12. The following are bad prognosis of vegarodha except

- a) Shoola
- b) Trushna
- c) Kshut
- d) Kshina

13. The ideal management of those exhausted by therapeutic procedures does NOT include

- a) Snehabasti
- b) Udvaartana
- c) Snana
- d) Nasya

14. The treatment for Jrumbha vegarodha is similar to that of

- a) Kshavatu
- b) Ashru
- c) Udgara
- d) Baspa

15. Pinasa is the feature of suppression of

- a) Nidra
- b) Baspa
- c) Chardi
- d) Sramsava

16. Which is NOT included in the management of chardi Vega dharana.

- a) Gandusha
- b) Raktamokshana
- c) Virechana
- d) Nasya

17. Karshya and sula are caused by suppression of

- a) Trushna



- b) Kshut
- c) Ashru
- d) Nidra

18. Treatment of udgara rodha is same as that of

- a) Hikka
- b) Kasa
- c) Svasa
- d) Chardi

19. Dosha which plays important role in Vega udirana and Vega dharana

- a) Vata
- b) Vata pitta
- c) Vata kapha
- d) Tridosha

20. Which is included in adharaniya vega

- a) Lobha
- b) Irsha
- c) Ashru
- d) Dvesha

SAQ(5marks)

1. Explain aadharaneeya vegas
2. Explain dharaneeya vegas
3. Write about various management principles of disease caused due to dharaneeya vegas according to bhratatravees.
4. Importance of navegandharaneeya in swasthya.

MCQ ANSWERS

1. C
2. D
3. A
4. C
5. C



- 6. B
- 7. A
- 8. B
- 9. A
- 10. C
- 11. A
- 12. C
- 13. D
- 14. A
- 15. B
- 16. D
- 17. B
- 18. A
- 19. A
- 20. C



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TOPIC: SADVRITHA
MCQ.

1. Which of the following is not true in case of manas

- a) Atindriyam
- b) Chetas
- c) Satva Sanjnaka
- d) None Of above

2. Panca Pancakam includes

- a) Pancendriyani
- b) Pancendriya Dravyani
- c) Pancendriya Adhisthani
- d) Pancendriyart
- e) All the above



3. Adhyatma Dravya Guna Samgraha includes

- a) Manas, Manoartha
- b) Buddhi, Atma
- c) Both
- d) None of the above

4. Subha, Asubha, Pravritti, Nivritti are due to

- a) Dravya Samgraha
- b) Hetu Samgraha

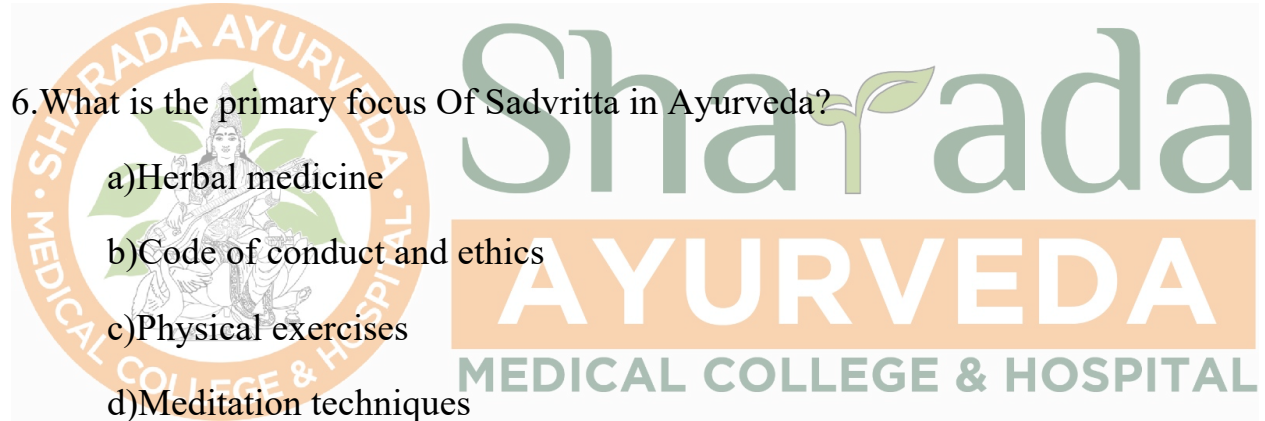
- c) Dosa Samgraha
- d) Adhyatma Dravyaguna Samgraha

5. The following is indicated during evening

- a) Ahara
- b) Nidra
- c) Maithuna
- d) Jagarana

6. What is the primary focus of Sadvritta in Ayurveda?

- a) Herbal medicine
- b) Code of conduct and ethics
- c) Physical exercises
- d) Meditation techniques



7. Sadvritta emphasizes the importance of maintaining harmony with:

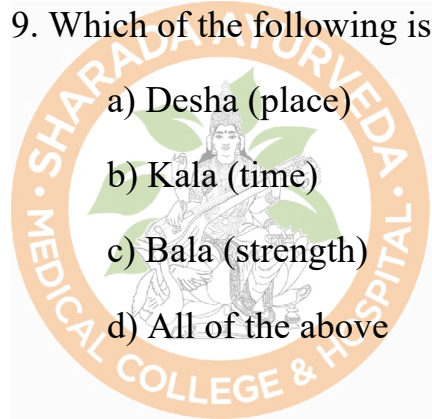
- a) One's inner self
- b) Technology
- c) fast paced living
- d) Social media

8. What is the term used to describe the science of maintaining a healthy environment?

- a) Sadrutta

- b) Swasthavritta
- c) Panchakarma
- d) Ayurveda

9. Which of the following is a factor that affects environmental health?



- a) Desha (place)
- b) Kala (time)
- c) Bala (strength)
- d) All of the above

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10. What is the term used to describe the natural environment that surrounds us?

- a) Mahabhuta
- b) Panchamahabhuta
- c) Desha
- d) Prakriti

11. According to Ayurveda, what are the three main factors that affect environmental health?

- a) Desha, Kala, and Bala
- b) Vata, Pitta, and Kapha
- c) Sattva, Rajas, and Tamas
- d) Prakriti, Vikriti, and Sanskrit

12. What is the term used to describe the environmental factors that affect human health?

- a) Desha Vikriti
- b) Kala Vikriti
- c) Bala Vikriti
- d) Sadrutta Vikriti

13. what is the importance of sadruta in maintaining public health

- a) It helps to prevent diseases
- b) It promotes health and well-being
- c) It improves the quality of life
- d) All of the above

SAQ(5 marks)

1. Role of Sadvritta in prevention of Psychosomatic Diseases

2. Explain about Achaea Rasayana

3. Write about Sadvritta \

MCQ ANSWERS

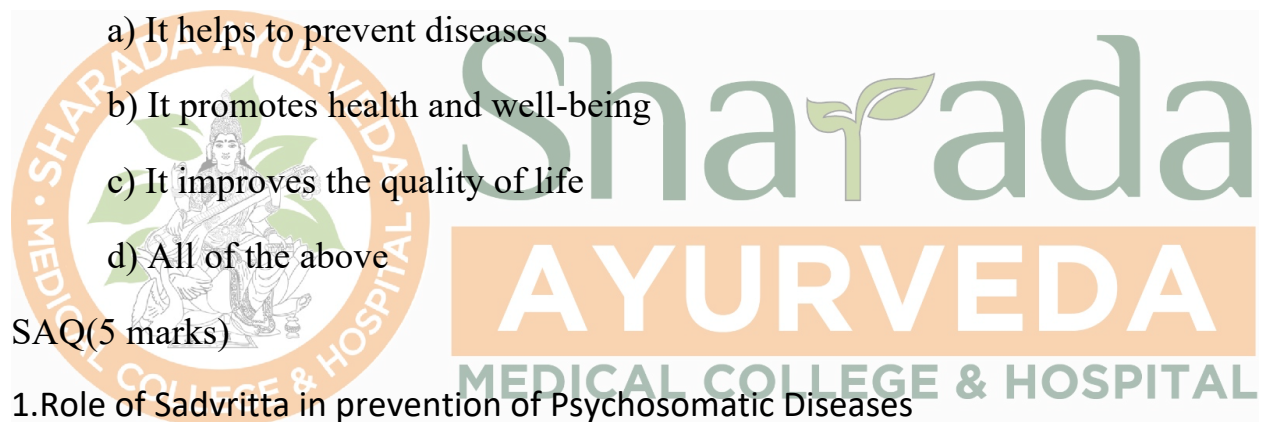
1.D)

2.E)

3.C)

4.D)

5.D)



6.B)

7.A)

8.A)

9. D)

10.B)

11.A)

12. A)

13.D)



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TOPIC: AHARA

MCQ

1.....includes four types of satmya i.e. vyadhisatmya, deshasatmya, okasatmya, Ritusatmya.?

- a) prakruthisatmya,
- b) Abhyasatmya,
- c) vikrutisatmya,
- d) none of the above.

2. Management of incompatibility includes?

- a) Emesis
- b) purgation
- c) use of antidotes
- d) All the above

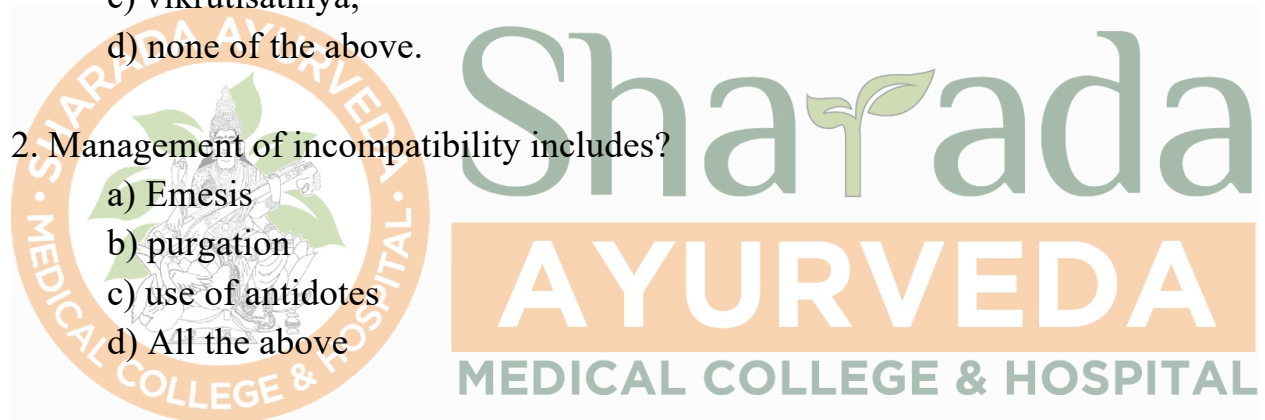
3. which of the following is a wrong statement as per Ahara Vidhi vidhana ?

- a) Eat in proper quantity,
- b) Eat unctuous food,
- c) Eat cold, freshly cooked food,
- d) not eat too fast.

4. upayogasamstha includes

- a) The rules of overeating,
- b) The rules of building body,
- c) The rules of dieting,
- d) All the above.

5. Upayokta is



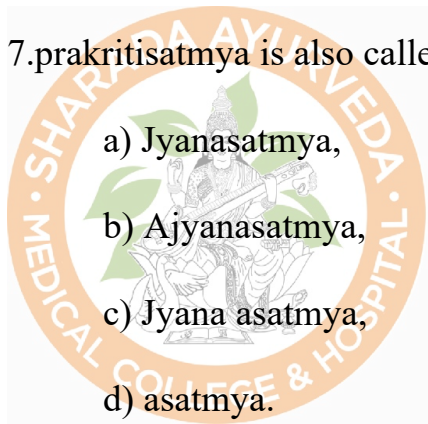
- a) The one who consumes the food,
- b) The one who eats in proper quantity,
- c) The one who sells the food,
- d) All the above

6. Ritusatmya is dependent upon?

- a) Ahara,
- b) vihara,
- c) Both A & B,
- d) none of the above.

7. prakritisatmya is also called as ?

- a) Jyanasatmya,
- b) Ajyanasatmya,
- c) Jyana asatmya,
- d) asatmya.



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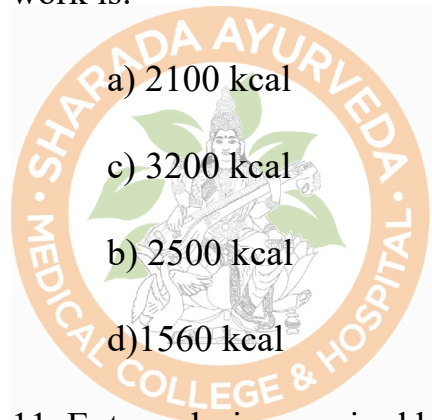
8. Four chapters on food and beverages of annapana chatushka includes?

- a) yajjah purushiya
- b) Atreyabhadrakapyiya,
- c) Annapanavidhi adyaya,
- d) vividhashitapitiya,
- e) All the above.

9. which clinical sign of vitamin A deficiency is mentioned as “ "emerging like sand banks at receding tide"

- a) Night blindness
- b) Conjunctival xerosis
- c) Restless leg syndrome
- d) Xerophthalmia

10. The recommended daily energy intake of an adult pregnant woman with heavy work is:



- a) 2100 kcal
- c) 3200 kcal
- b) 2500 kcal
- d) 1560 kcal

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11. Extra calories required by lactating mother during first six months over and above daily requirement is:

- a) 550 kcal
- c) 300 kcal
- b) 400 kcal
- d) 250 kcal

12. The recommended daily energy intake of an adult woman with heavy work is:

- a) 1800

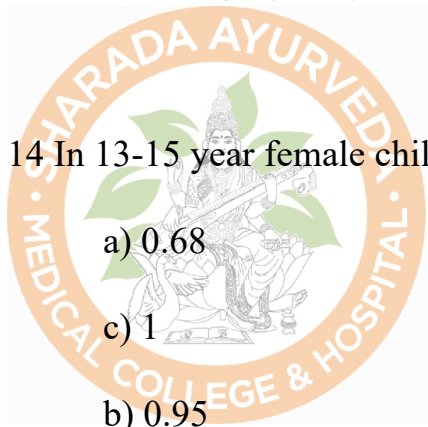
- c) 2300
- b) 2100
- d) 2900

13. For an adult Indian male the daily requirement of protein is expressed as:

- a) 0.5 g/kg body weight
- b) 0.75 g/kg body weight
- c) 1 gm/kg body weight
- d) 1.50 g/kg body weight

14 In 13-15 year female child, recommended daily protein intake (gm/kg/day) is:

- a) 0.68
- c) 1
- b) 0.95
- d) 1.332



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15. Energy requirement in late pregnancy for a moderate worker is:

- a) 2500 cal
- b) 1400 cal
- c) 1000 cal
- d) 500 cal

16. Indian reference man:

- a) 55 kg
- b) 60 kg
- c) 65 kg
- d) 70 kg

17 . Pasteurisation by Holder method is heating milk at:

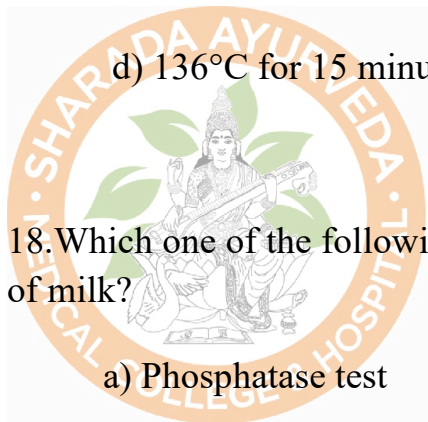
- a) 60°C for 45 minutes
- b) 65°C for 30 minutes
- c) 100°C for 15 minutes
- d) 136°C for 15 minutes

18. Which one of the following is NOT used in testing for adequate pasteurisation of milk?

- a) Phosphatase test
- b) Coliform count
- c) Standard plate count
- d) Methylene blue reduction test

19. Milk is a good source of all vitamins except:

- a) Vitamin A
- b) Vitamin B
- c) Vitamin C



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d) Vitamin D

20. Level of proteins in human milk per 100 ml) is

a) 0.5 gms

c) 1.1 gms

b) 2.6 gms

d) 4.7 gms

21. The tests are used to check the efficiency of pasteurisation of milk except:

a) Phosphatase test

b) Standard plate count

c) Coliform count

d) Methylene blue reduction test

22. True about cow's milk are all except:

a) Cow's milk contains 80% whey protein and not casein

b) Has more protein than breast milk

c) Has more K^+ and Na^+ than breast milk

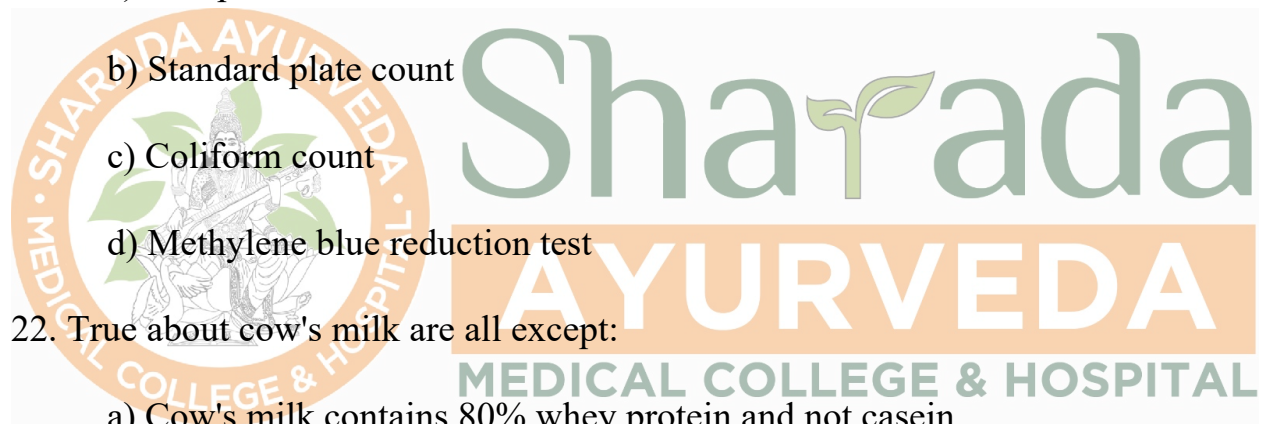
d) Has carbohydrates than mothers milk

23. Pasteurised milk is most commonly tested by:

a) Phosphatase test.

b) Coliform test

c) Catalase test



d) Oxidase test

24 Milk transmits all except:

a) Q fever

b) Typhoid fever

c) Brucellosis

d) Endemic typhus

SAQ(5 marks)

1. Properties of vegetarian and non vegetarian foods
2. Therapeutic effects of fasting
3. Write about Acidic and Alkaline diet
4. Deficiency of vitamin D and its Prevention.
5. Upavasa chikitsa
6. Write sources & deficiency diseases of Vit A
7. Write about Ahara dwadasha pravichara
8. Write about Virudha Ahara
9. Food adulteration
10. Explain Proteins in detail
11. Mathra ahara lakshanani
12. GHRITAM
13. Sanatarpanajanya vyadhi
14. Mamshahara guna
15. Pathyapathyahara vyakhya (Definition) tether varnanam
16. Shimbi Dhanya
17. Shaka varga
18. Fat soluble Vitamin sources and deficiency disorders.

LAQ(10 marks)

1. Define pasteurization of milk & explain methods, tests for pasteurization

2. Explain the role of Ashtavidha aharavishesh ayatanani in the maintenance of health
3. Define Ahara & write in detail about Aharavarga

MCQ Answers

1. B

2. D

3. C

4. C

5. A

6. C

7. B

8. E

9. B

10. C

11. A

12. D

13. C

14. B

15. A

16. B

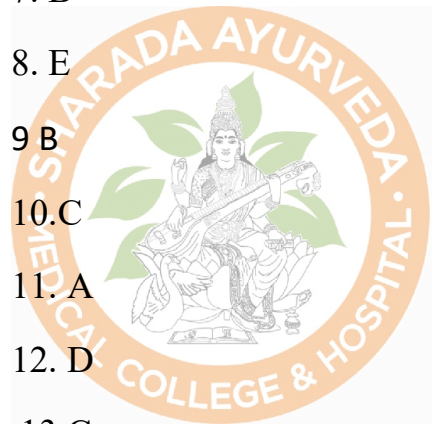
17. B

18. D

19. C

20. C

21. D



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22. A

23. A

24. D



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TOPIC : RASAYANA

MCQs

1. The rasayana therapy helps to.....

- a) Control aging and it's consequences
- b) which improves vision and acts as aphrodisiac
- c) Which vitalizes and nourishes the tissues
- d) All the above

2. Rasayana therapy should be used after

- a) Snehana
- b) Vamana
- c) Virechana
- d) both b and c

3. Among these four rasayana's which is best to promote intellect

- 1) Manduka parni swarasa
- 2) Yastimadhu churna with milk
- 3) Guduchi swarasa
- 4) Shanka pushpi kalka

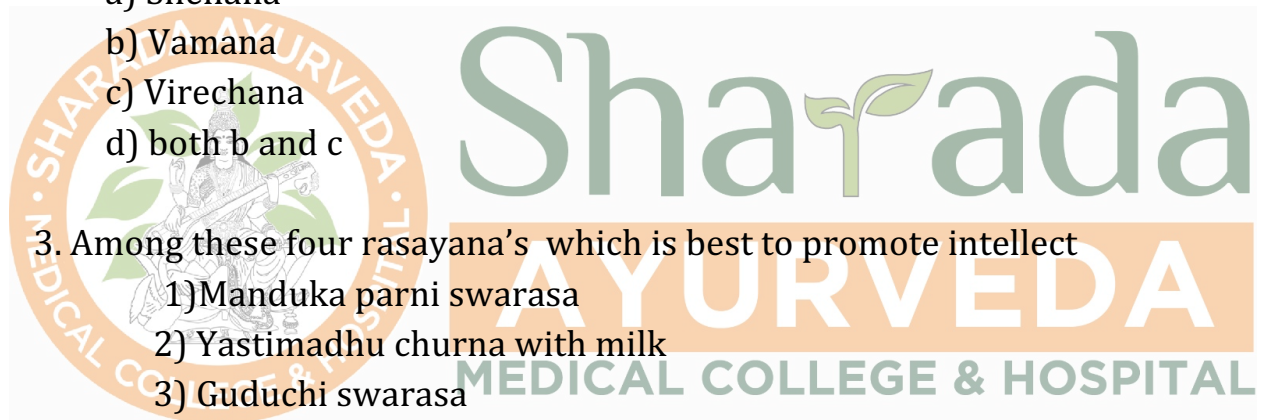
- a) 3 and 4
- b) Only 4
- c) Only 2
- d) 1 and 2

5. The anupana used in rasayana therapy which imparts rasayana effect

- a) with water and milk
- b) With Jaggery and ghee
- c) With honey and ghee
- d) With food

5. Among these ingredients which is not used in loha guggulu

- a) Triphala and trikatu



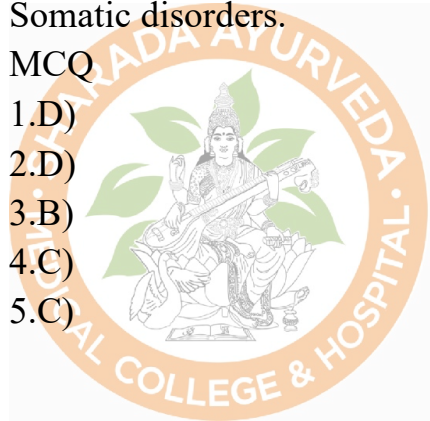
- b) Guggulu
- c) Bhringraj
- d) Loha

SAQ(5 marks)

1. Define Rasayana and mention the benefits of Rasayana
2. Classify the types of Rasayana with examples
3. Explain Urjaskara Rasayanas as per age and occupations/activities
4. Explain the antioxidant & immunomodulatory effects of Rasayana
5. Explain the importance of lifestyle counselling with its methods
6. Enlist any four components included in Achara Rasayana.
7. What is meant by Achara Rasayana.
8. Write a short note on: Rasayana for Swasth.
9. Explain the role of Sadvritta and Achara Rasayana in the prevention of psycho-Somatic disorders.

MCQ

- 1.D)
- 2.D)
- 3.B)
- 4.C)
- 5.C)



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TOPIC : YOGA

1. Both nostrils are simultaneously used in _____ Pranayama

- a) Chandranuloma viloma
- b) Surya bhedana
- c) Sukha pranayama
- d) Nadi shodhana

2. Which of the following is a benefit of practicing Bandas?

- a) Increase in muscle mass
- b) Improves concentration
- c) Aids digestion
- d) Both B and C

3. Which of the following is a contraindication for practicing Pranayama?

- a) High blood pressure
- b) Stress
- c) Fatigue
- d) Good health

4. What is the purpose of Mula Bandha ?

- a) To calm the mind
- b) To engage the pelvic floor muscles
- c) To enhance lung capacity
- d) To improve flexibility

5. Jalandhara bandha is primarily associated with which part of the body?

- a) Pelvic region
- b) Abdomen
- c) Throat
- d) Shoulders

6. Which Pranayama involves rapid, forceful exhalation?



- a)Ujjayi
- b)Bhastrika
- c)Anuloma vilomana
- d)Sama vritti

7.In the context of Pranayama, what does the term 'Kumbhaka' refer to?

- a)Inhalation
- b)Exhalation
- c)Retention of breath
- d)Observation of breath

8.According to hatha yoga pradipika, what is the effect of practicing Pranayama regularly?

- a)It causes fatigue
- b)It leads to purification of the body
- c)It makes one lethargic
- d)It increases hunger

9.What mudra is used in Bhramari pranayama?

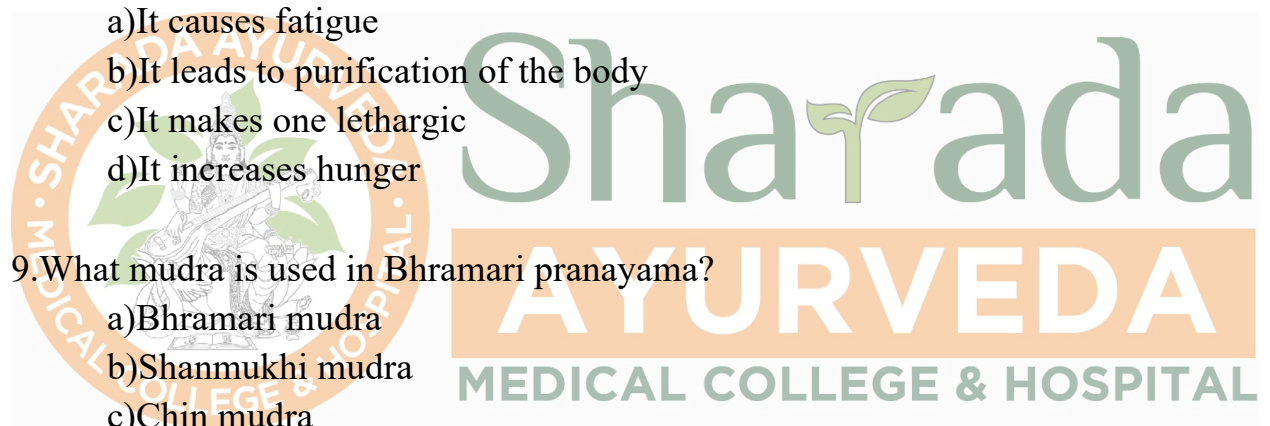
- a)Bhramari mudra
- b)Shanmukhi mudra
- c)Chin mudra
- d)Jnana mudra

10.Which of the following mudras helps in improving digestion?

- a)Varuna mudra
- b)Prithvi mudra
- c)Apana mudra
- d)Surya mudra

11.Yogaha ----- nirodhaha

- a)Chittavrutti
- b)dehavritti
- c)Manovritti



d) None of these

12. Pavanamuktasana is a _____

- a) Sitting asana
- b) Standing asana
- c) supine asana
- d) Prone asana

13. Select the false statement

- a) shalabhasana resembles the locust pose
- b) Dhanurasana resembles arrow pose
- c) Bhujangasana resembles cobra pose
- d) Chakrasana resembles wheel pose

14. Which is the 6th step of Surya namskara

- a) parvatasana
- b) bhujangasana
- c) Shasankasana
- d) Ashtanga namskara

15. What is the sthiti in Dandasana

- a) tadasana
- b) shavasana
- c) dandasana
- d) makarasana

16. Which asana awakes the kudalini Shakti

- a) bhadrasana
- b) vajrasana
- c) Shasankasana
- d) Padmasana

17. Find the right statement with respect to Ardhamatsyendrasana

- a) place the right foot under right buttock
- b) bend the right leg and place the right foot on the outside of the left knee
- c) bend the right leg and place the right foot on the inside of the left knee.
- d) All statements are correct



18.Total number of steps in surya namskara

- a)10
- b)11
- c)12
- d)9

19.What is the 1st position in Matsyasana

- a)dandasana
- b)shavasana
- c)makrasana
- d)padmasana

20.In padahastasana while bending forward the body should be

- a)Vertical to the ground
- b)Perpendicular to the ground
- c)Both a and b
- d)Parallel to the ground

21).Which among the following does not come under Yama of Patanjali ashtanga yoga?

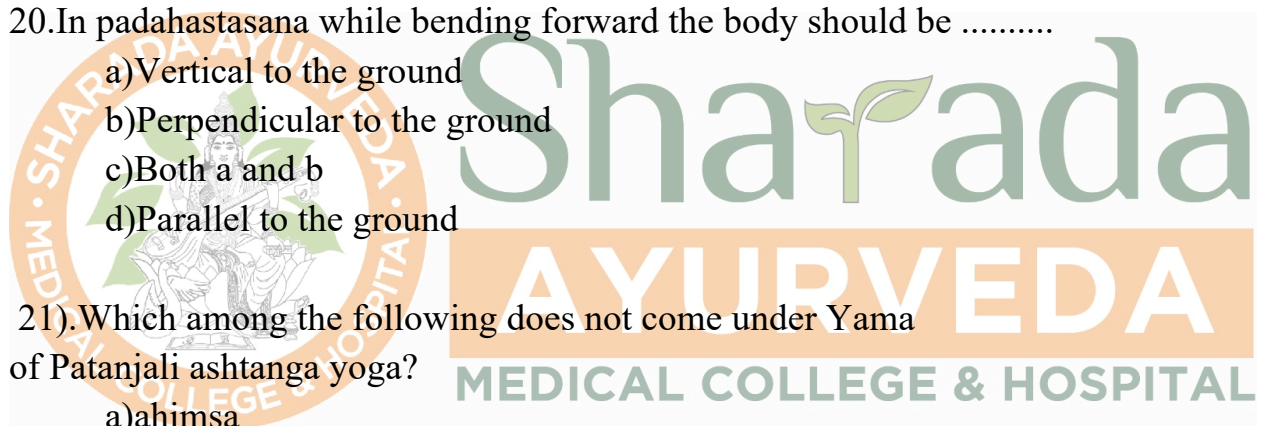
- a)ahimsa
- b)shaucha
- c)Satya
- d)Asteya

22Which among the following is referred to as fourth stage which is beyond inhalation and exhalation in pranayama?

- a)Rechaka. b)puraka. c)kumbhaka. d)caturthaka.

23)Niyama according to Hathayoga Pradipika?

- a) tapas. b)swadhyaya. c)eshwarapoojana. d)santosha



24)_____ veeryalabaha (pa.yo.su 2/38)

a)pratyahara. b)dharana. c)brahmacharya pratishtayam. d)ahimsa.

25)Samadhi siddhi _____ (yo.su.2/45)

a)ishwarapranidhana. b)tapas. c)aparigraha. d) swadhyaya.

26. According to Taittiriya upanishad soul of pranamaya kosha is

a)vijnanamaya kosha. b)manomaya kosha. c)anandamayakosha.

d)annamaya kosha.

27.which among these is associated with organs of perception and composed of more intellection?

a) annamaya kosha. b) pranamaya kosha. c) vijnanamayakosha.

d)anandamaya kosha.

28.How many main nadis does goraksha samhita explain?

a)6. b)10. c)12. d)9.

29.Which nadi is known as Surya nadi?

a)pingala nadi. b)sushumna nadi. c) ida nadi. d)pushya.

30. Location of manipura chakra?

a)perineum. b)chest. c)throat. d)navel.

31. Which three Nadis are of special importance in the human body?

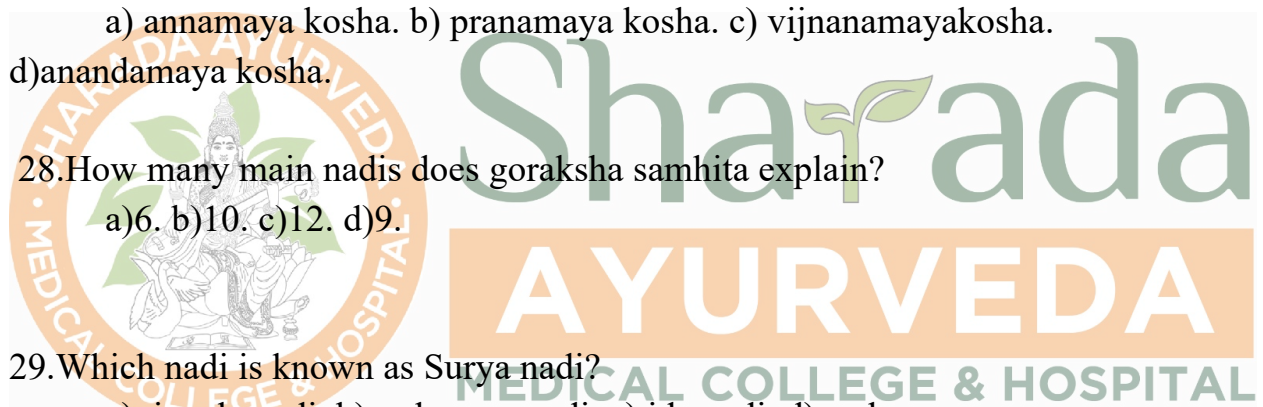
a) Prana, Vyana, and Udana

b) Ida, Pingala, and Sushumna

c) Chandra, Surya, and Bhedi

d) Left, Right, and Central Nadis

32. What does the Ida Nadi represent in terms of principles?



- a) Sun principle
- b) Earth principle
- c) Moon principle
- d) Fire principle

33. Which nervous system does the Pingala Nadi correspond to on the physical level?

- a) Parasympathetic Nervous System
- b) Sympathetic Nervous System
- c) Central Nervous System
- d) Peripheral Nervous System

34. Which of the following is considered the ultimate goal of Rajyoga?

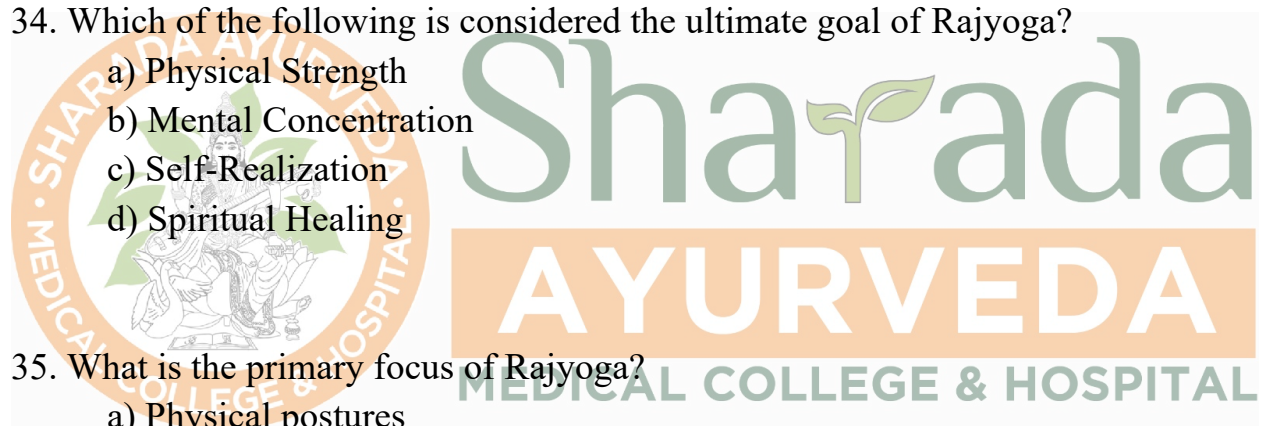
- a) Physical Strength
- b) Mental Concentration
- c) Self-Realization
- d) Spiritual Healing

35. What is the primary focus of Rajyoga?

- a) Physical postures
- b) Breath control
- c) Meditation and mental discipline
- d) Diet control

36. Who is the author of the "Yoga Sutras," which serve as a foundation for Rajyoga?

- a) Swami Vivekananda
- b) Patanjali
- c) Shankaracharya
- d) Maharshi Charka



37. In Rajyoga, which is considered the 'Royal Path'?

- a) Asanas
- b) Kriyas
- c) Samadhi
- d) Bhakti

38. Hathyoga primarily focuses on the balance of which two energies?

- a) Solar and Lunar
- b) Water and Fire
- c) Earth and Air
- d) Prana and Apana

39. Which text is considered the principal text on Hathyoga?

- a) Hatha Yoga Pradipika
- b) Bhagavad Gita
- c) Ashtanga Hridayam
- d) Charaka Samhita

40. What is the primary purpose of practicing Hathyoga?

- a) Spiritual liberation
- b) Physical health and purification
- c) Enhancing memory power
- d) Increasing physical strength

SAQ(5 marks)

1.Explain the relationship between yoga and Ayurveda

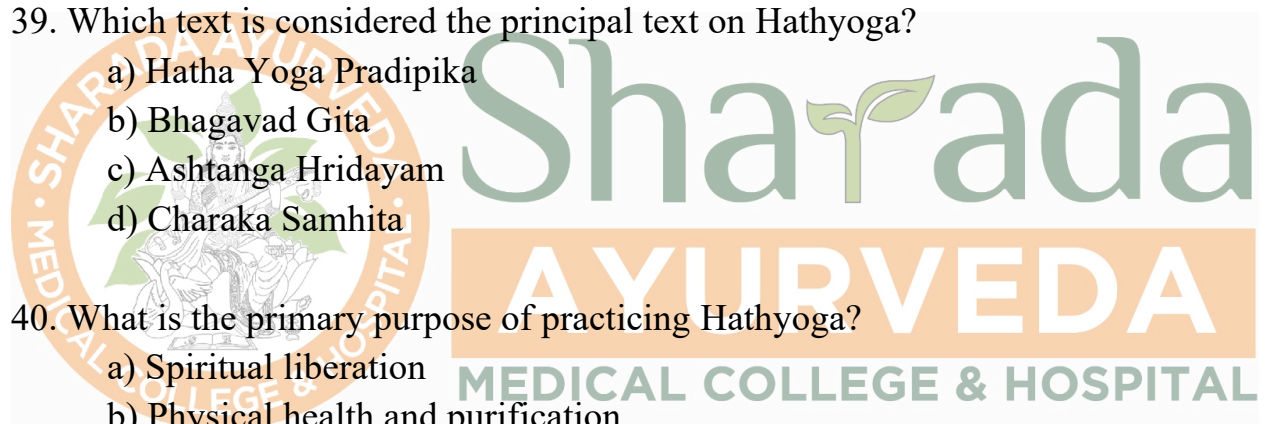
2.Define Asana and describe asanas done in supine postures

3.Explain the procedure to achieve dhyana

4.Explain nadishuddh lakshanani

5.Raja yoga

6.kumbhaka



7.Gomukhasana

8.yoga siddhikara bhava

9.sushumna nadi

10.pavana muktasana

11.yogabhyasa kala

12.shat karma

13.pratyahara

14.hatayoga

15.dhanurasana

16.mayurasana

17.dhouti

18.pingala

19.write in detail about obstructions to practice of yoga

20.yogabhyasa kala pathyapatthyam

21.muladhara bandha

22.bhakti yoga

23.kapalabhati

24.ida nadi

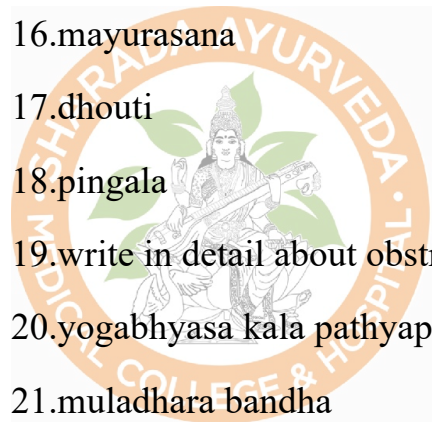
25.yama

26.effect of meditation on mind

27.udyana bandha

28.jalaneti

29.bhujangasana



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30.ashtanga yoga

31.describe mudras and explain the benefits of shanmuki mudra and jnana mudra

32.vajrasana

33.shirsasana

34.ida pingala sushumna nadeenam varnanam

35.bandha prakara

36.Mayoorasanam

37.shavasana

38.pranayama mahatvam

39.kukkutasana

40.dhauti

41.describe shatchakras and explain their importance in yoga practice

42.trataka

43.bhadrasana

44.define yogasana and it's importance

45.describe the Soorya namaskara

46.yama

47.bramaari

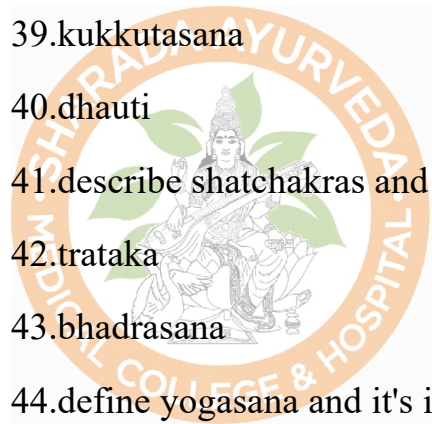
48.sarvangasana

49.paschimottanasana

50.samadhi

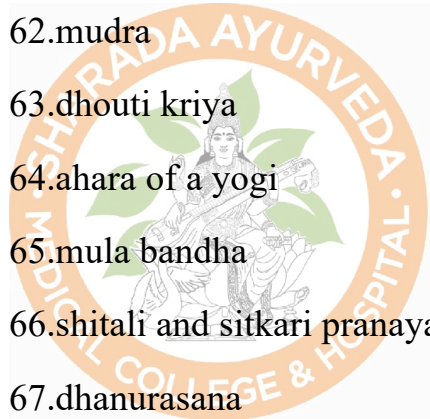
51.define moksha according to Charaka and explain muktatmalakshana and moksha upayas

52.describe cyclic meditation and mindfulness meditation and their benefits



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- 53.nauli
- 54.kurmasana
- 55.jalandhara bandha
- 56.bhastrika pranayama
- 57.yoga in katishula
- 58.yoga shabhda utpatti and vividha vyakhya
- 59.uddiyana bandha
- 60.padmasana
- 61.seethali pranayama
- 62.mudra
- 63.dhouti kriya
- 64.ahara of a yogi
- 65.mula bandha
- 66.shitali and sitkari pranayama
- 67.dhanurasana
- 68.pranayama yoga arogya phala
- 69.neti kriya
- 70.yoga siddhikara and pratibandhakar bhavas
- 71.yoga nirukti
- 72.vastadhouti
- 73.kapalabhati
- 74.vamana dhouti
- 75.surya namaskara

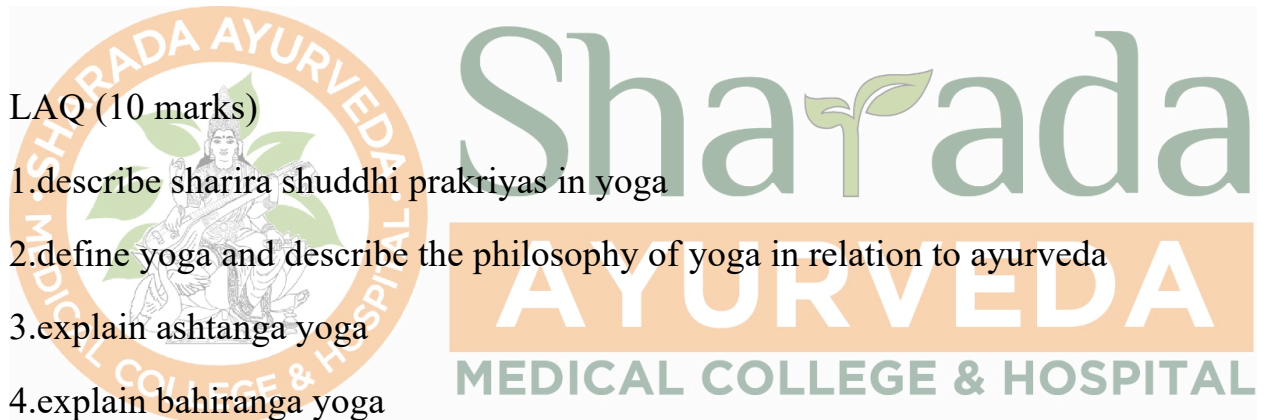


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- 76.pancha kosha
- 77.sootra nethi
- 78.describe basti as per Hathayoga pradeepika
- 79.utility of visrama
- 80.yoga mahatvam
- 81.shalabasan benefits and indications
- 82.jala dhouti kriya
- 83.define dhyana and it's effects on mind
- 84.describe adverse effects of improper yoga practice

LAQ (10 marks)

- 1.describe sharira shuddhi prakriyas in yoga
- 2.define yoga and describe the philosophy of yoga in relation to ayurveda
- 3.explain ashtanga yoga
- 4.explain bahiranga yoga
- 5.define yoga,describe in detail about pranayama
- 6.yoga nirukti and yogic shatkriyas
- 7.define pranayama.describe the types of pranayama
- 8.explain the etymology ,definition,types,and importance of yoga and its relation with swasthavritta
- 9.write importance of shatkarma and describe kapala bhati in detail
- 10.define yoga according to patanjali yogasutras,Bhagavad Gita and Charaka samhita
- 11.distinguish between rajayoga,Hathayoga and karmayoga



12. explain yogabhyasa pratibhandakaras and yoga siddhikarabhavas
13. describe mitahara and pathya-apathyas during yogabhyasa
14. explain panchakosha theory
15. describe Yama and niyama with meaning according to yogasutras and hathayogapradipika
16. define asana and explain the importance of asana. distinguish between asana and physical exercise
17. describe the procedure, benefits, indications, and contraindications of standing yoga postures such as ardhakatchakrasana, padahasthasana, ardhaachakrasana and trikonasana
18. describe the procedure, benefits, indications and contraindications of sitting yoga postures such as swasthikasana, gomukhasana, padmasana, vajrasana, bhadrasana, Shashankasana, ushtrasana, paschimottanasana, sutavajrasana, archamatsyendrasana, and siddhasana
19. describe the procedure, benefits, indications of supine yoga postures such as pavanamuktasana, sarvangasana, matsyasana, halasana, chakrasana, shavasana and setubandhasana
20. describe the procedure, benefits, indications, and contraindications of prone yoga postures such as bhujangasana, shalabasana, dhanurasana and makarasana
21. describe the procedure, benefits and contraindications of Suryanamaskara
22. define pranayama and explain its types, benefits, time of practice, avara pravara madhyama lakshana
23. describe the procedure of nadishuddhi pranayama, its benefits, and nadishudhilakshana
24. enumerate the kumbakabhedas
25. explain the procedure and benefits of suryabhedana, ujjayi, sheetali, sitkari, bhastrika, bhramari, murcha, and plavini
26. enlist shatkarmas of yoga, indications and their importance

27. describe the procedure, benefits, indications, contraindications, and precautions of dhouti, basti, neti, trataka, nauli and kapalabhati

28. explain the term bandha and describe the procedure and benefits of mulabandha, jalandharabandha, and uddiyanabandha

29. define pratyahara and explain its importance in yoga practice

30. define dharana and explain its importance in yoga practice

31. define dhyana and explain its importance in yoga practice

32. define samadhi and explain its types and importance

MCQ answers

1)c)

2)d)

3)a)

4)b)

5)c)

6)b)

7)c)

8)b)

9)b)

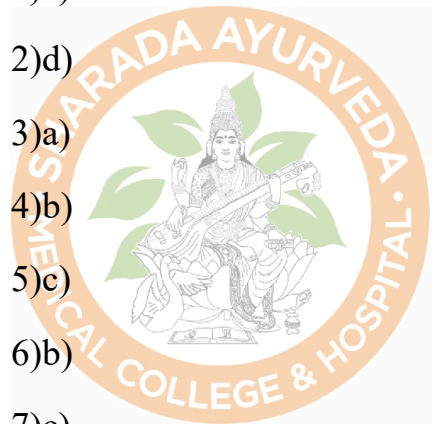
10)c)

11)a)

12)c)

13)b)

14)d)



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15)c)

16)a)

17)b)

18)c)

19)d)

20)d)

21)b)

22)d)

23)c)

24)c)

25)a)

26)b)

27)c)

28)b)

29)a)

30)d)

31)b)

32)c)

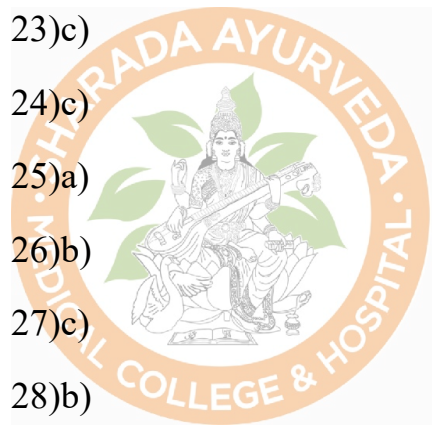
33)b)

34)c)

35)c)

36)b)

37)c)



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38)a)

39)a)

40)b



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TOPIC: NATUROPATHY

MCQ

What does the practice of “detoxification” aim to do in naturopathy?

- A) Remove synthetic drugs from the body
- B) Flush out toxins and promote overall health
- C) Increase intake of processed foods
- D) Isolate individuals from their environment

2. Which of the following is a common belief in naturopathy regarding disease?

- A) Diseases are always caused by pathogens
- B) Diseases arise from imbalances in the body
- C) Diseases are solely genetic
- D) All diseases can be treated with antibiotics

3. Which therapy is commonly used to relieve stress in naturopathy?

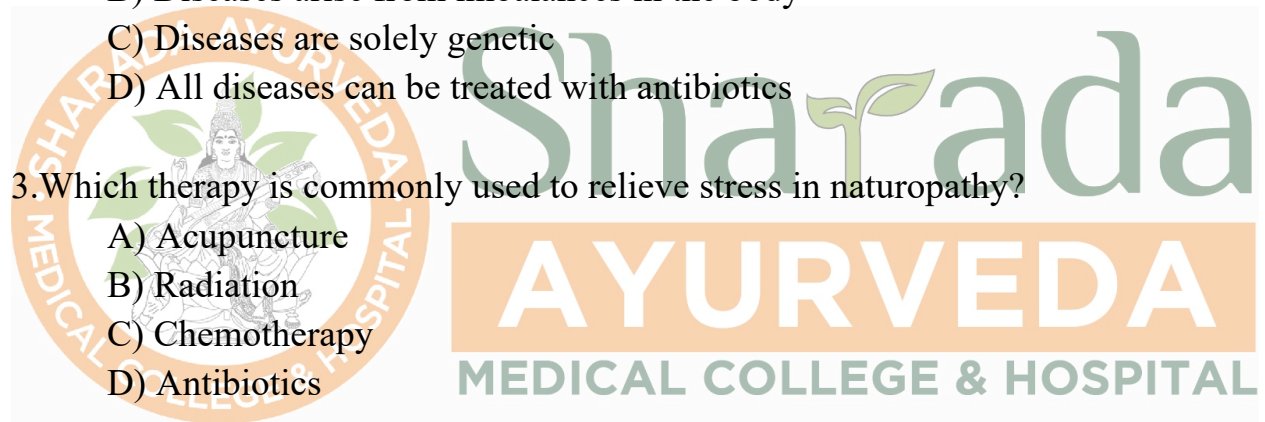
- A) Acupuncture
- B) Radiation
- C) Chemotherapy
- D) Antibiotics

4. What does “vis medicatrix naturae” translate to?

- A) The power of medication
- B) The body’s healing ability
- C) The importance of nutrition
- D) The role of technology in health

5. Which lifestyle modification is often emphasized in naturopathy?

- A) Sedentary behaviour
- b) Poor nutrition
- c) Regular physical activity
- d) Excessive screen time



6. Which of the following can be considered a contraindication for naturopathic treatments?

- A) Acute illness
- b) Chronic stress
- c) Seeking a holistic approach
- d) Non-compliance with medical advice

7. Naturopathy often promotes the use of which type of diet?

- A) Vegan
- b) High-fat
- c) Ketogenic
- d) Balanced and whole-foods-based

The philosophy of treating the whole person in naturopathy is known as:

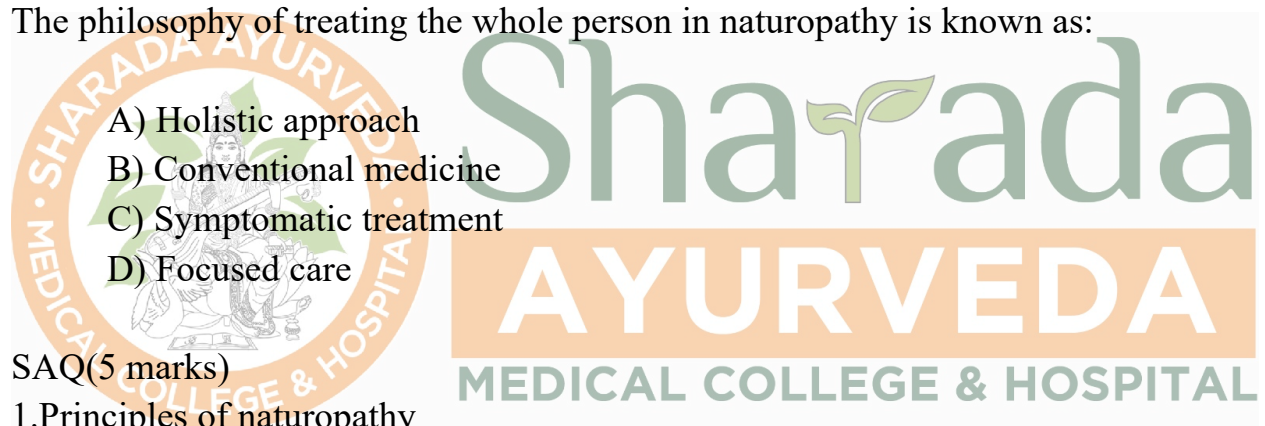
- A) Holistic approach
- B) Conventional medicine
- C) Symptomatic treatment
- D) Focused care

SAQ(5 marks)

1. Principles of naturopathy
2. Relation of Ayurveda and Naturopathy
3. What is Panchabhootopasana, Naturopathy, nisrgopachara
4. Explain about the therapeutic effect of massage, sun bath, mud therapy
5. Explain about the hydrotherapy

MCQ ANSWER

- 1. B)
- 2. B)
- 3. A)
- 4. B)
- 5. c)
- 6. A)



7.d)
8.A)



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PAPER-2

TOPIC: JANANPADODWAMSA

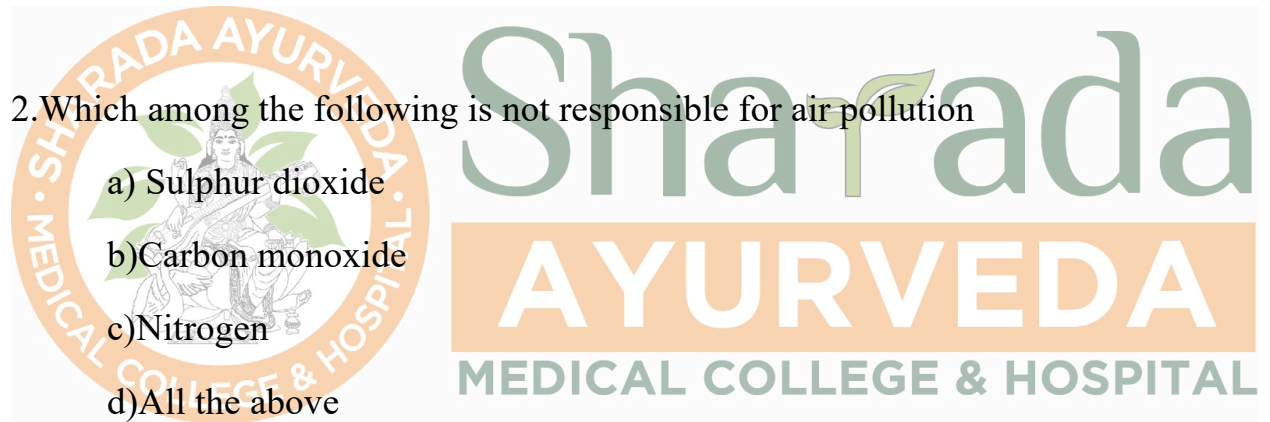
MCQS

1. Which one is not included under mechanical ventilation

- a) Air conditioning
- b) Plenum ventilation
- c) Inequality of temperature
- d) Exhaust

2. Which among the following is not responsible for air pollution

- a) Sulphur dioxide
- b) Carbon monoxide
- c) Nitrogen
- d) All the above



3. Horrock's apparatus is designed to find out

- a) Hardness of water
- b) Dose of bleaching powder
- c) Air pollution
- d) Both a and b

4. Bhouma jala is of

- a)6 types
- b)5 types
- c)7 types
- d)8 types

5. Correct sequence of purification of water by rapid sand filters

- a) Coagulation- rapid mixing – flocculation- sedimentation – filtration
- b) Filtration – coagulation – rapid mixing – flocculation- sedimentation
- c) Coagulation – flocculation- rapid mixing – sedimentation – filtration
- d) Coagulation – rapid mixing – flocculation- filtration – sedimentation

6. Types of antariksha jala

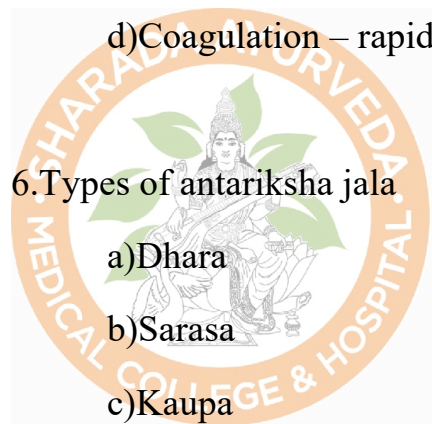
- a) Dhara
- b) Sarasa
- c) Kaupa
- d) Tadaga

7. hardness of water is

- a) Soap building power of water
- b) Soap destructive power of water
- c) Both a and b
- d) None

8. main causes of global warming

- a) Increase of carbon dioxide



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- b) Increase of oxidise of nitrogen
- c) Both a and b
- d) None

9. which disease is known as epidemic jaundice

- a) hepatitis a
- b) hepatitis b
- c) hepatitis c
- d) hepatitis e

10. Hepatitis A virus is highly resistant to

- a) low ph
- b) heat
- c) chemicals
- d) all the above

11. Period of infectivity of jaundice is how many weeks after the onset of jaundice

- a) 3 weeks
- b) 2 weeks
- c) 4 weeks
- d) none of the above

12. Which among the following is false in case of hepatitis A

- a) Incubation period is 10 to 15 days
- b) There are three modes of transmission



- c) It is more frequent in children than in adults
- d) It is also known as serum hepatitis

13. Which of the following is false in case of hepatitis B virus

- a) It is also known as epidemic jaundice
- b) 10% of 40 million people infected with HIV worldwide are infected with HBV
- c) Contaminated blood is the main source of infection
- d) Man is the only reservoir of infection

14. The incubation period of HCV is

- a) Two weeks to five months
- b) Two weeks to six months
- c) Two weeks to 10 months
- d) 10 weeks to six months

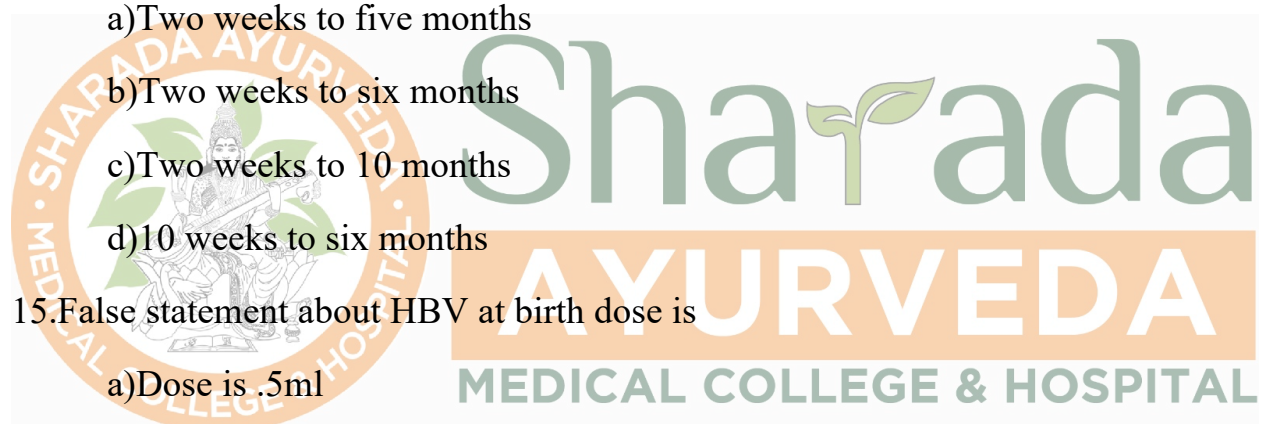
15. False statement about HBV at birth dose is

- a) Dose is .5ml
- b) To be given at birth or as early as possible with 24 hours
- c) Route is intra muscular
- d) to be given early in pregnancy

16. Other name for whooping cough

- a) 50 days cough
- b) calm cough
- c) pertussis
- d) none of the above

17. Which among the following is false about pertussis



- a) Bordetella pertussis is the causative agent
- b) source of Infection may be mild, missed
- c) bacilli occurs mainly in nasopharyngeal and bronchial secretions
- d) Incubation period is 3 to 10 days

18. Whooping cough is most infectious in

- a) catarrhal stage
- b) paroxysmal stage
- c) none of the above
- d) convalescent stage

19. Mode of transmission of pertussis

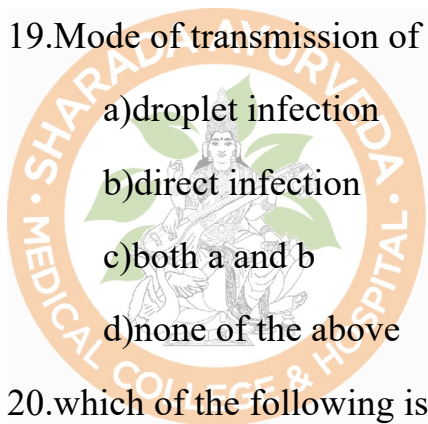
- a) droplet infection
- b) direct infection
- c) both a and b
- d) none of the above

20. Which of the following is false among the following

- a) catarrhal stage – lasts for 10 days
- b) paroxysmal stage - lasts for 2 to 4 weeks
- c) convalescent stage – lasts for 1 to 2 weeks
- d) none of the above is false

21. Which among the following is false for vaccination of pertussis

- a) To be given in between 16 to 24 months
- b) Dose is 5ml
- c) ROUTE is intramuscular



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d)None of the above

22.Which among the following is not the clinical features of rubella

- a)Rash
- b)Prodromal symptoms(coryza etc)
- c)Lymphadenopathy
- d)Rice water diarrhea

23.which among the following is the clinical triad of congenital defects of rubella

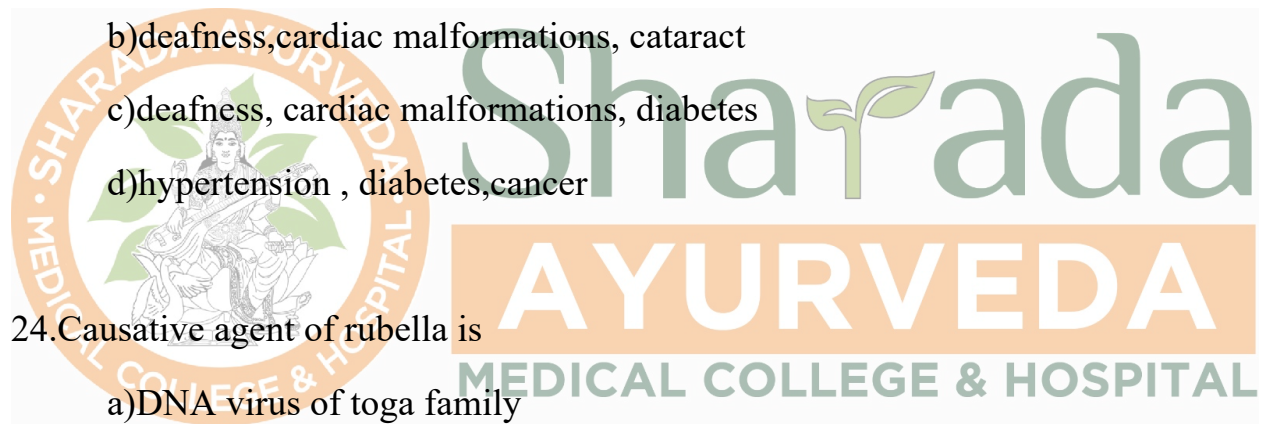
- a)deafness, dumbness, diabetes
- b)deafness,cardiac malformations, cataract
- c)deafness, cardiac malformations, diabetes
- d)hypertension , diabetes,cancer

24.Causative agent of rubella is

- a)DNA virus of toga family
- B)RNA virus of adenovirus
- C)RNA virus of toga virus
- D)DNA virus of adenovirus

25.The measles rubella vaccination first dose to be given at

- a)as early as possible within 24 hours after birth
- b)24months
- c)9 months
- d)9 month to 12 months



26. causative agent of mumps disease is

- a) bordetella pertusis
- b) vibrio cholera
- c) Myxovirus parotiditis
- d) salmonella typhi

27. vaccination dose and route of administration of mumps disease are

- a) 0.5ml and subcutaneous
- b) 1ml and intramuscular
- c) 0.5ml and intramuscular
- d) 1ml and subcutaneous

28. period of communicability of agent of mumps is

- a) 4 to 6 days before onset of disease
- b) 8 to 10 days before onset of disease
- c) both
- d) none of the above

LAQ(10 MARKS)

1. Describe in detail jala prakara, gunas and its purification methods on large scale

2. Write in detail about Jala chikitsa

3. Explain about janapadadhwasakama bhavas and explain Epidemiology of Malarial fever and its control measures.

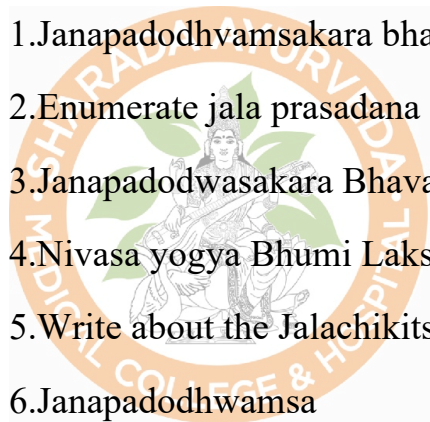
4. Describe in detail types of Jala's, its Gunas and its purification methods

5. Explain the causes of Janapadodhwamsa/maraka vyadhi State the manifestation and control measures of Jnapadodhwamsa
6. Explain the importance of Panchakarma and Rasayana in preventing Janapadodhwamsa
7. Define Epidemiology, enumerate and describe the principles and uses of epidemiology.
8. Describe the basic terms of epidemiology. Explain and discuss the dynamics of disease transmission. Explain the theory of disease causation, epidemiological triad and natural history of disease.
9. Explain the concept of prevention, modes of intervention, risk factors, incidence and prevalence
10. Explain Susceptible host and host defense. Describe Immunizing Agents. Explain the concept of vyadhikshamatwa. Enlist methods to improve Vyadhikshamatwa. Classify Bala, enlist factors of Bala vriddhikara bhava.
11. Explain the investigation of an epidemic. Explain prevention and control of an epidemic.
12. Explain Sankramaka roga as per Ayurveda.
13. Explain Epidemiological determinants, brief pathology, transmission, incubation period, clinical features, diagnosis and Preventive measures: tuberculosis
14. steps for prevention of cholera
15. Explain epidemiological determinants, Incubation period, clinical features and post covid protocol
16. clinical features of measles along with its vaccines
17. Prevention of leprosy
18. Explain epidemiological determinants along with clinical course of whooping cough

19. Sexually transmitted diseases (STDs) with prevention and Control – HIV/ AIDS.
20. Prevention and control of gonorrhoea
21. Explain Role of Ayurveda in Epidemics like COVID-19,
22. Explain clinical features of diphtheria
23. Differentiate between clinical course of chicken pox and small pox
24. Clinical features of diphtheria
25. Explain epidemiological determinants – hepatitis

SAQ(5 MARKS)

1. Janapadodhvamsakara bhavas.
2. Enumerate jala prasada dravyas
3. Janapadodwasakara Bhavas
4. Nivasa yogya Bhumi Lakshana.
5. Write about the Jalachikitsa
6. Janapadodhwamsa
7. Ninditha Bhoomi lakshana
8. Ashudha vata lakshana
9. Nivasa ayogyabhoomi
10. Types of jala
11. Bhumi Shodhana and Nivasa Yogya bhumi.
12. Vayu shuddhi according to Ayurveda
13. Jala srotas (sources of water)
14. Vayu pradooshana.



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15.Jala dusti hetu (karanani)

16.Kaupa jala gunani

17.Vayu Sudhi Prakara.

MCQ Answers

1.C

2.C

3.B

4.C

5.A

6.A

7.A

8.C

9.A

10.D

11.B

12.D

13.A

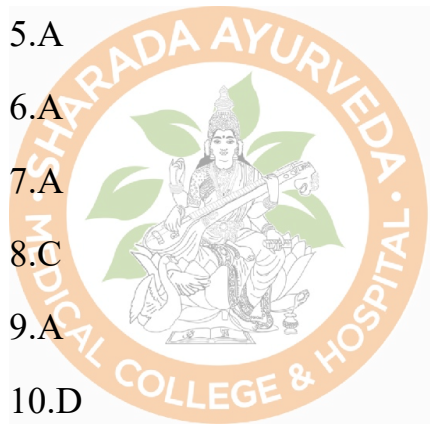
14.B

15.D

16.C

17.D

18.A



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19.C

20.D

21.D

22.D

23.D

24.C

25.D

26.C

27.C

28.A



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Topic : ENVIRONMENTAL HEALTH

MCQ

1. Which of the following best defines environmental health?

- A) The branch of public health focused on managing resources
- B) The study and management of environmental factors that can potentially affect human health
- C) The focus on environmental conservation and wildlife protection
- D) Disease management through chemical processes

2. Which of these is a primary cause of air pollution?

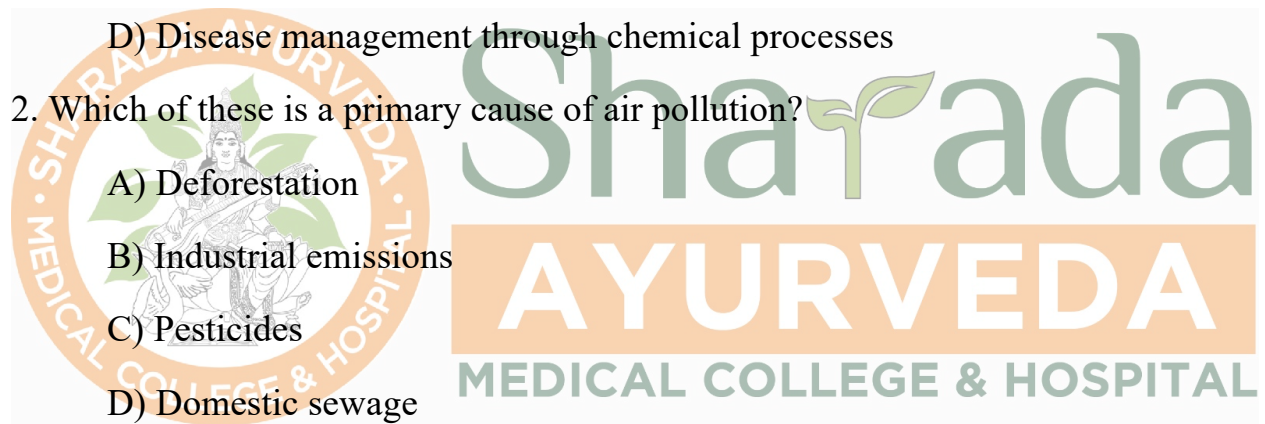
- A) Deforestation
- B) Industrial emissions
- C) Pesticides
- D) Domestic sewage

3. The most common vector-borne disease affected by environmental factors is:

- A) Tuberculosis
- B) Malaria
- C) Hepatitis
- D) Typhoid

4. Which is NOT a major environmental factor influencing water quality?

- A) Pathogens



- B) Temperature
- C) Noise pollution
- D) Chemical contaminants

5. What does the term “biomagnification” refer to?

- A) The accumulation of toxins as they move up the food chain
- B) The multiplication of species in a polluted habitat
- C) The physical expansion of organisms due to environmental stress
- D) A process of natural selection favoring pollutant-resistant organisms

6. According to Park’s Textbook, which level of prevention does safe drinking water provision fall under?

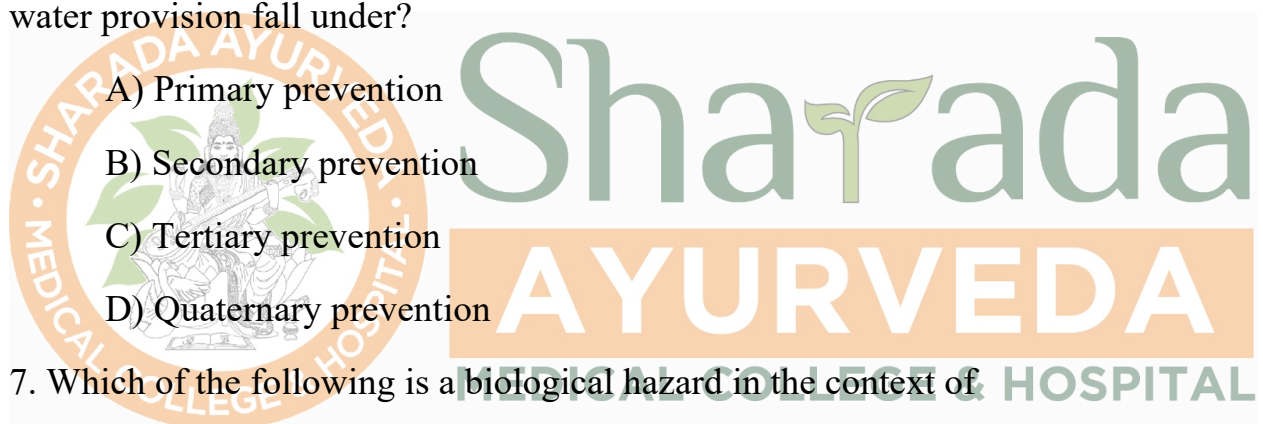
- A) Primary prevention
- B) Secondary prevention
- C) Tertiary prevention
- D) Quaternary prevention

7. Which of the following is a biological hazard in the context of environmental health?

- A) Chemical waste
- B) Noise pollution
- C) Viruses and bacteria
- D) Lead paint

8. The “greenhouse effect” primarily impacts which of the following?

- A) Air quality levels
- B) Biodiversity in urban areas



C) Global temperature

D) Water acidity

9. Which of the following is a significant health impact of noise pollution?

A) Hypertension

B) Skin irritation

C) Respiratory issues

D) Digestive problems

10. In Park's view, what is the main objective of environmental health programs?

A) To maintain ecological balance

B) To protect human health from environmental hazards

C) To increase industrial production

D) To conserve water resources

11. Which of the following is considered a primary goal of environmental health?

A) Treatment of infectious diseases

B) Prevention of environmental hazards to human health

C) Development of vaccines

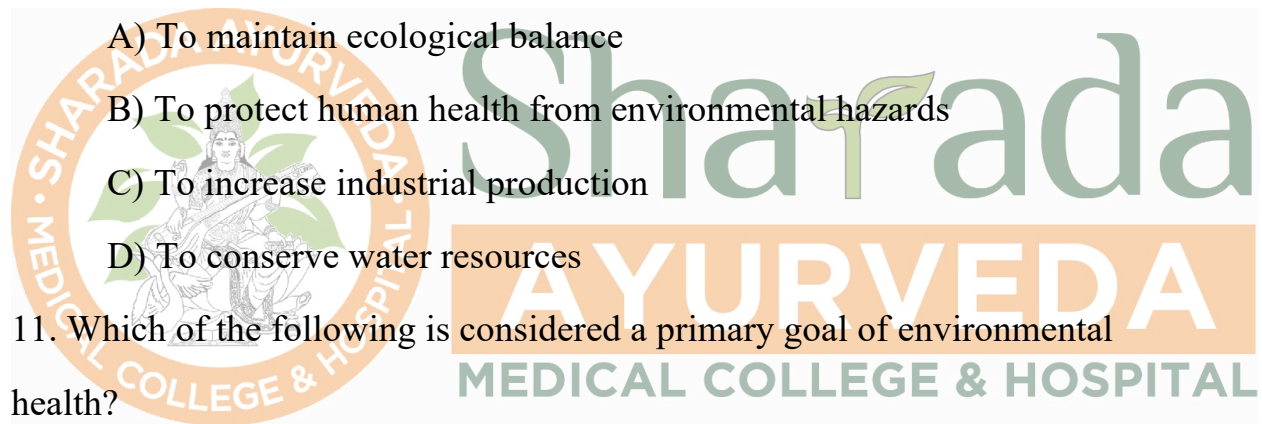
D) Promotion of exercise and physical fitness

12. The term "safe limit" in the context of air quality refers to:

A) The maximum allowable exposure level of pollutants without health risk

B) The acceptable level of pollution according to the public opinion

C) The lowest concentration of pollutants in the air



D) The level of pollutants considered dangerous to vulnerable populations only

13. The most common source of indoor air pollution in developing countries is:

A) Industrial emissions

B) Tobacco smoke

C) Burning of solid fuels like wood and dung

D) Pesticides used in agriculture

14). The term "bioaccumulation" refers to:

A) The buildup of toxic substances in the food chain

B) The increase in an organism's body size over time

C) The natural decomposition of pollutants

D) The process by which pollutants disperse in the environment

15. Which of the following diseases is most commonly linked to poor sanitation and contaminated water?

A) Asthma

B) Typhoid fever

C) Tuberculosis

D) Malaria

16. Which of the following is a key indicator of water quality?

A) Water color

B) pH level

C) Boiling point

D) Amount of dissolved oxygen

17. The primary vector for malaria is:



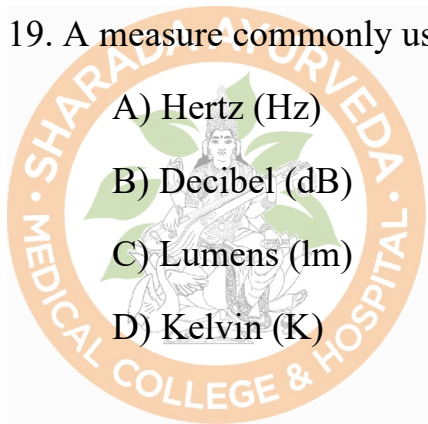
- A) Anopheles mosquito
- B) Aedes mosquito
- C) Culex mosquito
- D) Sandfly

18. Which of the following pollutants is primarily responsible for acid rain?

- A) Sulfur dioxide (SO₂)
- B) Carbon monoxide (CO)
- C) Methane (CH₄)
- D) Nitrogen gas (N₂)

19. A measure commonly used to assess noise pollution is:

- A) Hertz (Hz)
- B) Decibel (dB)
- C) Lumens (lm)
- D) Kelvin (K)



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20. What does "sanitary landfill" refer to?

- A) An uncontrolled waste dumping site
- B) A site where waste is openly burned
- C) A waste disposal site where refuse is buried under layers of soil
- D) A recycling plant for plastic waste

21) In which country the first rapid sand filters were installed?

- A) USA
- B) UAE

C)INDIA

D)NONE OF THE ABOVE

22)Surface water originates from _____?

A) Tank water

B)Well water

C) River Water

D)Rain Water

23)_____ Water is the purest water in nature?

A)Rain Water

B)River Water

C)Well water

D) Tank Water

24) Parapet Wall should be upto atleast _____ inches above ground

A)54 inches

B)28 inches

C)30 inches

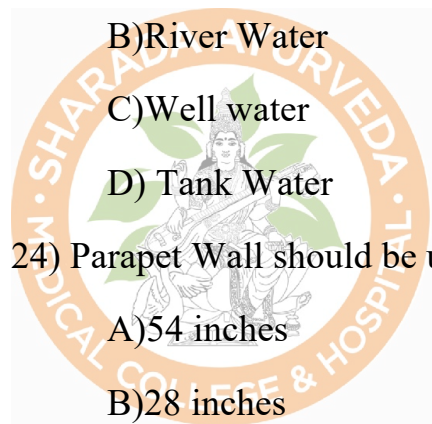
D)25 inches

25)Slow Sand filters were first used for water treatment in which year?

A)1904

B)1804

C)1704



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D)1604

26)Which one is a type of rapid sand filters among the following?

A) Chemical Type

B)Physical Type

C)Pressure Type

D)NONE OF THE ABOVE

27)Depth of the Sand bed is usually ____ meter

A)5

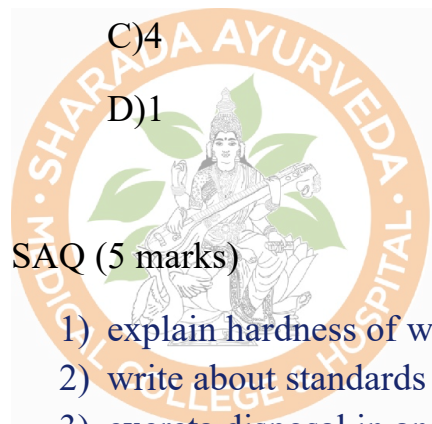
B)3

C)4

D)1

SAQ (5 marks)

- 1) explain hardness of water
- 2) write about standards of lightning
- 3) excreta disposal in an un-sewered area
- 4) rapid sand and filter
- 5) sources of water.
- 6) disposal of dead body.
- 7) define ventilation and the types of ventilation
- 8) slow sand filter
- 9) explain hardness of water and the methods for removal of hardness
- 10) Explain water seal latrine
- 11) enumerate the causes and effects of air pollution
- 12) methods of disposal of refuse
- 13) disposal of excreta
- 14) septic tank
- 15) standards of lightning



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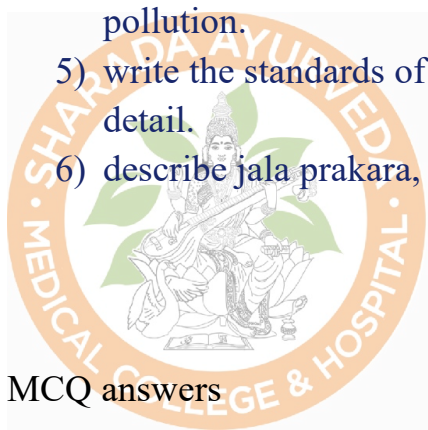
- 16) defined ventilation and explain artificial ventilation
- 17) write in detail about biomedical waste management
- 18) latrines for camps
- 19) advantages of water seal latrine
- 20) requirements for good lighting
- 21) household method of water purification

LAQ(10 marks)

- 1) explain purification of water on large scale through rapid sand filters
- 2) explain method of sewage disposal in detail
- 3) explain in detail about the disposal of refuse
- 4) write causes, social and health aspects and prevention and control of air pollution.
- 5) write the standards of water and explain various methods of purification in detail.
- 6) describe jala prakara, gunas and its purification methods in large scale.

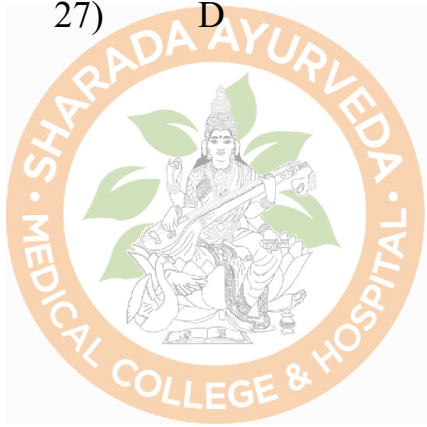
MCQ answers

- 1) B
- 2) B
- 3) B
- 4) C
- 5) A
- 6) C
- 7) C
- 8) C
- 9) A
- 10) B
- 11) B
- 12) A
- 13) C



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- 14) A
15) B
16) D
17) A
18) A
19) B
20) C
21) A
22) D
23) A
24) B
25) B
26) C
27) D



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TOPIC: DISASTER MANAGEMENT

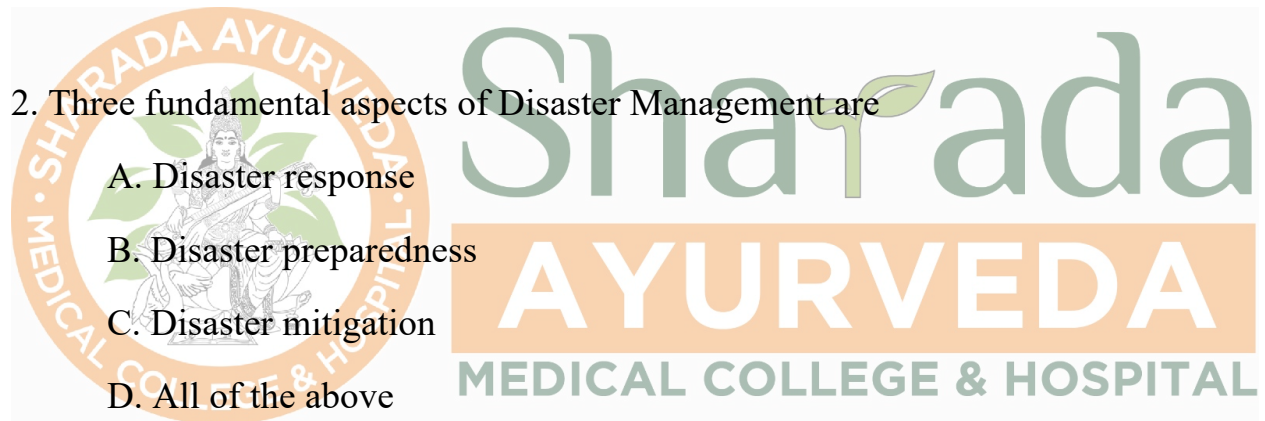
MCQ

1. Natural hazards includes

- A. Geological
- B. Meteorological
- C. Climatologists
- D. All the above

2. Three fundamental aspects of Disaster Management are

- A. Disaster response
- B. Disaster preparedness
- C. Disaster mitigation
- D. All of the above



3. Which of the following are false

- A. Red indicates high priority
- B. Green indicates ambulatory patients
- C. Yellow indicates medium priority
- D. Black indicates minor or medium injuries

4. The type and quantity of humanitarian relief supplies are usually determined by the factors

- A. The type of Disaster, since distinct events have different effects on the population
- B. The type and quantity of supplies available locally
- C. Both A and B
- D. None of the above

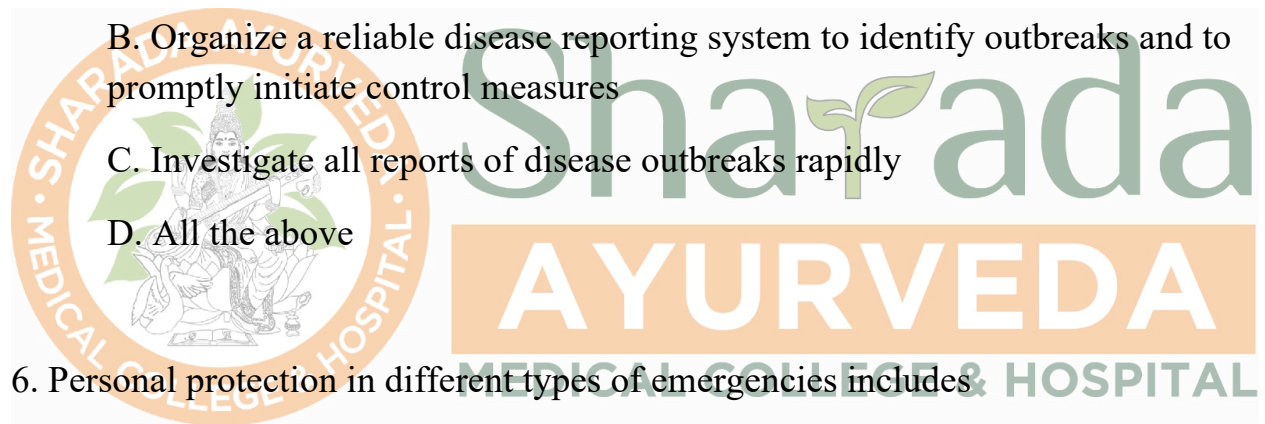
5. The principles of preventing and controlling communicable diseases after a disaster are to

- A. Implement as soon as possible all public health measures, to reduce the risk of disease transmission
- B. Organize a reliable disease reporting system to identify outbreaks and to promptly initiate control measures
- C. Investigate all reports of disease outbreaks rapidly
- D. All the above

6. Personal protection in different types of emergencies includes

- A. Do not use the telephone, except to call for help, so as to leave telephone lines free for organization of response
- B. Listen to the messages broadcast by radio and the various media so as to be informed of development
- C. Carry out the official instructions given over the radio or by loudspeaker
- D. Keep a family emergency kit ready
- E. All of the above

7. Disaster Management during a flood includes



- A. Turn off the electricity to reduce the risk of electrocution
- B. Protect people and property
- C. Beware of water contamination
- D. All of the above

8. Disaster Management during earthquake are

- A. Avoid storing heavy objects and materials in high positions
- B. Ensure that all electrical and gas appliances in houses, together with all pipes connected to them, are firmly fixed
- C. Hold family evacuation drills and ensure that the whole family knows what to do in case of an earthquake
- D. Keep calm, do not panic
- E. Keep away from stairs, and materials in high positions
- F. People who are indoors should stay there but move to the central part of the building

A. A, B and E

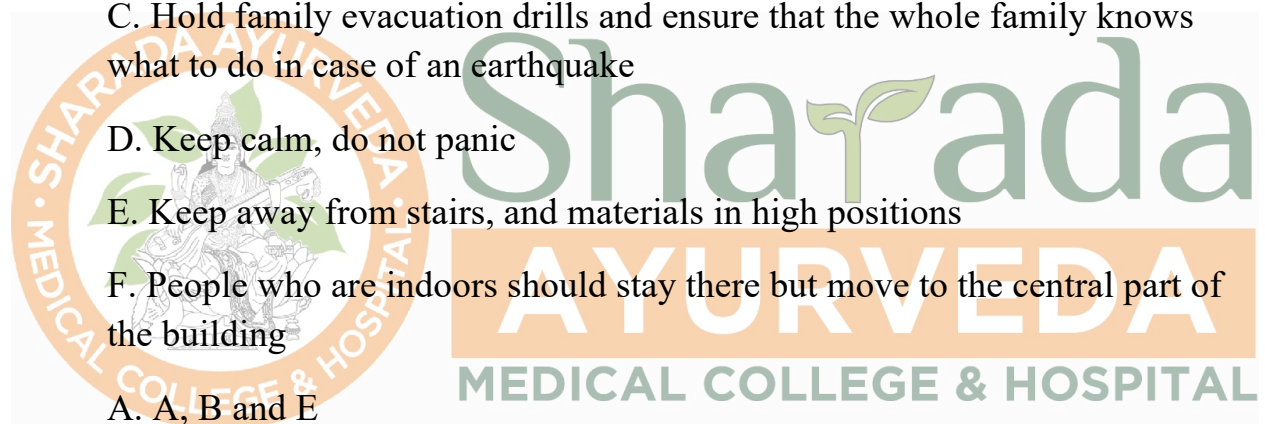
B. A,B and C

C. A, D and F

D. D,E and F

9. Man made disasters includes

- A. Sudden disasters
- B. Insidious Disasters
- C. Wars and civil conflicts



D. All the above

10. Which one of the following is the lead agency responsible for the preparation of Disaster Management

- A. Indian Meteorological Department
- B. National Disaster Management Authority
- C. National Crisis Management Committee
- D. Cabinet Committee on Security

11. Which of the following is the primary goal of disaster management?



- A) Economic recovery
- B) Minimizing the impact of disasters
- C) Restoration of infrastructure
- D) Preventing natural disasters

12. What is the first phase in the disaster management cycle?

- A) Mitigation
- B) Preparedness
- C) Response
- D) Recovery

13. Which of the following best describes 'mitigation' in disaster management?

- A) Planning for evacuation during a disaster

- B) Rebuilding damaged infrastructure after a disaster
- C) Taking actions to reduce or eliminate the long-term risk of disasters
- D) Providing immediate relief to affected communities

14 What is a 'hazard' in the context of disaster management?

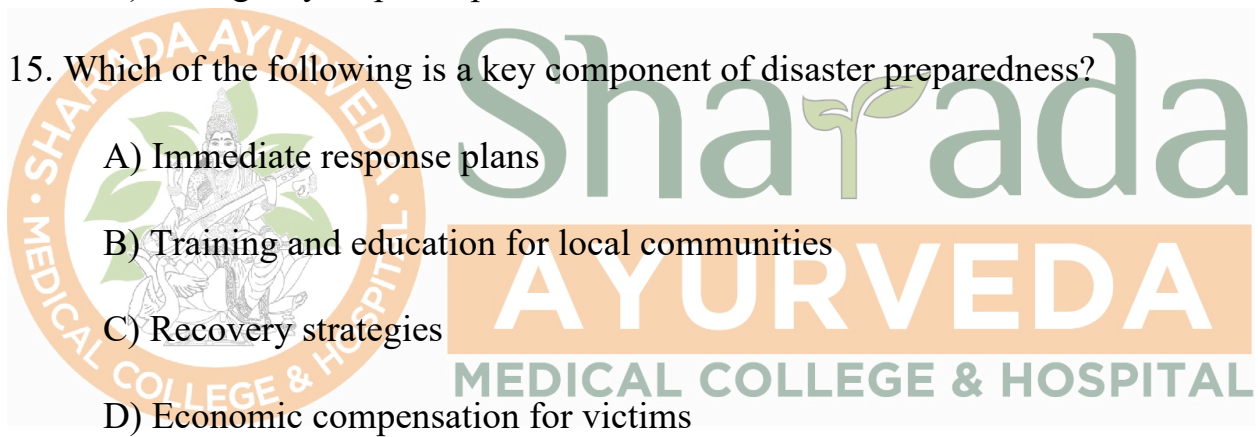
- A) A potential event that can cause harm
- B) The recovery phase after an event
- C) The impact of the disaster on the population
- D) Emergency response plans

15. Which of the following is a key component of disaster preparedness?

- A) Immediate response plans
- B) Training and education for local communities
- C) Recovery strategies
- D) Economic compensation for victims

16. In disaster management, which organisation typically coordinates international relief efforts?

- A) National Red Cross/Red Crescent Societies
- B) World Health Organisation (WHO)
- C) United Nations Office for the Coordination of Humanitarian Affairs (OCHA)



D) Local government agencies

17. Which of the following is an example of a 'natural disaster'?

A) Terrorist attack

B) Earthquake

C) Economic crisis

D) Industrial accident

18. What is the purpose of a 'disaster recovery plan'?

A) To ensure the rapid delivery of emergency services

B) To restore normal operations and systems post-disaster

C) To reduce the risk of future disasters

D) To organise evacuations before a disaster

19. Which of the following types of disaster is primarily associated with human actions?

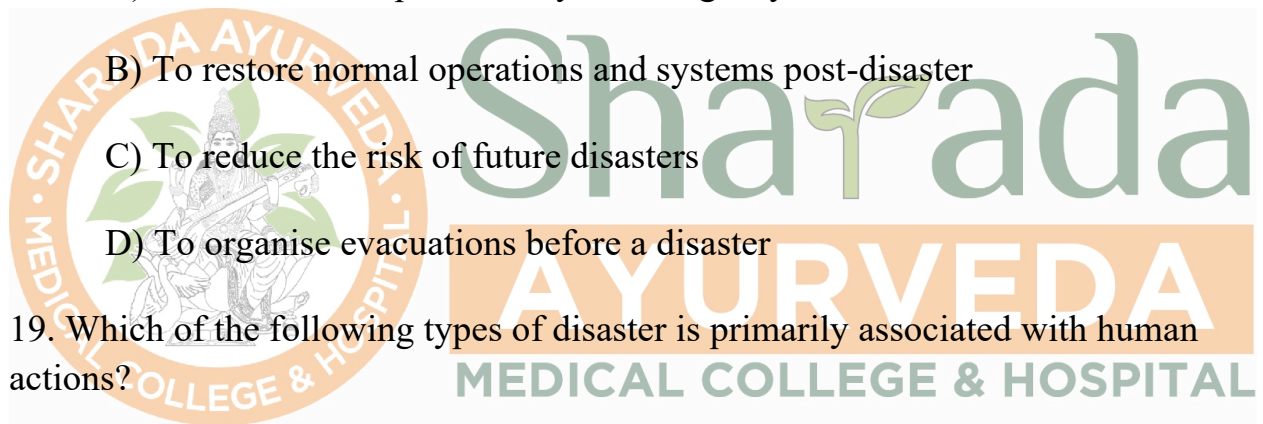
A) Earthquake

B) Flood

C) Nuclear accident

D) Volcanic eruption

20. Which of the following is a key characteristic of 'emergency response' during a disaster?



- A) Long-term recovery and rebuilding
- B) Providing immediate assistance to save lives
- C) Identifying risk reduction measures
- D) Conducting public education campaigns

SAQ(5 marks)

- 1.Man-made disaster & its management
- 2.Disaster Management

MCQ ANSWERS

1.(D)

2.(D)

3.(D)

4.(C)

5.(D)

6. (E)

7.(D)

8.(D)

9.(D)

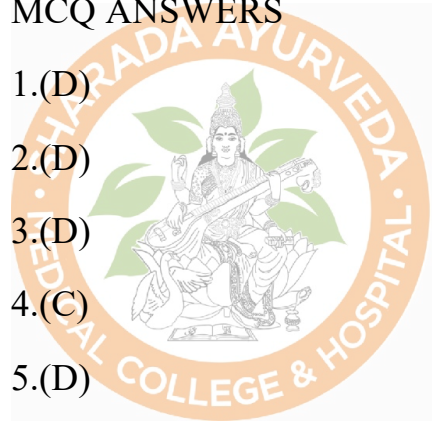
10.(B)

11(B)

12.(B)

13.(C)

14.(A)



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15.(B)

16.(C)

17.(B)

18.(B)

19.(C)

20.(B)



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Topic : Occupational health

MCQ'S

1. Which of the following is not a type of occupational hazard?

- A. Physical B. Mechanical C. Psychosocial D. Mental

2. Prevention of Occupational disease includes

- A. Medical measures
B. Engineering measures
C. legislation
D. All of the above

3. Factories act was established in

- A. 1992
B. 1947
C. 1948
D. 1952

4. Ergon in Ergonomics means

- A. work
B. Fitting
C. worker
D. employee

5. No. Of leaves for children according to Factories act

- A. 1 day for 12 days of work
B. 1 day for 20 days of work
C. 1 day for 10 days of work
D. 1 day for 15 days of work

6. Which scheme provides an unemployment allowance for the employees who are rendered unemployed involuntarily due to closure of factory etc.



- A.Rajiv Gandhi Shramik kalyan yojna
- B.ASHA
- C.Mission Indradhanush
- D.Employment state act

7.Farmer's lung is the disease caused by which organic dust

- A.Iron
- B.Pesticide
- C.Hay
- D.cotton dust

8.Under physical agent light may cause which ailment from the following

- A.chilblains
- B.Miner's Nystagmus
- C.Air Embolism
- D. Caisson disease

9. Following occupational diseases are notifiable under the Indian Factory Act, 1976 except

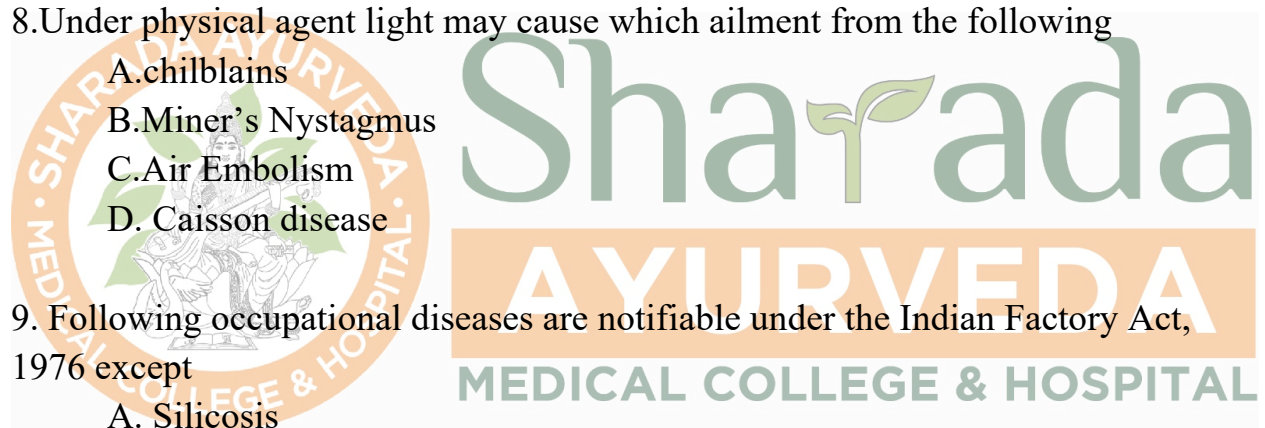
- A. Silicosis
- B. Asbestosis
- C. Byssinosis
- D. Bagossis

10. Ideal periodical examination of worker in an industry is done every

- A. Day
- B. Month
- C. Year
- D. Depends on the type of exposure

11. Safety officers have to be appointed in factories where number of workers is more than

- A. 500



- B. 1000
- C. 2000
- D. 5000

12. Inhalation of sugarcane dust can cause

- A. Bagossis
- B. Byssinosis
- C. Tobacossis
- D. Farmer's lung

13. Which of the following is not a ionising radiation hazards

- A. Ulcers
- B. Cancer
- C. Leukemia
- D. Sterility

14. White fingers may result from

- A. Heat
- B. Cold
- C. UV
- D. Vibration

15. Under ESI act, sickness benefit is given for

- A. 17 days
- B. 39
- C. 92
- D. 117

16. Under ESI act, number of units for which a family dispensary must be opened is

- A. 500
- B. 1000
- C. 1500
- D. 2000



17. Exposure to benzol may lead to

- A. Lung cancer
- B. Leukaemia
- C. COPD
- D. Neurofibrosis

18. Lead poisoning in industries mainly occur due to

- A. Inhalation
- B. Ingestion
- C. Skin absorption
- D. Conjunctival route

19. According to Factories Act, 1948 number of permissible working hours per week is

- A. 48
- B. 60
- C. 72
- D. 54

20. The financial contribution for ESI comes from

- A. State government
- B. Central government
- C. Employers
- D. All

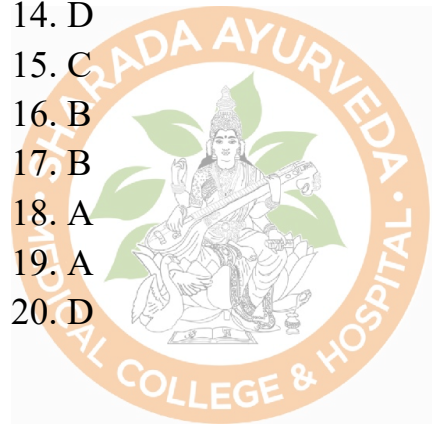
SAQ(5 marks)

- 1.Explain ESI and factories act
- 2.Define ergonomics and various occupational hazards.
- 3.Preventive measures in occupational health hazards.
- 4.Write about occupational hazards.
- 5.Write about role of Ayurveda in management occupational hazards.

MCQ answers



- 1.D
- 2.D
- 3.C
- 4.A
- 5.D
- 6.A
- 7.C
- 8.B
9. D
10. D
11. B
12. A
- 13.A
14. D
15. C
16. B
17. B
18. A
19. A
20. D

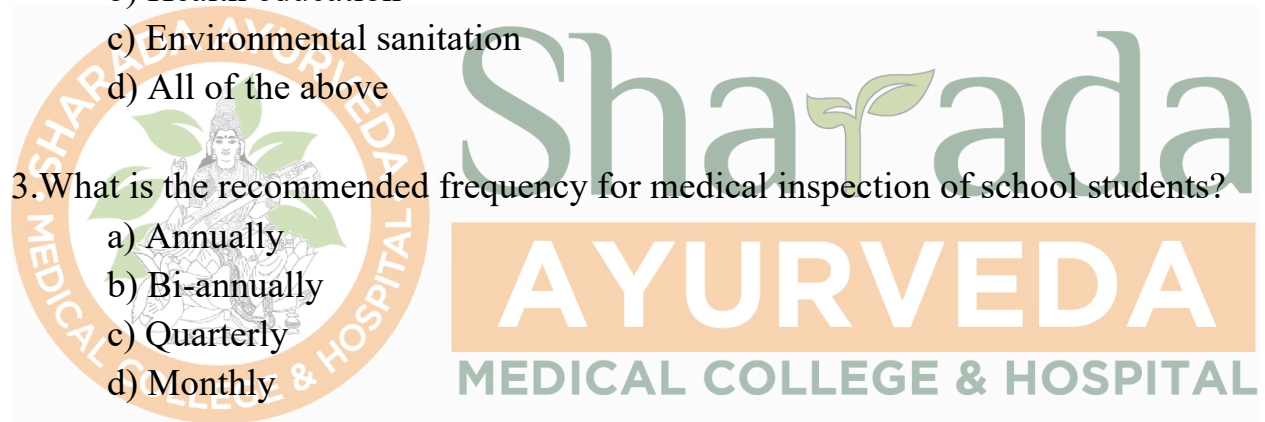


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TOPIC: SCHOOL HEALTH SERVICES

MCQ

1. What is the main objective of School Health Services?
 - a) To provide medical treatment to students
 - b) To promote health and prevent diseases among students
 - c) To educate students about health and hygiene
 - d) To provide nutrition to underprivileged students
2. Which of the following is a component of School Health Services?
 - a) Medical inspection
 - b) Health education
 - c) Environmental sanitation
 - d) All of the above
3. What is the recommended frequency for medical inspection of school students?
 - a) Annually
 - b) Bi-annually
 - c) Quarterly
 - d) Monthly
4. Which of the following is a benefit of School Health Services?
 - a) Improved academic performance
 - b) Reduced absenteeism
 - c) Early detection and treatment of health problems
 - d) All of the above
5. Who is responsible for providing School Health Services?
 - a) School administration
 - b) Local health department
 - c) State government
 - d) All of the above

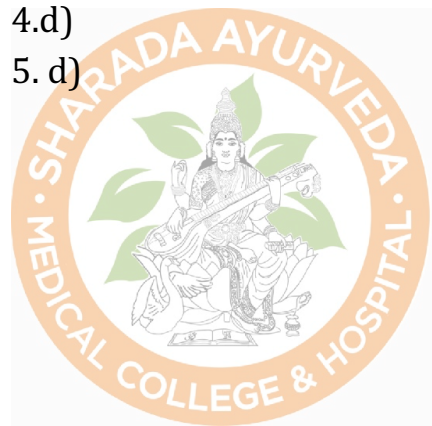


SAQ(5 marks)

- 1.state the health problems of school children.
- 2.Mention the aspect of school health services.
- 3.Mention the duties of school medical officer.
- 4.Explain how to maintain a healthy environment in the school.

MCQ ANSWERS

1. b)
2. d)
3. a)
- 4.d)
5. d)



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TOPIC: Disinfection

MCQS

1. Which are natural disinfectants?

A) Lime

B) Air

C) Sunlight

D) Both B & C

2. Cresol is used to disinfect

A. Water

B. Inanimate I objects

C. Feaces and urine

D. Instruments

3. Contact period of Savlon is:

A. 5 mins

B. 10 mins

C. 20mins

D. 15 mins

4. Crude phenol is effective against?



A. Gram positive Bacteria

B. Gram negative Bacteria & Acid fast Bacteria

C. Viruses

D. All of the above

5. Which is cresol emulsion?

A. IZAL & CYLIN

B. Coal tar disinfectant

C. Lysol

D. Both A & C

6. Dettol is composed of

A. Chlorohexidine

B. Hibitane

C. Chloroxylenol

D. Hypochlorous Acid

7. Betadin is:

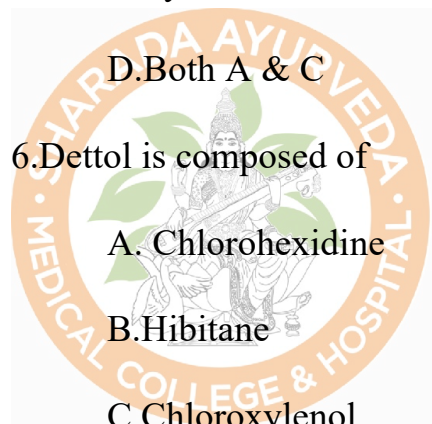
A. Tincture or iodine solution

B. Iodophores

C. Povidone iodine

D. Both B & C

8. Cheapest disinfectant is?



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- A. Savlon
- B. Dettol
- C. Lime
- D. Chlorine Tablets

9. Bleaching powder is

- A. CaOCl_2
- B. CaCO_3
- C. CaCl_2
- D. CaCl_2

10. Bleaching powder Use and Disadvantages are?

- A. Hospital Disinfection, Expensive
- B. Water, Faeces, Urine & as Deodorant, Unstable & loses Chlorine Content upon Storage.
- C. Fumigation, highly perishable
- D. Instruments, long contact period

11. 'Savlon' contains:

- (a) Chlorhexidine and chlorxylenol
- (b) Cetavlon and chlorxylenol.
- (c) Cetavlon and hibitane
- (d) Hibitane and chlorxylenol

12. Sputum can be disinfected by EXCEPT:



- (a) Boiling
- (b) Burning
- (c) Drying
- (d) Autoclaving

13. Which of the following is used to test the efficiency of sterilisation of an autoclave?

- (a) *Bacillus subtilis*
- (b) *Clostridium tetani*
- (c) *Bacillus stearothermophilus*
- (d) *Bacillus pumilus*

14. Sterilization and disinfection of blood spills is done by ;

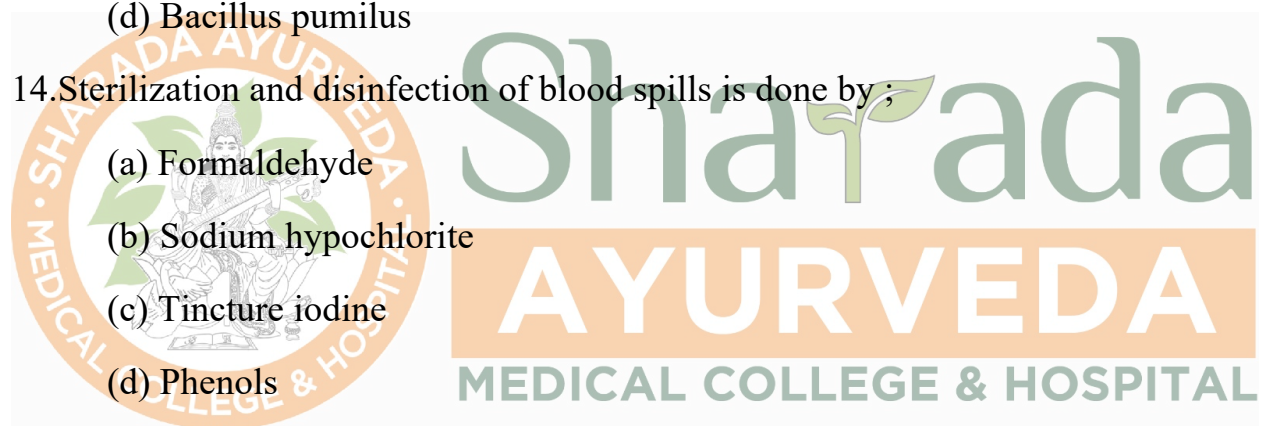
- (a) Formaldehyde
- (b) Sodium hypochlorite
- (c) Tincture iodine
- (d) Phenols

15. Syringes and glassware are sterilized by:

- (a) Irradiation
- (b) Autoclave
- (c) Hot air oven
- (d) Glutaraldehyde

16. Glass can be sterilized by

- (a) Incineration at 1050 degrees Celsius for 5- 10 minutes
- (b) Hot air oven 121 degrees Celsius for 30- 60 minutes
- (c) Autoclaving at 121 degrees Celsius for 30- 60 minutes



(d) Hot air oven 160 degrees Celsius for 30- 60 minutes

17. Chlorine exerts a disinfectant action in all except;

- (a) Bleaching powder
- (b) cetrimide
- (C) halazone tablets
- (d) sodium hypochlorite

18. Which of the following is not a sporicidal agent?

- (a) Glutaraldehyde
- (b) Formaldehyde
- (c) Chlorine dioxide
- (d) Cresol

19. Disinfection of water by routine chlorination can be classified as

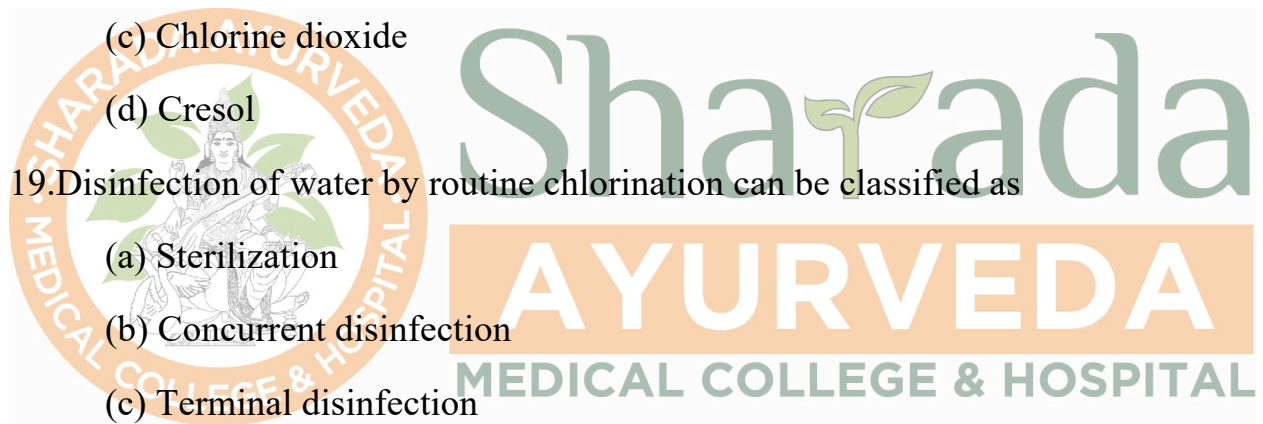
- (a) Sterilization
- (b) Concurrent disinfection
- (c) Terminal disinfection
- (d) Pre-current disinfection

20. The amount of bleaching powder necessary to disinfect choleric stools, is:

- (a) 50 gm/lit
- (b) 75 gm/lit
- (c) 90 gm/lit
- (d) 100 gm/lit

21. Anti-viral agent is

- (a). Chlorhexidine



(b) Betapropionolactone

(C) Hypochlorite

(D) Phenol

SAQ(5 marks)

1. Write definition and types of disinfection
2. Disinfection
3. What are the common chemical agents used for disinfection? Explain their uses.
4. Explain the role of chlorine in water disinfection.
5. List and describe the methods of physical disinfection.
6. Special disinfection procedure in COVID19 context

Mcq answers

1 D

2.C

3.C

4.D.

5.D.

6.C

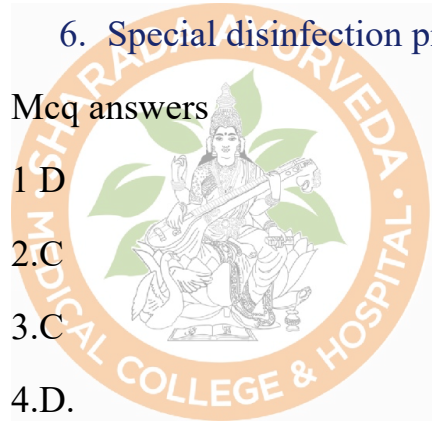
7. D

8 C.

9 A

10 B.

11 c



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12 c

13 c

14 b

15 c

16 d

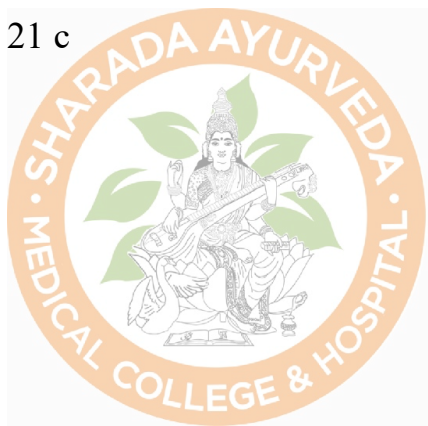
17 b

18 d

19 d

20 a

21 c



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TOPIC: PRIMARY HEALTH CARE

MCQs

1. What is the main goal of primary health care?
 - A) Specialist care
 - B) Universal access to health services
 - C) Emergency medical services
 - D) Pharmaceutical advancements
2. Which of the following is NOT a principle of primary health care?
 - A) Community participation
 - B) Technology-driven solutions
 - C) Health promotion
 - D) Intersectoral collaboration
3. Primary health care emphasizes:
 - A) Hospital-based services
 - B) Preventive and promotive care
 - C) Surgical interventions
 - D) Specialized treatments
4. The 'Alma Ata Declaration' is associated with which aspect of health care?
 - A) Tertiary care
 - B) Global health partnerships
 - C) Primary health care
 - D) Medical education
5. Which of the following is a characteristic of primary health care?
 - A) Focus on individual illness

- B) Accessibility and affordability
- C) Exclusively urban health services
- D) High-tech equipment usage
6. Community health workers are primarily involved in:
- A) Administrative tasks
- B) Delivering specialized care
- C) Health education and promotion
- D) Research and development
7. Which of the following is a key component of primary health care?
- A) Referral to specialists
- B) Integrated services
- C) Advanced medical technology
- D) Hospital care
8. In primary health care, 'preventive services' include:
- A) Treatment of chronic diseases
- B) Immunizations and screenings
- C) Surgical procedures
- D) Long-term hospitalization
9. What is meant by 'intersectoral collaboration' in primary health care?
- A) Collaboration among hospitals
- B) Partnerships across different sectors like education and housing
- C) Coordination among physicians
- D) Focus on pharmaceutical companies
10. Which of the following is an indicator of primary health care effectiveness?
- A) Number of surgeries performed
- B) Reduction in preventable diseases
- C) Availability of specialist doctors

D) Increase in hospital admissions

11. Which of the following is a key principle of Primary Health Care?

- A) Emergency medical services
- B) Hospital-based care
- C) Health promotion and disease prevention
- D) Specialized healthcare delivery

12. The concept of 'Swastavritta' in Primary Health Care is best described as:

- A) Disease-specific treatment protocols
- B) A holistic approach focusing on health promotion, prevention, and treatment
- C) Only focused on medical interventions
- D) A specialized approach to mental health care

13. Which of the following is NOT a component of Primary Health Care?

- A) Immunization
- B) Maternal and child health services
- C) Tertiary care
- D) Nutrition and health education

14. Who is primarily responsible for delivering Primary Health Care services in rural and urban areas?

- A) Private hospitals
- B) Community health workers and general practitioners
- C) Specialists in major hospitals
- D) Pharmaceuticals

15. In Primary Health Care, the focus is on:

- A) Emergency room care
- B) Comprehensive care for individuals, families, and communities
- C) Only treating chronic diseases
- D) Providing advanced medical technology

16. Which of the following is a key feature of Swastavritta in the context of Indian health care?

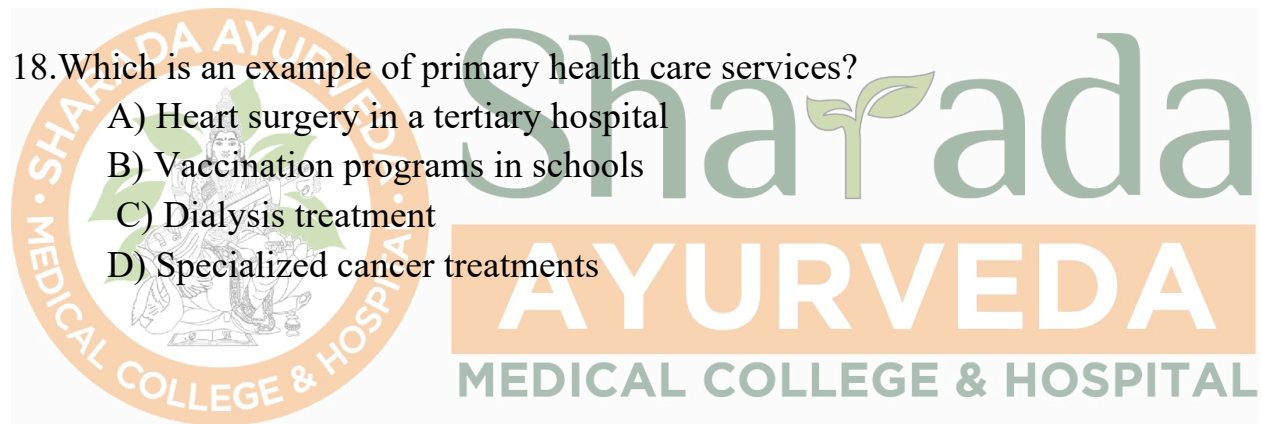
- A) Exclusively hospital-based services
- B) Focus on preventive and promotive health measures
- C) High reliance on expensive medicines
- D) Concentration of resources in urban centers

17. Which of the following is a goal of health education under Primary Health Care (Swastavritta)?

- A) Teaching patients about complex surgeries
- B) Informing people about the importance of hygiene and sanitation
- C) Focusing only on mental health issues
- D) Providing advanced diagnostic tools to patients

18. Which is an example of primary health care services?

- A) Heart surgery in a tertiary hospital
- B) Vaccination programs in schools
- C) Dialysis treatment
- D) Specialized cancer treatments



LAQ(10Marks)

1. Define primary health care and describe principles of primary health care.
2. Define Primary Health Care and write in detail about principles and elements.
3. Describe the principles and elements of primary health care and the levels of health care.
4. Describe the Structure at village, sub-centre, PHC, CHC, Rural Hospital levels
5. Describe the role of Ayurveda in Primary Health Care.

SAQ(5Marks)

1. Define Primary Health Care
2. Primary health care in India
3. Principles of Primary Health Care
4. Role of Ayurveda in Primary Health care.

ANSWERS:

1.B)

2.B)

3.B)

4. C)

5. B)

6. C)

7. B)

8. B)

9. B)

10. B)

11. C)

12.B)

13. C)

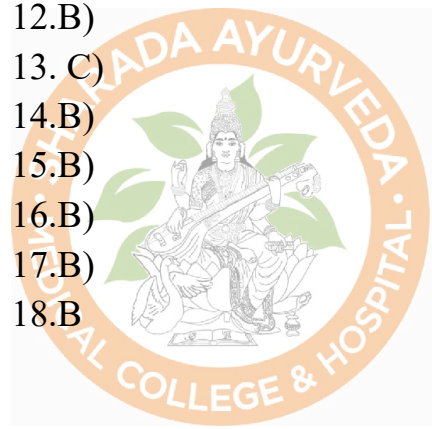
14.B)

15.B)

16.B)

17.B)

18.B)



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TOPIC :MOTHER AND CHILD HEALTH CARE

MCQ

1)The care provided by skilled health care professionals to pregnant women and adolescent girls is?

- A) post natal care
- B) Neo natal care
- C) Intra natal care
- D) Ante natal care

2) Ante natal 2nd visit is between?

- A) 28 and 34 weeks
- B) 14 and 26 weeks
- C) within 12 weeks
- D) within 36 weeks

3) Pre natal advice include

- A) diet
- B) personal hygiene
- C) warning signs
- D) All of the above

4)In Ante natal check up abdominal examination include



A) foetal lie and presentation

B) blood sugar testing

C) assessment of gestation age

D) pallor

5) Specific health protection includes

A) Anaemia

B) tetanus

C) syphilis

D) All of the above

6) Intranatal care includes

A) Care of the cord of the baby

B) Care of the eyes of baby

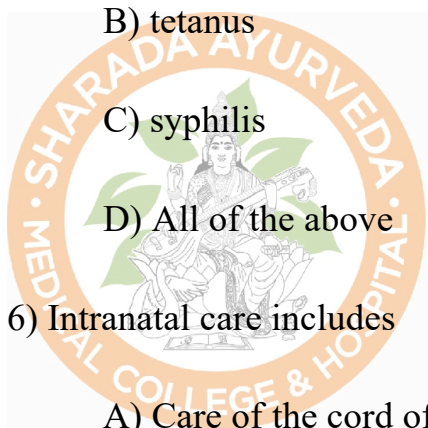
C) Both A and B

D) Care of the heart

7) Examples Objectives of post natal care includes

A) Puerperal sepsis

B) Thrombophlebitis



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C) Mastitis

D) All of the above

8) Objectives of Neonatal care are

A) avoidance of infection

B) Establishment of satisfactory feeding regimen

C) maintenance of body temperature

D) All of the above

9) Second examination of neonatal should be done after

A) within 24 hours after birth

B) 2 days after birth

C) immediately after birth

D) None of the above

10) Identification of “at- risk” infants are

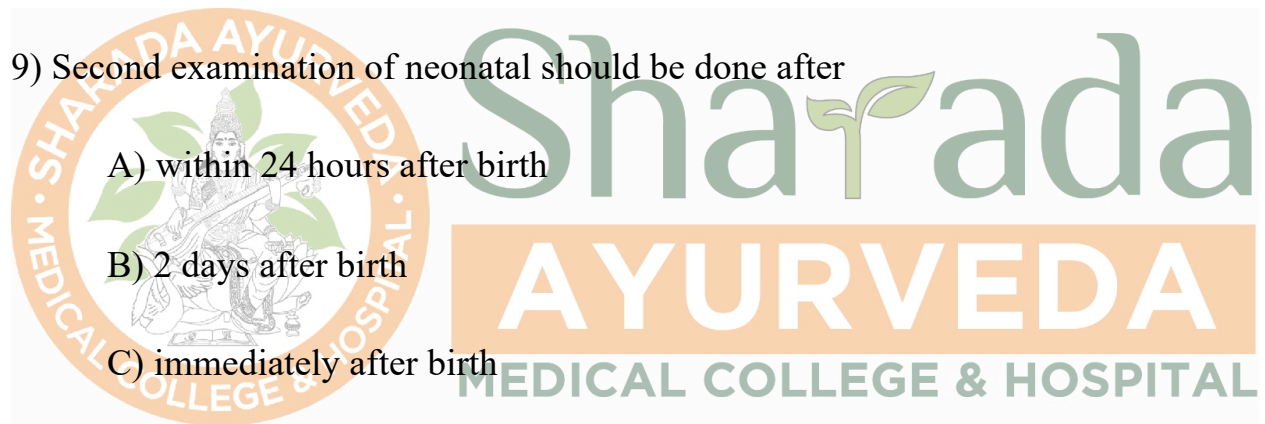
A) twins

B) birth weight less than 2.5 kg

C) artificial feeding

D) All of the above.

11) the average weight gain for a pregnant woman with BMI 20-25 should be



- A)4-8kg
- B)8-12kg
- C)12-16kg
- D)16-20kg

12)EDD is calculated by

- A)LMP+9months
- B)LMP+9months +7days
- C)LMP+9months+7weeks
- D)LMP+months+10days

13)number of antenatal visits should be atleast

- A)5
- B)3
- C)4
- D)2

14)the first foetal motion felt by the mother is known as

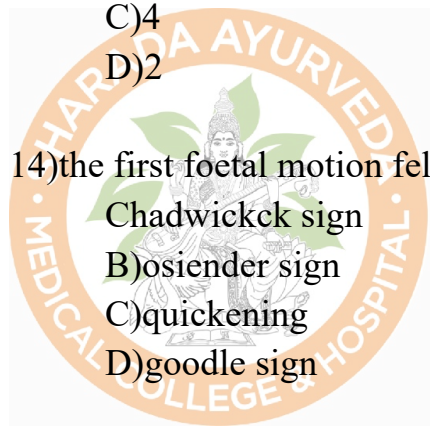
- A)Chadwick sign
- B)osier sign
- C)quickenig
- D)goodle sign

15)women creating most comfortable atmosphere for her future t birth can be sign of i

- A)cervical ripening
- B)dropping
- C)Braxton hicks contraction
- D)nesting syndrome

16)what is meant by sheehan's syndrome

- A) decreased function of pituitary gland
- B) decreased function of hypothalamus
- C) decreased function of thyroid gland
- D) decreased function of adrenal gland



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17)for management of PPH,how much ml of saline is inflated into procedure

- A)300-500ml
- B)200-300ml
- C)300-600ml
- D)100-300ml

18)anemia during pregnancy is confirmed when haemoglobin level

- A)11g/dl
- B)10g/dl
- C)13g/dl
- D)12g/dl

19)IFA full form

- A)intra follicular assay
- B)interfuse acid
- C)insulin fusiform amino
- D)iron folic acid

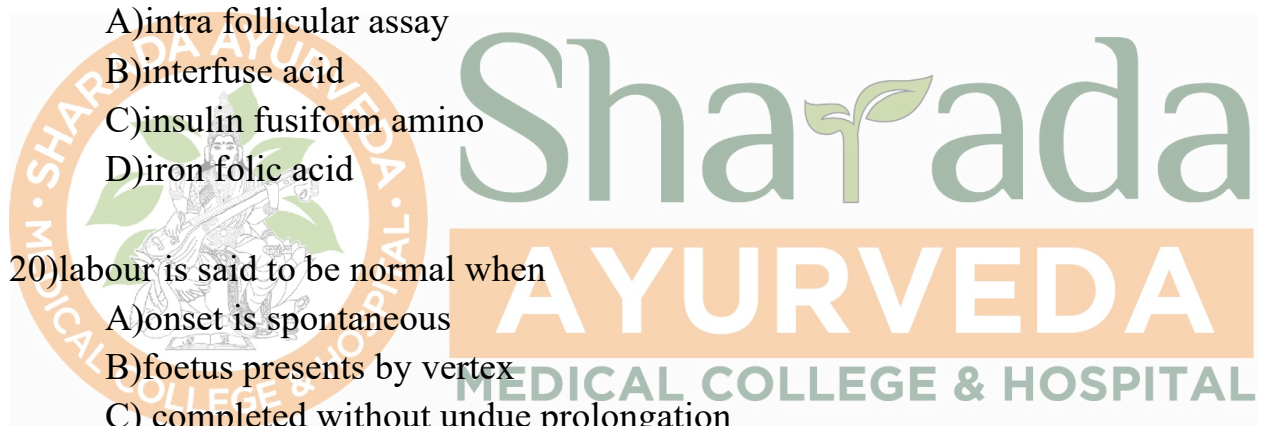
20)labour is said to be normal when

- A)onset is spontaneous
- B)foetus presents by vertex
- C) completed without undue prolongation
- D)all of the above

SAQ(5 marks)

- 1.Post natal care
- 2.MCH programme
- 3.Ante natal care
- 4.Explain the reasons to support MCH services
- 5.objectives of MCH
- 6.Maternal Health
- 7.Low birth weight
- 8.Immunisation for pregnant women

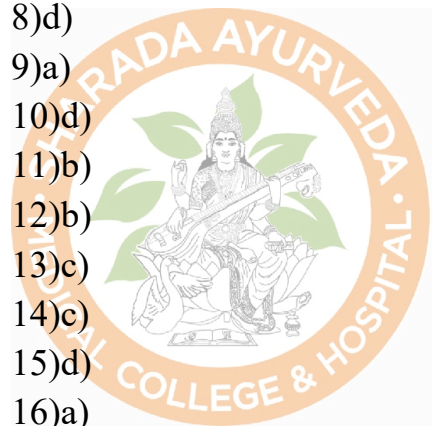
LAQ(10 marks)



1. Describe the objectives of maternal and child care services
2. Explain the MCH problems and enlist the indicators of MCH care
3. Define and write in detail about MCH care
4. Describe antenatal, intranatal and postnatal care

MCQ answers

- 1)d)
- 2)b
- 3)d)
- 4)a)
- 5)d)
- 6)c)
- 7)d)
- 8)d)
- 9)a)
- 10)d)
- 11)b)
- 12)b)
- 13)c)
- 14)c)
- 15)d)
- 16)a)
- 17)a)
- 18)a)
- 19)d)
- 20)d)



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TOPIC: FAMILY WELFARE PROGRAMS

MCQS

1. In India, nation – wide family planning program was launched in _____

- (A) 1952
- (B) 1942
- (C) 1950
- (D) 1940

2. Family planning program's emphasis shifted to extension education approach from _____

- (A) small family norm
- (B) family health
- (C) clinic approach
- (D) none of the above

3. Lippes loop was introduced in

- (A) 1969
- (B) 1974
- (C) 1964
- (D) 1965

4. How many types of evaluation have been declared by WHO expert committee on evaluation of family planning in health service?

- (A) 5
- (B) 4
- (C) 3
- (D) 1

5. CSSM stands for

- (A) child survival and safe motherhood
- (B) child safety and safe motherhood
- (C) child survival and safe maternity



(D) child survival and safety in maternity

6.LAM stands for

- (A) lactation amenorrhea mother
- (B)lactation amenorrhea method
- (C)lactation amenorrhea menarche
- (D)none of the above

7.one of the oldest methods of contraception is

- (A) barrier method
- (B) intrauterine method
- (C)coitus interruptus
- (D) none of the above

8.permanent sterilisation for males known as

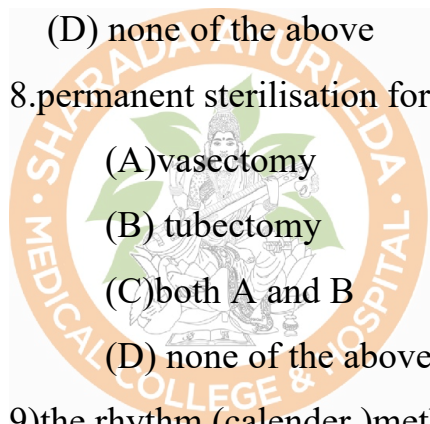
- (A)vasectomy
- (B) tubectomy
- (C)both A and B
- (D) none of the above

9)the rhythm (calender)method is also called as

- (A) the fertility calender method
- (B) the fertility awareness method
- (C) the pregnancy awareness method
- (D) none of the above

10.among these which is not a natural family planning method

- (A)cervical mucus
- (B)symptothermal method
- (C)coitus interruptus
- (D)diaphragm



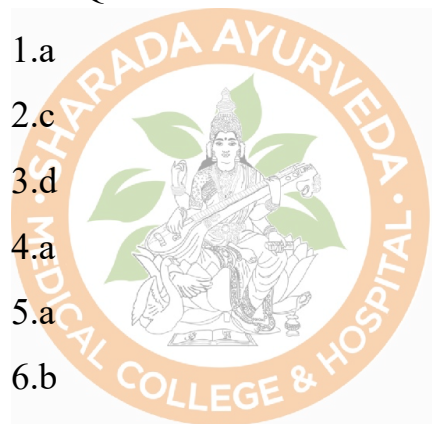
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SAQ(5mrks)

1. Define demography and enlist the sources of demographic statistics in India.
2. Describe the demographic cycle & define life expectancy.
3. Define family planning, eligible couple and target couple. Enlist & explain the objectives of family planning.
4. Explain the problems of population explosion and describe national population policy.
5. Classify and describe the Contraceptive methods (Fertility Regulating Methods).

MCQ Answers

- 1.a
- 2.c
- 3.d
- 4.a
- 5.a
- 6.b
- 7.c
- 8.a
- 9.b
- 10.d



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Topic: Preventive geriatrics

MCQ

1. Which of the following is a primary goal of preventive geriatrics?

- A) Cure chronic diseases
- B) Maintain functional independence
- C) Increase life expectancy only
- D) Reduce healthcare costs

2. What is the recommended vaccination for older adults to prevent pneumonia?

- A) MMR
- B) Tdap
- C) Pneumococcal vaccine
- D) Hepatitis B vaccine

3. Which screening is essential for early detection of osteoporosis in older women?

- A) Mammography
- B) Bone density test
- C) Blood glucose test
- D) Cholesterol screening

4. What is a significant risk factor for falls in the elderly?

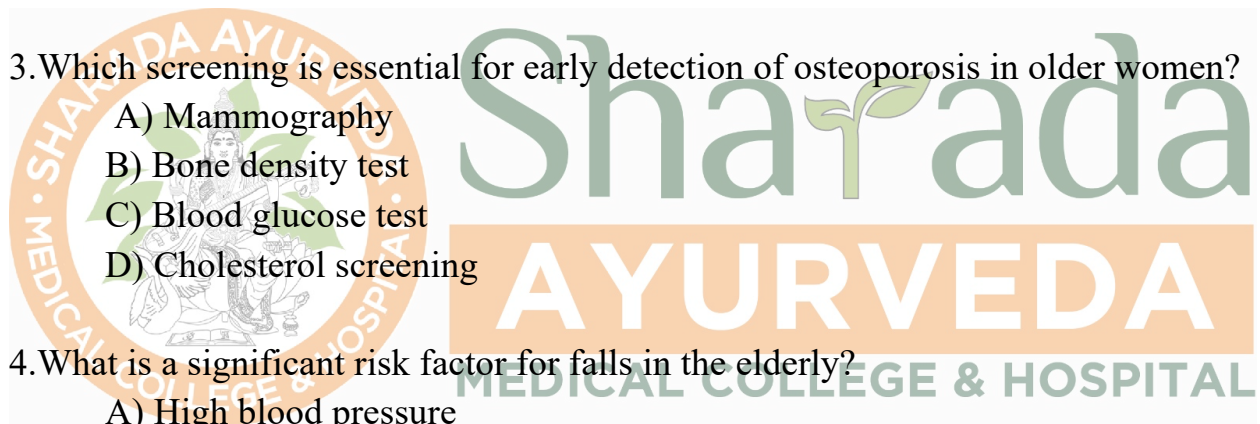
- A) High blood pressure
- B) Regular physical activity
- C) Use of multiple medications
- D) Adequate nutrition

5. Which of the following is a common mental health concern in geriatrics?

- A) Bipolar disorder
- B) Schizophrenia
- C) Depression
- D) Obsessive-compulsive disorder

6. What lifestyle modification is often recommended to reduce the risk of chronic diseases in older adults?

- A) Increased caloric intake



- B) Smoking cessation
- C) Reduced hydration
- D) Sedentary behaviour

7. Which screening tool is commonly used to assess cognitive impairment in older adults?

- A) Mini-Mental State Examination (MMSE)
- B) Hamilton Anxiety Scale
- C) Beck Depression Inventory
- D) Montreal Cognitive Assessment

8. Regular exercise in the elderly primarily helps in:

- A) Weight loss only
- B) Maintaining mental health and physical function
- C) Improving dietary habits
- D) Enhancing social skills

LAQ(10 marks)

1. Enlist the health problems of the aged and explain their prevention and control measures

2. Describe the role of rasayana in preventive geriatrics.

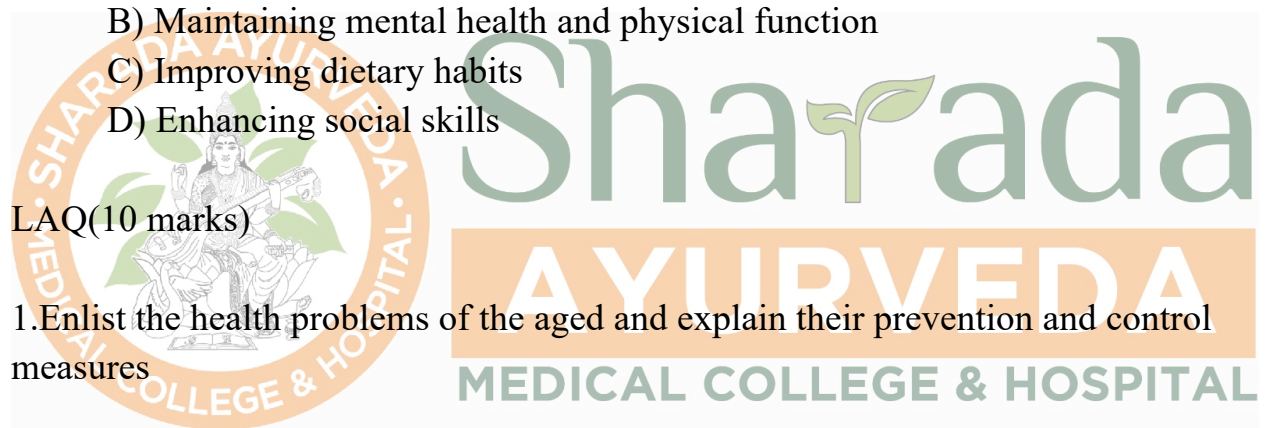
SAQ(5 marks)

1. Chankramana.

2. Explain the relation between lifestyle and healthy aging.

MCQ Answers

- 1. B
- 2. C
- 3. B
- 4. C
- 5. C
- 6. B



7.A
8.B



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Topic :WHO and other International agencies

MCQ

1. World bank gives loans for:
 - a) For economic growth
 - b) Cobalt therapy of radiotherapy
 - c) Purchase of microscope for tuberculosis investigation
 - d) To change of the social justice

2. Which of following organization is working for people's education in world
 - a) UNICEF b) DANIDA c) UNESCO d) RED CROSS

3. In UNICEF'S Gobi Campaign, O stands for
 - a) Oral Contraceptives
 - b) Oral Rehydration Therapy
 - c) Obesity
 - d) Occupational hazards

4. Tropical diseases targeted for research and training by WHO includes all except
 - a) Trypanosomiasis b) Filariasis c) schistosomiasis d) Onchocerciasis

5. Which of the following is/are correct about World Health Assembly?
 1. It is the key decision-making body under World Health Organization
 2. It is composed of technically qualified individuals in the health field designated by the Member CountriesSelect the correct option from the codes
 - a) Neither 1 or 2 b) Both 1 & 2 c) Only 1 d) Only 2

6. The organization provide long-term humanitarian and developmental assistance to children and mothers in developing countries is UNESCO
 - a) Unicef b) World Bank c) CGS d) UN

7. The United Nations Children's Fund (Unicef) was created by

- a) United Nations Development Council
- b) United Nations Development Group
- c) United Nations Security Council
- d) United Nations General Assembly

8. WHO was established in:

- a) 1945
- c) 1950
- b) 1948
- d) 1956

9. Which of the following statements is incorrect about WHO?

- a) Objective of WHO is attainment by all people of the highest level of health
- b) Headquarters of WHO are located in Geneva
- c) WHO is a non-specialized, political agency of United Nations
- d) World Health Assembly is the 'Health Parliament and supreme governing body of the organization.

10. Highest funding for reproductive health is by:

- a) UNFPA b) ILO c) UNICEF d) WHO

11. UNICEF provides all except:

- a) Child nutrition
- b) Child health education
- c) Immunization
- d) Family planning

12. UNDP works as

- a) The main source of funds for technical assistance
- b) The main source of funds for child health
- c) The Source of funds for research and
- d) Education source for developing countries.

13. Finger Print Bureau was first established in:

a) England b) China c) India d) Singapore

14. The United Nations Children's Fund (UNICEF) was founded in

- a) 11 May, 1946
- b) 11 April, 1946
- c) 11 January, 1945
- d) 11 December, 1946

15. The USAID has been assisting in a number of projects designed to improve the health of India's people. These are: (1) malaria eradication; (2) medical education; (3) nursing education; (4) health education;

- a) only 1 b) 2 and 3 c) All d) 1 and 4

16. The headquarters of WHO is at _ ?

- a) London
- b) Geneva
- c) Paris
- d) New York

17. 'World Health Day' is celebrated on?

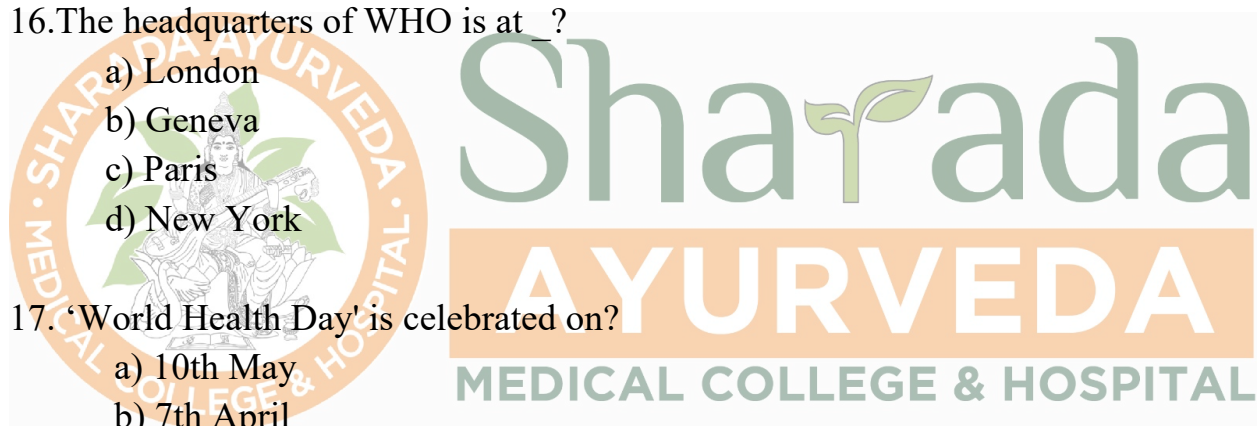
- a) 10th May
- b) 7th April
- c) 7th May
- d) 10th April

18. The Amla - Ata Conference in 1978 on primary Health care, provided by?

- a) WHO
- b) UNICEF
- c) both a and b
- d) None of the above

19. The WHO has its origin in ?

- a) April 1949
- b) April 1945.
- c) April 1955



d) may 1945

20. International classification of diseases is updated

- a) every 10th year
- b) Twice a year
- c) every year
- d) once in 5 year

21. Which of the following is the principal organs of WHO?

- a) The world Health Assembly
- b) The executive Board
- c) The Secretariat.
- d) all of the above

22. WHO has established ____ regional organisations

- a) 6
- b) 7
- c) 5
- d) 8

23. The Headquarters of the South East Asia Regional office is in ?

- a) New delhi
- b) Kolkata
- c) Jaipur
- d) Dehradun.

24. ____ is the “Health parliament of Nations and the supreme governing body of the organization.

- a) The executive Board
- b) the Secretariat
- c) The world health assembly
- d) None of the above

25. When was the WHO founded?

- a) 1920

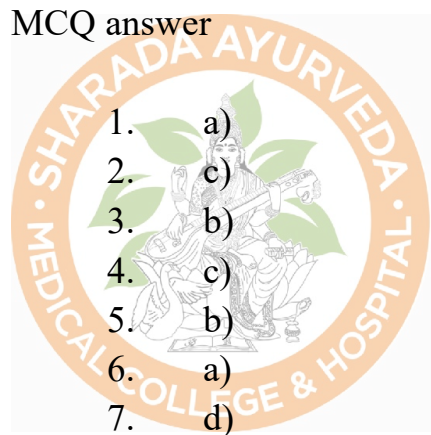


- b) 1948
- c) 1975
- d) 2000

SAQ(5Marks)

- 1) Write about World Health organization
- 2) WHO, Objectives & functions
- 3) Objectives and functions of WHO
- 4) Write about international health agencies
- 5) Write about UNICEF
- 6) Write about Voluntary Health Agencies
- 7) UNICEF & its Function

MCQ answer



1. a)
2. c)
3. b)
4. c)
5. b)
6. a)
7. d)
8. b)
9. c)
10. a)
11. d)
12. a)
13. a)
14. b)
15. c)
16. b)
17. b)
18. a)
19. b)
20. a)

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21. d)
22. a)
23. a)
24. c)
25. b)



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TOPIC: VITAL STATISTICS

MCQs

- 1) Which indicates the magnitude of preventable mortality?
 - a) Maternal mortality rate
 - b) proportional mortality rate
 - c) adult mortality rate
 - d) child death rate

- 2) Which is a demographic indicator?
 - a) Net Reproduction Rate
 - b) Total marital fertility rate
 - c) Gross Reproduction rate
 - d) Age specific fertility rate

- 3) 'The number of live births per 1000 estimated mid-year population, in a given year' is
 - a) General fertility rate
 - b) Birth rate
 - c) Age specific fertility rate
 - d) Total fertility rate

- 4) _____ is the good indicator of socio-economic development
 - a) Child death rate
 - b) Crude death rate
 - c) Life expectancy
 - d) Adult mortality rate

- 5) Which is sensitive indicator of availability, utilization, effectiveness of health care ?
 - a) Child death rate
 - b) Under 5 proportionate mortality rate
 - c) Infant mortality rate
 - d) Case fatality rate

6) _____ gives the approximate magnitude of "completed family size".

- a) Total marital fertility rate
- b) Total fertility rate
- c) Gross Reproduction rate
- d) Net Reproduction Rate

7) Reproductive age group is considered between

- a) 15 – 44 or 49
- b) 12 – 40
- c) 18 – 45
- d) 20 – 38

8) Which of following rate is expressed as per 100

- a) Maternal mortality rate
- b) Case fatality rate
- c) Proportional mortality rate
- d) Child death rate

9) Which is adopted as global health indicator?

- a) Child death rate
- b) Expectation of life
- c) Infant mortality rate
- d) Adult mortality rate

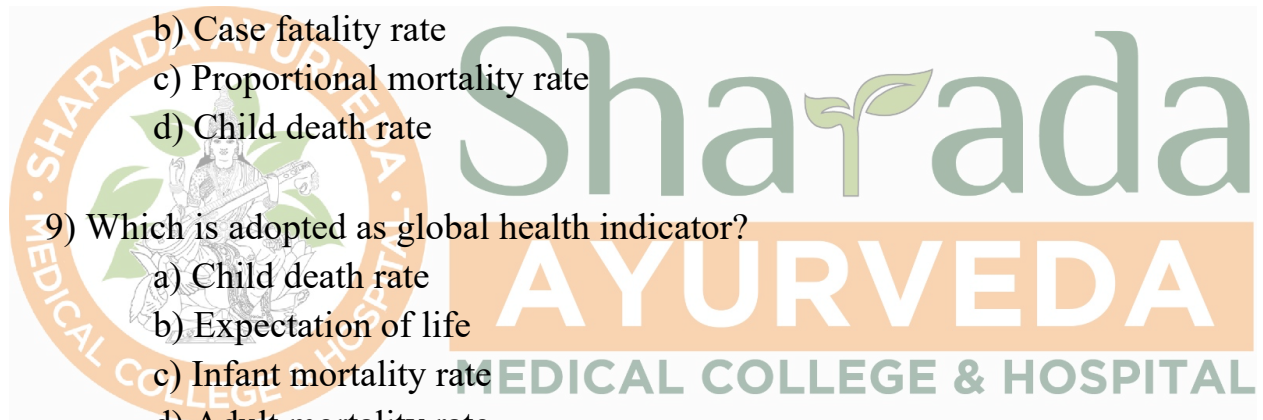
10) Under-5 proportionate mortality rate can be used to reflect

- a) Infant mortality rate
- b) Child mortality rate
- c) Both a and b
- d) None

SAQ(5 marks)

1. Define Vital Statistics and enumerate the sources of vital Statistics.

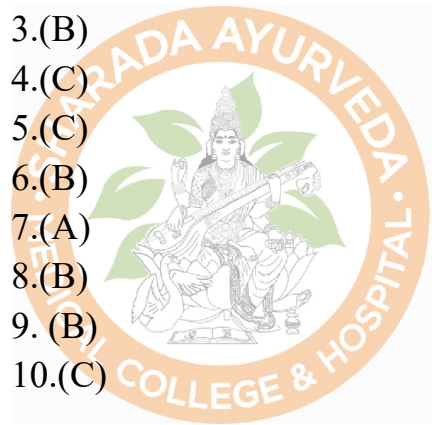
2. Describe Fertility , Morbidity and Mortality rates.



3. Vital statistics
4. Mortality rates.
5. Health survey and sources of data.
6. Causes for maternal mortality rate.

MCQ ANSWERS

1. (B)
2. (A)
3. (B)
4. (C)
5. (C)
6. (B)
7. (A)
8. (B)
9. (B)
10. (C)



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TOPIC : HEALTH ADMINISTRATION

MCQ'S

1. Which district-level program primarily focuses on maternal and child health?

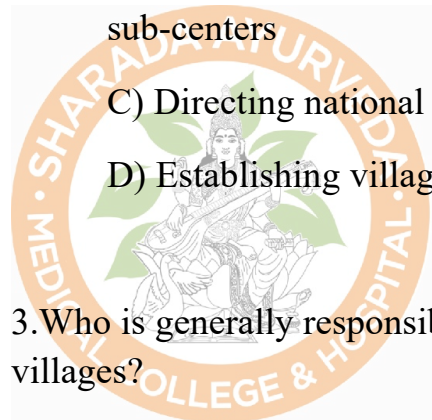
- A) National Rural Health Mission (NRHM)
- B) State-Level Sanitation Initiative
- C) Village Health and Sanitation Committee
- D) Urban Health Planning Commission

2. In health administration, district-level officials are typically responsible for which of the following

- A) Creating laws for private healthcare
- B) Supervising and training healthcare workers in primary health centers and sub-centers
- C) Directing national healthcare funds
- D) Establishing village bylaws

3. Who is generally responsible for conducting health education sessions in rural villages?

- A) District Health Officers
- B) Village Chief
- C) ASHA (Accredited Social Health Activist) workers
- D) State health officials



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4. At the village level, health workers assist in national health initiatives such as:

- A) Subsidized agricultural supply programs
- B) Immunization campaigns like Pulse Polio Program
- C) Literacy campaigns for adults
- D) Infrastructure development for rural transportation

5. At the state level, health programs are funded and monitored by:

- A) Private healthcare providers
- B) District Medical Officers
- C) State Department of Health and Family Welfare
- D) National Health Missions only

6. The deputy and assistant directors of health are of ___ types

- A) 3
- B) 4
- C) 5
- D) 2

7. The health system in India has ___ main link, they are

- A) 2- Central, state
- B) 3- Central, state, village
- C) 3- Central, state, district
- D) 2- village, district



8. What is a primary responsibility of district-level health administration in relation to epidemic outbreaks?

- A) Developing vaccine formulas
- B) Implementing district-level response and containment measures
- C) Reporting only to village-level workers
- D) Providing funding for private clinics

9. At the state level, which department is responsible for developing public health policies?



A) Ministry of Finance
B) Department of Education
C) Department of Health and Family Welfare
D) Ministry of Agriculture

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10. The concurrent list includes –

- A) prevention of adulteration of foodstuff
- B) control of drugs and poisons
- C) labor welfare
- D) all the above

11. The three tier system was first introduced by

- A. Bhore committee
- B. Chaddan committee

- C. Srivastava committee
- D. Mudalair committee

12. Principal unit of administration in India is

- A. Centre
- B. State
- C. District
- D. Village

13. A sub center is manned by

- A. Medical officer
- B. Multipurpose worker
- C. Health assistant
- D. Anganwadi worker

14. ASHA is posted at

- A. Village level
- B. Community health center
- C. PHC
- D. Sub center

15. At village level, Panchayat raj consist of everything except,

- A. Zilla parishad
- B. Nyaya panchayat



C. Gram panchayat

D. Gram sabha

16. Rural health scheme was introduced by

A. Bhore committee

B. Mukherjee committee

C. Srivastava committee

D. Mudalair committee

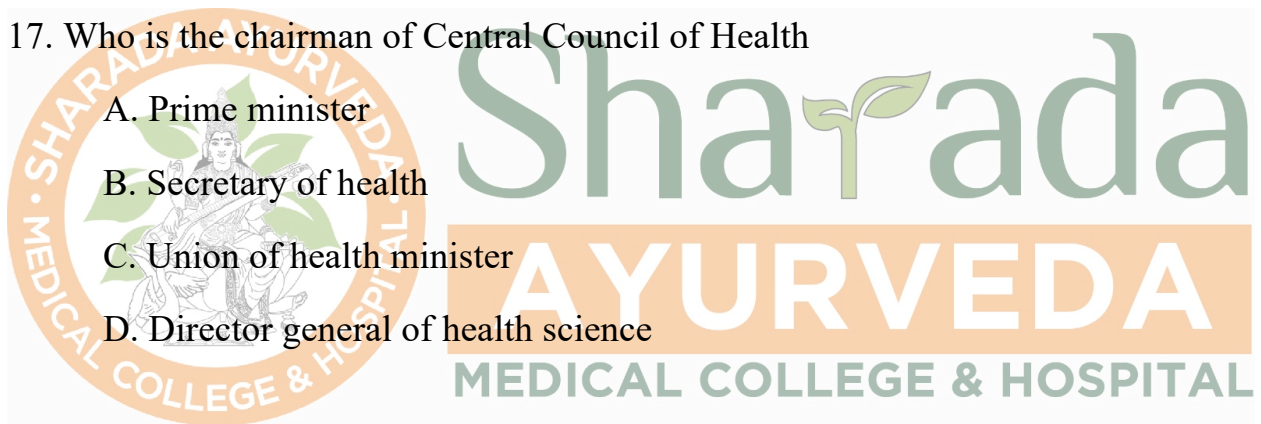
17. Who is the chairman of Central Council of Health

A. Prime minister

B. Secretary of health

C. Union of health minister

D. Director general of health science



18. Population of 1000 is covered by

A. Anganwadi worker

B. Health assistant

C. Doctor

D. Village health guide

19. State level began in

- A. 1909
- B. 1989
- C. 2000
- D. 1919

20. Indian health system has

- A. Two links
- B. Three links
- C. Variable
- D. Four links

SAQ (5 marks)

1. Write about various health administrations at central level.
2. Write about health administration at state level.
3. Write about health administration at local level.
4. Write about Indian health administration.

MCQ ANSWERS

1. A
2. B
3. C
4. B
5. C
6. D
7. C



8. B

9. C

10. D

11. C

12. C

13. D

14. A

15. A

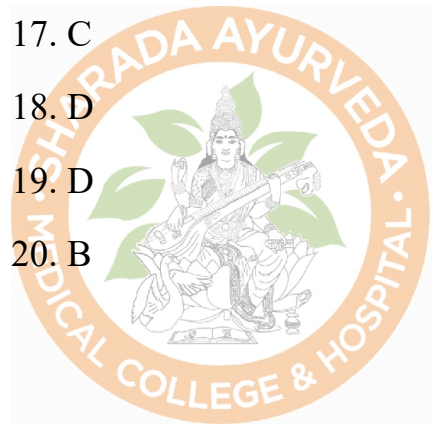
16. C

17. C

18. D

19. D

20. B



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TOPIC: NATIONAL HEALTH PROGRAM

MCQs

1. pulse polio immunisation covers.

- a) 0-5 yrs children
- b) 0-1 yrs children
- c) 1-5 yrs children
- d) 0-2 yrs children

2. Pulse polio immunization is administration of OPV 10:

- (a) All children between 0-5 years of age on a single day, irrespective of their previous Immunization status
- (b) Children in the age group of 0-1 year only who have not been immunized earlier
- (c) Children in the age group of 12-24 months only, as the booster dose
- d) All children between 0-5 years of age, whenever there is an outbreak of poliomyelitis

3. Under the National Programme for Control of Blindness in India, medical colleges are classified as eye cure centers of

- a) Primary level.
- b) Secondary level
- c) Tertiary level
- d) Intermediate level

4. All of the following are given global prominence in the VISION 2020 goals, except

- a) Refractive errors
- b) Cataract
- c) Trachoma
- d) Glaucoma

5. Treatment duration for multibacillary leprosy

- a) 12 months

- b) 18 months
- c) 24 months
- d) 5 years

6. National Leprosy Eradication Programme started in

- a) 1949
- b) 1983
- c) 1973
- d) 1955

7. Major sign of HIV infection

- a) persistent cough more than 1 month
- b) Generalized Lymphadenopathy
- c) weight loss
- d) generalized pruritic dermatitis

8. Test for Aids?

- a) widal test
- b) ELISA test
- c) bilirubin test
- d) RT PCR test

9. The National Cancer Control Programme was launched in

- a) 1876-77
- b) 1975-76
- c) 1988-89
- d) 1974-75

10. ICDS was started in

- a) 1987
- b) 1975
- c) 1974
- d) 1876



11.The work of Anganawadis is supervised by

- a) Mukhyasevikas
- b)Child development project officer
- c)ASHA
- d) Mahila mandala

12.All are true about ICDS Programme except

- a)Vitamin A prophylaxis and iron and folic acid distribution.
- b) The beneficiaries are preschool children below 6 years, and adolescent girls 11 to 18 years
- c)The work of Anganawadis is supervised by CDPO
- d)The states and Union Territories are encouraged to undertake additional ICDS projects on the Central pattern to cover more beneficiaries

13.Mid-day meal programme was launched in

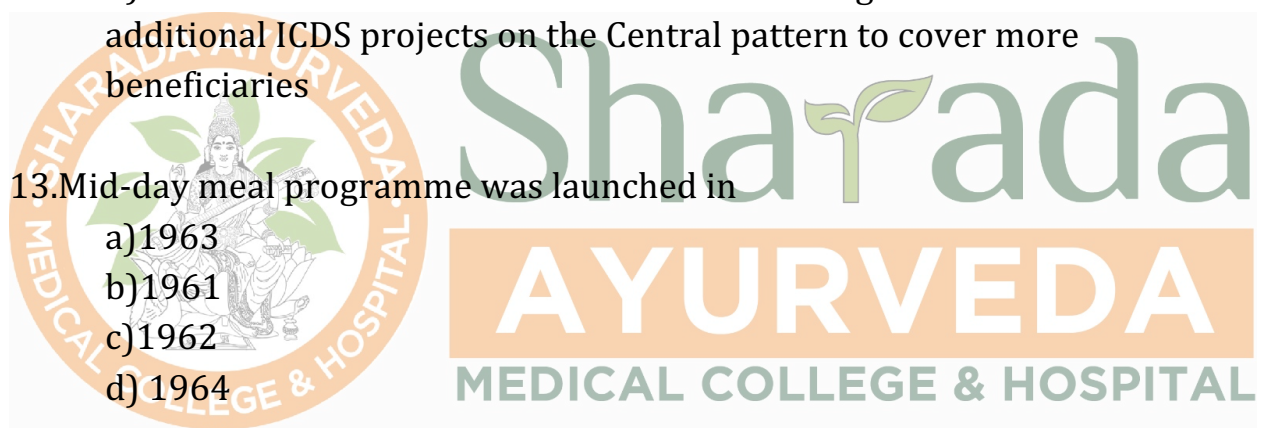
- a)1963
- b)1961
- c)1962
- d)1964

14.Main objective of Mid – day meal programme

- a) To attract more children for admission to schools and retain them so that literacy improvement of children could be brought about.
- b) Implement the vitamin A prophylaxis and iron programs
- c)Establishing Single Dish Meals Programme
- d)Providing basic facilities

15.NPCDCS full form

- a) NATIONAL PROGRAMME FOR PREVENTION AND CONTROL OF CANCER, DIABETES, CARDIOVASCULAR DISEASES AND STROKE
- b) NATIONAL PROGRAMME FOR PREVENTION AND CONTROL OF COLD, DENGUE, CHIKANGUNYA DISEASE AND SYMPTOMS



- c) NATIONAL PREVENTION FOR PROGRAMME AND CONTROL OF CANCER, DIABETES, CARDIOVASCULAR DISEASE AND STROKE
- d) NATIONAL PROGRAMME FOR PREVENTION AND CONTROL OF CIRCULATORY, DERMATOLOGY, CARDIOVASCULAR DISEASES AND SOMATIC

16.Objectives of Urban health check – up scheme

- 1.To screen urban slum population for diabetes and high blood pressure
 - 2. To create database for prevalence of diabetes and high blood pressure in urban slums
 - 3. To sensitize the urban slum population about healthy lifestyle
- a) Only 1 is correct
 - b)1 and 2 are correct
 - c)All are correct
 - d) 2 and 3 are correct

17)WHO has developed a comprehensive global monitoring framework for prevention and control of NCDs in

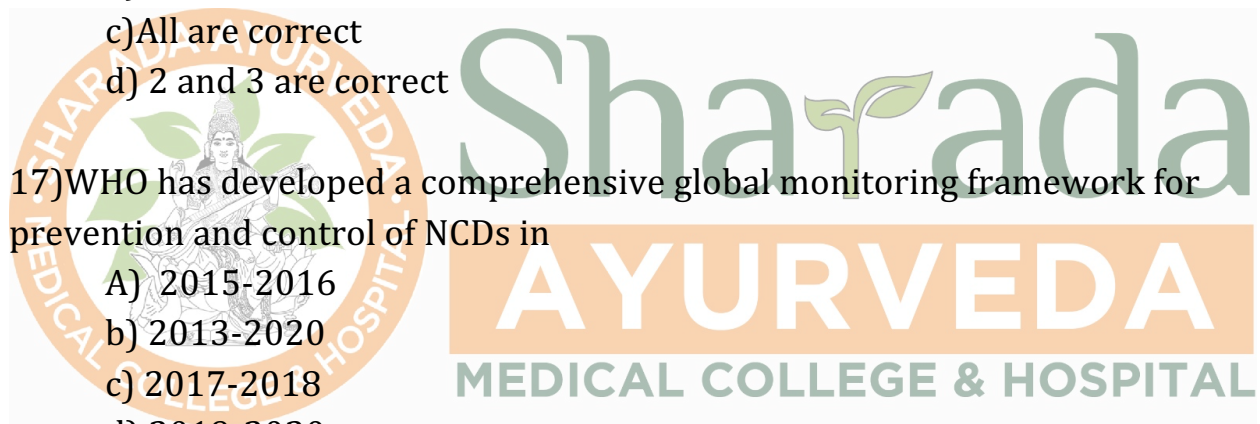
- A) 2015-2016
- b) 2013-2020
- c) 2017-2018
- d) 2019-2020

18.The AB PMJY provides health coverage upto Rs _____ per family per year

- a).3 lakh
- b) 4lakh
- c) 5 lakh
- d) 6 lakh

19).Primary health care team at the Sub health Center level is headed by

- A. District Health Officer
- B. Community Health Officer
- C. Taluk Health Officer
- D. Rural Health Officer



20).RMNCH + A and control of communicable and non communicable diseases are the main components of

- A. Universal immunization program
- B. National Health Mission
- C. Rashtriya Baal swasthya Karyakram
- D. Janani Suraksha Yojana

21).Intensified Diarrhoea Control Fortnight focuses on

- A. ORS and Zinc distribution
- B. Only ORS
- C. ORS and Sodium Distribution
- D. Both A and C

22).To cover the unvaccinated or partially vaccinated areas NHM has bought

- A. Rashtriya Baal Swasthya Karyakram
- B. Mission Indradhanush
- C. National Immunization program
- D. Both A and B

23).One of target of NHM for the year 2012 to 2017 is

- A. Reduce annual incidence and mortality from TB by half
- B.Reduce annual incidence and mortality from TB completely
- C. Reduce annual incidence and mortality from TB by 75 Percent
- D. None of the above

24).MAS full form

- A. Maha Arogya Samiti
- B. Mahila Arogya Samiti
- C. Mano Arogya Samiti
- D. Man and Social Reforms

25).Urban PHC covers population of approximately

- A. 20,000 to 40,000

- B. 30,000 to 60,000
- C. 30,000 to 50,000
- D. 10,000 to 40,000

26).National Rural Health Mission was launched on

- A. 4th April 2004
- B. 5th April 2004
- C.4th April 2005
- D. 5th April 2005

27).Rogi Kalyan Samiti comes under

- A. NRHM
- B. NUHM
- C. NPCDS
- D. RBSY

28).Aim of Janani Suraksha Yojana

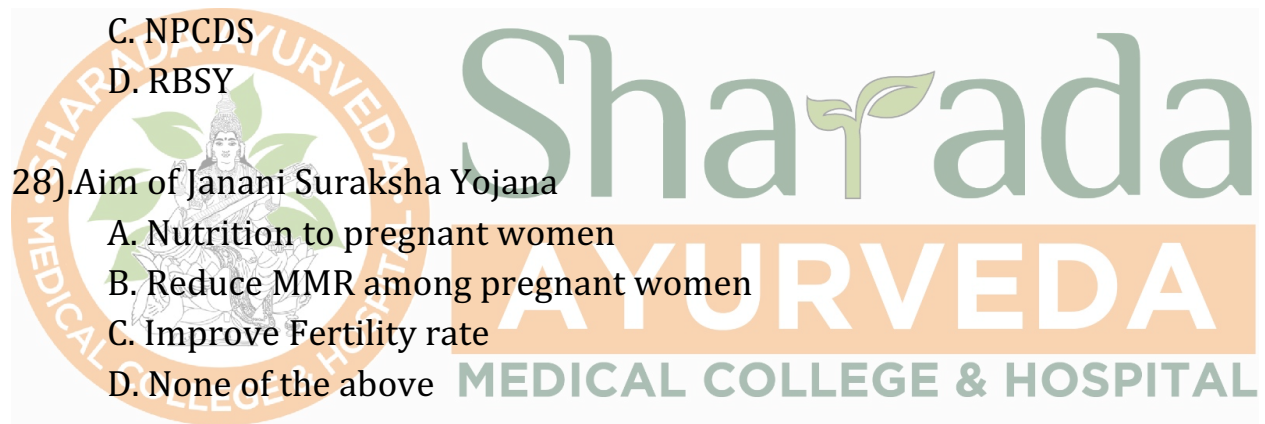
- A. Nutrition to pregnant women
- B. Reduce MMR among pregnant women
- C. Improve Fertility rate
- D. None of the above

29).Janani Shishu Suraksha Karyakram launched on

- A. 1st June 2014
- B. 1st June 2011
- C. 1st June 2013
- D. 1st June 2015

30).Interactive Voice Response Mobile service that delivers time sensitive audio message about pregnancy and child healthNaadi

- A. Naari naadi
- B. Janani vaani
- C. Kilkari
- D. Jinkari



31).Tablet based application which helps ANMs in carrying out their day to day work efficiently is

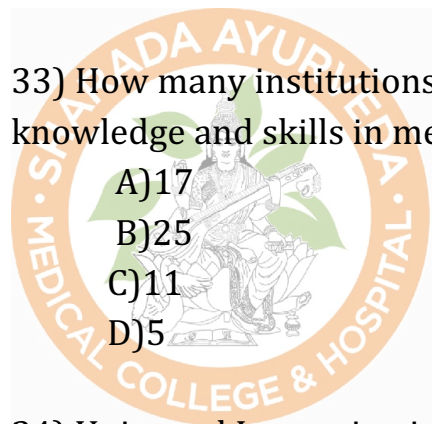
- A. NISCHAY
- B. JEEVA
- C. JEEVAN
- D. ANMOL

32).National Mental Health Care programme was launched on

- A. 1945
- B. 1982
- C. 1875
- D. 1892

33) How many institutions have been identified for impairing training in basic knowledge and skills in mental field

- A)17
- B)25
- C)11
- D)5



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34) Universal Immunization Program is to prevent all children against which 6 disease

- A)Diphtheria, Whooping cough,Tetanus,Polio,Tuberculosis and Measles
- B) Tetanus , Malaria, Polio, Common Cold,Yellow fever, Tuberculosis
- C)Small pox,Tetanus ,Yellow fever,Malaria, Diptheria,Infectiousdisease
- D)Tetanus , Yellow fever,Tuberculosis,Measles, Polio,Common Cold

35) Immunization given for Pregnant women

- A) DPT booster
- B) TT -1 and TT-2
- C) BCG
- D)OPV -0

36) Universal Immunization Program was launched in India

- A. November 14th 1895
- B. November 19th 1985
- C. November 19th 1895
- D. November 19th 1984

37) Swachh Bharath Mission was launched on India on

- A) 2nd October 2014
- B) 2nd October 2019
- C) 2nd October 2015
- D) 2nd October 2018

38) Mission Indra Dhanush was launched on

- A) December 2014
- B) January 2009
- C) October 2017
- D) July 2015

39) Can and infant be breast fed immediately after

- A) Yes
- B) No
- C) Depends
- D) Never

40). The stop TB Strategy was designed to achieve global TB targets set for

- a. 2013. b. 2024
- c. 2016. d. 2015

41). DOTS is the strategy used to reduce the number of

- a. pneumonia cases. B. rubella cases
- C. Typhoid cases. D. TB cases

42). source of infection of TB



- a. Human. b . Bovine
C.both a and b d. None of the above

43). NVBDCP is implemented for Prevention and Control of.....

- A. Vector born diseases. B. Enteric fever
C. Bacterial diseases. D. None of the above

44).Urban Malaria Scheme was launched in

- A. 1990. B.1970
C.1973. D. 1971

45).Kala - Azar is now

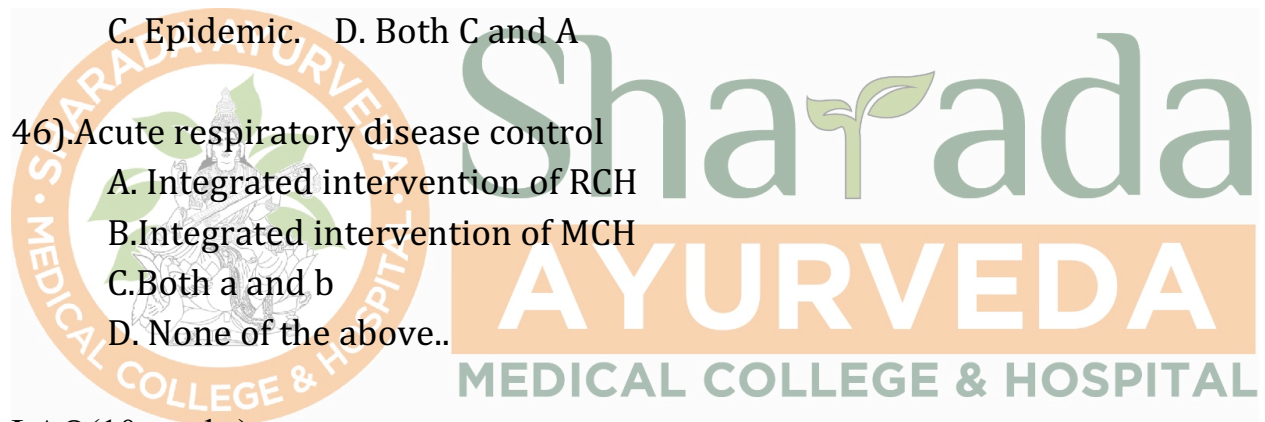
- A. endemic. B.Pandemic
C. Epidemic. D. Both C and A

46).Acute respiratory disease control

- A. Integrated intervention of RCH
B.Integrated intervention of MCH
C.Both a and b
D. None of the above..

LAQ(10 marks)

- 1.Describe in detail the national health programmes intended for pregnant women
- 2.Write about reproductive child health programme
- 3.Write in detail about National Nutritional Programmes.
- 4.Enumerate National Vector Borne Disease Control Programmes.
Explain Filaria control programme
- 5.National filarial control programme
- 6.State the vision/objective and outline the goals, strategies and Plan of action of National Health Programs – Leprosy(NLEP), AIDS (NACP), Blindness (NPCB), Polio , National TB Elimination Program , Vector born disease control program, RCH program, ICDS program, Universal Immunisation Program,



National mental health program , National Program for Prevention and Control of Cancer, Diabetes, Cardiovascular Diseases & Stroke (NPCDCS) , Swachha Bharat mission,

Ayushman Bharat Yojana, Ayushman Bharat Digital Mission,

National health mission (NRHM&NUHM), National AYUSH Mission (NAM)

7.National nutrition programs- National Iodine Deficiency Disorders Control program, National Iron Plus Initiative for anemia Control, National Vitamin A prophylaxis program, Mid-Day Meal program & Balwadi nutrition program.

MCQ ANSWERS

1.(A)

2.(A)

3.(C)

4.(D)

5.(A)

6.(B)

7.(C)

8.(B)

9.(B)

10.(B)

11.(A)

12.(C)

13.(B)

14.(A)

15.(A)

16.(C)

17.(B)

18.(C)

19.(B)

20.(B)

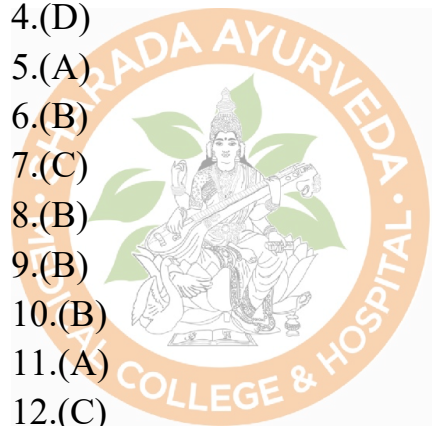
21.(A)

22.(B)

23.(A)

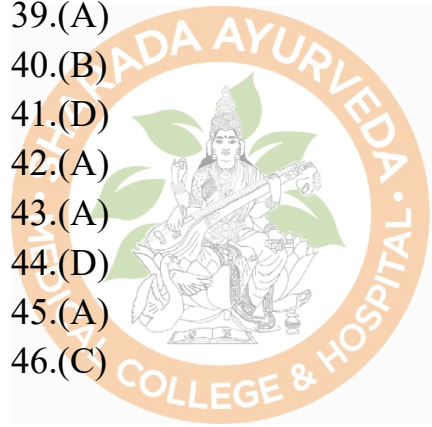
24.(B)

25.(C)



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- 26.(D)
27.(A)
28.(B)
29.(B)
30.(C)
31.(D)
32.(B)
33.(C)
34.(A)
35.(B)
36.(B)
37.(A)
38.(A)
39.(A)
40.(B)
41.(D)
42.(A)
43.(A)
44.(D)
45.(A)
46.(C)



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Topic :National Health Policy

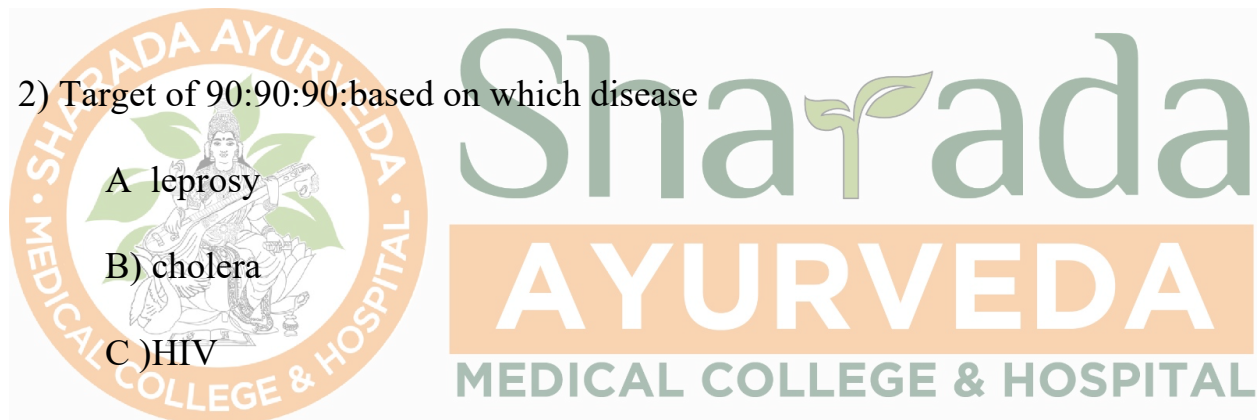
MCQ

1) Which one of the following is not considered as aim of national health policy

- a) Promotion of good health
- b) Developing human resource
- c) spreading awareness of disease
- D) building knowledge base

2) Target of 90:90:90:based on which disease

- A) leprosy
- B) cholera
- C) HIV
- D) syphilis



3) DALY comes under which health status?

- A) mortality by age 1 for cause
- B) life expectancy and Healthy life
- C) Reduction of disease prevalence and incidence
- D) achieve and maintain elimination status of leprosy

4) In 12 plan goal Reduce annual incidents mortality by half is included under which communicable disease?

- A) leprosy

- B) dengue
- C) chikungunya
- D) tuberculosis

5) NITI ayog is established in which year?

- A) 1 Jan 2015
- B) 2 Jan 2014
- C) 1 Feb 2015
- D) 2 Feb 2014

6) The goal of national health planning in india was?

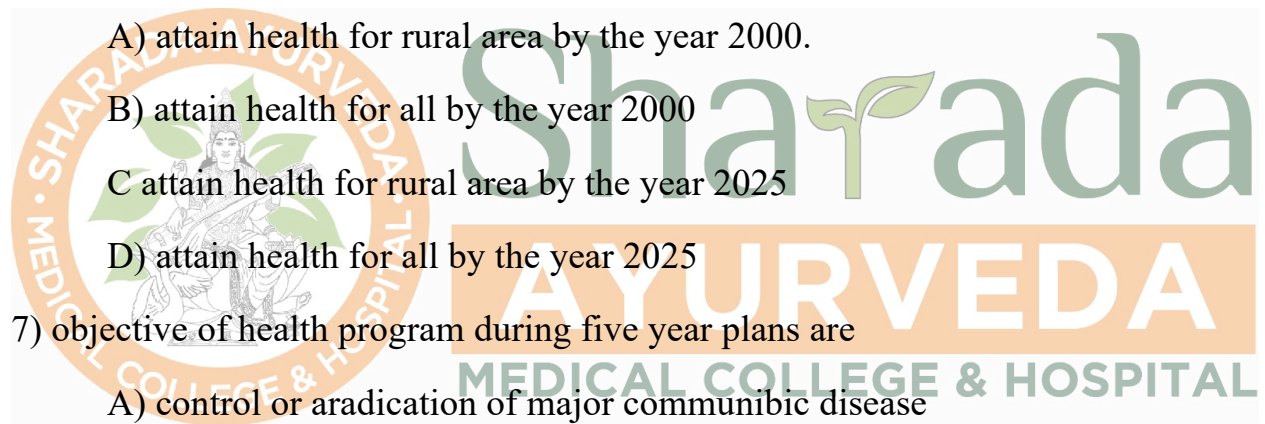
- A) attain health for rural area by the year 2000.
- B) attain health for all by the year 2000
- C) attain health for rural area by the year 2025
- D) attain health for all by the year 2025

7) objective of health program during five year plans are

- A) control or eradication of major communicable disease
- B) Population control
- C) development of health man power resources
- D) all of the above

8) goal of reduction of disease prevalence/incidence include ?

- A) reducing prevalence of blindness
- B) reduce premature mortality from cvs
- C) achieve and elimination of leprosy
- D) all the the above



9) A bureau of planning was constituted in?

A) 1974

B) 1965

C) 1968

D) 1972

10) In 12th plan the goal containment of outbreak include which disease?

A) dengue

B) tuberculosis

C) chikungunya

D) leprosy

11) National health policy for 2010 includes

(a) IMR < 30/1000

(b) Control of Non communicable disease

(c) MMR < 200/100000

(d) Registration of birth and deaths-80%

(e) 80% couple protection rate.

12) National health policy is based on:

(a) Primary health care

(b) Tertiary care

(c) Child care

(d) Mother Care

13) According to National Health Policy 1983, the target is to reduce incidence of LBW to below-

(a) 20%



(b) 15%

(c) 10%

(d) 5%

14)What is the goal concerning HIV/AIDS in National Health Policy 2002?

(a) Eliminate HIV/AIDS by 2007

(b) Eradicate HIV/AIDS transmission by 2007

(c) Achieve zero level of growth of HIV/AIDS by 2007

(d) Eliminate HIV/AIDS by 2015

15) India aims to eliminate

(a) Malaria

(b) TB

(c) Filariasis

(d) HIV

16) Maternal mortality must be reduced to less than:

(a) 100

(b) 200

(c) 300

(d) 400

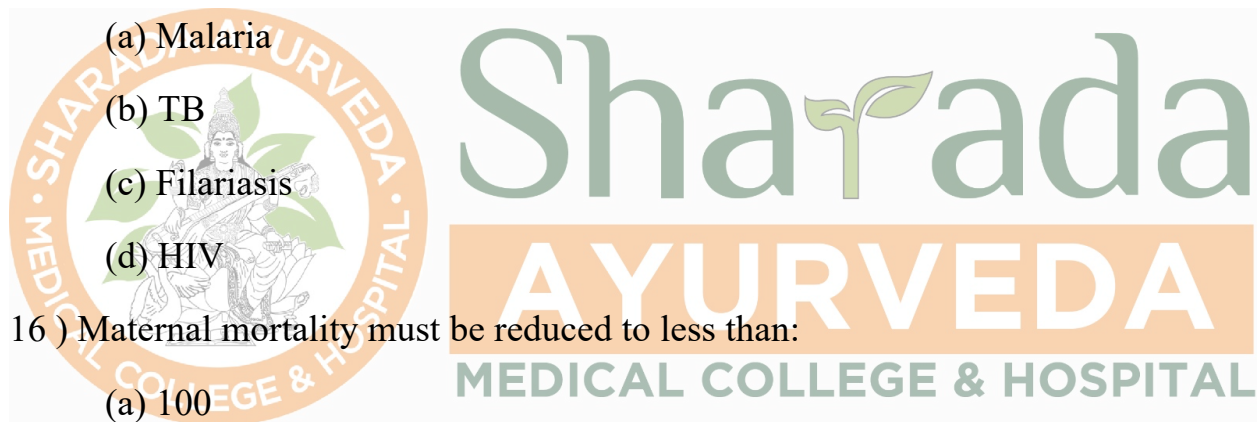
17) Which of the following is not a goal for 2010 as per National Health Policy 2002?

(a) Reduce mortality by TB by 50%

(b) Eliminate kala Azar

(c) Reduce IMR

(d) Eradicate polio



18) National health policy true ALL/except:

- (a) Eradicate polio-2005
- (b) Eliminate leprosy-2005
- (c) Eliminate lymphatic filariasis-2010
- (d) Achieve zero level growth of HIV-2007

19) To reduce premature mortality from cardiovascular cancer, diabetes or chronic respiratory diseases by 25% by.

- (a) 2025
- (b) 2023
- (c) 2090
- (d) 2040

20) According National health policy 2002, which of the following is to be eliminated by 2015?

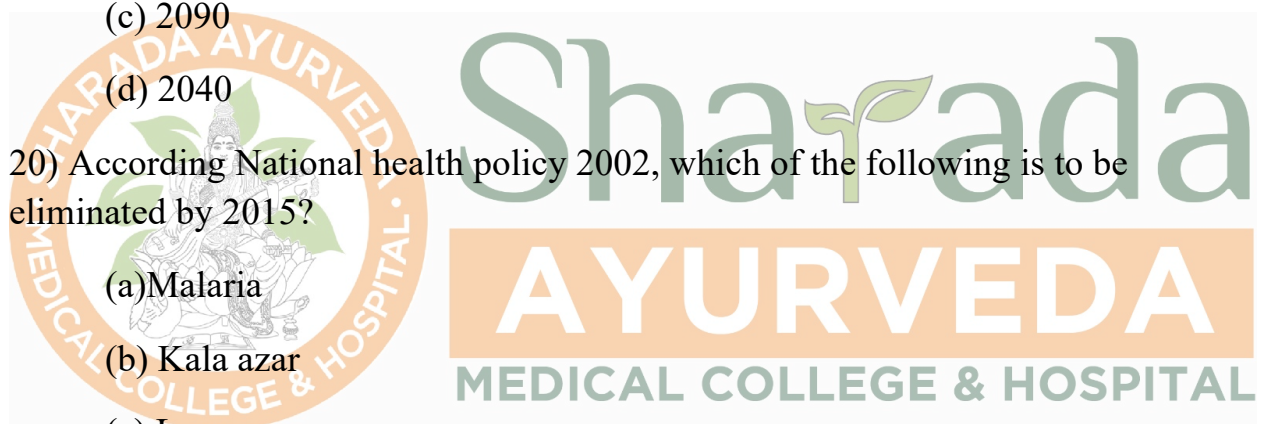
- (a) Malaria
- (b) Kala azar
- (c) Leprosy
- (d) Filariasis

SAQ

1. Explain main objectives of National health policy 2017
2. National health policy 2017
3. specific goals and features of national health policy

MCQ answers

- 1)c)
- 2)c)



3)b)

4)d)

5) a)

6)b)

7)d)

8)d)

9)b)

10)c)

11) a)

12) a)

13) c)

14) c)

15) c)

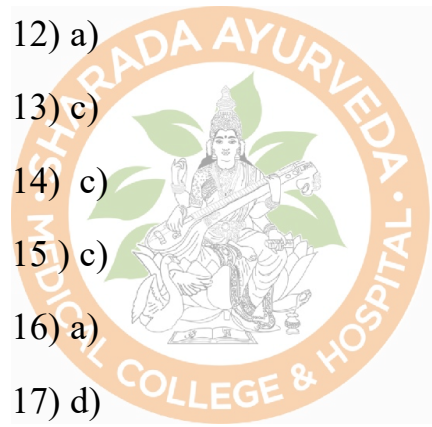
16) a)

17) d)

18 c)

19 a)

20 d)



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