

प्रदेश लोक सेवा आयोग
बागमती प्रदेश

स्वास्थ्य सेवा, हे इं समूह, सातौं तह, जनस्वास्थ्य अधिकृत पदको
खुला प्रतिस्पर्धात्मक नमूना परीक्षा

पत्र: प्रथम

विषय: सेवा सम्बन्धित कार्य-ज्ञान
मिनेट

बस्तुगत बहुवैकल्पिक प्रश्न

पूर्णाङ्क: १००

समय: १ घण्टा १५

उत्तरपुस्तिकामा प्रश्नपत्रको **KEY** अनिवार्य रूपले उल्लेख गर्नुपर्नेछ । उल्लेख नगरेमा उत्तरपुस्तिक रद्द हुनेछ । साथै परीक्षामा **Calculator, Mobile, Smart watch** लगायतका विद्युतीय उपकरणहरू प्रयोग गर्न पाइने छैन ।

1. **101.** HIV belongs to which family of viruses?

- A) Orthomyxoviridae
- B) Retroviridae
- C) Paramyxoviridae
- D) Flaviviridae

Answer: B

2. **102.** The incubation period of hepatitis A is about:

- A) 2–4 days
- B) 15–45 days
- C) 90–120 days
- D) 1 year

Answer: B

3. **103.** Which vaccine is given at birth under EPI?

- A) Measles
- B) BCG
- C) DPT
- D) OPV booster

Answer: B

4. **104.** The causative agent of typhoid fever is:

- A) Vibrio cholerae
- B) Salmonella typhi
- C) Shigella dysenteriae
- D) Escherichia coli

Answer: B

5. **105.** The recommended ORS osmolarity is:

- A) 245 mOsm/L
- B) 300 mOsm/L
- C) 400 mOsm/L
- D) 500 mOsm/L

Answer: A

6. **106.** Vitamin A supplementation mainly prevents:

- A) Blindness
- B) Anemia
- C) Rickets
- D) Scurvy

Answer: A

7. **107.** The main clinical sign of kwashiorkor is:

- A) Wasting
- B) Edema
- C) Bone deformity
- D) Blindness

Answer: B

8. **108.** Protein energy malnutrition includes:

- A) Marasmus
- B) Kwashiorkor
- C) Both
- D) None

Answer: C

9. **109.** Pellagra is due to deficiency of:

- A) Vitamin C
- B) Niacin
- C) Thiamine

D) Riboflavin

Answer: B

10. **110.** Beriberi is caused by deficiency of:

- A) Vitamin B1
- B) Vitamin B6
- C) Vitamin B12
- D) Vitamin B2

Answer: A

11. **111.** The richest source of vitamin C is:

- A) Lemon
- B) Amla
- C) Orange
- D) Apple

Answer: B

12. **112.** Rickets is caused by deficiency of:

- A) Vitamin D
- B) Vitamin A
- C) Vitamin E
- D) Vitamin K

Answer: A

13. **113.** Iron deficiency mainly causes:

- A) Night blindness
- B) Anemia
- C) Pellagra
- D) Goiter

Answer: B

14. **114.** Iodine deficiency disorder is prevented by:

- A) Iron tablets
- B) Iodized salt
- C) Vitamin A capsules
- D) Zinc supplements

Answer: B

15. **115.** Excess fluoride in drinking water causes:

- A) Dental fluorosis
- B) Goiter
- C) Anemia
- D) Osteomalacia

Answer: A

16. **116.** The safe water standard for fluoride is less than:

- A) 0.1 ppm
- B) 1.5 ppm
- C) 3 ppm

D) 5 ppm

Answer: B

17. **117.** Chlorination of water kills mainly:

- A) Bacteria
- B) Spores
- C) Helminth ova
- D) Protozoan cysts

Answer: A

18. **118.** Hardness of water is due to presence of:

- A) Iron salts
- B) Calcium and magnesium salts
- C) Chlorides
- D) Sulphates

Answer: B

19. **119.** The best method for solid waste disposal in rural areas is:

- A) Sanitary landfill
- B) Composting
- C) Incineration
- D) Open dumping

Answer: B

20. **120.** The recommended noise level for residential areas is:

- A) 20–30 dB
- B) 40–45 dB
- C) 55–60 dB
- D) 70–80 dB

Answer: C

21. **121.** The vector of plague is:

- A) Sandfly
- B) Flea
- C) Louse
- D) Tick

Answer: B

22. **122.** Houseflies transmit disease mainly by:

- A) Injection
- B) Mechanical contamination
- C) Bite
- D) Egg laying

Answer: B

23. **123.** The vector for sleeping sickness is:

- A) Sandfly
- B) Tsetse fly
- C) Flea

D) Mosquito

Answer: B

24. **124.** Safe use of insecticides prevents:

A) Resistance

B) Toxicity

C) Environmental pollution

D) All of the above

Answer: D

25. **125.** Common occupational lung disease among miners is:

A) Silicosis

B) Asthma

C) Pneumonia

D) Bronchitis

Answer: A

26. **126.** Byssinosis is common in workers exposed to:

A) Coal dust

B) Asbestos

C) Cotton dust

D) Cement dust

Answer: C

27. **127.** The commonest occupational cancer is:

A) Lung cancer

B) Skin cancer

C) Bladder cancer

D) Leukemia

Answer: A

28. **128.** Noise-induced hearing loss can be prevented by:

A) Ear plugs

B) Surgery

C) Antibiotics

D) Air filters

Answer: A

29. **129.** The first step in accident prevention is:

A) Enforcement

B) Engineering control

C) Education

D) Environmental modification

Answer: C

30. **130.** Occupational health aims at:

A) Cure of diseases

B) Prevention of occupational hazards

C) Rehabilitation only

D) Providing compensation

Answer: B

31. **131.** The main aim of health education is:

A) Change in knowledge only

B) Change in behavior

C) Change in attitude only

D) Increase in literacy

Answer: B

32. **132.** IEC stands for:

A) Information, Education and Communication

B) Immunization, Education and Care

C) Information, Evaluation and Communication

D) International Education Center

Answer: A

33. **133.** The principle of health promotion is:

A) Participation of people

B) Dependence on government

C) Compulsory action

D) Enforcement only

Answer: A

34. **134.** The school health program includes:

A) Health appraisal

B) Nutrition services

C) Health education

D) All of the above

Answer: D

35. **135.** Behavior change communication (BCC) emphasizes:

A) Knowledge

B) Attitude

C) Practice

D) All of the above

Answer: D

36. **136.** The primary health care approach was emphasized in:

A) Alma Ata, 1978

B) Ottawa, 1986

C) Rio de Janeiro, 1992

D) Geneva, 2000

Answer: A

37. **137.** Essential health care services in Nepal were first defined in:

A) 1978

- B) 1991
- C) 2006
- D) 2010

Answer: C

38. **138.** MDGs stand for:
- A) Millennium Development Goals
 - B) Medical Development Goals
 - C) Multiple Disease Goals
 - D) Millennium Diagnostic Goals
- Answer: A**
39. **139.** Which UN agency is responsible for child health and welfare?
- A) WHO
 - B) UNICEF
 - C) UNDP
 - D) UNFPA
- Answer: B**
40. **140.** UNAIDS mainly works for prevention of:
- A) Malaria
 - B) Tuberculosis
 - C) HIV/AIDS
 - D) Cancer
- Answer: C**
41. **141.** JICA is the bilateral aid agency of:
- A) Japan
 - B) USA
 - C) Germany
 - D) Canada
- Answer: A**
42. **142.** DFID is the bilateral aid agency of:
- A) Denmark
 - B) UK
 - C) France
 - D) Italy
- Answer: B**
43. **143.** SDC represents aid from:
- A) Sweden
 - B) Switzerland
 - C) Spain
 - D) South Korea
- Answer: B**
44. **144.** Which is the main financial donor agency for global health?
- A) UNDP
 - B) World Bank

- C) UNICEF
- D) WHO

Answer: B

45. **145.** The National Health Policy of Nepal was first introduced in:
- A) 1975
 - B) 1991
 - C) 2001
 - D) 2010
- Answer: B**
46. **146.** The Second Long Term Health Plan of Nepal covered the years:
- A) 1987–2007
 - B) 1997–2017
 - C) 2007–2027
 - D) 2015–2035
- Answer: B**
47. **147.** Safe motherhood program was introduced in Nepal in:
- A) 1987
 - B) 1990
 - C) 1997
 - D) 2001
- Answer: A**
48. **148.** The main objective of the immunization program is:
- A) Control of communicable diseases
 - B) Nutritional improvement
 - C) Family planning
 - D) Health education
- Answer: A**
49. **149.** IMCI stands for:
- A) Integrated Management of Childhood Infections
 - B) Integrated Management of Childhood Illness
 - C) International Monitoring of Child Illness
 - D) Immunization Management for Child Illness
- Answer: B**
50. **150.** The first-line treatment of malaria in Nepal is:
- A) Chloroquine
 - B) ACT (Artemisinin-based Combination Therapy)

C) Primaquine only

D) Quinine

Answer: B