

प्रदेश लोकसेवा आयोग
कोशी प्रदेश,
स्वास्थ्य सेवा, हेल्थ इन्स्पेक्सन समूह, सहायक स्तर चौथो तथा पाचौ पदको प्रतिस्पर्धात्मक
लिखित परीक्षा नमूना प्रश्न पत्र

KEY (B)

पूर्णांक : १००

समय : ४५ मिनेट

वस्तुगत बहुवैकल्पिक प्रश्न (Multiple Choice Questions) (५० × २ = १००)

उत्तरपुस्तिकामा प्रश्नको KEY उल्लेख गर्ने ठाउँमा "गोलोघेरा" गर्नुहोस्। KEY उल्लेख नगरेमा उत्तरपत्रिका रद्द हुनेछ। साथै परीक्षामा Calculator, Mobile, Smart watch वा त्यस्तै प्रकारका कुनै विद्युतीय उपकरणको प्रयोग गर्न पाइने छैन।

Section 1: Anatomy and Physiology (25 MCQs)

1. Which of the following is the longest bone in the human body?

- a) Humerus
- b) Femur
- c) Tibia
- d) Fibula

Answer: b) Femur

2. The functional unit of the kidney is called:

- a) Alveoli
- b) Nephron
- c) Glomerulus
- d) Ureter

Answer: b) Nephron

3. Which part of the brain controls balance and coordination?

- a) Cerebrum
- b) Cerebellum
- c) Medulla oblongata

d) Hypothalamus

Answer: b) Cerebellum

4. Which type of muscle is involuntary and found in the walls of internal organs?

- a) Skeletal muscle
- b) Cardiac muscle
- c) Smooth muscle
- d) Voluntary muscle

Answer: c) Smooth muscle

5. The largest artery in the human body is:

- a) Pulmonary artery
- b) Aorta
- c) Subclavian artery
- d) Carotid artery

Answer: b) Aorta

6. The blood cells responsible for oxygen transport are:

- a) Leukocytes
- b) Thrombocytes
- c) Erythrocytes
- d) Lymphocytes

Answer: c) Erythrocytes

7. Which organ is primarily responsible for detoxifying the blood?

- a) Kidney
- b) Liver
- c) Spleen
- d) Pancreas

Answer: b) Liver

8. The smallest structural and functional unit of life is:

- a) Atom
- b) Tissue
- c) Cell
- d) Organ

Answer: c) Cell

9. The process of blood clotting is called:

- a) Hemolysis
- b) Coagulation
- c) Fibrinolysis
- d) Agglutination

Answer: b) Coagulation

10. The pacemaker of the heart is:

- a) AV node
- b) SA node
- c) Bundle of His
- d) Purkinje fibers

Answer: b) SA node

11. The main function of hemoglobin is:

- a) Transporting nutrients
- b) Fighting infections
- c) Carrying oxygen
- d) Producing antibodies

Answer: c) Carrying oxygen

12. The trachea branches into two tubes called:

- a) Alveoli
- b) Bronchi

- c) Bronchioles
- d) Pleura

Answer: b) Bronchi

13. The part of the eye responsible for focusing light is:

- a) Cornea
- b) Retina
- c) Lens
- d) Iris

Answer: c) Lens

14. The pH of normal human blood is:

- a) 6.8
- b) 7.4
- c) 7.0
- d) 8.0

Answer: b) 7.4

15. Which vitamin is essential for blood clotting?

- a) Vitamin A
- b) Vitamin C
- c) Vitamin K
- d) Vitamin D

Answer: c) Vitamin K

16. The basic contractile unit of muscle is called:

- a) Myosin
- b) Sarcomere
- c) Actin
- d) Myofibril

Answer: b) Sarcomere

17. Which gland is known as the "master gland" of the body?

- a) Thyroid gland
- b) Adrenal gland
- c) Pituitary gland
- d) Pancreas

Answer: c) Pituitary gland

18. The main function of the large intestine is:
- a) Nutrient absorption
 - b) Digestion of proteins
 - c) Water absorption
 - d) Production of enzymes
- Answer:** c) Water absorption
19. The middle layer of the skin is called:
- a) Epidermis
 - b) Dermis
 - c) Hypodermis
 - d) Subcutaneous tissue
- Answer:** b) Dermis
20. The organ responsible for producing insulin is:
- a) Liver
 - b) Pancreas
 - c) Stomach
 - d) Adrenal gland
- Answer:** b) Pancreas
21. Which of the following is NOT a function of the skeletal system?
- a) Blood cell production
 - b) Hormone secretion
 - c) Support and protection
 - d) Movement
- Answer:** b) Hormone secretion
22. The major site of nutrient absorption in the digestive system is:
- a) Stomach
 - b) Small intestine
 - c) Large intestine
 - d) Esophagus
- Answer:** b) Small intestine
23. The functional unit of the nervous system is the:

- a) Axon
- b) Neuron
- c) Synapse
- d) Dendrite

Answer: b) Neuron

24. What type of joint is found in the shoulder and hip?

- a) Hinge joint
- b) Ball and socket joint
- c) Pivot joint
- d) Gliding joint

Answer: b) Ball and socket joint

25. The condition caused by a lack of iodine in the diet is:

- a) Scurvy
- b) Rickets
- c) Goiter
- d) Beriberi

Answer: c) Goiter

Section 2: Community Health (25 MCQs)

26. The primary health care approach was introduced in:

- a) 1948
- b) 1968
- c) 1978
- d) 1988

Answer: c) 1978

27. The expanded form of WHO is:

- a) World Health Organization
- b) World Hygiene Organization
- c) Worldwide Health

Organization

d) World Human

Organization

Answer: a) World Health

Organization

28. The primary level of health care focuses on:

a) Specialist services

b) Emergency care

c) Prevention and basic treatment

d) Rehabilitation

Answer: c) Prevention and basic treatment

29. The major cause of maternal mortality in developing countries is:

a) Diabetes

b) Hypertension

c) Postpartum hemorrhage

d) Tuberculosis

Answer: c) Postpartum hemorrhage

30. Which disease is caused by a deficiency of vitamin C?

a) Rickets

b) Scurvy

c) Pellagra

d) Beriberi

Answer: b) Scurvy

31. The term "epidemiology" refers to the study of:

a) Human anatomy

b) Disease patterns in populations

c) Drug interactions

d) Surgery techniques

Answer: b) Disease patterns in populations

32. The leading cause of under-five mortality worldwide is:

a) Malaria

b) Pneumonia

c) Malnutrition

d) Road accidents

Answer: b) Pneumonia

33. The key strategy to control communicable diseases is:

a) Vaccination

b) Chemotherapy

c) Isolation

d) Surgery

Answer: a) Vaccination

34. The recommended exclusive breastfeeding duration is:

a) 3 months

b) 6 months

c) 9 months

d) 12 months

Answer: b) 6 months

(Continue similar pattern for remaining 16 questions...)

Would you like me to format this in a document for you? 😊

You said:

continue

ChatGPT said:

Here are the remaining **Community Health MCQs:**

35. Which of the following is a vector-borne disease?

a) Tuberculosis

b) Malaria

- c) Diabetes
d) Hypertension
Answer: b) Malaria
36. Which Millennium Development Goal (MDG) focused on reducing child mortality?
a) MDG 2
b) MDG 3
c) MDG 4
d) MDG 6
Answer: c) MDG 4
37. What is the major cause of neonatal deaths globally?
a) Preterm birth complications
b) Road traffic accidents
c) Tuberculosis
d) Stroke
Answer: a) Preterm birth complications
38. The Expanded Programme on Immunization (EPI) aims to prevent:
a) Non-communicable diseases
b) Vaccine-preventable diseases
c) Genetic disorders
d) Occupational hazards
Answer: b) Vaccine-preventable diseases
39. The primary function of oral rehydration solution (ORS) is to:
a) Reduce fever
b) Restore lost fluids and electrolytes
c) Kill bacteria
d) Improve appetite

- Answer:** b) Restore lost fluids and electrolytes
40. The full form of IMNCI is:
a) Integrated Maternal and Neonatal Care Initiative
b) Integrated Management of Neonatal and Child Illness
c) Improved Management of Nutrition and Childcare Initiative
d) Integrated Management of Non-Communicable Infections
Answer: b) Integrated Management of Neonatal and Child Illness
41. Which of the following is an example of secondary prevention?
a) Health education
b) Vaccination
c) Screening for hypertension
d) Rehabilitation after stroke
Answer: c) Screening for hypertension
42. The main goal of family planning programs is to:
a) Increase birth rates
b) Promote population control and reproductive health
c) Provide nutrition supplements
d) Reduce school dropouts
Answer: b) Promote population control and reproductive health
43. A balanced diet should include:

- a) Only carbohydrates and proteins
- b) Carbohydrates, proteins, fats, vitamins, and minerals
- c) Only fruits and vegetables
- d) Processed foods

Answer: b) Carbohydrates, proteins, fats, vitamins, and minerals

44. What is the recommended daily calorie intake for an adult woman?

- a) 1200 kcal
- b) 1500 kcal
- c) 2000 kcal
- d) 2500 kcal

Answer: c) 2000 kcal

45. The leading cause of death from non-communicable diseases (NCDs) is:

- a) Cancer
- b) Cardiovascular diseases
- c) Chronic respiratory diseases
- d) Diabetes

Answer: b) Cardiovascular diseases

46. Which of the following is NOT a principle of Primary Health Care?

- a) Community participation
- b) Equity
- c) Universal health coverage
- d) Focus on tertiary care

Answer: d) Focus on tertiary care

47. The main mode of transmission of tuberculosis (TB) is:

- a) Blood transfusion

- b) Airborne droplets
- c) Contaminated water
- d) Mosquito bite

Answer: b) Airborne droplets

48. The primary vector for dengue fever is:

- a) Anopheles mosquito
- b) Aedes mosquito
- c) Culex mosquito
- d) Sandfly

Answer: b) Aedes mosquito

49. Which of the following contributes the most to global child malnutrition?

- a) Lack of clean water
- b) War and conflicts
- c) Poor maternal nutrition
- d) All of the above

Answer: d) All of the above

50. The best way to prevent HIV/AIDS transmission is:

- a) Using mosquito repellents
- b) Avoiding physical activity
- c) Practicing safe sex and using sterilized needles
- d) Taking antibiotics

Answer: c) Practicing safe sex and using sterilized needles