

QUESTIONNAIRE FOR PRACTICE

W103- Public Health and Hygiene

Q.1 Short Answer Question (SAQ)

1. What is family planning programme?
2. How is waste management in india?
3. Write short note on water supply?
4. What are the nutritional deficiencies and their solution?
5. What is the common source of contamination?
6. How can india improve waste management
7. What are the key factors for the decline of fertility rate during the period of 1960-1985?
8. What is the definition of epidemiology?
9. What are the components of the epidemiological triad?
10. What is an epidemic?
11. Name two types of epidemiological studies.?
12. What is the incubation period?
13. What is meant by home safety?
14. Name two common causes of home accidents.
15. What is public safety?
16. Mention two ways to prevent electrical accidents at home.
17. Why is fire safety important at home and in public places?
18. What is the role of diet in preventing non-communicable diseases (ncds)?
19. What is meant by a balanced diet?
20. Name two diseases caused by protein-energy malnutrition.
21. Which dietary component is most associated with cardiovascular diseases
22. How does dietary fibre help in disease prevention?
23. What are the main types of agents responsible for food contamination
24. Name two biological agents that cause foodborne illnesses
25. Give an example of a chemical contaminant in food
26. What is cross-contamination in food safety?
27. How can physical agents contaminate food?
28. What is the main objective of the national family welfare programme in india?
29. Name two spacing methods promoted under the family planning programme.
30. What is the concept of eligible couples in family planning?
31. Name any two permanent methods of contraception included in the programme.
32. What is the role of sanitation in public health?
33. Write 4 types of sanitation?
34. Why is public sanitation important?
35. What is the concept of public health?
36. Write three types of sources of water
37. Write one type of water purification process in details.
38. What four factors determine population size ?
39. What are the seven main nutrient and their function?
40. What are the types of dietary disease?

41. What is the regional perspective of asia?
42. How can you control contamination?

Q.2 Long Answer Question (LAQ)

1. How to protect the host from infection and disease?
2. What are the common nutritional related disorder and their management?
3. Describe direct and indirect transmission of infection?
4. What is the basic concept of population dynamics?
5. Describe the classification of foods?
6. What is nutrition?
7. What is psrimary health care (phc)? Describe its key elements.
8. What are the principles of primary health care?
9. Describe the organization of primary health care in rural india.
10. What are the roles and responsibilities of a primary health centre (phc)?
11. What are the challenges in implementing primary health care in india? Suggest solutions.
12. Explain the asian perspective on health and its holistic approach.
13. Discuss how cultural beliefs influence health behaviours and quality of life in asian societies
14. How does spirituality contribute to health and well-being in asian traditions?
15. Evaluate the role of traditional medicine systems in shaping health care in asia.
16. Describe how social values and family structures in asian cultures influence health care
17. Decisions and outcomes.
18. Explain the dietary management of diabetes mellitus.
19. Discuss the role of diet in the management of cardiovascular diseases
20. What is the role of the income generation programme in community health development? Explain with examples.
21. Discuss the components and importance of income generation activities under the national rural livelihood mission (nrlm).
22. How do income generation programmes contribute to achieving health goals in rural india?
23. Explain the integration of income generation strategies in health and development policies in india.
24. define food-borne diseases. Classify them and explain the prevention and control of food-borne diseases.
25. Describe the epidemiological triad of food poisoning and its public health importance
26. Discuss botulism as a food-borne disease. Mention its causative agent, pathogenesis, clinical features, and preventive measures.
27. What are the clinical features and prevention of staphylococcal food poisoning?
28. Describe the role of health education in the prevention of food-borne diseases.
29. Define environmental sanitation. Describe various types of environmental pollution and Their effects on health. Suggest control measures for each.
30. Describe the role of environmental protection in disease prevention. Discuss the preventive measures taken at the community level as per park's guidelines.
31. Explain the importance of cleanliness for health?
32. Write information about food and hygiene?
33. How do tamils practice hygiene and sanitation?
34. Define malaria
35. Justify the statement "personal hygine is very important for good health"
36. Different levels of health care

Q.3 Multiple Choice Question (MCQ)

1. _____ is a fundamental branch of medical science and public health.
a) radiology b) biology c) pathology d) epidemiology
2. India was the first country in the world to launch a national family programme in
a) 1946 b) 1956 c) 1962 d) 1952
3. Many asian cultures particularly chinese view health through the lens of _____
a) fire & water b) heaven & earth c) yin & yang d) sun & moon
4. The number of death per unit, usually _____ of population in a given place & time.
a) 10 b) 100 c) 1000 d) 10000
5. There are three kinds of reservoirs _____
a) human b) animal c) non living d) all of the above
6. _____ programme is focused on sanitation improvement in india.
A) jal jeevan b) swaccha bharat c) air pollution d) water pollution
7. _____ is essential for growth & repair body cells and tissues.
a) protein b) mineral c) vitamin d) iron
8. Goitre is caused due to deficiency of _____
A) iron b) calcium c) b12 d) iodine
9. Scurvy is a deficiency of which vitamin _____
a) d b) c c) b6 d) e
10. Which virus causes common cold _____
a) vibrio cholerae b) salmonella typhi c) protozoe d) rhinovirus
11. The..... Is a specialised, non-political health agency of the united nations, with Headquarters in geneva.
a) cmo b) uno c) who d) pmo
12. is one of the united nations' specialised agencies that works for the Rehabilitation of children.
a) undp b) unicef c) unesco d) un fund
13. The Scheme, introduced by an act of parliament in 1948, is a unique social Legislation in india.
a) psi b) esi c) udi d) upi

14. the history of the world population since 1650 suggests that there is acycle of Five stages through which a nation passes.

- a) life b) demographic c) cellular d) biological

15. At present about Of the world's population is living in the developing countries of asia, africa and latin america.

- a) 20% b) 80% c) 60% d) 40%

16. Which of the following is the most effective method for the disposal of human excreta in rural areas

- a) incineration b) composting c) sanitary latrine d) open defecation

17. The acceptable limit of fluoride in drinking water, as per indian standards, is:.....

- a) 0.5 mg/l b) 1.0 mg/l c) 1.5 mg/l d) 2.0 mg/l

18. Which diseases are not directly related to improper environmental sanitation.....

- a) cholera b) typhoid c) tuberculosis d) amoebiasis

19. The most common and effective method for household water purification is:

- a) boiling b) sedimentation c) filtration d) use of alum

20. The term 'sanitation barrier' refers to

- a) a fence around a toilet
b) a method to prevent mosquito breeding
c) a set of practices that break the faecal-oral transmission route
d) the use of disinfectants in the environment

21. Which of the following is an example of a food intoxication.....

- a) typhoid fever b) cholera c) botulism d) salmonellosis

22. Food infection is caused by.....

- a) ingestion of toxins produced by bacteria
b) ingestion of pathogenic organisms that multiply in the intestine
c) chemical contaminants in food
d) spoiled food

23. Which of the following microorganisms is commonly associated with food infection.....

- a) clostridium botulinum
b) staphylococcus aureus
c) salmonella spp.
d) bacillus cereus

24. Which of the following foodborne pathogens is known to produce heat-stable Enterotoxin

- a) clostridium perfringens
- b) vibrio cholerae
- c) staphylococcus aureus
- d) escherichia coli

25. Botulism is caused by.....

- a) an endotoxin
- b) a neurotoxin
- c) a heat-stable enterotoxin
- d) a fungal toxin

26. Which of the following is not considered a component of personal hygiene.....

- a) oral hygiene
- b) nail trimming
- c) road safety rules
- d) bathing regularly

27. How often should one brush their teeth for maintaining good oral hygiene?

- a) once a week
- b) once a day
- c) twice a day
- d) only after meals

28. The most effective method to prevent the spread of infections through hands is.....

- a) wearing gloves
- b) washing hands with soap and water
- c) using a handkerchief
- d) applying perfume

29. Which of the following is an important measure to maintain foot hygiene?

- a) walking barefoot on wet surfaces
- b) wearing wet socks
- c) washing and drying feet properly
- d) avoiding shoes completely

30. Personal hygiene helps in the prevention of:.....

- a) nutritional disorders
- b) genetic diseases
- c) communicable diseases
- d) congenital disorders

31. Which of the following bacteria causes whooping cough?.....
- a) mycobacterium tuberculosis
 - b) corynebacterium diphtheriae
 - c) bordetella pertussis
 - d) haemophilus influenzae
32. Which of the following is the most characteristic symptom of measles?.....
- a) severe headache
 - b) koplik spots in the mouth
 - c) greenish nasal discharge
 - d) dry mouth
33. The vaccine used for tuberculosis prevention is:.....
- a) dpt
 - b) mmr
 - c) bcg
 - d) opv
34. A child with a paroxysmal cough followed by a “whoop” sound is most likely suffering from.....
- a) diphtheria
 - b) influenza
 - c) whooping cough
 - d) pneumonia
35. Which of the following is not a transmission mode for measles?.....
- a) droplet infection
 - b) direct contact with nasal secretions
 - c) contaminated food
 - d) airborne transmission
36. What does individual health need required?
- a) diet
 - b) water
 - c) sun
 - d) balance diet and exercise
37. What is the best morning diet?
- a) sprouted gram
 - b) tea
 - c) fried food
 - d) ambrosial substance
38. How long does it take to wash hands with soap and water?
- a) 10-40 sec
 - b) 40-60 sec
 - c) 15 -20 sec
 - d) 1 min
39. How long does alcohol-based hand sanitizer last?
- a) 10 -20 sec
 - b) 20 -30 sec
 - c) 30-40 sec
 - d) 50-60
40. Which advanced draft was published by the world health organization in april 2006?
- a) washing hands
 - b) taking a bath daily
 - c) hand hygiene in health care
 - d) healthy food