MBBS THIRD PROFESSIONAL · PART I

COMMUNITY MEDICINE

QUESTION BANK

Chapter-wise · Topic-wise Previous-Year Questions

Papers I & II · Theory Papers & MCQs · 2011 – 2026



1321 questions · 21 chapters · repeats marked · Papers I & II

By

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MBBS — COMMUNITY MEDICINE

(Third Professional MBBS Part I · Community Medicine Paper I and Paper II)

Chapter-wise, Topic-wise Previous-Year Question Bank

Theory Papers I & II · January 2011 – February 2026

21 chapters · 52 topics · 1321 questions (1143 after merging repeats) · 62 case-based questions · 100 MCQs

Compiled from 49 theory papers (Paper I and Paper II) and 10 MCQ papers of the Third Professional MBBS Community Medicine examination, Amrita Vishwa Vidyapeetham, Kochi

AETCM
Academy for Emergency, Trauma & Critical care Medicine

Preface

Dear students,

Community Medicine is the subject that asks you to look beyond the patient in front of you — to the well the family drinks from, the mosquito breeding in the coconut shell outside, the anganwadi down the road and the national programme that is meant to reach them all. The cluster of fever cases in the PHC area, the child with chest indrawing, the anaemic adolescent, the antenatal mother who registers late — these are the situations the examiners keep returning to, paper after paper, because they are the situations you will face as the medical officer of a primary health centre.

Every question set in the Third Professional MBBS Community Medicine theory papers from January 2011 to February 2026 — Paper I and Paper II, regular and supplementary, including the ten MCQ papers of the CBME pattern — has been collected here, arranged chapter by chapter and topic by topic, and tagged with the examination in which it appeared. Part A follows Paper I and Part B follows Paper II. Questions that have been asked more than once are merged and marked, so that you can see at a glance which topics the examiners value most.

Use this book actively. Start each chapter with its most-asked topics. Read the topic from your textbook, then come back and write the answers in your own words, within the time you would have in the examination hall. The “substantiate”, “public health relevance” and “action as medical officer” questions reward a crisp, structured answer — define, explain the significance, give the Indian figures and programmes, and end with what you would actually do — so practise them that way. Keep the national programmes, the immunization schedule and the key indicators at your fingertips, and attempt the MCQs before you look anything up.

A question bank is not a substitute for field visits, family studies or a good textbook. It is a map. It shows you where the roads are, how often each road is travelled, and which ones you must know well before you set out. Combined with regular field work and honest revision, it will help you walk into the examination with confidence.

I wish every one of you the very best for your examinations and for the years ahead, in which your patient will often be a whole community.

With best wishes,



Dr. Gireesh Kumar K.P.
Kochi, October 2026

AETCM
Academy for Emergency, Trauma & Critical care Medicine

How to use this question bank

Coverage. Every question from the 49 Community Medicine theory papers (Paper I and Paper II) between January 2011 and February 2026, regular and supplementary sittings, including the ten MCQ papers of the 2023–2026 CBME pattern. A few sittings are not in the source collection (for example June 2016, January 2017, June 2018 and Paper I of January 2018), so they do not appear.

Organisation. Questions are grouped into 21 chapters in two parts — Part A (Paper I: concepts of health, epidemiology, screening, communicable and non-communicable diseases, environment, hospital waste, biostatistics and disaster management) and Part B (Paper II: demography and family planning, MCH and geriatrics, nutrition, social sciences, occupational health, genetics, mental health, health communication, planning and management, health care delivery and international health). Inside each chapter, questions are arranged by topic; case-based questions come first, then the higher-mark questions, and repeats first within each mark band.

Question type. The magenta label before each question gives the instruction under which it was set (e.g. “Substantiate”, “Public health relevance”, “Action as MO”) and its marks, because the same topic needs a different answer for each instruction.

Source tags. Each question ends with the sitting and paper, e.g. “Jan 2019 P-II” = January 2019, Paper II. **(S)** marks a supplementary examination. Papers up to May 2022 are the 60-mark pattern; from March 2023 the CBME pattern has 100-mark papers with MCQs.

Repeats = high-yield. A question set in more than one paper is listed once with all its appearances and a count in magenta, e.g. **[4×]**. Each topic heading shows how many papers asked it, and the box at the top of each chapter lists the most-asked topics.

Note. Older papers name programmes as they were then (RNTCP, RCH II, NFCP, MDGs); answer with the current programme (NTEP, RMNCH+A, NCVBDC, SDGs) and mention the change. The papers were scanned and converted to text; obvious scanning and spelling errors have been corrected, a few words cut off at the edge of the scanned pages have been completed from context, and the original wording has otherwise been retained.

Papers covered

Tag	Date	Examination
Jan 2011 P-I	03 Jan 2011	Third Professional MBBS, Paper I (60 marks)
Jan 2011 P-II	04 Jan 2011	Third Professional MBBS, Paper II (60 marks)
Jun 2011 (S) P-I	10 Jun 2011	Third Professional MBBS, supplementary, Paper I (60 marks)
Jun 2011 (S) P-II	11 Jun 2011	Third Professional MBBS, supplementary, Paper II (60 marks)
Jan 2012 P-I	04 Jan 2012	Third Professional MBBS, Paper I (60 marks)
Jan 2012 P-II	05 Jan 2012	Third Professional MBBS, Paper II (60 marks)
Jun 2012 (S) P-I	26 Jun 2012	Third Professional MBBS, supplementary, Paper I (60 marks)
Jun 2012 (S) P-II	27 Jun 2012	Third Professional MBBS, supplementary, Paper II (60 marks)
Jan 2013 P-I	02 Jan 2013	Third Professional MBBS, Paper I (60 marks)
Jan 2013 P-II	03 Jan 2013	Third Professional MBBS, Paper II (60 marks)
Jun 2013 (S) P-I	24 Jun 2013	Third Professional MBBS, supplementary, Paper I (60 marks)
Jun 2013 (S) P-II	25 Jun 2013	Third Professional MBBS, supplementary, Paper II (60 marks)
Jan 2014 P-I	07 Jan 2014	Third Professional MBBS, Paper I (60 marks)
Jan 2014 P-II	09 Jan 2014	Third Professional MBBS, Paper II (60 marks)
Jun 2014 (S) P-I	07 Jun 2014	Third Professional MBBS, supplementary, Paper I (60 marks)
Jun 2014 (S) P-II	09 Jun 2014	Third Professional MBBS, supplementary, Paper II (60 marks)
Jan 2015 P-I	03 Jan 2015	Third Professional MBBS, Paper I (60 marks)

Jan 2015 P-II	05 Jan 2015	Third Professional MBBS, Paper II (60 marks)
Jun 2015 (S) P-I	08 Jun 2015	Third Professional MBBS, supplementary, Paper I (60 marks)
Jun 2015 (S) P-II	09 Jun 2015	Third Professional MBBS, supplementary, Paper II (60 marks)
Jan 2016 P-I	07 Jan 2016	Third Professional MBBS, Paper I (60 marks)
Jan 2016 P-II	09 Jan 2016	Third Professional MBBS, Paper II (60 marks)
Jun 2017 (S) P-I	10 Jun 2017	Third Professional MBBS, supplementary, Paper I (60 marks)
Jun 2017 (S) P-II	12 Jun 2017	Third Professional MBBS, supplementary, Paper II (60 marks)
Jan 2018 P-II	08 Jan 2018	Third Professional MBBS, Paper II (60 marks)
Jan 2019 P-I	03 Jan 2019	Third Professional MBBS, Paper I (60 marks)
Jan 2019 P-II	05 Jan 2019	Third Professional MBBS, Paper II (60 marks)
Jun 2019 (S) P-I	01 Jun 2019	Third Professional MBBS, supplementary, Paper I (60 marks)
Jun 2019 (S) P-II	03 Jun 2019	Third Professional MBBS, supplementary, Paper II (60 marks)
Jan 2020 P-I	06 Jan 2020	Third Professional MBBS, Paper I (60 marks)
Jan 2020 P-II	08 Jan 2020	Third Professional MBBS, Paper II (60 marks)
Jul 2020 (S) P-I	14 Jul 2020	Third Professional MBBS, supplementary, Paper I (60 marks)
Jul 2020 (S) P-II	16 Jul 2020	Third Professional MBBS, supplementary, Paper II (60 marks)
Apr 2021 P-I	13 Apr 2021	Third Professional MBBS, Paper I (60 marks)
Apr 2021 P-II	16 Apr 2021	Third Professional MBBS, Paper II (60 marks)
Nov 2021 (S) P-I	19 Nov 2021	Third Professional MBBS, supplementary, Paper I (60 marks)
Nov 2021 (S) P-II	22 Nov 2021	Third Professional MBBS, supplementary, Paper II (60 marks)
May 2022 P-I	04 May 2022	Third Professional MBBS, Paper I (60 marks)
May 2022 P-II	06 May 2022	Third Professional MBBS, Paper II (60 marks)
Mar 2023 P-I	04 Mar 2023	Third Professional MBBS Part I, CBME, Paper I (100 marks + MCQ)
Mar 2023 P-II	06 Mar 2023	Third Professional MBBS Part I, CBME, Paper II (100 marks + MCQ)
Sep 2023 (S) P-I	04 Sep 2023	Third Professional MBBS, supplementary, Paper I (+ MCQ)
Sep 2023 (S) P-II	07 Sep 2023	Third Professional MBBS, supplementary, Paper II (60 marks + MCQ)
Jan 2024 P-I	03 Jan 2024	Third Professional MBBS Part I, CBME, Paper I (100 marks + MCQ)
Jan 2024 P-II	06 Jan 2024	Third Professional MBBS Part I, CBME, Paper II (100 marks + MCQ)
Mar 2025 P-I	18 Mar 2025	Third Professional MBBS Part I, CBME, Paper I (100 marks + MCQ)
Mar 2025 P-II	21 Mar 2025	Third Professional MBBS Part I, CBME, Paper II (100 marks + MCQ)
Feb 2026 (S) P-I	02 Feb 2026	Third Professional MBBS Part I, CBME supplementary, Paper I (100 marks + MCQ)
Feb 2026 (S) P-II	03 Feb 2026	Third Professional MBBS Part I, CBME supplementary, Paper II (100 marks + MCQ)

Contents and question distribution

#	Chapter	Topics	Questions	MCQs	Page
Part A — Paper I (Concepts of health, epidemiology, communicable and non-communicable diseases, environment, biostatistics)					
1.	Concepts of Health and Disease	2	30	4	**8**
2.	Principles of Epidemiology and Research Methods	5	46	7	**9**
3.	Screening for Disease	1	12	2	**12**
4.	Epidemiology of Infectious Diseases and Immunization	3	56	7	**13**
5.	Communicable Diseases	8	155	11	**15**
6.	Non-Communicable Diseases	4	63	2	**26**
7.	Environment and Health	4	54	9	**28**
8.	Hospital Waste Management	1	23	3	**31**
9.	Biostatistics	2	16	4	**32**
10.	Disaster Management	1	19	0	**33**
Part B — Paper II (Demography, family welfare, MCH, nutrition, occupational health, health care, planning and communication)					
11.	Demography and Family Planning	2	64	7	**37**
12.	Preventive Medicine in Obstetrics, Paediatrics and Geriatrics	4	143	7	**40**
13.	Nutrition and Health	4	86	12	**46**
14.	Medicine and Social Science	2	35	1	**51**
15.	Occupational Health	1	34	5	**52**
16.	Genetics and Health	1	16	2	**54**
17.	Mental Health and Substance Abuse	1	16	1	**56**
18.	Health Communication and Health Education	1	27	2	**56**
19.	Health Planning and Management	2	41	3	**57**
20.	Health Care of the Community	2	86	6	**59**
21.	International Health	1	22	4	**62**
	TOTAL	**52**	**1044**	**99**	
	Index of major topics				***64***

"Questions" counts each theory question once after merging repeats; MCQs are counted separately.

PART A

Paper I

Concepts of health, epidemiology, communicable and non-communicable diseases, environment, biostatistics

1. Concepts of Health and Disease
2. Principles of Epidemiology and Research Methods
3. Screening for Disease
4. Epidemiology of Infectious Diseases and Immunization
5. Communicable Diseases
6. Non-Communicable Diseases
7. Environment and Health
8. Hospital Waste Management
9. Biostatistics
10. Disaster Management

1. Concepts of Health and Disease (34 questions)

★ Most-asked topics in this chapter

- Natural history of disease, iceberg phenomenon and levels of prevention ***— asked in 14 papers***
- Concept, dimensions, determinants and indicators of health ***— asked in 11 papers***

1.1 Concept, dimensions, determinants and indicators of health *(11 papers)*

1. **Justify [3 marks]** Health is multidimensional — *Jan 2024 P-I*
2. **Write briefly [3 marks]** Economic status as a determinant of health — *Mar 2025 P-I*
3. **Write briefly [3 marks]** Indicators of health — *Mar 2025 P-I*
4. **Write briefly [3 marks]** Triangle of epidemiology — *Mar 2025 P-I*
5. **Substantiate [3 marks]** The Human Development Index is a more comprehensive measure than per capita income — *Feb 2026 (S) P-I*
6. **Substantiate [2 marks]** The secret of national health lies in the homes of the people — *Jan 2012 P-I*
7. **Substantiate [2 marks]** Alteration in the ecosystem has resulted in the development of many diseases — *Jan 2011 P-I*
8. **Write briefly [2 marks]** Positive health — *Jun 2012 (S) P-I*
9. **Comment [2 marks]** Environment is an important factor which determines the health of an individual — *Jun 2014 (S) P-I*
10. **Public health importance [2 marks]** Individual responsibility for health — *Jan 2020 P-I*
11. **Comment on relevance [2 marks]** Social dimension of health — *Jan 2020 P-I*
12. **Comment on relevance [2 marks]** Physical quality of life index — *Apr 2021 P-I*
13. **Public health relevance [2 marks]** Determinants of health — *Nov 2021 (S) P-I*
14. **Write briefly [2 marks]** Biomedical concept of health — *May 2022 P-I*
15. **Write briefly [2 marks]** Education as a determinant of health — *May 2022 P-I*
16. **Public health relevance [2 marks]** Epidemiological triad — *May 2022 P-I*

1.2 Natural history of disease, iceberg phenomenon and levels of prevention *(14 papers)*

1. **Public health importance [2 / 3 marks]** Iceberg phenomenon ***— Jan 2016 P-I · Jan 2024 P-I [2×]***
2. **Public health relevance [2 / 3 marks]** Iceberg phenomenon of disease ***— Nov 2021 (S) P-I · Mar 2025 P-I [2×]***
3. **Explain [3 marks]** Levels of prevention with examples — *Jan 2024 P-I*
4. **Write briefly [3 marks]** Secondary prevention — *Mar 2025 P-I*
5. **Justify [3 marks]** Natural history of disease is a key concept in epidemiology — *Mar 2023 P-I*
6. **Public health importance [2 marks]** Natural history of disease ***— Jun 2013 (S) P-I · Sep 2023 (S) P-I [2×]***
7. **Significance [2 marks]** Primordial prevention — *Jun 2011 (S) P-I*
8. **Substantiate [2 marks]** Primordial prevention is a very useful strategy for the prevention of lifestyle diseases — *Jan 2011 P-I*
9. **Public health importance [2 marks]** Rehabilitation — *Jan 2013 P-I*
10. **Significance [2 marks]** Primary prevention — *Jun 2013 (S) P-I*
11. **Public health importance [2 marks]** Community based rehabilitation — *Jun 2017 (S) P-I*

12. **Substantiate [2 marks]** Primary prevention is a desirable goal — *Jun 2019 (S) P-I*
13. **Comment on relevance [2 marks]** Primordial prevention in non-communicable diseases — *Jul 2020 (S) P-I*
14. **Substantiate [2 marks]** Specific protection is an important component of primary prevention — *Apr 2021 P-I*

1.3 MCQs from recent papers (2023–2026) *(4 MCQs)*

1. Pap smear is an example of: — *Sep 2023 (S) P-I*
   (a) Primordial prevention (b) Primary prevention
   (c) Secondary prevention (d) Tertiary prevention
2. Screening is part of which level of prevention? ***— Jan 2024 P-I · Mar 2025 P-I [2×]***
   (a) Primordial (b) Primary (c) Secondary (d) Tertiary
3. Which of the following is not included in the Human Development Index? — *Mar 2025 P-I*
   (a) Gross national income per capita (b) Infant mortality rate
   (c) Life expectancy at birth (d) Mean years of schooling
4. Which one among the following is not a physical environmental determinant? — *Feb 2026 (S) P-I*
   (a) Environmental temperature (b) Mosquitoes
   (c) Humidity (d) Rainfall

2. Principles of Epidemiology and Research Methods (53 questions)

★ Most-asked topics in this chapter

- Descriptive epidemiology, epidemics and outbreak investigation ***— asked in 11 papers***
- Analytical studies: case-control and cohort ***— asked in 11 papers***
- Causation, bias and research protocol ***— asked in 10 papers***

2.1 Uses of epidemiology, measurements and rates *(8 papers)*

1. **Relevance [3 marks]** Uses of epidemiology — *Mar 2023 P-I*
2. **Justify [3 marks]** Case fatality rate of a disease is a very useful parameter from the epidemiological perspective — *Jan 2024 P-I*
3. **Relevance [3 marks]** Contribution of John Snow to public health — *Jan 2024 P-I*
4. **Public health importance [2 marks]** Secondary attack rate ***— Jan 2011 P-I · Jul 2020 (S) P-I [2×]***
5. **Comment [2 marks]** Epidemiology is a useful tool for doctors — *Jun 2014 (S) P-I*
6. **Justify [2 marks]** Epidemiology is the basic science of preventive and social medicine — *Jun 2015 (S) P-I*
7. **Substantiate [2 marks]** An epidemiologist is a person looking for a denominator — *Jun 2019 (S) P-I*
8. **Describe briefly [2 marks]** Incidence and prevalence of disease — *Jan 2020 P-I*

2.2 Descriptive epidemiology, epidemics and outbreak investigation *(11 papers)*

1. **Case [10 marks]** Following is the data regarding measles cases and deaths reported in your PHC area — 2004: 10 cases, 1 death; 2005: 11 cases, 1 death; 2006: 11 cases, 1 death; 2007: 60 cases, 6 deaths. *— Jan 2011 P-I*
   A. Comment whether the data is sufficient to say there is an epidemic of measles and increase in deaths in the year 2007.
   B. What more information is needed to make the data more meaningful?
   C. What do you mean by line listing of cases and what is its importance?
   D. What are the reasons for the under-reporting of cases?
   E. What actions can you take to improve reporting of cases?
2. **Case [10 marks]** Following is the data regarding the time distribution of an acute gastroenteritis outbreak in a PHC (date: cases) — April 6: 2; April 7: 5; April 8: 8; April 9: 12; April 10: 6; April 12: 3; April 13: 1. *— Jan 2016 P-I*
   A. Construct an epidemic curve and comment.
   B. What are the uses of an epidemic curve?
   C. What type of diagram can you draw to denote the place distribution of cases and what is its relevance in water-borne epidemics?
   D. Enumerate the steps in investigating an epidemic.
   E. What remedial measures can you recommend for preventing the outbreak of acute gastroenteritis?
3. **Public health importance [2 / 3 marks]** Spot map ***— Jan 2015 P-I · May 2022 P-I · Mar 2025 P-I [3×]***
4. **Describe briefly [2 / 3 marks]** Point source epidemic ***— Jan 2020 P-I · Mar 2025 P-I [2×]***
5. **Write briefly [2 marks]** Community diagnosis ***— Jun 2012 (S) P-I · Jun 2013 (S) P-I · Jun 2014 (S) P-I · Jan 2020 P-I [4×]***
6. **Differentiate [2 marks]** Epidemic and endemic disease *— Jan 2012 P-I*
7. **Views with reasons [2 marks]** Diabetes is an example of secular trend *— Jan 2012 P-I*
8. **Public health importance [2 marks]** Epidemic curve *— Jan 2011 P-I*
9. **Significance [2 marks]** Explosive epidemic *— Jun 2013 (S) P-I*
10. **Comment on relevance [2 marks]** Line listing *— Jan 2016 P-I*
11. **Write briefly [2 marks]** Time trends in epidemiology *— Sep 2023 (S) P-I*

2.3 Analytical studies: case-control and cohort *(11 papers)*

1. **Case [15 marks]** A research study protocol was prepared to find out the effect of endosulfan exposure on children in a block panchayat in north Kerala. The study area consisted of two villages near a cashew plantation where endosulfan is sprayed aerially every year. The study population consisted of children from 50 families in one village who were exposed to endosulfan and children from 50 families in the other village without exposure. Follow up was planned for five years to find out the number of children with growth abnormalities. *— Mar 2023 P-I*
   A. What type of study design is this?
   B. What are the steps in this study?
   C. What are the advantages and disadvantages of this type of study?
   D. What are the types of bias associated with this study and how can they be reduced?
   E. Describe the parameters used to measure the association between risk factor and outcome.
2. **Case [10 marks]** The prevalence of hypertension in young people in Kerala is found to be high in a recent study. You were asked to conduct a study to find out the determinants of this disease in the young. *— Jul 2020 (S) P-I*
   A. Which study design will you select for this study and why?
   B. Write a protocol for conducting the study.
   C. What will be your plan for statistical analysis?
   D. What are the different types of bias that can occur in your study and what will you do to minimise these biases?
   E. Draw a Gantt chart for your study.
3. **Public health importance [2 / 3 marks]** Attributable risk ***— Jan 2014 P-I · Jan 2019 P-I · Jan 2020 P-I · May 2022 P-I · Mar 2025 P-I [5×]***

4. **Short note [3 marks]** Selection of controls in a case-control study — *Mar 2025 P-I*
5. **Substantiate [3 marks]** Selection of an appropriate control group is important in a case-control study — *Feb 2026 (S) P-I*
6. **Comment on relevance [2 marks]** Matching in case-control studies ***— Jan 2015 P-I · Jan 2020 P-I [2×]***
7. **Significance [2 marks]** Prospective studies — *Jun 2011 (S) P-I*
8. **Justify [2 marks]** Cohort studies are difficult to be carried out — *Jun 2013 (S) P-I*
9. **Substantiate [2 marks]** Cohort studies are superior to case-control studies — *May 2022 P-I*

2.4 Experimental studies and randomised controlled trials *(9 papers)*

1. **Case [10 marks]** A new drug was discovered for use in the treatment of lung cancer. You are requested to conduct a study to find the effectiveness of the drug. — *Jan 2013 P-I*
   A. Which study design will you choose and why?
   B. Discuss the steps in conducting the study.
   C. What are the different biases in the study and how are they eliminated?
2. **Case [10 marks]** Dr. Meenakshi is a medical officer in a primary health centre. Dengue is rampant in the region. A patient brings her a strip of capsules given to him by a local health practitioner who claims that a course of this medication will prevent thrombocytopenia. Dr. Meenakshi decides to test the medication by a clinical trial. — *Apr 2021 P-I*
   A. What type of study is a clinical trial?
   B. Describe in brief the steps of the study.
   C. How will she analyse the data that she has gathered?
3. **Substantiate [2 / 3 marks]** Randomisation is the heart of a controlled trial ***— Jan 2019 P-I · Mar 2023 P-I [2×]***
4. **Justify [3 marks]** Experimental studies face more ethical issues than analytical studies — *Jan 2024 P-I*
5. **Comment on relevance [2 marks]** Blinding in randomised controlled trial — *Jan 2011 P-I*
6. **Public health importance [2 marks]** Randomised controlled trials — *Jun 2017 (S) P-I*
7. **Substantiate [2 marks]** Randomisation is an attempt to eliminate bias — *Jan 2016 P-I*
8. **Plan of action as MO [2 marks]** A pharmaceutical company approaches you with a new vaccine for dengue to test efficacy and safety — *Sep 2023 (S) P-I*

2.5 Causation, bias and research protocol *(10 papers)*

1. **Case [10 marks]** During a school health survey the medical officer identified premalignant lesions in the oral cavity of six high school students. The school teachers conveyed that the habit of pan chewing is very high among the students. The MO wanted to conduct an epidemiological study on the basis of the above problem. — *Jan 2014 P-I*
   A. Frame a research question for this problem.
   B. What design will you choose? Justify your answer.
   C. Write the methodology for conducting the above research.
   D. What remedial intervention will you recommend for solving this problem?
   E. What messages will you communicate to the students for preventing the above problem?
2. **Short note [3 marks]** Temporal association — *Mar 2025 P-I*
3. **Answer the following [3 marks]** Hill's criteria for determining causal association — *Feb 2026 (S) P-I*
4. **Action as MO [2 marks]** A medical student approaches you for planning a study on HIV awareness among college students — *Jun 2012 (S) P-I*
5. **Justify [2 marks]** Any research done must go through the prescribed steps — *Jun 2013 (S) P-I*
6. **Public health importance [2 marks]** Risk factors in disease — *Jun 2014 (S) P-I*
7. **Comment on relevance [2 marks]** Protocol in research — *Jun 2017 (S) P-I*

8. **Comment on relevance [2 marks]** Multifactorial causation of disease — *Jan 2019 P-I*
9. **Substantiate [2 marks]** The "germ theory of disease" takes a one-sided view on causation — *Apr 2021 P-I*
10. **Substantiate [2 marks]** Temporal association is an essential criterion for causation — *May 2022 P-I*

2.6 MCQs from recent papers (2023–2026) *(7 MCQs)*

1. All are analytical studies except: — *Sep 2023 (S) P-I*
   (a) Case series (b) Case-control (c) Cohort (d) Ecological
2. Prevalence of cataract at one point of time can be determined by: — *Jan 2024 P-I*
   (a) Longitudinal study (b) Cohort study
   (c) Surveillance (d) Cross-sectional study
3. In a ratio, the numerator is: — *Mar 2025 P-I*
   (a) Part of the denominator (b) Can be part of the denominator
   (c) Not related to the denominator (d) Has to be related to the denominator
4. In a double blind clinical trial, who are blinded? — *Mar 2025 P-I*
   (a) The patient (b) The patient and investigator
   (c) The data analyst (d) The investigator and reviewer
5. In a propagated epidemic, the consecutive peaks of the epidemic curve are separated by: — *Mar 2025 P-I*
   (a) 1 incubation period (b) 1.5 incubation periods
   (c) 2 incubation periods (d) 2.5 incubation periods
6. A researcher studying the association between alcohol intake and oral cancer selected 50 oral cancer patients with a history of smoking and simultaneously chose another 50 participants of the same age and sex without oral cancer and without any history of smoking. This selection technique is known as: — *Feb 2026 (S) P-I*
   (a) Restriction (b) Randomisation (c) Standardisation (d) Matching
7. Which is the relevant measure of risk calculated in a case-control study? — *Feb 2026 (S) P-I*
   (a) Odds ratio (b) Incidence (c) Prevalence (d) Relative risk

3. Screening for Disease (14 questions)

> ★ **Most-asked topics in this chapter**
> - Screening, validity of tests and lead time ***— asked in 11 papers***

3.1 Screening, validity of tests and lead time *(11 papers)*

1. **Public health relevance [3 marks]** Lead time — *Feb 2026 (S) P-I*
2. **Short note [3 marks]** Lead time in screening — *Feb 2026 (S) P-I*
3. **Substantiate [2 marks]** Lead time is an advantage gained by screening ***— Jan 2014 P-I · Jan 2019 P-I [2×]***
4. **Substantiate [2 marks]** Positive predictive value of a test depends on the prevalence of the disease — *Jan 2013 P-I*
5. **Public health importance [2 marks]** Screening tests — *Jun 2013 (S) P-I*
6. **Comment [2 marks]** Screening tests help in secondary prevention — *Jun 2014 (S) P-I*
7. **Public health importance [2 marks]** Validity of screening tests — *Jun 2017 (S) P-I*
8. **Comment on relevance [2 marks]** Screening for disease — *Jan 2020 P-I*
9. **Comment on relevance [2 marks]** Screening in control of disease — *Jul 2020 (S) P-I*
10. **Public health relevance [2 marks]** Mass screening — *Apr 2021 P-I*

11. **Public health significance [2 marks]** Screening — *Sep 2023 (S) P-I*
12. **Short note [2 marks]** Validity of a test — *Sep 2023 (S) P-I*

3.2 MCQs from recent papers (2023–2026) *(2 MCQs)*

1. Active search for disease among apparently healthy people is: — *Mar 2023 P-I*
   (a) Screening (b) Surveillance (c) Notification (d) Case finding
2. Predictive value of a positive test: — *Mar 2025 P-I*
   (a) Increases with higher prevalence (b) Decreases with higher prevalence
   (c) Is not affected by prevalence (d) Depends on the observer

4. Epidemiology of Infectious Diseases and Immunization (63 questions)

> **★ Most-asked topics in this chapter**
>
> - Immunization, vaccines, cold chain and AEFI ***— asked in 22 papers***
> - Surveillance, notification, quarantine, disinfection and disease eradication ***— asked in 11 papers***
> - Dynamics of transmission: carriers, reservoir, incubation period and herd immunity ***— asked in 8 papers***

4.1 Dynamics of transmission: carriers, reservoir, incubation period and herd immunity *(8 papers)*

1. **Public health importance [2 / 3 marks]** Incubation period ***— Jan 2014 P-I · Jan 2020 P-I · May 2022 P-I · Mar 2025 P-I [4×]***
2. **Public health importance [2 / 3 marks]** Herd immunity ***— Jan 2014 P-I · Nov 2021 (S) P-I · Mar 2023 P-I [3×]***
3. **Public health relevance [3 marks]** Passive immunisation — *Mar 2025 P-I*
4. **Differentiate [2 marks]** Serial interval and generation time — *Jan 2012 P-I*
5. **Differentiate [2 marks]** Latent infection and latent period — *Jan 2012 P-I*
6. **Public health importance [2 marks]** Carriers — *Jan 2020 P-I*
7. **Substantiate [2 marks]** Herd immunity does not protect against tetanus — *Apr 2021 P-I*
8. **Public health relevance [2 marks]** Human reservoir of infection — *Nov 2021 (S) P-I*
9. **Substantiate [2 marks]** Chronic carriers are a serious source of infection — *May 2022 P-I*

4.2 Surveillance, notification, quarantine, disinfection and disease eradication *(11 papers)*

1. **Significance [2 marks]** Quarantine ***— Jun 2014 (S) P-I · Jun 2015 (S) P-I · Apr 2021 P-I [3×]***
2. **Public health importance [2 marks]** Sentinel surveillance ***— Jun 2014 (S) P-I · Jan 2016 P-I · Jan 2020 P-I [3×]***
3. **Public health importance [2 marks]** Surveillance ***— Jan 2015 P-I · Nov 2021 (S) P-I [2×]***
4. **Significance [2 marks]** Active surveillance — *Jun 2011 (S) P-I*
5. **Public health importance [2 marks]** Prophylactic disinfection — *Jan 2011 P-I*
6. **Public health importance [2 marks]** Chemoprophylaxis — *Jun 2014 (S) P-I*
7. **Write briefly [2 marks]** Disease eradication — *Jun 2015 (S) P-I*
8. **Substantiate [2 marks]** Poliomyelitis is amenable to eradication — *Jun 2017 (S) P-I*

9. **Public health importance [2 marks]** International Health Regulations — *Jun 2017 (S) P-I*
10. **Public health importance [2 marks]** Integrated Disease Surveillance Project — *Jun 2017 (S) P-I*
11. **Substantiate [2 marks]** Disease eradication is an all or none phenomenon — *Jan 2019 P-I*
12. **Comment on relevance [2 marks]** Emerging and re-emerging diseases — *Nov 2021 (S) P-I*

4.3 Immunization, vaccines, cold chain and AEFI *(22 papers)*

1. **Case [10 marks]** In your PHC area there have been a few cases of diphtheria and measles among children. — *Jan 2020 P-I*
   A. What could be the reasons for the occurrence of these cases?
   B. How would you evaluate the immunization programme in your area?
   C. What health education methods will you employ to improve immunization?
   D. What would be the role of community leaders in improving immunization?
   E. Mention strategies you would implement other than immunization for disease prevention.
2. **Public health importance [2 / 3 marks]** Cold chain ***— Jan 2013 P-I · Mar 2025 P-I [2×]***
3. **Relevance [3 marks]** The 'five cleans' to be adopted for eliminating neonatal tetanus — *Mar 2023 P-I*
4. **Relevance [3 marks]** Vaccine vial monitor in preventing adverse events following immunization — *Jan 2024 P-I*
5. **Strategy as PHC MO [3 marks]** The ASHA reports about a father who is not willing to bring his infant for vaccination — *Feb 2026 (S) P-I*
6. **Comment [2 marks]** Immunization against killer diseases of childhood is cost-effective ***— Jun 2017 (S) P-II · Apr 2021 P-I [2×]***
7. **Substantiate [2 marks]** Adverse effects following immunization are due to faulty techniques used — *Jun 2011 (S) P-I*
8. **Action as MO [2 marks]** You are asked to give orientation to your health workers regarding maintenance of the cold chain — *Jun 2011 (S) P-I*
9. **Write briefly [2 marks]** Infant immunization — *Jun 2011 (S) P-II*
10. **Action as MO [2 marks]** The health inspector reports to you that some parents are refusing to take pulse polio — *Jan 2012 P-I*
11. **Action as MO [2 marks]** During your fieldwork you detect an unimmunized baby of six months of age — *Jan 2012 P-II*
12. **Action as MO [2 marks]** Few deaths following measles vaccination — *Jan 2012 P-II*
13. **Action as MO [2 marks]** Vaccine vial monitor of a polio vaccine vial showing the same colour in the square and circle regions — *Jan 2012 P-II*
14. **Give the rationale [2 marks]** Measles vaccine given during the 9th month of infancy — *Jan 2012 P-II*
15. **Give the rationale [2 marks]** Pulse polio — *Jan 2012 P-II*
16. **Public health significance [2 marks]** Neonatal tetanus elimination — *Jun 2012 (S) P-I*
17. **Write briefly [2 marks]** The cold chain equipment — *Jun 2012 (S) P-I*
18. **Action as MO [2 marks]** There is a report of resistance to immunization of children in a family — *Jun 2012 (S) P-I*
19. **Action as MO [2 marks]** A one year old unimmunized child is brought to the immunization clinic — *Jun 2012 (S) P-II*
20. **Action as MO [2 marks]** A child with a contaminated wound sustained by a fall on the road comes to your primary health centre — *Jun 2014 (S) P-I*
21. **Action as MO [2 marks]** A child with seizure following DPT vaccination is brought to your casualty — *Jun 2014 (S) P-I*
22. **Public health significance [2 marks]** Adverse effects following immunization — *Jun 2015 (S) P-I*
23. **Public health significance [2 marks]** Pulse polio immunization — *Jun 2015 (S) P-I*
24. **Services as MO [2 marks]** Maintenance of cold chain — *Jun 2015 (S) P-I*
25. **Advice to JPHN [2 marks]** Schedule of infant immunization — *Jun 2015 (S) P-II*

26. **Public health relevance [2 marks]** Intensive pulse polio programme for under-5 children — *Jun 2017 (S) P-II*

27. **Short note [2 marks]** Adverse events following immunization — *Jun 2017 (S) P-II*

28. **Action as MO [2 marks]** The majority of the people in your area are against the measles–rubella campaign — *Jan 2019 P-I*

29. **Action as MO [2 marks]** The District Medical Officer requests you to initiate a measles–rubella vaccination campaign in your area — *Jul 2020 (S) P-I*

30. **Action plan as MO [2 marks]** Plan for implementing COVID-19 vaccine for the health workers in your health centre — *Apr 2021 P-II*

31. **Comment on relevance [2 marks]** Pentavalent vaccines — *Nov 2021 (S) P-I*

32. **Action as MO [2 marks]** To ensure adequate immunization coverage among under-fives in the PHC area — *Nov 2021 (S) P-I*

33. **Action as MO [2 marks]** A primary health centre reports episodes of fever and swelling following routine immunization of children and you are required to investigate the matter — *Nov 2021 (S) P-I*

34. **Substantiate [2 marks]** Ice-lined refrigerator is important in maintaining the cold chain — *May 2022 P-I*

35. **Comment on relevance [2 marks]** Introduction of inactivated polio vaccine in the vaccination schedule — *May 2022 P-I*

4.4 MCQs from recent papers (2023–2026) *(7 MCQs)*

1. First case of a communicable disease introduced into the population unit being studied: — *Mar 2023 P-I*
   (a) Primary case (b) Secondary case (c) Contact case (d) Index case

2. Danish 1331 strain is associated with: — *Mar 2023 P-I*
   (a) MMR (b) DPT (c) BCG (d) OPV

3. Soil acts as a source as well as reservoir for: — *Sep 2023 (S) P-I*
   (a) Rabies (b) Tetanus (c) Typhoid (d) Measles

4. Reconstituted measles vaccine should be used within: — *Sep 2023 (S) P-I*
   (a) 2 hours (b) 6 hours (c) 4 hours (d) 12 hours

5. Examples of emerging diseases are all except: — *Sep 2023 (S) P-I*
   (a) Rabies (b) Avian influenza (c) COVID-19 (d) Ebola

6. Carriers are important in all except: — *Jan 2024 P-I*
   (a) Polio (b) Typhoid (c) Measles (d) Diphtheria

7. Which of the following is a fomite? — *Mar 2025 P-I*
   (a) Mosquito (b) Finger (c) Water (d) Towel

5. Communicable Diseases (166 questions)

★ Most-asked topics in this chapter

- HIV/AIDS, STIs, hepatitis B and surface infections — ***asked in 20 papers***
- Diarrhoea, cholera, typhoid, viral hepatitis A/E, food poisoning and poliomyelitis — ***asked in 18 papers***
- Tuberculosis and the national TB programme — ***asked in 17 papers***

5.1 Tuberculosis and the national TB programme *(17 papers)*

1. **Case [15 marks]** A patient with cough with expectoration and intermittent fever of 3 weeks duration attends your OPD and you suspect pulmonary tuberculosis. *— Mar 2025 P-I*
   A. How will you confirm your diagnosis?
   B. What will be your treatment protocol for the patient?
   C. What are the challenges in treating a tuberculosis patient?
   D. Discuss the national programme dealing with the disease.
   E. Write briefly about the natural history of pulmonary tuberculosis.

2. **Case [10 marks]** A 35 year old male was admitted with history of irregular fever, cough with expectoration and blood stained sputum of one month duration. He gives history of treatment for tuberculosis six months back. He had taken treatment for two months and discontinued treatment since the last four months. *— Jan 2011 P-I*
   A. What is the treatment category for this patient under RNTCP and why?
   B. What is the treatment schedule?
   C. When will you advise the follow-up sputum examination for this patient?
   D. When will you say he is cured of his illness?
   E. What advice do you want to give to this patient and his family?

3. **Case [10 marks]** A middle aged gentleman comes to your clinic with history of cough of two weeks duration, loss of weight, fever and occasional haemoptysis. *— Jun 2013 (S) P-I*
   A. What is your provisional diagnosis? List two differential diagnoses.
   B. What specific investigations do you suggest?
   C. What is the category of treatment if 2 sputum samples are positive and what drug regimen will you advise?
   D. What is the strategy of administration of drugs? Explain its implementation.
   E. What health education will you give him and his family?

4. **Case [10 marks]** Johny, a 32 year old carpenter, was on Category I anti-TB treatment for more than 2 months and he interrupted treatment for 3 months due to displacement from his native place. Now he has approached you in your PHC with symptoms of TB. As Medical Officer: *— Jun 2017 (S) P-I*
   A. How will you categorise this case?
   B. What is your line of management?
   C. Give the definition of a defaulter of TB.
   D. Briefly explain the strategy of the Revised National TB Control Programme.
   E. What is meant by DOTS-Plus sites?

5. **Case [10 marks]** A 40 year old person attends the OPD with a history of 3 weeks of cough with expectoration. *— Jan 2020 P-I*
   A. Write the diagnostic algorithm for this patient.
   B. If the diagnostic test is positive, how will you treat?
   C. What is the strategy in RNTCP to ensure that the patient completes the treatment?
   D. What is the role of health workers in the control of pulmonary tuberculosis?
   E. Name two diseases which increase the susceptibility to tuberculosis.

6. **Case [10 marks]** Mr. Asif, a 55 year old shopkeeper, came to the primary health centre with history of cough for the last 4 weeks. *— Jul 2020 (S) P-I*
   A. What is the most probable diagnosis?
   B. Write down the diagnostic algorithm for this patient.
   C. If the diagnostic test is positive, how will you treat this patient?
   D. How will you follow up this patient?
   E. What are the side effects of the drugs used in this disease?

7. **Case [10 marks]** As a health professional, what will you do in the following situation: a guest worker reports with cough for more than two weeks. *— Sep 2023 (S) P-I*
   A. What is the screening algorithm for TB under the National Tuberculosis Elimination Programme (NTEP)?
   B. How will you manage this patient?
   C. What is latent TB?
   D. What are the newer initiatives in NTEP?

8. **Relevance [3 marks]** Directly observed treatment in pulmonary tuberculosis — *Mar 2023 P-I*
9. **Answer the following [3 marks]** Tuberculosis preventive therapy — *Feb 2026 (S) P-I*
10. **Comment [2 marks]** Role of sputum smear examination in the diagnosis of TB — *Jun 2011 (S) P-I*
11. **Significance [2 marks]** Drug resistance — *Jun 2011 (S) P-I*
12. **Views with reasons [2 marks]** Tuberculosis is an infectious disease with many social aspects — *Jan 2012 P-I*
13. **Short note [2 marks]** Treatment of defaulters as per RNTCP guidelines — *Jun 2012 (S) P-I*
14. **Comment on relevance [2 marks]** DOTS strategy — *Jan 2015 P-I*
15. **Write briefly [2 marks]** Case-finding tools in TB — *Jun 2015 (S) P-I*
16. **Substantiate [2 marks]** DOTS is a major breakthrough in TB control — *Jan 2016 P-I*
17. **Public health importance [2 marks]** Daily regimen in tuberculosis — *Jun 2019 (S) P-I*
18. **Short note [2 marks]** Sputum smear for diagnosis of pulmonary tuberculosis — *May 2022 P-I*

5.2 Measles, influenza, ARI, COVID-19 and other respiratory infections *(11 papers)*

1. **Case [10 marks]** A pregnant lady reported to the OPD of a district hospital with fever and sore throat. Her husband is working in an AR camp where H1N1 influenza A cases have been confirmed. — *Jan 2014 P-I*
   A. What is the diagnosis? Under which category of influenza-like illness (ILI) does she belong?
   B. What is the drug and dosage schedule to be given to this patient?
   C. What advice would you give to the community to prevent the spread of disease?
   D. What is the schedule of chemoprophylaxis?
   E. What are the specific protective measures that can be adopted by health care providers for preventing H1N1 influenza A?
2. **Case [10 marks]** As of 2 February 2021, 10.3 million COVID-19 cases were reported in India with 154,000 deaths. The cases per day peaked in mid-September 2020 with over 90,000 cases per day and have since come down to below 15,000 as of January 2021. — *Apr 2021 P-I*
   A. What is the case fatality rate of COVID-19 infection as on 2 February 2021?
   B. What could be the reasons for the rise of COVID-19 cases in September?
   C. What could be the reasons for the decline in cases in January 2021?
   D. What is an epidemic curve and its significance?
   E. What actions can be taken as a Medical Officer to contain this pandemic in your locality?
3. **Relevance [3 marks]** Managing a child with acute respiratory infection as per IMNCI guidelines — *Jan 2024 P-I*
4. **Action as MO [3 marks]** An outbreak of measles in the PHC area with only 50% measles immunization coverage — *Jan 2024 P-I*
5. **Public health relevance [3 marks]** Host factors in measles — *Mar 2025 P-I*
6. **Public health relevance [3 marks]** Antigenic variation of influenza virus — *Mar 2025 P-I*
7. **Public health relevance [3 marks]** Acute respiratory infections — *Mar 2025 P-I*
8. **Short note [3 marks]** Haemophilus influenzae type b vaccine — *Feb 2026 (S) P-I*
9. **Strategy as PHC MO [3 marks]** Rising numbers of COVID-19 cases in your primary health centre area — *Feb 2026 (S) P-I*
10. **Substantiate [2 marks]** The only source of infection in measles is a case of measles — *Jun 2011 (S) P-I*
11. **Action as MO [2 marks]** A case of mumps is reported from the dormitory of a residential school — *Jun 2014 (S) P-I*
12. **Write briefly [2 marks]** Influenza pandemic — *Jun 2015 (S) P-I*
13. **Action as MO [2 marks]** A five month old child is brought with fast breathing and chest indrawing — *Jun 2019 (S) P-I*
14. **Public health importance [2 marks]** Measles vaccination — *Jan 2020 P-I*
15. **Action as MO [2 marks]** A 1½ year old child is brought with fast breathing and chest indrawing — *Jan 2016 P-I*

16. **Action as MO [2 marks]** Two cases of measles death have been reported in your area — *Jan 2016 P-I*

5.3 Diarrhoea, cholera, typhoid, viral hepatitis A/E, food poisoning and poliomyelitis *(18 papers)*

1. **Case [10 marks]** Eight cases of diarrhoea have been reported from a coastal area. All the patients were severely dehydrated. The stools were copious, rice-water like and inoffensive. As the medical officer in a primary health centre: — *Jun 2014 (S) P-I*
   A. What would be the probable diagnosis and why?
   B. How will you assess dehydration in the patients?
   C. How will you rehydrate the patients?
   D. What special sanitation measures will you advise?
   E. What advice will you offer regarding immunization?
2. **Case [10 marks]** A 3 year old child was brought to the PHC with history of acute onset of paralysis of the right lower limb of 3 days duration. — *Jan 2015 P-I*
   A. What is your provisional diagnosis?
   B. Mention 4 differential diagnoses.
   C. How will you confirm the diagnosis and what information is needed in the lab request form?
   D. What are the responsibilities of the medical officer?
   E. What is line listing and what is its importance?
3. **Case [10 marks]** About twenty children from a school hostel are brought to the OP of the PHC with history of vomiting and diarrhoea of a few hours duration. As the doctor in charge of the PHC, what will you do regarding: — *Jun 2015 (S) P-I*
   A. Management of the children
   B. Confirmation of diagnosis
   C. Investigation of the outbreak
   D. Specific control measures of the outbreak
   E. Examination of food handlers
4. **Case [10 marks]** Ten students residing in your medical college hostel have been admitted to the hospital in the last 4 days with jaundice. — *Nov 2021 (S) P-I*
   A. Is it an "epidemic"? Mention the reasons in support of your answer.
   B. How will you investigate the above?
   C. State the likely aetiological factors for the above occurrence with reasons.
   D. List the preventive measures you will take to prevent further occurrences.
5. **Justify [3 marks]** ORS is the treatment of choice in acute diarrhoea — *Mar 2023 P-I*
6. **Justify [3 marks]** Identification and treatment of carriers is vital for typhoid management — *Jan 2024 P-I*
7. **Justify [3 marks]** ORS is the treatment of choice in children with acute diarrhoea — *Jan 2024 P-I*
8. **Public health relevance [3 marks]** Hepatitis E — *Mar 2025 P-I*
9. **Short note [3 marks]** Oral rehydration therapy — *Mar 2025 P-I*
10. **Answer the following [3 marks]** Acute flaccid paralysis surveillance — *Feb 2026 (S) P-I*
11. **Strategy as PHC MO [3 marks]** A hepatitis A outbreak is reported at a college hostel in your PHC area — *Feb 2026 (S) P-I*
12. **Action as MO [2 marks]** A suspected case of poliomyelitis is reported in your area — *Jun 2011 (S) P-I*
13. **Public health importance [2 marks]** ORS — *Jan 2012 P-II*
14. **Action as MO [2 marks]** Cases of fever with jaundice are reported in an urban slum — *Jun 2012 (S) P-I*
15. **Short note [2 marks]** Investigation of food poisoning — *Jun 2012 (S) P-I*
16. **Action as MO [2 marks]** A case of suspected poliomyelitis is reported in a village — *Jun 2012 (S) P-I*
17. **Substantiate [2 marks]** Acute flaccid paralysis surveillance is an important strategy in the eradication of poliomyelitis — *Jan 2011 P-I*

18. **Action as MO [2 marks]** Twenty cases of viral hepatitis A are reported from a hostel in your area — *Jan 2013 P-I*
19. **Action as MO [2 marks]** A two year old child is brought to you with severe dehydration following diarrhoea — *Jan 2011 P-I*
20. **Action as MO [2 marks]** A 5 year old child is brought with acute flaccid paralysis — *Jan 2014 P-I*
21. **Services as MO [2 marks]** Prevention of hookworm infection — *Jun 2015 (S) P-I*
22. **Comment on relevance [2 marks]** Zinc supplementation in diarrhoea treatment — *Jun 2019 (S) P-I*
23. **Action as MO [2 marks]** A large number of people report with diarrhoea and vomiting after a feast — *Jun 2019 (S) P-I*
24. **Action as MO [2 marks]** A food poisoning outbreak in a hostel in your area — *Jul 2020 (S) P-I*
25. **Comment on relevance [2 marks]** ORS in the treatment of acute diarrhoea in children — *Nov 2021 (S) P-I*
26. **Public health significance [2 marks]** Hepatitis A is endemic in most developing countries — *Sep 2023 (S) P-I*
27. **Action as MO [2 marks]** A number of hepatitis A cases have been detected in a locality — *May 2022 P-I*
28. **Short note [2 marks]** Prevention of typhoid — *May 2022 P-I*

5.4 Malaria *(13 papers)*

1. **Case [10 marks]** A college student reports with history of fever and chills suggestive of malaria. As the Medical Officer in the primary health centre of the area: — *Jun 2011 (S) P-I*
   A. How will you confirm the diagnosis?
   B. What is the line of management?
   C. What action should the health worker take?
   D. What are the personal protective measures for the patient?
   E. What are the vector control measures?
2. **Case [10 marks]** The health inspector reports to you that a migrant construction worker has tested positive for falciparum malaria. — *Jan 2012 P-I*
   A. What treatment will you initiate?
   B. How will you prevent its spread?
   C. Mention five important points you will include in the health education programme to reduce the occurrence of vector-borne disease in the migrant population.
   D. Assuming that they do not understand any language that you know, what is the method of health education?
   E. What advice will you give a traveller to an endemic area of malaria?
3. **Case [10 marks]** Five cases of falciparum malaria were reported from a project area under your PHC. All of them were migrants from Orissa. — *Jan 2015 P-I*
   A. How will you manage these cases?
   B. What action will you take to prevent and control malaria in this area?
   C. Mention the indicators used to assess malaria control activity in the PHC.
   D. What chemoprophylaxis will you advise to a person visiting Orissa for a short stay of 6 weeks?
4. **Case [10 marks]** Murali, 30 years, a labourer from Bihar working at a construction site, reported to the PHC with fever, rigors and chills. His peripheral smear was found to be positive for falciparum malaria. He is residing in a labour camp where other workers are also living. The overall sanitary condition in the camp is poor and there are water collections including open water tanks. — *Jun 2019 (S) P-I*
   A. What treatment will you administer to this case?
   B. What activities will you undertake for containing the spread of disease within the camp as per the related national programme?
   C. List the vectors for this disease and their bionomics.
   D. What will you recommend to the authorities for the health care of migrant labourers?
5. **Short note [2 marks]** Surveillance in malaria ***— Jun 2014 (S) P-I · Jun 2015 (S) P-I [2×]***
6. **Short note [2 marks]** Control of P. falciparum malaria — *Jun 2012 (S) P-I*

7. **Action as MO [2 marks]** A military person presents with fever and chills with peripheral smear positive for falciparum malaria — *Jan 2014 P-I*
8. **Action as MO [2 marks]** An indigenous case of malaria is reported from an urban health centre — *Jun 2014 (S) P-I*
9. **Action as MO [2 marks]** A case of malaria is brought to you by the junior health inspector from one of your sub-centre areas — *Jun 2017 (S) P-I*
10. **Comment on relevance [2 marks]** Annual parasite incidence — *Jan 2016 P-I*
11. **Comment on relevance [2 marks]** Active surveillance for malaria — *Apr 2021 P-I*
12. **Substantiate [2 marks]** The primary criterion for categorisation of states for malaria elimination is annual parasite incidence — *Sep 2023 (S) P-I*
13. **Comment on relevance [2 marks]** Rapid diagnostic test for malaria — *May 2022 P-I*

5.5 Dengue, chikungunya, filariasis, JE, yellow fever and other vector-borne diseases *(15 papers)*

1. **Case [10 marks]** Following is the data regarding dengue haemorrhagic fever in a PHC area (cases/deaths) — 2004: 98/4; 2005: 100/4; 2006: 900/36; 2007: 102/5; 2008: 101/4; 2009: 960/39. — *Jan 2013 P-I*
   A. Comment on the morbidity and mortality data.
   B. How will you clinically confirm dengue haemorrhagic fever in the PHC?
   C. Mention the laboratory tests which are essential for diagnosis and case management.
   D. What surveillance activity will you conduct in your area to monitor the dengue situation and its prevention?
2. **Case [10 marks]** A 40 year old male paddy field worker from the Kuttanad area is admitted in the Medical College, Alappuzha with complaints of high grade fever, severe headache with neck rigidity and recurrent convulsions. — *Jun 2017 (S) P-I*
   A. What is the most probable diagnosis?
   B. Write down the criteria to establish the clinical diagnosis of the disease.
   C. Briefly explain the management of this case.
   D. Give a brief note on the precautionary measures to be taken at the hospital level to prevent its spread.
   E. Discuss the control measures to be taken at the level of the PHC from where the patient comes.
3. **Action as MO [3 marks]** Dengue fever cases are increasing in your PHC area — *Mar 2023 P-I*
4. **Action as MO [3 marks]** The JPHN has reported a few cases of dengue fever in one of the sub-centre areas — *Jan 2024 P-I*
5. **Public health importance [2 marks]** Mass drug administration in filariasis ***— Jan 2012 P-II · Jan 2013 P-I · Jun 2014 (S) P-I · Jun 2019 (S) P-I [4×]***
6. **Public health significance [2 marks]** Aedes aegypti index ***— Jun 2012 (S) P-I · Jul 2020 (S) P-I [2×]***
7. **Differentiate [2 marks]** Clinical features of classical dengue fever and chikungunya — *Jan 2012 P-I*
8. **Substantiate [2 marks]** India is a yellow fever receptive area — *Jan 2011 P-I*
9. **Write briefly [2 marks]** Current strategy of filariasis control — *Jun 2012 (S) P-I*
10. **Justify [2 marks]** Annual mass drug administration is the major strategy of elimination of filariasis — *Jun 2015 (S) P-I*
11. **Public health significance [2 marks]** Absence of yellow fever in India — *Jun 2015 (S) P-I*
12. **Write briefly [2 marks]** Control of Japanese encephalitis — *Jun 2015 (S) P-I*
13. **Action as MO [2 marks]** The majority of people in one of your sub-centre areas are against MDA under NFCP due to fear of side effects — *Jun 2017 (S) P-I*
14. **Action as MO [2 marks]** A large number of cases of fever with arthralgia are brought to your OP — *Jan 2016 P-I*
15. **Substantiate [2 marks]** Mass drug therapy is essential for the control of filariasis — *Apr 2021 P-I*
16. **Plan of action as MO [2 marks]** Confirmed cases of dengue are reported from the primary health centre area — *Sep 2023 (S) P-I*

17. **Substantiate [2 marks]** The current strategy of filariasis control is based on chemotherapy and vector control — *Sep 2023 (S) P-I*
18. **Substantiate [2 marks]** India requires a valid certificate of vaccination against yellow fever — *Sep 2023 (S) P-I*

5.6 Rabies, leptospirosis, plague and other zoonoses *(16 papers)*

1. **Case [10 marks]** A five year old boy is brought to the OP of a PHC with multiple bites on the left calf caused by a stray dog. As the Medical Officer of the health centre, what is your action and advice regarding the following: — *Jun 2012 (S) P-I*
   A. Local treatment of the bites
   B. Categorisation of animal bite wounds as per WHO guidelines
   C. Post-exposure prophylaxis in this case
   D. Vaccines available against rabies
   E. Control of rabies
2. **Case [10 marks]** A 42 year old person is admitted with fever, myalgia, conjunctival suffusion and severe calf muscle tenderness. He was engaged in canal cleaning work as part of the National Rural Employment Guarantee programme one week back. In addition, he had an ulcer on his foot. — *Jan 2016 P-I*
   A. What is your provisional diagnosis? List the important differential diagnoses.
   B. Describe the natural history of the disease in this patient.
   C. How will you manage this patient?
   D. What is the chemoprophylaxis that can be given to the patient before engaging in that job?
   E. List four health education messages you can give the community for prevention of this disease.
3. **Relevance [3 marks]** Importance of the partially blocked flea — *Jan 2024 P-I*
4. **Action as MO [3 marks]** A 5 year old boy was brought to you with history of dog bite on the face — *Jan 2024 P-I*
5. **Substantiate [3 marks]** The most logical and cost-effective method to control rabies is elimination of stray dogs — *Feb 2026 (S) P-I*
6. **Action as MO [2 marks]** A neonate weighing 3 kg presenting with a stray dog bite on the finger tip — *Jan 2012 P-I*
7. **Action as MO [2 marks]** A suspected case of leptospirosis is brought to the OP — *Jun 2012 (S) P-I*
8. **Public health importance [2 marks]** Intradermal rabies vaccination — *Jan 2014 P-I*
9. **Action as MO [2 marks]** A death due to leptospirosis is reported in your area — *Jan 2011 P-I*
10. **Action as MO [2 marks]** A boy with a lacerated wound on the lip due to dog bite is brought to your OP — *Jan 2011 P-I*
11. **Action as MO [2 marks]** Three individuals engaged in canal cleaning were admitted with features of leptospirosis — *Jan 2015 P-I*
12. **Justify [2 marks]** The introduction of cell culture vaccine is a great advance in rabies prophylaxis — *Jun 2015 (S) P-I*
13. **Action as MO [2 marks]** You are asked to conduct a health education session on leptospirosis for cleaning workers — *Jan 2019 P-I*
14. **Action as MO [2 marks]** A child is brought with a lacerated dog bite wound on the face — *Jun 2019 (S) P-I*
15. **Short note [2 marks]** Prevention of leptospirosis — *Jan 2020 P-I*
16. **Comment on relevance [2 marks]** Blocked flea — *Apr 2021 P-I*
17. **Action as MO [2 marks]** A 12 year old boy comes to you with a history of lick of a stray dog over his face — *Apr 2021 P-I*
18. **Write briefly [2 marks]** Post-exposure prophylaxis in rabies — *Sep 2023 (S) P-I*
19. **Plan of action as MO [2 marks]** A number of farmers have been identified with leptospirosis in the primary health centre area — *Sep 2023 (S) P-II*
20. **Substantiate [2 marks]** Passive immunity may be needed in addition to immunization to prevent rabies — *May 2022 P-I*

5.7 Leprosy *(8 papers)*

1. **Case [15 marks]** A 35 year old man who is a bus conductor noticed a hypopigmented patch on his left forearm. There was no improvement in spite of applying an antifungal ointment which he sourced from a local pharmacy. On tele-consultation through eSanjeevani, the doctor asked him to visit the nearby PHC to rule out leprosy. *— Mar 2023 P-I*
   A. Write down the three cardinal signs in diagnosing a case of leprosy.
   B. What are the criteria for classification to differentiate multibacillary and paucibacillary leprosy according to NLEP?
   C. Explain in detail the WHO recommended treatment regimen for leprosy (MDT).
   D. Write a note on disability and deformity in leprosy.
   E. Add a note on the leprosy awareness campaign.
2. **Case [10 marks]** A 35 year old lady reports to the local OPD with diffuse hypopigmented skin patches. Examination reveals about 7 patches with loss of sensation to light touch. *— Jan 2019 P-I*
   A. How will you proceed with the diagnosis of this case?
   B. How will you classify the condition?
   C. Outline the management of this case.
   D. How will you screen the population for case detection?
   E. Briefly describe the various types of rehabilitation possible in this case.
3. **Views with reasons [2 marks]** Leprosy has been eliminated in Kerala *— Jan 2012 P-I*
4. **Write briefly [2 marks]** Case detection methods in leprosy *— Jun 2012 (S) P-I*
5. **Comment on relevance [2 marks]** MDT in leprosy *— Jan 2014 P-I*
6. **Action as MO [2 marks]** A child is brought with history of a hypopigmented patch with sensory loss on his thigh *— Jan 2011 P-I*
7. **Comment on relevance [2 marks]** Multidrug therapy in the treatment of leprosy *— Jun 2017 (S) P-I*
8. **Action as MO [2 marks]** A 10 year old boy studying in a primary school was brought to you with hypopigmented patches on the back *— Nov 2021 (S) P-I*

5.8 HIV/AIDS, STIs, hepatitis B and surface infections *(20 papers)*

1. **Case [15 marks]** A 48 year old truck driver attends the outpatient department of a PHC with complaints of chronic fever and diarrhoea for 1½ months. He has taken over-the-counter medications several times. On examination he has generalised lymphadenopathy and weighs 38 kg. His wife complains of rapid loss of weight and deterioration of his health condition in the last 2 months. *— Jan 2024 P-I*
   A. What is the most probable diagnosis?
   B. List the laboratory investigations and treatment available for the condition.
   C. What are the basic approaches to control the disease?
   D. What advice will you give the patient and his family?
   E. What are the packages of services provided under the national programme for the disease?
2. **Action as MO [3 marks]** Students from the nearby boarding school are diagnosed with scabies *— Mar 2023 P-I*
3. **Comment [2 marks]** Syndromic management of STDs ***— Jun 2011 (S) P-I · Jun 2015 (S) P-I [2×]***
4. **Public health perspective [2 marks]** Opportunistic infections in HIV *— Jun 2011 (S) P-I*
5. **Substantiate [2 marks]** Syndromic management has simplified the treatment of STDs *— Jan 2012 P-I*
6. **Action as MO [2 marks]** A school hostel warden reports to you that nearly all the inmates of the hostel report severe itching, especially at night, in the web spaces of fingers and elbows *— Jan 2012 P-I*
7. **Action as MO [2 marks]** A 23 year old primi who has tested positive for HIV *— Jan 2012 P-I*
8. **Views with reasons [2 marks]** Complacency in HIV control is catastrophic *— Jan 2012 P-I*
9. **Substantiate [2 marks]** Mother to child transmission of HIV can be prevented *— Jan 2011 P-I*
10. **Action as MO [2 marks]** A youth reports with an ulcer in the genital area *— Jun 2012 (S) P-I*

11. **Comment on relevance [2 marks]** HIV–TB coordination — *Jan 2013 P-I*
12. **Substantiate [2 marks]** Mother to child transmission of HIV is preventable — *Jan 2013 P-II*
13. **Comment on relevance [2 marks]** Contact tracing in STD — *Jan 2014 P-I*
14. **Action as MO [2 marks]** A nursing student came with an accidental prick by a needle which was used for an HIV positive person — *Jan 2014 P-I*
15. **Action as MO [2 marks]** A male patient comes to you with an ulcer in the genital area — *Jan 2011 P-I*
16. **Action as MO [2 marks]** A lab technician has reported to you with needle stick injury — *Jan 2015 P-I*
17. **Public health significance [2 marks]** Epidemiological impact of HIV and TB — *Jun 2015 (S) P-I*
18. **Write briefly [2 marks]** WHO recommendation of ART — *Jun 2015 (S) P-I*
19. **Importance [2 marks]** Opportunistic infection — *Jun 2015 (S) P-I*
20. **Importance [2 marks]** Blood safety programme — *Jun 2015 (S) P-I*
21. **Substantiate [2 marks]** Annual sentinel surveillance is important in planning HIV related services — *Jun 2017 (S) P-I*
22. **Comment on relevance [2 marks]** Role of integrated counselling and testing centres in hospitals — *Jun 2017 (S) P-I*
23. **Public health importance [2 marks]** Screening of tuberculosis patients for HIV — *Jun 2019 (S) P-I*
24. **Comment on relevance [2 marks]** Syndromic approach in treatment of STD — *Jun 2019 (S) P-I*
25. **Action as MO [2 marks]** The warden of a hostel reported that inmates of the dormitory are suffering from scabies — *Jun 2019 (S) P-I*
26. **Comment on relevance [2 marks]** Counselling before HIV testing — *Jan 2020 P-I*
27. **Short note [2 marks]** Mode of transmission of hepatitis B — *Jan 2020 P-I*
28. **Comment on relevance [2 marks]** Bridge population in HIV — *Jan 2016 P-I*
29. **Action as MO [2 marks]** A 40 year old married woman comes with vaginal discharge — *Jul 2020 (S) P-I*
30. **Action as MO [2 marks]** A 26 year old man comes to you with a history of urethral discharge for the past 2 weeks — *Apr 2021 P-I*
31. **Substantiate [2 marks]** AIDS is reviving the old problem of tuberculosis — *Nov 2021 (S) P-I*
32. **Action as MO [2 marks]** A hostel warden brings a child with scabies — *Nov 2021 (S) P-I*
33. **Plan of action as MO [2 marks]** Several cases of hepatitis B are reported from the primary health centre area — *Sep 2023 (S) P-I*
34. **Action as MO [2 marks]** A case of HIV positivity detected in an antenatal lady — *May 2022 P-I*

5.9 MCQs from recent papers (2023–2026) *(11 MCQs)*

1. A probable case of dengue fever with signs of circulatory failure and profound shock with undetectable blood pressure or pulse is graded under: — *Mar 2023 P-I*
   (a) DHF-I (b) DHF-II (c) DHF-III (d) None of the above
2. Breteau index is related to: — *Mar 2023 P-I*
   (a) Contraceptive efficacy (b) Life expectancy
   (c) Obesity (d) None of the above
3. Which is the measure of operational efficiency in malaria? — *Mar 2023 P-I*
   (a) API (b) AFI (c) ABER (d) SPR
4. Which is the preferred first-line ART regimen for an adult HIV patient? — *Mar 2023 P-I*
   (a) Zidovudine + lamivudine + nevirapine
   (b) Tenofovir + lamivudine or emtricitabine + dolutegravir
   (c) Abacavir + lamivudine + dolutegravir
   (d) Zidovudine or abacavir + lamivudine + dolutegravir

5. Kala-azar is transmitted by: — *Sep 2023 (S) P-I*
   (a) Reduviid bug (b) Sand fly (c) Tsetse fly (d) House fly

6. Soil transmitted helminthiases are all except: — *Sep 2023 (S) P-I*
   (a) Dracunculiasis (b) Whipworm infection (c) Ascariasis (d) Hookworm infection

7. 17D vaccine is used for the prevention and control of: — *Jan 2024 P-I*
   (a) Yellow fever (b) Japanese encephalitis
   (c) Dengue haemorrhagic fever (d) Rabies

8. Vector for dracunculiasis is: — *Mar 2025 P-I*
   (a) Fish (b) Algae (c) Cyclops (d) Tadpole

9. The vector for epidemic typhus: — *Feb 2026 (S) P-I*
   (a) Sandfly (b) Rat flea (c) Hard tick (d) Louse

10. A rash characterised by itchy, fluid-filled vesicles surrounded by an erythematous halo, concentrated mainly on the trunk with fewer lesions on the extremities, with different stages of rash at the same time and history of fever, is suggestive of: — *Feb 2026 (S) P-I*
    (a) Smallpox (b) Chickenpox (c) Measles (d) Dengue

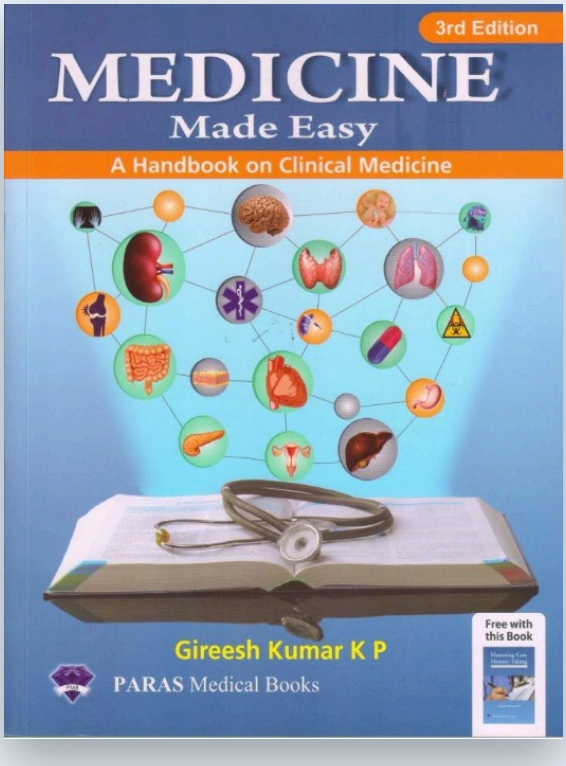
11. Which of the following diseases is not transmitted by Aedes aegypti? — *Feb 2026 (S) P-I*
    (a) Japanese encephalitis (b) Dengue
    (c) Yellow fever (d) Chikungunya

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6. Non-Communicable Diseases (65 questions)

★ **Most-asked topics in this chapter**

- Cancer and tobacco control — ***asked in 21 papers***
- NCD control, obesity, blindness and accidents — ***asked in 14 papers***
- Hypertension and cardiovascular diseases — ***asked in 10 papers***

6.1 Hypertension and cardiovascular diseases *(10 papers)*

1. **Case [10 marks]** Krishnan, a 60 year old driver, is admitted in the hospital with left sided paralysis. He was a known hypertensive for the past 10 years on irregular treatment. He was a chronic smoker with a BMI of 30. His father was also a hypertensive. — *Jan 2019 P-I*
   A. What are the risk factors of this condition in this patient?
   B. What is the level of prevention and intervention possible in this patient?
   C. Name the national health programme associated with this disease. What are the services available under this programme?
   D. What is the rule of halves?
   E. What is the dietary approach to stop hypertension?
2. **Public health importance [2 / 3 marks]** Rule of halves — ***Jan 2016 P-I · Feb 2026 (S) P-I [2×]***
3. **Relevance [3 marks]** Tracking of blood pressure — *Jan 2024 P-I*
4. **Action as MO [3 marks]** Implement a high risk strategy to control cardiovascular diseases in your PHC area — *Jan 2024 P-I*
5. **Substantiate [2 marks]** Tracking of blood pressure helps to identify high risk individuals — *Jan 2013 P-I*
6. **Action as MO [2 marks]** There are 10 bedridden patients in the community due to stroke — *Jan 2013 P-I*
7. **Action as MO [2 marks]** A hypertensive patient has come to you for treatment — *Jun 2014 (S) P-I*
8. **Action as MO [2 marks]** During a screening programme, a large number of people have been detected with high blood pressure — *Jan 2016 P-I*
9. **Action as MO [2 marks]** Reports of increased mortality due to coronary artery disease in your area — what steps will you take to manage the situation? — *Apr 2021 P-I*
10. **Short note [2 marks]** Rule of halves in hypertension — *Sep 2023 (S) P-I*
11. **Short note [2 marks]** Screening for hypertension — *May 2022 P-I*
12. **Public health importance [2 marks]** Reduced salt intake in diet — *May 2022 P-II*

6.2 Diabetes mellitus *(7 papers)*

1. **Case [15 marks]** A middle aged IT professional comes to your clinic with a raised postprandial blood sugar of 201 mg/dl. He has had type 2 diabetes mellitus for the past 3 years. His father also had diabetes mellitus. — *Feb 2026 (S) P-I*
   A. What are the levels of prevention that have failed in this patient?
   B. What are the aims of treatment in a diabetic individual?
   C. Explain the component of self care in diabetes.
   D. What is the importance of tertiary prevention in this patient?
   E. Name the national programme relevant in this scenario. What are its main objectives?
2. **Justify [3 marks]** A crucial element in secondary prevention of diabetes is self care — *Mar 2023 P-I*
3. **Public health perspective [2 marks]** Self care in diabetes — *Jun 2011 (S) P-I*
4. **Comment on relevance [2 marks]** Foot care in a diabetic patient — *Jan 2011 P-I*

5. **Action as MO [2 marks]** A diabetic patient was admitted with high blood sugar and poor sensation in the lower limbs — *Jan 2015 P-I*
6. **Services as MO [2 marks]** Secondary prevention of diabetes mellitus — *Jun 2015 (S) P-I*
7. **Substantiate [2 marks]** Diabetes mellitus is a major cause of disability — *Jul 2020 (S) P-I*
8. **Action as MO [2 marks]** A 43 year old man comes with lab results of FBS = 140 and PPBS = 208 — *Jul 2020 (S) P-I*

6.3 Cancer and tobacco control *(21 papers)*

1. **Case [10 marks]** A 45 year old labourer is brought to the dental OP with a non-healing ulcer on the lateral aspect of the tongue. Histopathological examination revealed it as squamous cell cancer. He is a known smoker, alcoholic and also in the habit of pan chewing for the last 15 years. — *Jun 2019 (S) P-I*
   A. What is the level of prevention and mode of intervention applicable in this patient?
   B. List the warning signs of cancer.
   C. What are the risk factors of oral cancer?
   D. As a medical officer, what primary prevention strategies will you adopt in your area for this?
   E. What legislative measures can you apply for preventing this condition?
2. **Explain [3 marks]** Cancer control — *Mar 2023 P-I*
3. **Public health relevance [3 marks]** Passive smoking — *Jan 2024 P-II*
4. **Public health importance [3 marks]** Smokeless tobacco — *Mar 2025 P-II*
5. **Substantiate [3 marks]** Women who smoke run even more risk than men — *Feb 2026 (S) P-I*
6. **Short note [3 marks]** Risk factors for cancer of the cervix — *Feb 2026 (S) P-I*
7. **Strategy as PHC MO [3 marks]** A 32 year old male smoker approaches you seeking advice to quit the habit — *Feb 2026 (S) P-I*
8. **Justify [3 marks]** It is illegal to sell tobacco products to minors and within 100 yards of educational institutions — *Mar 2023 P-I*
9. **Short note [2 marks]** Cancer registries ***— Jan 2018 P-II · Jul 2020 (S) P-I [2×]***
10. **Comment [2 marks]** Relevance of cancer screening techniques — *Jun 2011 (S) P-I*
11. **Give the rationale [2 marks]** Advising breast self examination — *Jan 2012 P-II*
12. **Action as MO [2 marks]** You are asked to conduct an awareness programme on early detection of breast cancer for a group of school teachers — *Jun 2012 (S) P-I*
13. **Short note [2 marks]** Tobacco cessation in adolescence — *Jun 2012 (S) P-I*
14. **Action as MO [2 marks]** Plan a screening programme for breast cancer in the community — *Jan 2013 P-I*
15. **Comment on relevance [2 marks]** Palliative care in cancer — *Jan 2011 P-I*
16. **Substantiate [2 marks]** In the South East Asian region, cancer accounts for a significant proportion of morbidity and mortality — *Jan 2014 P-I*
17. **Public health importance [2 marks]** Tobacco control activities — *Jan 2015 P-I*
18. **Justify [2 marks]** The majority of all cases of lung cancer in developed countries are due to smoking — *Jun 2015 (S) P-I*
19. **Action as MO [2 marks]** The District Cancer Control Society requested you to organise cancer screening programmes in your area — *Jun 2017 (S) P-I*
20. **Action as MO [2 marks]** You are asked to conduct a cancer cervix screening programme in a sub-centre area as part of a health project of the panchayat — *Jan 2019 P-I*
21. **Public health importance [2 marks]** Cancer registry — *Jan 2016 P-I*
22. **Public health significance [2 marks]** Tobacco control legislation — *Apr 2021 P-II*

23. **Plan of action as MO [2 marks]** A school principal complains that a large number of children are using tobacco — *Sep 2023 (S) P-I*
24. **Substantiate [2 marks]** Cancer has a multifactorial aetiology — *Sep 2023 (S) P-I*
25. **Short note [2 marks]** Primary prevention of cancer — *May 2022 P-I*

6.4 NCD control, obesity, blindness and accidents *(14 papers)*

1. **Public health relevance [3 marks]** Sedentary lifestyle — *Mar 2025 P-I*
2. **Short note [3 marks]** Dietary risk factors for non-communicable diseases — *Mar 2025 P-I*
3. **Substantiate [3 marks]** If accident is a disease, then education is its vaccine — *Feb 2026 (S) P-I*
4. **Action as MO [2 marks]** First aid to a victim of a road traffic accident suspected to have fracture of the spine — *Jan 2012 P-II*
5. **Justify [2 marks]** Having an integrated programme for control of non-communicable diseases is logical — *Jun 2013 (S) P-I*
6. **Short note [2 marks]** Lifestyle modification — *Jun 2014 (S) P-I*
7. **Substantiate [2 marks]** Prevention of obesity begins in early childhood — *Jan 2015 P-I*
8. **Substantiate [2 marks]** There are legislations to prevent accidents — *Jan 2015 P-I*
9. **Importance [2 marks]** Body mass index — *Jun 2015 (S) P-I*
10. **Substantiate [2 marks]** Integrated approach for prevention of non-communicable diseases — a need of the hour — *Jun 2017 (S) P-I*
11. **Substantiate [2 marks]** 90% of blindness in South East Asia is avoidable — *Jan 2016 P-I*
12. **Comment on relevance [2 marks]** Primary prevention of NCD — *Jun 2019 (S) P-I*
13. **Describe briefly [2 marks]** Diet in non-communicable disease prevention — *Jan 2020 P-I*
14. **Short note [2 marks]** Prevention of road traffic accidents — *Jan 2020 P-I*
15. **Substantiate [2 marks]** Legislation is the best method of preventing road traffic accidents — *Nov 2021 (S) P-I*
16. **Substantiate [2 marks]** Most road traffic accidents are preventable — *Sep 2023 (S) P-I*
17. **Action as MO [2 marks]** There are a number of obese children in a local school — *May 2022 P-I*
18. **Short note [2 marks]** Preventable blindness — *May 2022 P-I*

6.5 MCQs from recent papers (2023–2026) *(2 MCQs)*

1. The term tracking of blood pressure means: — *Mar 2023 P-I*
   (a) 24-hour monitoring of blood pressure
   (b) Pictorial representation of blood pressure
   (c) Blood pressure changes with age
   (d) Blood pressure control with drugs
2. Corpulence index is for measurement of: — *Jan 2024 P-I*
   (a) Fertility (b) Larval density (c) PEM (d) Obesity

7. Environment and Health (63 questions)

★ Most-asked topics in this chapter

- Medical entomology, insecticides and vector control — ***asked in 15 papers***
- Air, ventilation, housing, noise, radiation and climate change — ***asked in 13 papers***
- Excreta, refuse and sanitation — ***asked in 12 papers***

7.1 Water: purification and quality *(10 papers)*

1. **Case [10 marks]** The following are the data regarding drinking water quality — colour > 15 TCU; taste and odour not acceptable; turbidity 1 NTU; H2S 0.05–0.1 mg/l; iron 0.3 mg/l; E. coli present. *— Nov 2021 (S) P-I*
   A. Comment on the quality of the drinking water.
   B. What is safe and wholesome water?
   C. What are the methods for small scale purification of water?
   D. What are the sanitation measures for a swimming pool?
2. **Substantiate [2 marks]** Bacteriological quality of water in a swimming pool should reach the standards of drinking water *— Jun 2011 (S) P-I*
3. **Action as MO [2 marks]** The local panchayat members ask for your advice in chlorination of wells in the panchayat *— Jun 2011 (S) P-I*
4. **Significance [2 marks]** Superchlorination *— Jun 2011 (S) P-I*
5. **Public health importance [2 marks]** Residual chlorine *— Jan 2013 P-I*
6. **Public health importance [2 marks]** Presumptive coliform count *— Jan 2011 P-I*
7. **Public health importance [2 marks]** Bacteriological surveillance of drinking water *— Jan 2014 P-I*
8. **Action as MO [2 marks]** On bacteriological examination, a common well yields a coliform count of 1900 *— Jan 2014 P-I*
9. **Justify [2 marks]** The vital layer is the "heart" of the slow sand filter *— Jun 2015 (S) P-I*
10. **Services as MO [2 marks]** Promotion of safe drinking water *— Jun 2015 (S) P-I*
11. **Comment on relevance [2 marks]** Break point chlorination *— Jan 2019 P-I*
12. **Substantiate [2 marks]** The vital layer or zoogleal layer is the heart of the slow sand filter *— Jun 2019 (S) P-I*
13. **Action as MO [2 marks]** A panchayat member is complaining that the panchayat well is contaminated *— Jun 2019 (S) P-I*
14. **Action as MO [2 marks]** Cases of diarrhoea from a nearby village; the villagers suspect it is because of contaminated water in the overhead tank that supplies them *— Apr 2021 P-I*
15. **Action as MO [2 marks]** A domestic well shows the presence of coliform organisms *— May 2022 P-I*

7.2 Air, ventilation, housing, noise, radiation and climate change *(13 papers)*

1. **Comment on relevance [2 / 3 marks]** Global warming ***— Jan 2015 P-I · Feb 2026 (S) P-I [2×]***
2. **Action as MO [3 marks]** Increased reporting of respiratory ailments following the commissioning of a petroleum refinery in the area *— Mar 2023 P-I*
3. **Public health relevance [3 marks]** Overcrowding *— Feb 2026 (S) P-I*
4. **Substantiate [2 marks]** Climate change adversely affects human health *— Jan 2012 P-I*
5. **Public health significance [2 marks]** Climate change and health *— Jun 2012 (S) P-I*
6. **Short note [2 marks]** Prevention and control of air pollution *— Jun 2012 (S) P-I*
7. **Significance [2 marks]** Climate change *— Jun 2013 (S) P-I*
8. **Comment [2 marks]** All farmers should take up organic farming *— Jun 2013 (S) P-I*
9. **Substantiate [2 marks]** The control of air pollution is an engineering problem *— Jan 2014 P-I*
10. **Comment [2 marks]** Unplanned urbanisation contributes to re-emergence of communicable diseases *— Jun 2014 (S) P-I*
11. **Action as MO [2 marks]** Fumes from an industry in your PHC area are creating respiratory problems for the people in the locality *— Jun 2017 (S) P-I*

12. **Comment on relevance [2 marks]** Monitoring of air pollution — *Jul 2020 (S) P-I*
13. **Public health relevance [2 marks]** Biological effects of radiation — *Apr 2021 P-I*
14. **Substantiate [2 marks]** "Green belts" are established between industrial and residential areas — *Nov 2021 (S) P-I*
15. **Write briefly [2 marks]** Role of ventilation in the control of respiratory infections — *Sep 2023 (S) P-I*

7.3 Excreta, refuse and sanitation *(12 papers)*

1. **Action as MO [3 marks]** A house owner complained that his well water is getting contaminated from the pit latrine in the neighbourhood — *Mar 2023 P-I*
2. **Explain [3 marks]** Much of the ill health in India is due to poor environmental sanitation — *Jan 2024 P-II*
3. **Public health perspective [2 marks]** Sanitation barrier ***— Jun 2011 (S) P-I · Jan 2016 P-I [2×]***
4. **Public health importance [2 marks]** Soakage pit ***— Jan 2012 P-II · Apr 2021 P-I [2×]***
5. **Action as MO [2 marks]** The Kudumbashree members in the area approach you for your advice on disposal of household waste — *Jun 2011 (S) P-I*
6. **Comment on relevance [2 marks]** Segregation of solid waste — *Jan 2011 P-I*
7. **Action as MO [2 marks]** A complaint is registered stating that prawn peeling shed waste is creating nuisance to a person and his family — *Jan 2014 P-I*
8. **Substantiate [2 marks]** Sanitation barrier is effective in breaking the disease cycle — *Jan 2015 P-I*
9. **Action as MO [2 marks]** You got a complaint from a school that a poultry farm situated near the school is creating an environmental hazard to the students and teachers — *Jan 2019 P-I*
10. **Comment [2 marks]** Cultural factors play an important role in environmental sanitation — *Jan 2020 P-II*
11. **Short note [2 marks]** Oxidation pond — *Sep 2023 (S) P-I*

7.4 Medical entomology, insecticides and vector control *(15 papers)*

1. **Comment on relevance [2 / 3 marks]** Integrated vector management ***— Nov 2021 (S) P-I · Jan 2024 P-I · Feb 2026 (S) P-I [3×]***
2. **Write briefly [2 / 3 marks]** Control of mosquito larvae ***— May 2022 P-I · Mar 2025 P-I [2×]***
3. **Comment on relevance [2 marks]** Integrated vector control ***— Jan 2013 P-I · Sep 2023 (S) P-I [2×]***
4. **Substantiate [2 marks]** DDT is labelled as an "environmental pollutant" — *Jun 2011 (S) P-I*
5. **Public health perspective [2 marks]** Synthetic pyrethroids — *Jun 2011 (S) P-I*
6. **Action as MO [2 marks]** The local panchayat requests your help in mosquito control — *Jun 2012 (S) P-I*
7. **Action as MO [2 marks]** During a routine field visit you observed a large number of breeding places of Aedes mosquitoes — *Jun 2013 (S) P-I*
8. **Substantiate [2 marks]** The present trend of vector control is an integrated approach — *Jan 2014 P-I*
9. **Public health importance [2 marks]** Integrated vector control measures — *Jan 2019 P-I*
10. **Public health importance [2 marks]** Weekly dry day observation for larval control — *Jun 2019 (S) P-I*
11. **Describe briefly [2 marks]** Control of adult mosquito — *Jan 2020 P-I*
12. **Substantiate [2 marks]** Source reduction of mosquitoes requires accurate knowledge of their breeding habits — *Jul 2020 (S) P-I*
13. **Action as MO [2 marks]** A survey showed there are a number of small artificial water collections around many houses — *May 2022 P-I*

7.5 MCQs from recent papers (2023–2026) *(9 MCQs)*

1. Objective of Swachh Bharat Mission: — *Mar 2023 P-I*
   (a) Elimination of open defecation (b) Eradication of manual scavenging
   (c) Generating awareness about sanitation (d) All of the above
2. What is the minimum number of coliform bacteria allowed in drinking water? — *Mar 2023 P-II*
   (a) 1–20 (b) 20–100 (c) 100–200 (d) None of the above
3. How can you remove temporary hardness of water? — *Mar 2023 P-II*
   (a) Boiling (b) Permutit process (c) Addition of lime (d) All of the above
4. Orthotolidine arsenite test determines: — *Sep 2023 (S) P-I*
   (a) Free residual chlorine (b) Free and combined chlorine together
   (c) Combined chlorine (d) Free and combined chlorine separately
5. The recommended daylight factor in living rooms should be: — *Sep 2023 (S) P-I*
   (a) 4% (b) 8% (c) 6% (d) 10%
6. Most important layer of a slow sand filter is: — *Jan 2024 P-I*
   (a) Sand bed (b) Water head (c) Filter system (d) Vital layer
7. All are indicators of air pollution except: — *Jan 2024 P-I*
   (a) CO (b) SO2 (c) Soiling index (d) Air pollution index
8. What is the maximum level of sound to which industrial workers can be exposed? — *Feb 2026 (S) P-I*
   (a) 120 dB (b) 100 dB (c) 90 dB (d) 75 dB
9. The correct sequence of steps involved in purification of water is: — *Feb 2026 (S) P-I*
   (a) Flocculation, filtration, chlorination (b) Filtration, flocculation, chlorination
   (c) Chlorination, filtration, flocculation (d) Chlorination, flocculation, filtration

8. Hospital Waste Management (26 questions)

> ★ **Most-asked topics in this chapter**
>
> - Biomedical waste management and infection control ***— asked in 20 papers***

8.1 Biomedical waste management and infection control *(20 papers)*

1. **Relevance [3 marks]** Categorisation of biomedical waste — *Mar 2023 P-I*
2. **Action as MO [3 marks]** You are designated to conduct a health education session for local private health institutions on biomedical waste management — *Jan 2024 P-I*
3. **Short note [3 marks]** Segregation of hospital waste — *Mar 2025 P-I*
4. **Answer the following [3 marks]** Categorisation of biomedical waste and its disposal — *Feb 2026 (S) P-I*
5. **Public health importance [2 marks]** Universal precautions ***— Jan 2011 P-I · Jan 2012 P-II [2×]***
6. **Public health perspective [2 marks]** Barrier nursing — *Jun 2011 (S) P-I*
7. **Action as MO [2 marks]** Disinfection of an operation theatre — *Jan 2012 P-II*
8. **Public health significance [2 marks]** Infection control practices in a health care set up — *Jun 2012 (S) P-I*
9. **Substantiate [2 marks]** Improper disposal of sharps leads to transmission of blood-borne pathogens — *Jan 2013 P-I*
10. **Action as MO [2 marks]** You receive a complaint from a family living next to a private hospital regarding indiscriminate disposal of health care waste in the hospital compound — *Jun 2013 (S) P-I*

11. **Comment [2 marks]** Every hospital should be concerned about antibiotic resistance — *Jun 2013 (S) P-I*
12. **Comment on relevance [2 marks]** Colour coding for disposal of biomedical waste — *Jan 2014 P-I*
13. **Substantiate [2 marks]** Segregation is an important step in hospital waste management — *Jan 2015 P-I*
14. **Public health importance [2 marks]** Hand washing — *Jan 2015 P-I*
15. **Substantiate [2 marks]** There should be a hospital "Control of Infection Committee" to formulate policies on control of hospital acquired infection — *Jun 2017 (S) P-I*
16. **Substantiate [2 marks]** Incineration is the method of choice for hazardous health care waste — *Jan 2016 P-I*
17. **Public health importance [2 marks]** Incineration of hospital waste — *Jan 2019 P-I*
18. **Substantiate [2 marks]** Inappropriate handling of health care waste has a significant impact on the environment — *Jul 2020 (S) P-I*
19. **Public health relevance [2 marks]** Hand hygiene — *Apr 2021 P-I*
20. **Comment on relevance [2 marks]** Biomedical waste management in a hospital set up — *Apr 2021 P-I*
21. **Substantiate [2 marks]** Sharp wastes must be disposed of in blue puncture-proof containers — *Nov 2021 (S) P-I*
22. **Write briefly [2 marks]** Principles of waste management — *Sep 2023 (S) P-I*
23. **Comment on relevance [2 marks]** Incineration of infected hospital waste — *May 2022 P-I*

8.2 MCQs from recent papers (2023–2026) *(3 MCQs)*

1. Needle cap should be discarded in: — *Jan 2024 P-I*
   (a) Blue bag (b) White bag (c) Red bag (d) Yellow bag
2. Incineration differs from burning in that: — *Mar 2025 P-I*
   (a) It takes place under high pressure (b) It takes place in a closed chamber
   (c) The temperature is lower than burning (d) The process does not require oxygen
3. Which of the following infections is most likely to be transmitted through sharps in biomedical waste? — *Feb 2026 (S) P-II*
   (a) COVID (b) Typhoid (c) Hepatitis C (d) Tuberculosis

9. Biostatistics (20 questions)

★ **Most-asked topics in this chapter**

- Presentation of data, normal distribution and measures of central tendency and dispersion ***— asked in 13 papers***
- Sampling and tests of significance ***— asked in 7 papers***

9.1 Presentation of data, normal distribution and measures of central tendency and dispersion *(13 papers)*

1. **Significance [2 / 3 marks]** Normal distribution ***— Jun 2013 (S) P-I · Jan 2024 P-I · Feb 2026 (S) P-I [3×]***
2. **Short note [3 marks]** Measures of central tendency — *Mar 2025 P-I*
3. **Short note [2 marks]** Normal curve ***— Jun 2014 (S) P-I · Sep 2023 (S) P-I [2×]***
4. **Comment on relevance [2 marks]** Measures of dispersion ***— Jan 2019 P-I · Nov 2021 (S) P-I [2×]***
5. **Substantiate [2 marks]** Arithmetic mean is the most commonly used measure of central tendency ***— Jan 2016 P-I · Jun 2019 (S) P-I [2×]***

6. **Substantiate [2 marks]** Scatter diagram is used to show the relationship between two variables — *Jan 2013 P-I*
7. **Substantiate [2 marks]** Pie charts are inferior to bar charts — *Jun 2017 (S) P-I*
8. **Write briefly [2 marks]** Arithmetic mean — *May 2022 P-I*
9. **Write briefly [2 marks]** Measures of central tendency and dispersion — *Sep 2023 (S) P-I*

9.2 Sampling and tests of significance *(7 papers)*

1. **Explain [3 marks]** Sampling methods — *Mar 2023 P-I*
2. **Comment [2 marks]** Need for sampling in epidemiological studies — *Jun 2011 (S) P-I*
3. **Public health significance [2 marks]** Sampling techniques in field studies — *Jun 2012 (S) P-I*
4. **Action as MO [2 marks]** Select 100 under-five children from a total of 1000 children by systematic sampling technique for a study — *Jan 2013 P-I*
5. **Substantiate [2 marks]** Sampling error is influenced by the sample size — *Jan 2015 P-I*
6. **Comment on relevance [2 marks]** Null hypothesis in testing of hypothesis — *Jun 2019 (S) P-I*
7. **Comment on relevance [2 marks]** Calculating p value in all statistical tests — *May 2022 P-I*

9.3 MCQs from recent papers (2023–2026) *(4 MCQs)*

1. Which among the following is not a measure of variability? — *Mar 2023 P-I*
   (a) Range (b) Mean (c) Mean deviation (d) Standard deviation
2. Symmetrical bell-shaped curve of a population distribution is: — *Jan 2024 P-I*
   (a) Bimodal (b) Normal distribution (c) Pearson curve (d) Chi-square curve
3. In a standard normal curve, two standard deviations on either side of the mean include what percentage of observations? — *Mar 2025 P-I*
   (a) 95.0 (b) 95.1 (c) 95.4 (d) 95.9
4. Which chart is used to present quantitative data? — *Feb 2026 (S) P-I*
   (a) Bar chart (b) Pie chart (c) Histogram (d) Pictogram

10. Disaster Management (19 questions)

> ★ **Most-asked topics in this chapter**
> - Disaster management, triage and disaster cycle ***— asked in 17 papers***

10.1 Disaster management, triage and disaster cycle *(17 papers)*

1. **Case [15 marks]** An earthquake was reported from a remote rural area. You are appointed in the medical team to manage the situation. — *Jan 2024 P-I*
   A. Mention the morbidities you expect there.
   B. Which are the fundamental aspects of disaster management in the disaster cycle?
   C. What are the actions to be taken during disaster response?
   D. What is the role of vaccination?
   E. Explain the rehabilitative measures to be taken there.
2. **Short note [2 / 3 marks]** Triage ***— Jan 2011 P-II · Jan 2013 P-I · Jun 2014 (S) P-I · Mar 2023 P-I [4×]***
3. **Public health relevance [3 marks]** Triage in disaster situations — *Feb 2026 (S) P-I*

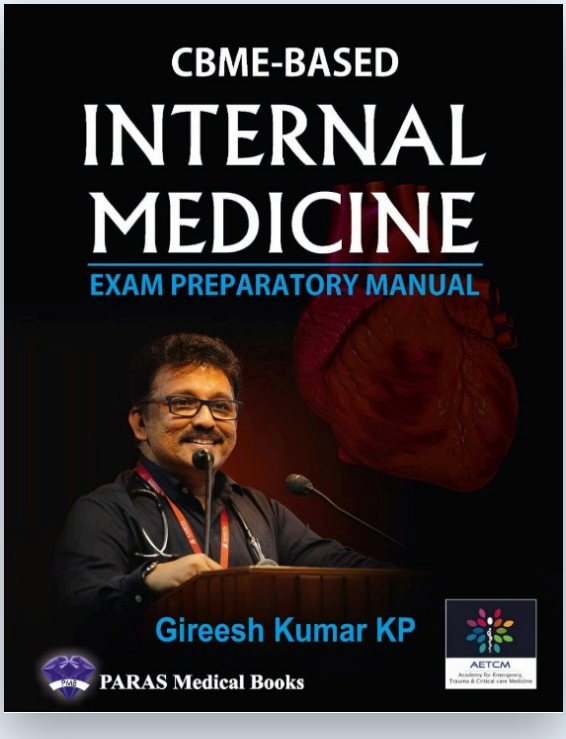
4. **Strategy as PHC MO [3 marks]** A flood alert is issued during the monsoon and people in 2 wards reside on the banks of a river in the PHC area — *Feb 2026 (S) P-I*
5. **Comment on relevance [2 marks]** Triage in disaster management ***— Jan 2014 P-I · Jan 2019 P-I [2×]***
6. **Substantiate [2 marks]** In disaster management, a stitch in time saves nine — *Jan 2012 P-I*
7. **Public health importance [2 marks]** Bioterrorism — *Jan 2013 P-I*
8. **Action as MO [2 marks]** A multistoried building has collapsed in your PHC area resulting in loss of life and injury — *Jan 2013 P-I*
9. **Action as MO [2 marks]** You are asked to take care of the health aspects in a village affected by floods — *Jun 2013 (S) P-I*
10. **Comment [2 marks]** Mitigation is important in disaster management — *Jun 2013 (S) P-I*
11. **Short note [2 marks]** Disaster management plan — *Jun 2014 (S) P-I*
12. **Action as MO [2 marks]** A flood has occurred in your PHC area — *Jan 2015 P-I*
13. **Comment on relevance [2 marks]** Disaster preparedness in health — *Jul 2020 (S) P-I*
14. **Action as MO [2 marks]** The disaster management authority gives a warning that a cyclone can occur in the area — *Jul 2020 (S) P-I*
15. **Action as MO [2 marks]** Your PHC area is affected by flood — *Jan 2016 P-I*
16. **Comment on relevance [2 marks]** Disaster mitigation — *Apr 2021 P-I*
17. **Public health significance [2 marks]** Man-made disasters — *Apr 2021 P-II*
18. **Short note [2 marks]** Disaster management cycle — *Sep 2023 (S) P-I*
19. **Comment on relevance [2 marks]** Measures for mitigation of disaster — *May 2022 P-I*

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PART B

Paper II

Demography, family welfare, MCH, nutrition, occupational health, health care, planning and communication

11. Demography and Family Planning
12. Preventive Medicine in Obstetrics, Paediatrics and Geriatrics
13. Nutrition and Health
14. Medicine and Social Science
15. Occupational Health
16. Genetics and Health
17. Mental Health and Substance Abuse
18. Health Communication and Health Education
19. Health Planning and Management
20. Health Care of the Community
21. International Health

11. Demography and Family Planning (71 questions)

★ Most-asked topics in this chapter

- Demography, demographic cycle, vital statistics and fertility indicators ***— asked in 25 papers***
- Contraception, MTP and family planning indicators ***— asked in 25 papers***

11.1 Demography, demographic cycle, vital statistics and fertility indicators *(25 papers)*

1. **Short note [2 / 3 marks]** Stages of demographic cycle ***— Sep 2023 (S) P-II · Mar 2025 P-II [2×]***
2. **Public health relevance [3 marks]** Net reproduction rate of one — *Mar 2023 P-II*
3. **Justify [3 marks]** A small difference in family size will make a big difference in birth rate — *Jan 2024 P-II*
4. **Short note [3 marks]** Population explosion — *Jan 2024 P-II*
5. **Short note [3 marks]** Life expectancy at birth — *Mar 2025 P-II*
6. **Public health importance [3 marks]** Dependency ratio — *Feb 2026 (S) P-II*
7. **Comment [2 marks]** General fertility rate is a better indicator of fertility than crude birth rate ***— Jan 2011 P-II · Jan 2013 P-II · Jan 2019 P-I [3×]***
8. **Public health relevance [2 marks]** Net reproduction rate ***— Jun 2012 (S) P-II · Jan 2014 P-I [2×]***
9. **Short note [2 marks]** Sample registration system ***— Jan 2013 P-II · Jan 2016 P-I [2×]***
10. **Comment on relevance [2 marks]** Sex ratio ***— Jan 2015 P-I · Jan 2020 P-I [2×]***
11. **Action as MO [2 marks]** A young father asks your advice regarding registration of birth of his newborn daughter — *Jun 2012 (S) P-I*
12. **Substantiate [2 marks]** India is in the third stage of the demographic cycle — *Jan 2013 P-I*
13. **Justify [2 marks]** Population control should continue to be a priority in India — *Jun 2013 (S) P-I*
14. **Comment [2 marks]** General fertility rate is a good indicator of fertility — *Jun 2013 (S) P-II*
15. **Substantiate [2 marks]** All vital events should be registered — *Jun 2013 (S) P-II*
16. **Significance [2 marks]** Demography — *Jun 2014 (S) P-I*
17. **Public health importance [2 marks]** National Population Policy — *Jan 2015 P-I*
18. **Comment [2 marks]** India is in the early expanding stage of the demographic cycle — *Jan 2011 P-II*
19. **Write briefly [2 marks]** Census — *Jan 2015 P-II*
20. **Substantiate [2 marks]** All births and deaths should be registered — *Jan 2011 P-II*
21. **Short note [2 marks]** Age pyramid — *Jan 2018 P-II*
22. **Substantiate [2 marks]** Sample registration system is a major source of health information — *Jan 2019 P-I*
23. **Comment on relevance [2 marks]** Age–sex pyramid — *Jan 2019 P-I*
24. **Substantiate [2 marks]** One of the basic demographic characteristics of the population is the sex composition — *Jun 2019 (S) P-I*
25. **Public health importance [2 marks]** Registration of vital events — *Jul 2020 (S) P-I*
26. **Public health significance [2 marks]** Fertility-related indicators — *Apr 2021 P-II*
27. **Short note [2 marks]** First four stages of demographic cycle — *Nov 2021 (S) P-II*
28. **Short note [2 marks]** Low stationary demographic phase — *May 2022 P-II*

11.2 Contraception, MTP and family planning indicators *(25 papers)*

1. **Case [15 marks]** A married couple of low socio-economic status with two children come to the MO of a PHC for advice on contraception. They need long-term contraception. The wife is 35 years old, a known case of mitral stenosis and gives a history of PID. The husband is 40 years old with no medical complications and he is willing for contraception. As the Medical Officer of the PHC, what advice will you give? *— Mar 2023 P-II*
   A. Which long-term contraception is ideal for them?
   B. Can the wife use an IUCD? If not, why?
   C. What advice will you give after the no-scalpel vasectomy procedure?
   D. What is the cafeteria approach in family planning?
   E. What is the Pearl index?
2. **Case [10 marks]** A newly married couple approaches you for advice on contraception. As a health professional, what would be your advice to them on the following: *— Jun 2011 (S) P-II*
   A. Cafeteria approach
   B. Barrier methods
   C. Relevance of IUDs
   D. Emergency contraception
   E. No scalpel vasectomy
3. **Case [10 marks]** You are posted as Medical Officer of a rural health centre. A couple who have two children approach you for advice regarding contraception. What will be your advice and suggestion regarding:
   — Jun 2015 (S) P-II
   A. Small family norm
   B. Choice of the most suitable method for this couple
   C. Merits and demerits of different contraceptive methods
   D. Post-conceptional methods of birth control
   E. Non-scalpel vasectomy
4. **Short note [2 / 3 marks]** Pearl index ***— Jun 2019 (S) P-II · Feb 2026 (S) P-II [2×]***
5. **Enumerate [3 marks]** Spacing methods of contraception *— Jan 2024 P-II*
6. **Write briefly [2 marks]** Couple protection rate ***— Jun 2011 (S) P-II · Jun 2017 (S) P-II · Jan 2019 P-II · Nov 2021 (S) P-II [4×]***
7. **Public health significance [2 marks]** Medical termination of pregnancy ***— Jun 2012 (S) P-II · Jan 2014 P-II [2×]***
8. **Short note [2 marks]** Cafeteria approach in family planning ***— Jun 2017 (S) P-II · Jun 2019 (S) P-I [2×]***
9. **Differentiate [2 marks]** Eligible couple and target couple *— Jun 2011 (S) P-II*
10. **Public health importance [2 marks]** Condom promotion *— Jan 2012 P-II*
11. **Action as MO [2 marks]** A young mother during her first postnatal check-up asks for guidance regarding spacing of pregnancy *— Jun 2012 (S) P-II*
12. **Substantiate [2 marks]** Hormonal contraception when properly used is the most effective spacing method of contraception *— Jun 2012 (S) P-II*
13. **Short note [2 marks]** Injectable contraception *— Jun 2012 (S) P-II*
14. **Comment [2 marks]** Unmet need of family planning poses a challenge to the family planning programme
    — Jan 2013 P-II
15. **Public health importance [2 marks]** Emergency contraception *— Jan 2013 P-II*
16. **Comment [2 marks]** MTP should not be indiscriminately done *— Jun 2013 (S) P-II*
17. **Short note [2 marks]** Injectable contraceptives *— Jan 2014 P-II*
18. **Action as MO [2 marks]** A 30 year old lady with three children comes to you for medical termination of pregnancy
    — Jun 2014 (S) P-II
19. **Explain [2 marks]** No scalpel vasectomy *— Jun 2014 (S) P-II*

20. **Explain [2 marks]** Eligible couples — *Jun 2014 (S) P-II*
21. **Short note [2 marks]** Intrauterine contraceptive devices — *Jun 2014 (S) P-II*
22. **Comment [2 marks]** Intrauterine contraceptive device can be used as a post-coital contraceptive — *Jan 2011 P-II*
23. **Comment [2 marks]** Economic development is the best contraceptive — *Jan 2015 P-II*
24. **Comment [2 marks]** No scalpel vasectomy needs to be more popularised than tubectomy as a permanent sterilisation method — *Jan 2018 P-II*
25. **Short note [2 marks]** Progesterone-only injectable contraceptives — *Jan 2018 P-II*
26. **Comment [2 marks]** Contraceptive targets and cash incentives resulted in inflation of performance statistics and deterioration in quality of services — *Jun 2019 (S) P-II*
27. **Substantiate [2 marks]** Cu-T is a very good spacing method — *Jan 2020 P-II*
28. **Short note [2 marks]** Contraindications of intrauterine devices — *Jul 2020 (S) P-II*
29. **Substantiate [2 marks]** Oral contraceptives are best suited for nulliparous women — *Apr 2021 P-II*
30. **Action plan as MO [2 marks]** A couple having three children, the youngest 3 years old, approaches you for advice regarding family planning — *Apr 2021 P-II*
31. **Substantiate [2 marks]** Socioeconomic development is the best method of contraception — *Nov 2021 (S) P-II*
32. **Substantiate [2 marks]** Intrauterine device is the most effective reversible contraceptive method — *Jan 2016 P-II*
33. **Short note [2 marks]** Natural family planning methods — *Jan 2016 P-II*
34. **Short note [2 marks]** Copper T as a contraceptive device — *Sep 2023 (S) P-II*
35. **Plan of action as MO [2 marks]** A newly married couple approach you for a mode of contraception — *Sep 2023 (S) P-II*
36. **Plan of action as MO [2 marks]** A 24 year old healthy lady who recently delivered her first child requests contraception — *May 2022 P-II*

11.3 MCQs from recent papers (2023–2026) *(7 MCQs)*

1. An example of male pill is: — *Mar 2023 P-II*
   (a) Norethisterone (b) Gossypol (c) Cycloprovera (d) Norplant
2. Adverse effects of oral contraceptive pills are all except: — *Sep 2023 (S) P-II*
   (a) Iron deficiency anaemia (b) Hepatocellular adenoma
   (c) Elevation of blood glucose (d) Cervical cancer
3. The demographic processes include: — *Sep 2023 (S) P-II*
   (a) Fertility (b) Mortality (c) Migration (d) All of the above
4. Order of stages of the demographic cycle: — *Jan 2024 P-II*
   (a) Early expanding – late expanding – high stationary – low stationary – declining
   (b) High stationary – early expanding – late expanding – low stationary – declining
   (c) High stationary – low stationary – early expanding – late expanding – declining
   (d) Early expanding – high stationary – low stationary – late expanding – declining
5. Safe period is calculated by: — *Jan 2024 P-II*
   (a) Length of menstrual cycle (b) Length of ovulation
   (c) Date of ovulation (d) Length of luteal phase
6. Net reproduction rate is the total number of: — *Mar 2025 P-II*
   (a) Daughters born in a lifetime (b) Sons born in a lifetime
   (c) Total children born in a lifetime (d) Pregnancies in a lifetime
7. In India, which year is said to be the year of the 'great divide' in demography? — *Feb 2026 (S) P-II*
   (a) 1901 (b) 1921 (c) 1947 (d) 1971

12. Preventive Medicine in Obstetrics, Paediatrics and Geriatrics (150 questions)

★ Most-asked topics in this chapter

- Antenatal, intranatal and postnatal care; risk approach and maternal mortality ***— asked in 25 papers***
- Infant and child health: mortality indicators, LBW, IMNCI, breast feeding and growth monitoring ***— asked in 25 papers***
- Geriatrics ***— asked in 21 papers***

12.1 Antenatal, intranatal and postnatal care; risk approach and maternal mortality *(25 papers)*

1. **Case [15 marks]** An elderly primi with a history of congenital heart disease is considered a high risk case. *— Feb 2026 (S) P-II*

A. What is meant by risk approach in antenatal care?
B. Where should a pregnant woman register her pregnancy and with whom?
C. Explain the laboratory investigations and interventions undertaken during antenatal check-ups.
D. What is a First Referral Unit (FRU)?
E. Name the health programmes relevant in this scenario.

2. **Case [10 marks]** A pregnant woman in the first trimester reports to the antenatal clinic. As the Medical Officer in-charge, what is your action and advice regarding: *— Jun 2012 (S) P-II*

A. Investigations in this case
B. Specific dietary needs in pregnancy
C. Detection of high risk pregnancy
D. Essential obstetric care in pregnancy in a rural area
E. Nutritional services provided through the anganwadi

3. **Case [10 marks]** During a survey in your tribal health centre area, you observed the following: the population as enumerated is 36,000, of which 18,000 are females. The care of mothers and children is very unsatisfactory. Infant mortality and maternal mortality are very high. In-depth sociological studies revealed that the village headman is the final decision maker in everything including health matters. You are asked to submit a proposal for providing RCH services in this area. *— Jun 2013 (S) P-II*

A. List five most important activities you will include in your proposal.
B. List five major causes of maternal mortality in India.
C. List five major causes of infant mortality in India.
D. What are the components of the integrated RCH package?
E. How do you propose to get the headman to contribute positively to your programme?

4. **Case [10 marks]** A 19 year old lady is brought to the PHC from a tribal area. She is a second gravida. On examination: weight 30 kg, height 140 cm, period of gestation 32 weeks, haemoglobin 7 g%. She has not undergone any antenatal check-up. Her previous delivery was a home delivery and she lost her baby in the early neonatal period. *— Jan 2015 P-II*

A. List the risk factors in this lady.
B. What are the services available to her under the RCH programme?
C. Discuss the possible causes of neonatal mortality and suggest strategies to prevent it.
D. Mention 4 indicators you will use to assess the MCH activities in your PHC area.

5. **Case [10 marks]** A gravida-3 with two living children, at 27 weeks of gestation, has come to your health centre for the first time with history of pedal oedema. — *Jan 2011 P-II*
   A. What will be the objectives of the antenatal care that you offer her?
   B. What is essential obstetric care? How is it delivered in Kerala?
   C. What is emergency obstetric care? What steps have been taken by the government to make it available to all those who require it?
   D. Write about the Janani Suraksha Yojana and its relevance.
   E. What family planning methods will you advise this lady and why?

6. **Case [10 marks]** A seventeen year old pregnant lady was brought to the PHC with complaints of extreme weakness, headache and blurring of vision. She had swelling of the feet and her BP was 160/100 mmHg. As the Medical Officer of the PHC: — *Jan 2018 P-II*
   A. What is your diagnosis? How will you confirm the diagnosis?
   B. What is the line of management at the PHC level?
   C. What are the indications for referral to the FRU (First Referral Unit)?
   D. What is the role of the JPHN in preventing such situations?
   E. What is meant by "emergency obstetric care"?

7. **Case [10 marks]** You are the Medical Officer in a primary health centre located in a remote rural community. A pregnant lady presents to you, claiming to be 6 months pregnant; this is her first visit to a health centre. — *Apr 2021 P-II*
   A. List and briefly describe the components of essential obstetric care.
   B. List and briefly describe the components of birth preparedness.
   C. How could this lady benefit from the provisions of the Janani Suraksha Yojana scheme?

8. **Case [10 marks]** A lady is brought to your PHC with postpartum haemorrhage. — *Sep 2023 (S) P-II*
   A. How will you manage the case?
   B. What are the causes of postpartum haemorrhage?
   C. What is the risk approach in maternal care?
   D. What is the role of iron supplementation in reducing maternal mortality?
   E. Comment on the Janani Suraksha Yojana.

9. **Public health relevance [3 marks]** Registration of all pregnancies — *Mar 2023 P-II*

10. **Short note [3 marks]** Essential obstetric care — *Mar 2023 P-II*

11. **Justify [3 marks]** Risk approach is a cost-effective strategy to improve maternal and child health — *Jan 2024 P-II*

12. **Short note [3 marks]** Essential antenatal care under the Reproductive, Maternal, Newborn, Child health + Adolescent programme (RMNCH+A) — *Mar 2025 P-I*

13. **Public health importance [3 marks]** Iron supplementation in pregnancy — *Mar 2025 P-II*

14. **Short note [3 marks]** Preventive measures for maternal mortality — *Feb 2026 (S) P-II*

15. **Short note [2 marks]** Janani Suraksha Yojana ***— Jan 2012 P-II · Jan 2015 P-II · Jan 2019 P-II [3×]***

16. **Comment [2 marks]** Risk approach in MCH is a managerial tool ***— Jan 2014 P-II · Jun 2019 (S) P-II [2×]***

17. **Write briefly [2 marks]** At risk concept in MCH — *Jun 2011 (S) P-II*

18. **Differentiate [2 marks]** Essential obstetric care and emergency obstetric care — *Jun 2011 (S) P-II*

19. **Write briefly [2 marks]** Indicators of MCH care — *Jun 2011 (S) P-II*

20. **Write briefly [2 marks]** Prenatal nutrition — *Jun 2011 (S) P-II*

21. **Action as MO [2 marks]** An ASHA worker reports to you that there are a large number of pregnant women who are anaemic in her area — *Jan 2012 P-II*

22. **Action as MO [2 marks]** An anganwadi worker in your area reports that there is an untrained dai in her village — *Jan 2012 P-II*

23. **Give the rationale [2 marks]** Folic acid supplementation during the first 12 weeks of pregnancy — *Jan 2012 P-II*

24. **Action as MO [2 marks]** A pregnant woman with a Hb level of 8 g/dl reports to the antenatal OP — *Jun 2012 (S) P-II*

25. **Short note [2 marks]** Newer initiatives under RCH II — *Jun 2012 (S) P-II*
26. **Comment [2 marks]** Risk approach is a managerial tool for resource-starved regions — *Jun 2013 (S) P-II*
27. **Substantiate [2 marks]** Mother and child must be considered as a single unit — *Jan 2014 P-II*
28. **Justify [2 marks]** Regular antenatal check-up is essential for the health of the mother — *Jun 2014 (S) P-II*
29. **Comment [2 marks]** Risk approach is a managerial tool for improved maternal and child care — *Jan 2011 P-II*
30. **Advice to JPHN [2 marks]** Need for early registration of antenatal cases — *Jun 2015 (S) P-II*
31. **Advice to JPHN [2 marks]** Specific services to be provided to pregnant women — *Jun 2015 (S) P-II*
32. **Substantiate [2 marks]** High female literacy played a significant role in maintaining good maternal and child health care — *Jan 2011 P-II*
33. **Comment [2 marks]** Mother and child must be considered as one unit — *Jun 2017 (S) P-II*
34. **Comment [2 marks]** The "risk approach" is a managerial tool to improve MCH care — *Jun 2017 (S) P-II*
35. **Short note [2 marks]** Salient features of Janani Suraksha Yojana — *Jun 2017 (S) P-II*
36. **Public health importance [2 marks]** Providing iron supplementation during pregnancy — *Jan 2020 P-II*
37. **Public health importance [2 marks]** Trained dais — *Jan 2020 P-II*
38. **Comment [2 marks]** Maternal mortality ratio reflects the overall effectiveness of a health system — *Jul 2020 (S) P-II*
39. **Comment [2 marks]** Janani Suraksha Yojana is a maternity benefit scheme — *Jan 2016 P-II*
40. **Action plan as MO [2 marks]** Anaemia among pregnant mothers in your area — *Nov 2021 (S) P-II*
41. **Plan of action as MO [2 marks]** A large number of antenatal women with anaemia in the PHC area — *Sep 2023 (S) P-II*
42. **Plan of action as MO [2 marks]** You have to conduct training for newly recruited junior public health nurses on postnatal care — *Sep 2023 (S) P-II*
43. **Plan of action as MO [2 marks]** A second gravida with a normal first delivery has decided on delivery at home — *May 2022 P-II*

12.2 Infant and child health: mortality indicators, LBW, IMNCI, breast feeding and growth monitoring *(25 papers)*

1. **Structured essay [15 marks]** A 22 year old primi delivered in your hospital. — *Mar 2025 P-II*
   A. What advice will you give regarding the feeding of the child?
   B. What mode of contraception will you advise for her?
   C. What advice will you give her about her diet?
   D. What advice will you give her about immunization of her child?
   E. Explain the importance of the Janani Suraksha Yojana.
2. **Case [10 marks]** A 32 year old lady from a low income family was brought to the PHC with history of amenorrhoea and a positive pregnancy test. She has three living children aged eight years, three years and six months. The weight of the youngest child is less than 50% of the expected weight and the child is unimmunized. The child has a respiratory rate of 60/minute and chest indrawing. — *Jan 2013 P-II*
   A. What is your provisional diagnosis of the youngest child?
   B. Discuss the line of management of this child.
   C. What advice do you want to give to the mother regarding MCH care?
   D. What are the services available to the family from the anganwadi?

3. **Case [10 marks]** An 18 year old tribal woman delivered a full term male baby with a birth weight of 1.8 kg in the district hospital. — *Jan 2014 P-II*
   A. What is the diagnosis? How will you classify the condition?
   B. How will you manage the baby?
   C. What are the direct interventions for prevention of this condition?
   D. What are the four components of kangaroo mother care?
   E. What are the indirect methods of intervention for preventing this condition?

4. **Case [10 marks]** Low birth weight and undernutrition are the two major public health issues of children in the Attappadi area of Kerala state. As the Medical Officer of the local PHC, you are directed to assess the problem and suggest measures to tackle the issue. — *Jun 2017 (S) P-II*
   A. What method will you adopt to study the situation?
   B. How will you assess the causes of LBW and undernutrition?
   C. What will be your suggestions to improve the situation?
   D. Explain the services available under the government scheme to prevent LBW and undernutrition.

5. **Case [10 marks]** A 20 year old tribal woman delivered a full term male baby weighing 1.8 kg. She had not registered in any health facility. — *Jun 2019 (S) P-II*
   A. What is early registration?
   B. What are the services available to a pregnant lady from the PHC?
   C. How will you manage this baby?
   D. What is the Vande Mataram scheme?
   E. What are the indicators for evaluation of antenatal services under RCH?

6. **Case [10 marks]** In your PHC area the birth rate and neonatal mortality rate are high. — *Jan 2020 P-II*
   A. What could be the reasons for the high birth and neonatal death rate?
   B. What are the services under RMNCH+A to improve newborn health?
   C. What birth control measures can you offer in your PHC?
   D. What maternal factors can lead to infant mortality?
   E. What social challenges would you face when trying to deal with the above problems?

7. **Public health importance [2 / 3 marks]** Growth chart — ***Jan 2020 P-II · Jul 2020 (S) P-II · Sep 2023 (S) P-II · Mar 2025 P-II [4×]***

8. **Public health relevance [2 / 3 marks]** Infant mortality rate — ***Jan 2011 P-II · Jan 2024 P-II · Feb 2026 (S) P-II [3×]***

9. **Public health relevance [2 / 3 marks]** Growth charts — ***Jun 2013 (S) P-II · Feb 2026 (S) P-II [2×]***

10. **Public health significance [2 / 3 marks]** Low birth weight — ***Nov 2021 (S) P-II · Mar 2025 P-II [2×]***

11. **Explain [3 marks]** Exclusive breast feeding is the best for an infant up to the age of 6 months — *Mar 2023 P-II*

12. **Write briefly [3 marks]** Causes of infant mortality in India — *Mar 2025 P-II*

13. **Public health relevance [2 marks]** Perinatal mortality rate — ***Jun 2013 (S) P-II · Jan 2016 P-II · Jun 2019 (S) P-II [3×]***

14. **Public health perspective [2 marks]** Child survival index — ***Jun 2011 (S) P-II · Jan 2018 P-II [2×]***

15. **Substantiate [2 marks]** Mother's education is a key determinant of their children's health — ***Jun 2014 (S) P-II · Jun 2017 (S) P-II [2×]***

16. **Short note [2 marks]** Perinatal mortality — ***Jun 2014 (S) P-II · Jun 2015 (S) P-II [2×]***

17. **Write briefly [2 marks]** Kangaroo mother care — ***Jun 2015 (S) P-II · Jan 2018 P-II [2×]***

18. **Public health relevance [2 marks]** Exclusive breast feeding — ***Jan 2016 P-II · Sep 2023 (S) P-II [2×]***

19. **Short note [2 marks]** Integrated management of childhood illness — *Jan 2011 P-II*

20. **Short note [2 marks]** Reduction in the incidence of low birth weight babies — *Jan 2011 P-II*

21. **Public health relevance [2 marks]** Low cost weaning food — *Jun 2011 (S) P-II*

22. **Public health perspective [2 marks]** Cultural and social factors affecting IMR — *Jun 2011 (S) P-II*

23. **Action as MO [2 marks]** Infant mortality rate has doubled when compared to the previous year in your PHC area — *Jan 2012 P-II*

24. **Substantiate [2 marks]** The growth chart is a visible display of the child's physical growth and development — *Jun 2012 (S) P-II*

25. **Public health significance [2 marks]** Under-five mortality rate — *Jun 2012 (S) P-II*

26. **Comment [2 marks]** Perinatal mortality rate is a yardstick of obstetric and paediatric care — *Jan 2013 P-II*

27. **Substantiate [2 marks]** Integrated management of neonatal and childhood illness is a useful strategy to prevent childhood mortality and morbidity — *Jan 2013 P-II*

28. **Short note [2 marks]** Complementary feeding — *Jan 2013 P-II*

29. **Action as MO [2 marks]** A 20 year old mother is unable to breast feed her baby. She has come for postnatal check-up — *Jun 2014 (S) P-II*

30. **Substantiate [2 marks]** Infant mortality is a sensitive indicator of maternal and child health services — *Jun 2014 (S) P-II*

31. **Justify [2 marks]** Growth monitoring is a useful tool for preventing morbidity and mortality in children — *Jun 2014 (S) P-II*

32. **Comment [2 marks]** Infant mortality rate is the most important indicator of health status of the community and efficiency of MCH services — *Jan 2015 P-II*

33. **Substantiate [2 marks]** Growth monitoring is a low cost technology for reducing infant mortality — *Jan 2015 P-II*

34. **Public health relevance [2 marks]** Growth monitoring — *Jan 2011 P-II*

35. **Substantiate [2 marks]** The first week of life is the most crucial period in the life of an infant — *Jun 2015 (S) P-II*

36. **Substantiate [2 marks]** IMNCI strategy is one of the main interventions under RCH II — *Jun 2015 (S) P-II*

37. **Advice to JPHN [2 marks]** Advantages of exclusive breast feeding — *Jun 2015 (S) P-II*

38. **Public health significance [2 marks]** Growth monitoring in anganwadi — *Jun 2015 (S) P-II*

39. **Substantiate [2 marks]** Delayed weaning leads to malnutrition — *Jan 2011 P-II*

40. **Comment [2 marks]** Growth chart is a tool for action for anganwadi workers — *Jan 2018 P-II*

41. **Comment [2 marks]** Untrained birth attendants are greatly responsible for the high infant mortality rate in India — *Jan 2018 P-II*

42. **Substantiate [2 marks]** Perinatal mortality rate is a better yardstick of obstetric and paediatric health compared to other indicators — *Jan 2018 P-II*

43. **Substantiate [2 marks]** Breast milk is the best milk for newborns — *Jan 2018 P-II*

44. **Short note [2 marks]** Uses of growth chart — *Jan 2019 P-II*

45. **Public health relevance [2 marks]** Integrated management of neonatal and childhood illness — *Jun 2019 (S) P-II*

46. **Substantiate [2 marks]** Rooming-in gives an opportunity for the mother to know her baby — *Jun 2019 (S) P-II*

47. **Substantiate [2 marks]** IMNCI has an important role in reducing infant mortality — *Jan 2020 P-II*

48. **Substantiate [2 marks]** Birth weight of an infant is the most important determinant of healthy growth and development — *Jul 2020 (S) P-II*

49. **Substantiate [2 marks]** Exclusive breast feeding is the best for an infant up to 6 months — *Apr 2021 P-II*

50. **Action plan as MO [2 marks]** Sumitha has delivered a term baby of birth weight 2 kg in a PHC — *Apr 2021 P-II*

51. **Substantiate [2 marks]** Integrated management of neonatal and childhood illness is a strategy to reduce IMR — *Jan 2016 P-II*

52. **Substantiate [2 marks]** Kangaroo mother care is effective in managing low birth weight babies — *Sep 2023 (S) P-II*

53. **Substantiate [2 marks]** Infant mortality rate indicates the overall development status of a community — *Sep 2023 (S) P-II*

54. **Plan of action as MO [2 marks]** A mother has not started weaning even after 7 months — *May 2022 P-II*
55. **Public health importance [2 marks]** Neonatal mortality rate — *May 2022 P-II*

12.3 School health, adolescent health and child welfare *(17 papers)*

1. **Write briefly [3 marks]** School health services — *Mar 2025 P-II*
2. **Public health relevance [2 marks]** Rashtriya Bal Swasthya Karyakram ***— Jan 2018 P-II · Jul 2020 (S) P-II [2×]***
3. **Public health perspective [2 marks]** Healthful school environment — *Jun 2011 (S) P-II*
4. **Action as MO [2 marks]** You are the medical officer in charge of a tribal PHC where school dropouts are a problem — *Jan 2012 P-I*
5. **Action as MO [2 marks]** Many children were found to have poor personal hygiene during health appraisal of school children — *Jun 2012 (S) P-II*
6. **Substantiate [2 marks]** Healthy school environment is an essential component of school health services — *Jun 2012 (S) P-II*
7. **Substantiate [2 marks]** There are legislations for the protection of children in India — *Jan 2013 P-II*
8. **Substantiate [2 marks]** Sexual and reproductive health education should be given to adolescents — *Jun 2013 (S) P-II*
9. **Substantiate [2 marks]** School health service should be a priority service in Kerala — *Jun 2013 (S) P-II*
10. **Public health relevance [2 marks]** Health appraisal in school health — *Jan 2014 P-II*
11. **Substantiate [2 marks]** Adolescent health and nutrition should be given due importance — *Jun 2014 (S) P-II*
12. **Substantiate [2 marks]** Adolescent sex education should be given due importance — *Jan 2011 P-II*
13. **Substantiate [2 marks]** School health service is an economical and powerful means of raising community health — *Jan 2011 P-II*
14. **Comment [2 marks]** WIFS (Weekly Iron and Folic acid Supplementation) programme for adolescent girls is one of the adolescent health strategies — *Jun 2017 (S) P-II*
15. **Short note [2 marks]** Adolescent reproductive and sexual health programme — *Jan 2018 P-II*
16. **Substantiate [2 marks]** School health service is an important branch of community health — *Jan 2019 P-II*
17. **Substantiate [2 marks]** Weekly iron folic acid supplementation programme will reduce the incidence of anaemia — *Jan 2019 P-II*
18. **Short note [2 marks]** Services for adolescent girls through anganwadi — *Jan 2019 P-II*
19. **Short note [2 marks]** Child trafficking — *Jun 2019 (S) P-II*
20. **Public health relevance [2 marks]** School health programme — *Jul 2020 (S) P-II*
21. **Short note [2 marks]** Juvenile Justice Act — *Jul 2020 (S) P-II*
22. **Action plan as MO [2 marks]** A health worker reports to you that many adolescent girls in their locality are found to be anaemic — *Apr 2021 P-II*
23. **Action plan as MO [2 marks]** In a community health centre, what steps can be taken by the health care workers to address the adolescent health problems of the area? — *Nov 2021 (S) P-II*
24. **Plan of action as MO [2 marks]** A six year old child is not attending school — *May 2022 P-II*
25. **Public health importance [2 marks]** Health appraisal of school students — *May 2022 P-II*
26. **Public health importance [2 marks]** Iron supplementation for adolescents — *May 2022 P-II*

12.4 Geriatrics *(21 papers)*

1. **Short note [2 / 3 marks]** Healthy ageing ***— Jul 2020 (S) P-II · Feb 2026 (S) P-II [2×]***

2. **Justify [3 marks]** Geriatric focused health care is important in Kerala according to the demographic trend — *Mar 2023 P-II*
3. **Public health importance [3 marks]** Prevention of falls in the elderly — *Mar 2025 P-II*
4. **Write briefly [2 marks]** Health problems of the aged ***— Jun 2014 (S) P-II · Apr 2021 P-II [2×]***
5. **Public health relevance [2 marks]** Day care centres for the aged — *Jun 2011 (S) P-II*
6. **Action as MO [2 marks]** A terminally ill cancer patient in your PHC area — *Jan 2012 P-II*
7. **Public health significance [2 marks]** Geriatric health issues — *Jun 2012 (S) P-II*
8. **Short note [2 marks]** Preventive health care of the elderly — *Jan 2013 P-II*
9. **Action as MO [2 marks]** Your staff reports about an old man residing in your coverage area who is diagnosed to have terminal cancer — *Jun 2013 (S) P-I*
10. **Short note [2 marks]** Prevention of geriatric health problems — *Jun 2013 (S) P-II*
11. **Short note [2 marks]** Primary prevention of geriatric health problems — *Jan 2011 P-II*
12. **Public health significance [2 marks]** Geriatric care policy — *Jun 2015 (S) P-II*
13. **Comment [2 marks]** "Active ageing" makes some difference — *Jun 2017 (S) P-II*
14. **Short note [2 marks]** Psychological problems of the aged — *Jun 2019 (S) P-II*
15. **Short note [2 marks]** Domestic accidents among the elderly — *Jan 2020 P-II*
16. **Action plan as MO [2 marks]** Geriatric health problems — *Nov 2021 (S) P-II*
17. **Substantiate [2 marks]** The ageing population is both a medical and sociological problem — *Jan 2016 P-II*
18. **Plan of action as MO [2 marks]** Increase in the incidence of falls among the elderly — *Sep 2023 (S) P-II*
19. **Substantiate [2 marks]** Regular physical activity leads to healthy ageing — *May 2022 P-II*

12.5 MCQs from recent papers (2023–2026) *(7 MCQs)*

1. Rashtriya Bal Swasthya Karyakram aims at early identification and intervention of: — *Mar 2023 P-II*
   (a) Defects at birth and disabilities (b) Deficiencies and diseases
   (c) Developmental delays (d) All of the above
2. Additional daily energy requirement during pregnancy is: — *Sep 2023 (S) P-II*
   (a) 300 kcal (b) 350 kcal (c) 400 kcal (d) 450 kcal
3. Road to health chart was given by: — *Jan 2024 P-II*
   (a) John Snow (b) David Morley (c) Robert Koch (d) Henry Dunant
4. Most common cause of perinatal mortality in India: — *Jan 2024 P-II*
   (a) Birth defect (b) Gastrointestinal infections
   (c) Prematurity (d) Asphyxia
5. Which among the following is the primary cause of maternal mortality in India? — *Mar 2025 P-II*
   (a) Eclampsia (b) Infection
   (c) Postpartum haemorrhage (d) Tetanus
6. Newborn period is up to: — *Mar 2025 P-II*
   (a) 24 hours after birth (b) 7 days after birth (c) 14 days after birth (d) 28 days after birth
7. Normal weight gain during the entire pregnancy is expected to be (in kg): — *Feb 2026 (S) P-II*
   (a) 5–7 (b) 7–9 (c) 10–12 (d) 12–14

13. Nutrition and Health (98 questions)

★ Most-asked topics in this chapter

- Nutritional problems: PEM, vitamin A, iodine, anaemia and fluorosis ***— asked in 22 papers***
- Nutrients, foods and balanced diet ***— asked in 20 papers***
- Assessment of nutritional status and nutrition programmes ***— asked in 16 papers***

13.1 Nutrients, foods and balanced diet *(20 papers)*

1. **Case [10 marks]** How will you plan a diet for a 50 year old male sedentary worker who is hypertensive? *— Apr 2021 P-II*
   A. What is his recommended requirement of calories?
   B. Prepare a diet making the necessary modifications for his illness.
   C. What is a prudent diet?
   D. Mention the national programme related to his disease and the activities under this programme.
2. **Short note [2 / 3 marks]** Supplementary action of proteins ***— Jan 2016 P-II · Jan 2020 P-II · May 2022 P-II · Sep 2023 (S) P-II · Mar 2025 P-II [5×]***
3. **Justify [3 marks]** Antioxidants are essential to maintain health *— Jan 2024 P-II*
4. **Public health relevance [3 marks]** Trans fatty acids in diet *— Jan 2024 P-II*
5. **Public health importance [3 marks]** Cereals in a balanced diet *— Mar 2025 P-II*
6. **Short note [3 marks]** Dietary goals *— Feb 2026 (S) P-II*
7. **Public health relevance [2 marks]** Balanced diet ***— Jun 2013 (S) P-II · Jun 2014 (S) P-II · Jan 2020 P-II [3×]***
8. **Write briefly [2 marks]** Trans fatty acids ***— Jun 2011 (S) P-II · Jul 2020 (S) P-II [2×]***
9. **Comment [2 marks]** Dietary fibre is associated with reduced incidence of coronary heart disease ***— Jan 2019 P-II · Sep 2023 (S) P-II [2×]***
10. **Public health relevance [2 marks]** Dietary antioxidants *— Jun 2011 (S) P-II*
11. **Substantiate [2 marks]** Traditional food consumption patterns are to be preserved *— Jan 2012 P-I*
12. **Discuss [2 marks]** Ragi is excellent during the weaning period *— Jan 2012 P-II*
13. **Action as MO [2 marks]** A 12 year old girl is brought to you by her mother with the complaint that the child is taking only fast food *— Jun 2014 (S) P-II*
14. **Action as MO [2 marks]** On your visit to a school, the teachers tell you that most of the students are not taking vegetables and fruits in their diet *— Jun 2014 (S) P-II*
15. **Write briefly [2 marks]** Indian reference man *— Jan 2015 P-II*
16. **Write briefly [2 marks]** Food guide pyramid *— Jun 2015 (S) P-II*
17. **Substantiate [2 marks]** Limiting amino acids in vegetarian food can be replenished by supplementary action of proteins *— Jan 2018 P-II*
18. **Substantiate [2 marks]** Egg protein is the best protein *— Jan 2019 P-II*
19. **Short note [2 marks]** Food pyramid *— Jun 2019 (S) P-II*
20. **Public health importance [2 marks]** Reference man and woman *— Jan 2020 P-II*
21. **Public health relevance [2 marks]** Dietary fibre in diet *— Jul 2020 (S) P-II*
22. **Public health significance [2 marks]** Micronutrients *— Nov 2021 (S) P-II*
23. **Comment [2 marks]** Parboiling is a method to improve the nutritive value of rice *— Jan 2016 P-II*

24. **Substantiate [2 marks]** Germinated pulse is more superior — *Jan 2016 P-II*
25. **Substantiate [2 marks]** Cultural factors influence the diet of a person — *May 2022 P-II*
26. **Plan of action as MO [2 marks]** Vegetable and fruit consumption is very low in a family — *May 2022 P-II*
27. **Public health importance [2 marks]** Fruits and vegetables in diet — *May 2022 P-II*

13.2 Nutritional problems: PEM, vitamin A, iodine, anaemia and fluorosis *(22 papers)*

1. **Case [15 marks]** A 16 year old girl was brought to the OPD with complaints of tiredness and fatigue. Her mother complains that she skips breakfast and prefers fried and fatty foods. On examination she has pallor. — *Jan 2024 P-II*
   A. Comment on the probable cause of pallor in this case. Write down the cut-off value of haemoglobin for the diagnosis of anaemia in adult males and females.
   B. Suggest dietary modifications to rectify the condition.
   C. According to the Integrated Child Development Services scheme, what are the services available for adolescent girls?
   D. Comment on the National Deworming Programme.
   E. Write a note on Anaemia Mukt Bharat.
2. **Case [10 marks]** You are appointed as Medical Officer of a tribal PHC where vitamin A deficiency is a major problem. — *Jan 2019 P-II*
   A. What are the ocular and extra-ocular manifestations of this condition?
   B. How will you assess the situation of vitamin A deficiency?
   C. Prepare an action plan to alleviate vitamin A deficiency in the area.
3. **Case [10 marks]** As a Medical Officer of a PHC you come across a large proportion of children under five years of age in a small remote village of a predominantly agrarian community to be malnourished. — *Nov 2021 (S) P-II*
   A. List the causes of malnourishment.
   B. Which levels of prevention have failed here?
   C. What measures would you adopt to improve their nutritional status?
   D. What are the nutrition-related national programmes?
4. **Case [10 marks]** A medical camp was organised for the tribal people in a PHC area. The medical team noticed that many under-five children had bilateral triangular pearly white foamy spots in the bulbar conjunctiva. Mothers gave a history that the children cannot see in the late evenings. — *Jan 2016 P-II*
   A. What is the problem identified in these children?
   B. Describe the treatment for this.
   C. What is the service approach available for this condition through the PHC?
   D. What are the medium term and long term approaches for preventing this problem?
   E. List four health education points that can be given to the community for preventing this condition.
5. **Action as MO [3 marks]** The prevalence of iron deficiency anaemia is high in your area — *Mar 2023 P-I*
6. **Justify [3 marks]** Scarcity of food is not the only factor responsible for malnutrition — *Mar 2023 P-II*
7. **Short note [3 marks]** Ecology of malnutrition — *Mar 2023 P-II*
8. **Public health relevance [3 marks]** Hidden hunger — *Jan 2024 P-II*
9. **Explain [3 marks]** Vitamin A deficiency has been recognised as a major controllable public health and nutritional problem in India — *Jan 2024 P-II*
10. **Short note [3 marks]** Vitamin A deficiency — *Mar 2025 P-II*
11. **Write briefly [3 marks]** Prevention of malnutrition among under-fives — *Mar 2025 P-II*
12. **Short note [3 marks]** Iodine deficiency disorders — *Mar 2025 P-II*
13. **Public health importance [3 marks]** Vitamin A administration among children less than 5 years — *Feb 2026 (S) P-II*
14. **Answer the following [3 marks]** Endemic fluorosis and interventions for the same — *Feb 2026 (S) P-II*

15. **Write briefly [2 marks]** Vitamin A prophylaxis ***— Jun 2011 (S) P-II · Nov 2021 (S) P-II [2×]***
16. **Views with reasons [2 marks]** Fluorine is a double-edged sword ***— Jan 2012 P-I · Jan 2014 P-II [2×]***
17. **Public health perspective [2 marks]** Epidemiological assessment of iodine deficiency *— Jun 2011 (S) P-II*
18. **Action as MO [2 marks]** During a routine upper primary school survey you come across children with grade II malnutrition *— Jan 2012 P-II*
19. **Discuss [2 marks]** Vandemataram programme has not had its necessary effect in rural India *— Jan 2012 P-II*
20. **Discuss [2 marks]** Iodisation of salt — is it necessary in Kerala? *— Jan 2012 P-II*
21. **Public health relevance [2 marks]** Spectrum of iodine deficiency disorders *— Jun 2012 (S) P-II*
22. **Short note [2 marks]** National Iodine Deficiency Disorders Control Programme *— Jan 2013 P-II*
23. **Action as MO [2 marks]** A child with Bitot's spots is brought to you by the hostel warden *— Jun 2014 (S) P-II*
24. **Justify [2 marks]** Food supplementation alone cannot solve the problem of malnutrition *— Jun 2014 (S) P-II*
25. **Short note [2 marks]** Vitamin A prophylaxis programme *— Jan 2015 P-II*
26. **Write briefly [2 marks]** Prevention of protein energy malnutrition *— Jan 2015 P-II*
27. **Comment [2 marks]** Cultural factors also need to be considered to contain malnutrition among children *— Jan 2018 P-II*
28. **Comment [2 marks]** Infection contributing to malnutrition is a vicious cycle *— Jun 2019 (S) P-II*
29. **Public health importance [2 marks]** Vitamin A supplementation for children *— Jan 2020 P-II*
30. **Substantiate [2 marks]** Iron deficiency anaemia is a grave public health challenge in India *— Jul 2020 (S) P-II*
31. **Substantiate [2 marks]** Goitrogens are an important reason for iodine deficiency in India *— Nov 2021 (S) P-II*
32. **Public health relevance [2 marks]** Iodisation of salt *— Jan 2016 P-II*
33. **Plan of action as MO [2 marks]** The health inspector reports that the fluoride content of water from a well is high *— Sep 2023 (S) P-I*
34. **Substantiate [2 marks]** The signs of vitamin A deficiency are predominantly ocular *— Sep 2023 (S) P-II*

13.3 Assessment of nutritional status and nutrition programmes *(16 papers)*

1. **Case [10 marks]** A two year old boy is brought to you in the primary health centre by his mother. His weight is found to be 10 kg. *— Jul 2020 (S) P-II*
   A. Comment on the nutritional status of the child.
   B. Write down the different methods to assess the nutritional status of a child.
   C. What could be the factors contributing to the present condition?
   D. Write briefly on the services available under the government scheme for this child.
2. **Case [10 marks]** A malnourished 3 year old child was seen by you during a field visit. *— May 2022 P-II*
   A. Describe the tool used to monitor the nutritional status of young children.
   B. Comment on the relationship between malnutrition and child mortality.
   C. Describe briefly the role of ICDS in preventing malnutrition.
   D. Write briefly on age-independent anthropometric measures to assess nutritional status.
   E. What is hidden hunger?
3. **Public health relevance [3 marks]** Mid-day meal scheme ***— Mar 2023 P-II · Mar 2025 P-II [2×]***
4. **Short note [3 marks]** Dietary survey *— Mar 2025 P-II*
5. **Short note [2 marks]** Diet survey ***— Jan 2014 P-II · Jun 2014 (S) P-II · Jan 2019 P-II [3×]***
6. **Differentiate [2 marks]** Food surveillance and nutritional surveillance *— Jun 2011 (S) P-II*
7. **Substantiate [2 marks]** ICDS is one of the largest nutrition supplementation programmes of South East Asia *— Jun 2012 (S) P-II*

8. **Comment [2 marks]** Services rendered by the ICDS programme — *Jun 2013 (S) P-II*
9. **Substantiate [2 marks]** The ICDS scheme is designed both as a preventive and developmental effort — *Jan 2015 P-II*
10. **Short note [2 marks]** Supplementary feeding programme — *Jan 2011 P-II*
11. **Short note [2 marks]** Nutritional surveillance — *Jun 2017 (S) P-II*
12. **Public health relevance [2 marks]** Mid-day meal programme — *Jan 2018 P-II*
13. **Short note [2 marks]** 24 hours recall method of dietary assessment — *Jan 2020 P-II*
14. **Substantiate [2 marks]** Anthropometric measurements are valuable indicators of nutritional status — *Jan 2016 P-II*

13.4 Food hygiene, adulteration and fortification *(14 papers)*

1. **Public health relevance [2 / 3 marks]** Food fortification ***— Jan 2011 P-II · Jan 2019 P-II · Apr 2021 P-II · Feb 2026 (S) P-II [4×]***
2. **Explain [3 marks]** Adoption of food hygiene is very important to prevent food poisoning and other food-borne illnesses — *Mar 2023 P-II*
3. **Public health relevance [2 marks]** Prevention of Food Adulteration Act ***— Jan 2014 P-II · Jan 2015 P-II · Jun 2019 (S) P-II [3×]***
4. **Explain [2 marks]** Food adulteration — *Jun 2014 (S) P-II*
5. **Public health significance [2 marks]** Sanitation of eating places — *Jun 2015 (S) P-II*
6. **Short note [2 marks]** Epidemic dropsy — *Jan 2018 P-II*
7. **Substantiate [2 marks]** Adulteration of food substances is a punishable offence — *Jan 2018 P-II*
8. **Public health relevance [2 marks]** Tests of pasteurised milk — *Jun 2019 (S) P-II*
9. **Short note [2 marks]** Food Safety and Standards Authority of India (FSSAI) — *Jan 2020 P-II*
10. **Substantiate [2 marks]** Food adulteration is a social evil — *Jul 2020 (S) P-II*
11. **Public health relevance [2 marks]** Consumer Protection Act — *Jan 2016 P-II*

13.5 MCQs from recent papers (2023–2026) *(12 MCQs)*

1. An indicator not considered in the Global Hunger Index: — *Mar 2023 P-II*
   (a) Undernourishment (b) Child underweight (c) Child morbidity (d) Child mortality
2. Which is the criterion for food fortification? — *Mar 2023 P-II*
   (a) The vehicle fortified should be consumed regularly as part of the daily diet
   (b) The addition of nutrient should not cause any noticeable change in taste, smell etc.
   (c) The cost of fortification should not raise the cost of the food
   (d) All of the above
3. Richest source of vitamin D: — *Sep 2023 (S) P-II*
   (a) Halibut liver oil (b) Egg (c) Cod liver oil (d) Fish fat
4. Approximate content of caffeine in a cup of instant coffee: — *Jan 2024 P-I*
   (a) 80–140 mg (b) 30–60 mg (c) 60–100 mg (d) 30–80 mg
5. Cereal protein is deficient in which amino acid? — *Jan 2024 P-II*
   (a) Leucine (b) Lysine (c) Methionine (d) Phenylalanine
6. Which of the following is not an age-dependent measure of nutritional status? — *Mar 2025 P-II*
   (a) Weight for age (b) Height for age
   (c) Mid-upper arm circumference (d) Head circumference
7. Approximate amount of calories in 100 g of cereals is: — *Mar 2025 P-II*
   (a) 250 (b) 350 (c) 550 (d) 750

8. Green leafy vegetables are not a good source of: — *Mar 2025 P-II*
   (a) Vitamin A (b) Vitamin C (c) Vitamin D (d) Iron
9. The average requirement of protein per day per kilogram body weight for an adult is: — *Mar 2025 P-II*
   (a) 0.5 g (b) 0.8 g (c) 2 g (d) 10 g
10. Approximately how many calories should a school child receive in the mid-day meal scheme? — *Mar 2025 P-II*
    (a) 300 (b) 500 (c) 700 (d) 900
11. Which of the following vitamins will increase the absorption of iron from vegetarian foods? — *Feb 2026 (S) P-II*
    (a) Thiamine (b) Riboflavin (c) Vitamin K (d) Vitamin C
12. Which one of the following indicators is used in surveillance of iodine status? — *Feb 2026 (S) P-II*
    (a) Urinary iodine excretion (b) Prevalence of neonatal hypothyroidism
    (c) Prevalence of cretinism (d) Prevalence of goitre

14. Medicine and Social Science (36 questions)

★ **Most-asked topics in this chapter**

- Family, social factors, social security and social problems — ***asked in 23 papers***
- Doctor–patient relationship, ethics and AETCOM — ***asked in 7 papers***

14.1 Family, social factors, social security and social problems *(23 papers)*

1. **Public health significance [2 / 3 marks]** Acculturation — ***Jun 2012 (S) P-II · Jan 2014 P-II · Jun 2019 (S) P-II · Sep 2023 (S) P-II · Mar 2025 P-II · Feb 2026 (S) P-II [6×]***
2. **Short note [2 / 3 marks]** Juvenile delinquency — ***Jan 2014 P-II · Jan 2015 P-II · Feb 2026 (S) P-II [3×]***
3. **Short note [2 / 3 marks]** Role of family in health and disease — ***Sep 2023 (S) P-II · Feb 2026 (S) P-II [2×]***
4. **Justify [3 marks]** Family is considered as a primary unit in all societies — *Mar 2023 P-II*
5. **Explain [3 marks]** To be ill is more than a medical condition — *Mar 2023 P-II*
6. **Public health relevance [3 marks]** Family in health and disease — *Jan 2024 P-II*
7. **Enumerate [3 marks]** Health problems of the tribal population — *Jan 2024 P-II*
8. **Explain [2 marks]** Social security — ***Jun 2014 (S) P-II · Jun 2015 (S) P-II · Jul 2020 (S) P-II · Sep 2023 (S) P-II [4×]***
9. **Substantiate [2 marks]** Family is the basic unit in all societies — ***Jun 2015 (S) P-II · Jan 2016 P-II [2×]***
10. **Discuss [2 marks]** Kudumbashree in Kerala is an example of women's empowerment — *Jan 2012 P-II*
11. **Substantiate [2 marks]** Kudumbashree helps a lot in women's empowerment — *Jan 2013 P-II*
12. **Comment [2 marks]** Women empowerment — *Jun 2013 (S) P-II*
13. **Substantiate [2 marks]** The family is like a "shock absorber" to the stresses and strains of life — *Jan 2014 P-II*
14. **Write briefly [2 marks]** Kudumbashree mission — *Jun 2014 (S) P-II*
15. **Comment [2 marks]** Gender biases cause a specific threat to girl children — *Jan 2015 P-II*
16. **Short note [2 marks]** Role of self help groups in community development — *Jan 2011 P-II*
17. **Short note [2 marks]** Social assistance — *Jan 2011 P-II*
18. **Short note [2 marks]** Socioeconomic status scale — *Jun 2017 (S) P-II*
19. **Substantiate [2 marks]** Dowry system is a social evil — *Jun 2017 (S) P-II*
20. **Public health relevance [2 marks]** Social pathology — *Jan 2019 P-II*

21. **Short note [2 marks]** Social class and health — *Jan 2020 P-II*
22. **Comment [2 marks]** Women and children are the most vulnerable section of society — *Jul 2020 (S) P-II*
23. **Public health relevance [2 marks]** Medico-social worker — *Jul 2020 (S) P-II*
24. **Substantiate [2 marks]** It is the responsibility of the family to socialise the "stream of newborn barbarians" — *Apr 2021 P-II*
25. **Short note [2 marks]** Medical social worker — *Apr 2021 P-II*
26. **Substantiate [2 marks]** Social classification based on occupations has limitations — *Nov 2021 (S) P-II*
27. **Substantiate [2 marks]** Broken families lead to juvenile delinquency — *May 2022 P-II*

14.2 Doctor–patient relationship, ethics and AETCOM *(7 papers)*

1. **Justify [3 marks]** Consideration of patient autonomy is important in patient care — *Mar 2023 P-II*
2. **Public health relevance [3 marks]** Attitude, ethics and communication in medical education — *Mar 2023 P-II*
3. **Public health relevance [3 marks]** Doctor–patient relationship — *Jan 2024 P-II*
4. **Short note [3 marks]** Fiduciary duty — *Mar 2025 P-I*
5. **Answer the following [3 marks]** Fiduciary duty of doctors — *Feb 2026 (S) P-I*
6. **Public health relevance [2 marks]** Doctor–patient communication — *Jun 2011 (S) P-II*
7. **Comment [2 marks]** Medical ethics must be taught in all medical schools — *Jun 2013 (S) P-I*
8. **Substantiate [2 marks]** Counterfeit medicines are a crime against humanity — *Jun 2019 (S) P-II*

14.3 MCQs from recent papers (2023–2026) *(1 MCQs)*

1. Which one is not considered a burden of disease in tribal communities? — *Mar 2023 P-II*
   (a) Animal attack and violence in conflict areas
   (b) Genetic disorders
   (c) Poverty
   (d) Communicable diseases

15. Occupational Health (39 questions)

> ★ **Most-asked topics in this chapter**
> - Occupational hazards, diseases, ESI Act and prevention ***— asked in 24 papers***

15.1 Occupational hazards, diseases, ESI Act and prevention *(24 papers)*

1. **Significance [2 / 3 marks]** Pre-placement examination ***— Jun 2014 (S) P-I · Jun 2015 (S) P-I · Jan 2016 P-I · Jan 2020 P-I · Nov 2021 (S) P-II · Feb 2026 (S) P-II [6×]***
2. **Enumerate [3 marks]** Benefits to employees under the ESI Act — *Mar 2023 P-II*
3. **Justify [3 marks]** Ergonomics constitutes an integral part of occupational health service — *Jan 2024 P-II*
4. **Explain [3 marks]** Preventive medicine and occupational health have the same aim — *Jan 2024 P-II*
5. **Short note [3 marks]** Occupational hazards of health care workers — *Mar 2025 P-II*
6. **Short note [3 marks]** Medical measures in preventing occupational diseases — *Mar 2025 P-II*
7. **Prevention of occupational diseases [3 marks]** Notification of occupational diseases — *Feb 2026 (S) P-II*
8. **Prevention of occupational diseases [3 marks]** Substitution — *Feb 2026 (S) P-II*

9. **Prevention of occupational diseases [3 marks]** Sickness benefit under the Employees' State Insurance (ESI) Act — *Feb 2026 (S) P-II*
10. **Prevention of occupational diseases [3 marks]** Benefits to employers under the ESI Act — *Feb 2026 (S) P-II*
11. **Public health importance [2 marks]** Ergonomics — ***Jan 2013 P-I · Apr 2021 P-II · May 2022 P-II · Sep 2023 (S) P-II [4×]***
12. **Short note [2 marks]** Sickness absenteeism — ***Jun 2014 (S) P-I · Nov 2021 (S) P-II [2×]***
13. **Substantiate [2 marks]** The Factories Act is a social security legislation — *Jun 2011 (S) P-I*
14. **Differentiate [2 marks]** Bagassosis and byssinosis — *Jan 2012 P-I*
15. **Action as MO [2 marks]** A worker in a textile mill reports with chronic cough and progressive dyspnoea — *Jun 2012 (S) P-I*
16. **Comment on relevance [2 marks]** Notification of occupational disease — *Jan 2013 P-I*
17. **Action as MO [2 marks]** As the occupational health officer of a factory with over 500 employees, you are asked to suggest welfare measures for the workers — *Jun 2013 (S) P-I*
18. **Comment [2 marks]** Ergonomics helps to improve industrial productivity — *Jun 2013 (S) P-I*
19. **Comment on relevance [2 marks]** Practice of ergonomics in industry — *Jan 2011 P-I*
20. **Substantiate [2 marks]** Pre-placement examination is the foundation of an efficient occupational health service — *Jan 2014 P-I*
21. **Comment on relevance [2 marks]** Pre-placement examination in industries — *Jan 2015 P-I*
22. **Action as MO [2 marks]** Five people working in an industry are brought with history of deafness — *Jan 2015 P-I*
23. **Action as MO [2 marks]** You are invited to conduct a pre-placement examination for the newly recruited workers in a nearby industry — *Jun 2017 (S) P-I*
24. **Public health importance [2 marks]** Pre-placement examination in occupational health service — *Jan 2019 P-I*
25. **Action as MO [2 marks]** You are asked to conduct the periodic check-up of workers in a cement factory — *Jan 2019 P-I*
26. **Substantiate [2 marks]** Employees' State Insurance has many welfare schemes — *Jan 2020 P-II*
27. **Comment on relevance [2 marks]** Notification in occupational health — *Jul 2020 (S) P-I*
28. **Substantiate [2 marks]** Personal protective equipment is the last resort in preventing occupational diseases — *Apr 2021 P-II*
29. **Short note [2 marks]** Biological effects of radiation — *Apr 2021 P-II*
30. **Importance in occupational health [2 marks]** Occupational diseases — *Nov 2021 (S) P-II*
31. **Importance in occupational health [2 marks]** Rajiv Gandhi Shramik Kalyan Yojana — *Nov 2021 (S) P-II*
32. **Importance in occupational health [2 marks]** Prevention of occupational diseases — *Nov 2021 (S) P-II*
33. **Short note [2 marks]** Prevention of pneumoconiosis — *May 2022 P-II*
34. **Substantiate [2 marks]** Legislation is important for protecting the health of workers — *May 2022 P-II*

15.2 MCQs from recent papers (2023–2026) *(5 MCQs)*

1. Emporiatrics is the study of: — *Mar 2023 P-II*
   (a) Occupational diseases (b) Health of travellers
   (c) Air pollution (d) Environmental factors
2. Occupational hazard from sugarcane dust is: — *Sep 2023 (S) P-II*
   (a) Bagassosis (b) Byssinosis (c) Silicosis (d) Anthracosis
3. Extended sickness benefit is a component of: — *Sep 2023 (S) P-II*
   (a) Workmen's Compensation Act, 1923 (b) The Factories Act, 1948
   (c) Employees' State Insurance Act, 1948 (d) Maternity Benefit Act, 1961

4. Most common occupational cancer in India: — *Jan 2024 P-II*
   (a) Skin cancer (b) Lung cancer (c) Bladder cancer (d) Blood cancer
5. The Bhopal gas tragedy occurred because of leaking of which of the following into the environment? — *Feb 2026 (S) P-I*
   (a) Potassium cyanide (b) Methyl isocyanate
   (c) Carbon monoxide (d) Dichlorodiphenyltrichloroethane

16. Genetics and Health (18 questions)

> ★ **Most-asked topics in this chapter**
> - Genetics, eugenics and genetic counselling — ***asked in 22 papers***

16.1 Genetics, eugenics and genetic counselling *(22 papers)*

1. **Short note [2 / 3 marks]** Genetic counselling — ***Jan 2013 P-II · Jun 2013 (S) P-II · Apr 2021 P-II · Nov 2021 (S) P-II · Mar 2023 P-II · Sep 2023 (S) P-II · Mar 2025 P-II [7×]***
2. **Substantiate [3 marks]** Eugenics has both negative and positive aspects — *Feb 2026 (S) P-II*
3. **Public health relevance [2 marks]** Prospective genetic counselling — ***Jan 2014 P-II · Jun 2017 (S) P-II · Jun 2019 (S) P-II [3×]***
4. **Short note [2 marks]** Eugenics — ***Jan 2012 P-II · Jan 2016 P-II [2×]***
5. **Short note [2 marks]** Gene therapy — ***Jan 2018 P-II · Jul 2020 (S) P-II [2×]***
6. **Public health relevance [2 marks]** Retrospective genetic counselling — ***Jan 2016 P-II · May 2022 P-II [2×]***
7. **Action as MO [2 marks]** A newly married couple with a family history of haemophilia approach you for counselling — *Jun 2011 (S) P-I*
8. **Public health importance [2 marks]** Pre-natal Diagnostic Techniques (Regulation and Prevention of Misuse) Act — *Jan 2013 P-II*
9. **Public health relevance [2 marks]** Prenatal diagnosis of disease — *Jun 2013 (S) P-II*
10. **Substantiate [2 marks]** Prenatal diagnosis of sickle cell anaemia is a useful measure — *Jan 2015 P-II*
11. **Public health relevance [2 marks]** Prenatal diagnosis of diseases — *Jan 2011 P-II*
12. **Write briefly [2 marks]** Primary prevention of genetic disorders — *Jun 2015 (S) P-II*
13. **Short note [2 marks]** Population genetics — *Jan 2019 P-II*
14. **Substantiate [2 marks]** Genes are the unit of heredity — *Jan 2019 P-II*
15. **Substantiate [2 marks]** Eugenics aims to improve the genetic endowment of the human population — *Jun 2019 (S) P-II*
16. **Substantiate [2 marks]** Genetics plays an important role in NCD causation — *Jan 2020 P-II*

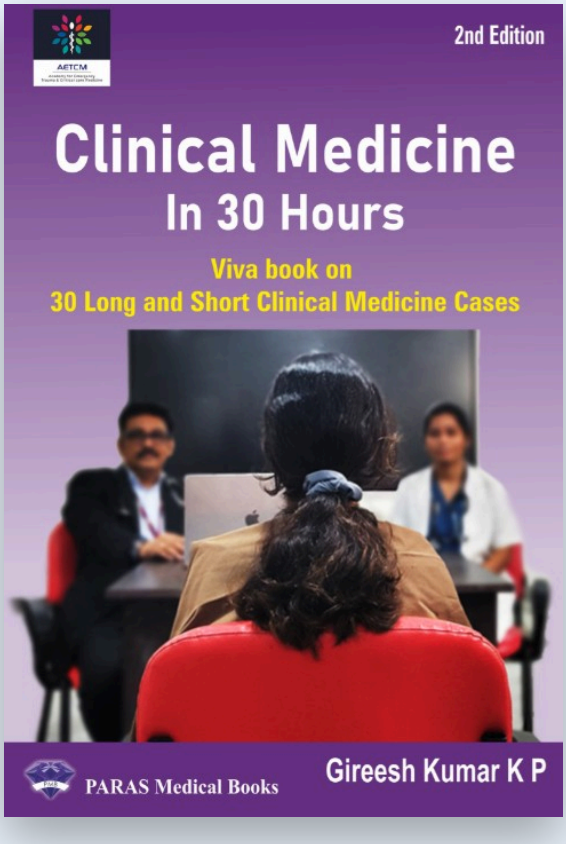
16.2 MCQs from recent papers (2023–2026) *(2 MCQs)*

1. Effect of environment on genes is called: — *Sep 2023 (S) P-II*
   (a) Positive eugenics (b) Negative eugenics (c) Euthenics (d) Genetic counselling
2. Hardy–Weinberg law is related to: — *Jan 2024 P-II*
   (a) Population growth (b) Social medicine (c) Health economics (d) Population genetics

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17. Mental Health and Substance Abuse (17 questions)

★ Most-asked topics in this chapter

- Mental health, substance abuse and alcoholism ***— asked in 13 papers***

17.1 Mental health, substance abuse and alcoholism *(13 papers)*

1. **Case [10 marks]** A panchayat ward member reports to you that there is an increase in the number of intravenous drug users in the area, especially among adolescent boys. *— Jan 2012 P-I*
   A. What are the diseases transmitted by intravenous drug usage?
   B. What are the three important steps you would take to prevent the spread of the menace?
   C. How will you rehabilitate the present drug users?
   D. What is ICTC? What are the services offered under this?
   E. What is targeted intervention?
2. **Relevance [3 marks]** Warning signals of poor mental health *— Mar 2023 P-I*
3. **Write briefly [2 marks]** Community mental health programme *— Jun 2011 (S) P-II*
4. **Comment [2 marks]** Investing in mental health *— Jun 2013 (S) P-II*
5. **Comment [2 marks]** Alcohol is a worldwide medical and social problem *— Jan 2015 P-II*
6. **Comment on relevance [2 marks]** Legal banning of alcohol consumption in Kerala *— Jun 2017 (S) P-I*
7. **Comment [2 marks]** A mentally healthy person is able to meet the demands of life *— Jan 2019 P-II*
8. **Short note [2 marks]** Characteristics of a mentally healthy person *— Jan 2019 P-II*
9. **Comment [2 marks]** Emotions play an important role in health *— Jan 2020 P-II*
10. **Short note [2 marks]** Substance abuse *— Jan 2020 P-II*
11. **Comment [2 marks]** "Drug culture" is increasing among young people from all walks of life *— Jul 2020 (S) P-II*
12. **Substantiate [2 marks]** Mental health is not mere absence of mental illness *— Jul 2020 (S) P-II*
13. **Action as MO [2 marks]** A mother brings her 20 year old son, who is addicted to alcohol, to your OP *— Apr 2021 P-I*
14. **Substantiate [2 marks]** Life skills education in schools is essential for the mental health of the child and academic performance *— Nov 2021 (S) P-I*
15. **Write briefly [2 marks]** Warning signs of poor mental health *— May 2022 P-I*
16. **Short note [2 marks]** Common mental health problems *— Sep 2023 (S) P-I*

17.2 MCQs from recent papers (2023–2026) *(1 MCQs)*

1. The following dependence-producing drugs are extracts of the hemp plant, except: *— Sep 2023 (S) P-I*
   (a) Hashish (b) Ganja (c) Bhang (d) Cocaine

18. Health Communication and Health Education (29 questions)

★ Most-asked topics in this chapter

- Communication, health education methods and principles ***— asked in 25 papers***

18.1 Communication, health education methods and principles *(25 papers)*

1. **Short note [2 / 3 marks]** Group discussion ***— Jun 2012 (S) P-II · Jan 2015 P-II · May 2022 P-II · Jan 2024 P-I [4×]***
2. **Views [2 / 3 marks]** Role play ***— Jun 2015 (S) P-II · Mar 2025 P-II [2×]***
3. **Substantiate [2 / 3 marks]** Group discussion is considered a very effective method of health communication ***— Jun 2017 (S) P-II · Feb 2026 (S) P-II [2×]***
4. **Short note [3 marks]** Social marketing ***— Mar 2023 P-II · Feb 2026 (S) P-II [2×]***
5. **Short note [2 / 3 marks]** Communication process ***— May 2022 P-II · Mar 2025 P-II [2×]***
6. **Enumerate [3 marks]** Methods of group approach in health communication *— Mar 2023 P-II*
7. **Short note [2 marks]** Barriers of communication ***— Jan 2013 P-II · Jun 2014 (S) P-II · Jan 2016 P-II · Jun 2017 (S) P-I [4×]***
8. **Short note [2 marks]** Principles of health education ***— Jan 2014 P-II · Sep 2023 (S) P-II [2×]***
9. **Public health perspective [2 marks]** Group approach in health education *— Jun 2011 (S) P-II*
10. **Action as MO [2 marks]** To plan a health education session on weaning practices to a group of mothers *— Jun 2012 (S) P-II*
11. **Public health importance [2 marks]** Communication skills *— Jun 2013 (S) P-I*
12. **Substantiate [2 marks]** Role play is an effective method of health education *— Jun 2013 (S) P-II*
13. **Comment [2 marks]** Chalk and talk is an effective method of communication for small groups *— Jan 2014 P-II*
14. **Substantiate [2 marks]** In health education, knowledge and skills are actively acquired *— Jan 2014 P-II*
15. **Explain [2 marks]** Mass approach in health education *— Jun 2014 (S) P-II*
16. **Comment [2 marks]** Educational approach is the best approach in public health *— Jan 2015 P-II*
17. **Write briefly [2 marks]** Methods in health communication *— Jun 2015 (S) P-II*
18. **Short note [2 marks]** Group discussion as a method of health education *— Jan 2011 P-II*
19. **Comment [2 marks]** Interpersonal communication is more effective than mass media communication *— Jan 2018 P-II*
20. **Short note [2 marks]** Panel discussion *— Jan 2018 P-II*
21. **Public health importance [2 marks]** Educational approach in public health *— Jan 2019 P-I*
22. **Comment [2 marks]** Conducting an interview is both an art and a science *— Jan 2019 P-II*
23. **Substantiate [2 marks]** Participation is a key word in health education *— Jul 2020 (S) P-I*
24. **Substantiate [2 marks]** Cultural barriers can present serious problems in achieving behaviour change in health *— Jul 2020 (S) P-I*
25. **Action plan as MO [2 marks]** To deliver a health education class on emerging diseases for the general public *— Apr 2021 P-II*
26. **Short note [2 marks]** Barriers in health communication *— Nov 2021 (S) P-II*
27. **Short note [2 marks]** Steps for conducting an interview *— Jan 2016 P-II*

18.2 MCQs from recent papers (2023–2026) *(2 MCQs)*

1. Methods of mass approach for health education are all except: *— Sep 2023 (S) P-II*
   (a) Posters (b) Exhibitions
   (c) Conferences (d) Focus group discussion
2. Which of the following is a principle of health education? *— Mar 2025 P-II*
   (a) Coercion (b) Propaganda (c) Participation (d) Legislation

19. Health Planning and Management (44 questions)

★ Most-asked topics in this chapter

- Planning cycle, management techniques and health economics ***— asked in 25 papers***
- Health committees and national health policy ***— asked in 7 papers***

19.1 Planning cycle, management techniques and health economics *(25 papers)*

1. **Write briefly [2 / 3 marks]** Network analysis ***— Jun 2011 (S) P-II · Jan 2014 P-II · Jan 2015 P-II · Jun 2019 (S) P-II · May 2022 P-II · Jan 2024 P-II [6×]***
2. **Short note [2 / 3 marks]** Cost-effectiveness analysis ***— Jan 2012 P-II · Jan 2015 P-II · Jan 2019 P-II · Jul 2020 (S) P-II · Sep 2023 (S) P-II · Mar 2025 P-II [6×]***
3. **Short note [2 / 3 marks]** Planning cycle ***— Jan 2013 P-II · Mar 2023 P-II [2×]***
4. **Enumerate [3 marks]** Management techniques utilised in health services — *Mar 2023 P-II*
5. **Explain [3 marks]** Planning is for tomorrow — *Jan 2024 P-II*
6. **Enumerate [3 marks]** Quantitative management methods — *Jan 2024 P-II*
7. **Substantiate [3 marks]** Network analysis brings greater discipline in planning — *Feb 2026 (S) P-II*
8. **Short note [2 marks]** Steps in planning cycle ***— Jan 2016 P-II · Jun 2017 (S) P-II · Jan 2019 P-II [3×]***
9. **Public health relevance [2 marks]** Work sampling ***— Jun 2011 (S) P-II · Jan 2013 P-II [2×]***
10. **Comment [2 marks]** Delay in any activity along the critical path will delay the entire project ***— Jan 2011 P-II · Jun 2013 (S) P-II [2×]***
11. **Short note [2 marks]** PERT — *Jun 2012 (S) P-II*
12. **Short note [2 marks]** Health economics — *Jun 2013 (S) P-II*
13. **Comment [2 marks]** Cost benefit analysis has little value in the field of health — *Jan 2014 P-II*
14. **Public health relevance [2 marks]** Prioritisation in health — *Jan 2014 P-II*
15. **Substantiate [2 marks]** Planning is a matter of teamwork and consultation — *Jan 2014 P-II*
16. **Substantiate [2 marks]** Evaluation is a crucial component in any health programme — *Jun 2014 (S) P-II*
17. **Short note [2 marks]** Cost benefit analysis — *Jun 2014 (S) P-II*
18. **Public health relevance [2 marks]** Decentralised planning in health care — *Jan 2015 P-II*
19. **Substantiate [2 marks]** Supervision is done to improve the efficiency of work — *Jan 2015 P-II*
20. **Views [2 marks]** Input–output analysis — *Jun 2015 (S) P-II*
21. **Substantiate [2 marks]** Network analysis is a management technique that brings greater discipline in planning — *Jun 2017 (S) P-II*
22. **Public health relevance [2 marks]** Work sampling analysis — *Jan 2018 P-II*
23. **Comment [2 marks]** Cost-effectiveness analysis is a promising tool for application in the health field — *Jan 2019 P-II*
24. **Public health relevance [2 marks]** Prioritisation in planning — *Jan 2019 P-II*
25. **Comment [2 marks]** Poor organisation results in waste of resources — *Jun 2019 (S) P-II*
26. **Short note [2 marks]** Cost benefit analysis in health sector — *Jan 2020 P-II*
27. **Comment [2 marks]** Evaluation has to be part of health planning — *Jan 2020 P-II*
28. **Comment [2 marks]** Money is an important resource for providing health services to people — *Jul 2020 (S) P-II*
29. **Substantiate [2 marks]** A good plan will have a built-in evaluation — *Jul 2020 (S) P-II*

30. **Substantiate [2 marks]** In network analysis, the critical path is considered the longest path of the network — *Apr 2021 P-II*

31. **Short note [2 marks]** Gantt chart — *Nov 2021 (S) P-II*

32. **Public health importance [2 marks]** Programme Evaluation and Review Technique (PERT) — *Sep 2023 (S) P-II*

33. **Substantiate [2 marks]** Cost-effectiveness analysis is more suited in the health sector — *May 2022 P-II*

19.2 Health committees and national health policy *(7 papers)*

1. **Short note [2 marks]** National Health Policy — *Jun 2012 (S) P-II*

2. **Short note [2 marks]** Bhore committee report — *Jan 2014 P-II*

3. **Short note [2 marks]** National health policy goals — *Jan 2015 P-II*

4. **Write briefly [2 marks]** Bhore committee — *Jan 2015 P-II*

5. **Short note [2 marks]** Central Council of Health — *Jun 2017 (S) P-II*

6. **Comment [2 marks]** Bhore committee was instrumental in making social physicians — *Jan 2019 P-II*

7. **Short note [2 marks]** Recommendations of Bhore committee — *Jun 2019 (S) P-II*

8. **Comment [2 marks]** Sir Joseph Bhore was instrumental in making social physicians in India — *Jan 2016 P-II*

19.3 MCQs from recent papers (2023–2026) *(3 MCQs)*

1. Reorientation of Medical Education (ROME) was implemented by which health committee? — *Mar 2023 P-II*
   (a) Kartar Singh committee (b) Balwantrai committee
   (c) Srivastava committee (d) Mudaliar committee

2. The concept of multipurpose workers was put forward by: — *Sep 2023 (S) P-II*
   (a) Chadah committee (b) Shrivastava committee
   (c) Mukerji committee (d) Kartar Singh committee

3. Benefit of a programme expressed in terms of results achieved, e.g. number of lives saved or number of days free of disease, is known as: — *Feb 2026 (S) P-II*
   (a) Cost-benefit analysis (b) Cost-effectiveness analysis
   (c) Cost accounting (d) Input–output analysis

20. Health Care of the Community (92 questions)

★ Most-asked topics in this chapter

- Primary health care, levels of care and health care delivery ***— asked in 29 papers***
- Health workers, health insurance, voluntary agencies and Panchayati Raj ***— asked in 19 papers***

20.1 Primary health care, levels of care and health care delivery *(29 papers)*

1. **Short note [2 / 3 marks]** Sub-centre ***— Jan 2019 P-II · Jan 2020 P-II · Sep 2023 (S) P-II · Mar 2025 P-II [4×]***

2. **Public health relevance [3 marks]** Assuring minimum standards in health care — *Mar 2023 P-II*

3. **Explain [3 marks]** Over the years hospitals have been transformed into complex organisations in modern society — *Mar 2023 P-II*

4. **Explain [3 marks]** Primary health care is the level at which most of the health problems can be dealt with and resolved — *Mar 2023 P-II*

5. **Justify [3 marks]** Health care implies more than medical care — *Jan 2024 P-II*
6. **Enumerate [3 marks]** Indian Public Health Standards for primary health centre — *Jan 2024 P-II*
7. **Substantiate [3 marks]** Community participation ensures the success of a health programme — *Feb 2026 (S) P-II*
8. **Answer the following [3 marks]** Outline the Indian Public Health Standards (IPHS) for PHCs — *Feb 2026 (S) P-II*
9. **Short note [2 marks]** First referral unit ***— Jan 2011 P-II · Jun 2013 (S) P-II · Jun 2019 (S) P-II [3×]***
10. **Write briefly [2 marks]** Intersectoral coordination in primary health care ***— Jun 2011 (S) P-II · May 2022 P-II [2×]***
11. **Substantiate [2 marks]** Primary health care is the means of achieving health for all ***— Jan 2014 P-II · Jun 2019 (S) P-II [2×]***
12. **Public health importance [2 marks]** Health team concept ***— Jun 2014 (S) P-I · May 2022 P-I [2×]***
13. **Public health relevance [2 marks]** Community participation ***— Jan 2015 P-II · Jun 2015 (S) P-II [2×]***
14. **Short note [2 marks]** Intersectoral coordination in health care — *Jan 2011 P-II*
15. **Differentiate [2 marks]** Community health centre and primary health centre — *Jun 2011 (S) P-II*
16. **Public health importance [2 marks]** Telemedicine — *Jan 2012 P-II*
17. **Short note [2 marks]** Appropriate technology — *Jan 2012 P-II*
18. **Public health relevance [2 marks]** Community development programme — *Jun 2012 (S) P-II*
19. **Public health relevance [2 marks]** Three-tier system of health care delivery in India — *Jun 2012 (S) P-II*
20. **Substantiate [2 marks]** The PHC provides integrated health care — *Jun 2012 (S) P-II*
21. **Public health significance [2 marks]** Referral system in health care — *Jun 2012 (S) P-II*
22. **Comment [2 marks]** Community needs assessment approach is very useful in preparing the sub-centre action plan — *Jan 2013 P-II*
23. **Public health importance [2 marks]** Intersectoral coordination in health — *Jan 2013 P-II*
24. **Public health importance [2 marks]** Indian Public Health Standards — *Jan 2013 P-II*
25. **Substantiate [2 marks]** Equitable distribution is a key principle in primary health care — *Jan 2013 P-II*
26. **Public health importance [2 marks]** The basic doctor — *Jun 2013 (S) P-I*
27. **Significance [2 marks]** Alternative systems of medicine — *Jun 2013 (S) P-I*
28. **Substantiate [2 marks]** India needs to give priority to urban health — *Jun 2013 (S) P-II*
29. **Comment [2 marks]** Essential drugs in health care — *Jun 2013 (S) P-II*
30. **Short note [2 marks]** Principles of primary health care — *Jan 2014 P-II*
31. **Short note [2 marks]** Functions of primary health centre — *Jan 2014 P-II*
32. **Comment [2 marks]** Provision of health care is a team work — *Jun 2014 (S) P-I*
33. **Substantiate [2 marks]** A successful health programme needs people's participation — *Jun 2014 (S) P-II*
34. **Justify [2 marks]** India needs family physicians, not only specialists — *Jun 2014 (S) P-II*
35. **Substantiate [2 marks]** Partograph is an example of appropriate technology — *Jan 2015 P-II*
36. **Views [2 marks]** Health need — *Jun 2015 (S) P-II*
37. **Public health significance [2 marks]** Basic resources for health care — *Jun 2015 (S) P-II*
38. **Public health relevance [2 marks]** Primary health care approach in health services — *Jun 2017 (S) P-II*
39. **Short note [2 marks]** Indian Public Health Standards for sub-centres — *Jun 2017 (S) P-II*
40. **Substantiate [2 marks]** The success of a PHC depends largely on the team leadership which the Medical Officer is able to provide — *Jun 2017 (S) P-II*
41. **Public health relevance [2 marks]** Intersectoral coordination for delivery of primary health care — *Jan 2018 P-II*

42. **Substantiate [2 marks]** The Medical Officer is the captain of the health team at the primary health centre — *Jan 2018 P-II*

43. **Short note [2 marks]** Community needs assessment approach — *Jan 2018 P-II*

44. **Substantiate [2 marks]** PHC is providing preventive, promotive and curative services to a defined geographic area — *Jan 2019 P-II*

45. **Public health importance [2 marks]** Monitoring of medicine safety and pharmacovigilance — *Jun 2019 (S) P-I*

46. **Comment [2 marks]** Intersectoral coordination is essential for health — *Jan 2020 P-II*

47. **Substantiate [2 marks]** Three-tier health care delivery is necessary for cost-effective health care — *Jan 2020 P-II*

48. **Public health importance [2 marks]** Felt need of the community — *Jul 2020 (S) P-I*

49. **Comment [2 marks]** The doctor is the leader of the health team in the primary health centre — *Jul 2020 (S) P-II*

50. **Public health relevance [2 marks]** Community needs assessment — *Jul 2020 (S) P-II*

51. **Short note [2 marks]** Primary health care — *Jul 2020 (S) P-II*

52. **Substantiate [2 marks]** Appropriate technology is suitable for health care in developing countries — *Nov 2021 (S) P-II*

53. **Substantiate [2 marks]** Primary health care is the method of choice for achieving health for all — *Nov 2021 (S) P-II*

54. **Action plan as MO [2 marks]** A large number of fever cases are reported in your area and there is a scarcity of essential medicines — *Nov 2021 (S) P-II*

55. **Action plan as MO [2 marks]** A community unaware of the various health legislations in India — *Nov 2021 (S) P-II*

56. **Short note [2 marks]** Comprehensive health care — *Jan 2016 P-II*

57. **Short note [2 marks]** Community health centre — *Jan 2016 P-II*

58. **Short note [2 marks]** Levels of health care — *Jan 2016 P-II*

20.2 Health workers, health insurance, voluntary agencies and Panchayati Raj *(19 papers)*

1. **Explain [3 marks]** Ayushman Bharat — *Mar 2023 P-I*

2. **Justify [3 marks]** Ideally every citizen should be covered by some health insurance scheme — *Mar 2023 P-II*

3. **Enumerate [3 marks]** Roles and responsibilities of ASHA — *Mar 2023 P-II*

4. **Explain [3 marks]** Voluntary health agencies occupy an important place in community health programmes — *Jan 2024 P-II*

5. **Enumerate [3 marks]** Functions of an anganwadi worker — *Jan 2024 P-II*

6. **Short note [3 marks]** Voluntary health agencies in health care — *Mar 2025 P-II*

7. **Public health relevance [2 marks]** Accredited Social Health Activist (ASHA) ***— Jan 2011 P-II · Jun 2013 (S) P-II [2×]***

8. **Comment [2 marks]** Role of NGOs in the health system — *Jun 2011 (S) P-I*

9. **Differentiate [2 marks]** Anganwadi worker and ASHA — *Jun 2011 (S) P-II*

10. **Comment [2 marks]** Rashtriya Swasthya Bima Yojana (RSBY) is a national health insurance scheme — *Jan 2013 P-II*

11. **Short note [2 marks]** Panchayati Raj system and health — *Jan 2013 P-II*

12. **Justify [2 marks]** Non-governmental organisations can contribute significantly to the nation's health — *Jun 2013 (S) P-I*

13. **Comment [2 marks]** Panchayati Raj institutions can help in improving the functioning of the public health system — *Jun 2013 (S) P-II*

14. **Short note [2 marks]** Health insurance — *Jun 2013 (S) P-II*

15. **Comment [2 marks]** Panchayati Raj institutions are accepted as agencies of public welfare — *Jan 2014 P-II*

16. **Justify [2 marks]** Panchayati Raj institutions can greatly contribute to rural health — *Jun 2014 (S) P-II*
17. **Short note [2 marks]** Anganwadi worker — *Jun 2014 (S) P-II*
18. **Write briefly [2 marks]** Public–private partnership in health — *Jan 2015 P-II*
19. **Substantiate [2 marks]** Voluntary agencies occupy an important place in community health programmes — *Jun 2015 (S) P-II*
20. **Substantiate [2 marks]** ASHA will act as a health activist in the community who will create awareness on health — *Jun 2015 (S) P-II*
21. **Advice to JPHN [2 marks]** Maintenance of different registers in the sub-centre — *Jun 2015 (S) P-II*
22. **Comment [2 marks]** Anganwadi workers are the primary communication link with health services — *Jun 2019 (S) P-II*
23. **Substantiate [2 marks]** Panchayati Raj is a three-tier structure of local self government — *Jun 2019 (S) P-II*
24. **Comment [2 marks]** Anganwadi has a key role in the RCH programme — *Jan 2020 P-II*
25. **Public health relevance [2 marks]** Panchayati Raj institutions — *Jan 2016 P-II*
26. **Substantiate [2 marks]** Anganwadis are crucial for child health — *Sep 2023 (S) P-II*
27. **Public health importance [2 marks]** Panchayati Raj — *Sep 2023 (S) P-II*
28. **Short note [2 marks]** Multipurpose health worker (female) — *May 2022 P-II*

20.3 MCQs from recent papers (2023–2026) *(6 MCQs)*

1. A sub-centre in a hilly area caters to a population of: — *Jan 2024 P-II*
   (a) 5000 (b) 2000 (c) 3000 (d) 4000
2. A female multipurpose worker does not: — *Jan 2024 P-II*
   (a) Distribute condoms (b) Collect birth and death statistics
   (c) Do malaria surveillance (d) Immunise mothers
3. Which of the following is not a principle of primary health care? — *Mar 2025 P-II*
   (a) Appropriate technology (b) Community participation
   (c) Equal distribution (d) Intersectoral coordination
4. In our national health care system, the smallest establishment that fits into the definition of a hospital is: — *Feb 2026 (S) P-II*
   (a) Sub-centre (b) PHC (c) CHC (d) District hospital
5. All the following are principles of primary health care, except: — *Feb 2026 (S) P-II*
   (a) Equal distribution (b) Community participation
   (c) Intersectoral coordination (d) Appropriate technology
6. All the following are true about Panchayati Raj, except: — *Feb 2026 (S) P-II*
   (a) It is a three-tier structure of rural local self-government linking village to district
   (b) Panchayat is at the village level
   (c) Panchayat samiti is at the state level
   (d) Zila parishad is at the district level

21. International Health (26 questions)

★ Most-asked topics in this chapter

- WHO, UNICEF, MDGs, SDGs and international agencies ***— asked in 19 papers***

21.1 WHO, UNICEF, MDGs, SDGs and international agencies *(19 papers)*

1. **Short note [2 / 3 marks]** Services of UNICEF ***— Jan 2014 P-II · Jan 2019 P-II · Jan 2024 P-II [3×]***
2. **Public health relevance [2 / 3 marks]** Functions of WHO ***— Jun 2012 (S) P-II · Mar 2023 P-II [2×]***
3. **Short note [2 / 3 marks]** Health-related sustainable development goals ***— Nov 2021 (S) P-II · Jan 2024 P-II [2×]***
4. **Substantiate [3 marks]** WHO has specific responsibilities in the field of international health *— Feb 2026 (S) P-II*
5. **Short note [2 marks]** Millennium Development Goals ***— Jan 2013 P-II · Jun 2017 (S) P-II [2×]***
6. **Discuss [2 marks]** MDGs (Millennium Development Goals) will not be achieved in India by 2015 *— Jan 2012 P-II*
7. **Short note [2 marks]** World Health Day theme 2010 *— Jan 2012 P-II*
8. **Short note [2 marks]** GOBI-FFF *— Jan 2013 P-II*
9. **Comment [2 marks]** The activities of UNICEF *— Jun 2013 (S) P-II*
10. **Write briefly [2 marks]** Health activities of UNICEF *— Jun 2014 (S) P-II*
11. **Public health significance [2 marks]** MDG indicators in relation to maternal and child health *— Jun 2015 (S) P-II*
12. **Public health relevance [2 marks]** 'GOBI' programme of UNICEF *— Jun 2017 (S) P-II*
13. **Short note [2 marks]** Role of WHO in biomedical research *— Jun 2017 (S) P-II*
14. **Public health relevance [2 marks]** International Red Cross *— Jan 2018 P-II*
15. **Public health relevance [2 marks]** MDG goal of improving maternal health *— Jan 2019 P-II*
16. **Public health relevance [2 marks]** Millennium Development Goal of child mortality reduction *— Jun 2019 (S) P-II*
17. **Short note [2 marks]** Work of WHO *— Jun 2019 (S) P-II*
18. **Short note [2 marks]** WHO and international health *— Jan 2020 P-II*
19. **Short note [2 marks]** World Health Day theme 2020 *— Jul 2020 (S) P-II*
20. **Short note [2 marks]** World Health Organization *— Apr 2021 P-II*
21. **Comment [2 marks]** Extreme poverty can be eradicated by 2015 *— Jan 2016 P-II*
22. **Short note [2 marks]** United Nations Children's Fund (UNICEF) *— Nov 2021 (S) P-II*

21.2 MCQs from recent papers (2023–2026) *(4 MCQs)*

1. SDGs include the following except: *— Mar 2023 P-II*
   (a) No poverty (b) Zero hunger (c) Life on land (d) Life in air
2. WHO came into existence in: *— Sep 2023 (S) P-II*
   (a) 1945 (b) 1946 (c) 1947 (d) 1948
3. The headquarters of FAO is in: *— Jan 2024 P-II*
   (a) USA (b) Geneva (c) Paris (d) Rome
4. Which day is celebrated as World Health Day? *— Feb 2026 (S) P-II*
   (a) 24 March (b) 7 April (c) 1 July (d) 31 May

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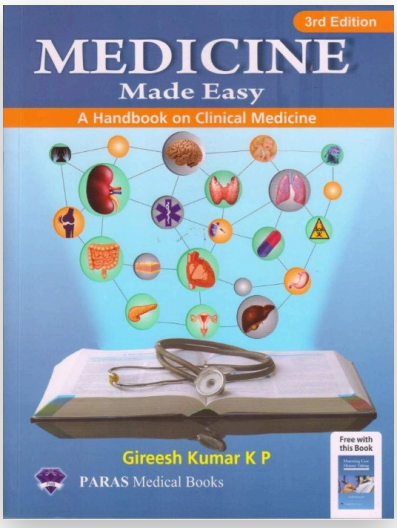
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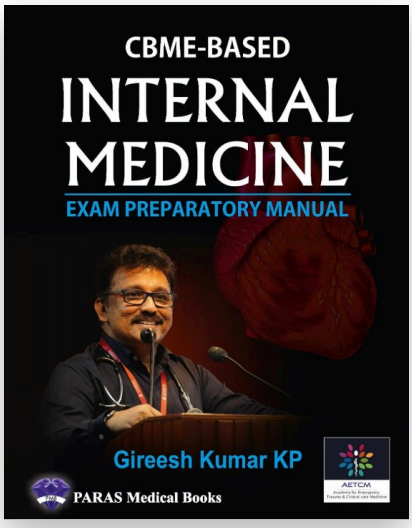
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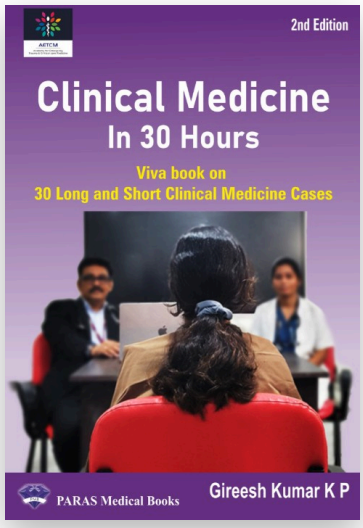
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