

MIZORAM PUBLIC SERVICE COMMISSION
LIMITED DEPARTMENTAL EXAMINATION FOR PROMOTION TO
HEALTH SUPERVISOR UNDER HEALTH & FAMILY WELFARE DEPARTMENT,
GOVERNMENT OF MIZORAM
(JULY - 2025)

PAPER - I

Time Allowed : 3 hours

FM : 100 PM : 40

SECTION - A (50 Marks)

All questions carry equal mark of 1 each. Attempt all questions.

*This Section should be answered only on the **OMR Response Sheet** provided*

1. The first visit or registration of a pregnant woman for ANC should take place
 - (a) At 10th week of pregnancy
 - (b) At 11th week of pregnancy
 - (c) At 12th week of pregnancy
 - (d) Within 12th week of pregnancy
2. A woman should avoid taking tea, coffee or milk with food or within an hour after meal because these-
 - (a) interfere with calcium absorbtion
 - (b) interfere with vitamin 'A' absorbtion
 - (c) interfere with iron absorbtion
 - (d) interfere with protein absorbtion
3. Fourth stage of labour is-
 - (a) first hour after delivery of baby
 - (b) first hour after delivery of placenta
 - (c) first two hours after delivery of placenta
 - (d) first eight hour after delivery of placenta
4. A graphic recording of progress of labour and the condition of the mother and foetus
 - (a) Partograph
 - (b) Paratograph
 - (c) Parentograph
 - (d) Parantograph
5. If meconium is present and the baby is not crying at birth
 - (a) keep the baby upside-down.
 - (b) apply mouth to mouth breathin
 - (c) apply cardio pulmonary resuscitation
 - (d) apply suction to the mouth then to the nose
6. Oxytocin should be kept at a temperature-
 - (a) 4-8°C
 - (b) 2-8°C
 - (c) 4-20°C
 - (d) 2-20°C

7. A technique used to assist in the expulsion of the placenta to reduce chances of retained placenta and PPH
- (a) controlled placental fraction method
 - (b) controlled membrane fraction method
 - (c) controlled cord fraction method
 - (d) active placental fraction method
8. The placenta should be incinerated or buried in a pit that is-
- (a) 1 metre deep and 10 metres away from water source
 - (b) 2 metre deep and 10 metres away from water source
 - (c) 3 metre deep and 10 metres away from water source
 - (d) 4 metre deep and 10 metres away from water source
9. The two components of Kangaroo Mother Care are-
- (a) Skin to skin contact and extra clothing
 - (b) Skin to skin contact and hot water bag
 - (c) Skin to skin contact and KMC bag
 - (d) Skin to skin contact and exclusive breastfeeding
10. The best time for Medical Termination of Pregnancy is between
- (a) 4-10 weeks of gestation
 - (b) 16-20 weeks of gestation
 - (c) 6-10 weeks of gestation
 - (d) 12-20 weeks of gestation
11. The dangers of unsafe abortions are as follows except
- (a) Hypertension, oedema and hypernatraemia
 - (b) Sepsis like peritonitis, septicemia and death
 - (c) Excessive vaginal bleeding resulting to shock and death
 - (d) Injury to urinary bladder and rectum
12. The age group of married woman under eligible couple is-
- (a) 13-14 years
 - (b) 15-45 years
 - (c) 16-45 years
 - (d) 25-45 years
13. Copper-T prevents pregnancy by-
- (a) Blocking the sperms from entering the Os
 - (b) Killing the sperms inside the uterus
 - (c) Interfering with fertilization of sperms and ovum inside the uterus
 - (d) Blocking the fallopian tubes preventing fertilization of ovum and sperms
14. Oral contraceptive pills prevent pregnancy by-
- (a) Killing the ovum released by ovary
 - (b) Killing the sperms entering the uterus
 - (c) Suppressing release of ovum from uterus
 - (d) Suppressing release of ovum from uterus

- 15.** The time to start for taking oral contraceptive pills are as follows except
- (a) Day 5 of menstruation
 - (b) Day 1 of MTP and spontaneous abortion
 - (c) After 6 months for lactating mother after delivery
 - (d) After 6 months for non-lactating mother after delivery
- 16.** STI's treatment is sufficient only when simultaneous treatment is given to-
- (a) the woman and her family
 - (b) the woman and her companion
 - (c) the woman and her sexual partners
 - (d) the sexual partner
- 17.** 0.5% of chlorine solution is prepared by mixing 1 litre of water with-
- (a) 1 teaspoonful or 1-5grms of bleaching powder
 - (b) 1 tablespoonful/10-15grms bleaching powder
 - (c) 2 tablespoonful/20-30grms bleaching powder.
 - (d) 3 tablespoonful/30-40grms bleaching powder
- 18.** What is the most important step in infection prevention?
- (a) thorough hand washing with soap and clean running water
 - (b) decontamination before cleaning and sterilization
 - (c) wearing face mask and gloves before touching
 - (d) use of antiseptics and disinfectants
- 19.** The most crucial point in infection prevention during and after delivery is-
- (a) use of sterile technique
 - (b) use of principle of five cleans
 - (c) use of appropriate PPE
 - (d) use of appropriate principles of disinfections
- 20.** The most important step to prevent spread of infection to the community is-
- (a) appropriate disposal of placenta
 - (b) use of surgical spirit to clean furnitures
 - (c) boiling of surgical instruments before and after use
 - (d) appropriate disposal of contaminated waste
- 21.** The onset of adolescence starts
- (a) earlier in boys than girls
 - (b) earlier in girls than boys
 - (c) at the same age in boys and girls
 - (d) it varies in both boys and girls
- 22.** The health problems during adolescence is due to the followings except
- (a) self-centeredness
 - (b) behavioral disorders during adolescence
 - (c) sexual disorders during the adolescence
 - (d) health problems starting at childhood

- 23.** Adolescents are very prone to many behavioral and reproductive health problems due to
- (a) lack of money and nutrition
 - (b) lack of dresses and power at home
 - (c) lack of accurate information and guidance
 - (d) lack of immunization during infancy
- 24.** A girl's parents should be counseled to consult a doctor if menstruation has not started by the age of-
- (a) 15 years
 - (b) 16 years
 - (c) 17 years
 - (d) 18 years
- 25.** Adolescent period is also known as-
- (a) Period of happiness
 - (b) Period of curiosity and intelligence
 - (c) Period of physical and mental development
 - (d) Period of stress and storms.
- 26.** Newborn care is important for every 10 babies who die during the first year of life
- (a) 9 babies are dying in the first 28 days of life
 - (b) 7 babies are dying in the first 28 days of life
 - (c) 5 babies are dying in the first 28 days of life
 - (d) 3 babies are dying in the first 28 days of life
- 27.** The cord should be clamped and cut
- (a) immediately after birth
 - (b) after ceasation of the cord-pulsation
 - (c) after delivery of the placenta
 - (d) after 30 minutes of delivery
- 28.** Cold sole, palm and blue foot in newborn indicates
- (a) Hypothermia
 - (b) Asphyxia
 - (c) Neonatal sepsis
 - (d) Hypoglycemia
- 29.** Initiation of breast feeding should be started-
- (a) Within 1 hour of delivery
 - (b) Within $\frac{1}{2}$ an hour of delivery
 - (c) Within 2 hours of delivery
 - (d) Within 1 and $\frac{1}{2}$ hour of delivery
- 30.** A normal newborn passes urine within-
- (a) 20 hours
 - (b) 24 hours
 - (c) 32 hours
 - (d) 48 hours
- 31.** The pregnant mothers are given Tetanus Toxoid to prevent
- (a) Maternal infection during pregnancy
 - (b) Maternal infection during delivery
 - (c) Neonatal tetanus as well as maternal Tetanus
 - (d) Only neonatal tetanus

- 32.** A young infant is a baby who is?
- (a) 0-28 days old (b) 0-59 days old
(c) 0-60 days old (d) 0-3 months old
- 33.** House to House Survey and Head counting to update beneficiary records of Routine Immunization are conducted
- (a) Every month (b) Every year
(c) Every six months (d) Every three months
- 34.** Universal Immunization Programme of India has an annual target of-
- (a) 2 crore and 3.2 crore pregnant women (b) 2.2 crore and 3.3 crore pregnant women
(c) 2.4 crore and 3.1 crore pregnant women (d) 2.6 crore and 3 crore pregnant women
- 35.** A child who has received all the vaccines given in the universal Immunization Programme (UIP) by one year of age is-
- (a) FIC plus (b) Full immunization
(c) Complete immunization (d) Zero-dose
- 36.** Routine Immunization Microplanning should start from the level of-
- (a) State (b) Sub-centre
(c) Urban Primary Health Centre (d) Community Health Centre
- 37.** The best stimulus for secretion of hormones responsible for production and release of breast milk is-
- (a) Hot compression of the breast (b) Massaging of the breast
(c) Frequent suckling of breast by baby (d) Squeezing of the nipples
- 38.** Breast feeding should be continued upto-
- (a) 6 months of age (b) 9 months of age
(c) 12 months of age (d) 24 months of age
- 39.** Engorged breast, mastitis and breast abscess are best prevented by-
- (a) Breast pump (b) Manual expression of breast milk
(c) Unrestricted breast feeding (d) Regulated breast feeding
- 40.** Complementary feedings should be started when the baby is-
- (a) 4 months of age (b) 6 months of age
(c) 8 months of age (d) 9 months of age
- 41.** Acute Respiratory infection with no pneumonia should be treated at-
- (a) PHC with tab cotrimoxazole and home remedies
(b) Home with tab cotrimoxazole and paracetamol
(c) Home with home remedies and advice when to return
(d) Home with Syr.Amoxicillin and to cough syrup

42. Cough with fast breathing should be treated at-
- (a) Home with injection Amoxycillin
 - (b) PHC with Injection Amoxycillin
 - (c) Immediately refer to PHC
 - (d) Home and give Co-trimoxazole for 5 days
43. Diarrhoea in children is classified for prevention of dehydration as-
- (a) No dehydration, some dehydration and severe dehydration
 - (b) No vomiting, with nausea and with severe vomiting
 - (c) Skin pinch goes back and skin pinch goes back slowly
 - (d) Not enough sign, drinking thirstily and not able to drink
44. As per IMNCI protocol, a child with fever has to be assessed and classified for-
- (a) Septicemia, urinary tract infection and malaria
 - (b) Very severe febrile disease, malaria and measles
 - (c) Malaria unlikely, malaria and very severe malaria
 - (d) Measles, malaria and severe measles
45. According to the duration and presence of blood in stool, diarrhea has been classified as-
- (a) Mild diarrhoea, and severe diarrhoea
 - (b) Acute diarrhoea, chronic diarrhea and dysentery
 - (c) Infantile diarrhoea, persistent diarrhea and dysentery
 - (d) Acute watery diarrhea, persistent diarrhea and diarrhoea with blood in stool (dysentery)
46. One pediatric IFA tablet contains
- | | |
|--|--|
| (a) 10mg elemental iron + 100mcg folic acid | (b) 15mg elemental iron + 150 mcg folic acid |
| (c) 20mg elemental iron + 100 mcg folic acid | (d) 25mg elemental iron + 150 mcg folic acid |
47. The signs to be classified as Chronic ear infection
- (a) Pus draining from the ear less than 14 days
 - (b) Pus draining from the ear more than 14 days
 - (c) Pus draining from the ear less than 30 days
 - (d) Pus draining from the ear more than 30 days
48. Visible severe wasting or oedema of both feet should be classified as-
- | | |
|-------------------------|-----------------------|
| (a) Severe malnutrition | (b) Mild malnutrition |
| (c) Malnutrition | (d) Normal-nutrition |
49. Which vaccines can be given at birth
- | | |
|------------------------|--------------------------|
| (a) BCG, DPT and OPV | (b) BCG, OPV and Hep-B |
| (c) OPV, Hep-B and IPV | (d) OPV, Hep-B and Penta |

50. Standard case management of major causes of neonatal and childhood morbidity and mortality is delivered through programme
- | | |
|----------|-----------|
| (a) NSSK | (b) JSSK |
| (c) FBNC | (d) IMNCI |

SECTION - B (50 Marks)

*This Section should be answered only on the **Answer Sheet** provided.
Marks for each question is indicated against it. Attempt all questions.*

1. Write the numbers and timing of ANC visits. (4)
2. What are the 6 components of Micro-birth planning? (6)
3. What are the signs of Good attachment during breastfeeding? (4)
4. What are the Four Key Messages that the mother should be counselled during immunization of her child? (4)
5. What are the number and timing of post-partum visits by ANM/ASHA? (4)
6. What are the standard Precautions for prevention of infection? (5)
7. What are the principles of 5-Cleanse to be observed during delivery of a baby? (5)
8. What are the danger signs in young infant to be referred immediately to FRU? (5)
9. Describe the colour coding for disposal. Describe the segregation and colour coding used in Bio-Medical waste management. (5)
10. Describe the responsibilities of a Health Worker/ANM in referral of Obstetric Emergency. (8)

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