

MIZORAM PUBLIC SERVICE COMMISSION
LIMITED DEPARTMENTAL EXAMINATION FOR RECRUITMENT TO
HEALTH SUPERVISOR UNDER HEALTH & FAMILY WELFARE DEPARTMENT,
GOVERNMENT OF MIZORAM
(AUGUST - 2026)

PAPER - II

Time Allowed : 3 hours

FM : 100 PM : 40

SECTION - A (Multiple Choice Question) (50 Marks)

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

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

1. In what type of malaria, relapse occurs even without a mosquito bite as the parasite may remain hidden in the liver of the infected person?
 - (a) Malaria PF
 - (b) Malaria Ovale
 - (c) Malaria PV
 - (d) Malaria PM
2. Long Lasting Insecticidal Net (LLIN) can be used minimum for how many years?
 - (a) 5 Years
 - (b) 3 Years
 - (c) 4 Years
 - (d) 10 Years.
3. For a child 2 months upto 12 months, they are considered as having a fast breathing if their breathing rate is:
 - (a) 50 breaths or more
 - (b) 40 breaths or more
 - (c) 60 breaths or more
 - (d) 30 breaths or more
4. ILR maintains a temperature between:
 - (a) -15°C to -25°C
 - (b) +15°C to +25°C
 - (c) +2°C to +8°C
 - (d) -2°C to -8°C
5. Open Vial Policy applies for the following vaccine, except:
 - (a) BCG
 - (b) DT
 - (c) OPV
 - (d) Pentavalent
6. Destruction of all microorganism and their spores is called:
 - (a) Detergent
 - (b) Boiling
 - (c) Disinfection
 - (d) Sterilization

7. The incubation period of Diphtheria is :
- (a) 7 to 14 days (b) 10-50 days
(c) 2 to 5 days (d) 10 days
8. The tuberculin (Montoux) test , we can find out people infected by tubercle bacilli by injecting how many tuberculin unit (TU) ?
- (a) 1 (b) 3
(c) 2 (d) 2.5
9. The angle of the spreader for a thin blood smear for testing malaria should be a degree of:
- (a) 30-45 (b) 60
(c) 30 (d) 15
10. A 12 to 23 months old baby having acute diarrhea with sign of dehydration should be treated with ORS solution giving _____ in the first 4 hours.
- (a) 1000 ml (b) 600-800 ml
(c) 500 ml (d) 500-1000 ml
11. If the skin pinch in a child with diarrhea comes back slowly that it takes more than 2 seconds, it indicates:
- (a) Dehydration (b) Normal
(c) Severe dehydration (d) Mild Dehydration
12. Blindness due to vitamin A deficiency for a 9 month old baby can be prevented by giving a mega dose of vitamin A.
- (a) 2 Lakh IU (b) 1 Lakh IU
(c) 4 Lakh IU (d) 3 Lakh IU
13. Management of Sexually Transmitted Diseases by Syndromic case management is carried out at:
- (a) Sub-centre and PHC (b) District Hospital
(c) FRU (d) Specialty Hospital
14. Monthly report should be submitted to the Health supervisor by:
- (a) 5th of the next month (b) 15th of the next month
(c) 8th of the next month (d) 3rd of the next month
15. Post Natal visits should be done 4 times as follows:
- (a) 2nd, 3rd, 7th and 10th Day
(b) 1st, 3rd, 7th and 15th Day
(c) 24 hrs of delivery, 3rd, 7th and 42nd Day (6 weeks)
(d) 12 hrs of delivery, 3rd, 7th and 1 month (4 weeks)
16. Vaccines can be kept in the vaccine carrier if the lid is kept tightly closed for:
- (a) 12 Hours (b) 36 Hours
(c) 48 Hours (d) 24 Hours

17. The expected weight gain during pregnancy is around:
- (a) 10 -15 Kgs
 - (b) 11-18 Kgs
 - (c) 16 Kgs
 - (d) 20 Kgs
18. Visual Inspection with Acetic Acid (VIA) is done at the sub-centre for screening of:
- (a) Sexually Transmitted Infection
 - (b) Uterine Cancer
 - (c) Cervical Cancer
 - (d) Ovarian Cancer
19. If there is a regular painful uterine contractions in a pregnant woman, which gradually increases in duration, frequency and intensity, it is called:
- (a) UTI
 - (b) True Labor Pain
 - (c) Involution
 - (d) Sub Involution
20. Community Need Assessment (CNA) is a process that will help us to:
- (a) Identify our partners
 - (b) Create rapport with the community
 - (c) Prioritize the need of the community
 - (d) To draw the village map
21. To seek a specific information from a client, the best is to use:
- (a) Open-ended question
 - (b) Case study method
 - (c) Close- ended question
 - (d) Questionnaire
22. If 150 is the estimated number of pregnancies in a given population, the estimated requirement of TD vaccine will be:
- (a) 200
 - (b) 300
 - (c) 400
 - (d) 250
23. The document mentioning activities to be carried out in a specified time frame indicating the resource requirement, time table, place, venue for each action is called:
- (a) Village Map
 - (b) Daily Diary
 - (c) Work Plan
 - (d) Action Plan
24. The process of helping the client to understand his or her feelings about the problem, seek information, gain knowledge and make his own decision is called:
- (a) Motivation
 - (b) Counseling
 - (c) Education
 - (d) Guidance
25. During transportation of woman with antepartum haemorrhage, they should be kept in:
- (a) Right lateral position
 - (b) Lithotomy Position
 - (c) Left Lateral position
 - (d) Supine Position
26. The women at risk in pregnancy or delivery are those with :
- (a) Twin pregnancy
 - (b) Primi Gravida
 - (c) Age more than 35 years
 - (d) Anaemia

27. According to the central birth and registration Act 1969, the time limit for registration of death is:
- (a) 14 days
 - (b) 7 days
 - (c) 5 days
 - (d) 21 days
28. Birth rate is defines as the number of live births during a year per:
- (a) 1000 population
 - (b) 10,000 population
 - (c) 1000 mid year population
 - (d) 10,000 mid year population
29. Infant Mortality Rate is the number of infant death in one year of age per:
- (a) 10000 live births
 - (b) 1000 live and still births
 - (c) 100 live births
 - (d) 1000 live births
30. General Fertility Rate (GFR) is the number of live births during a year per 1000 women in the reproductive age group of
- (a) 15- 45 years
 - (b) 20-50 Years
 - (c) 18-45 years
 - (d) 18-40 Years
31. Like all other latrines, the bore hole latrine should not be constructed within a range of ____ from a source of water supply.
- (a) 15 metres
 - (b) 20 metres
 - (c) 10 metres
 - (d) 30 metres
32. The following are common air pollutants except:
- (a) Carbon Monoxide
 - (b) Carbon dioxide
 - (c) Sulphur Dioxide
 - (d) Chloride
33. The recommended maximum noise level is:
- (a) 140 decibel
 - (b) 85 decibel
 - (c) 95 decibel
 - (d) 60 decibel
34. Light is usually measured in terms of:
- (a) Decibel
 - (b) Millilitre
 - (c) Hertz
 - (d) Foot Candle
35. The solid and liquid waste are called :
- (a) Refuse
 - (b) Sewage
 - (c) Excreta
 - (d) Sullage
36. Drinking water should have a hardness level range of:
- (a) 300 mg/litre
 - (b) Less than 100 mg/litre
 - (c) 100-150 mg/litre
 - (d) 200-300 mg/litre
37. The recommended anti rabies vaccine schedule is 5 inoculations of 1 ml given by IM route at:
- (a) 0,3,7,14 and 28 days
 - (b) 0,3,7,14 and 21 days
 - (c) 1,3,7,14 and 28 days
 - (d) 3,7,14, 21 and 28 days

- 38.** Classical dengue fever is also known as:
- (a) Crippling Fever
 - (b) Break-bone fever
 - (c) Paroxymal fever
 - (d) Haemorrhagic fever
- 39.** The infective material for typhoid fever is:
- (a) Sputum from infected person
 - (b) Blood from infected person
 - (c) Faeces and urine from infected person
 - (d) Belongings of infected person
- 40.** Intestinal infestation caused by hook worm is called:
- (a) Ascariasis
 - (b) Ancylostomiasis
 - (c) Filariasis
 - (d) Taeniasis
- 41.** The most practical and preferred method of warming a hypothermic infant in a primary health care facility is:
- (a) Incubator
 - (b) Skin to skin contact
 - (c) Phototherapy
 - (d) Hot Compression
- 42.** Tetanus is clinically characterized by:
- (a) Muscular rigidity
 - (b) Bone pain
 - (c) Fever
 - (d) Difficulty is sleeping
- 43.** Leprosy is fully curable by using treatment regimen called:
- (a) RDT
 - (b) FDC
 - (c) MDT
 - (d) ART
- 44.** “Serum Hepatitis” is a former name of which viral Hepatitis?
- (a) Hepatitis A
 - (b) Hepatitis B
 - (c) Hepatitis C
 - (d) Hepatitis E
- 45.** In measles, the typical dusky red rash appears first in the:
- (a) Arms and legs
 - (b) Chest and Back
 - (c) Head and face
 - (d) Feet
- 46.** A child classified as having pneumonia with cough should be advised home care for cough and cold along with:
- (a) Amoxycillin for 5 days
 - (b) Gentamicin for 5 days
 - (c) Cotrimoxazole for 5 days
 - (d) Doxyxycline for 5 days
- 47.** The RNTCP was renamed as National Tuberculosis elimination programme in the year:
- (a) 1992
 - (b) 2020
 - (c) 1983
 - (d) 2000
- 48.** According to WHO, very low birth weight babies (VLBW) are birth weight of:
- (a) < 2500 g
 - (b) < 2000 g
 - (c) <1500 g
 - (d) < 1000 g

49. Children 6-59 months are considered as severe acute malnutrition if their Mid upper arm circumference (MUAC) is:
- | | |
|-------------|-------------|
| (a) < 15 cm | (b) < 13 cm |
| (c) 11.5 cm | (d) < 16 cm |
50. The highest mode of HIV/ AIDS transmission in Mizoram State is:
- | | |
|------------------------------|------------------------------------|
| (a) Unsafe blood transfusion | (b) IVDU |
| (c) Transplacental | (d) Unprotected sexual intercourse |

SECTION - B (Conventional Type Question) (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. What are steps in performing breast self examination (BSE). (5)
2. What are the different records to be maintained in the sub-centre/ HWC. (5)
3. Write down the latest immunization schedule (5)
4. Write a sample Work plan for a female health worker. (5)
5. What are the steps in preparation of Action plan at the Sub-centre. (5)
6. Write the treatment regimen for Malaria under NVBCDP (5)
7. Write the classification table of diarrhoea for dehydration as per IMNCI guidelines (5)
8. Write in tabular form the different biomedical wastes categories, their segregation, collection and treatment and disposal options (5)
9. What are the responsibilities of a health worker in prevention of Cancer, Diabetes Mellitus and Hypertension and stroke (5)
10. Describe the different cold chain equipments (5)