

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

PAPER - I

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. One of the objectives of MCH service is:
 - (a) to only detect pregnancy
 - (b) to promote physical health alone
 - (c) to promote physical and psychological development
 - (d) to reduce school drop-out
2. The 3rd Antenatal visit is suggested in:
 - (a) Between 14-26 weeks
 - (b) Between 20-26 weeks
 - (c) Between 28-30 weeks
 - (d) Between 28-34 weeks
3. Which of the following is a key indicator used to measure maternal health in India?
 - (a) Infant Mortality Rate (IMR)
 - (b) Maternal Mortality Ratio (MMR)
 - (c) Crude Birth Rate (CBR)
 - (d) Total Fertility Rate (TFR)
4. Under the Government of India's maternal health initiatives, the Janani Suraksha Yojana (JSY) primarily aims to:
 - (a) Provide free immunization for children
 - (b) Supply nutritional supplements to adolescents
 - (c) Increase contraceptive use among couples
 - (d) Promote institutional deliveries through cash incentives
5. The Pradhan Mantri Surakshit Matritva Abhiyan (PMSMA) aims to provide:
 - (a) Free institutional delivery services only
 - (b) Free family planning services
 - (c) Assured, comprehensive antenatal care by skilled providers on a fixed day every month
 - (d) Nutritional support for children under five years

6. Active Management of the Third Stage of Labour (AMTSL) is recommended mainly to prevent:
 - (a) Obstructed labor
 - (b) Postpartum hemorrhage (PPH)
 - (c) Eclampsia
 - (d) Premature rupture of membranes
7. Under the Medical Termination of Pregnancy (MTP) Act 2021 in India, abortion can be legally performed up to gestational age of:
 - (a) 12 weeks
 - (b) 16 weeks
 - (c) 24 weeks
 - (d) 28 weeks
8. An essential component of safe abortion care in India is:
 - (a) Performing the procedure only in tertiary hospitals
 - (b) Post-abortion counseling and contraceptive services
 - (c) Mandatory consent from the husband for married women
 - (d) Restricting services to women above 21 years of age
9. Among sexually transmitted infections, the most prevalent viral STIs in India is:
 - (a) Hepatitis A
 - (b) Chickenpox
 - (c) Measles
 - (d) Human Papillomavirus (HPV) Infection
10. If reproductive tract infections are left untreated, they may lead to:
 - (a) Improved fertility
 - (b) Hypertension
 - (c) Pelvic Inflammatory Disease (PID)
 - (d) Cataracts
11. The most effective in preventing the transmission of sexually transmitted infections (STIs), including HIV is:
 - (a) Oral contraceptive pills
 - (b) Consistent and correct use of condoms
 - (c) Intrauterine contraceptive device (IUCD)
 - (d) Emergency contraception
12. Integrated Counseling and Testing Centres (ICTCs) primarily provide services for:
 - (a) HIV counseling and testing
 - (b) Treatment of tuberculosis
 - (c) Institutional deliveries
 - (d) Immunization of children
13. Health education on safe abortion emphasizes that abortion services should be obtained from:
 - (a) Traditional healers
 - (b) Untrained practitioners in the community
 - (c) Qualified and registered healthcare providers at approved facilities
 - (d) Pharmacies without medical consultation
14. The most common immediate complication of unsafe abortion is:
 - (a) Hypertension
 - (b) Diabetes mellitus
 - (c) Asthma
 - (d) Hemorrhage

- 15.** Under the MTP Act, termination of pregnancy may be permitted when pregnancy results from:
- (a) Rape or sexual assault
 - (b) Voluntary marriage
 - (c) Employment-related stress
 - (d) Mild anemia
- 16.** The primary objective of the MTP (Amendment) Act, 2021 was to:
- (a) Restrict access to abortion services
 - (b) Increase the legal age of marriage
 - (c) Expand access to safe and legal abortion services for women
 - (d) Promote permanent sterilization
- 17.** Most commonly, Iron deficiency anaemia is observed among the women in India:
- (a) Pregnant women and women of reproductive age
 - (b) Women aged above 60 years only
 - (c) Women working in offices only
 - (d) Women working in paddy fields.
- 18.** Under the Anemia Mukh Bharat, the frequency of IFA supplementation for school going adolescent boys and girls is:
- (a) Weekly, 1 IFA tablet
 - (b) Biweekly, 1 IFA tablet
 - (c) Once in 3 months IFA tablet
 - (d) Once in 6 months IFA tablet
- 19.** To enhance the absorption of oral iron supplements, pregnant women should be advised to consume them with:
- (a) Tea
 - (b) Coffee
 - (c) Milk
 - (d) Citrus fruit juice rich in Vitamin C
- 20.** According to Government of India guidelines, each prophylactic Iron and Folic Acid (IFA) tablet for pregnant women contains:
- (a) 30 mg elemental iron + 250 µg folic acid
 - (b) 60 mg elemental iron + 500 µg folic acid
 - (c) 100 mg elemental iron + 5 mg folic acid
 - (d) 200 mg elemental iron + 1 mg folic acid
- 21.** Maternal mortality is death of women due to:
- (a) Complications of pregnancy only
 - (b) Puerperal sepsis only
 - (c) Child birth only
 - (d) Complications of pregnancy, child birth or puerperal sepsis within 42 days of delivery
- 22.** Pregnancy should be registered within:
- (a) 10-12 weeks
 - (b) 12-16 weeks
 - (c) 11-13 weeks
 - (d) 16-18 weeks
- 23.** In-tranatal care refers to:
- (a) Care right after delivery
 - (b) Care during pregnancy
 - (c) Care during delivery
 - (d) Care after 42 weeks of delivery

24. One of the objectives of family planning is:
- (a) To have beautiful children
 - (b) To reduce maternal mortality
 - (c) To satisfy the husband's family members
 - (d) To avoid unwanted births
25. The absolute contraindication of IUCD insertion is:
- (a) Mentally-challenged woman
 - (b) Woman willing to check IUCD tail
 - (c) Suspected pregnancy
 - (d) When mother-in-law is unwilling
26. The Oral Contraceptive pill must be taken for consecutive days of:
- (a) 14 days
 - (b) 21 days
 - (c) 28 days
 - (d) 35 days
27. Centchroman, non-hormonal pill is also commonly known as:
- (a) Chhaya
 - (b) Chhada
 - (c) Chhenda
 - (d) Chhati
28. The postpartum symptom that should alert a healthcare worker requiring immediate medical attention is:
- (a) Mild fatigue after delivery
 - (b) Increased appetite
 - (c) Fever with foul-smelling vaginal discharge
 - (d) Breast fullness on the third postpartum day
29. The Integrated Management of Neonatal and Childhood Illness (IMNCI) strategy primarily focuses on:
- (a) Hospital-based treatment only
 - (b) Comprehensive management of common childhood illnesses at community and health facility levels
 - (c) Surgical correction of congenital anomalies
 - (d) School health services only
30. Vitamin A supplementation in children is primarily given to prevent:
- (a) Scurvy
 - (b) Rickets
 - (c) Night blindness and Vitamin A deficiency disorders
 - (d) Beriberi
31. Under the POSHAN Abhiyaan, the major goal is to:
- (a) Reduce malnutrition among children, adolescents, and women
 - (b) Promote institutional deliveries
 - (c) Increase school enrolment
 - (d) Improve sanitation facilities only

- 32.** The community-level health worker who plays a key role in promoting child health, immunization, and nutrition services is:
- (a) District Collector
 - (b) Medical Superintendent
 - (c) Accredited Social Health Activist (ASHA)
 - (d) Pharmacist
- 33.** A general danger sign in a child aged 2 months to 5 years under IMNCI is:
- (a) Mild cough
 - (b) Drinks eagerly
 - (c) Unable to drink or breastfeed
 - (d) Weight gain
- 34.** The color in the IMNCI color-coded classification indicating the need for urgent referral and admission is:
- (a) Green
 - (b) Blue
 - (c) Yellow
 - (d) Pink
- 35.** The first menstrual period in adolescent girls is known as:
- (a) Ovulation
 - (b) Menopause
 - (c) Menarche
 - (d) Dysmenorrhea
- 36.** The rapid increase in height and weight during adolescence is referred to as:
- (a) Growth spurt
 - (b) Growth retardation
 - (c) Skeletal maturity
 - (d) Pubertal arrest
- 37.** Peak bone mass development during adolescence is important because it helps prevent:
- (a) Asthma
 - (b) Tuberculosis
 - (c) Osteoporosis later in life
 - (d) Diabetes mellitus
- 38.** Which mental health problem is increasingly recognized among adolescents?
- (a) Osteoarthritis
 - (b) Depression and anxiety
 - (c) Cataract
 - (d) Alzheimer's disease
- 39.** Obesity in adolescence is associated with:
- (a) Increased risk of non-communicable diseases later in life
 - (b) Improved immunity only
 - (c) Reduced risk of diabetes
 - (d) Increased height only
- 40.** AEFI stands for:
- (a) Adverse Effect Following Infection
 - (b) Adverse Event Following Immunization
 - (c) Acute Event Following Immunization
 - (d) Adverse Exposure Following Injection
- 41.** Severe AEFI requiring immediate medical attention is:
- (a) Mild redness at the injection site
 - (b) Slight fever for one day
 - (c) Anaphylaxis
 - (d) Mild irritability

42. The BCG vaccine prevents:
- (a) Measles
 - (b) Tuberculosis
 - (c) Hepatitis B
 - (d) Diphtheria
43. The Pneumococcal Conjugate Vaccine (PCV) protects against infections caused by:
- (a) Streptococcus pneumoniae
 - (b) Mycobacterium tuberculosis
 - (c) Salmonella typhi
 - (d) Vibrio cholerae
44. Open communication between parents and adolescents helps to:
- (a) Increase risk-taking behaviors
 - (b) Reduce awareness about health issues
 - (c) Promote healthy decision-making and responsible behavior
 - (d) Decrease self-esteem
45. Community participation in adolescent health programs can help in:
- (a) Early identification of health problems and referral for care
 - (b) Reducing access to healthcare services
 - (c) Increasing stigma related to health issues
 - (d) Discouraging health education
46. Iron deficiency during adolescence may lead to:
- (a) Improved concentration
 - (b) Anemia and fatigue
 - (c) Increased height
 - (d) Obesity
47. Good source of dietary protein for adolescents is:
- (a) Potato
 - (b) Green leafy vegetables
 - (c) Pulses and eggs
 - (d) Candy
48. An important aspect of menstrual hygiene for adolescent girls is:
- (a) Avoiding bathing during menstruation
 - (b) Restricting food intake
 - (c) Avoiding physical activity completely
 - (d) Changing sanitary pads regularly
49. Auto-disable (AD) syringes are preferred in immunization programs because they:
- (a) Can be reused several times
 - (b) Are less expensive than all other syringes
 - (c) Cannot be reused after a single injection
 - (d) Do not require disposal
50. The full form of VVM is:
- (a) Vaccine Verification Marker
 - (b) Vaccine Vial Monitor
 - (c) Vaccine Value Monitor
 - (d) Vaccine Vial Management

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. Write down the National Immunization schedule. (10)
2. Discuss 4 (four) techniques of breastfeeding. (8)
3. Write in brief how will you conduct a health talk session on personal hygiene in an ICDS centre. (10)
4. Describe the waste disposal method to be followed in the health centres.
5. Discuss 3 (three) temporary methods of family planning. (6)
6. Write 3 (three) psychological changes in an adolescent. (6)
7. Discuss cold chain. (5)
8. Describe the role of Health Worker/ANM in prevention and control of STDs/RTIs. (5)

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