

--Question Starting--

1. In Ivan Illich's critique of modern healthcare systems, particularly regarding the concept of iatrogenesis, he argues that certain medical interventions cause more harm than health. Given this perspective, which of the following healthcare strategies aligns most closely with exacerbating iatrogenic effects according to Illich's thesis?

- (1) Enhancing patient education and preventive care to reduce the need for medical intervention.
- (2) Increasing the availability of community-based health programs that focus on lifestyle modifications.
- (3) Promoting the use of advanced diagnostic tools to detect diseases at an early stage.
- (4) Expanding access to pharmaceutical drugs and invasive procedures as primary treatment methods.

Answer Key: 4

Solution:

? Option 1 (Incorrect): Illich supports approaches that empower patients and reduce dependence on medical systems, thus reducing iatrogenesis.

? Option 2 (Incorrect): Community health initiatives align with Illich's advocacy for alternative, less invasive health interventions.

? Option 3 (Incorrect): While advanced diagnostics are medical interventions, Illich's critique is more focused on the consequences of unnecessary medical treatments rather than early detection.

? Option 4 (Correct): Expanding access to drugs and invasive procedures can increase the risk of harm from medical treatment, directly reflecting Illich's concerns about iatrogenesis.

Hence, Option (4) is the right answer.

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2. Considering the integration of Aadhaar with the Public Distribution System (PDS) to enhance food security governance, which of the following outcomes would most likely challenge the effectiveness of this integration in ensuring equitable access to food resources?

- (1) Enhanced tracking and reduced leakage of food grains due to biometric authentication.
- (2) Increased efficiency in logistics and distribution with real-time data access.
- (3) Improved transparency and accountability through digitized records of transactions.
- (4) Potential exclusion of legitimate beneficiaries who lack access to Aadhaar registration or face biometric failures.

Answer Key: 4

Solution:

? Option 1 (Incorrect): This outcome supports the effectiveness of Aadhaar integration by addressing the issue of leakage in food distribution.

? Option 2 (Incorrect): Increased efficiency in logistics and distribution directly benefits from the integration of Aadhaar, reflecting a positive outcome.

? Option 3 (Incorrect): Improved transparency and accountability are intended benefits of digitizing records and linking them with Aadhaar, enhancing governance.

? Option 4 (Correct): The exclusion of beneficiaries due to issues with Aadhaar registration or biometric verification is a significant concern that could undermine the goals of equitable access in food security governance.

Hence, Option (4) is the right answer.

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3. Analyzing the relationship between processed foods, nutrition transition, and obesity, which of the following impacts most directly illustrates the negative consequences of a diet high in processed foods on public health?

- (1) Increase in local food production and consumption of traditional diets.
- (2) Enhanced flavor and convenience contributing to increased consumer satisfaction.
- (3) Reduction in time spent on food preparation and cooking at home.
- (4) Elevated intake of high-calorie, low-nutrient foods leading to higher obesity rates.

Answer Key: 4

Solution:

? Option 1 (Incorrect): This option reflects a positive shift towards healthier, traditional diets, not associated with negative impacts of processed foods.

? Option 2 (Incorrect): While enhanced flavor and convenience are benefits of processed foods, they do not directly address the health impacts discussed.

? Option 3 (Incorrect): Reduction in cooking time is a convenience factor but does not inherently link to the health consequences of processed food consumption.

? Option 4 (Correct): High-calorie, low-nutrient foods are characteristic of many processed foods, directly contributing to increased obesity rates, aligning with the concerns of nutrition transition.

Hence, Option (4) is the right answer.