

## HEALTH AND HYIGNE

MARKS-100

TIME-60 MIN

### MCQ

1. Keeping a good standard of hygiene helps to prevent the development and.....  
(a) Spread of infections (b) illnesses (c) Bad odour (d) All of above
2. Health and hygiene seeks to develop in them the concepts of.....  
(a) Healthy living (b) Person hygiene (c) Sanitation (d) All of above
3. .... deals with the practices that help in the maintenance and promotion of a person's health.  
(a) Pasteurization (b) Person hygiene (c) Sanitation (d) All of above
4. Consumption of ..... fish may give rise to fish poisoning.  
(a) Fresh (b) Pasteurization (c) Contaminated (d) All of above
5. .... Involves removal of waste products and refuse.  
(a) Healthy living (b) Person hygiene (c) Sanitation (d) All of above
6. Waste food will be buried in refuse pits which will be located away from the.....  
(a) Bathroom (b) Bed Room (c) cook houses. (d) All of above
7. .... does not alter taste.  
(a) Spread of infections (b) illnesses (c) Pasteurization. (d) All of above
8. .... the gills are bright red and the eyes are clear and prominent.  
(a) Infected (b) fresh fish (c) Contaminated (d) All of above
9. Fish for human consumption should be.....  
a) Infected (b) fresh (c) Contaminated (d) All of above
10. Eating places should not be located near filthy places .....and other such places.  
(a) Open drains (b) animal (c)manure/soakage pits (d) All of above

11. Food Handler should cover mouth while..... during cooking.

- (a) Coughing (b) sneezing (c) Coughing and sneezing (d) None of the above

12. .... vessels should be cleaned, sanitized and kept covered.

- (a) Milk (b) Oil (c) Grease (d) water

13. Regular inspection of the hygiene, sanitation and cleanliness of the cook house staff and utensils should be carried out.

- (a) Hygiene (b) sanitation (c) cleanliness (d) All of above

14. Wherever possible, provision of..... should be ensured for drinking water.

- (a) RO plant (b) Sea Plant (c) Soft Drink (d) All of above

15. Snake bite majority of bites occur on parts of limbs which are exposed like.....

- (a) hands, (b) feet and (c) lower legs (d) All of above

16. Burns may be caused by heat either, dry by contact with.....

- (a) Fire (b) flame (c) fire or flame (d) All of above

17. .... Stimulates blood circulation and makes the spine flexible and elastic.

- a) Halasana (b) Siddhasana (c) Vajrasana (d) Suryanamaskar

18. .... helps in making the spine supple.

- a) Halasana (b) Suryanamaskar (c) Vajrasana (d) Chakrasana

19. .... helps the mind to be firm, attentive and alert.

- a) Halasana (b) Siddhasana (c) Suryanamaskar (d) Chakrasana

20. .... Provides good exercise to the abdominal muscles, lower back and thighs

- a) Halasana (b) Siddhasana (c) Dhanurasana (d) Chakrasana

21. Vajrasana helps digestion and eliminates gas troubles.

- (a) Halasana (b) Suryanamaskar (c) Vajrasana (d) Shavasana

22. .... for proper blood circulation in the body, the legs, hand and neck should have no curves or bend
- (a) Halasana      (b) Suryanamaskar      (c) Vajrasana      (d) Shavasana
23. .... burns may be caused by strong acids or alkalis.
- (a) Chemical      (b) fire      (c) Electrical      (d) All of above
24. UNO has declared ..... as the International Day of yoga.
- (a) 20 June      (b) 21 June      (c) 23 June      (d) 22 June
25. Human body has \_\_\_\_\_ bones.
- (a) 160      (b) 260      (c) 206      (d) 300
26. How will you do first aid in case of heatstroke?
- (a) Keep the patient in a cool place and give saline water
- (b) pour water on him and take him to the hospital
- (c) will speak to run
- (d) Both A and B
27. The longest bone of the body is :-
- (a) Femur      (b) Tibia      (c) tarsal      (d) upper jaw
28. The cause of plague is \_\_\_\_\_
- (a) Rat-flea      (b) Mosquito      (c) Vitamin B deficiency      (d) Vitamin A deficiency
29. In how many parts Surya Namaskar is completed?
- (a) 6      (b) 8      (c) 10      (d) 12
30. Mosquito bite causes \_\_\_\_\_
- (a) Dengue and Jaundice      (b) Jaundice and Kala-azar
- (c) Dengue and Cholera      (d) Malaria and Dengue
31. The disease caused by water \_\_\_\_\_
- (a) Diarrhoea      (b) dysentery      (c) Cholera      (d) all of these

32. Method of keeping cleanliness in the camp :-

- (a) Food should be clean and covered
- (b) Separate water should be for bathing, drinking and cleaning utensils
- (c) Spraying of DDT and no water logging
- (d) All of these

33. Surface water is polluted \_\_\_\_\_

- (a) By bathing animals
- (b) by the filth of the factories
- (c) Laundry
- (d) All of these

34. Disease caused by animal's \_\_\_\_\_

- (a) Rabies
- (b) Plague
- (c) Anthrax
- (d) All of these

35. Liver produce \_\_\_\_\_ which helps indigestion.

- (a) Bile Juice
- (b) Fatty acids
- (c) RBC
- (d) WBC

36. The blood test done for AIDS is known as \_\_\_\_\_ test

- (a) IMR
- (b) ELISA
- (c) BRICS
- (d) FMGC

37. Tapeworm infection is transmitted through \_\_\_\_\_.

- (a) Water
- (b) Fruit
- (c) Meat
- (d) Milk

38. \_\_\_\_\_ is the process of water purification.

- (a) Pruning
- (b) Peeling
- (c) Aiding
- (d) Filtration

39. Gyan Mudra is most suitable for pranayam and dhyana.

- (a) pranayam
- (b) dhyana.
- (c) both
- (d) None of the above

40. Surya Namaskar is combined sequences of \_\_\_\_\_ positions.

- (a) 12
- (b) 14
- (c) 16
- (d) 18

41. Citrus fruits contain Vitamin \_\_\_\_

- (a) A
- (b) B
- (c) C
- (d) D

42. Corona is a \_\_\_\_\_ disease

- (a) Water borne
- (b) Communicable
- (c) HIV
- (d) None of above

43. The average time of sleep for a human body is \_\_\_\_ hrs.

- (a) 5-6      (b) 6-7      (c) 7-8      (d) 8-9

44. \_\_\_\_\_ is the important organ of circulatory system.

- a) Lungs      b) Muscles      (c) Kidney      (d) Heart

45. ....helps in making the spine supple

- (a) Halasana      (b) Suryanamaskar      (c) Chakrasana      (d) Shavasana

46. .... Cannot be seen but can only be suspected,

- (a) External injuries      b) First Aid      (c) Internal injuries      (d) All of above

47. Take a long and deep breath then concentrate on each and every part of your body, putting it in a relaxed state Timing 5-10 minutes in.....

- (a) Halasana      (b) Suryanamaskar      (c) Chakrasana(d) Shavasana

48. Stretch the arms, Inhale, put the chest forward and move back your neck as much as you can. Look up and hold the breath is known as state 7 in.....

- (a) Halasana      (b) Suryanamaskar      (c) Chakrasana      (d) Shavasana

49. Wounds can be defined as a break in continuity of the skin or muscles membrane

- (a) Bone      (b) lungs      (c) kidney      (d) skin

50. Vajrasanaasana can be done immediately after eating food and should be done for about .....

- (a) 1- mins      (b) 1-3 mins      (c) 1-2 mins      (d) 1-5 mins

## **FILL IN THE BLANKS**

51. In which year International Yoga declared by UNO.....
52. Very important for all cadets to have knowledge of providing basic ..... in common medical emergencies
53. Protect the burnt area by applying..... or cover exposed part with clean towel or cloth.
54. In Snake bite, the poison is injected by the snake through .....
55. All cases of snake bite should be treated as being bitten by ..... snakes.
56. In snake bite evacuate the patient quickly to the nearest.....
57. Bite by ..... should be treated like snake bite.
58. Rabies is a very dangerous disease transmitted by a ..... dog.
59. The tissue and organs of the body are supplied with .....through respiration, essential for the functioning of body.
60. The actions of muscles concerned with respiration are controlled and .....by the respiratory centre of the brain
61. Anything which interferes with respiration producing irregularities in breathing, produces a condition known as .....
62. Insensibility or unconsciousness is caused due to interruption of the action of the .....
63. If there is any irregularity in breathing or a ....., artificial respiration.
64. The wound is small on the surface but may be very deep causing injuries to .....
65. .... is an injury or a bruise in which some of the tissues or a part is irregularly torn or ruptured but, the skin may not be broken
66. Superficial wounds in which the top most layer of the skin is scraped off is known as .....
67. Bend your index finger and place them at the root of your thumbs is the part of .....
68. One of the most detailed and thorough expositions on the subject are the ..... Sutras of Patanjali.
69. Responsibility for the maintenance of personal health therefore lies with the .....

70. Brushing minimizes the accumulation of..... in mouth which can cause tooth decay and.....
71. .... Habits such as washing hands and brushing teeth will keep bacteria, viruses and illness at bay.
72. .... is the condition and measures necessary to ensure the safety of food from production to consumption.
73. Pasteurization is the heating of milk to such temperature and for such periods of time, as are required to destroy any pathogens without destruction of.....
74. Fruits and vegetables are a source for the spread of.....
75. Sanitation means keeping the..... and its\_..... neat and clean.
76. All preliminaries, such as, cutting, peeling and washing of food items will be done in a.....
77. Water used in the Camp must be from authorised source and must be checked by the .....\_and certified as potable.
78. .... are filled up after 24 hours and new trenches are dug up
79. The most common urinal used for camps is the ..... which are constructed over a simple soakage pit.
80. Shortness of breathing or increase in breathing rate is a symptom of .....
81. Cover the patient's mouth with clean gauze and blow directly and slowly into it. 10 – 12 times per minutes in.....
82. The ..... and..... pressure may be mentioned as special characteristics of the yoga system of health.
83. The nature of Yogic practices is.....
84. Suryanamaskara is a combined sequence of ..... positions.
85. Shavasana provides relief in disease like .....and other ailments.
86. Halasana stimulates blood circulation and makes the .....
87. While practicing ..... recite the different names of Sun god at each position.

88. .... is the science which seeks to prevent and improve the health of individual and community as a whole.
89. The shortest bones are found in .....and .....
90. In Contact diseases the ..... move pass from the sick to the healthy by actual body contact
91. The germs move from a sick person to the healthy by means of blood sucking insects known as .....
92. .... may cause by heat, either dry as by contact with fire or flame.
93. Brush your teeth..... a day.
94. Cover the patient's mouth with clean gauze and blow directly and slowly into it. 10 – 12 times per minutes in.....
95. Shavasana asana provides relief in disease like.....
96. The nature of Yogic practices is.....
97. Yoga is a ..... method utilized for attaining a goal.
98. .... that originate from an external source of trauma are contusions, also commonly called bruises.
99. Sanitation means keeping the living area and its surroundings.....
100. Food is a potential source of.....