

125 Questions

Que. 1 Hepatitis caused through

1. Virus
2. Bacteria
3. Fungus
4. Algae

Correct Option - 1

Que. 2 Which plan helps to increase the rate of literacy in rural women?

1. Kasturba Gandhi Education Scheme
2. Safety Plan for Mothers
3. Rajeev Gandhi Kishoree Yojana
4. Kasturba Gandhi Balika Vidyalaya Scheme

Correct Option - 4

Que. 3 In which mode of communication are photos shown directly in front?

1. Flash card
2. Film strip
3. Television
4. Black board

Correct Option - 2

Que. 4 Mass per unit length or length per unit mass of yarn indicates

1. Yarn number
2. Yarn strength
3. Yarn twist
4. Evenness of yarn

Correct Option - 1

Que. 5 Beauty is an

1. Instrumental value
2. Intrinsic value
3. Both (A) and (B)
4. None of these

Correct Option - 2

Que. 6 Which of the following disease is prevented by BCG vaccine ?

1. Chickenpox
2. Diphtheria
3. Tuberculosis
4. Typhoid

Correct Option - 3

Que. 7 Sharda Act is associated with

1. Widow marriage
2. Sati Pratha
3. Child marriage
4. All of the above

Correct Option - 3

Que. 8 At what age child learn by trial and error?

1. 0 - 2 yrs
2. 2 - 6 yrs
3. 6 - 9 yrs
4. 9 - 12 yrs

Correct Option - 1

Que. 9 Secondary colors are

1. Colours made by combination of three primary colours
2. Mixing red, yellow colours only
3. Mixing blue, black, white colours
4. All of the above

Correct Option - 1

Que. 10 A long bandage for head is required

1. One bandage
2. Two bandage
3. Three bandage
4. Four bandage

Correct Option - 2

Que. 11 As per the RDA table ICMR-NIN 2020, the daily requirement of dietary fiber per 2000 kcal is considered

1. 30 gms
2. 25 gms
3. 35 gms
4. 40 gms

Correct Option - 1

Que. 12 Type of family resources

1. Human and non-human
2. Traditional and non-traditional
3. Flexible and non-flexible
4. Complete and incomplete

Correct Option - 1

Que. 13 When floats are made of wrap yarns it is

1. Satin weave
2. Sateen weave
3. Rib weave
4. Both (A) and (B)

Correct Option - 1

Que. 14 Infant mortality rate is calculated

1. Based on every 100 babies born
2. Based on every 1000 babies born
3. Depending on the infection of various diseases
4. Depending on the difference in birth and death numbers

Correct Option - 2

Que. 15 The Rural Health Mission was started in the year

1. 1970
2. 1980
3. 1977
4. 2005

Correct Option - 4

Que. 16 When did Ujjwala Scheme start ?

1. 1st May 2016
2. 4th December 2015
3. 12th December 2018
4. 12th December 2016

Correct Option - 1

Que. 17 Situational analysis is a technique of _____ method.

1. Biographical method
2. Informal and controlled observation method
3. Autobiographical method
4. None of the above

Correct Option - 2

Que. 18 Alpana is from

1. Bengal
2. Uttar Pradesh
3. Rajasthan
4. Bihar

Correct Option - 1

Que. 19 Which of the following is not a part of female genital organ ?

1. Vas deferens
2. Ovaries

3. Uterus
4. Fallopian tube

Correct Option - 1

Que. 20 Which of the following is not a type of investment?

1. Life Insurance
2. Short term investment
3. Wallet
4. Long term investment

Correct Option - 3

Que. 21 Which chemical is used in mercerizing finish ?

1. Ammonia
2. Boric acid
3. Caustic soda
4. None of these

Correct Option - 3

Que. 22 Compulsory saving is example of

1. GPF
2. Bank deposits
3. LIC
4. PPF

Correct Option - 1

Que. 23 World Health Organization was established in the year

1. 1940
2. 1945
3. 1942
4. 1954

Correct Option - 2

Que. 24 According to Nickell and Dorsey human resources are

1. Time, energy, money
2. Skills, knowledge, energy
3. Energy, time, community services
4. None of the above

Correct Option - 2

Que. 25 _____ develops the physical, mental, social and moral qualities of a child.

1. Play
2. Eating
3. Screaming
4. Taking supplements

Correct Option - 1

Que. 26 Which method is extremely beneficial in terms of personal contact, mutual goodwill and friendship?

1. Official calls
2. Farm and home visits
3. Method and result demonstration
4. Group discussion

Correct Option - 2

Que. 27 'Reverse stitch' also known as

1. Purl stitch
2. Miss stitch
3. Tuck stitch
4. Jersey stitch

Correct Option - 1

Que. 28 Wheat bran is found in layer of

1. Epidermis
2. Endosperm
3. Embryo
4. Pericarp

Correct Option - 4

Que. 29 Formal techniques of work simplification is

1. Process chart
2. Cyclograph
3. Operation chart
4. Pathway chart

Correct Option - 2

Que. 30 Which of the following poisons is a narcotic ?

1. Opium
2. Liquor
3. Hashish
4. Cannabis

Correct Option - 1

Que. 31 Mopping is which kind of work?

1. Light work
2. Moderate work
3. Strenuous work
4. Both (A) and (C)

Correct Option - 2

Que. 32 Which of the following affects cognitive development?

1. Heredity
2. Sense organs
3. Brain disorder
4. All of the above

Correct Option - 4

Que. 33 Which is the best method of extension education among the given options ?

1. Shapes and graph
2. Exhibition
3. Picture and photograph
4. Audio content

Correct Option - 2

Que. 34 Cause of infant mortality in first four weeks are

1. Breathlessness
2. Congenital malformation
3. Infection
4. All of the above

Correct Option - 4

Que. 35 Aspects of child development includes

1. Physical development
2. Motor development
3. Language development
4. All of the above

Correct Option - 4

Que. 36 Torsal effort stands for

1. Bending, sitting
2. Carrying, pulling
3. Movements of legs
4. Holding

Correct Option - 1

Que. 37 Development of the child is the result of

1. Only learning
2. Only maturation
3. Only individual differences
4. Learning and maturation

Correct Option - 4

Que. 38 The method of measuring calorie is called

1. Photometry

2. Geometry
3. Temperature
4. Calorimetry

Correct Option - 4

Que. 39 Enzymes present in gastric juice

1. Amylase
2. Pepsin
3. Lypase
4. Tripsin

Correct Option - 2

Que. 40 Mark on the canned jam or jelly is

1. AGMARK
2. ISI
3. FPO
4. None of these

Correct Option - 3

Que. 41 First step of extension education is

1. Attention
2. Satisfaction
3. Interest
4. Desire

Correct Option - 1

Que. 42 Scouring is used in

1. Wool
2. Silk
3. Rayon
4. Nylon

Correct Option - 1

Que. 43 1 g fat is burns and produces energy of

1. 6 k. cal
2. 7 k. cal
3. 8 k. cal
4. 9 k. cal

Correct Option - 4

Que. 44 During delivery buttocks appear first, followed by the legs and arms and finally the head. The position is

1. Breech birth
2. Instrumental birth

3. Natural birth
4. Spontaneous birth

Correct Option - 1

Que. 45 Agriculture extension was recognized by United States of America in the year

1. 1920
2. 1914
3. 1900
4. 1950

Correct Option - 2

Que. 46 World Health Organization work for

1. Healthy persons
2. Community
3. Mother and child
4. All of the above

Correct Option - 3

Que. 47 Written and printed material are type of

1. Audio aids
2. Visual aids
3. Audio-visual aid
4. None of these

Correct Option - 2

Que. 48 Multipurpose food is developed by

1. NIN, Hyderabad
2. CFRTRI, Mysore
3. Both (A) and (B)
4. None of these

Correct Option - 2

Que. 49 Which amino acid is required during growth of children?

1. Lysine
2. Threonine
3. Histidine
4. Valine

Correct Option - 1

Que. 50 In garments ruffled collars are generally used in which shape of neck ?

1. Rectangular
2. V-shape
3. U-shape
4. Round

Correct Option - 3

Que. 51 Bolany wool is known as

1. Merino wool
2. Pashm wool
3. Shahtush
4. None of these

Correct Option - 1

Que. 52 The power of body to fight with disease is called

1. Disinfection
2. Immunity
3. Evasion period
4. None of these

Correct Option - 2

Que. 53 What is the sequence of proximo-distal development in child ?

1. From head to toe
2. From head to heart
3. From centre to periphery
4. From chest to legs

Correct Option - 3

Que. 54 Chickenpox are spread by which virus?

1. Entamoeba histolytica
2. Varicella Zoster virus
3. Vibrio cholare
4. Salmonella Typhi

Correct Option - 2

Que. 55 The psychologist who has made significant contribution in the field of cognitive development is

1. Jean Piaget
2. Sigmund Freud
3. Erikson
4. Pavlov

Correct Option - 1

Que. 56 Cholera is spread by

1. Air
2. Water
3. Food
4. None of these

Correct Option - 2

Que. 57 In condition of fatigue which acid is accumulated in cells ?

1. Lactic acid
2. Mallic acid
3. Acetic acid
4. None of these

Correct Option - 1

Que. 58 Socialization of a child starts from

1. Social media
2. School
3. Family
4. Playground

Correct Option - 3

Que. 59 Sulphur-di-oxide mixed in atmosphere gives more impact on

1. Plant
2. Human beings
3. Physical resources
4. All of the above

Correct Option - 1

Que. 60 Which of the following is not a step of extension teaching ?

1. Attention
2. Interest
3. Distraction
4. Satisfaction

Correct Option - 3

Que. 61 Upholstery is used

1. Laying on the floor
2. To cover furniture
3. To lay on bed
4. All of the above

Correct Option - 2

Que. 62 The purpose of extension education is to

1. Bring change in attitude
2. Bring change in knowledge
3. Bring change in skill
4. All of the above

Correct Option - 4

Que. 63 Which hormone is produced by intestinal wall?

1. Insulin

2. Glucagon
3. Cholecystokinin
4. Somatostatin

Correct Option - 3

Que. 64 Balance Sheet is made in the stage of

1. end of the year
2. starting of the year
3. mid of the year
4. Both (A) and (B)

Correct Option - 1

Que. 65 Accumulation of ketone bodies in blood and tissues occurs in

1. Hypoglycemia
2. Hyperglycemia
3. Diabetic coma
4. Celiac disease

Correct Option - 3

Que. 66 Demand of resources increases during which stage of life cycle?

1. Beginning stage
2. Expanding stage
3. Contracting stage
4. Retirement stage

Correct Option - 2

Que. 67 Community Development Programme was started in

1. 9 May, 1958
2. 8 June, 1971
3. 2 October, 1952
4. 15 January, 1960

Correct Option - 3

Que. 68 Nitrogen percentage in protein

1. 16%
2. 15%
3. 14%
4. 17%

Correct Option - 1

Que. 69 What is appropriate proportion for work, relaxation and sleep?

1. 8 : 7 : 4
2. 6 : 5 : 5
3. 8 : 8 : 8

4. 5 : 6 : 6

Correct Option - 3

Que. 70 Which one is not the clear fluid diet?

1. Fruit juice
2. Lemon water
3. Dal ka pani
4. Tea

Correct Option - 3

Que. 71 The imbalance of the essential elements present in the environment is called

1. Pollution
2. Chemical pollution
3. Cultural pollution
4. Physical pollution

Correct Option - 1

Que. 72 Biological value is used to measure the quality of

1. Carbohydrates
2. Proteins
3. Fat
4. Vitamins

Correct Option - 2

Que. 73 According to ICMR NIN - 2020, RDA table, the weight of reference for Indian men and women is fixed for normal BMI is

1. 60 kg for male and 50 kg for female
2. 65 kg for male and 55 kg for female
3. 49 kg for male and 45 kg for female
4. 62 kg for male and 52 kg for female

Correct Option - 2

Que. 74 Extension teaching is a _____ method.

1. Non-behavioural teaching
2. Group teaching
3. Behavioural teaching
4. Mass teaching

Correct Option - 2

Que. 75 The first temporary teeth are

1. Molar teeth
2. Canine
3. Central incisor
4. Premolar teeth

Correct Option - 3

Que. 76 The period of 30 minutes after birth is known as

1. Infancy period
2. Neonate period
3. Partunate period
4. Delivery time

Correct Option - 3

Que. 77 "Law of Consumption" for budget was developed by

1. Adam Smith
2. Dr. Engel
3. M. Marshall
4. Gross and Crandle

Correct Option - 2

Que. 78 Which one is appointed to provide health services in villages?

1. Health guide
2. Health worker
3. Doctor
4. All of the above

Correct Option - 2

Que. 79 Asbestos is a

1. Natural fibre
2. Manmade fibre
3. Natural mineral fibre
4. Manmade mineral fibre

Correct Option - 3

Que. 80 Presence of oxalate and phytate in rajma interfere the availability of

1. Carbohydrate
2. Iron and Calcium
3. Iron
4. Calcium

Correct Option - 2

Que. 81 Linen fiber is obtained from the stem of

1. Jute plant
2. Flax plant
3. Cotton plant
4. Hemp plant

Correct Option - 2

Que. 82 Child Marriage Restraint Act was passed in the year

1. 1929
2. 1955
3. 1976
4. 2006

Correct Option - 1

Que. 83 "Time Measurement Unit (TMU)" is a _____ part of a second.

1. .0036
2. .00036
3. .0006
4. .036

Correct Option - 1

Que. 84 The normal level of sugar in the blood is

1. 80 mg/100 ml blood
2. 80-120 mg/100 ml blood
3. 80-120 mg/1000 ml blood
4. None of these

Correct Option - 1

Que. 85 Kantha embroidery is from

1. Punjab
2. Uttar Pradesh
3. Bengal
4. Gujarat

Correct Option - 3

Que. 86 The international unit of measuring energy

1. Joule
2. Kilo calorie
3. Kilo joule
4. Calorie

Correct Option - 1

Que. 87 Dacca muslin is made by

1. Cotton fiber
2. Woolen fibre
3. Artificial fiber
4. Silk fiber

Correct Option - 1

Que. 88 Changing the attitude, outlook and behaviour of a man by educating him is the basic philosophy of

1. Education

2. Extension Education
3. Teaching
4. Non-formal Education

Correct Option - 1

Que. 89 Adulteration is

1. Adding external things to food
2. Extracting valuable things from food
3. Selling low quality products at rate of high quality food
4. All of the above

Correct Option - 4

Que. 90 Present time 'health science' is known as

1. Hygiene
2. Health and public health
3. Preventive medicine and public health
4. Preventive and social medicine

Correct Option - 2

Que. 91 Prenatal period is

1. Conception to 2 weeks
2. Conception to birth
3. Conception to 8 weeks
4. Birth to 14 weeks

Correct Option - 2

Que. 92 The DWCRA implemented by

1. Central Government
2. State Government
3. Zila Parishad
4. None of the above

Correct Option - 3

Que. 93 Synthetic dye was invented by

1. William Henry Parkin
2. Moureau
3. J.T. Dickson
4. George Audemars

Correct Option - 1

Que. 94 Which of the following is a vat dye ?

1. Turmeric
2. Salt
3. Coltar

4. Indigo

Correct Option - 4

Que. 95 Zygote is

1. Sperm
2. Ovum
3. New cell
4. Chromosomes

Correct Option - 3

Que. 96 The changed name of "Environment Cleaning" is

1. Mental health
2. Environmental health
3. Positive environment
4. Pure environment

Correct Option - 2

Que. 97 A piece of muslin with a thread count of 64×60 is considered

1. Poor balance
2. Well balance
3. Weak balance
4. None of these

Correct Option - 2

Que. 98 Which of the following calcium deficiency disease occurs during old age?

1. Osteomalasia
2. Osteoporosis
3. Pigeon chest
4. Rickets

Correct Option - 2

Que. 99 "Home management is a practical science" a statement by

1. Gross and Crandall
2. Kotzin
3. Rajamal P. Devdas
4. Irene Oppenheim

Correct Option - 2

Que. 100 In Glycolysis process

1. Glucose convert into glycogen
2. Disruption of glycogen
3. Glucose convert into pyruvic acid
4. Amino acid and fat formation

Correct Option - 3

Que. 101 Which one is called the axis of community development programme ?

1. Extension management
2. Extension worker
3. Rural leader
4. Extension expert

Correct Option - 2

Que. 102 Inherited income is

1. Regular income
2. Irregular income
3. Direct income
4. Indirect income

Correct Option - 3

Que. 103 Smallest unit of any textile material is

1. Fabric
2. Yarn
3. Fiber
4. Molecule

Correct Option - 3

Que. 104 Spoon shape nails are the sign of a disease known as

1. Kwashiorkor
2. Anaemia
3. Marasmus
4. All of the above

Correct Option - 2

Que. 105 "Extension education is a means of achieving the goals of community development". This statement belongs to

1. A. Reddy
2. B. Ramabhai
3. Krishnachari
4. Horenabhai

Correct Option - 2

Que. 106 Which weave is used in table linen?

1. Plain weave
2. Rib weave
3. Twill weave
4. Basket weave

Correct Option - 4

Que. 107 The temperature of simmering method of cooking is

1. 82° - 99°C
2. 72° - 85°C
3. 65° - 75°C
4. 80° - 85°C

Correct Option - 1

Que. 108 International Health Day is celebrated on

1. 7 April
2. 7 June
3. 5 June
4. 9 December

Correct Option - 1

Que. 109 Father of nutrition science

1. Lavoiser
2. Pettenkofer
3. Atwater
4. Voit

Correct Option - 1

Que. 110 Unconscious process of forgetting

1. Regression
2. Submission
3. Repression
4. Projection

Correct Option - 3

Que. 111 Mandrain is a type of

1. Collar
2. Cuff
3. Sleeve
4. Yoke

Correct Option - 1

Que. 112 The inner layer of the embryo is called

1. Chorion
2. Umbilical cord
3. Placenta
4. Amnion

Correct Option - 4

Que. 113 The scope of extension worker is

1. Unlimited
2. Multi-dimentional

3. Prescribed
4. Two-dimensional

Correct Option - 2

Que. 114 The word extension education was first used by _____ in 1873.

1. Harvard University
2. Texas University
3. Cambridge University
4. Oxford University

Correct Option - 3

Que. 115 Kempner's diet is used for

1. Ulcer
2. Diabetes
3. Hypertension
4. Typhoid

Correct Option - 3

Que. 116 Pasteurization is a method of preservation of

1. Paneer
2. Beverage
3. Vegetables
4. Milk

Correct Option - 4

Que. 117 First home science college was established in which state ?

1. New Delhi
2. Uttar Pradesh
3. Punjab
4. Chennai

Correct Option - 1

Que. 118 In general, terms, which of the lipo-protein is said to be "Bad Cholesterol"?

1. LDL
2. VLDL
3. HDL
4. Chylomicron

Correct Option - 1

Que. 119 In Japanese flower arrangement 'soe' indicates

1. Heaven
2. Earth
3. Human
4. None of the above

Correct Option - 3

Que. 120 The idea of "Classes of Change" was first given by

1. Mundel
2. Gilbearth
3. Multiman
4. Nickell and Dorsey

Correct Option - 1

Que. 121 Growth indicates which types of changes in the body ?

1. Qualitative
2. Quantitative
3. Both (A) and (B)
4. None of these

Correct Option - 2

Que. 122 The word Hygiene is derived from Hygeia which means

1. Name of a Greek Goddess
2. Name of a person
3. Name of a place
4. None of the above

Correct Option - 1

Que. 123 UNICEF was established in the year

1. 1945
2. 1946
3. 1947
4. 1948

Correct Option - 2

Que. 124 Long fibre is called

1. Staple
2. Spun yarn
3. Filament
4. None of these

Correct Option - 3

Que. 125 Shearing is a step in obtaining _____ fibre.

1. Cotton
2. Wool
3. Jute
4. Linen

Correct Option - 2