

Mid-West University
Examinations Management Office

End Semester Exam-2082

B.Ed. Level / V Semester

Sub: **Maternal and Child Health** (POP452/453)

Roll No.

Group 'A'

10×1=10

Tick (✓) the Best Answer.

1. Low decision-making power in women is most likely to result in...
 - a. Lower fertility and mortality
 - b. More independence over health decisions
 - c. Better maternal care
 - d. Denied access to healthcare
2. Poor maternal nutrition can increase the risk of...
 - a. Low birth weight and maternal anemia
 - b. Diabetes
 - c. Depression
 - d. Early menopause
3. Which of the followings is not a component of essential newborn care?
 - a. Cord care
 - b. breastfeeding
 - c. Suggestion for family planning
 - d. Overheat protection
4. Uterine prolapsed is caused mainly due to...
 - a. Poor nutrition
 - b. Delayed marriage
 - c. Breastfeeding
 - d. Repeated and unsupported deliveries
5. BMI is most useful for evaluating...
 - a. Bone density
 - b. Nutritional status
 - c. Mental health
 - d. Physical health
6. What is the most common type of anemia in women worldwide?
 - a. Iron deficiency anemia
 - b. Sick cell anemia
 - c. A plastic anemia
 - d. Vitamin B12 deficiency anemia
7. What is the recommended minimum number of doses of DPT vaccine for infants?
 - a. 2
 - b. 3
 - c. 4
 - d. 5
8. Which factor most directly affects the nutritional status of children?
 - a. Dietary intake
 - b. Parental occupation
 - c. Access to education
 - d. Access to health
9. Complementary feeding should...
 - a. only include liquid
 - b. be started only after 1 year
 - c. replace breast milk entirely
 - d. be given in addition to breastfeeding
10. Which of the following BMI values is considered 'normal' for adults?
 - a. Less than 18.5
 - b. 18.5 to 24.9
 - c. 25 to 30
 - d. above 30

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Level: B.Ed. / V Semester

FM: 60

Time: 3 hrs

PM: 30

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Candidates are requested to give their answers in their own words as far as practicable.

Attempt All the Questions.

Group 'B'

6 × 5 = 30

1. What is the role of birth spacing in ensuring maternal and child health? How does women's participation in household decision-making affect their access to maternal healthcare?
2. Define antenatal care and briefly explain the role of postnatal care in reducing maternal mortality.
3. Discuss the relationship between BMI and maternal health. How can underweight or overweight affect pregnancy outcomes?

Or

Explain the impact of anemia on maternal and fetal health. How does anemia prevalence affect national health indicators?

4. What is BMI? How is it calculated? List the BMI classification for adults.
5. Compare and contrast breastfeeding and complementary feeding in terms of their timing, purpose, and health impact.
6. State the determinants of child health. How does nutrition influence child health and development?

Or

How do cultural beliefs and practices can affect child nutrition and health-seeking behavior? Explain.

Group 'C'

2 × 10=20

7. How do various socio-demographic and behavioral determinants influence maternal and child health? Illustrate your answer with the examples from rural and urban settings.
8. How are continuous and well-integrated approach to maternal care during pregnancy, childbirth, and the postnatal period contributes to better health outcomes for mothers and newborns. Describe the key strategies for ensuring this continuum of care.

Or

Describe how stunting, wasting, underweight, and obesity measured? What do these indicators suggest us about health?

THE END