Important instructions:
- Attempt all questions in order.
- Each question carries 10 marks.
- Read the question carefully and answer to the point neatly and legibly.
- Do not leave any blank pages between two answers.
- Indicate the question number correctly for the answer in the margin space.
- Answer all the parts of a single question together.
- Start the answer to a question on a fresh page or leave adequate space between two answers.
- Draw table/diagrams/flowcharts wherever appropriate.

Write short notes on:

1. What is the burden of non-communicable diseases in India? Comment on trends of non-communicable diseases and how can we prevent it. 2+(3+5)

2. What are lifestyle disorders? Mention the risk factors and what is the role of life-style modification in preventive health care. 2+(2+6)

3. Define risk factor surveillance? How is it important in Non-communicable disease? What is the current scenario of surveillance in India? 2+4+4

4. Define Planning. What are the types of planning? Outline a plan for diabetes control in India. 1+2+7

5. a) Epidemiology of depression in India. 4+6
   b) Suggest measures for prevention and control of depression.

6. What is the role of nutritional factors in cardiovascular diseases? What dietary advice would you give in hypertension? 5+5

7. Define health promotion. What are the key components of health promotion? Discuss its role in tobacco control. 2+4+4

8. What are the causes of blindness? What steps will you take at PHC level for prevention and control of blindness under the National Program for Prevention & Control of Blindness? 3+7

9. What are the indicators of mental health in community? What measures will you take to monitor mental health in a district? 3+7

10. a) What cancers are prevalent in India? 2+4+4
    b) Screening methods for cancer.
    c) Comment on cancer registry program in India.