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MEDS-076

**MASTER OF ARTS IN POPULATION
AND FAMILY HEALTH STUDIES
(MAPFHS)**

Term-End Examination

December, 2025

MEDS-076 : PUBLIC HEALTH AND NUTRITION

Time : 3 Hours

Maximum Marks : 100

Note : (i) Answer any **five** questions.

(ii) All questions carry equal marks.

1. Define Public Health. Describe the development of public health in India. 5+15
2. Define mental health. Name the different models along which mental health can be conceptualized. Explain mental health as above normal model. 5+5+10

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3. What are physical hazards ? What are the different types of physical hazards ? Explain how extreme temperature is a physical hazard. 5+5+10
4. Define food and nutritional security. What are the determinants of food security ? Discuss India's food security system. 5+8+7
5. Discuss dietary diversification with suitable examples. 20
6. What is National Nutrition Policy ? Discuss the aims and instruments of Nutrition Policy. 5+15
7. Discuss the process of setting objectives of a Nutrition Education Communication Programme. 5+15
8. Write short notes on any *two* of the following : 10+10
 - (a) Face-to-face communication
 - (b) Reforms in Public Health
 - (c) National Disaster Management Plan

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