1. **What is one of the essential elements of pre-conception care?  
   a) Administering medication  
   b) Providing guidance on lifestyle and diet during menstruation  
   c) Conducting yoga sessions  
   d) Offering postnatal exercises  
   Answer: b) Providing guidance on lifestyle and diet during menstruation**
2. **Which body purification process might be part of pre-conception care in Ayurveda?  
   a) Udara-patta bandhana  
   b) Panchakarma  
   c) Sthira karana  
   d) Vyayama  
   Answer: b) Panchakarma**
3. **Yoga practices recommended for pre-conception care include:  
   a) Udana  
   b) Pranayama  
   c) Paschimottanasana  
   d) Garudasana  
   Answer: b) Pranayama**
4. **Which task is typically performed under antenatal care?  
   a) Assisting with diet planning after delivery  
   b) Conducting urine pregnancy tests  
   c) Preparing Ayurvedic formulations for the newborn  
   d) Offering guidance on child vaccinations  
   Answer: b) Conducting urine pregnancy tests**
5. **What should the Ayurveda assistant advise on for common issues like nausea during pregnancy?  
   a) Immediate medical intervention  
   b) Specialized Ayurvedic herbs  
   c) Basic home remedies and dietary modifications  
   d) Increased physical activity  
   Answer: c) Basic home remedies and dietary modifications**
6. **During antenatal care, an Ayurveda assistant should inform the client about:  
   a) Exclusive breastfeeding techniques  
   b) Postpartum recovery strategies  
   c) Alarming signs of high-risk pregnancy  
   d) Techniques for swaddling a newborn  
   Answer: c) Alarming signs of high-risk pregnancy**
7. **In postnatal care, the Ayurveda assistant helps with:  
   a) Child education techniques  
   b) Assisting new mothers with grooming and feeding  
   c) Vaccination administration  
   d) Dietary planning for grandparents  
   Answer: b) Assisting new mothers with grooming and feeding**
8. **For postnatal care, which Ayurvedic practice is encouraged for mothers?  
   a) Dhoopana  
   b) Shirodhara  
   c) Nasya  
   d) Sneha pana  
   Answer: a) Dhoopana**
9. **Which practice is promoted during the postnatal period for abdominal support?  
   a) Yavagu  
   b) Udara-patta bandhana  
   c) Garbha sanskara  
   d) Shirovasti  
   Answer: b) Udara-patta bandhana**
10. **To prevent infection, it is essential to:  
    a) Use disposable wipes occasionally  
    b) Follow proper hand hygiene and use PPE  
    c) Limit cleaning to high-contact areas  
    d) Avoid using any sanitization products  
    Answer: b) Follow proper hand hygiene and use PPE**
11. **Segregating waste is important because:  
    a) It prevents mixing of hazardous materials  
    b) It saves time during disposal  
    c) It allows for quicker recycling  
    d) It avoids the need for personal protective equipment  
    Answer: a) It prevents mixing of hazardous materials**
12. **What should be done if symptoms of illness are observed in oneself or others?  
    a) Wait for a scheduled medical checkup  
    b) Report immediately to the appropriate authority  
    c) Continue working but maintain a distance  
    d) Use over-the-counter medication without reporting  
    Answer: b) Report immediately to the appropriate authority**
13. **Hospital codes are used during emergencies to:  
    a) Save time on decision-making  
    b) Communicate specific information discreetly  
    c) Provide entertainment for clients  
    d) Replace written documentation  
    Answer: b) Communicate specific information discreetly**
14. **In a workplace emergency, the Ayurveda assistant should:  
    a) Call emergency services only if it seems severe  
    b) Leave the premises immediately  
    c) Follow the organization’s emergency procedures  
    d) Delegate all tasks to someone else  
    Answer: c) Follow the organization’s emergency procedures**
15. **If a breach in safety procedures is observed, the assistant should:  
    a) Ignore it if it seems minor  
    b) Report it to the designated person immediately  
    c) Document it but not report it  
    d) Resolve it independently without notifying anyone  
    Answer: b) Report it to the designated person immediately**